

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 St. Margaret

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What's Happening at UPMC St. Margaret

UPMC St. Margaret Opens Magee-Womens Imaging Center

New 3D mammography technology is among the advanced diagnostics and expanded services offered to area women

Women in Pittsburgh's northern and eastern communities now have convenient access to the very latest diagnostic technology — including breakthrough breast cancer imaging — with the opening of the new Magee-Womens Imaging Center at UPMC St. Margaret this fall.

Located in the hospital's new addition, the expanded Imaging Center offers a full range of services, including diagnostic and screening mammography, breast biopsies, ultrasound and imaging-guided procedures, as well as ob-gyn ultrasound and bone densitometry testing.

It's also among the first in the nation to offer tomosynthesis — an innovative breast imaging tool recently approved by the FDA. The new technology, which will be fully operational at UPMC St. Margaret by early 2012, provides a detailed, three-dimensional image that gives doctors an enhanced view of breast tissue, allowing them to better detect the location of possible abnormalities, especially in dense areas.

“This is a state-of-the-art facility offering women the next generation in breast cancer detection,” says Jamie Y. Hartman, MD, director of mammography at Magee-Womens Imaging Center at UPMC St. Margaret.

“It's very exciting. Tomosynthesis is an emerging technology that provides exceptionally sharp images. It can detect whether a biopsy is necessary and can save lives by detecting cancer early when it is treatable.”

Dr. Hartman says the new Imaging Center brings Magee's quality of care “closer to home” for women north and east of Pittsburgh. It is easily accessible, offers valet parking, and features expanded weekend and evening hours.

The 4,600-square-foot facility includes changing rooms and lockers, three different waiting areas for women in different stages of their appointment, a mammography room, two ultrasound rooms, a bone densitometry room, and a stereotactic biopsy room.

“We offer the same technology and capabilities available at the bigger centers without the inconvenience of traveling into the city,” Dr. Hartman says.

To learn more about the services and programs of Magee-Womens Imaging at UPMC St. Margaret, call 1-800-649-4077 or visit UPMC.com/MageeSees.



What is tomosynthesis?

Breast tomosynthesis (3D mammography) is a new type of mammogram approved by the FDA in February 2011.

What does it do?

It takes images from multiple angles and uses computer processing to build these “slices” into a 3D image.

How is it different from a normal mammography?

Routine mammograms take pictures of the breast from two angles — up and down, and left and right — while tomosynthesis takes multiple pictures from many angles.

When is tomosynthesis used?

It is used in conjunction with conventional mammography when a lump is found or the radiologist determines further evaluation is needed.

What are the benefits?

- Earlier detection: Tomosynthesis can detect potential tumors that might otherwise be hidden in dense tissue.
- Fewer callbacks: A 3D view is more accurate and detailed; it can determine if something that looked suspicious in 2D is or isn't a cause for concern.

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, PSA tests, PAP smears, and colorectal exams have proven to be invaluable in the fight against cancer," notes Ryan P. Smith, MD, a radiation oncologist with UPMC Cancer Center at UPMC St. Margaret. "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 Center at UPMC St. Margaret, visit UPMCStMargaret.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.



"Your annual exam is the perfect time to talk with your doctor about illness prevention, healthy lifestyle choices, and any screenings," says Christian S. B. Lima, MD, a physician with Drs. John, Chantz, Biedrzycki & Associates-UPMC and UPMC St. Margaret. "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 primary care physician (PCP) also means peace of mind. "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," adds Dr. Lima.

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," adds Dr. Lima. "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:



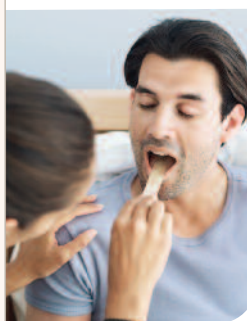
Who gets earaches more often — children or adults?

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.

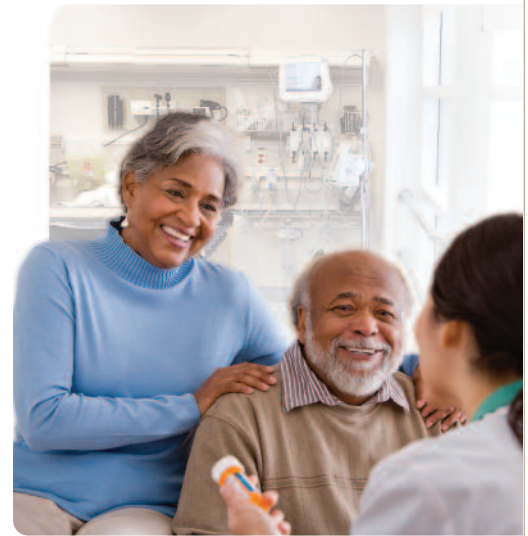
The SmartRoom concept simplifies workflow and makes documentation of your care faster and easier. Each room has two screens: one for your caregivers, and another for you to access email, entertainment, and a vast library of patient education videos and information.

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.

Staying Active When the Weather Is Frightful

Indoor winter workouts can be easier than you think

Packing away your summer sneakers doesn't have to mean packing on pounds this winter. Year-round physical activity helps to control your weight, reduce your risk of heart disease, and strengthen bones and muscles.

"Cold temperatures, howling winds, and crunching snow aren't favorite workout companions for most of us," says Menachem Brodie, an exercise physiologist with Pittsburgh Bariatrics at UPMC St. Margaret. "But there are plenty of ways to stay active indoors during the winter."

Turn it on

"Fitness programs on TV and online can help you improve strength and flexibility," says Mr. Brodie.

"Or try doing crunches, arm curls, or leg lifts while enjoying your favorite show." Change up your routine with workout videos borrowed from the library or from friends.



Play it safe

Walking is the easiest and least expensive way to stay active. If you can't fit in a brisk walk outdoors or in the mall, Mr. Brodie offers these easy ways to add extra steps throughout your day:

- Take the stairs instead of the elevator or escalator
- Park a healthy walk away from your office building or the grocery store
- Use part of your lunch hour to walk through your building, including the stairs
- Get out of your car instead of using the drive-through at the bank, pharmacy, or coffee shop

Shake it around

Use household tasks such as vacuuming and dusting as opportunities to move vigorously. "Put on some upbeat music and put some muscle into mopping those floors," encourages Mr. Brodie. By picking up the pace and maintaining intensity, you can clean your house and get a workout.

What are you waiting for?

Although moderate physical activity is safe for most people, talk to your doctor before starting any exercise program.

What's Happening at UPMC St. Margaret

Classes

COPD Education and Support

412-784-5764

Managing Your Diabetes

1-866-334-5227

Look Good ... Feel Better

1-800-227-2345

Insulin Pump Class

1-866-334-5227

Support Groups

Alzheimer's Support Group

412-784-5054

Bariatric Support Group

412-784-5900

Diabetes Support Group

412-784-4194

Events

Alive & Well Presentations

UPMC St. Margaret physicians and health professionals speak on a variety of health-related topics at community libraries. For upcoming dates, locations, and topics, visit UPMCStMargaret.com.

Bariatric Information Sessions

Monday, Dec. 19, 2011
6 to 8 p.m.

UPMC St. Margaret
Conference Rooms A, B, & C

For more information, or to register, call 412-784-5900.

Smoking Cessation Program

Eight-week program for those who are serious about quitting.

UPMC St. Margaret
Conference Center

For more information, or to register, call 412-784-5043.

UPMC St. Margaret Blood Drive

Friday, Jan. 13, 2012
7 a.m. to 3 p.m.

UPMC St. Margaret
Dining Rooms A & B

For more information, or to register, call 412-784-4077.

Volunteer Opportunities

For information about volunteer opportunities at UPMC St. Margaret, call Volunteer Services at 412-784-4081.

For more information about any of these classes or support groups, call the number indicated, or call Community Relations at 412-784-5160, or go to UPMCStMargaret.com.

UPMC St. Margaret
815 Freeport Road
Pittsburgh, PA 15215

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.

To receive additional copies of this publication, call 412-784-5160.

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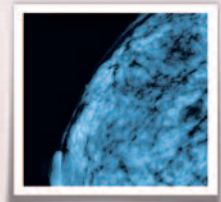


WE PICTURE YOU AS A SISTER. A MOTHER. A DAUGHTER.



ABOVE ALL, WE PICTURE YOU AS A WOMAN.

WHICH IS WHY WE'LL NEVER PICTURE YOU AS JUST ANOTHER PICTURE.



At Magee-Womens Imaging, you'll receive comprehensive, state-of-the-art imaging services. You'll also receive something else - the expertise and compassion that comes with the term "womancare," a dedication to helping women just like you that started more than a century ago. And still continues today.

Magee-Womens Imaging has convenient locations to serve you better in the North Hills:

**Cranberry
Wexford**
Our newest facility at UPMC St. Margaret

MAGEE-WOMENS IMAGING

WE DON'T JUST LOOK. WE SEE.

UPMC Imaging Services

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