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Medical Oncology Services Now Offered at UPMC Hamot

Valet parking. A concierge service. Breathtaking views of Presque Isle Bay. These amenities are not for a lakeside resort — they are what patients can expect when they come to the UPMC CancerCenter Medical Oncology at UPMC Hamot for treatment.
Since early September, UPMC Hamot — together with UPMC CancerCenter, partner with University of Pittsburgh Cancer Institute — has offered medical oncology services at its main hospital, which represents a change in cancer care for the Erie region. “For 30 years, we had a wonderful asset in The Regional Cancer Center as a one-stop shop for medical and radiation oncology services,” says Debbie Burbules, president of Magee-Womens, UPMC Hamot, who oversees the cancer program at UPMC Hamot.

The Regional Cancer Center (RCC) board, made up of members from UPMC Hamot and Saint Vincent Health System, agreed that the care delivery model for medical oncology needed to change in order to continue offering comprehensive cancer care to patients in the Erie region. While radiation oncology remains at the RCC,
Chemotherapy administration has moved to the hospitals for several reasons. One was the service was outgrowing the available space at the RCC. Another was the ability for the hospitals to purchase chemotherapy drugs at lower prices and pass the savings on to patients at certain income levels.

While the changes were made to ultimately benefit the medical oncology patients, Ms. Burbules acknowledges the transition is not a minor one for those accustomed to receiving chemotherapy at the RCC.

“We clearly recognize this is going to be a major change,” she says. “We heard the patients’ concerns, and we wanted the space to be very patient focused and family friendly.”

That special focus begins the minute they arrive. Medical oncology patients may drive right up to the main entrance of UPMC Hamot and take advantage of free valet parking. A concierge will personally escort each patient upstairs to the sixth floor, where the medical oncology outpatient infusion center is located. The center, which can accommodate 25 to 30 patients a day, has been renovated and is dedicated solely to oncology infusion services.

“We’re excited because the medical oncology infusion center looks absolutely beautiful. It’s very bright,” Ms. Burbules says.

“The rooms are lovely,” says Kathy Dubowski, unit director of the UPMC Hamot Infusion Center and Wound Healing Services. “They have absolutely beautiful views of either the city or the bay.”

Although the process is a little different, Michelle Westcott, nurse manager of the outpatient oncology infusion center, emphasizes that the care will not change. “If anything, it should be enhanced,” she says. “UPMC Hamot has done a wonderful job putting time and resources into the space to make it warm, friendly, and inviting.”

Once they are in the center, patients have a choice of either a private room with a recliner and television or a community room with four chairs for those who enjoy socializing with their fellow patients. The treatment areas have enough space for anyone accompanying the patient to be comfortable, and the center also has an ample waiting area where water and coffee is provided. Refreshments are also available for patients.

“Hopefully patients will like the convenience of having their own television, plus snacks and light meals,” Ms. Burbules says.

The staff will be very familiar to patients — the medical oncology nurses from the RCC now care for patients at UPMC Hamot, and they will see the same doctors they did at the RCC.

“We’re very, very lucky to have the nurses who were working at the RCC. If patients were receiving chemo at the RCC before, they’ll have the same nurses taking care of them,” Ms. Dubowski says.

Ms. Westcott, a previous RCC nurse herself, knows that in the midst of a transition, a familiar face can mean a lot.

“They have a level of comfort in these relationships with the staff. Sometimes it’s what gets them through treatment,” she says. “The ability to have emotional support as well as medical support — that is what we are most proud of. We learn what they like and what they don’t like, all because of the relationships we have built. We have the staff the patients are used to, the staff that they trust, and to some patients that means quite a bit.”

Beyond the physical space, Ms. Dubowski says the number one priority for medical oncology is the quality and safety of the patients’ experiences.

“It’s very comprehensive and safe care, all coordinated with the RCC,” she says, adding that support services such as counseling and social work are still available to patients. The hospital setting offers an additional asset: onsite emergency services.

Ms. Dubowski cites the UPMC CancerCenter as an integral piece in coordinating medical oncology care at UPMC Hamot. “This is the first opportunity I had to interact and plan with the staff at the UPMC CancerCenter. They are extremely knowledgeable, extremely thoughtful, and presented very clearly the perspective of the patients they care for,” Ms. Dubowski says. “I just feel happy that arrangements could be made so people could remain local and still receive cancer care.”

For more information about the UPMC CancerCenter Medical Oncology at UPMC Hamot, visit UPMCHamot.org.
The opioid addiction epidemic is an urgent health crisis facing America today. And, according to the United States Surgeon General, it has become a crisis all health care providers need to address.

In an effort to help combat the growing epidemic, UPMC Hamot is now offering patients interventional pain management. Andrea Wong, MD, MPH, an interventional pain management specialist with Great Lakes Neurosurgery and Neurointervention, says the first step is education. “It’s important for both the average patient and for doctors to be educated in the way pain management has changed in the last five to 10 years. There used to be a strong philosophy that with chronic pain we weren’t giving enough pain medication — a sentiment that was exacerbated by a strong push by pharmaceutical companies. Unfortunately, it got out of control, and this is no longer the standard of care in the treatment of chronic, noncancer pain.”

According to the Centers for Disease Control, overdose deaths involving prescription opioids have quadrupled since 1999. In recognizing this epidemic as not only a national problem but one that is affecting people locally, UPMC Hamot is expanding its physician network to address the issue. “There is almost a fear of how we manage pain, but there are very good ways to manage pain if you have excellent specialists,” says Lynn Rupp, vice president of Physician Services at UPMC Hamot. “With UPMC, we have looked to build our pain medicine service by recruiting physicians like Dr. Wong into our network to help us grow and educate our community on how to do that best.”

Dr. Wong is hoping that by helping patients better understand the root of their pain, they will consider interventional treatment options. “The majority of chronic pain is associated with the spine. As people age, the complaints of pain are more frequent,” Dr. Wong says. “But getting them hooked on highly addictive opioids to treat that pain isn’t helping them in the long run.” In fact, according to Dr. Wong, evidence-based medicine points to chronic opiate use not leading to positive outcomes. “Long-term use of these highly addictive prescription medications fosters dependence, tolerance, and increasing sensitivity to pain. Numerous studies have shown that even one dose of an opioid is enough to change pain-signaling pathways, with chronic use leading to a spiraling increase in chronic pain.”

Through interventional pain management procedures like those available at Great Lakes Neurosurgery and Neurointervention, doctors are able to target the nerves connected to the painful area of the patient’s body to stop the pain signal. It’s a more focused approach that treats the source. “Opioid medication should only be used for acute pain, postsurgical, immediate short-term use,” says Dr. Wong. “For many of our patients who may not be surgical candidates, there are better options available, including interventional procedures, physical therapy, and nonopioid pain medication to help with their chronic pain.”

The ability to collaborate with other doctors and surgeons enables Great Lakes Neurosurgery and Neurointervention to offer patients with chronic pain the best possible treatment plans. And while there is still a great deal of work to be done in solving the opioid epidemic, seeing patients be weaned off highly addictive, life-threatening medications remains the end goal. “It’s rewarding to work with patients, to help their pain, and eventually see that what I do affects them,” Dr. Wong says. “With the right intervention, you truly can improve someone’s quality of life.”

For more information or to make an appointment, call Great Lakes Neurosurgery and Neurointervention and Great Lakes Pain Medicine at 814-877-5330.
During the past several months, UPMC Hamot has welcomed a number of primary care physicians and specialists, both within the hospital and in our outpatient offices. For more information about all of our doctors, visit FindADoc.UPMC.com.
Stephen Kovacs, DO
UPMC Hamot Pulmonology
SPECIALTY: Pulmonology
MEDICAL SCHOOL: Philadelphia College of Osteopathic Medicine
RESIDENCY: Internal Medicine — Philadelphia College of Osteopathic Medicine
FELLOWSHIP: Pulmonary and Critical Care Medicine — Hahnemann University Hospital
CERTIFICATION: Internal Medicine — American Board of Osteopathic Internal Medicine

Heather LaGuardia, MD
UPMC Hamot Kidney Transplant Program
SPECIALTY: Nephrology
MEDICAL SCHOOL: University of Arkansas College of Medicine
RESIDENCY: Internal Medicine — University of Arkansas for Medical Sciences
FELLOWSHIP: Hypertension and Nephrology; Transplant Nephrology — Tulane University
CERTIFICATION: Internal Medicine; Nephrology — American Board of Internal Medicine

Rex Lim, MD
Consultants in Infectious Disease
SPECIALTY: Infectious Disease
MEDICAL SCHOOL: University of the Philippines
RESIDENCY: Internal Medicine — Rush University Medical Center
FELLOWSHIP: Infectious Disease — Ohio State University Medical Center
CERTIFICATION: Internal Medicine — American Board of Internal Medicine

Michael Miller, DO
Lakeview Urologic Surgeons
SPECIALTY: Urology
MEDICAL SCHOOL: Lake Erie College of Osteopathic Medicine
RESIDENCY: Urologic Surgery — Sisters of Saint Francis; Saint James Hospital System

Ifeyinwa Nwankwor, MD
UPMC Hamot Neonatal Intensive Care Unit
SPECIALTY: Neonatology
MEDICAL SCHOOL: Abia State University, College of Health Sciences
RESIDENCY: Pediatrics — University of South Alabama Children and Women’s Hospital
FELLOWSHIP: Neonatal-Perinatal Medicine — Wake Forest School of Medicine
CERTIFICATION: Diplomate, American Board of Pediatrics

Neha Reddy, MD
UPMC Hamot Flagship CVT Surgeons
SPECIALTY: Thoracic Surgery
MEDICAL SCHOOL: University of Cincinnati College of Medicine
RESIDENCIES: General Surgery — UPMC Mercy; Cardiothoracic Surgery — UPMC

Shoa Rizvi, MD
Greenfield Internal Medicine
SPECIALTY: Internal Medicine
MEDICAL SCHOOL: Himalayan Institute of Medical Sciences
RESIDENCY: Internal Medicine — Bronx Lebanon Hospital Center
CERTIFICATION: Internal Medicine — American Board of Internal Medicine

Lindsey Roach, DO
Great Lakes Surgical Specialists
SPECIALTY: Surgical Critical Care/Trauma Surgery
MEDICAL SCHOOL: Philadelphia College of Osteopathic Medicine
RESIDENCY: General Surgery — Philadelphia College of Osteopathic Medicine
FELLOWSHIP: Surgical Critical Care — Christiana Care Health System

Matthew Webb, DO
Emergency Department
SPECIALTY: Emergency Medicine
MEDICAL SCHOOL: Philadelphia College of Osteopathic Medicine
RESIDENCY: Emergency Medicine — Garden City Hospital

Andrea Wong, MD, MPH
Great Lakes Neurosurgery and Neurointervention and Great Lakes Pain Medicine
SPECIALTY: Interventional Pain Management
MEDICAL SCHOOL: St. George’s University School of Medicine
RESIDENCY: Anesthesiology — University of Kentucky Medical Center
FELLOWSHIP: Interventional Pain Medicine — University Hospitals Case Medical Center
What if there was a test to prevent a type of cancer, and all you had to do was invest a little of your time every five or 10 years? This type of test is not a hypothetical — it’s available now. And UPMC Hamot hopes that the majority of its eligible primary care patients will have this test done within the next two years.

‘Colon cancer is one of the few cancers that is preventable with appropriate screenings, even in families with history of colon cancer,’ says Gregory Engel, MD, surgeon with Bayview Breast Care and chair of the UPMC Hamot Cancer Committee.

Members of UPMC Hamot leadership, along with several doctors and surgeons, have signed a pledge to participate in 80% by 2018. The initiative, developed by the National Colorectal Cancer Roundtable and supported by the American Cancer Society (ACS), aims for 80 percent of the eligible population to receive a colorectal cancer screening, or colonoscopy, by the year 2018.

According to the ACS, colorectal cancer is the second leading cause of cancer death in the country in men and women combined. However, colorectal cancer incidence rates have dropped 30 percent during the last 10 years, which the ACS attributes to more people having screenings.

In most cases, colorectal cancer begins as a polyp, or a small growth, in the colon. Colonoscopies can detect and remove polyps while they are still benign. Regular colonoscopies are recommended beginning at age 50 because that is about the age when polyps begin to grow.

“It’s the most effective cancer screening tool that we know of,” says Robert Hower, DO, gastroenterologist with Bayfront Digestive Disease. “The incidence of colon cancer is starting to go down, and it’s the only cancer that’s shown a decrease.”

John C. Reilly, MD, colorectal surgeon with Colon & Rectal Surgeons of Erie, cites the colonoscopy as an extremely significant development in colorectal cancer detection and treatment. “There have been great advancements in the management of colon cancer, but the single most important is the colonoscopy,” he says.

Despite its effectiveness, patients often are resistant to the idea of a colonoscopy. “There’s a negative connotation with colonoscopies, but, in reality, it’s not that bad of a procedure,” Dr. Engel says.

While the doctors acknowledge that the preparation may be difficult, a colonoscopy is not something to fear. “You don’t remember the procedure — you remember the prep,” Dr. Reilly says. “However, preparation is necessary for safety. It’s painless, you only have to do it once every five to 10 years, and it’s worth it to make sure your colon is OK.”

Dr. Hower adds that the colonoscopy itself is the easy part of the process. “The patient receives sedation, wakes up in a chair a half an hour later to discuss findings, and then they’re done,” he says.

While the goal of screening 80 percent of eligible patients in two years is an aggressive one, the doctors agree it can be achieved through team work and educating the public. A patient’s journey to wellness and prevention most often begins in the primary care setting with their family doctor, who can help educate them on the importance of screenings such as colonoscopies as well as coordinate their care with specialists.

Dr. Engel adds that educating the UPMC Hamot workforce can also help to get the word out, as employees can share information about 80% by 2018 in their communities.

“We have to educate people in a way that they understand that it is worth doing, because it’s a small investment of time and preparation for what may be a lifesaving procedure,” Dr. Reilly says.

“Are we going to have to work at it? Yes, we are,” says Dr. Hower. “But it’s an attainable goal.”
FOCUSING ON YOUR HEALTH

Because prevention is an important part of wellness, UPMC Hamot offers a variety of health screenings, classes, and information sessions to our community.

breast cancer screenings

October is Breast Cancer Awareness Month. Mammography is the standard screening tool for early detection of breast cancer. UPMC Hamot offers both digital mammography and 3D mammography, also known as tomosynthesis, at two locations:

UPMC Hamot Breast Center
104 E. Second St., Fifth Floor, Erie, PA 16507

UPMC Hamot Imaging Center at Sterling Square
3406 Peach St., Erie, PA 16508

To schedule your mammogram, call 814-877-6123. For more information about breast health services at UPMC Hamot, visit UPMCHamot.org/BreastHealth.

diabetes institute open house

Thursday, Nov. 10, 3 to 7 p.m.
Diabetes Institute at UPMC Hamot
Sterling Square, 3330 Peach St., lower level, Erie, PA 16508

The event will showcase the new location of the Diabetes Institute and will feature giveaways, nutrition information, an opportunity to speak with diabetes professionals, and a cooking demonstration. For more information, call 814-877-2123.

vascular screenings

Half of all fatal heart attacks happen suddenly with no prior symptoms. However, the presence of peripheral artery disease (PAD), a narrowing of the blood vessels outside the heart and brain, can serve as an early warning sign of increased risk of a heart attack or stroke. A 30-minute vascular screening can help detect PAD and your risk of developing heart disease, as well as establish genetic risk if you have a family history of heart disease.

The screening involves three tests: blood pressure readings in the arms and ankles and an ultrasound of the arteries in the ankles, an ultrasound of the arteries in the neck, and an ultrasound of the abdominal aortic artery. You may choose to have just one test, two tests, or all three tests. Tests are $40 each or $100 for all three.

To schedule a vascular screening, call 814-877-5265, or visit the PAD screening link on UPMCHamot.org/Screenings to schedule an appointment online.

medical nutrition therapy

Many people struggle with eating a balanced diet, whether they are managing a specific disease, trying to lose weight, or just want to feel better overall. Medical nutrition therapy (MNT) is available for those who need to make lasting changes to their diet and nutrition. Our registered dietitians will work with you to help you achieve your nutrition goals. A physician diagnosis is required to bill insurance. We will contact your health insurance company to verify your coverage.

Some of the most common diseases and conditions treated by MNT include:

**Adults**
- High cholesterol and triglycerides
- High blood pressure
- Obesity
- Chronic kidney disease
- Gastroparesis
- Digestive disorders

**Children**
- Overweight or underweight
- Failing to thrive
- Specific dietary restrictions

For more information on whether medical nutrition therapy may be right for you, call the UPMC Hamot Center for Healthy Living at 814-877-5481.

For information about other screening programs at UPMC Hamot, visit UPMCHamot.org/Screenings.

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Registering for Prenatal and Parenting Classes

Registration is required for all prenatal and parenting programs, at least one week in advance, to ensure the program will be held. You can register for classes offered at UPMC Hamot by visiting Classes.UPMC.com.

Scheduling & Fees

Fees are subject to change at any time. For more information, call 814-877-3539.

Payments

Payment is due at time of registration. All prenatal and parenting class participants will be required to register and pay at least two weeks in advance of the start of any class. Payments can be made online at Classes.UPMC.com.

Parking

Metered parking lots are located across from Magee-Womens, UPMC Hamot next to Health South and south of Third Street between State and French streets.

Reimbursement

UPMC Hamot reserves the right to cancel any program due to insufficient enrollment. In the event of such cancellation, all participants will be notified and fees will be refunded in full. If a participant needs to withdraw from any program, a refund will be issued for cancellations received seven or more days in advance of the program.

Class registration

Healthy pregnancy

The following classes are held in the Lincoln Education Center at Magee-Womens, UPMC Hamot. Register online at Classes.UPMC.com.

Childbirth Education

This class will provide you with important information and skills to promote a healthier outcome during your pregnancy and the birth of your baby. Expectant parents will learn about the labor and delivery process and have the opportunity to ask questions about childbirth. A tour of Magee-Womens, UPMC Hamot is included.

Tuesdays, Nov. 1 through 15 (3 sessions)
6 to 9 p.m.
Instructor: Melissa Gawlinski, CCE, doula

Saturday, Nov. 19 or Dec. 10 (1 session)
9 a.m. to 5 p.m.
Instructors: Katie Landfried, BSN, RN, CLC (Nov. 19) and Melissa Gawlinski, CCE, doula (Dec. 10)
Cost: $50

Lamaze Instruction

Prepare for childbirth with less medical intervention: learn Lamaze® labor and birth practices, including extensive breathing and relaxation techniques, which support your personal wishes for your baby’s birth. A tour of Magee-Womens, UPMC Hamot is included.

Saturdays, Nov. 5 and 12 (2 sessions)
9 a.m. to 3 p.m.
Instructor: Kristie Chapman, BSN, RNC, LCCE
Cost: $65

Tour Magee-Womens, UPMC Hamot

Become familiar with our facility before your baby is born by scheduling a tour.

Sundays, Nov. 6 and 20; Dec. 4 and 18
Mondays, Nov. 14 and Dec. 12
6:30 to 7:30 p.m.

Breastfeeding Basics

Learn how to breastfeed and meet our certified lactation consultants, who are available for ongoing support.

Monday, Nov. 7 or Dec. 5 (1 session)
6 to 7:30 p.m.
Instructor: Jan Moryc, BSN, IBCLC
Cost: $20 per person; $30 per couple

Baby Basics

Want to learn the basics of caring for a newborn? This class focuses on feeding, bathing, diapering, comfort techniques, and infant behavior, with an emphasis on health and safety.

Monday, Nov. 14 or Dec. 12 (1 session)
6 to 8 p.m.
Instructor: Melissa Gawlinski, CCE, doula
Cost: $20 per person; $30 per couple
HEALTHY parenting
Registration is required for these programs, one week in advance. Register at Classes.UPMC.com unless otherwise noted.

Infant and Child CPR
Following the American Heart Association guidelines for the Family and Friends® program, certified instructors teach infant CPR, child AED use, and relief of choking in an adult, child, or infant. This course is ideal for new parents, grandparents, babysitters, and others who are interested in learning how to save a life but do not need to be certified in CPR.

**Wednesday, Nov. 9 or Dec. 7 (1 session)**
6 to 8 p.m.
Instructors: Ellen Schauerman, BSN, RNC-NIC (Nov. 9) and Susan M. Majewski, NREMT (Dec. 7)
Location: UPMC Hamot Heart and Vascular Institute
Cost: $25 per person; $40 per couple

What You Need to Know as a New Grandparent
Learn what to expect with a new grandchild and how you can help the new parents. You will receive a mini refresher on how to safely care for a newborn and learn about the changes in baby care since your children were born.

**Wednesday, Nov. 16**
6 to 7:30 p.m.
Instructor: Emily Hirsch, MSN, MHA, RNC-NIC
Cost: $10 (maximum of two participants per registration)

HEALTHY you
For registration information, please see below.

Nicotine Free Erie
Are you trying to quit smoking or using tobacco? Nicotine Free Erie is designed to help men and women support one another to become tobacco or nicotine free. Participants do not need to be nicotine or tobacco free to attend meetings. Registration is not required. For more information call Mary Grotkowski, RRT, at 814-877-2981.

**Tuesday, Nov. 1 and Dec. 6**
6 to 7 p.m.
Instructor: Mary Grotkowski, RRT
Location: Sterling Square, 3330 Peach St., lower level, Erie
Cost: No charge

Better Breathers Club of Erie
The Better Breathers Club of Erie provides support, education, and socialization to people with chronic obstructive pulmonary disease (COPD) or other chronic lung diseases as well as their family members and/or caregivers. Registration is not required. This is a smoke-free group. For more information, please call Mary Grotkowski, RRT, at 814-877-2981.

**Friday, Nov. 18 and Dec. 16**
2:30 to 3:30 p.m.
Instructor: Mary Grotkowski, RRT
Location: Sterling Square, 3330 Peach St., Suite 211, Erie
Cost: No charge

Strong Hearts Support Group
This group offers support for patients living with cardiac disease as well as their families and caregivers. Registration is not required. For more information, call Selena Laufenberg, RN, at 814-877-2045 or Barb Sienerth, RN, at 814-877-3261.

**Wednesday, Dec. 14**
3 to 4 p.m.
Location: UPMC Hamot Heart and Vascular Institute
Cost: No charge

BARIATRIC SURGERY information sessions
If you are more than 80 pounds overweight and diet and exercise haven’t worked, you may be a candidate for weight loss surgery. Led by one of our board-certified bariatric surgeons, these information sessions cover factors that make a person a surgical candidate. Please call our office at 814-877-6997 to register.

- **Tuesday, Nov. 1, 1 p.m.**
- **Monday, Nov. 7, 11:30 a.m.**
- **Saturday, Nov. 12, 10 a.m.**
- **Wednesday, Nov. 30, 4:30 p.m.**
- **Tuesday, Dec. 6, 5 p.m.**
- **Thursday, Dec. 15, 3:30 p.m.**
- **Wednesday, Dec. 21, 8:30 a.m.**
- **Wednesday, Dec. 28, noon**

Location: 300 State St., Suite 400A
Cost: No charge

SIGN UP FOR THE HEALTH EJOURNAL
For news and upcoming events at UPMC Hamot delivered right to your inbox, sign up for the UPMC Hamot Health eJournal. It is free and publishes every other Wednesday. To subscribe, email UPMCHamotinfo@upmc.edu or contact UPMC Hamot on Facebook.
HEALTHY body

All classes are held at the UPMC Hamot Center for Healthy Living, located in Sterling Square at 3330 Peach St., Suite 211, Erie. Registration is required by calling 814-877-5481.

Yoga: Beginner, Beyond Beginner, and Chair Yoga

Daytime and evening sessions are available. Call 814-877-5481 for a class schedule.

Healthy Holiday Appetizers

Minimize holiday weight gain by making healthy hors d’oeuvres to bring to parties. Taste testing and recipes provided.

**Thursday, Nov. 3**

6:30 to 7:30 p.m.
Instructor: Renee Slabic, registered dietitian
Cost: $10

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**UPMC Hamot is Erie’s highest-ranked hospital.**

UPMC Hamot was ranked the #12 hospital in Pennsylvania by *U.S. News & World Report*. To learn more, visit UPMCHamot.org.

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DIABETES institute

These services require a doctor’s order, and it is recommended that you check coverage with your insurance company. For more information, please call the Diabetes Institute at 814-877-2123.

One-on-One Diabetes Instruction

Receive counseling with one of our certified diabetes educators in a personal setting.

Your Journey to Diabetes Self-Management

This program is offered in a four-part series during the day, in the evening, or on the weekends in a group atmosphere. The series is divided into four classes. Two classes are taught by a registered nurse and two classes are taught by a registered dietitian, all of whom are certified diabetes educators.

**Class 1 topics**
- Explanation of diabetes disease process in the body
- Difference between types of diabetes
- Diagnostic lab criteria with a focus on A1C
- Risk factors, signs, and symptoms of high blood sugar
- Monitoring blood sugar
- Treatment measures

**Class 2 topics**
- Dealing with high and low blood sugar
- Sick days
- Exercise
- Basics of nutrition, carb counting, and meal planning

**Class 3 topics**
- Oral and injectable medicines
- Basic insulin review
- Complications, with a focus on how to avoid them
- Standards of care
- The importance of stress management

**Class 4 topics**
- Deciphering nutrition facts labels
- Heart-healthy guidelines, including getting adequate whole grains and fiber, healthy fats (versus saturated and trans fats), limiting sodium, suggestions for restaurant eating, and snack ideas
- Recipes will be provided upon request

Additional Services

The Diabetes Institute offers a variety of other classes on topics such as:
- General nutrition education (one-on-one visits with a registered dietitian)
- Gestational diabetes
- Prediabetes
- Diabetes management refresher classes