

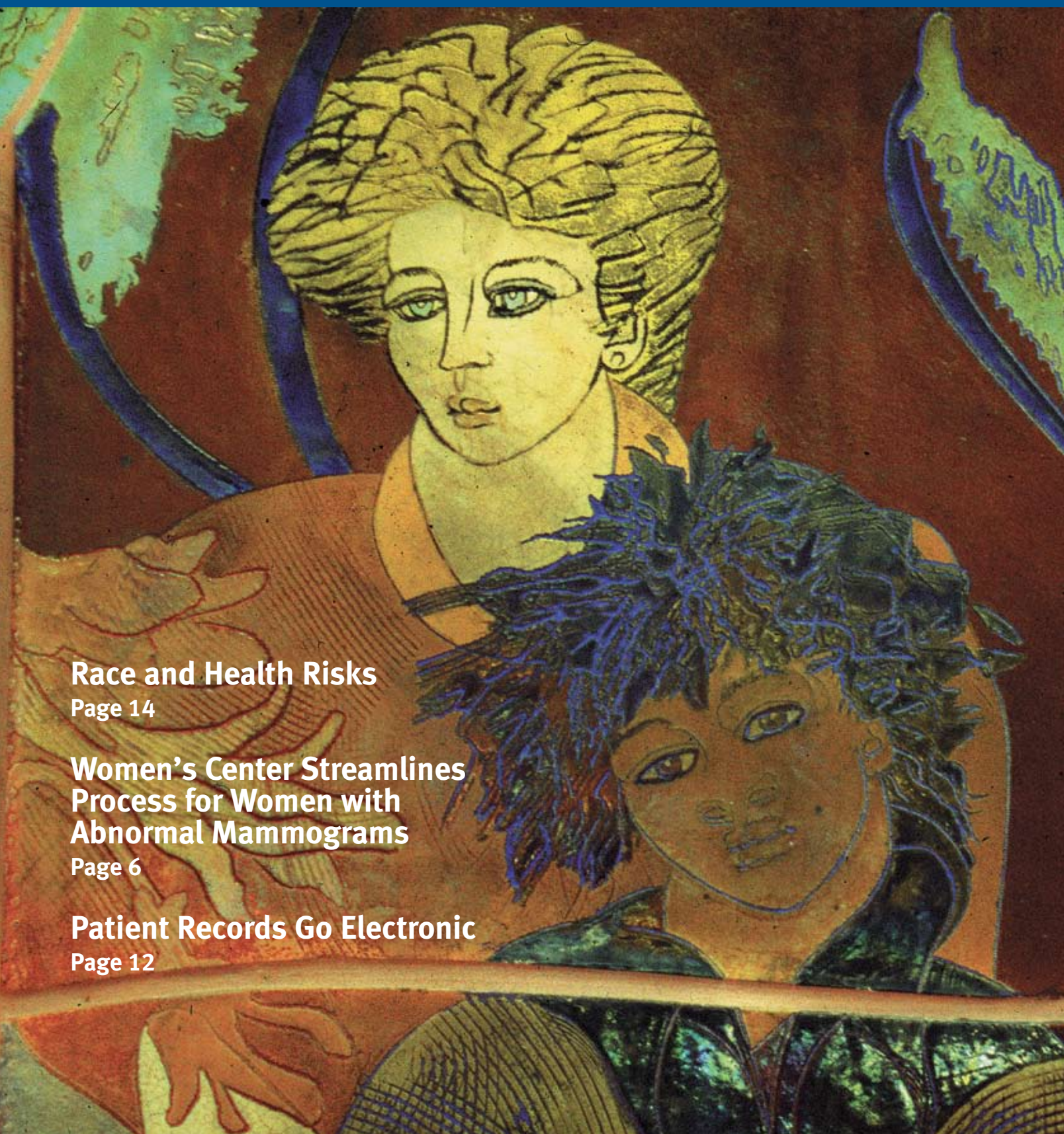
Health Happenings  
see pages 10 and 11

SAINT  
VINCENT

# Vitals

Fall 2006 | [www.saintvincenthealth.com](http://www.saintvincenthealth.com)

Information and Resources for Health and Wellness



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## Join Us for Our Beautiful Boomers Event

Are you between the ages of 50 and 65? If so, join us for our Beautiful Boomers event, designed to raise awareness about breast health. It will be held at the Women's Center on October 11, from 6:30 to 8:30 p.m. Have a FREE mini manicure or chair massage, learn about special skin care and makeup strategies to keep you looking young and vital, and get the lifesaving information every woman your age should know about breast health. It's FREE. It's fun. And it will fill up fast. Call **814/866-4817** to register.

## Making Strides Against Breast Cancer

The annual Making Strides Against Breast Cancer walk will be held Saturday, October 7, along Erie's Bayfront Parkway. Saint Vincent will sponsor a special, FREE Body & Soul event prior to the start of the walk, featuring a mini musical performance and a briefing by Daniele Haupt, MD, on "The Top 10 Things You Need to Know About Breast Cancer." For more information on the event, contact Kelley Spaeder at **814/866-5174** or visit [www.cancer.org/stridesonline](http://www.cancer.org/stridesonline).

## The Saint Vincent Mission

Inspired by the Sisters of Saint Joseph of Northwestern Pennsylvania, Saint Vincent Health System is a community of caregivers dedicated to bringing God's healing love to all and committed to compassion and excellence in the delivery of a continuum of holistic care.

Dear Friends:  
One of the privileges I have experienced as president and CEO of Saint Vincent Health System during the past four years has been working with other health providers, groups, and organizations throughout the region to forge partnerships that ultimately benefit the health and wellness of our residents.

When it comes to partnerships, it starts at the heart. The region's most advanced cardiac testing technology is available to residents of many outlying communities, thanks to the Regional Heart Network, which allows patients to stay in their communities and receive the same state-of-the-art diagnostic services that they would at the region's heart care leader—Saint Vincent Heart Center. It's collaboration at its finest, giving patients and their physicians seamless access to the finest cardiac services.

In addition, Saint Vincent partnered with Warren General Hospital to do cardiac risk assessments there last February, and additional screenings have taken place in collaboration with five major employers in the region.

Project Heart Start has been successful in bringing affordable, portable automated external defibrillators (AEDs), lifesaving electronic devices that restart the heart in the event of cardiac arrest, to more than 170 companies, orga-



nizations, and public facilities throughout the region.

Saint Vincent is part of Vantage®, a partnership among 12 nonprofit hospitals with a shared mission of supporting quality health care services.

The Northwest Regional Gamma Knife Network creates easy access to the Saint Vincent Gamma Knife, a technology that allows surgeons to perform brain surgery without a scalpel, for patients with brain tumors and functional disorders of the

brain. Eight hospitals in northwest Pennsylvania and western New York are part of this network. And our commitment to the people of southern Erie County is evident in the comprehensive services provided by the Saint Vincent Outpatient Center at Union City.

Saint Vincent is proud to be a partner in your good health, reaching beyond geographic boundaries to provide you and your family with easier access to our advanced technologies and leading physicians.

Sincerely,

A handwritten signature in black ink that reads "C. Angela Bontempo".

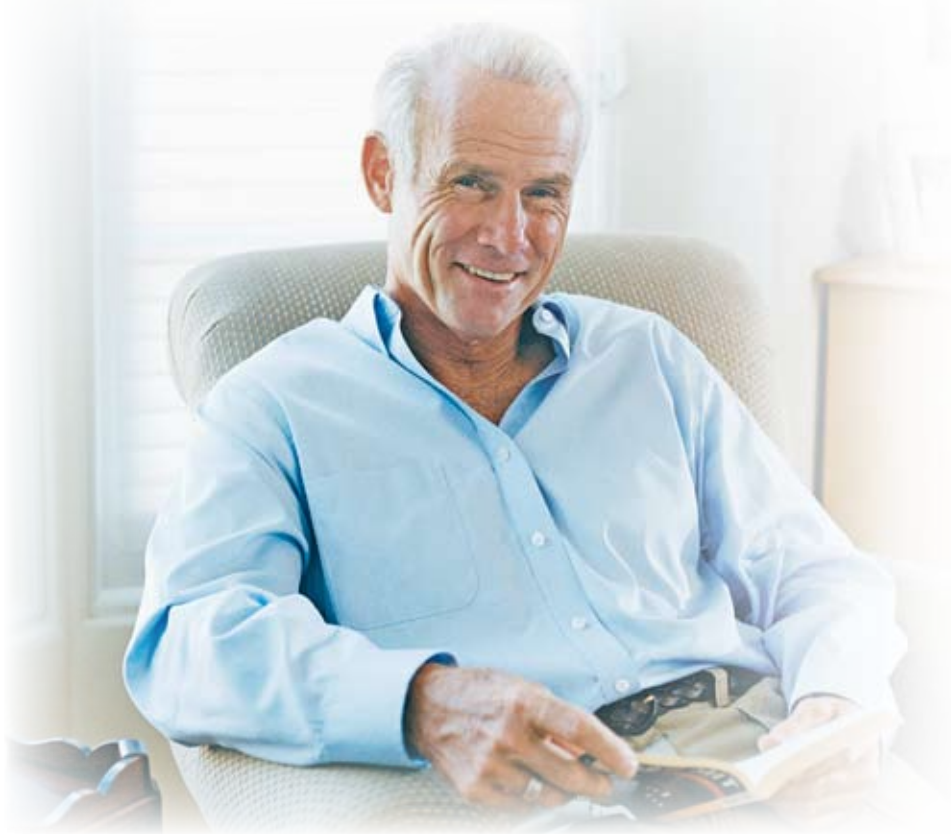
C. Angela Bontempo, MHA, FACHE  
President and CEO

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## ON OUR COVER

The cover artwork is part of a raku ceramic mural in Erie's East High School. It was created by Susan B. Hale Kemenyffy, with husband Steven. Susan is a resident of McKean, PA, where her exquisite, unique sculpture-filled gardens are a local phenomenon. Her works are part of collections at the Smithsonian and The Philadelphia Museum of Art, among others. In October, she will participate in an international drawing invitational in Dublin.

# Procedures Correct Heart Rhythm Problems



**R**apid heartbeat and palpitations. Fatigue. Shortness of breath. Dizziness. These are symptoms some people with atrial fibrillation will have. Atrial fibrillation is the most common heart rhythm disturbance in America, a form of heart disease that impacts more than 3 million people.

When a person suffers from atrial fibril-

lation, the top two chambers of the heart quiver, causing the heart to beat rapidly and irregularly. If the blood in these chambers clots, it can result in a stroke.

Atrial fibrillation patients have a choice. Working with their physician, patients may be treated with medication to try and control their symptoms or to reestablish normal rhythm, or they may opt to

correct the abnormality with one of two procedures.

The Saint Vincent Heart Center was the first facility in the region to offer atrial fibrillation ablation, a minimally invasive procedure in which an electrophysiologist inserts a catheter into the heart—usually through the upper thigh. Using a state-of-the-art anatomic mapping system that provides a three-dimensional image of the catheter in the heart, the doctor uses radio frequency to correct the “short circuits” that cause the heart to beat irregularly.

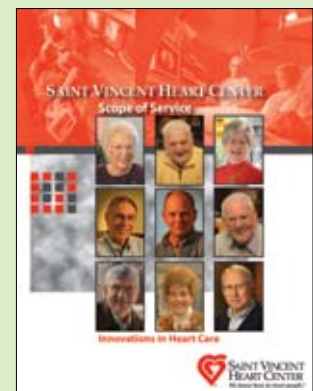
If a patient is not a candidate for catheter ablation, he or she may be suited for a second procedure, which requires a small incision in the chest. The surgeon utilizes radio frequency and actually creates small scars that block the abnormal electrical pulses that cause atrial fibrillation. There is no need for a heart/lung machine, and the patient generally goes home within three days. The radio frequency procedure is also used for treatment of liver tumors at Saint Vincent. See story on page 8. ♦

To receive your **FREE** copy of *About Your Atrial Fibrillation* or Saint Vincent Heart Center Scope of Service, visit us online at [www.saintvincenthealth.com](http://www.saintvincenthealth.com) or call Ask-A-Nurse at **814/452-5500**.

## Get the Latest Regarding the Heart Center

*FREE Publication Available*

**W**ant to learn more about Saint Vincent Heart Center services, capabilities, and its physician champions? Call Saint Vincent Ask-A-Nurse at **814/452-5500** and ask for your **FREE** copy of our new publication, **Saint Vincent Heart Center: Innovations in Heart Care**.



## Group Offers Support for Heart Patients, Families

Want to listen to a Saint Vincent cardiologist discuss the risk factors for heart disease? Interested in hearing about the latest surgical treatments for congestive heart failure from a Saint Vincent cardiothoracic surgeon? Led by an experienced Saint Vincent Heart Center team, the Saint Vincent Cardiac Support Group discusses current technology, new medication, and other available cardiac services. This FREE Cardiac Support Group also offers patients and their loved ones the opportunity to network with others who have heart disease.

*For more information, call 814/452-7273.*

**Thursday, November 2**  
Noon to 1 p.m.  
McGarvey Learning Center

**Thursday, February 1, 2007**  
Noon to 1 p.m.  
McGarvey Learning Center

**Thursday, May 17, 2007**  
Noon to 1 p.m.  
McGarvey Learning Center

**Thursday, August 2, 2007**  
Noon to 1 p.m.  
McGarvey Learning Center



Shown are  
Saint Vincent President  
and CEO, C. Angela Bontempo,  
and Samuel Ward, MD.

# Resource Center: Information, Comfort, Reassurance

**F**or family members of patients undergoing heart procedures at Saint Vincent, idle time spent worrying may just be a thing of the past.

The Saint Vincent Heart Center has announced the opening of a new Family Resource Center that features a patient liaison representative with ongoing updates on patient conditions, a computer with online access to heart care information and education, and special training on follow-up care and emotional guidance. The center also includes a quiet room with recliners for sleeping, an entertainment area, and private rooms for consultation and education.

A special display, featuring such items as heart catheters, pacemakers, and other equipment used in the treatment of heart disease, helps family members recognize and understand the technical aspects of their loved one's care.

"Having a loved one in the hospital for a heart-related health issue is a significant worry. Our goal in establishing the Heart Center Family Resource Center is to create an environment that not only makes family members comfortable, but essentially provides treatment for the entire family—including emotional support and educational guidance," says Saint Vincent heart surgeon Jamie Holland, MD. "Participation of family members is crucial to the support and recovery following cardiac intervention."

"At Saint Vincent, we realize that meeting the needs of the family is an essential component of the process of providing care," says Saint Vincent cardiologist Sam Ward, MD. "When families leave Saint Vincent, we want them to have a good understanding of the treatment their loved ones received and how to best care for them at home." ♦



Deb Murray, DO

## Young Physician with Breast Cancer Finds Lifeline at Saint Vincent

**D**eb Murray, DO, has always been a can-do woman. She entered medical school in her 30s, while still raising two adolescent children. That resourceful spirit came in handy when she learned, at age 43, that she might have breast cancer.

In 2006, Dr. Murray was busy completing her internship at a small community hospital south of Erie. After having a suspicious mammogram, she hoped to get a stereotactic biopsy, a highly efficient, minimally invasive procedure that significantly reduces pain and recovery time. She went to a major Cleveland health center, where doctors said the stereotactic biopsy could not be done because there was not enough breast tissue in the suspicious area. She was at very low risk for breast cancer, thanks to family history and a healthy lifestyle, so it was decided that she would wait six months and repeat the mammogram.

Dr. Murray, who was scheduled to continue her medical training at Saint Vincent as an emergency medicine resident, hoped that

the doctor who read her follow-up mammogram there would be willing to try a stereotactic biopsy. After arriving, she visited the Saint Vincent Women's Center, the region's leader in breast health, for a second opinion. **David Oppenheim, MD**, one of the radiologists at the center who performs minimally invasive biopsy, told Dr. Murray that, while it would be challenging, he would be able to perform the stereotactic biopsy. The procedure was done within the week. Unfortunately, the biopsy was positive, and Dr. Murray ended up needing to have a partial mastectomy, followed by radiation treatments.

She's back to work, and her prognosis is excellent.

As far as Dr. Murray is concerned, the Saint Vincent Women's Center is a can-do health care provider.

"What I learned through my experience is that people in this area should not think they have to go to Cleveland or Buffalo or Pittsburgh to get state-of-the-art care. It's right here in Erie. At Saint Vincent." ♦

## Therapists Help Prevent, Treat Lymphedema

One of the medical issues that can occur after mastectomy or removal of lymph nodes in breast cancer patients is lymphedema—a painful, disruptive retention of excess fluid in the arm or leg. This condition also can occur spontaneously in both women and men who have not had surgery.

Saint Vincent Rehab Solutions and Erie Home Health Services have specially trained therapists who work with lymphedema patients to help them overcome the effects and functional limitations brought on by the condition.

The therapists, in conjunction with the Saint Vincent Cancer Care Center, work with patients by first educating them in the prevention of lymphedema. They also evaluate patients for the condition and recommend treatment. They can also help patients work toward regaining full function of the arm and shoulder.

*Need help with lymphedema? Call 814/452-5231 or 814/833-7249 or ask your doctor to refer you to Rehab Solutions or Erie Home Health Services.*

# Women's Center Streamlines Process for Women with Abnormal Mammograms



**F**or women with an abnormal mammogram or ultrasound who may be facing breast cancer, time is of the essence. But traditionally in smaller cities, these women have had to wait through the time-consuming process that includes having results sent to primary care physicians (PCP), scheduling of a biopsy, waiting even longer while those results are sent to their doctor, and then, if necessary, trying to get on the calendar for an appointment with a surgeon.

The Saint Vincent Women's Center is piloting a project to put an end to those endless weeks of waiting. Through the program, the Women's Center effectively streamlines the process of further testing and if necessary, minimally invasive biopsy and/or surgery.

"In some cases, when the schedule allows it, we have been able to go from an abnormal mammogram right to biopsy in the same day," says David Oppenheim, MD, medical director. "Generally, the biopsy is done within the next few days."

In a unique partnership with Saint Vincent surgeons, patients scheduled for biopsies will also be scheduled for a surgical consult—in case it is needed or desired—within five days, cutting what is often weeks of waiting for the patient at other facilities. If necessary, patients will be scheduled for surgery within one week.

"We spent the summer meeting with primary care physicians and OB/GYNs to work out a protocol that everyone was comfortable

with, that would essentially cut weeks of waiting and allow us to bring women with abnormal mammograms and possibly breast cancer to resolution well within the period of one month," Dr. Oppenheim says. "Traditionally, nationwide, that wait—which is agonizing—can be up to six or eight weeks." ♦

**To schedule a mammogram at the Saint Vincent Women's Center, ask your doctor to call 814/866-4850.**

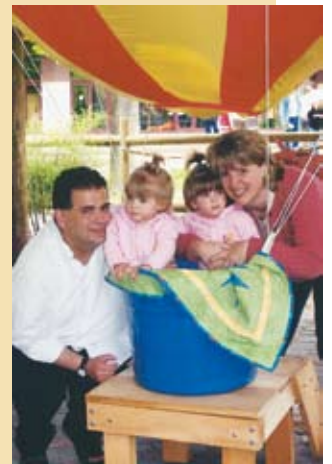
## DO I HAVE BREAST CANCER?

If you're faced with this question, you want answers fast. Visit [www.saintvincenthealth.com/womenshealth](http://www.saintvincenthealth.com/womenshealth) to learn more about the Saint Vincent Women's Center's new faster turnaround for mammography, breast biopsy, and surgery. And be sure to read about our new online mammography scheduling.

## Telethon Helps Local Children

The 2006 Saint Vincent Children's Miracle Network (CMN) Telethon, held in early June, netted more than \$185,622 to provide direct service and health education to tens of thousands of our area's children. A Saint Vincent Neonatal Intensive Care Unit reunion was held in conjunction with the event at the Erie Zoo. Among the 150 attendees were Olivia and Megan Kubera, shown in the photo below, with their parents, Becky and Kyle Kubera. The two sisters were born 14 weeks prematurely in a Jamestown hospital in the middle of a blizzard in January 2005. Through near-zero visibility, a team of five Saint Vincent neonatal transport nurses and two respiratory therapists braved the elements and brought the girls to safety. The girls spent 13 weeks in the care of Saint Vincent's team of neonatologists, our neonatal nurse practitioner, neonatal nurses, and other technicians. They are now "22 pounds, walking, talking, and developing totally normally," according to their mother.

*Listen for the CMN Radiothon, another fund-raiser to be broadcast live from September 13 to 16 on Froggy 94.7 and US 93.9.*



# Behavioral Health Unit Caters to Needs of Elderly

## Seniors



It happens in nearly every family. As a beloved family member ages, issues of declining physical abilities, life changes, grief, and loneliness can emerge. To address the unique behavioral health needs of the elderly, Saint Vincent has created a separate Geriatric Behavioral Health unit especially designed for individuals 65 and older. The expert, multidisciplinary staff works with both inpatients and their families, providing such services as behavioral health assessments, individual and group counseling, recreation therapy, and family education. They also help bridge the transition by providing referrals for outpatient support . . . all with the goal of assisting each patient in achieving an optimal level of functionality. Geriatric Behavioral Health services qualify for Medicare. ♦

**If you have an elderly family member you're concerned about, call the geriatric psychiatric liaison at 814/452-7815 on weekdays from 8 a.m. to 4 p.m. or 814/452-5555 on weekends or holidays.**

## New Physician Brings New Approach to Stroke Care



Jacob M. Agris, MD, PhD

Interventional neuroradiologist. It's a complex title, but for individuals suffering from a stroke or aneurysm, the benefits Saint Vincent's new interventional neuroradiologist brings to the region are clear. **Jacob M. Agris, MD, PhD**, who joined the Saint Vincent medical staff this summer, brings new endovascular approaches and technologies to the care of strokes and aneurysms. Symptoms of acute stroke seen within hours of onset may be reversible through new techniques. ♦

Dr. Agris has joined Saint Vincent Neurosurgery, 1910 Sassafras Street, and is currently accepting new patients. To contact him, call 814/452-7809.

## Hobbies May Help Ward Off Alzheimer's

Women younger than age 60 who stimulate their brains with hobbies may be less likely to get Alzheimer's later.

Researchers studied the previous hobbies of more than 500 adults in their 70s, most of them women. The subjects who regularly read, knitted, or had other intellectually stimulating hobbies from ages 20 to 60 were about 2½ times less likely to develop Alzheimer's.

Those who regularly participated in physical activities from ages 20 to 60 also were less likely to get Alzheimer's. Physical hobbies, such as gardening, also lowered their risk of Alzheimer's by about 2 ½ times.

While hobbies may not prevent Alzheimer's, they may help protect against or delay the development of the disease. Intellectual hobbies, such as crossword puzzles, may stimulate the brain to build connections between brain cells—protecting the brain against chemical changes associated with Alzheimer's.



## Radiofrequency Ablation: Saint Vincent Offers a New Treatment for Liver Tumors

A new, minimally invasive procedure to treat liver tumors is now available at Saint Vincent, thanks to the expertise of Hank C. Hill, MD, the region's only surgical oncologist.

In the procedure, which is known as radiofrequency ablation (RFA), a small probe is inserted through the skin and into the tumor. The probe then opens like an umbrella in the tumor and releases a high-energy frequency. The frequency essentially "cooks" the tumor, resulting in tumor death. The procedure can be performed several times in patients who have multiple tumors.

Because RFA is minimally invasive, patients are discharged from the hospital within 24 hours and can resume normal activities within a few days.

"RFA can be an effective treatment option for patients with widespread tumors, tumors that are inaccessible surgically, or other medical conditions that make surgery risky," says Dr. Hill.

Saint Vincent Health Center is the only hospital in northwestern Pennsylvania that offers RFA for treatment of liver tumors.

*For additional information on this procedure, call 814/451-8008.*



## Coping with the Emotional Challenges of Cancer

If you or someone you know has cancer and is struggling with emotions or coping, Saint Vincent is a helpful resource. Saint Vincent is the only hospital in the region to provide cancer counseling by a licensed psychologist focused specifically on the emotional needs of cancer patients and their families.

### How the Saint Vincent Cancer Care Center Can Help

- Counseling from Gay Lipchik, PhD, a licensed psychologist to help cope with physical, emotional, and lifestyle changes
- Assistance in adjusting to major life stressors, including illness and treatment
- Help in controlling stress, anxiety, exhaustion, or depression
- Relaxation techniques, self-hypnosis, imagery, and other skills to help ease pain and side

effects of chemotherapy, such as nausea and vomiting

- Problem-solving strategies for coping with grief, fear, and other emotions
- Help with anxiety or distress specific to a procedure, such as surgery, chemotherapy, and radiation
- Help with health-related behavior changes, such as smoking cessation, weight management, and exercise
- Treatment for family members to help them cope with the diagnosis and the challenges of surgery and treatment
- Tools to help explain the illness, surgery, and treatment to family members
- Individual therapy ♦

If you know someone who would benefit from cancer counseling, call Dr. Lipchik at **814/454-4885**.

**W**hen Aaron Kemp played hockey at Canisius College, he took some pretty hard hits and suffered from periodic lower back pain. But the hardest hit of all came years later when Aaron's back gave out on him.

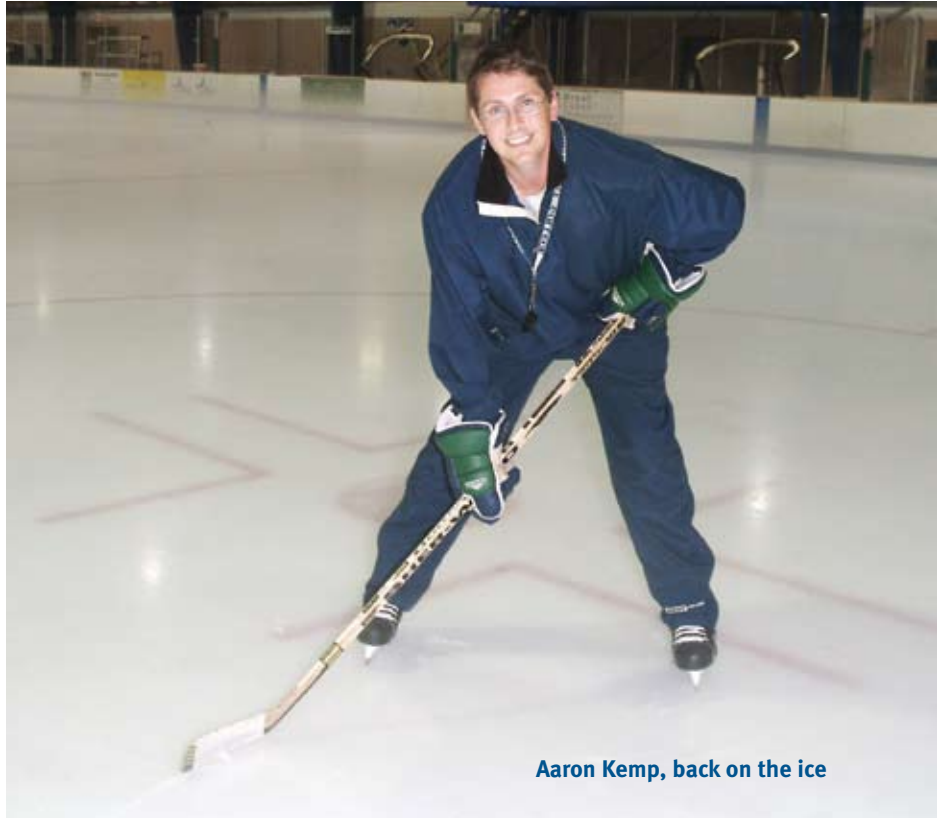
Kemp discovered he had a herniated disc. Physical therapy, epidural injections, and rest offered minor relief, but he still suffered from prolonged back pain. Sometimes, he could barely walk.

Kemp moved to Erie in 2004 to serve as the assistant coach for the women's hockey team at a local college. When his back pain started to interfere with the travel required for recruiting and the physical demands of coaching, he was ready for a permanent fix. A family physician referred Kemp to Saint Vincent neurosurgeon Daniel Muccio, MD, FACS.

"Dr. Muccio made sure I understood the risks involved with surgery," Kemp says. "He made it my decision whether or not to have the surgery. It's actually a good thing that I chose the surgery because a piece of the disc had broken off and punctured my tendon."

Since the surgery, Kemp reports a return to normal activities. "I'm glad I had the surgery, and I really couldn't ask for better results. It's great to be pain-free." ♦

# Back Surgery Helps Former Hockey Player Reach Goal of Pain-Free Life



**If you need relief  
from back pain, call  
814/452-7809  
for an assessment.**



## New Spine Center Opening Soon

**I**f you have pain in your neck or back, an important new resource will be available to help you address it. The Saint Vincent Spine Center, 1910 Sassafras, which will be opening soon, is a one-stop shop for diagnosis and treatment. The specialists at the center will assess your problem and determine a treatment plan or, in some cases, recommend surgery. Whatever the plan, all the resources you'll need are right there in the same building. For those requiring physical therapy, there is Rehab Solutions, with experts in the McKenzie Method for back pain. For those requiring surgery, the Saint Vincent Neurosurgery practice is right down the hallway. The Occupational Health Center is easily accessible at the same site for those patients dealing with a workplace injury. And for those who must cope with chronic pain, Saint Vincent Behavioral Health Services is there to offer support and guidance. ♦

# Health Happenings

Unless otherwise noted, call **814/866-4817** to register.



## Yoga

A six-session class.

**When:** Thursdays, September 28, October 5, 19, 26, November 2, 16; 7 p.m.

**Where:** McGarvey Learning Center

**Cost:** \$20

## Pilates

A six-session class.

**When:** Wednesdays, September 27, October 4, 11, 18, November 8, 15; 6:30 p.m.

**Where:** McGarvey Learning Center

**Cost:** \$20

## Heart Disease and Risk Factors

**When:** Wednesday, September 20; 11 a.m. OR Tuesday, October 17; 6:30 p.m.

**Where:** Women's Center Classroom

**Cost:** FREE

## Women and Heart Disease

**When:** Wednesday, November 1; 6:30 p.m. OR Tuesday, November 7; 11 a.m.

**Where:** Women's Center Classroom

**Cost:** FREE

## Fitness Ball

A four-session class.

**When:** Mondays, September 11, 18, October 23, 30; 5:30 p.m.

**Where:** Saint Vincent Women's Center

**Cost:** \$5 per class

## Cardiac Support Group

**When:** Thursdays, November 2 and February 1; noon

**Where:** McGarvey Learning Center

**Cost:** FREE

## Ostomy Support Group

**When:** Thursdays, September 21, October 19, and November 16; 6:30 p.m.

**Where:** Women's Center Classroom

**Cost:** FREE

## Think Colonoscopy: Why, When, and What to Expect

**When:** Tuesday, October 3; 6:30 to 7:30 p.m.

**Where:** Women's Center Classroom

**Cost:** FREE

## Enjoy Life Without Hip or Knee Pain

**When:** Tuesday, November 7; 1 p.m. OR Thursday, January 18; 10 a.m.

**Where:** McGarvey Learning Center

**Cost:** FREE



## Shoulder Pain?

**When:** Tuesdays, October 24 OR December 5; 1 p.m.

**Where:** McGarvey Learning Center

**Cost:** FREE

## AARP Driver Safety Program

**When:** Tuesdays and Wednesdays, September 26 and 27 OR October 24 and 25; 5:30 to 9:30 p.m.

**Where:** Women's Center Classroom

**Cost:** \$10



## Look Good, Feel Better

Beauty tips for female cancer patients.

Call **1-800-ACS-2345**.

**When:** Tuesdays, September 26; 1:30 to 3:30 p.m., November 14, December 5; 2 to 4 p.m.

**Where:** Women's Center Classroom

**Cost:** FREE

## Knowing Your Meds for Heart Patients

**When:** Wednesday, November 8; 6:30 to 7:30 p.m.

**Where:** Women's Center Classroom

**Cost:** FREE

## What Can I Do to Prevent Getting Diabetes?

**When:** Wednesday, November 15; 7 p.m.

**Where:** The Diabetes Resource Center, 3580 Peach Street—Peach Street Medical Building

**Cost:** FREE

## The Facts on Fibromyalgia

A six-session class.

**When:** Tuesdays, September 26, October 3, 10, 17, 24, 31; 10:30 a.m. to 12:30 p.m.

**Where:** Saint Vincent Women's Center

**Cost:** \$140

## Beautiful Beginnings Classes

Expecting? Sign up for our Beautiful Beginnings classes. To schedule your class dates, call Saint Vincent at **814/452-5664**.

### Saturday Preparation for Labor

A two-session class.

**When:** Saturdays, September 9 and 16, October 7 and 14, November 11 and 18, December 2 and 9, January 6 and 13; 9 a.m. to 1 p.m.

**Where:** Women's Center Classroom

**Cost:** \$30

### Newborn Care

**When:** Thursdays, September 7, October 5, November 2, December 7, January 4; 6:30 to 9 p.m.

**Where:** Women's Center Classroom

**Cost:** \$10



### Weekday Preparation for Labor

A three-session class.

**When:** Tuesdays, September 5, 12, 19; Mondays, October 2, 9, 16; Tuesdays, November 7, 14, 21; Mondays, December 4, 11, 18; and Mondays, January 8, 15, 22; 6:30 to 9 p.m.

**Where:** Women's Center Classroom

**Cost:** \$30

### Labor Refresher Course

**When:** Saturday, October 21; 9 a.m. to 1 p.m.

**Where:** Women's Center Classroom

**Cost:** \$20

### Breastfeeding

**When:** Thursdays, September 14, October 12, November 9, December 14, January 11; 7 to 9 p.m.

**Where:** Women's Center Classroom

**Cost:** \$15

### Working Mothers and Breastfeeding

**When:** Thursdays, September 28, November 30, OR January 25; 7 to 9 p.m.

**Where:** Women's Center Classroom

**Cost:** \$10

### Sibling Preparation

For children ages 3 to 10.

**When:** Tuesdays, October 10 OR December 5; 6:30 to 8 p.m.

**Where:** Families meet at Saint Vincent Health Center Information Desk

**Cost:** \$10 for one child; \$5 for each additional child

### Breastfeeding Support Group

**When:** Wednesdays, September 13, October 8, November 15, December 20; 7 to 8:30 p.m.

**Where:** Women's Center Classroom

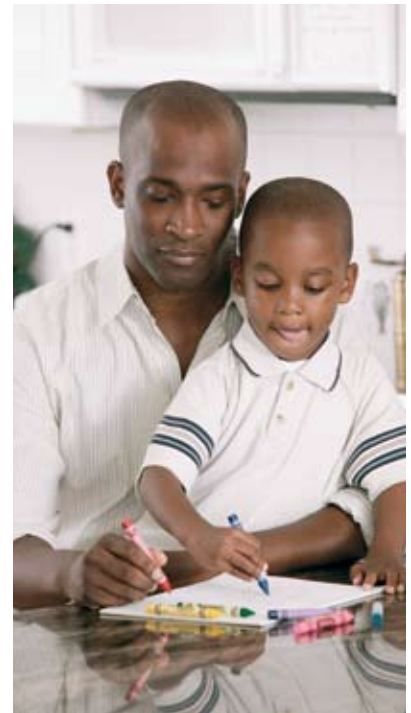
**Cost:** FREE

### CPR for Family and Friends

**When:** Saturday, November 4; 9 a.m. to 1 p.m.

**Where:** Women's Center Classroom

**Cost:** \$35



### Dads Make a Difference!

Basic how-to for expectant fathers.

**When:** Mondays, September 25 OR January 29; 7 to 9 p.m.

**Where:** Women's Center Classroom

**Cost:** \$10

### So, You're Going to Be a Grandparent!

**When:** Monday, November 20; 7 to 9 p.m.

**Where:** Women's Center Classroom

**Cost:** \$10

### Mother/Daughter Class

For girls ages 9 to 12, on the physical and emotional changes of puberty.

**When:** Saturdays, October 28 OR December 16; 9 a.m. to noon

**Where:** Women's Center Classroom

**Cost:** \$15 per mother/daughter couple; \$5 for each additional daughter



## Patient Records Go Electronic

Not long ago, the federal government set a goal that all Americans should have their health records in a portable electronic format by 2014. Patients of Saint Vincent Health System will benefit by being a giant step ahead of that goal.

During the past year, the Saint Vincent Medical Group has begun to phase into a

Touch Works electronic health management and medical records system. Saint Vincent is the first hospital in the area to implement this type of outpatient electronic health records system.

“By implementing this new system, I believe Saint Vincent is staying on the forefront of what is happening

nationally in the health care arena,” says Sam Reynolds, MD, physician champion of the effort. “More important, it enables us to take excellence in patient care to an even higher level in our own community.”

Currently, less than half of U.S. physicians are utilizing some type of digital health record. Only about 20 percent have access to electronic prescription tools. The benefits of an electronic health record are that it:

- provides reminders of when medical tests are due
- allows physicians to prescribe medications electronically and monitor such details as insurance formulary availability, drug allergies, and interactions
- enables lab work, X-rays, and medical reports to be transmitted electronically directly into the patient’s chart
- allows autofaxing of records to specialists
- allows the Medical Group to run reports and strategically determine better ways of managing groups of patients with certain medical conditions.

“This system not only improves access to patient medical information by physicians and patients alike, it can actually improve the quality of patient care,” says Dr. Reynolds. ♦

### SAINT VINCENT MEDICAL STAFF GROWING

Saint Vincent takes pride in its tradition of attracting excellent physicians to northwest Pennsylvania. We are proud to introduce the newest members of our medical staff. All are accepting new patients.



**Segun Abogunde, MD**  
Gastroenterology  
Digestive Diseases of  
Northwest PA  
238 West 22nd Street, Erie  
814/452-2767



**Constantine “Gus” Dumas, MD**  
Occupational Medicine  
The Occupational Health Center  
1910 Sassafras Street, Erie  
814/452-7879



**Raymond McAllister, MD**  
Family Medicine  
Great Lakes Family Medicine  
3530 Peach Street, Erie  
814/864-6039



**Adam Rubin, MD**  
Nephrology  
Associates in Nephrology  
311 West 24th Street,  
Suite 402, Erie  
814/453-6687



**Patrick Recio, DO**  
Colon/Rectal  
Rectal and Colon Surgery, Inc.  
3216 State, Erie  
814/456-2976



**Timothy Schaefer, MD**  
Obstetrics and Gynecology  
Erie Women’s Health Partners  
225 West 25th Street, Suite  
208, Erie  
814/454-8185



**Shannon Takara, MD**  
General Surgery  
Greater Erie Niagara Surgery  
2626 Sigsbee Street, Erie  
814/454-1142

# New Website Offers Information, Tools for Emergency Care

**D**o you have all the information you need to make a decision about emergency medical care in the event of illness or injury? If not, log on to [www.saintvincenthealth.com/emergency](http://www.saintvincenthealth.com/emergency) and check out our brand new Saint Vincent Emergency Department web pages. There, you'll find a wealth of important information, including:



- a step-by-step guide of what to expect when and if you need to come to the Saint Vincent Emergency Department
- a guide to Fast Track, our in-hospital urgent care center for minor medical emergencies and illnesses
- a helpful Seasonal Update, offering health and safety tips and updates based on the time of year
- an important new Forms section that enables you to fill out important paperwork to have on hand in case an emergency occurs. Forms include a medications list, power of attorney, a living will, and a form authorizing treatment of your child in your absence
- an introduction to DMAT-PA3 and Erie Regional Medical Reserve Corps, the volunteer groups that stand ready to offer medical assistance in the event of a local or national disaster
- a special section featuring the latest news about the Saint Vincent Emergency Department
- information about our Forensic Nursing and Community AED Programs. ♦

## Dr. Shatynski Brings Sports Medicine to East Erie County



**Todd S. Shatynski, MD**

For athletes residing in eastern Erie County, access to specialized medical care for sports-related injuries and issues is now more convenient.

Todd S. Shatynski, MD, has joined Saint Vincent East Harbor Primary Care as a primary care sports medicine specialist. Dr. Shatynski recently completed a primary care sports medicine fellowship at Saint Vincent. He was instrumental in the development of Saint Vincent's Prevention, Performance, and Treatment initiative. An accomplished athlete, Dr. Shatynski has competed in three Ironman triathlons, including the world championship in Hawaii in 2000 and the U.S. championship in Lake Placid in 2004. He is also the medical director for the Erie Marathon.

*Dr. Shatynski is accepting new patients at East Harbor, 4950 Buffalo Road. Call 814/899-7000 for an appointment.*

## Saint Vincent: Your Best Choice in a Life-Threatening Emergency

- Saint Vincent was the first ER in the region to commit to having a cardiologist on site 24/7.
- We've reduced the time from a heart patient's arrival in the Saint Vincent ER to his or her EKG. It is now twice as fast as the national standard.
- The time from a heart patient's EKG to an angioplasty is also twice as fast as the national standard.
- One hundred percent of Saint Vincent's emergency physicians are board certified in emergency medicine. This means a higher level of care for patients—faster, more efficient diagnosis and treatment, and the most authoritative emergency care in the region.
- The emergency nursing staff is among the most experienced in the region. For patients, this translates into the confident, efficient, expert nursing care that can only come from hands-on experience and insight.
- Saint Vincent is the first hospital in the area to have an Emergency Medicine Residency program. That means the level of experience and expertise of our emergency room physicians qualifies them to guide a new generation of ER doctors. It also means patients benefit from the very latest in emergency medicine technology and a higher number of physicians staffing the ER.
- Our Fast Track department offers quick and high-caliber medical care for minor injuries and illnesses.



# Race and Health Risks

Depending on your race, you may be more at risk for certain types of diseases. That’s why it’s important to know the facts.

The Erie County Health Department (ECHD) reports annually on this subject, comparing the death rates of African-Americans and Caucasians—see chart, below.

“There is a marked discrepancy in health indicators among African-Americans as compared to the white population in Erie County,” says Valerie Bukowski of the ECHD. “In many cases, the disease

does not occur naturally because of race, but because of issues such as lack of early diagnosis, access to health care, and economic issues that are often linked to race.”

While local figures are not available for races other than African-American and Caucasian, the Centers for Disease Control reported recently on disease in other races on a national level. Their studies show that Asian Americans have the highest rate of liver cancer—five times that of Caucasians—and Hispanics are twice as likely to die from diabetes. Hispanic

women also have the highest rate of invasive cervical cancer. The top three diseases that kill Caucasians in Erie County are heart disease, cancer, and stroke.

Saint Vincent is a local leader in addressing health disparity. The Saint Vincent Women’s Center presents extensive educational programming for minority women and immigrants on the importance of mammography in the fight against breast cancer through its Body and Soul program, which is funded by grants from Making Strides Against Breast Cancer and the Pittsburgh affiliate of the Susan G. Komen Breast Cancer Foundation. In addition, Saint Vincent surgical oncologist Hank C. Hill, MD, has led the way in the creation of Healing Erie Through Anointed Love (HEAL), a faith-based program to provide education and screening opportunities in the minority community. HEAL presented a three-day symposium and health fest in June in downtown Erie, which was attended by hundreds. ♦

**The best advice? Make it a point to learn about the diseases for which you are at risk, educate yourself on symptoms, and seek help early.**

## DEATH RATES BY DISEASE AND RACE IN ERIE COUNTY

per 100,000 people

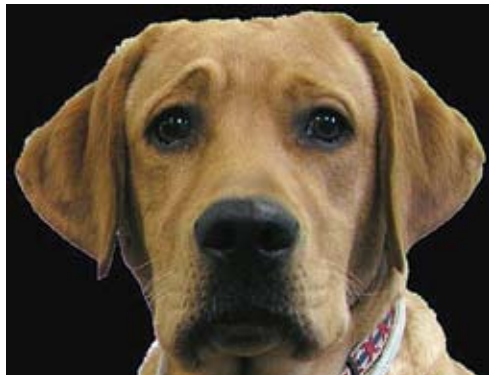
DISEASE	AFRICAN-AMERICAN	CAUCASIAN
Heart disease	320.4	277.9
Stroke	106.6	62.7
Lung cancer	81.0	58.4
Breast cancer	39.8	30.4
Prostate cancer	67.3*	25.0
Diabetes	54.8*	28.3

\*1 ½ times higher than the national rate

# Health Briefs

## Back Pain?

If back pain is a factor in your life, it's important to learn the facts about its causes and treatments. Log onto [www.saintvincenthealth.com](http://www.saintvincenthealth.com) and click on the "Back Pain Quiz" icon to measure your knowledge and get the facts about back pain. You also can check out our recommended methods for lifting. To find a doctor who can provide medical attention for back pain, call Saint Vincent's Ask-A-Nurse 24 hours a day, seven days a week at **814/452-5500**.



## THIS NOSE KNOWS

MEET SIMON, A FORENSIC SCENT EVIDENCE DOG WHO'S PART OF A COOPERATIVE PROJECT BETWEEN SAINT VINCENT HEALTH CENTER AND THE ERIE COUNTY DISTRICT ATTORNEY'S OFFICE, TO HELP TAKE VIOLENT CRIMINALS OFF THE STREET. AFTER THREE YEARS OF RESEARCH, THE FORENSIC SCENT EVIDENCE PROJECT WILL PARTNER INVESTIGATORS WITH CERTIFIED SCENT EVIDENCE LINEUP DOGS TO HELP LINK A SUSPECT TO A CRIME SCENE BY USING HUMAN SCENT AS EVIDENCE.

## Meet Our Surgical Oncology Nurse Navigator



**Peggy Camino, RNC, BSN**

If you're having surgery for cancer, you'll want to know this face. Her name is Peggy Camino, and she is the surgical oncology nurse navigator at Saint Vincent. It's her job to guide newly-diagnosed patients through the maze of services and resources they'll need in their recovery from cancer. For more information, call **814/452-5955**.

## Another Reason to Get Your Kids Off the Couch

Exercise may combat depression in children, suggests a new study. Seventh- and eighth-grade boys and girls who stepped up their physical-activity levels lessened their symptoms of depression over a two-year period. It's not clear whether there's a direct cause-and-effect relationship between exercise and a lower risk for developing depression. But the results of this study are encouraging, and they warrant further research, say the authors.





Ron Palombi Sr. is shown with his son, PBA bowling champion Ron Jr.

## Joint Surgeries Keep Senior Athlete in the Game

For Ron Palombi Sr., 72, it has always been all about athletics. Throughout his life, Palombi has participated in sports of every kind—softball, baseball, football, track, golf, bowling, and working out regularly at the YMCA. But in 1996, his athletic activity came to a sudden halt when he awakened with hip pain.

Palombi consulted Saint Vincent orthopedic surgeon Thomas Fessler, MD, who recommended hip replacement. Palombi had the procedure and, after rehabilitation, was just beginning to return to his active life when he found himself back in Dr. Fessler's office in need of knee replacement. After a stint in rehab, he was back in the game until 2003, when he tore his rotator

cuff. He reinjured the shoulder in January by overdoing it while shoveling snow, and had to have nine pins inserted.

"Every time something happens, I go right back to Dr. Fessler," Palombi says. "Somehow, he is able to do what needs to be done to allow me to stay active. Every time I've been down with an injury or need to have something replaced, Dr. Fessler has been there. He really cares about his patients. He takes a personal interest."

Palombi also appreciates the care he received while admitted to Saint Vincent. "The nurses were like guardian angels, every single time," he says. Palombi's feelings are reflected in recent patient satisfaction surveys conducted by The Jackson Organization, which show that the orthopedic floor

at Saint Vincent has a 94 percent patient satisfaction rating.

"The procedures done at Saint Vincent have improved the quality of my life. I golf, garden, landscape, bowl, do wood-working, and work out at the YMCA five days a week."

For the record, Palombi doesn't mind sitting back and being a sports spectator, which comes in handy, considering that his son is Professional Bowler's Association champion, Ron Palombi Jr. ♦

**Enjoy life without joint pain.  
Check out our schedule of  
hip, knee, and shoulder  
seminars on page 10.**

**Saint Vincent Health Center**  
*We know how to treat people.™*  
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