

UPMC Altoona
620 Howard Ave.
Altoona, PA 16601

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Healthy Living

HIGHLIGHTS

Our Regional Locations

Bedford, Blair, Cambria, Centre, and Huntingdon counties

UPMC Altoona
620 Howard Ave.
Altoona, PA 16601
814-889-2011
UPMCAaltoona.com

Station Medical Center
1516 Ninth Ave.
Altoona, PA 16602
814-889-2011
UPMC.com/AltoonaOutpatient

UPMC Outpatient Center in Ebensburg
152 Zeman Drive
Ebensburg, PA 15931
814-471-2200
UPMC.com/EbensburgOutpatient

Logan Medical Building
800 S. Logan Blvd.
Hollidaysburg, PA 16648
814-889-2011
UPMC.com/HollidaysburgOutpatient

UPMC Bedford
10455 Lincoln Highway
Everett, PA 15537
814-623-6161
UPMCBedford.com

Primary & Specialty Care Practices
Located across the region
1-800-533-UPMC (8762)
FindADoc.UPMC.com

H UPMC ALTOONA

Emergency Services/Level II Trauma Center, Primary Stroke Center, General & Specialty Surgery, Heart & Vascular Institute, Hillman Cancer Center, Imaging Services, Labor & Delivery, Laboratory Services

H UPMC BEDFORD

Acute Stroke-Ready Certification, Centers for Rehab Services, Emergency Services, General Surgery, Heart & Vascular Institute, Imaging Services, Laboratory Services

Station Medical Center in Altoona

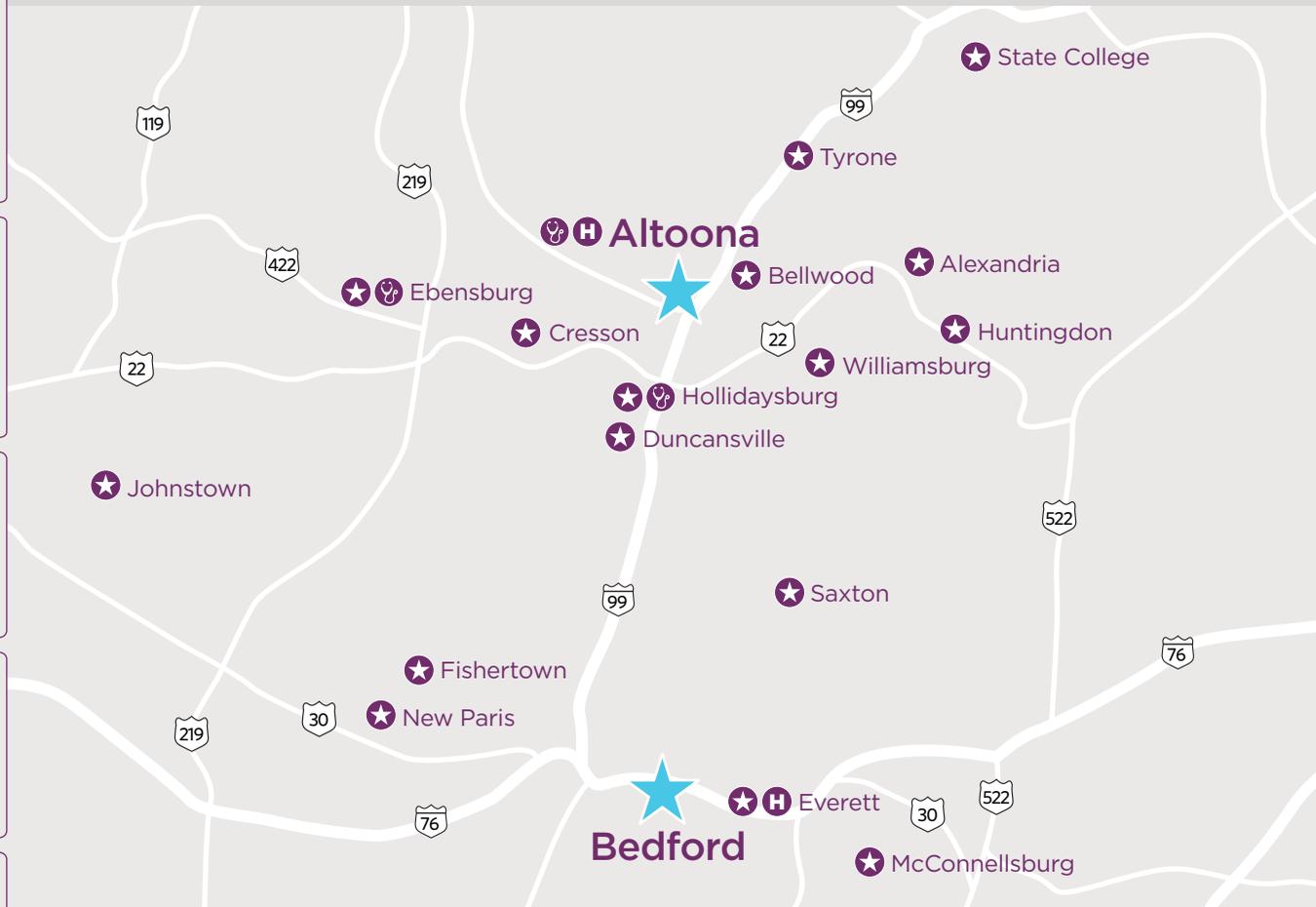
Centers for Rehab Services, Heart & Vascular Institute, Imaging Services, Laboratory Services, Primary Care, Specialty Services

Outpatient Center in Ebensburg

Centers for Rehab Services, Heart & Vascular Institute, Imaging Services, Laboratory Services, Primary Care, Specialty Services

Logan Medical Building in Hollidaysburg

Centers for Rehab Services, Imaging Services, Laboratory Services, Primary Care, Specialty Services



H Hospitals **Outpatient Centers**

Other UPMC Locations For information about services offered at these locations, go to UPMCAaltoona.com/OurRegion.

Healthy Living

HIGHLIGHTS



Meet Jan Fisher President, UPMC Altoona and UPMC Bedford

Health care has always been at the heart of Jan Fisher’s professional career. She worked as a registered nurse before earning an advanced business degree and moving into hospital administration. Prior to her recent appointment as president of UPMC Altoona and UPMC Bedford, Jan held a variety of hospital leadership roles, including chief operating officer of UPMC Susquehanna, executive vice president and chief operating officer of Laurel Health System, and president and chief executive officer of Soldiers & Sailors Memorial Hospital.

“It’s exciting to be here, working with a team of health care leaders and caregivers who are focused on providing excellence in patient care and committed to growing our service offerings across the region,” Jan says. “My husband and I have truly been enjoying becoming a part of the local community.”

Our Newest Location

UPMC Outpatient Center in Ebensburg

When you’re juggling the demands of home and work, it can be hard to find time to see your doctor or get a lab test done. UPMC Outpatient Centers make it easier to manage your health needs by bringing high-quality care right to your neighborhood.

Services available at the Center include:

- Behavioral health
- Cardiology
- Concussion treatment
- Dermatology
- Gastroenterology
- Imaging, including mammography
- Laboratory blood draws and sample collection
- Neurology
- Obstetrics and gynecology
- Orthopaedics
- Physical, occupational, and speech therapy
- Primary care
- Surgery (preoperative and postoperative office visits)



The UPMC Outpatient Center is conveniently located at 152 Zeman Drive (just off Route 22) in Ebensburg.

For more information or to make an appointment, call 814-471-2200 or visit UPMC.com/EbensburgOutpatient.

Check with your insurance provider to ensure that services at this location are covered under your plan.

Welcome to the first issue of our *Healthy Living Highlights* newsletter, created to keep you updated on the range of services UPMC offers in Bedford, Blair, Cambria, Centre, and Huntingdon counties. Also included is our quarterly calendar of community events. Look for the next issue of *Healthy Living Magazine* this fall.

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Our Regional
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General Surgery at UPMC Altoona

The skilled board-certified surgeons at UPMC Altoona provide a wide range of high-quality, patient-centered inpatient, outpatient, and same-day surgical services, including minimally invasive (laparoscopic) and robotic procedures.

Our general surgeons provide care for a variety of conditions, either benign or cancerous, and particularly those affecting the abdomen and digestive organs, breast, and skin, including:

- Abscesses, fissures, and fistulas
- Anal incontinence
- Anal rectal pain
- Antireflux
- Appendix diseases
- Bowel obstructions
- Cancers
- Colon diseases
- Crohn's disease
- Diverticular disease
- Gallbladder diseases
- Hemorrhoids
- Hernias
- Inflammatory bowel disease
- Large bowel diseases
- Lesions and cysts
- Liver diseases
- Pancreatic diseases
- Polyps
- Rectal prolapse
- Small bowel diseases
- Stomach diseases
- Tumors, benign, and cancerous
- Ulcerative colitis

“Due to various health issues, I’ve had four surgeries at UPMC Altoona in recent years, and I can’t say enough good things about the doctors, physician assistants, nurses, dietitians, and other staff who constantly went above and beyond to care for me during each of my procedures. Dr. Newlin is easy to talk to and his staff is kind and caring. They bent over backward to get me in quickly for my surgeries and to get me on the road to recovery.”

— Sandra Mater
Tyrone

Meet Our Surgeons



Howard Black, MD
UPMC Altoona
Cove Surgical Associates
Vice President, UPMC Altoona
Medical Staff



George Cummings III, DO
UPMC Altoona
Cove Surgical Associates



Scot Currie, DO
UPMC Altoona Surgical
Associates
Also specializes in
Bariatric Surgery



Neil Kaneshiki, MD
UPMC Altoona
Blair Surgical Associates
Medical Director, Wound Care



Matthew Newlin, MD
UPMC Altoona Surgical
Associates
Medical Director,
Bariatric Surgery



Stephen Schmidt, MD
UPMC Altoona
Cove Surgical Associates

UPMC Altoona
Blair Surgical Associates
Located in Altoona
814-942-6038

UPMC Altoona
Cove Surgical Associates
Locations in Roaring Spring,
Altoona, Ebensburg, Tyrone
814-224-2215 or 814-943-4937

UPMC Altoona
Surgical Associates
Located in Altoona
814-889-7500

UPMC Altoona Establishes Thoracic Surgery Program

Rodney Landreneau, MD, a pioneer in minimally invasive lung cancer surgery and the surgical management of mesothelioma, relocated to central Pennsylvania in 2018 to lead UPMC Altoona's first thoracic surgery program after spending nearly three decades working with the UPMC Department of Thoracic Surgery in Pittsburgh.

He is joined by **Argenis Herrera Garcia, MD**, a thoracic surgery specialist who completed both cardiothoracic surgery and advanced minimally invasive thoracic surgery fellowships at UPMC. Together they bring a full range of thoracic services to our region.

To schedule an appointment, call the UPMC Altoona Department of Thoracic Surgery at 814-889-4600.

What is thoracic surgery?

Thoracic surgery is a field of medicine that focuses on the treatment of diseases and injuries affecting the lungs, esophagus, trachea, and other organs and tissues in the chest.

At UPMC Altoona, our skilled thoracic surgeons perform highly complex procedures — most of which can be done with a minimally invasive approach that reduces the risk of blood loss, infection, and other complications, which often leads to a faster recovery.

Some of the conditions that can be treated at UPMC Altoona include:

- Achalasia
- Barrett's esophagus
- Bronchial/tracheal stenosis (with stents and laser therapy)
- Emphysema
- Esophageal cancer
- Esophageal diverticulum
- Esophageal stenosis (with stents and laser therapy)
- Gastroesophageal reflux disease
- Hiatal hernia
- Interstitial lung disease
- Lung cancer
- Mediastinal adenopathy
- Mediastinal mass
- Mesothelioma
- Myasthenia gravis
- Paraesophageal hernia
- Pleural effusions (benign and malignant)
- Pneumothorax

Women's Health Services Expanding

UPMC Magee-Womens Specialty Services now has office locations in Altoona, Ebensburg, Everett, and Huntingdon

With new office locations in Altoona and Huntingdon and expanded care in Ebensburg, UPMC Magee-Womens Specialty Services is broadening access to its comprehensive obstetrical and gynecological services — delivered by trusted and familiar doctors and care teams.



In Altoona

To better serve patients, the Altoona office of Magee-Womens Specialty Services has relocated to a larger and newly remodeled office space at 2918 6th Ave., Altoona (former offices of Dr. Bisacco and Dr. Opida).

In Huntingdon

Ralph Aldinger, DO, and **Romona Shope, CRNP**, now see patients at Magee-Womens Specialty Services' Huntingdon office, located at 9492 William Penn Highway (Route 22). "We're bringing quality obstetrical care and gynecological services to our patients in a welcoming and comfortable setting, supported by the added resources and expertise of one of the nation's leading women's health programs," says Dr. Aldinger.

In Ebensburg

Amy Anderson, MD, joins **Stacey Carlitz, DO**, in offering general obstetrics and gynecology and midlife care services at the UPMC Outpatient Center in Ebensburg. Both doctors also see patients in Altoona.

Across the region

Women who are expecting can receive prenatal and postnatal care at any Magee-Womens location. Labor and delivery services are offered at the regional birthing center at UPMC Altoona. In addition to a full complement of ob-gyn doctors and certified nurse-midwives, the birthing center offers 24/7 anesthesia services, a Level II nursery connected by telemedicine to neonatologists at UPMC Children's Hospital of Pittsburgh, and a maternal fetal telemedicine service that connects high-risk patients with experts at UPMC Magee-Womens Hospital.

To learn more about UPMC Magee-Womens Specialty Services or to schedule an appointment, call 814-889-2626.

Our Newest Doctors



Eric Ferguson, MD, PhD
Trauma Surgeon
UPMC Altoona



Claudio Lima, MD
Cardiac Surgeon
UPMC Heart and
Vascular Institute, Altoona



Grant Phillips II, MD
Family Medicine
UPMC Altoona
Family Physicians



Joseph Wendekier, DO
Hospitalist
UPMC Altoona



Tyshaun James-Hart, MD
Surgical Oncologist-
Breast Surgeon
UPMC Magee-Womens
Specialty Services, Altoona



Stephen Pandolph, MD
Family Medicine
UPMC Primary Care,
State College



Mark Weiss, MD
Radiologist
UPMC Altoona
UPMC Bedford

To find a UPMC primary care doctor or specialist near you, call 1-800-533-UPMC (8762) or visit FindADoc.UPMC.com.