

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. 27

8:30 to 11:30 a.m.
UPMC McKeesport
Kelly Conference Center

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

Aging Institute at UPMC McKeesport Resource Center Events

UPMC McKeesport
Crawford Building, Suite 145
Aging Institute Conference Room
1 to 2 p.m.

Trick and Treats of Medications Wednesday, Oct. 31

Let the Leaves Be the Only Thing Falling Wednesday, Nov. 14

Beating the Holiday Blues Wednesday, Nov. 28

Winter Safety Wednesday, Dec. 12

For more information or to register for these free events, call **412-647-1897**.

UPMC hereby gives public notice that the UPMC McKeesport Board of Directors public board meeting will be held on Friday, November 16, 2018 at 1 p.m. in the Board Room, 2 Prescott Building, at 1500 Fifth Avenue, McKeesport, PA 15132. The public is invited to observe the proceedings.

Anyone interested in attending is requested to contact **UPMC McKeesport at 412-664-2301 by November 14, 2018**.

A Life Saved: From ED to Cath Lab to Cardiac Rehab

After enjoying dinner out with his girlfriend, 55-year-old Navy veteran Paul Glover thought he had indigestion. But a few hours later, crushing chest pain sent him to the UPMC McKeesport Emergency Department (ED). Within minutes, Paul's heart was in ventricular fibrillation (an abnormal heart rhythm problem that is life-threatening). He was in sudden cardiac arrest.

The ED team quickly resuscitated Paul and rushed him to the hospital's full-service Cardiac Catheterization Lab, where tests showed a completely blocked artery. Those results gave doctors the knowledge they needed to perform a life-saving heart catheterization, where **John Pacella, MD**, cleared the blockage and placed a stent to keep the artery open.



Paul Glover and Meghan Godish, CCU Staff Nurse

To support Paul's recovery after leaving the hospital, his cardiologist, **Matthew Harinstein, MD**, also prescribed cardiac rehabilitation, an exercise and education program offered through UPMC McKeesport.

The Heart and Vascular Institute at UPMC McKeesport offers area residents access to a comprehensive network of cardiovascular services right in their community — during and after a cardiovascular event. Paul's experience illustrates the wide range of medical and interventional treatments now available at UPMC McKeesport. "I am so thankful that it was the closest hospital," says Paul. "After the care I received there, if given the choice, I would say 'take me to UPMC McKeesport!'"

While Paul praises everyone he encountered during his hospital stay, he's especially grateful to the nursing staff. "This was the first time I experienced anything like this. They treated me like family," he says. Working at an assisted living facility with mentally challenged adults, Paul understands the importance of compassionate care. "To every person who played a role in my care, I'd like to say, 'thank you' for the compassion, for the love — and for saving my life."

HERE FOR YOU

Get to Know UPMC Heart and Vascular Institute at UPMC McKeesport



Your heart is the hardest working muscle in your body, beating about 100,000 times a day without taking a break. A healthy heart keeps your whole body working well, so it's important to take care of it. At UPMC Heart and Vascular Institute at UPMC McKeesport, you'll find exceptional heart care close to home. Our team of experts treat a full range of heart and vascular diseases, including arrhythmias, valve disorders, heart failure, pulmonary hypertension, and heart attacks. These doctors also practice at UPMC Presbyterian, UPMC Shadyside, and other cardiac centers within the UPMC system.

High-quality care that's close to home

As part of the UPMC Heart and Vascular Institute, a premier center for comprehensive cardiovascular care, UPMC McKeesport gives you access to the latest technology, innovative techniques, and groundbreaking research. Most patients prefer to have their testing and treatment at a location that's both comfortable and convenient. At UPMC McKeesport, advanced diagnostic testing services include 3D and transesophageal echocardiograms, exercise and stress testing, electrocardiogram (EKG) evaluations, and Holter and event monitors. Our specialists also perform invasive diagnostic and treatment procedures such as diagnostic heart catheterizations, coronary angioplasty and stent placement, pacemaker and loop recorder insertions, and right heart catheterizations.

Helping to heal your heart

Cardiac rehabilitation, an outpatient program offered through the UPMC Heart and Vascular Institute at UPMC McKeesport, is for people recovering from a heart attack, heart procedure, or other heart problems that required surgery or medical care.

Our specialized team of nurses, exercise physiologists, respiratory therapists, and dietitians develop comprehensive, individualized exercise and health improvement plans designed to help patients make lifestyle changes to be heart healthy. Outpatient rehabilitation services are available weekdays through UPMC Centers for Rehab Services in the Oak Park Mall in White Oak.

For the staff at UPMC McKeesport, it's very satisfying to bring such high-quality cardiovascular care directly to the community. "Since so many of us live in this community, we are committed to providing our neighbors with excellent care. And we treat our patients like they are our own family members," says Francis Ergina, MD.

To schedule an appointment, call **1-800-533-UPMC**, or visit **UPMC.com/HVI** to learn more.



Ihsan Awan, MD
Cardiologist



Stephen Bowser, MD
Interventional Cardiologist



Francis Ergina, MD
Interventional Cardiologist



Matthew Harinstein, MD
Cardiologist



Avinash Linganna, MD
Cardiologist



Oladipupo Olafiranye, MD
Interventional Cardiologist



John Pacella, MD
Interventional Cardiologist

Don't Forget to Get Your Flu Shot This Fall!

- About 5 to 15 percent of the population will get the flu each year
- Peak flu season is December through February
- The Center for Disease Control recommends that everyone over 6 months of age get a flu shot every year

Visit **UPMCMckeesport.com** for more details.

Want to Change Lives? Join Our Team at UPMC McKeesport!

No one understands the needs of your community better than you — and that's why we need your help. We're looking for nurses to help provide world-renowned patient care to your friends and neighbors in McKeesport.

We're looking for compassionate and caring nurses to join our team — a team that embodies the UPMC mission to provide Life Changing Medicine to our community.



Interested in joining our team or know someone who is? Visit careers.upmc.com to learn more about available nursing opportunities.

Moving to Better Serve You

The Center for Digestive Health at UPMC McKeesport recently moved to a new location on the 7th floor of the Mansfield Building in a space adjacent to the hospital's operating rooms. The new suite provides a private, quiet environment for patients undergoing GI procedures and their families.

The Center has been designated a "Quality Unit" by the American Society of Gastrointestinal Endoscopy (ASGE).

The designation honors units that have demonstrated a commitment to the highest standards of quality care.

Procedures our gastroenterologists perform include:

- Upper endoscopy (EGD)
- Colonoscopy
- Flexible sigmoidoscopy
- Capsule endoscopy
- Endoscopic retrograde cholangiopancreatography (ERCP)

All results are sent to your primary care physician for additional treatment if needed.

Free valet parking for patients is available on D Level of the Mansfield Building, located at the corner of Fifth and Evans avenues. Convenient elevator access to all other floors is available at D level.

In addition to moving to its new location, the Center also welcomes its newest staff member, gastroenterologist, **Alex H. Myint, MD.**

UPMC McKeesport Welcomes Dr. ZongFu Chen and Dr. David Neuschwander!

Zongfu Chen, MD, and David Neuschwander, MD, will be joining the medical staff at UPMC McKeesport. Both physicians have been practicing for more than 20 years, and they are bringing their experience and expertise to the McKeesport community.



ZongFu Chen, MD, is a board-certified pain management specialist. Dr. Chen received his medical degree from Suzhou University School of Medicine in Suzhou, China, where he also completed his first residency. Dr. Chen then

completed an anesthesiology residency at the University of Pittsburgh School of Medicine. He later completed pain management fellowships at the University of Pittsburgh School of Medicine.

UPMC at Oxford Drive
600 Oxford Dr. | Suite 220 | Monroeville, PA 15146
Office Phone: 412-374-7302



David C. Neuschwander, MD, is a board-certified orthopaedic surgeon with a subspecialty in sports medicine, who performs orthopaedic surgery at UPMC McKeesport. He is a 1976 graduate of McKeesport High School, where he has been the school's athletic orthopaedic surgeon since 1995. Dr. Neuschwander received his medical degree

from the University of Pittsburgh School of Medicine. He then completed both an orthopaedic residency and fellowship in knees and sports medicine at Louisiana State University in New Orleans. In addition to specializing in orthopaedic surgery, Dr. Neuschwander also subspecializes in knee and shoulder surgery, as well as the treatment of sports medicine injuries.

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