April — July 2018

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UPMC Hamot
As a national leader in cancer immunology and immunotherapy, UPMC Hillman Cancer Center is bringing its cutting-edge research, innovative clinical trials, and world-class expertise to patients at UPMC Hamot.
CANCER CARE
CLOSE TO HOME

A NETWORK OF CARE
Treating more than 100,000 patients each year, UPMC Hillman Cancer Center has become one of the largest integrated community cancer networks in the United States. With more than 60 cancer centers located throughout western and central Pennsylvania, western New York, and eastern Ohio, each cancer center is connected through UPMC Hillman Cancer Center Pathways. Pathways help to ensure that no matter where a patient receives care, they have access to the highest quality of cancer care possible. “We believe that our patients should be treated as close to home as possible,” says Stephanie Dutton, chief operating officer and vice president of UPMC Hillman Cancer Center. “For years, UPMC has worked to strategically place our cancer centers so when someone is undergoing treatment that may take the course of several weeks, months, or even a year, they are given locations that are as convenient as possible with the same high quality of care they would receive in Pittsburgh.”

FOREFRONT OF CANCER RESEARCH
UPMC Hillman Cancer Center is the only National Cancer Institute (NCI)-designated Comprehensive Cancer Center in western Pennsylvania. The NCI Cancer Centers Program is one of the anchors of the nation’s cancer research effort that form the backbone of NCI’s programs for studying and controlling cancer, and UPMC Hillman Cancer Center plays a major role in that effort.
“We have teams of cancer scientists who, together with the University of Pittsburgh, are conducting hundreds of research studies, ranging from basic laboratory research to clinical assessments of new treatments,” says Ms. Dutton. “Our cancer researchers are making novel discoveries in immunotherapy, genomics, the tumor microenvironment, and virology, all aimed at bringing cancer care from the bench to the bedside to potential cures.”

For more than 30 years, UPMC Hillman Cancer Center’s commitment to excellence in all aspects of cancer care has led to many life-changing efforts. Cancer researchers work with clinicians to quickly move the most promising research results from their labs into clinical trials — giving patients early access to new and innovative cancer treatments throughout our UPMC Hillman Cancer Center network. “Some of the discoveries made by UPMC researchers have directly led to advances in the treatment of cancer worldwide,” says Ms. Dutton. “For patients at UPMC Hamot, they will have direct access to clinical trials involving this research. They will not have to travel to another state as would happen with patients who are being treated by health systems that are not NCI designated.”

**DRIVING CLINICAL INNOVATION**

Over the last five years, UPMC Hillman Cancer Center’s faculty members have published more than 5,000 articles in peer-reviewed journals. In many areas, that research is helping to reduce the burden of cancer and improve cancer treatment, including the treatment of liver cancer. David Geller, MD, director of the UPMC Liver Cancer Center, and his team pioneered minimally invasive laparoscopic liver resection surgery performing more than 1,000 surgeries since 2001. Now those surgeries are also being done at UPMC Hamot.

“We now have access to that next level of specialists who are at the forefront of cancer care.”

— David Gibbons, president of UPMC Hamot
Patients with primary liver cancer, bile duct cancer, gallbladder cancer, or colon cancer that has spread to the liver can now get state-of-the-art, multidisciplinary care by a team of surgical oncologists, medical oncologists, and radiation oncologists. “It truly is a team approach,” says Dr. Geller. “We have a great partnership with the general surgeons at UPMC Hamot. Everyone is involved throughout the process, and that’s how we can be confident that patients are getting the necessary follow-up care to ensure their procedure is a success.” In the past two years, Dr. Geller and his team have performed more than 60 surgeries in Erie, making UPMC Hamot a destination hospital for advanced liver cancer care. “We’ve always worked collaboratively when it comes to the best treatment plan for patients,” says David Gibbons, president of UPMC Hamot. “And while that has worked well, we now have access to that next level of specialists who are at the forefront of cancer care.”

From cancer vaccines and targeted therapy to DNA repair factors that contribute to hereditary breast and ovarian cancers, the collaboration between UPMC Hillman Cancer Center and UPMC Hamot is benefiting patients. “It’s only going to get better,” says Gregory Engel, MD, breast surgeon and chairman of the UPMC Hamot Cancer Committee. “We already have greater access to cutting-edge treatments and innovative procedures. As this partnership grows, it’s only going to lead to even more access to the latest in cancer care. And that’s a great thing for the patients here in our region.”

UPMC HILLMAN CANCER CENTER AT UPMC HAMOT

Located on the sixth floor of the main hospital, UPMC Hillman Cancer Center at UPMC Hamot provides the following medical oncology services:

- Intravenous medications
  - Chemotherapy
  - Immunotherapy
  - Iron treatments
  - Hydration
- Medical injections
- Blood draws (peripheral and central line)
- Central line maintenance

For more information about the medical oncology services at UPMC Hillman Cancer Center at UPMC Hamot, call 814-877-8890.
Virginia and her older brother, Chuck Lutz, have always been close. Growing up, they looked after one another and remain close friends even as adults. But, in March 2015, Chuck learned that his kidneys were failing, and he would need a transplant.

“It all happened really suddenly,” remembers Chuck. “It started in March, and by October, I was being placed on dialysis.”

Shortly after, Chuck’s care team at the UPMC Hamot Kidney Transplant Program placed him on the transplant waiting list. With 96,000 people in the United States on the waiting list for a kidney transplant, finding a living donor was his only hope in receiving a transplant quickly.

Immediately, Virginia knew that she needed to help her brother. But, with a physically demanding job and two children, Virginia’s decision to become Chuck’s donor was not one she took lightly. She knew she would need time off from work and the support of her family.

“My kids and I sat down and had a serious family talk. My husband had passed away shortly before, so they were very worried about me. But I told them that everything would be alright and that I had to do this for him,” says Virginia.

With the support of her family, Virginia had an extensive transplant evaluation and was found to be a perfect match for her brother. Just a few weeks later, on Aug. 11, 2016, Chuck and Virginia had a living-donor kidney transplant.

Today, Chuck and Virginia are both doing great and they agree that more people need to be aware of living-donor transplants. And what it truly means to be a living donor.

LIVING-DONOR KIDNEY TRANSPLANTS AT UPMC HAMOT

UPMC Hamot is the first and only transplant center in the Erie region to provide kidney transplants, offering hope and a life-saving alternative to patients like Chuck who are currently waiting for life-saving transplants. For someone on the transplant waiting list, every moment is critical. A living-donor transplant may be the solution to getting patients off the waiting list and back to being healthy.
During a living-donor kidney transplant, a healthy kidney from a living person is removed and transplanted into a person with a failing kidney. Living donation offers life-changing benefits for both the donor and the recipient.

**Recipient Benefits**
- Little or no wait time. Patients can receive the transplant sooner and schedule the surgery at a time that’s convenient for both the donor and the recipient.
- Quicker recovery time. Both recipients and donors often return to their normal, active lives within weeks to months following living-donor transplant surgery because of new minimally invasive surgery procedures.
- Improved long-term outcomes. Living-donor transplant reduces the risk of rejection because the kidney is functioning up until the time of surgery.

**Significance of Being a Living Donor**
- Having a huge impact on someone’s life. Donors can feel good knowing they’re saving another person’s life with this meaningful gift.
- The ability to save two lives since living donation removes a candidate from the national waiting list. This reduces the competition for the limited number of deceased-donor kidneys available for transplantation.

Life-saving transplants would not be possible without selfless donors. Living donors can be friends, family members, or anyone else who wishes to help.

**To be a living donor a person must:**
- Be between the ages of 18 and 69
- Be in good mental and general health
- Have an unselfish desire to contribute to another person’s life in a healthy way

People interested in becoming a living donor will be carefully evaluated to make sure that donating is safe for them. While recovery times may vary, many living-kidney donors are able to return to work and everyday life within about two months.

**LIVING DONOR CHAMPIONS: FINDING A LIVING DONOR**

While many patients on the liver or kidney transplant waiting list understand that living donation is a life-saving option, finding a living donor may be a challenge. Sadly, some patients do not have direct family members who are able to donate, but identifying a living-donor champion can help.

A champion is a family member or close friend who provides emotional support throughout the transplant journey and takes the lead on finding and securing a suitable living donor. A champion shares their loved one’s story to reach as many eyes, ears, and hearts as possible. He or she can spread the word in many ways — through word-of-mouth, social gatherings, and social media.

The UPMC Living Donor Champion Program was designed to educate patients on the liver and kidney transplant waiting lists about the role of a champion, the living donation process, and to provide resources to help identify a living donor. Through interactive workshops, patients and their champion learn how to talk about living donation and how to find a donor using social media.

**JOIN THE CONVERSATION ABOUT LIVING DONATION**

For many living donors, the decision to donate comes naturally.

“I would do it again for someone else if I could,” says Virginia. “If you can help someone else out, I think you need to do it.”

To learn more about living-donor transplants, follow us on Facebook at Facebook.com/LivingDonorTransplant.

Chuck and Virginia’s treatment and results may not be representative of all similar cases.

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**BEACON OF HOPE**

In an effort to help raise awareness about organ donation and kidney transplantation, blue and green lights can be seen from the top of the south tower every time a transplant is performed at UPMC Hamot. The lights help to serve as a beacon of hope for people across the region with end-stage renal disease — hopefully inspiring people to consider becoming a living kidney donor or to register as an organ donor to save the lives of so many in need. The blue and green colors of the lights are representative of the Donate Life America organization.

For more information about the UPMC Hamot Kidney Transplant Program, call 814-877-3625 or visit UPMCHamot.com/KidneyTransplant.
At one point or another, most all of us will experience some aches and pains. While many of us will fortunately only suffer the occasional backache, millions of others will be faced with severe, chronic pain in their joints, muscles, or bones — making even everyday tasks more difficult.

When severe, chronic pain persists, it may be time to seek help. UPMC Hamot now offers access to the region’s only hospital-affiliated rheumatologist, Allen Samuels, MD. Backed by the research and expertise of UPMC’s nationally ranked rheumatology care, Dr. Samuels is making it easier for patients to get the care they need locally. “I’m thrilled to be in Erie,” says Dr. Samuels. “It’s my mission to make sure those suffering in pain now know there is somewhere close by where they go to for help.”

Dr. Samuels specializes in the diagnosis and treatment of the more than 100 rheumatic diseases that cause pain, swelling, and stiffness of the joints, skin, and muscles. Some of the more common diseases and pain disorders include:

- Gout
- Lupus
- Osteoarthritis
- Osteoporosis
- Rheumatoid arthritis
- Scleroderma
- Psoriatic arthritis
- Fibromyalgia
- Tendonitis
- Bursitis

According to the American College of Rheumatology, more than 88 million Americans, including an estimated 300,000 children, suffer from some form of arthritis or rheumatic and musculoskeletal disease. “Rheumatology is a challenging area of medicine,” explains Dr. Samuels. “Many people I see are often misdiagnosed with noninflammatory illnesses. As a specialist, you have to dig deeper, get to know the patient and their family history, and through all of that investigation you can hopefully uncover the root of what ails them and offer the appropriate treatment.”

Prior to Dr. Samuels coming to Erie, many patients in need of rheumatology services had to travel out of town to see a specialist or look at other options or specialties that were similar. “Access to this level of specialty care has definitely been lacking,” says Craig Wilczynski, director of Practice Management for Erie Physicians Network-UPMC. “UPMC Hamot not only had the foresight to realize there was a need, but also had the desire to do something about it by bringing Dr. Samuels on board. The fact that we can now deliver this level of care right here in Erie is a great thing.”

As part of a multispecialty practice, Dr. Samuels is hoping to use his nearly 30 years of clinical rheumatology experience to help change lives in the Erie region for the better. “When someone comes to you and they are in pain, they need answers. There is nothing more gratifying than being able to fix that pain and help them get their lives back. It’s why we do what we do.”
HEALTHY pregnancy

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

**Tours of Magee-Womens, UPMC Hamot**

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

- **Sunday, Apr. 22, May 6 and 20, June 10 and 24, or July 8 and 29**
- **Monday, May 14, June 4, or July 23**
  - 6:30 to 7:30 p.m.

**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, April 23, May 21, June 11, or July 16**
  - 6 to 8 p.m.
  - Instructors: Shelby Kies, BSN; Caroline Glowacki, BSN, RNC-MNN, CLC; and Melissa Gawlinski, CCE, doula
  - Cost: $20 per person; $30 per couple

**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, July 17, 24, and 31**
  - 6 to 9 p.m.
  - Instructors: Melissa Gawlinski, CCE, doula; Katie Landfried, RN, BSN, IBCLC; and Carolyn Tattersall, MSN, RNC-OB, LCCE

- **Saturday, May 5, June 23, or July 14**
  - 9 a.m. to 5 p.m.
  - Instructors: Melissa Gawlinski, CCE, doula; Katie Landfried, RN, BSN, IBCLC; and Carolyn Tattersall, MSN, RNC-OB, LCCE
  - Cost: $50

**Breastfeeding Basics**

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

- **Monday, May 7, June 4, or July 9**
  - 6 to 7:30 p.m.
  - Instructors: Molly Mello, RN, IBCLC, and Katie Landfried, BSN, RN, IBCLC
  - Cost: $20 per person; $30 per couple

**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.

- **Saturday, June 2 or 9**
  - 9 a.m. to 3 p.m.
  - Instructor: Kristie Chapman, BSN, RNC, LCCE, and Carolyn Tattersall, MSN, RNC-OB, LCCE
  - Cost: $65
HEALTHY mind

A Lifetime of Well-Being Speaker Series

Safe Harbor Behavioral Health of UPMC Hamot will host the following FREE lectures at the Eastside Family YMCA. Registration is required one week in advance by calling 814-451-2358.

The Benefits of Using Mindfulness to Improve Your Mood and Health

This presentation will provide an overview of what mindfulness is and how it can be used to improve your health. Come and learn ways to use mindfulness as a coping skill to reduce stress and better manage your moods.

Wednesday, April 18
Noon
Instructor: Amanda Rose, PsyM

Anxious About Anxiety

Anxiety is a natural part of the human experience. You will learn how this important psychological experience can either help motivate us or completely shut us down. This lecture will help you take a look at how anxiety works and how you can better recognize and manage the symptoms of anxiety.

Wednesday, May 16
Noon
Instructor: Dexter Hu, MA

Demystifying Dementia

In recognition of Alzheimer’s and Brain Awareness Month, this presentation will empower caregivers with general knowledge of the signs and symptoms of dementia, as well as types of dementia and tips for caring for a person with dementia. The goal of this session is to provide caregivers with the resources to empathize with the patient and find ways to better provide appropriate care.

Wednesday, June 20
Noon
Instructor: Dexter Hu, MA

Long-Term Consequences of Child Abuse

To raise awareness and educate, this talk will provide an overview of the prevalence of childhood abuse in the U.S. and the residual implications for child care across the lifespan. Deficits in cognitive, social, and psychological functioning will be discussed.

Wednesday, July 18
Noon
Instructor: Amanda Rose, PsyM

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 anyone interested in learning how to save a life but who do not need to be certified in CPR.

Wednesday, May 9, June 6, or July 11
6 to 8 p.m.
Instructors: Ellen Schauerman, BSN, RNC-NIC, and Susan M. Majewski, NREMT
Location: Lincoln Education Center
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, July 25
6 to 7:30 p.m.
Instructor: Emily Hirsch, MSN, MHA, RNC-NIC
Cost: $10 (two participants maximum per registration)

HEALTHY you

For registration information, please see below.

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, or Jenelle Cowger at 814-877-2981.

Fridays, April 20, May 18, and June 15
2:30 to 3:30 p.m.
Instructor: Mary Grotkowski, RRT
Location: Sterling Square, 3330 Peach St., Suite 211
Cost: No charge

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.

Tuesdays, May 1, June 5, and July 3
6 to 7 p.m.
Instructor: Mary Grotkowski, RRT
Location: Sterling Square, 3330 Peach St., Entrance C (Room 211)
Cost: No charge
HEALTHY body
All classes are held at the UPMC Hamot Center for Healthy Living located in Suite 211 of Sterling Square, 3330 Peach St. To register, call 814-877-5481.

Yoga: All Levels Welcome
Daytime and evening sessions are available. Call 814-877-5481 for a class schedule.

Living with Gastroparesis
Join our registered dietitian and our digestive specialist as they teach you how to live with this disorder.
Wednesday, April 25
6:30 to 8 p.m.
Instructors: Tessa Weldon, RDN, and Chelsie Dell, PA-C
Cost: $10

Hip and Knee Pain
If you suffer from hip or knee pain, then join us for a review of your medical and surgical options.
Thursday, April 26
Noon
Instructor: Ryan King, physical therapist
Cost: No charge

Strength Training for Beginners
Join us for a workout designed to strengthen muscles, preserve bone, and tone your body. Resistance bands provided or bring your own two- to five-pound dumbbells.
Mondays and Wednesdays, May 2 through June 27
(no class May 28); 16 sessions
4:30 to 5:30 p.m., or 5:30 to 6:30 p.m.
Instructors: Krissy Harvey and Jenna Nagel, exercise physiologists
Cost: $48
Mondays and Wednesdays July 2 through Aug. 29
(no class July 4); 18 sessions
4:30 to 5:30 p.m., or 5:30 to 6:30 p.m.
Instructors: Krissy Harvey and Jenna Nagel, exercise physiologists
Cost: $54

Senior Fitness
This functional fitness class will help seniors to improve strength, balance, and flexibility.
Tuesdays and Thursdays, May 1 through June 28; 18 sessions
8:30 to 9:30 a.m.
Instructor: Jenna Nagel, senior strength conditioning specialist
Cost: $54
Tuesdays and Thursdays, July 3 through Aug. 30; 18 sessions
8:30 to 9:30 a.m.
Instructor: Jenna Nagel, senior strength conditioning specialist
Cost: $54

Stress Relief: Beginner Meditation and Yoga
Is the daily grind wearing you down? Grab your yoga mat and join us for an hour of stretching your body and calming your mind.
Tuesdays, May 1 through May 22; 4 sessions
6:45 to 7:45 p.m.
Instructor: Norine Gammon, registered yoga instructor
Cost: $35 for series of four classes

Fatty Liver: What Now?
Have you been diagnosed with fatty liver disease? This class will teach you how to manage your illness.
Monday, June 4
6:30 to 7:30 p.m.
Instructor: Chelsie Dell, PA-C
Cost: $5

Medical Nutrition Therapy
Medical nutrition therapy (MNT) is available for people who need to make lasting changes to their diet and nutrition. Our registered dietitians work with you to achieve your nutrition and health goals. A physician diagnosis is required to bill insurance. We will contact your health insurance company to verify coverage. Some of the most common 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

Walk-In EKGs Available
Bring your physician’s order and health insurance cards to Cardiopulmonary Rehabilitation on the lower level of Sterling Square, 3330 Peach Street. Must be 18 years or older. Walk-in hours are: Monday-Thursday, 8 a.m. to 6 p.m., and Friday 8 a.m. to 3 p.m. For more information, call Cardiopulmonary Rehabilitation at 814-877-5608.

Cardiopulmonary Rehabilitation
Whether you have heart disease, chronic lung disease, or are recovering from a heart procedure or heart attack, this service will improve the quality of your life through monitored exercise, nutrition coaching, and education. It is covered by health insurance. For more information, call Cardiopulmonary Rehabilitation at 814-877-5608.

DIABETES institute
These services require a doctor’s order, and it is recommended that you check coverage with your insurance company. All classes are held at the UPMC Outpatient Center, located in the lower level (Entrance C) of Sterling Square, 3330 Peach Street. 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 or in the evening, in a group atmosphere. The series is divided into four classes. All classes are taught by certified diabetes educators.

Additional Services
The Diabetes Institute offers a variety of other classes on topics such as:
- General nutrition education
- Prediabetes
- Diabetes management refresher classes
Attn: Patients with Commercial Insurance


Don’t miss your chance to ensure in-network access to UPMC Hamot, Erie’s advanced health care provider.

To learn more, please call 1-855-746-8762.

UPMC.com/AccessHamot