

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 4 to learn why your ears, nose, and throat need extra care in winter.



UPMC Passavant

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A Different Vein

The UPMC Center for Bloodless Medicine and Surgery offers special care for patients who are unable to accept blood transfusions

There are many patients who choose bloodless medical treatment — medical care without blood transfusions or products — for religious or ethical reasons. However, a growing number are selecting it to reduce their risk of adverse reactions and bloodborne illnesses.

The UPMC Center for Bloodless Medicine and Surgery was established to ensure that patients who are unable to accept

“Most patients don’t realize blood transfusions often can be avoided by following a few simple steps before surgery.”

— Perry Doebler

transfusions, such as Jehovah’s Witnesses, are identified early. Resources provided by the Center for Bloodless Medicine and Surgery are available for all patients including those at UPMC Passavant, Magee-Womens Hospital of UPMC, and throughout the UPMC network.

Special wristbands are placed on all patients who choose not to have transfusions so that their wishes are clearly understood by medical staff and other care providers. Patients who decide against receiving a blood transfusion are educated by their doctors about the risks and benefits before any procedure is done.

“Our paramount concern is to make sure the doctor is committed to respecting the patient’s decision,” says Perry Doebler, the center’s director. “We make sure the surgical team and nurses know ahead of time so they can be ready, and the patient doesn’t have to keep explaining things.”

Advance planning

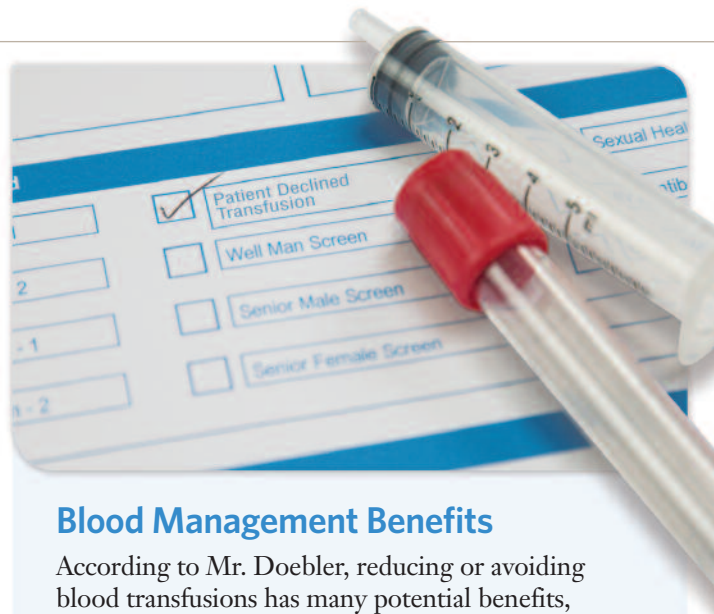
Planning is key to successful bloodless medicine and surgery. Careful blood management can boost the patient’s blood count before surgery and minimize blood loss. Minimally invasive surgery, special surgical tools, medications, and other techniques can help reduce or even stop bleeding. Doctors also can capture blood lost during surgery, clean it, and reinfuse it into the patient.

Mr. Doebler says most patients don’t realize blood transfusions often can be avoided with a few simple steps before surgery. For example, one in four surgical patients is anemic, but doctors can recommend iron therapy, vitamins, or medication to stimulate blood production. Doctors also may tell surgical patients to discontinue certain pain relievers, herbs, and supplements that may interfere with blood clotting and cause more bleeding.

“Being proactive and planning ahead are important for everyone. There are things a patient can control,” he says.

To learn more

If you cannot accept blood transfusions, or may be planning for surgery and want to learn more about blood management, visit www.bloodlesscenter.com, or call the Center for Bloodless Medicine and Surgery at 1-877-674-7111.



Blood Management Benefits

According to Mr. Doebler, reducing or avoiding blood transfusions has many potential benefits, including lessening the patient’s exposure to viruses and other bloodborne diseases, and even helping to shorten the hospital stay. It also helps preserve the blood supply for other patients.

Is bloodless medicine a good option for you?

Your doctor is the best source of information when it comes to deciding to choose bloodless medicine.

Some questions you may want to ask:

1. What is my current blood count?
2. How can I increase my blood count?
3. Should I stop any medications or supplements?
4. Will I need a blood transfusion during surgery?
5. What risks are involved with blood transfusions?
6. What are the risks if I decline a transfusion?
7. What can my doctor do to minimize my need for a transfusion?

Pre-op tips

- **Know your blood count.** The normal hemoglobin range for males is 14-18 g/dL and for females is 12-16 g/dL.
- **Be honest.** Tell your doctor about all of the medications and herbal supplements you take.
- **Ask questions.** Understand your risks and options.
- **Communicate.** Make sure your bloodless medicine preferences are known.

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.

"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.

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).



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. "When combined with regular checkups with your family doctor or specialist, screenings like mammograms, PAP smears, and colorectal exams have proven to be invaluable in the fight against cancer," notes Theodore L. Crandall, MD, of UPMC Cancer Centers at UPMC Passavant. "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 program and services of UPMC Cancer Centers at UPMC Passavant, visit UPMCPassavant.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) at UPMC Passavant, 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 at UPMC Passavant 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

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.

Welcoming New Physicians

To schedule an appointment, or for more information about any of our physicians, visit UPMC.com/FindADoctor or call 1-800-533-UPMC (8762).

Fnu Abhishek, MD
Hospitalist Medicine

Aneel Kumar Bole, MD
Hospitalist Medicine

Asheesh Bothra, MD
Hospitalist Medicine

Ralph A. Capone, MD
Internal Medicine

Timothy J. Chips, DMD
Head and Neck Surgery

Megan H. Cortazzo, MD
Orthopaedics

Pavan Devulapally, MD
Hospitalist Medicine

Christopher R. Dobbelstein, MD
Psychiatry

Christopher J. Friend, MD
Imaging Services

Kenneth N. Gold, MD
Rheumatology

Razvan N. Gramatovici, MD
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Denise M. Hall-Burton, MD
Anesthesiology

Sulwen He, MD, PhD
Nephrology

John W. Ingle, MD
Otolaryngology

James J. Jaber, MD, PhD
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Michael C. Jones, MD
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Jennifer L. Rogers, MD
Emergency Medicine

Abir A. Senz, DO
Internal Medicine

Toni Sicenica, MD
Pulmonary/Critical Care

Erin K. Snell, MD
Rheumatology

Kristen A. Stephen, MD
Dermatology

Guillermo Linares Tapia, MD
Neurology

Haibin Wang, MD, PhD
Anesthesiology

Jeremy B. Wingard, MD
Ophthalmology

Aaron J. Wyse, MD
Imaging Services

What's Happening at UPMC Passavant

These free events are offered by UPMC Passavant and the Passavant Hospital Foundation

Diabetes Education Series

Monday, Dec. 12, 2011
Wednesday, Dec. 14, 2011
1 to 3:30 p.m.

UPMC Passavant-McCandless
Ask at the Information Desk for class location.

Tuesday, Dec. 13, 2011
Thursday, Dec. 15, 2011
6 to 8:30 p.m.

UPMC Passavant-Cranberry
Classes are held in the 2nd floor conference room.

Learn what diabetes is, what medicines are available for treatments, and current recommendations for staying healthy with diabetes. Please call 412-367-6640 for more information.

For more information about classes at UPMC Passavant and affiliated outpatient centers, call UPMC Physician Referral at 1-800-533-UPMC (8762).

Heart-Healthy Living ... Good Choices to Live By

Wednesday, Feb. 15, 2012
12:30 p.m.

Senior Center, Cranberry Township Municipal Building

Speakers: UPMC Heart and Vascular Team

Heart disease is America's leading killer. More women than men die each year from heart disease, but few women really understand how the heart and vascular system work. Learn what you can do to maintain a heart-healthy lifestyle and diet. Please call 412-367-6640 to register.

Colorectal Cancer... What You Need to Know!

Wednesday, Mar. 21, 2012
12:30 p.m.

Senior Center, Cranberry Township Municipal Building

Speaker: Ved Kaushik, MD
Prevention, detection, and advancements in treatment options related to colorectal cancer will be discussed at this seminar. Please call 412-367-6640 to register.

Weight Management & Safe Weight Loss for Seniors

Wednesday, Apr. 18, 2012
12:30 p.m.

Senior Center, Cranberry Township Municipal Building

Speaker: Registered dietitian, UPMC Passavant

Your body is absolutely unique. To lose weight and keep it off, you need to know about a variety of factors that will improve your health, thus allowing you to lose weight and maintain the weight loss. Please call 412-367-6640 to register.

Autism Through the Lifespan

Thursday, Apr. 19, 2012
8:30 a.m.

Passavant Hospital Foundation Conference Center Legacy Theatre

This daylong event will include presentations and breakout sessions. Topics will appeal to families, educators, and providers dealing with autism. CEUs will be available. Registration is required. For more information, visit PassavantHospitalFoundation.org.

Bridge to Hope — Family Support Group

Wednesdays
7 p.m.

Passavant Hospital Foundation Conference Center Conference Room #1 Cumberland Woods Village

Drug and alcohol addiction and its accompanying tragedies have touched countless Americans from all walks of life and from all backgrounds. The Bridge to Hope provides education and support to such affected families. Please call 412-367-6640 for more information.

Legacy Music Series

UPMC Passavant-McCandless


Passavant Hospital Foundation is seeking talented musicians who want to help lift people's spirits and volunteer their time to give the gift of music. Inquiries are now being accepted for upcoming dates. Please call 412-367-6640 for more information.

UPMC Passavant

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UPMC Today is published quarterly to provide you with health and wellness information and classes and events available at UPMC.

This publication is for informational purposes only and should not be taken as medical advice or replace a physician's medical assessment. Always consult first with your physician about anything related to your personal health.

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YOUR HEART'S
IN THE RIGHT
PLACE.**



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