

Healthy Living

M A G A Z I N E

Local hospitals get high marks for quality and safety.

See back cover for details.



When a Stroke Happens, Minutes Matter



UPMC | ALTOONA

2

When Wounds Don't Heal

3

Cutting-Edge Stroke Care Comes to UPMC Altoona

4

Delivering Life-Saving Care — FAST

6

Rebounding After a Heart Attack

When Wounds Don't Heal

Nonhealing wounds pose a major health threat and require special treatment to avoid serious infection, needless pain, and unnecessary amputation.



“Chronic or nonhealing wounds are usually the result of serious underlying health issues,” says **Dave Bickers**, a certified nurse practitioner with UPMC Wound Healing Services at UPMC Altoona.

What causes chronic wounds?

It is estimated that chronic wounds affect approximately 6.5 million Americans. “Doctors consider a wound to be chronic if it doesn’t heal within six weeks,” explains Dave (left). The wound care specialists at UPMC Altoona treat a wide range of chronic, complex, and nonhealing wounds, including those related to:

- Diabetes
- Poor circulation
- Pressure ulcers
- Poor nutrition
- Burns, including radiation burns
- Infection
- Lymphedema
- Surgery
- Ostomy procedures

How are wounds treated?

The comprehensive, hospital-based outpatient program at UPMC Altoona provides specialized wound care services that include some of the latest technology. “It’s a huge advantage for our community,” says Dave. “People don’t have to travel far for high-level wound care, so problems can be resolved faster.” The most common types of nonhealing wounds include foot ulcers from diabetes, poor blood flow, or swollen legs; pressure and radiation sores; and surgical and traumatic wounds.



Among the most advanced treatment options at UPMC Altoona is hyperbaric oxygen therapy (HBOT) — an established and highly successful method for treating many types of nonhealing wounds — and the use of bioengineered skin substitutes.

In HBOT, patients are placed in a sealed chamber where they breathe 100 percent oxygen under pressure. This increases oxygen in the bloodstream, improves circulation, stimulates growth of new vessels, and promotes healing. Treatment requires daily two-hour sessions, often over a course of weeks or months. “Having convenient access to HBOT is an important benefit for patients and their families,” explains Dave.

Bioengineered skin substitutes, another state-of-the-art treatment option, help reduce pain and promote healing while eliminating the need to graft skin surgically from another part of the patient’s body. They closely resemble human skin and can be used temporarily or permanently.

A team approach to wound care

The multidisciplinary team of experienced wound care specialists at UPMC Altoona includes:

- General, vascular, and plastic surgeons
- Podiatrists, including a foot and ankle specialist
- Pulmonologist
- Certified wound care nurse professionals

These specialists develop customized treatment plans specific to each patient’s wound type and needs. The wound care team partners with referring doctors throughout a patient’s treatment.

If you or a loved one have a chronic, nonhealing wound, talk to your doctor or call UPMC Wound Healing Services in Altoona at **814-889-4164**.

Cutting-Edge Stroke Care Comes to UPMC Altoona

Minutes matter when treating a stroke. UPMC Altoona's new interventional stroke program — coupled with the latest in cutting-edge technology — is transforming stroke care with life-saving, brain-saving treatment delivered close to home, 24/7.



PROGRAM ALERT

See calendar insert for info on attending a free program on stroke.

A stroke can be devastating. Getting quickly to a hospital that can provide the right treatment is crucial. Now, instead of being sent by ambulance or helicopter to Pittsburgh for care, area patients can get immediate treatment by a specially trained team of stroke experts at UPMC Altoona.

"We're doing great things here," says **Cynthia Kenmuir, MD, PhD** (above), an endovascular neurologist and director of the new UPMC Altoona stroke program. "Immediate intervention is crucial to long-term survival and quality of life for stroke patients."

Jerry Murray, outgoing president of UPMC Altoona and UPMC Bedford and newly appointed vice president of special projects in UPMC's Central Region, says over the past year the hospital has taken big steps toward building a comprehensive stroke program, including recruiting Dr. Kenmuir. A stroke expert, she is board-certified in vascular neurology and neurology.

UPMC Altoona is now part of the UPMC Stroke Institute — recognized nationally for its high-quality medical and surgical stroke treatment. "We've elevated stroke care to give critically ill patients

the advanced care they need close to home," says Jerry. "We've been a Primary Stroke Center for many years, but now we are working hard to become the third hospital in the UPMC system to be certified as a Comprehensive Stroke Center by the Joint Commission and the American Heart Association/American Stroke Association."

Dr. Kenmuir says she is proud to bring her expertise to UPMC Altoona where she can help fill a real community need. She and her team provide fast and accurate minimally invasive stroke treatment using an operating suite equipped with a highly advanced, real-time imaging system. "The new technology we're using allows us to open blood vessels quickly, which means more brain saved and better outcomes," says Dr. Kenmuir.



Delivering Lifesaving Care

Recent changes that have elevated stroke care at UPMC Altoona include:

- A specialized stroke team led by neurocritical neurosurgery doctors **available 24/7** to provide life-saving stroke intervention treatment
- The ability to **remove large blood clots from arteries in the brain** with a groundbreaking technique called a mechanical thrombectomy
- A neurointerventional suite equipped with a **biplane imaging system** (pictured left) — a highly advanced technology that allows doctors to precisely view and access parts of the brain
- Addition of a **seven-bed neurocritical intensive care unit** staffed by specially trained nurses from the UPMC Stroke Institute

Dr. Kenmuir also treats patients with a variety of nonemergency neurovascular issues at UPMC Altoona Neurosurgery and Neurointervention. For appointments, call **814-889-3930**.

Delivering Life-Saving Care — FAST

A stroke happens without warning. At UPMC Altoona, fast action and advanced stroke care are saving patients from devastating outcomes.

From Paralyzed to Walking in Three Days

Bruce Miller, 47 (below right), was showering in his apartment last August when his legs suddenly gave out. By the time an ambulance took him to the hospital a short time later, he was paralyzed on his left side and unable to speak.

At UPMC Altoona, Dr. Kenmuir (below left) identified a blockage in Bruce's right middle cerebral artery, a vital blood supplier to areas in the brain responsible for motor skills, sensation, and speech. After administering tPA, she performed a mechanical thrombectomy, using a stent retriever inserted through a catheter in the leg to trap and remove the clot.

"The results can be pretty remarkable and they were for Bruce. He's a poster child for this procedure," says Dr. Kenmuir. "One minute he was paralyzed and unable to speak, the next minute he was talking to us."

Three days after his stroke, Bruce walked out of the hospital. "They did a wonderful job: they helped me get back to normal," he says.



Sheri Greenawalt-Dunkle (front) was sitting in her Everett home last July when she tried to get up but couldn't. Reaching for her phone to call for help, she suddenly fell over.

Her husband, John (back), rushed to her side, her slurred speech prompting him to call 911. "In my head, I sounded fine," says Sheri, 69. "But he immediately realized I was having a stroke."

A medical helicopter whisked her to UPMC Altoona, where an acute stroke team jumped into action.

Cynthia Kenmuir, MD, PhD, an endovascular neurologist, quickly determined Sheri could safely receive tPA, an intravenous clot-busting drug, and undergo an innovative procedure to remove the clot from her brain.

Within an hour, she was undergoing a mechanical thrombectomy procedure in which a highly flexible thin catheter is threaded into a groin artery and up into the brain. Using x-ray guided imaging, a doctor grabbed the clot with a stent retriever and restored blood flow.

"I'm so thankful I had that procedure," says Sheri, who spent just a few days at UPMC Altoona and a rehabilitation facility. Although she initially had weakness in her left leg and arm, she has regained much of her strength and her speech is back to normal.

A month later, she was performing again at Everett Church of God where she's been the pianist for over 40 years. "I was so afraid I'd never play again," says Sheri. "Without the UPMC Altoona stroke program, it would have been a whole different outcome for me."

THE GUIDE

to Healthy Living

What you need to know about strokes.

According to the Centers for Disease Control and Prevention, someone in the United States has a stroke every 40 seconds — and every four minutes, someone dies. “The biggest mistake is brushing off symptoms” says **Dr. Cynthia Kenmuir**. “We have great treatments — if you get to the hospital quickly.”

THINK **FAST!**

Strokes require immediate attention, so recognizing symptoms is crucial. Think **FAST** to spot stroke warning signs:

- F** Face drooping
- A** Arm weakness
- S** Speech difficulty
- T** Time to call 911!

Other symptoms include sudden confusion, numbness or weakness of face, arm or leg (especially on one side of the body), trouble seeing, difficulty swallowing, sudden trouble walking, dizziness, lack of balance or coordination, and sudden severe headache. “Stroke symptoms can be subtle,” says Dr. Kenmuir. “It’s critical to act quickly and call 911.”



ADOPT A HEALTHY LIFESTYLE

You can't do anything about your age, family history, or race, but there's plenty you can do to be healthier and reduce your risk of stroke:

- Exercise regularly
- Eat a healthy diet (more fruits and vegetables and less salt, saturated fat, and sugars)
- Don't smoke
- Drink alcohol only in moderation
- Maintain a healthy weight
- Control risk factors (high blood pressure, high cholesterol, diabetes, and atrial fibrillation)
- Take medicines as directed
- Have regular medical checkups

DID YOU KNOW?

When a stroke occurs, 2 million brain cells are lost every minute. “Time is brain,” says Dr. Kenmuir. “The sooner we can treat you, the better your outcome.” Fast, appropriate treatment can restore blood flow, minimizing damage and avoiding lifelong disability or even death.



STROKE FACTS

- A stroke — or “brain attack” — occurs when blood flow to the brain is stopped by a blockage (ischemic stroke) or ruptured blood vessel (hemorrhagic stroke).
- It's the nation's leading cause of long-term disability and fifth leading cause of death.
- Most strokes (87 percent) are generally treatable and up to 80 percent are preventable.

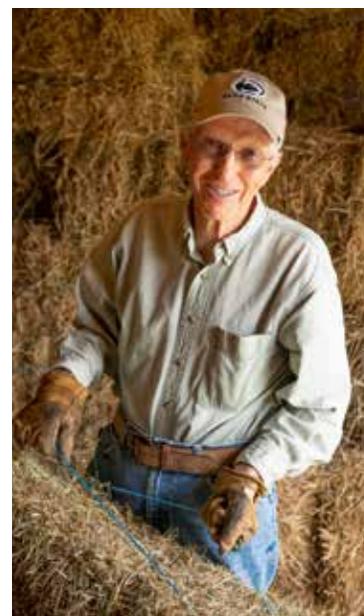


Rebounding After a Heart Attack

UPMC Altoona's Cardiac Rehabilitation Program can help get patients back to what they love to do most after a heart attack. Just ask Allen Gibboney.



Long-time Altoona resident and respected local attorney **Allen Gibboney** leads a pretty healthy lifestyle. He and his wife Margaret live on a small farm with horses and take care of the day-to-day chores there. And they love to travel.



On Jan. 27, just back from a Mediterranean vacation, Allen was exercising after a day at the office. "I began to feel very, very tired and started sweating. I told my wife that I was going to rest before we went down to the barn to work, but I just didn't feel right." Allen (left) was having a heart attack.

He was rushed to the UPMC Altoona Emergency Department. "It was completely unexpected," Allen says. "I was given a clean bill of health from my doctor in early January."

At his six-week checkup, his cardiologist said Allen had made remarkable progress and recommended cardiac rehabilitation. "Cardiac rehab played a very large role in helping me recover," he says. "The UPMC Altoona rehab people know what they're doing. I can't say enough about how helpful they've been."

How cardiac rehab works

The staff at UPMC Altoona's Cardiac Rehabilitation Program creates customized exercise and education programs to help patients regain strength, improve their cardiovascular fitness, and reduce the risk of future heart problems.

During his exercise sessions, Allen wore an EKG monitor and had his blood pressure checked regularly. "It was reassuring to know I could work out within reasonable limits for my condition," says Allen.

Eager to keep his recovery moving forward, Allen attended rehab every Monday, Wednesday, and Friday for 12 weeks. Starting with simple exercises using various workout equipment, he gradually regained his stamina. "The people at cardiac rehab are really good at what they do. They are so knowledgeable and friendly," says Allen. "Cardiac rehab has been of immense help to me."

On days he didn't go to rehab, he walked. "Once you get into the spirit of doing this, it's fun. Now I look forward to taking walks, going to cardiac rehab, riding a bicycle, doing some physical activity."

Allen and Margaret have an annual tradition: they leave for the seashore right after Labor Day. "We get up early and ride bicycles on the boardwalk. It brings us a lot of enjoyment and happiness," he says. "This year, that trip really meant a lot to me. I'm living proof that you can recover and get back to doing these wonderful things after a heart attack."

News from the UPMC ALTOONA FOUNDATION

Annual Foundation Update *From the Chairman and President*

The UPMC Altoona Foundation experienced one of its most significant years in 2018. Through generous donor support, we were able to fund over \$400,000 in grant and sponsorship requests, with some of the funds supporting patient care initiatives at UPMC Altoona and other dollars benefiting worthwhile charitable causes in our community. An additional \$375,000 was raised through a grant from the United States Health Resources and Services Administration to support the hospital's Black Lung Program.

Here are a few highlights of events and activities over the past year:

- The Foundation helped to celebrate the opening of the new UPMC Outpatient Center in Ebensburg in June.
- A new fall fundraising event — the Cast and Blast Tournament — was held at HomeWaters in Spruce Creek, Pennsylvania. The event featured fly fishing, a sporting clay shoot, and more.
- The Founders Club, whose members give \$1,000 or more annually, has grown to 132 members.
- Our community education programs, which included 100 classes and seminars through the Healthy Living Club and 10 health fairs and clinic days, attracted more than 5,000 people in 2018.

Thanks to donors, trustees, volunteers, and friends, the UPMC Altoona Foundation raised more than \$750,000 in 2018. Our deepest thanks for your ongoing support of programs that directly impact the lives and well-being of our entire community.

On a personal note, we extend thanks to Neil Port for his many years of leadership as chairman of the Foundation's Board of Directors. We are grateful that he will continue to serve as a trustee. Jay Drenning has been named the new board chairman.

We look forward to another successful year in 2019.



Jay Drenning
*Foundation
Chairman*



Timothy Balconi
*Foundation
President*

SAVE THE DATE!

Women's Night Out

Thursday, April 25, 2019
at the Casino at Lakemont Park

Join us for an evening with dinner and laughter!

For more information, visit UPMCAaltoonaFoundation.org and click Events or call Jeanette Bender at 814-889-2630.

Grants Roundup

Grants and sponsorships from the UPMC Altoona Foundation in 2018 funded several initiatives, including:

- Scholarships for doctors training with Altoona Family Physicians' residency program;
- Altoona Community Theatre's after-school drama therapy program to benefit at-risk youth;
- Updated work spaces for doctors in each maternity on-call room;
- A glider rocker for the Mothers' Room, a newly opened space for nursing mothers;
- An XPERT 40 specimen radiograph system, designed to meet imaging requirements for surgically excised breast tissue specimens, core biopsies, and breast stereotactic biopsied; and
- The fourth annual Cancer Survivors Appreciation Picnic on Sept. 22 at DelGrosso's Amusement Park in Tipton, Pennsylvania, which brought together more than 1,500 survivors, their families, and caregivers.



Cancer survivor Deborah Mills (second from left) celebrates with her family at the 4th annual Cancer Survivors Appreciation Picnic.

Lend a Hand Drive



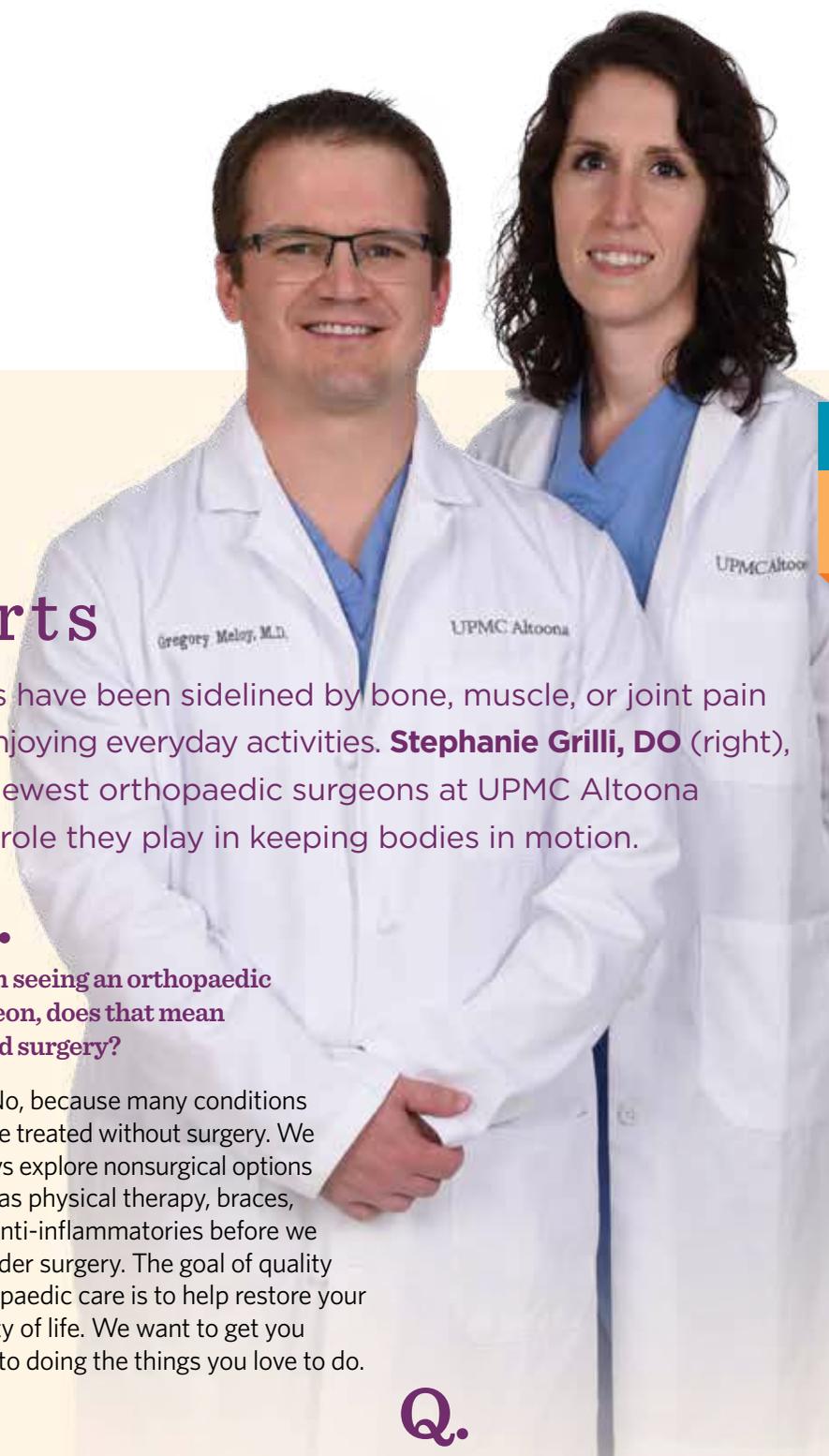
During January, the UPMC Altoona Foundation will collect donations of diapers for infants and adult briefs for seniors (pull-ups preferred) for clients of the Home Nursing Agency Nurse-Family Partnership Program and Blair Senior Services Long-Term Living Services. Donation barrels are located in the hospital lobby, Station Medical Center, and Altoona Family Physicians. Items also can be dropped off at the Foundation Office in the hospital's Tower 5.

Go Red For Women® Thursday, May 23, 2019



Kristi Montrella, nurse practitioner with the UPMC Heart and Vascular Institute at UPMC Altoona, was the 2018 Heart Hall of Fame honoree and is leading fundraising efforts for the 2019 event.

The American Heart Association's fifth annual Go Red For Women Fashion Show and Purse Auction is set for Thursday, May 23 at the Blair County Convention Center. Survivors will hit the runway to raise awareness and funds to fight heart disease and stroke, the number one killer of women. The Go Red For Women program encourages women to take charge of their heart health. Go to blairgored.heart.org for tickets, or call 717-730-1713.



Q & A

Ask the Experts

At one time or another, many of us have been sidelined by bone, muscle, or joint pain that kept us from working or just enjoying everyday activities. **Stephanie Grilli, DO** (right), and **Gregory Meloy, MD** (left), the newest orthopaedic surgeons at UPMC Altoona Elite Orthopaedics, talk about the role they play in keeping bodies in motion.

Q.

What's the primary role of an orthopaedic surgeon?

A. We treat a wide range of conditions that affect bones, ligaments, tendons, and joints. That can include repairing a broken bone, helping an athlete get back on the playing field, or replacing an arthritic knee or hip joint.

Q.

What are some of the most common injuries you treat?

A. The injuries we see most often are broken bones, ligament tears, ankle sprains, tennis elbow, and tendon tears or inflammation involving the rotator cuff or Achilles. Overuse injuries that occur gradually over time are very common. Doing the same activity, sport, or job again and again can push your muscles, tendons, or bones past their limits and lead to problems.

Q.

If I'm seeing an orthopaedic surgeon, does that mean I need surgery?

A. No, because many conditions can be treated without surgery. We always explore nonsurgical options such as physical therapy, braces, and anti-inflammatories before we consider surgery. The goal of quality orthopaedic care is to help restore your quality of life. We want to get you back to doing the things you love to do.

Q.

I only sprained my ankle — what's the big deal?

A. An ankle sprain occurs when the ligaments are stretched or torn, causing pain and limiting your ability to walk. Ankle sprains are common, and minor ones can usually be treated conservatively. If a sprain is untreated or mistreated, it can lead to long-term damage and chronic pain. If you have pain and swelling that persists or gets worse, it's time to see your doctor.

Q.

What's the biggest mistake people make after an injury?

A. Sometimes people get advice from family or friends who have had a similar injury when, in fact, the injuries are completely different. That's why we create an individual care plan for every patient. It's also important to listen to your body and not ignore serious signs like uncontrolled pain, not being able to bear weight, or other worsening symptoms.

PROGRAM ALERT

See calendar insert for info on attending free programs on foot and ankle pain and rotator cuff injuries.

Meet Our New Orthopaedic Surgeons

As an undergraduate at the University of Pittsburgh, **Stephanie Grilli, DO**, enjoyed watching sports. But seeing the sports surgeons in action was far more interesting, so she chose to become an orthopaedic surgeon. A graduate of the Philadelphia College of Osteopathic Medicine where she completed a residency in orthopaedic surgery, Dr. Grilli served as a fellow in sports medicine at the University of Buffalo.

"I love that arthroscopy allows us as surgeons to do what once were very invasive procedures using minimally invasive techniques," says Dr. Grilli. "We're able to treat a wide range of injuries — from your rotator cuff to your ACL tear — faster and as outpatient surgery."

Gregory Meloy, MD, earned his medical degree from Drexel University School of Medicine in Philadelphia, where he was a member of Alpha Omega Alpha national medical honor society. His undergraduate work at the University of Pittsburgh focused on rehabilitation studies, with a concentration in athletic training. Dr. Meloy, who is board-eligible in orthopaedic surgery, completed an orthopaedic surgery residency at UPMC under Freddie Fu, MD, chair, Department of Orthopaedic Surgery.

"My wife, Kim, and I were born in Altoona, so it is really special to come back home to raise our family," says Dr. Meloy. "For me, it's very satisfying to be able to help people in my hometown get back to doing the things they love."

Drs. Grilli and Meloy see patients at UPMC Altoona Elite Orthopaedics. To schedule an appointment, call **814-889-3600**.



UPMC Altoona and UPMC Bedford Earn Top Quality, Safety Marks

Both UPMC Altoona and UPMC Bedford received 'A' grades from The Leapfrog Group's Fall 2018 Hospital Safety Grade, the nation's top distinction for patient safety. The high grade, which recognizes efforts in protecting patients from harm and meeting rigorous patient safety standards, uses publicly available safety data.

The Leapfrog Group is a national organization aiming to improve health care quality and safety. Hospitals across the country are graded based on their ability to prevent medical errors, infections, and other harm to patients in their care.

This honor belongs to every one of our team members, who practice our core values every day for our patients. **Thank you for your excellence in patient care.**