

# HERE FOR YOU

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## EVENTS

### Aging Institute at UPMC McKeesport Resource Center Events

UPMC McKeesport  
Crawford Building, Suite 145  
Aging Institute Conference Room

#### Elder law: LeeAnn Fulena, Esq. of Rob Mulvihill, LLP

This discussion will focus on estate plan documents including Wills, Trusts, Powers of Attorney, Medical Directives, and Living Wills.

**Wednesday, May 30**  
**1 to 2 p.m.**

#### Powerful Tools

This six-week education course offers caregivers and adults the chance to build self-care tools.

**Every Tuesday from June 19-July 24**  
**10:30 a.m. to 12 p.m.**

#### Starting points for navigating community resources: Ronnie Edwards of the Aging Institute

Answering questions concerning what is available for seniors and caregivers in the community.

**Wednesday, June 27**  
**1 to 2 p.m.**

For more information or to register for these free events, call **412-647-1897**.

We ask that you RSVP by the Friday before each month's presentation. We welcome RSVPs any time before that — even months ahead for a program.



## NOW OPEN: Addiction Medicine Services at UPMC McKeesport

UPMC McKeesport offers medically managed detox and short-term rehab for those who:

- Have already gone through detox but relapsed
- Need medical treatment while in a short-term residential program for substance use disorders

Along with expert treatment for substance use disorders and any related health problems, you will receive:

- Special medical care that stresses physical well-being in the recovery process
- Support through one-on-one, group and family therapy sessions
- The required skills to beat your addiction and maintain sobriety

To make an appointment or learn more about Addiction Medicine Services at UPMC McKeesport, call **855-SUD-UPMC (855-783-8762)**, or email **McKeesportAddiction@upmc.edu**.

## UPMC McKeesport Recognized as a 4-star Hospital

UPMC McKeesport recently earned an impressive four-star rating (out of a possible five) from the Center for Medicare and Medicaid Services (CMS). The ratings reflect key performance indicators such as safety of care, patient experience, effectiveness of care, and readmission.

CMS reports hospital quality star ratings on its website, Hospital Compare, to help consumers compare quality of care at Medicare-certified hospitals nationwide. Up to 57 different quality measures are considered in a hospital's star rating. Only about one in four hospitals nationwide achieve a four-star rating.

Healthgrades®, an online resource for comprehensive information about physicians and hospitals, also recognized UPMC McKeesport as a 2018 Distinguished Hospital for Clinical Excellence™. UPMC McKeesport is among the top 5 percent of hospitals with the lowest risk-adjusted mortality and complication rates across 21 common conditions and procedures.

Both the CMS and Healthgrades recognitions are a reflection of UPMC McKeesport's commitment to high quality and safe patient care for the communities it serves.

*Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next.*

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## Get to Know UPMC McKeesport's Department of General Surgery

The skilled board-certified surgeons and specialists at UPMC McKeesport's Department of General Surgery provide a wide range of high quality, patient-centered services. Patients can choose from inpatient, outpatient, same-day, and minimally invasive (laparoscopic) surgical procedures at UPMC McKeesport.

Our general surgeons provide care for a variety of surgical diseases affecting these areas of the body:

### Abdomen

Includes gallbladder disease, appendix disease, small bowel disease (bowel obstruction, inflammation of the bowel, or decreased blood supply), and large bowel disease (diverticular disease, benign and cancerous tumors of the colon, and diseases of the stomach, pancreas, spleen, and liver).

### Abdominal wall hernias

Protrusions of abdominal content through the abdominal wall, including hernias through previous scars, hernias in the groin area, and other types of hernias.

### Breast

Includes benign and cancerous diseases.

### Skin and soft tissue disease

Includes tumors and abscesses.

Common treatments provided by our general surgeons for these conditions include:

- Gallbladder removal (cholecystectomy)
- Appendix removal (appendectomy)
- Removal of all or part of the colon (colectomy)
- Hernia repairs — inguinal, ventral, incisional, and umbilical (open or laproscopic)
- Removal of breast tumors (lumpectomy and mastectomy)
- Anal and colon abscess draining
- Hemorrhoid removal (hemorrhoid-ectomy and rubber band ligation)
- Lymph node removal and biopsy

### Wound care

In addition to these general surgery treatments, **Marc Cordero, MD, FACS**, specializes in wound care. He treats non-healing skin wounds and infections. He also is trained in the use of hyperbaric oxygen therapy for wound healing.

### Cancer care

Our surgeons partner closely with UPMC McKeesport's radiation oncologists and the UPMC Hillman Cancer Center to determine the best treatment options for every cancer patient.

## Meet our Surgeons



### Marc Cordero, MD, FACS

*General Surgeon*

*Chief of General Surgery, UPMC East*

*Medical Director-Wound Healing Services, UPMC McKeesport and UPMC East*



### Christine Kinnier, MD

*General Surgeon*

*UPMC McKeesport and UPMC East*



### Khalid Shalaby, MD, PhD, FACS

*General Surgeon and Surgical Oncologist*

*Chief of General Surgery, UPMC McKeesport*

*Medical Director-Surgical Oncology, UPMC McKeesport and UPMC East*

### Office location:

UPMC McKeesport

500 Hospital Way

Painter Building, Suite 6

**412-672-3422**



"In March 2018, I experienced a really painful bowel obstruction caused by a bladder tumor that had invaded my colon. Dr. Kinnier literally came into the hospital on a Saturday to talk with me. It was like I'd always known her: she focused completely on me and couldn't have been kinder. And she came back the next day, Sunday, to do my emergency surgery. I knew I was in good — and caring — hands."

Raymond Jurewicz  
*Private Practice Physical Therapist*



"I love to shop, and always joked that I would someday end up as a bag lady. On Nov. 16, 2017, I got my bag when Dr. Shalaby removed a mass in my colon and needed to perform a colostomy. On March 8, 2018, he took that bag away, doing a reverse colostomy. I call him my miracle worker. That's why, whenever I see him, I give him a hug!"

Kathleen Chuchla  
*Retired Payroll Specialist*

## The Importance of Breast Cancer Screening

Magee-Womens Imaging at UPMC McKeesport offers a full range of services, including screening mammography, diagnostic mammography, breast ultrasound, breast ultrasound core biopsy, radioactive seed localization, and bone densitometry (DEXA).

While deaths due to cancer have decreased significantly over the past few years, African-American women have a 34% higher death rate from breast cancer than their Caucasian

counterparts. It is important for all women to be aware of changes in their breasts, to know their family history of cancer, and to be screened.

Don't have insurance? Need transportation? We will help you. To make an appointment, please call **800-649-4077**. Same-day screening appointments and screening mammography walk-ins are welcome.

## Austin's Playroom Gets a Makeover

Austin's Playroom, located in the UPMC McKeesport Emergency Department (ED), underwent renovations this fall by the Mario Lemieux Foundation. Designed as a cheerful, safe, calming, and comfortable space for children and families who may be in the ED as patients or visitors, the playroom gives kids a chance to be kids during a stressful time.

UPMC McKeesport's Austin's Playroom originally opened in October 2006 — the ninth of 36 Austin's Playrooms located throughout western Pennsylvania.

Austin's Playrooms resulted from Nathalie and Mario Lemieux's personal experience following the birth of their son in 1996. Born three months premature, Austin spent 71 days in neonatal intensive care. While the family was at the hospital with Austin, they realized there was nothing available to engage his sisters, who were both toddlers at the time. It was then Mario and Nathalie decided to establish Austin's Playrooms.

The newly renovated playroom is designed to be an entertaining and comfortable diversion for children. It includes:

- Walls freshly painted in "Optimistic Yellow"
- New furnishings, including brightly-patterned upholstered chairs, end table, and cubby for books and toys
- A larger television
- A Jungle Jumble activity table with magnetic cars and trucks, plus small red, green, yellow, and blue chairs
- Two new wall-mounted toys — Lady Bug Lane and Math Beads
- Two iPads loaded with kid-friendly games mounted to another child-sized table with happy yellow chairs

We are grateful for the support of the Mario Lemieux Foundation in providing a special place in our Emergency Department for our youngest patients and visitors.

## Making a Memorable Entrance

If you've been to UPMC McKeesport over the last few months, you probably noticed the construction now underway to create an exciting new courtyard entrance for our patients and visitors.

Its central location will lead you directly into the heart of the hospital, near the gift shop and McKeesport History Hallway, which displays a historical perspective of our hospital and community.

You'll be greeted at our new information desk and can stop at the new coffee kiosk serving Starbucks® specialty coffees. The space also features comfortable lounge seating where you can wait while loved ones are being treated.

Outside, flowering trees, spring bulbs, and perennials will accent the new garden space and an evergreen groundcover will form a carpet of green year-round. Memorial plaques and donor pavers located in the previous courtyard area will be incorporated into the lush setting. Patients and visitors alike will be able to enjoy the garden space from new benches.



UPMC McKeesport is undertaking this extensive overhaul to provide a new entrance point and better experience for hospital visitors. It's just one of many reinvestments currently underway that are designed to revitalize our hospital's campus.

The new entrance will be open daily from 6 a.m. to 9 p.m., beginning in late June. These new extended hours match our patient visiting hours.