

UPMC Altoona
620 Howard Ave.
Altoona, PA 16601

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Healthy Living

H I G H L I G H T S

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

UPMC Outpatient Center in Hollidaysburg
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

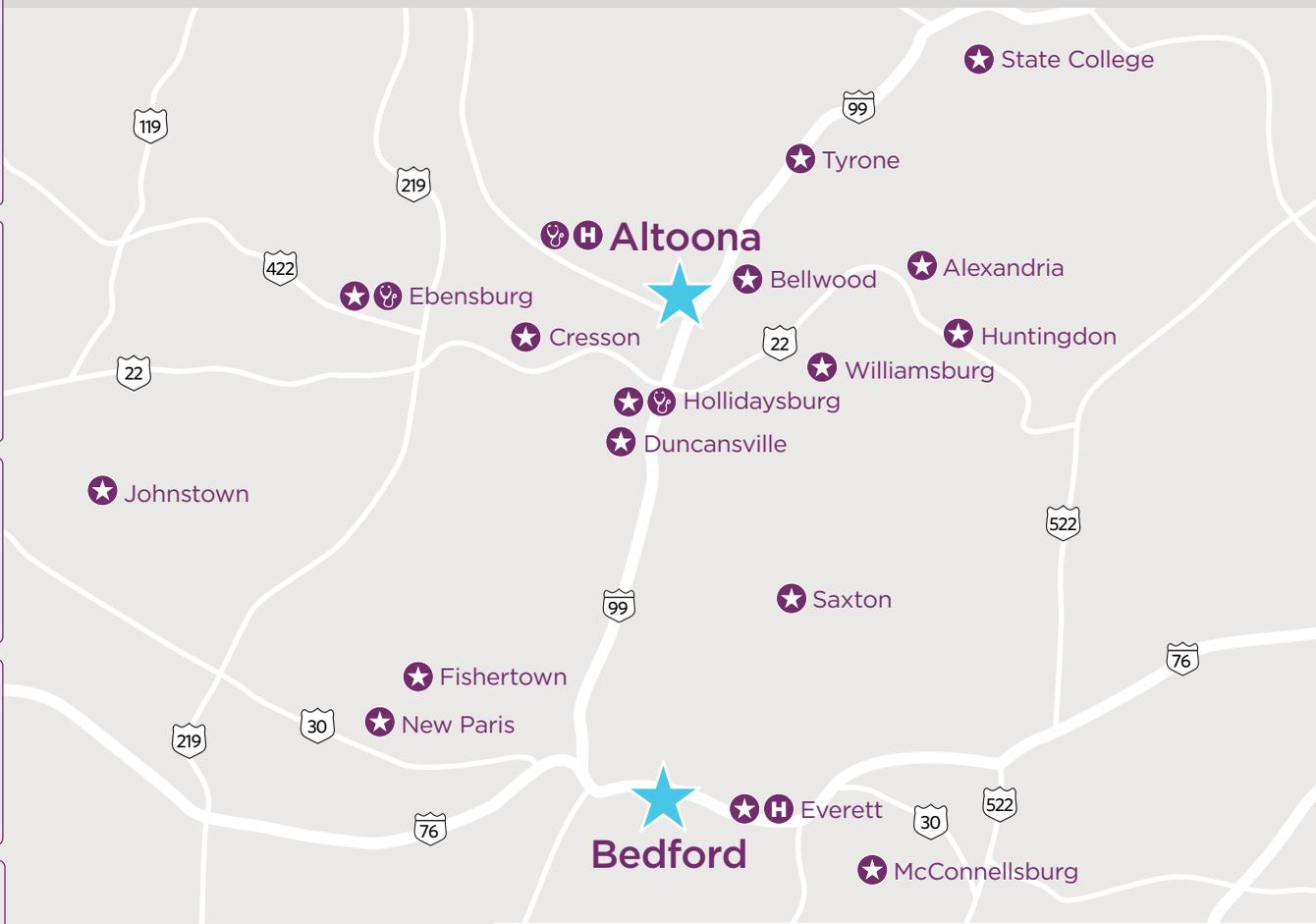
Centers for Rehab Services, Heart & Vascular Institute, Imaging Services, Laboratory Services, Primary Care, Specialty Services

Outpatient Center in Ebensburg

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

Outpatient Center in Hollidaysburg

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

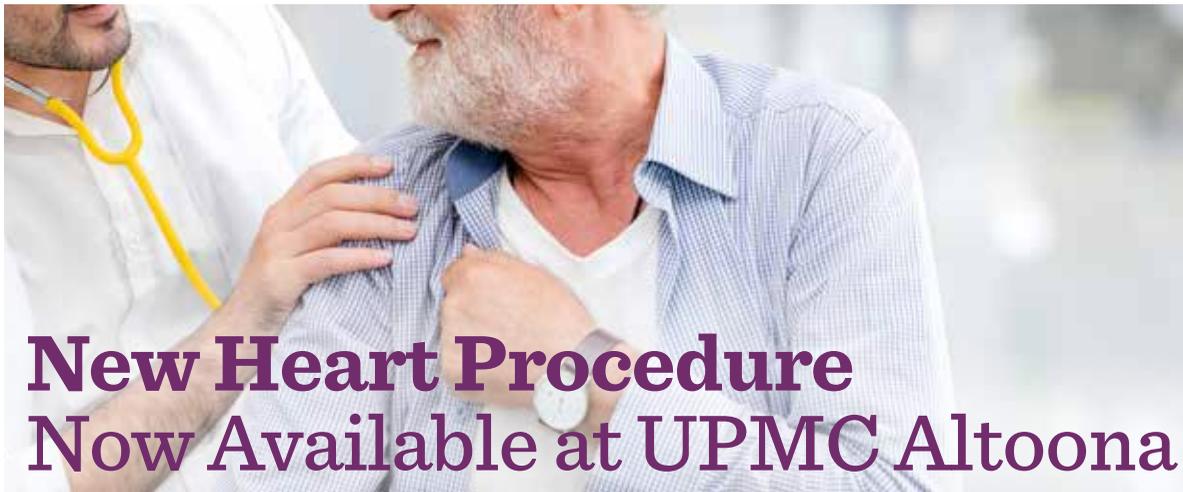


H Hospitals **O Outpatient Centers**

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

Healthy Living

HIGHLIGHTS



New Heart Procedure Now Available at UPMC Altoona

UPMC Altoona patients who need a heart valve replacement have an exciting alternative to open heart surgery.

UPMC Altoona now offers an advanced, minimally invasive heart procedure called transcatheter aortic valve replacement (TAVR). Instead of making a large incision in the chest, doctors insert a new valve through a small incision in the groin. A catheter placed into an artery in the leg acts as a conduit for the new valve, which is located inside a balloon. Then the doctors thread the catheter through the vein toward the heart. When the catheter reaches the site of the diseased valve, the balloon is inflated and the new valve is placed. It begins functioning immediately, restoring blood flow to the heart.

Unlike open heart surgery, the TAVR procedure is performed in the hospital's cardiac catheterization lab. During a TAVR procedure, the heart is never stopped. **George Jabbour, MD**, an interventional cardiologist and director of the UPMC Altoona Cath Lab, began using the new procedure in July.

Although TAVR is performed without opening the chest, it is done under anesthesia. Most patients spend one to two days in the hospital. Compared to an open heart procedure, TAVR benefits include less anesthesia, a shorter hospital stay, and a faster recovery, says Dr. Jabbour.

TAVR is recommended for patients with severe aortic stenosis or a failing aortic valve. These conditions cause significant narrowing of the aortic valve opening, which can restrict blood flow out of the heart and force the heart to work harder to move blood throughout the body. Left untreated, a failing aortic valve can cause shortness of breath, chest pain or tightness, congestive heart failure, and sudden cardiac death.

To learn more about the TAVR procedure or to schedule an appointment with a cardiologist, contact the UPMC Altoona Heart and Vascular Institute at **814-949-9095**.

UPMC Altoona Welcomes New Vascular Surgeon

The UPMC Heart and Vascular Institute at UPMC Altoona welcomes Altoona native **Nicholas Madden, DO**, to its team.



Dr. Madden, a vascular surgeon, received his medical degree from Philadelphia College of Osteopathic Medicine, where he also completed his residency. He most recently finished a vascular surgery

fellowship at Pennsylvania Hospital, part of the University of Pennsylvania Health System, in Philadelphia. Dr. Madden specializes in diseases of the vascular system, which is made up of vessels that carry blood throughout the body. "I'm thrilled to be back home in Altoona working with this great team to help improve the vascular health of patients in my community," says Dr. Madden.

PROGRAM ALERT

See calendar for info on attending a free program on peripheral artery disease (PAD).

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PROGRAM ALERT

See calendar for info on attending orthopaedic and concussion care programs.

Orthopaedics at UPMC Altoona

Whether your condition is simple or complex — the result of a serious fall, osteoarthritis, or a sports injury — the highly skilled team at UPMC Altoona Elite Orthopaedics has the expertise to help. Our services range from diagnostics to the most advanced nonsurgical and surgical procedures, and our practice includes a neuropsychologist who specializes in concussion management.

The orthopaedic surgeons and doctors at UPMC Altoona Elite Orthopaedics focus on diagnosing and treating musculoskeletal conditions and disorders that affect the bones, muscles, joints, tendons, and ligaments. Our multidisciplinary team has access to the latest medical technologies and procedures for treating musculoskeletal injuries — all with the goal of getting you back to a full and active life.

“We provide best-in-class care for injuries and conditions ranging from arthritis, sprains, and sports injuries to joint replacements, fractures, and spinal disorders,” says **Charles Harvey, DO**, a fellowship-trained spinal surgeon with UPMC Altoona Elite Orthopaedics.

A full-service practice, UPMC Altoona Elite Orthopaedics provides prevention, diagnosis, and treatment for a wide range of chronic and acute orthopaedic problems, including fracture care, minimally invasive surgery, nonsurgical treatments, pain management, reconstructive surgery, and more. Specializations include:

- General orthopaedics
- Hip and knee
- Total joint replacement
- Foot and ankle
- Spine
- Concussion management
- Hand, elbow, shoulder
- Sports medicine

If physical therapy is part of your recovery treatment plan, outpatient care can be coordinated with the experienced therapists at UPMC Centers for Rehab Services, with local locations in Altoona, Bedford, Cresson, and Ebensburg.

Expert care for concussions

The UPMC Sports Medicine Concussion Program at UPMC Altoona Elite Orthopaedics gives area residents access to the expertise of one of the nation’s top concussion programs.

Brandon Gillie, PhD, a neuropsychologist and UPMC Sports Medicine concussion specialist, provides treatment and management services to anyone 7 years of age and older — whether they were injured on the road, at work, at home, or on the playing field. “Early treatment is critical,” says Dr. Gillie. “With the right diagnosis and care, most patients recover within three to four weeks.”

Meet the Team at UPMC Altoona Elite Orthopaedics

Orthopaedic Surgeons



Adrian Clayton, DO

Specialty: Minimally invasive joint replacement and reconstruction



Stephanie Grilli, DO

Specialty: Sports medicine and general orthopaedics



Charles Harvey, DO

Medical Director

Specialty: Spinal disorders and total hip replacement



Gregory Meloy, MD

Specialty: Foot and ankle disorders and general orthopaedics



Corey Schutt, DO

Specialty: Orthopaedic trauma and fracture management

Nonsurgical Care



Cameron Murphy, MD

Sports and occupational injuries

Concussion Specialist



Brandon Gillie, PhD

Neuropsychologist

UPMC Altoona Elite Orthopaedics

Hollidaysburg Office
UPMC Outpatient Center
Logan Medical Building
800 S. Logan Blvd., Ste. 2200 • 814-889-3600

Ebensburg Office
UPMC Outpatient Center
152 Zeman Drive, Suite A201 • 814-889-3600

Everett Office
249 Hospital Drive • 814-623-1166

Affordable Access to Dental Care for Children and Adults

Whatever your age, oral health plays an important role in your overall physical well-being. Even if brushing and flossing are part of your daily routine, they may not be enough. Both adults and children should have their teeth cleaned and checked by a dentist every six months.

If access to dental care is too expensive for you and your family, UPMC Altoona Partnering for Dental Services may be able to help. Available services include:

- Cleanings and regular check-ups
- Root canal therapy
- Fillings
- Crowns
- Extractions
- Dentures and partial dentures
- X-rays
- Treatment for gum disease and other serious dental problems

Below is a list of the insurance plans we accept. (If you do not have insurance, you may be eligible for our noninsured program.)

- ACCESS
- UnitedConcordia CHIP
- Aetna Better Health of Pennsylvania–Medicaid (Adults and Children)
- UnitedHealthcare Community Plan
- AmeriHealth Caritas Pennsylvania
- UnitedHealthcare Community Plan–PA CHIP
- AmeriHealth Caritas Pennsylvania–Community HealthChoices
- UnitedHealthcare Community Plan–PA UHC Dual Complete
- Gateway
- UPMC for You Adult
- Gateway Medicare Assured (Diamond, Platinum, Ruby)
- UPMC for You Children
- Geisinger PA CHIP
- UPMC for Kids CHIP
- Pennsylvania Health & Wellness Community Health Choices
- UPMC for Life Dual Advantage
- UPMC Community HealthChoices

UPMC Altoona Partnering for Dental Services is located at 501 Howard Ave., Suite B108, Altoona. For appointments and information about eligibility, call 814-889-6420.

Living Well With Diabetes

PROGRAM ALERT

See both sides of calendar insert for information on diabetes education programming across our region.

Managing type 2 diabetes is a lifelong commitment — and serious long-term consequences can occur when you don't control your blood sugar.

With diabetes, knowledge is power — which is why UPMC Altoona and UPMC Bedford both employ nurses specializing in diabetic care to offer a variety of inpatient and outpatient diabetes self-management education programs, designed to help you live a full and active lifestyle.

“Many of our patients tell us they are more confident in their ability to manage their health after taking part in one of our diabetes management programs,” says **Pat Rose, RN**, a diabetes nurse educator at UPMC Altoona who coordinates the hospital's outpatient programs.

Research shows that people who participate in diabetes education programs are more likely to take medicines as prescribed and have an easier time controlling their blood glucose. That all adds up to a better quality of life and lower health care costs.

Untreated, diabetes often leads to complications that require hospitalization, like heart disease, kidney failure, nerve disorders, and even amputations. “We recognize that our diabetic patients need an added level of support,” says **Jennifer Bopp, RN**, a diabetes nurse educator with UPMC Altoona. “Part of my role is to help people better manage their diabetes while they're in the hospital — and better prepare them for their return home.”

Some of the common symptoms of diabetes are:

- Urinating more often
- Having blurred vision
- Being very thirsty
- Having cuts and wounds that take longer to heal
- Losing weight

Talk to your doctor about testing if you have symptoms. “New technologies and medications are improving diabetes management and reducing complications,” says **Tammie Payne, CRNP**, a certified diabetes educator and nurse practitioner working at Dr. Zubak's UPMC Primary Care practice in Everett. “With help from our educators and care from a provider specializing in diabetes, you can control your diabetes and live a healthy life.”

Our Newest Doctors



Gerald Belopolsky, MD
Pulmonologist
UPMC Altoona Blair
Medical Associates



Jeffrey Farrell, MD
Radiologist
Interventional Radiologist
UPMC Altoona



Nicholas Madden, DO
Vascular Surgeon
UPMC Heart and
Vascular Institute, Altoona



Sara Straesser, MD
Anesthesiologist
UPMC Altoona



April Cindric, MD
Family Medicine
UPMC Altoona Mainline
Medical Associates



Ryan Jennings, MD
Emergency Medicine
UPMC Altoona



Andrea Santarelli, DO
Family Medicine
UPMC Altoona Blair
Medical Associates



Phil Yargosz, MD
Hospitalist
UPMC Altoona



Mateo Cindric, MD
Family Medicine
UPMC Altoona Blair
Medical Associates



Muzammil Khan, MD
Hospitalist
UPMC Bedford

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