

Bundle Up, Baby

Remember how Mom made you bundle up before going outdoors in the winter so you wouldn't get sick? She was right. So be sure you dress for the weather — and that means covering your head, ears, mouth, and hands.

Turn to page 3 to learn why your ears, nose, and throat need extra care in winter.



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When Your Body Talks ... Be Sure to Listen

Being attuned to changes in your body can help in the early detection and treatment of cancer and other serious medical problems



Is your body trying to tell you something important? It can be an excellent communicator — if you pay careful attention to its symptoms.

There are numerous warning symptoms for cancer, many of which also can point to other serious medical conditions.

That's why you should call your primary care physician (PCP) if you have any unusual or persistent symptoms lasting longer than two or three weeks, says Edward Chu, MD, chief of the Division of Hematology/Oncology at UPMC and deputy director of the University of Pittsburgh Cancer Institute.

Dr. Chu says it's also important to be aware of more generalized body changes (also known as constitutional symptoms) that can compromise your physical performance and overall well-being. By getting to know what's typical for your own body, you'll be better able to recognize unfamiliar changes when they occur. They can include:

- Extreme tiredness (fatigue)
- Unexplained weight loss (typically 10 pounds or more) or loss of appetite
- Changes in how food tastes
- Fever and chills
- Night sweats
- Shortness of breath or difficulty breathing

“These symptoms don't necessarily mean you have cancer,” he emphasizes. “But if they linger or worsen, it's important for your doctor to rule out — or treat — possible problems.”

If you are interested in locating a PCP or specialist in your area, visit UPMC.com/FindADoctor or call 1-800-533-UPMC (8762).

“The vast majority of patients will get a clean bill of health from their doctor,” says Dr. Chu. “But when it comes to cancer, time is often of the essence. Early detection can help keep cancer from spreading, allow for faster treatment, and improve your chances for recovery.”

Symptoms that reveal

Most of us know to be on the lookout for such important cancer warning signs as a sore that does not heal; a thickening or lump in the breast, or other parts of the body; blood in the stool or urine; or changes in the size or color of a mole.



Did You Know?

The University of Pittsburgh Cancer Institute (UPCI), based at the Hillman Cancer Center in Shadyside, is the only National Cancer Institute-designated Comprehensive Cancer Center in western Pennsylvania. Learn more about UPCI and its partnership with UPMC Cancer Centers at UPCI.UPMC.edu.



Cancer Screenings: Are they right for you?

Another important tool in the early detection of cancer is screenings. Cancer specialists at UPMC East say that when combined with regular checkups with your family doctor or a specialist, screenings like mammograms, PAP smears, and colorectal exams have proven to be invaluable in the fight against cancer. Your personal and family medical history, risk factors, age and other considerations will help your physician recommend the right tests — and frequency — for you.

To learn more about the programs and services at UPMC Cancer Center at Oxford Drive in Monroeville, visit UPMCEast.com.

Make a Date With Your Doctor

You take your car to the mechanic for an annual inspection to be sure it's running properly. So why aren't you giving your body the same kind of attention?

When you're in good health, it's easy to put off going to the doctor. But regular checkups can help you stay healthy, and avoid disease and disability. That's why scheduling a physical is the one New Year's resolution you should keep.



According to primary care physicians (PCPs) with UPMC East, an annual exam is the perfect time to talk about illness prevention, healthy lifestyle choices, and any screenings. That information helps you and your doctor create a plan to maintain your health, or get you started on making changes to improve your health.

Building an ongoing relationship with a PCP also means peace of mind. PCPs with UPMC East say there's real value to being seen by someone who knows you and your health history — someone you trust to guide you through an illness or emergency.

Your exam checklist

How can you make the most of your annual exam? Here are four things to do before you see the doctor:

1. Make a list of all medications you are taking

Include all prescription drugs, over-the-counter drugs, vitamins, and supplements that you currently take, how often you take them, and why.

2. Update your family history

Your family history can provide important clues about your risk for certain diseases, including diabetes, some cancers, and heart disease.

3. Ask about health screenings

Screenings can be important tools in preventing some illnesses and diseases. Get a list of recommended screenings and talk about them with your doctor.

4. Make a list of questions or health concerns

Asking questions and sharing your concerns about health issues helps your doctor improve your care.

One final piece of advice: **Be honest.** Never be afraid or embarrassed to tell your doctor something. What you don't disclose could be important for your doctor to make an accurate diagnosis or prescribe the best treatment plan.

Three Cheers for Your Ears, Nose, and Throat

Winter is the season for sniffles, scratchy throats, and earaches — often all at once!

And with good reason: our ears, nose, and throat all are connected and affect each other greatly. Otolaryngologists (also known as ear, nose, and throat doctors or ENTs) are physicians who specialize in caring for this complex, interrelated system.

Test your ENT knowledge with this quick quiz:



Who gets earaches more often — children or adults?

Nearly every child experiences at least one ear infection between infancy and the age of five — something weary parents know firsthand. Because children have shorter, straighter Eustachian tubes (which connect the nose to the ears), it's easier for bacteria to migrate into their ears.



Why are you more likely to get a nosebleed in winter?

The same heated indoor air that makes your home cozy in winter also can dehydrate the inside of your nose. It can become crusted or cracked, or can even bleed. A dry nose makes you more susceptible to germs, so exercise good nose care. Lightly coat the inside with petroleum jelly. Over-the-counter saline mists and sprays (not decongestants) also are helpful.



Will antibiotics cure laryngitis?

Most cases of laryngitis are caused by viral infections that make the vocal cords swell — so antibiotics are ineffective. Your best course of action? Drink plenty of fluids, rest, and cut back on talking. Straining your voice when you have acute laryngitis can damage your vocal cords.

Source: American Society of Otolaryngology

A Snapshot of UPMC East

Opening Summer 2012

UPMC East By the Numbers

- 156 private patient rooms (140 medical-surgical beds; 16 ICU beds)
- 7 operating rooms
- 22 emergency room treatment bays
- 2 endoscopy rooms
- 2 interventional catheterization labs
- 460-space parking garage
- 70 surface lot spaces



To learn more about the new hospital, visit UPMCEast.com

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Renderings courtesy
of BBH Design.

The summer 2012 opening of UPMC East, a full-service community hospital, will be an important milestone in UPMC's long relationship with Monroeville and the surrounding communities. For many years, UPMC has provided area residents with convenient access to a variety of health care facilities and services, including an imaging center, a surgery center, and branches of Magee-Womens Hospital of UPMC and Children's Hospital of Pittsburgh of UPMC.

The new hospital will link together these Monroeville-based services and facilities, and will offer the latest in inpatient health care,

including private patient rooms equipped with point-of-care testing, state-of-the-art operating rooms, and a full-service emergency department.

"This new hospital is a visible demonstration of UPMC's tradition and commitment to bring advanced, compassionate care where it matters most — in your community," says Mark Sevco, president of UPMC East.

"There's now an exciting environment of growth and development in the Monroeville area, and UPMC is very proud to be a part of it," adds Mr. Sevco.



Hospital Café

The greeter station, located in the first floor lobby, sits at the top of UPMC East's grand staircase, which connects the lower level to the first floor. Here, visitors can get information and learn more about the many concierge services available to patients and families.

◀ Located on the ground floor, the café is a light and airy space that serves as a comfortable retreat for patients' families and visitors. The café's menu includes a variety of delicious options, including pizzas and breads baked in a beautiful brick oven. Our chefs will offer cooking demonstrations, featuring favorites from the café menu, and will share those recipes.



First Floor Lobby

◀ Guest elevators are located off the first floor lobby. The lobby's seating area serves as the reception area for outpatient testing. A digital message board provides updates about hospital programs and events, as well as other information.



Outpatient Testing Area

Nursing work stations outside each patient room help nurses and staff stay close to their patients. Each station includes monitors linked to the patient room, allowing staff to view the patient's status quickly and efficiently.



Nursing Station

◀ All 140 private inpatient rooms (non-ICU) will have personal bathrooms, sleeper sofas for visitors, and will be equipped with two SmartRoom® monitors — one for caregivers to access essential patient care information, and the second for patients to use for viewing scheduled tests and procedures, watching educational videos, and reading emails from family and friends.



Patient Room

Technology for 21st Century Hospitals

How technology is working to transform the quality of your care during hospitalization

If you ever have to be hospitalized, you'll certainly want to be cared for at a place that delivers quality health care using the latest technology available. That's precisely what patients find when they are admitted to a UPMC hospital.

"UPMC's vision of quality is for every patient to receive the right care, at the right time, in the right way — every time," says Tami Minnier, RN, and chief quality officer for UPMC. "Technology lets us serve patients more efficiently and accurately. Most of all, we're able to give patients greater control of their health care."

Here are just two of the ways UPMC hospitals are delivering on that goal.

SmartRoom® technology brings it all to you

Launched three years ago by UPMC in partnership with IBM, SmartRoom is an impressive technology. First used at UPMC Shadyside and UPMC Montefiore, it is gradually being introduced in other UPMC hospitals. All patient rooms at the new UPMC East will be equipped with SmartRoom technology.

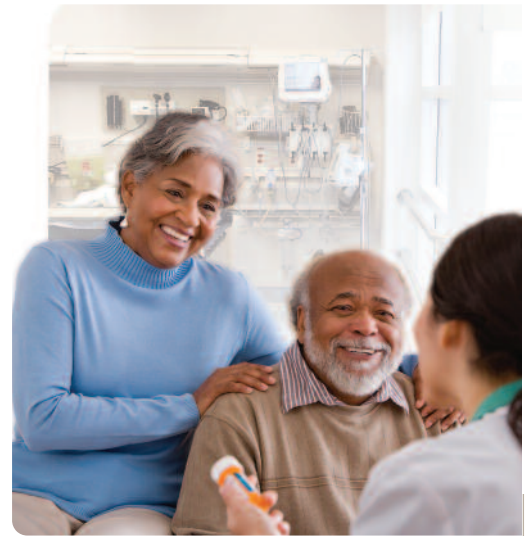
SmartRoom brings all essential data related to your care to your bedside. Its computerized software programs give caregivers fingertip access to all the information essential to your care — from your electronic medical records to the tests you'll need that day.



The SmartRoom concept simplifies workflow and makes documentation of your care faster and easier. Each room has two screens: one for your caregivers, and another for you to access email, entertainment, and a vast library of patient education videos and information.

The right meds at the right time

"It is our goal to make the hospitalization and discharge experience as stress-free as possible for our patients and their families," says Jacqueline Dailey, UPMC's vice president for Solutions for Medical Science, Research, and Patient Centered Accountable Care. "Not surprisingly, by the time patients leave the hospital, they're often confused and overwhelmed by changes in their medications and how to take them."



"We begin when you're admitted with an electronic assessment of your current medications and how they're being taken," explains Ms. Dailey. "As medications are adjusted or eliminated during your stay, this information is instantly available to all your physicians — from your family doctor to the specialists caring for you. That's especially important if you transition from one level of care to another, such as intensive to acute care." An added layer of safety: both a pharmacist and the nurse administering the medications verify any new medication orders from your doctors.

Throughout your stay, you'll receive comprehensive instructions on your medications. "We know that people learn in different ways, so this information will be shared multiple times and in multiple ways," notes Ms. Dailey. "We also urge patients to contact their doctors for help with any questions they may have on their return home."

Taking on Tourette

Controlling a life in motion at Children's Hospital of Pittsburgh of UPMC

Seven Barnishin was just 11, playing with action figures alone in his Pitcairn home, when the tics began — involuntary arm flicks, head jerks, and sounds. “I freaked. It seemed like something else was controlling me,” he says.

Tom and Amy Barnishin first thought their son's behavior was linked to the start of the school year and peer pressure. When symptoms grew worse, and other tics emerged, their doctor sent Seven to Children's Hospital of Pittsburgh of UPMC where he was officially diagnosed with Tourette syndrome (TS) in January 2009. “We were blindsided,” says Amy.

Diagnosing Tourette syndrome

TS is a neurodevelopmental disorder affecting one in 100 people, says Keith Coffman, MD, a pediatric neurologist and co-director of the Tourette Syndrome Clinic, part of the Brain Care Institute at Children's Hospital. Most cases are diagnosed between ages 3 and 12; the majority are boys.

The main symptoms are sudden, repetitive, uncontrollable movements and sounds called tics, including throat-clearing, sniffing, blinking, gestures, and head jerking. For a true TS diagnosis, tics must start before age 18, include two or more motor tics and at least one vocal tic, and last at least one year. Tics peak at the onset of puberty. Approximately 60 percent of children outgrow the tics, or the tics become so subtle only that person knows when they occur.



Coping with Tourette

“People with TS cannot control their tics. They experience a sensation that makes them feel like they have to move — like having to sneeze,” Dr. Coffman says.

The earlier the diagnosis, the sooner children can benefit. Movements can interfere with school work. Children with TS often are bullied, teased, or viewed as being disruptive.

That's especially difficult for adolescents who want to fit in. Tics, such as throat clearing, turning, or shaking, also can cause pain.

At the Tourette Syndrome Clinic, patients have access to a trio of experts: two pediatric neurologists with training in neurodevelopmental disorders, and an adult neurologist trained in movement disorders who provides transitional care for older teens.

Be in the know about TS

Treatment varies. While there's no cure, medication sometimes helps control tics. Psychologists can teach habit reversal and relaxation techniques to help patients cope with stress and reduce symptoms. But the most important treatment is education, says Dr. Coffman. “That includes educating families, educators, and the general public about TS.”

“Knowledge is power. I'd be unnerved if I didn't know what it was,” adds Seven, now age 14. Although he cycled through almost every tic, the movements and sounds have subsided with treatment.

The Barnishins credit the team at Children's for helping them understand TS, guiding them through treatment options, and providing support.

“Children's gave us answers and helped us gain control over an uncontrollable situation. Instead of being spectators, we were part of the process. That helped lower Seven's anxiety, which helped ease the tics,” says Tom.

To learn more about the Tourette Syndrome Clinic and the Movement Disorders Clinic at Children's Hospital, visit chp.edu, choose Neurology as the service, then click the Clinics and Services button on the left.



Did You Know?

An estimated 200,000 Americans have TS, but misconceptions still surround the disorder.

For example, TS is not an emotional or behavioral condition. It is an inherited neurodevelopmental disorder that causes abnormalities in the brain.

Other TS facts include:

- TS patients have the same IQ range as the general population.
- People in every walk of life, including professional musicians, athletes, authors, and scientists, have TS.
- Less than 15 percent of TS patients swear or use inappropriate expressions.

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