

Healthy Living

MAGAZINE



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Tips for a Healthy Hunting Season

With millions of acres of game lands, Pennsylvania is one of the top hunting states in the country. While most hunters are cautious, hunting has its dangers.



Matthew Murphy, MD (left) was 12 years old when he started hunting with his father. “He taught me how important it is to be safe when

you’re hunting,” says Dr. Murphy. As an emergency medicine doctor at UPMC Altoona, he’s even more aware that accidents can and do happen, and he’s seen the results. Here are four points he shares to help you enjoy your hunting trip and make it home safely.

Climb with care: From 20 feet in the air, tree stands give hunters a better view of their surroundings. However, more than half of all hunting accidents are caused by falls from them. “Falling out of a tree stand can cause serious damage, including broken bones, concussions, and spinal cord injuries,” says Dr. Murphy, who advises to always use a safety harness.

Dress for comfort: Weather can change quickly, so pack gear that is wind resistant and rain proof. Wear comfortable clothing, and dress in layers to avoid hypothermia or heat stroke. Sturdy, supportive footwear can help prevent slips and falls. “Day 1 of hunting season isn’t the right time to break in a new pair of hiking boots,” says Dr. Murphy.

Don’t hunt alone: It’s best to hunt with a partner who can help if you get hurt or lost. “Getting lost can cause you to panic and make a bad decision,” notes Dr. Murphy. If you do hunt alone, let someone know where you’re going and when you’ll return. If you’re hunting in an unfamiliar place, a GPS device can track your whole day and lead you back to your vehicle or meeting place.

Protect yourself — and your hunting dog — from ticks: Tick-borne illnesses are dramatically increasing across Pennsylvania. To protect yourself, wear long sleeves and tuck in your clothing. Effective tick repellants are now available for use on both skin and clothing. “When you return from a hunting trip, immediately strip and check your body for ticks and remove any that you find,” advises Dr. Murphy. Remember that ticks seek warm body parts like hair, backs of knees, groin area, and even your belly button. Pets should be given monthly preventive tick and flea treatments.

Other safety essentials to keep in mind:

- Get a doctor’s checkup, especially if you are out of shape or have health issues
- Pack snacks to keep up your energy and water to stay hydrated
- Carry a first aid kit, maps, and a compass (your phone may not always work)
- Don’t hunt while intoxicated or under the influence of drugs





Meet the Staff
 Magee-Womens Specialty Services

Board-Certified Ob-Gyn Specialists

- Amy Anderson, MD
- Draion Burch, DO
- Stacey Carlitz, DO
- Roseanne Gichuru, DO
- Lindsay Mastrine, DO
- Debra Pike, MD

Certified Nurse Midwife

- Jill Linton, CNM, MSN

Certified Registered Nurse Practitioner

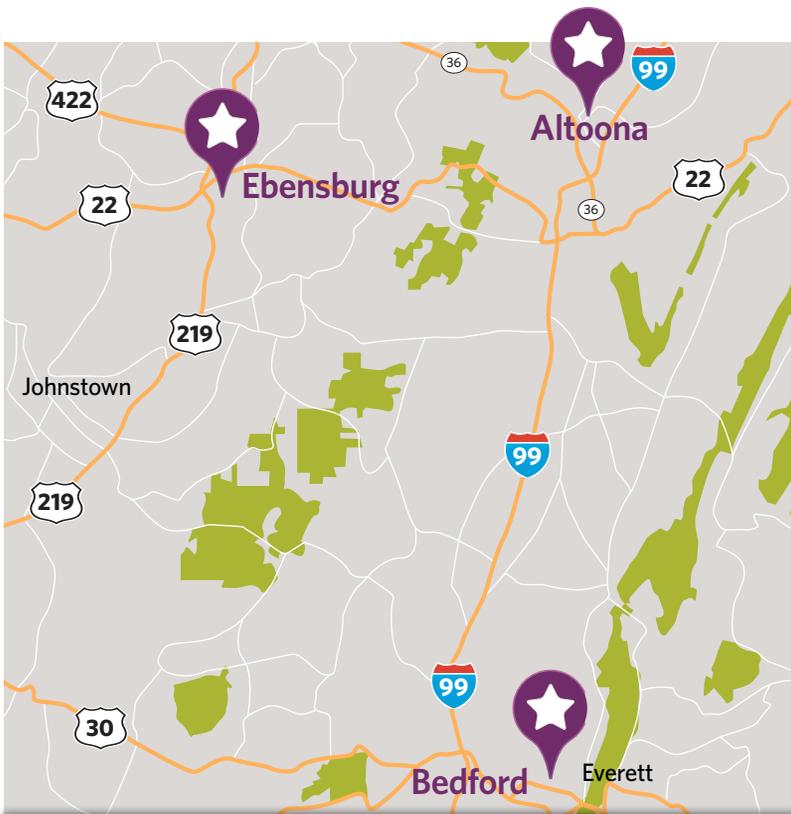
- Shannon Weiss, CRNP

Physician Assistants

- Jessica Carter, PA-C
- Danielle Houck, PA-C

The Magee-Womens Specialty Services team (left to right): Amy Anderson, MD; Danielle Houck, PA-C; Stacey Carlitz, DO; Jill Linton, CNM; Roseanne Gichuru, DO; Shannon Weiss, CRNP; Draion Burch, DO; Jessica Carter, PA-C; Debra Pike, MD

Magee-Womens Specialty Services



New partnership brings together trusted regional women’s health care providers — plus nationally renowned specialists from UPMC Magee-Womens Hospital — to provide enhanced care to all women in our region.

Magee-Womens Specialty Services offers area women comprehensive and advanced ob-gyn services at convenient office locations in Altoona, Bedford, and Ebensburg.

“This new practice is central to our goal of providing all women in our region with access to the very best ob-gyn services possible, from the routine to the complex,” says **Jerry Murray**, president of UPMC Altoona and UPMC Bedford. “In addition to our experienced regional doctors, we are adding a number of new providers to the practice. Specialists from Magee also will provide on-site, state-of-the-art expertise in areas such as gynecologic oncology. Now women won’t need to travel long distances for treatment and consultations.”

With nearly two decades of experience as an ob-gyn, most recently at UPMC Mercy and UPMC Magee-Womens Hospital, **Stacey Carlitz, DO**, was thrilled to join the new practice.

“Our philosophy is to treat our patients exactly the same way we’d like to be treated. We want them to always feel welcomed and supported,” she says. “We’re hoping to redefine patient care for women through the combined expertise of our staff and Magee in Pittsburgh, and by creating a welcoming, family-like environment for our patients — from teenagers to women in their 80s and beyond.”

Johnstown native **Amy L. Anderson, MD**, also brings nearly two decades of experience in obstetrics and gynecology at Windber GYN Associates and at the former UPMC Lee Regional OB/GYN Associates. “Through our partnership with Magee, we’re able to offer women the best of both worlds,” she notes. “We’re able to bring an elevated level of knowledge and patient care to the community. It’s a priority for us to deliver outstanding and trusted care locally so women will always have the access and support they need.”

Our Regional Locations

Altoona 501 Howard Ave., Suite A107 Altoona, PA 16601 814-889-2626	Bedford 361 Hospital Drive Everett, PA 15537 814-623-9712	Ebensburg 152 Zeman Drive Ebensburg, PA 15931 814-889-2626
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To learn more and schedule an appointment, call the office location of your choice or go to FindADoc.UPMC.com.

Conquering Concussions

New concussion clinic brings UPMC's nationally recognized program to central Pennsylvania.

“Concussions are treatable, but it takes a high level of skill to diagnose and treat them effectively.”

— Dr. Micky Collins

Concussions are traumatic brain injuries that can happen to anyone, anywhere — on the road, at work, at home, or on the playing field. Getting prompt and effective treatment is crucial to recovery.

Area residents now have access to one of the nation's top programs with the recent opening of the UPMC Sports Medicine Concussion Program's new clinic in Altoona.

“Concussions are treatable, but it takes a high level of skill to diagnose and treat them effectively,” says **Michael “Micky” Collins, PhD** (near left), program executive director and an internationally renowned sports-related concussion expert.

“We're bringing a level of expertise that's been missing in the Altoona area.”

Expert concussion management

The new concussion clinic, located in the UPMC Altoona Elite Orthopaedics office in the Logan Medical Building, provides concussion treatment and management services for anyone 7 years of age and older. Like all UPMC Sports Medicine Concussion Program locations, it prepares patients for a safe return to sports, work, and play.

“A well-managed concussion is essential,” says neuropsychologist **Brandon Gillie, PhD** (far left), a UPMC Sports Medicine concussion specialist who began seeing patients at the Logan Medical Building location in August. “This is especially important for the young athletes in the community.”

Dr. Gillie, who trained with Dr. Collins, says the clinic offers athletes and other patients access to the same level of expert care provided in Pittsburgh. Because all concussions are different, each patient is treated individually with a treatment plan based on specific needs and goals for recovery.

The right diagnosis and care

Too often, people ignore the signs and symptoms of a concussion. They mistakenly think concussions only happen with a direct blow to the head — and only when a person loses consciousness. Or they believe it will go away on its own, says Dr. Gillie.

“Anyone who suspects a concussion should stop all activity and get medical care immediately,” he says. “Early treatment is critical. With the right diagnosis and care, most patients recover within three to four weeks.”

UPMC researchers have identified six different types of concussions with varying symptoms, such as migraines, mood changes, and balance and vision problems. Matching treatment to the concussion type is important for recovery, says Dr. Gillie.

Patients are generally referred to the clinic by primary care doctors and athletic trainers, but anyone can call for an appointment. The initial visit includes an interview to gather details about the injury, medical history, and symptoms, followed by neurocognitive tests — such as ImpACT® (see page 5) — to measure verbal and visual memory, brain processing speed, and reaction time. Treatment plans are then developed for each patient.

Meet Brandon Gillie, PhD



Dr. Gillie joined the UPMC Sports Medicine Concussion Program as a postdoctoral fellow in 2016. A native of southwestern Pennsylvania, he received his bachelor's degree in psychology from the University of Pittsburgh and a doctorate in clinical psychology from The Ohio State University.

To schedule an appointment with Dr. Gillie at the UPMC Sports Medicine Concussion Program, call **814-889-3600**.

THE GUIDE

to Healthy Living

What you need to know about concussions

According to the Centers for Disease Control and Prevention, there are as many as 3.8 million concussions per year in the United States. “Concussions are serious. Fortunately, concussion specialists have very good treatments and approaches to managing this injury,” says **Dr. Brandon Gillie**.

WHAT IS A CONCUSSION? A concussion is a type of traumatic brain injury. Think of your brain as an egg yolk and your skull as an egg shell. A blow to your head or body can cause your brain to shake inside your skull and result in injury.

FAST FACTS

- Most concussions occur without losing consciousness — only about 10 percent involve a “knock out.”
- You don’t have to be hit on the head to have a concussion; indirect force, such as a body hit or whiplash, also can cause a brain injury.
- No two concussions are the same.
- As many as 19 percent of athletes involved in contact sports will experience a concussion.



WHEN IN DOUBT, SIT IT OUT

When you have a concussion, your brain is very vulnerable, so it is important to stop all activity until you can be evaluated by a concussion specialist. “Concussion symptoms can be very subtle,” says Dr. Gillie. “When in doubt, sit it out.”

Common symptoms include:

- Headache
- Dizziness
- Nausea
- Fatigue
- Fogginess
- Attention or memory problems
- Mood changes
- Sleep issues



UNDERSTANDING CONCUSSIONS

UPMC researchers have identified six different types of concussions, accounting for more than 20 symptoms. “Getting treatment that matches the concussion is key to a full recovery,” says Dr. Gillie. To learn more about the concussion types, symptoms, and triggers, visit RethinkConcussions.com.



KNOW YOUR RISK

You may be more prone to concussions — or a longer recovery — if you have any of these risk factors:

- A history of prior concussions
- Existing problems with balance or motion
- Eye conditions such as crossed eyes or lazy eye
- Learning and attention issues
- A personal or family history of migraines
- Being female (they have more complex recoveries than males)
- Age (kids take longer to recover)



DID YOU KNOW?

Doctors at the UPMC Sports Medicine Concussion Program were instrumental in developing **ImPACT®** (Immediate Post-Concussion Assessment and Cognitive Testing). Designed for kids and adults, the tool sets a baseline for normal functioning brain activity that later can be used to assess and manage head injuries like concussions. For ImPACT testing and questions, call **1-855-937-7678**.

A Teacher's Thanks

An area educator offers her gratitude for the lifesaving and compassionate care she received at UPMC Altoona.



With just a month to go before Hollidaysburg Area Senior High School's fall 2017 production of *Hello Dolly!*, drama teacher **Stephanie Everett** was running nonstop. Busy days teaching were followed by late evening practices with the musical's cast and crew — until a kidney infection brought her hectic schedule to an unexpected halt.

"I thought I was fighting a simple urinary tract infection and was sure I had it beat," says Stephanie,

who also directs the school orchestra and plays as a principal second violinist with the Altoona Symphony Orchestra. "But when I woke up on Wednesday, Oct. 18, I felt awful. I was in tremendous pain and running a high fever," she recalls. "I didn't realize it, but my body was shutting down."

Her husband, Steve, had already left for work, but he rushed home to take her to UPMC Altoona. "I expected the Emergency Department (ED) to give me antibiotics and send me on my way," says Stephanie. "But I soon learned I had sepsis."

Quality care starts in the ED

Sepsis happens when the immune system releases chemicals to fight an infection — and instead results in inflammation throughout the entire body. Untreated, sepsis can quickly result in major organ damage and even death.

"The Emergency Department staff was incredible," says Stephanie. "They immediately recognized how sick I was. Had I delayed coming to UPMC Altoona by just a few hours, my story would have been a very different one."

After lab tests confirmed the extent of her infection, Stephanie was admitted to the hospital's Tower 10 for continued care.

Two great nurses — and a whole new outlook

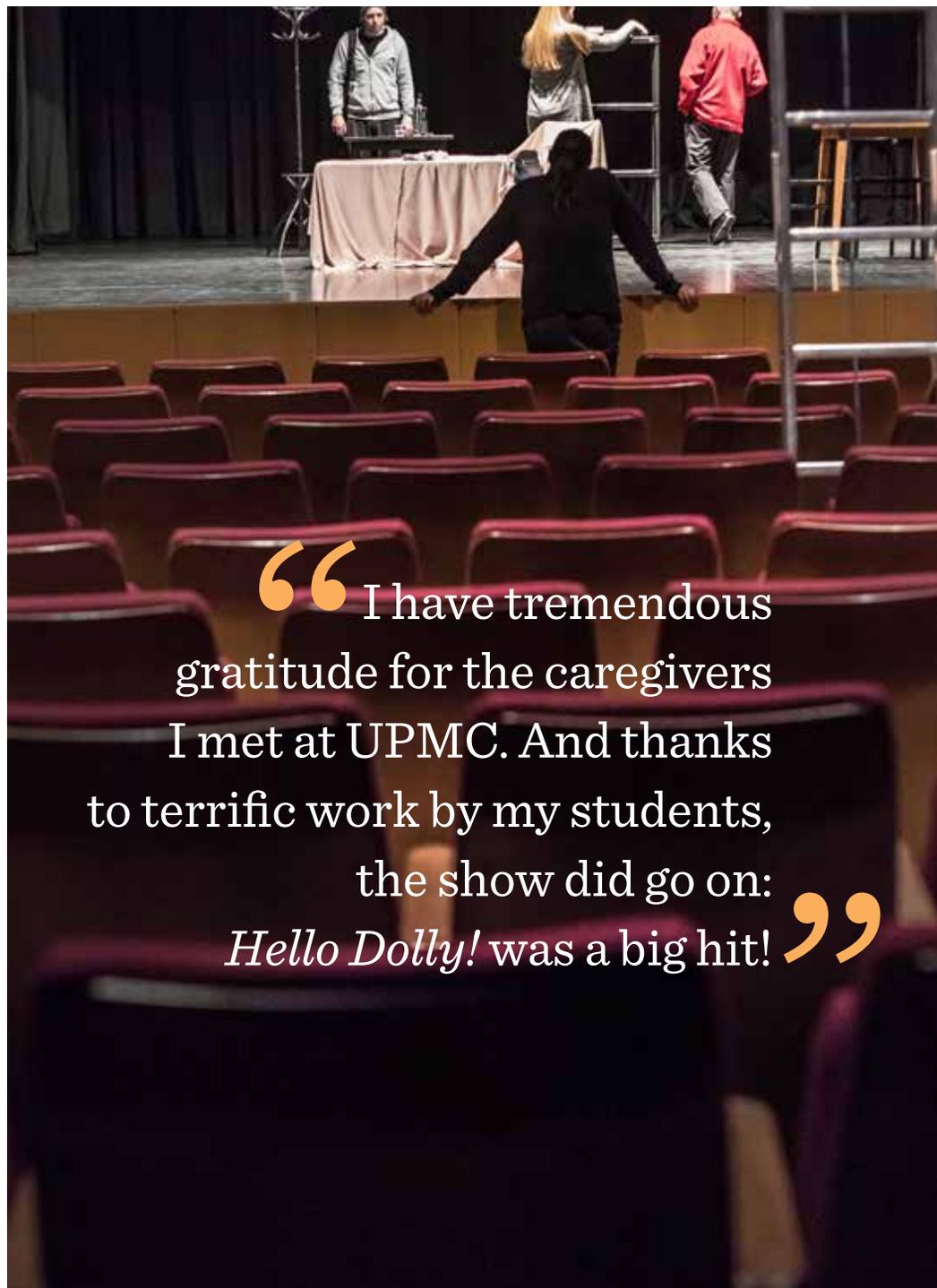
Nurses **Zac Siwy** and **Amanda Nagle** provided frontline care to Stephanie during her unexpected stay at UPMC Altoona's Tower 10.

"When I first arrived, Amanda knew I was really trying hard to process everything that was happening. My fever wouldn't go down and I was panicking about falling behind in my work at school — and especially with the play," Stephanie remembers. "Amanda helped me learn to shut out the external pressures and focus on getting better."

And from their first encounter, Zac began cracking jokes to make Stephanie laugh. "I'd text my students, and they'd send me new jokes for him. And though I'm a Type A personality, I was physically exhausted. It was Zac who convinced me to get up and moving again."

"Nobody wants to go to the hospital," continues Stephanie. "But when you must, you want the best and most compassionate care. At every point, I was surrounded by amazing, hard-working professionals who were committed to helping me in every way."

"Looking back, getting sick was a blessing. It made me look at life differently. I have tremendous gratitude for the caregivers I met at UPMC who helped me realize that. And thanks to terrific work by my students, the show did go on: *Hello Dolly!* was a big hit!"



“I have tremendous gratitude for the caregivers I met at UPMC. And thanks to terrific work by my students, the show did go on: *Hello Dolly!* was a big hit!”

News from the UPMC ALTOONA FOUNDATION

Grants Roundup



Tim Balconi, UPMC Altoona Foundation president (left), presented two AEDs to Dane Schick, superintendent of recreation, Central Blair Recreation and Park Commission.

UPMC Altoona Foundation recently made grants totaling \$164,000 in support of the following:

- 12 scholarships to UPMC Altoona nurses.
- A THOR Laser device to assist in the treatment of patients undergoing radiation therapy for cancers of the mouth, head, and neck.
- The Bob Perks Cancer Assistance Fund, which provides financial assistance to local patients receiving treatment for cancer.
- Two automatic external defibrillators (AEDs) for use by the Central Blair Recreation and Park Commission at Prospect Pool and Juniata Memorial Spray Park.
- UPMC Altoona Summer Student Assistance Program, which provides activities and behavioral health support to at-risk youth during the summer.



Stacey-Ann Okoth (second from left), UPMC Altoona Chief Nursing Officer, and Tim Balconi, president, UPMC Altoona Foundation (far right), award two of 12 nursing scholarships to Jenna George (left) and Cheryl Williams (second from right).



Federal Funding for Black Lung

The Pennsylvania Black Lung Coalition, led by UPMC Altoona, received a \$379,000 grant from the United States Health Resources and Services Administration for the 2018 fiscal year. "Funding at this level reflects the success of the hospital's Black Lung Program in providing treatment to those who have difficulties accessing care," says **Greg Madison**, manager of cardiorespiratory specialty services. The Black Lung Program at UPMC Altoona is funded through a competitive application process that evaluates programs across the nation for volumes and outcomes. UPMC Altoona's program partners with Chan Soon-Shiong Medical Center at Windber and St. Luke's Gnaden Huetten Campus, Lehigh.

Teeing Up to Support Patient Care



On June 18, 224 golfers hit the links at the 9th annual UPMC Altoona Foundation Golf Classic. Held at Scotch Valley Country Club, the event raised \$62,000 to support patient care at UPMC Altoona.

The Gift of Play for Pediatric Patients

Miss Central Pennsylvania's Outstanding Teen Alivia Jacobs and her supporters collected and assembled 75 Jared Boxes for pediatric patients at UPMC Altoona. The Jared Box project honors a young boy from State College, Pennsylvania, who lost his battle with cancer. The plastic storage boxes are filled with small gifts, toys, art supplies, games, and other child-friendly items. Miranda Bell and Lions Club District Governor (14-b) James Foreso were instrumental in the drive to collect and donate the Jared Boxes.

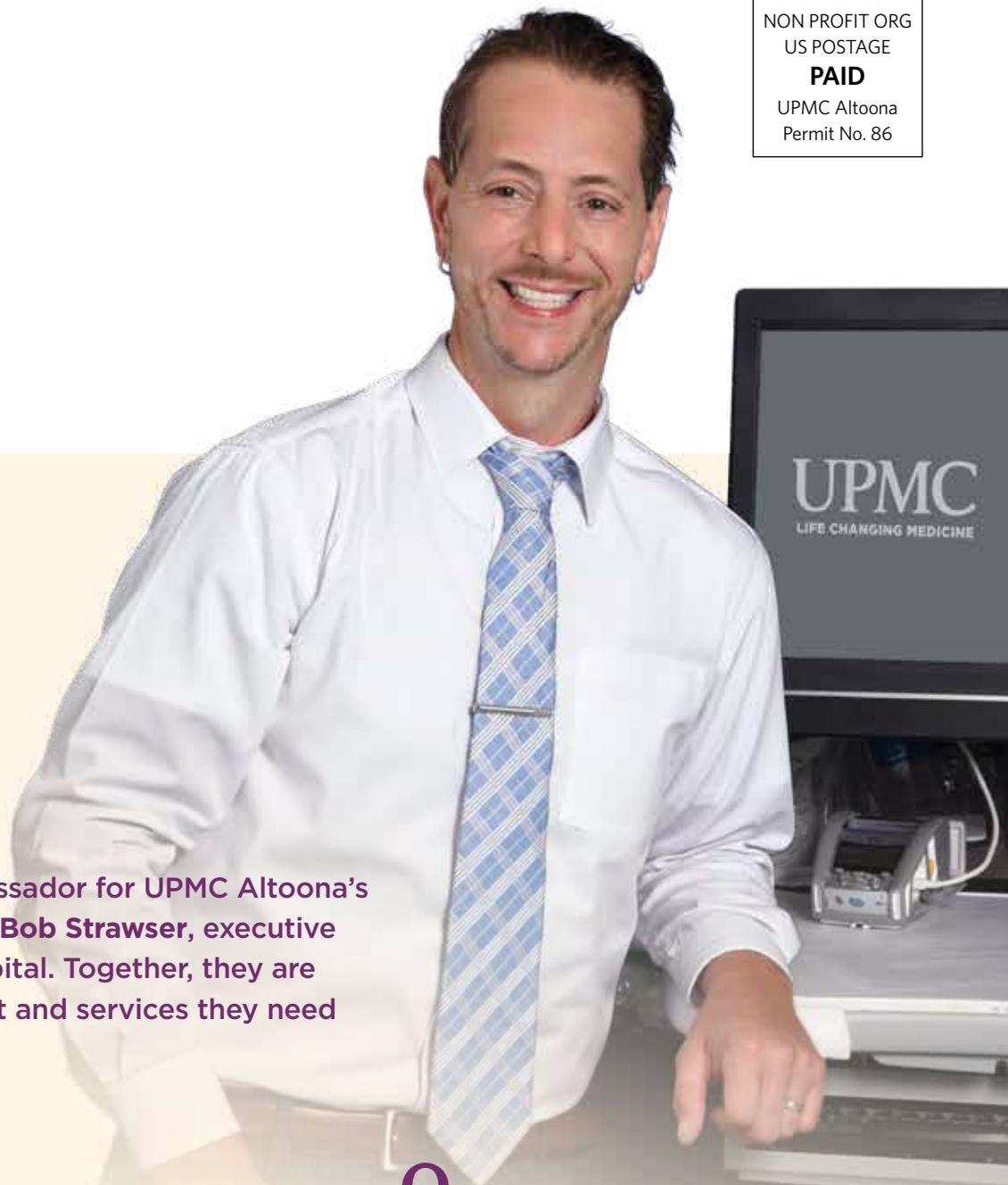


Taking a break after assembling Jared Boxes are (back, left to right): Jessica Burgan, nurse manager, Pediatrics; Tim Balconi, UPMC Altoona Foundation president; Miranda Bell; and Alivia Jacobs, Miss Central PA Outstanding Teen; and (front, left to right): Patricia Radmann and Lions Club District Governor (14-b) James Foreso.

Founders Club Reception Held

The Founders Club hosted its spring reception on May 23 at the Altoona-Blair County Airport, where 110 guests enjoyed a behind-the-scenes look at flight operations and a visit by a Pennsylvania State Police helicopter. State Trooper Doug Artman, who piloted the helicopter, gave guests an overview of state police air operations. The Founders Club recognizes those who contribute \$1,000 or more annually to the UPMC Altoona Foundation.





Q & A

Ask the Experts

Loren Bowman (above right) is the new patient ambassador for UPMC Altoona's Emergency Department (ED). The position reports to **Bob Strawser**, executive director of mission and patient experience at the hospital. Together, they are working to give patients and their families the support and services they need when they're most anxious and stressed.

Q.

What's the role of the patient ambassador in the Emergency Department?

A. "No one ever expects to need emergency care when they wake up in the morning. While they're getting treatment for their injury or illness, our ED patients also are concerned about their family members and the tasks they left behind," says Loren.

"The patient experience is a family experience, too. Family members sit in the ED, waiting and worrying. Depending on the problem, they may need to wait hours for news on a loved one while tests are run, a diagnosis is made, and care is delivered.

"As the patient ambassador, I'm the link between the patient and family — and the patient and our ED staff," says Loren. "I try to see things from the patient's and family's perspective, anticipate their needs, and treat them with dignity and respect. I'm here to answer questions, provide status updates, and just listen."

Q.

Why was the position created?

A. "UPMC Altoona provides emergency care for more than 70,000 patients every year, and those numbers are only growing," says Bob. "Coming to the ED is often someone's first experience with our hospital — and we know that first impressions are lasting impressions.

"We want to exceed the expectations of our patients. The ED was the natural place to test the role of patient ambassador, since it's one of our busiest centers of care," he adds. "Loren had years of experience here transporting patients, and during that time he demonstrated the qualities of compassion, care, and competency that we wanted in a patient ambassador. He anticipates what people need before they know they need it."

Q.

What's been the response?

A. Piloted from November 2017 through April 2018, the patient ambassador program was officially launched in May. "In this brief period, our surveys already show that patient satisfaction in the ED has increased significantly," reports Bob. "In fact, the response has been so positive that we're planning to add a second ambassador in the ED for weekend coverage, and we hope to eventually introduce patient ambassadors in other areas of care.

"We've also been invited to share our approach at a national forum on patient experience," adds Bob. "The success of the program in the ED is inspiring other areas to become more proactive and involved, too. Throughout the hospital, we're all working together to provide a better patient experience."

Is there a health topic you'd like to see covered in the magazine or a great experience at UPMC Altoona that you'd like to share?

Call **814-889-6405** or email
HLMAaltoona@UPMC.edu.

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