

HERE FOR YOU

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HERE FOR YOU

EVENTS

McKeesport Community Day

A fun-filled day for the whole family!

Saturday, June 8 - Noon to 4 p.m.

Palisades Hall

1500 Fifth Ave., McKeesport, PA 15132

To learn more, see page 3

Aging Institute at UPMC McKeesport Resource Center Events

UPMC McKeesport

1500 Fifth Ave.

Caregiver Support Group

**Every 3rd Tuesday of the Month
1 to 2 p.m.**

Crawford Building, Suite 145
Aging Institute Conference Room

Health Care Wishes, Living Wills, Advance Directives, Oh my!

Tuesday, June 4th - 1 to 2 p.m.

Mansfield Building, D-Level
Patient-Education Room

UPMC Community HealthChoices: Understanding Benefits and Building Connections

Tuesday, July 9th - 1 to 2 p.m.

Mansfield Building, D-Level
Patient-Education Room

All of Us Research Study Information Session

Tuesday, July 23rd - 1 to 2 p.m.

Mansfield Building, D-Level
Patient-Education Room

Legal and Financial Workshop for Seniors Tuesday, August 13th - 2 to 4 p.m.

Mansfield Building, 1st Floor
Usman Ahmad Conference Center

To RSVP for any of these events,
please contact the Aging Institute at
412-664-3463.

Improving Outcomes with Diabetes and Obesity Management

Jeanne Cannon has lived with Type 2 diabetes for more than 20 years. But as her weight neared 250 pounds and she struggled to manage her blood sugar, she knew something had to change.

“Diabetes runs in my family and I was worried about developing heart disease and circulation problems,” says Jeanne, 57, of McKeesport. “I was afraid of not being here for my kids and grandkids.”

Her primary care physician initially recommended bariatric surgery. But when her insurance wouldn't cover the procedure, he urged her to see Sann Mon, MD, a board-certified endocrinologist and diabetes specialist at UPMC McKeesport.

Dr. Mon worked with Jeanne and her primary care physician to prescribe new medications and make adjustments to dosages. She also prescribed a FreeStyle Libre™ continuous glucose monitoring system — a new technology that makes it easier for people with diabetes to keep track of blood sugar while eliminating the need for frequent finger-stick testing.

“It's fantastic,” says Jeanne. “It doesn't hurt, it's so much easier than poking my finger, and it's very accurate.”

Jeanne also worked with certified diabetes educator Carla DeJesus at the UPMC McKeesport Lions Diabetes Center to learn how to better manage her blood sugar. “I learned about portion sizes, making better food choices, counting carbohydrates, and the importance of exercise,” she says. “I was really surprised to find out how much sugar is in white bread.”

She now walks up to two miles a day and has reduced the amount of carbs in her diet. Although she only aimed to lose 15 pounds, she now weighs 197 — a 47-pound weight loss she has maintained for the past six months. Her A1C level dropped from 12.4 to 6.9 percent and she was able to cut back from six injections to two injections of insulin per day. At the recommendation of both Dr. Mon and Carla, Jeanne also sees a podiatrist regularly to ensure she has no foot problems — a frequent diabetes-related complication.

“I'm in great hands — I listen to Dr. Mon and Carla!” says Jeanne. “I feel so much better and I give them all the credit.”



HERE FOR YOU

Get to Know Diabetes Services at UPMC McKeesport

Having diabetes does not mean that you cannot live a normal life — but it does require careful management and daily attention.

Managing diabetes can be challenging. Due to the strong link between obesity and diabetes, it's important to control your weight while working to improve your glucose levels.

If you are feeling stressed about your diabetes and weight, know that you are not alone. A team approach is critical in diabetes and weight management and the UPMC McKeesport Diabetes Care team is here to help you. For most people living with diabetes, their quality of life depends on how well they understand the disease and use this knowledge to successfully manage it.

Our registered dietitian/certified diabetes educator at the UPMC McKeesport Lions Diabetes Center provides education and support for all aspects of diabetes management, including:

- Activity and exercise
- Blood glucose monitoring
- Coping with stress and life changes
- General information about diabetes
- Healthy eating
- Insulin training
- Latest diabetes technology
- Medicines
- Reducing risk of complications

In addition to providing critical diabetes education, our diabetes educator/dietitian works closely with our endocrinologists to help you manage your diabetes.

Our board-certified endocrinologists provide a range of treatments and services that include:

- Diabetes treatment and medical management using the latest diabetes technology and tools
- A comprehensive, supervised medical weight loss program that includes a medically supervised meal replacement program
- Expertise in treating thyroid disorders
- Treatment of pituitary, adrenal, reproductive, and other hormonal disorders

To schedule an appointment with a UPMC McKeesport endocrinologist, please call **412-232-9150**.

To contact the Lions Diabetes Center for an appointment or more information, call **412-664-3055**.

Lions Diabetes Center appointments are available at UPMC McKeesport and in White Oak at the UPMC McKeesport Cardiopulmonary Rehabilitation location.



Sann Mon, MD | *Endocrinologist*



Carla DeJesus, MS, RD, LDN, CDE | *Certified Diabetes Educator*

More About Our Diabetes Services

Quality Care: Our physicians are certified by the American Board of Internal Medicine, American Board of Endocrinology and Metabolism, and the American Board of Obesity Medicine. Our registered dietitian is also a certified diabetes educator.

High Patient Satisfaction: The Endocrinology and Diabetes Center at UPMC McKeesport has been awarded a UPMC 2018 Excellence in Patient Experience Award.





KICK OFF TO A HEALTHY SUMMER WITH THE MCKEESPORT COMMUNITY DAY

Event supported by:

THE
BECKWITH
INSTITUTE | Patient Care Innovation
Today and Tomorrow

Bethlehem Baptist Church | New Hope Baptist Church | Your Greater Destiny | Zion Baptist Church

UPMC McKeesport is joining with the McKeesport faith-based “Call to Action” community health team to host McKeesport Community Day on **Saturday, June 8.**

“A Kick Off to A Healthy Summer!” is the theme of this free, first-time event. It will be held from **12 to 4 p.m.** at Palisades Hall in McKeesport.

The goal of this event is to connect with the community while promoting health awareness and healthier lifestyles through free health screenings, health education, and access to local resources.

McKeesport Community Day is sure to be a fun-filled day for the whole family, featuring:

- The Bill Henry Band
- Roland Ford Line Dancing
- WAMO DJ Brother Marlon
- Food and Refreshments
- Health Screenings
- Children’s Activities
- Raffles and Giveaways
- Chance to Win Kennywood and Sandcastle Passes

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

Take Advantage of Our Orthopaedic Walk-in Clinic

UPMC Orthopaedic Care is happy to announce that it now offers walk-in clinic hours in McKeesport and White Oak to treat your orthopaedic injuries. Staffed by the board-certified experts from Orthopaedic Specialists-UPMC, the clinic offers easy access to care for your orthopaedic injuries and is a fast alternative to the emergency department and urgent care centers.

Using the latest medical technologies and procedures, the clinic provides treatment for a full range of musculoskeletal injuries, including:

- Back and neck injuries
- Foot and ankle injuries
- Simple fractures
- Hand and wrist injuries
- Hip, leg and knee injuries
- Shoulder, arm and elbow injuries
- Sprains, strains and tears
- Sports-related injuries

Walk-in hours are available from **8 a.m. to 4 p.m.** on Tuesdays at the McKeesport location, and on Wednesdays at the White Oak location.

McKeesport Location

McKeesport Orthopaedic Specialists Clinic, Level A
1500 5th Ave., McKeesport PA
Tuesdays, 8 a.m. to 4 p.m.

White Oak Location

White Oak Multi-Specialty
Oak Park Mall
2001 Lincoln Way, White Oak PA
Wednesdays, 8 a.m. to 4 p.m.

For more information call
412-664-3040.

Same-Day Breast Cancer Screening at UPMC McKeesport

Experts agree that regular mammograms are the best way for women over the age of 40 to detect breast cancer early, when it’s most treatable. Magee-Womens Imaging at UPMC McKeesport offers a range of services, including screening mammography, diagnostic mammography, breast ultrasound, breast ultrasound core biopsy, and bone densitometry (DEXA).

Highly trained technologists perform breast screenings using state of the art equipment, such as digital breast tomosynthesis, (3D mammography) — a new technology that helps doctors to see inside the breast more clearly. The imaging procedure uses low-energy x-rays to create a 3D image of the breasts.

Conventional mammography takes pictures of the breast from two angles — up and down, and left and right. Tomosynthesis takes multiple pictures from different angles. Benefits of tomosynthesis include improved imaging for patients with dense breast tissue and fewer recalls for screening mammography.

Breast imaging services are available Monday through Friday and select Saturdays. To make an appointment, please call **800-649-4077.**

We also offer same-day screening and welcome screening mammography walk-ins.