

# HERE FOR YOU

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## EVENTS

### Fall Into Wellness

Join us for a special morning of free screenings, free flu shots, giveaways, and health education.

**Saturday, Oct. 12 – 8:30 to 11:30 a.m.**

#### UPMC McKeesport

Mansfield Building, First Floor  
Usman Ahmad, MD Memorial  
Conference Center

Open to the public.  
No appointment necessary.  
Call **412-664-2306** for more information.

### Aging Institute at UPMC McKeesport Resource Center Events

#### Senior-Focused Programs at the Port Authority

**Tuesday, September 24th – 1 to 2 p.m.**

Mansfield Building, D-Level  
Patient-Education Room

#### Hospice End of Life Treatment and Intervention Options: A Discussion with Dr. Scott Miller

**Tuesday, October 22nd – 2 to 3 p.m.**

Mansfield Building, First Floor  
Usman Ahmad, MD Memorial  
Conference Center

#### Scams and Fraud

**Tuesday, November 5th – 1 to 2 p.m.**

Mansfield Building, D-Level  
Patient-Education Room

#### Winter Safety

**Tuesday, December 10th – 1 to 2 p.m.**

Mansfield Building, D-Level  
Patient-Education Room

To learn more about upcoming  
Aging Institute community events,  
or to RSVP for the above events,  
please contact the Aging Institute at  
**412-664-3463** or [aging@upmc.edu](mailto:aging@upmc.edu).

## Living With — and Managing — Chronic Pain

One in five adults — an estimated 50 million Americans — lives with chronic pain, according to the Centers for Disease Control and Prevention. And at least 20 million of them have “high-impact chronic pain”: pain so severe that it interferes with daily life and work activities.

McKeesport resident Nancy Chavis is one of those people. At 81, she has been dealing with a painful degenerative disc disease and lumbar spinal stenosis for years. The condition, which causes a narrowing of the open spaces in her spine, puts pressure on her nerves and spinal cord.

“It’s an aching pain and pressure that extends from my back down my leg to my knee,” says Nancy. “There are times when I can hardly walk or stand.”



After years of ineffective treatments, she was resigned to enduring her pain without relief. “I just gave up,” she says. “Nothing was working and there was no one in the McKeesport area with the expertise I needed.”

Then Nancy learned from a friend that UPMC McKeesport now offers a specialty pain service. She immediately got a referral from her primary care doctor and made an appointment.

Amy Croushore, CRNP, an advanced practice provider with special training in pain management, performed a thorough medical evaluation at UPMC McKeesport Internal Medicine. She developed a comprehensive treatment plan for Nancy to manage her pain.

She also arranged for Nancy to receive lumbar epidural steroid injections administered by pain specialist ZongFu

Chen, MD, during two separate x-ray guided procedures at UPMC McKeesport.

Nancy, who does not drive, says she’s grateful to have pain specialists available close to home so she can easily get the care she needs. Although some pain has returned, she has felt relief and is confident in the expert care she is receiving.

“They are both so good,” says Nancy. “Dr. Chen is very patient — and I was surprised the injections he gave didn’t hurt me at all.

“And I really like Amy; she listens and gives me her honest opinion,” says Nancy. “I know she’s working to do everything she can to help me. I trust her 100 percent.”

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## UPMC McKeesport's Chronic Pain Specialty Services Offers Advanced Pain Relief

Everyone experiences pain at some point — it's a good indicator that something is wrong. But sometimes, pain can be a complex problem requiring treatment by pain management specialists.

McKeesport area residents seeking relief from chronic pain now have access to those experts through the UPMC Pain Medicine in Primary Care service. Led by ZongFu Chen, MD, director of the Chronic Pain Division at UPMC McKeesport, the new specialty service is supported by Amy Croushore, CRNP, an advanced practice provider who evaluates and treats patients at two local primary care clinics.

Amy, a former trauma nurse at UPMC Presbyterian who worked with Dr. Chen and other UPMC pain specialists to learn how to manage and treat patients with chronic pain, says the service has been a welcome addition to the community. Launched in January 2019, the program already is seeing approximately 40 patients a month. "We're providing patients in the McKeesport area with access to the treatments they need to manage their chronic pain so they can resume more normal, productive lives," she says.

The new service treats patients dealing with chronic pain of the neck, back, shoulder, abdomen, and other areas of the body. Patients are carefully evaluated to understand the source of their pain, develop a treatment plan, and coordinate care.

Depending on the severity of the condition, patients often can be treated with different procedures that include steroid injections, nerve blocks, trigger point injections, physical and aqua therapy, medications, topical creams and a multitude of other therapies such as acupuncture, massage and tai chi, just to name a few.

"Our goal is to restore quality of life and control pain using the least invasive methods. Sometimes, that means using more than one type of treatment at the same time," says Amy.

UPMC Pain Medicine clinics offer outpatient evaluation and treatment of most complex pain problems, including:

- Cancer pain
- Carpal tunnel
- Cervical pain
- Fibromyalgia
- Herniated disc
- Lower back pain
- Migraines
- Neck pain
- Neuropathy
- Osteoarthritis
- Post-amputation pain
- Post-herpetic neuralgia (shingles)
- Reflex sympathetic dystrophy
- Spinal cord injury
- Spinal stenosis
- Trigeminal neuralgia

To schedule an appointment, call:

**UPMC McKeesport Internal Medicine**  
1321 Fifth Ave. | Phone: **412-664-2782**

**UPMC HealthFirst Medical Associates**  
1048 Lincoln Way | Phone: **412-673-5028**



**ZongFu Chen, MD**  
Pain Specialist



**Amy Croushore, CRNP**  
Advance Practice Provider

## Fall Into Wellness Free Screenings and Health Fair

**When: Saturday, October 12 | 8:30 to 11:30 a.m.**

**Where: UPMC McKeesport | Mansfield Building, First Floor | Usman Ahmad, MD Memorial Conference Center**

Want to keep yourself and your family healthy this season? Join UPMC McKeesport in a special morning of free screenings and health education.

FREE screenings include:

- Flu Shots\*
  - > The CDC recommends getting the flu vaccine before flu season begins, ideally by the end of October.

- Cholesterol (includes LDL, HDL, triglycerides)\*\*
- Blood Pressure
- Blood Sugar
- Ask the Expert
- Giveaways
- Light Refreshments
- And More!

*\*Children under the age of 18 will not be vaccinated at this clinic.*

*\*\*9-hour fast recommended for cholesterol screenings.*

**Parking will be validated.**

**Light refreshments will be provided.**

**Please call 412-664-2306 for more information.**

For more information, please email [MCKHereForYou@upmc.edu](mailto:MCKHereForYou@upmc.edu)

# The First-Ever McKeesport Community Day – A Huge Success

The UPMC McKeesport faith-based “Call to Action” community health team hosted their first McKeesport Community Day on June 8. This family-oriented event took place at the McKeesport Palisades.

More than 1,000 people attended the “Healthy Kickoff to Summer” Community Day — created for residents of McKeesport and surrounding areas to promote health awareness. Participants learned about the benefits of living a healthy lifestyle and the community resources available to support them.

During the event, more than 300 people took advantage of free health screenings, including bone density, blood pressure, and pulmonary function tests, as well as mammograms and cholesterol assessments. Representatives from UPMC, churches, and other non-profit organizations, provided valuable information on local resources.

McKeesport Community Day was complimented by sunny skies and fun activities, including a kids’ activity zone and performances by bands, church mime groups, and an appearance by WAMO DJ Brother Marlon, who emceed the event. Guests received a complimentary lunch or could purchase a meal from one of the on-site food trucks or food booths. All attendees were eligible to be entered into a drawing for great raffles and giveaways.

UPMC McKeesport expressed gratitude to the Beckwith Foundation for its grant supporting this showcase of health resources. Based on the success of this year’s event, plans are underway to hold another Community Day next summer.

For more information or to find out how you can become involved in the next McKeesport Community Day, call **412-664-2307**.



## UPMC McKeesport Welcomes Its Newest Physicians



**Jonathan Arnold, MD** | Internal Medicine/  
Primary Care  
McKeesport Internal Medicine Center-UPMC  
1321 Fifth Avenue  
412-664-2782



**Jeffrey Browning, MD** | Urology  
University of Pittsburgh Physicians Division of Urology  
UPMC McKeesport, 500 Hospital Way  
Painter Building, Floor 3  
412-664-3392



**Ziad Fawaz, MD** | Radiation Oncology  
University of Pittsburgh Physicians Department of  
Radiation Oncology  
UPMC McKeesport, 1500 Fifth Avenue  
Wilson Wing, Level C  
412-664-2676



**Suman Golla, MD** | Otolaryngology  
Golla ENT  
2001 Lincoln Way, Suite 330  
White Oak, PA 15131  
412-963-1537



**Lindsey Haga, MD** | Vascular Surgery  
University of Pittsburgh Physicians Division of  
Vascular Surgery  
UPMC McKeesport, 500 Hospital Way  
Painter Building, Floor 2  
412-664-2850



**Heather Mikes, DO** | Palliative Medicine  
UPMC McKeesport, 1500 Fifth Avenue  
412-664-2000