

# Here for You

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## UPMC Primary Care

### UPMC Primary Care Walk-in Center

Fast, convenient care for non-urgent  
health problems

Our UPMC Primary Care Walk-in Center in White Oak provides patients age 18 and older with convenient access to medical care for conditions ranging from colds, flu, ear pain, and minor cuts, to urinary tract infections.

We also provide sports, school, and work physicals, plus laboratory and basic x-ray services. An update about your Walk-in Center visit can be sent your regular primary care doctor.

#### *Hours*

- No appointment needed
- Open Monday through Friday, 8:30 a.m. to 7 p.m.

#### *Location*

**UPMC Primary Care Walk-in Center**  
(Located in Oak Park Mall in White Oak)  
2001 Lincoln Way, Suite 290  
White Oak, PA 15131

For more information on the Walk-in Center,  
call **412-267-5990** or visit **UPMC.com/PrimaryCare**



## Beating Bladder Cancer — With a Little Help from Some (New) Friends



On a Thursday morning in spring 2015, Kittanning resident **Kevin Kilgore** began experiencing sudden pain and an urgent need to go to the bathroom “almost non-stop.” By Saturday, the pain became unbearable. Kevin’s wife Fran drove him to the closest hospital, where a urologist sedated him and removed three tumors from his bladder for testing.

By Monday, Kevin learned he had bladder cancer. “I freaked. I was 52, a boilermaker, never sick, and have a big family that depends on me,” he recalls. “I started looking online for a doctor I could count on for help. By sheer luck, I called UPMC McKeesport Hospital. It was the best thing to happen to me.”

Within days, he met with UPMC McKeesport urologist **P. Dafé Ogagan, MD**, who started him on BCG (Bacillus Calmette-Guerin) immunotherapy, a treatment that is often effective in destroying bladder cancer cells. But in Kevin’s case, BCG therapy didn’t work.

In December 2015, Dr. Ogagan successfully removed Kevin’s bladder. “I wasn’t wild about needing to use a bag for the rest of my life,” says Kevin. “But that hasn’t stopped me from doing everything I love. I can even go hunting and fishing with my son and granddaughters and not miss a beat.”

During a regular follow-up visit with Dr. Ogagan in late 2017, a tumor was discovered in Kevin’s urethra, the tube that carries urine from the bladder to outside the body. His urethra was removed in August 2018. Kevin now only undergoes a once-a-year check-up exam.

“I can’t say enough great things about UPMC McKeesport, Dr. Ogagan, and his entire staff — Susan, Jayme, Carly, and Jeannine. They’re like family now. My two granddaughters, who live with us, remember them in their prayers every night,” says Kevin.

“Dr. Ogagan is terrific, but I tell him his staff takes the care to a new level,” he adds. “They’re an amazing team. I could see Dr. Ogagan at a hospital that’s closer to my home, but when you’ve found the perfect place, why go anywhere else?”

*Photo caption: Kevin Kilgore (right) continues to enjoy hunting with son, Josh Westlake.*

## Get to Know Our President



**Mark O’Hern** recently completed his first full year as president of UPMC McKeesport and UPMC East. Prior to his appointment, he had served since 2014 as vice president of operations at both hospitals, where he participated in several

community initiatives including the Wilmerding/McKeesport YMCA, Heritage Community Services, and March of Dimes. He also played an instrumental role in the completion of \$35 million in construction projects at UPMC McKeesport.

“We take great pride in our long history of providing high quality, compassionate care for the many diverse communities we serve and continue to invest in our hospitals and services to ensure that our patients receive the expert care they need right in their own communities,” says O’Hern.

O’Hern previously served as executive director of UPMC Children’s Community Pediatrics and director of cardiovascular services for UPMC Presbyterian Shadyside.

A graduate of Cornell University and a devoted father of two sons, O’Hern looks forward to dedicating his full attention to leading UPMC McKeesport and UPMC East for years to come.

### Wilmerding Community Center

The old Wilmerding YMCA has reopened as the Wilmerding Community Center! Stop by and check it out today!

## Events

To learn more about upcoming UPMC Senior Services community events, or to RSVP for the above events, please contact UPMC Senior Services at **412-664-3463** or [UPMCSeniorServices@UPMC.edu](mailto:UPMCSeniorServices@UPMC.edu).

### Ladies Day Out

A women’s health program focused on wellness and pampering.  
Thursday, May 28 • Noon to 3:30 p.m.

### Stratigos Banquet Centre

131 Colonial Manor Road  
North Huntingdon, PA 15642

Reservations are required. Please call **412-357-3700**

### UPMC SENIOR SERVICES AT THE UPMC MCKEESPORT RESOURCE CENTER EVENTS

Free and Open to the Public

Care Giver Support Group  
3rd Tuesday of each month • 1 p.m.

Fall Prevention and Screening  
Tuesday, February 25th • 1 p.m.

### Matter of Balance

Every Wednesday between  
March 4th - April 29th • 10 a.m.

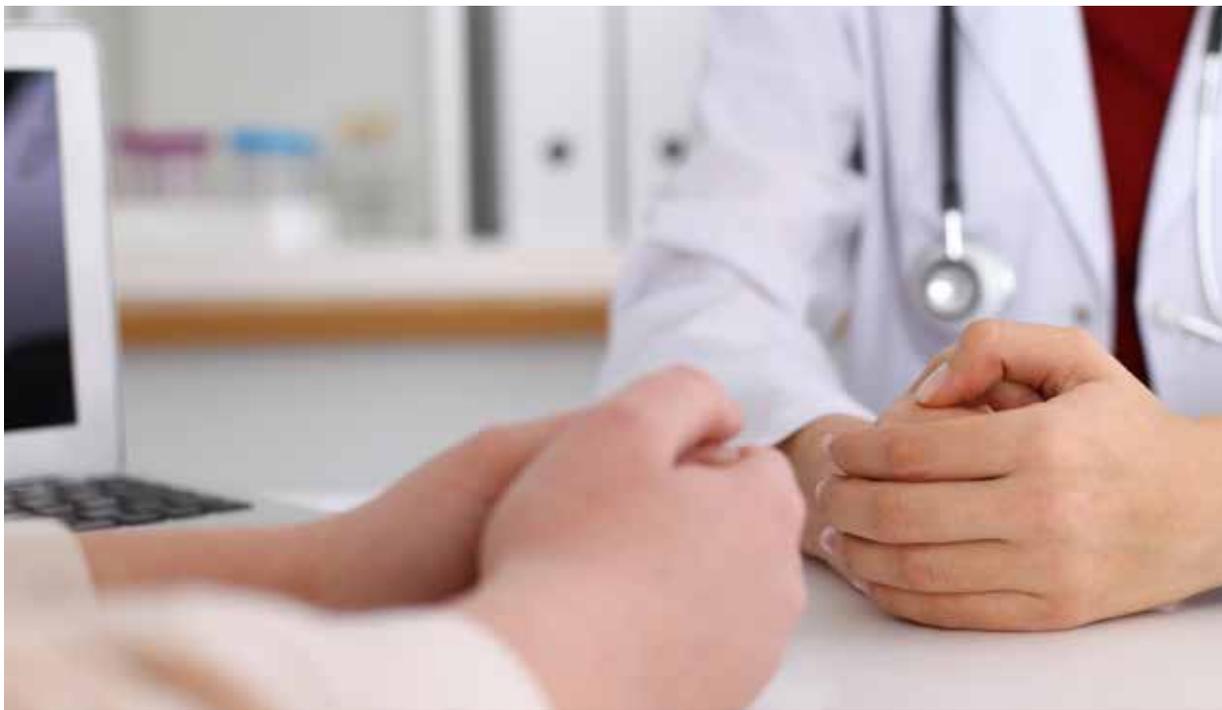
Get to Know the Food Bank and its Services  
Tuesday, March 10th • 1 p.m.

Hearing Wellness:  
Listen to the Rainbow  
Tuesday, March 24th • 1 p.m.

### Roads to Independence:

Tools and Services to Help Adjust to Vision Loss  
Tuesday, April 7th • 1 p.m.

Exploring Housing Services with the McKeesport Housing Authority  
Tuesday, April 14th • 1 p.m.



## Do You Need a Urologist?

Do you have trouble urinating or wake up frequently in the middle of the night to go? You may need to see a urologist.

Urologists are specially trained to diagnose and treat conditions affecting the urinary tract, including difficulty urinating, urinary incontinence, kidney stones, and erectile dysfunction, as well as bladder, kidney, prostate, and testicular cancers.

At UPMC McKeesport, urologists **P. Dafe Ogagan, MD**, and **Jeffrey Browning, MD**, provide expert care of urologic conditions. They carefully evaluate each patient in order to develop a coordinated and personalized treatment plan.

Both doctors see patients at UPMC McKeesport and UPMC East. Dr. Ogagan, an assistant professor of urology at the University of Pittsburgh School of Medicine, specializes in urologic oncology and kidney stones. Dr. Jeffrey Browning — the newest addition to the team — has a clinical interest in urologic oncology, kidney stones, and bladder overactivity.

In addition to general urology care, Dr. Ogagan and Dr. Browning provide advanced treatment for complex conditions, including a state-of-the-art procedure to remove very large kidney stones that will not pass on their own, and robotic surgery for cancer of the genital and urinary organs.

### UPMC McKeesport offers outpatient evaluation and treatment of the following:

- Urologic cancers
- Bladder cancer
- Kidney cancer
- Prostate cancer
- Testicular cancer
- Kidney stone disease
- General urology



To schedule an appointment with a UPMC McKeesport urologist, please call **412-664-3392**.



Dafe P. Ogagan, MD



Jeffrey Browning, MD

## Call to Faith: Making a Difference in McKeesport's Health Care

UPMC McKeesport has partnered with area churches to form the McKeesport faith-based "Call to Action" community health team.



This dynamic group meets monthly to address the community's health care and wellness needs. UPMC Health Plan and Allegheny County Health Department data shows that McKeesport has a higher percentage of health disparities — differences in health care across different ethnic and socioeconomic groups. The team's goal is to reduce these health differences by improving health awareness, access, prevention, and wellness.

In June 2019, the group hosted the "Kickoff to a Healthy Summer" McKeesport Community Day. More than 1,500 people attended this inaugural event. Several hundred area residents took advantage of free health screenings.

For more information, please call **Carla Hall at 412-664-6774**.

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

# Numbers That Add Up for a Healthier Community

Thousands of McKeesport residents are getting involved for better care



At UPMC McKeesport, we are determined to not only provide the highest quality care available, but also to extend our care beyond our hospital to promote your health and wellness as a community member.

Over the last three years, we have focused on these critical areas of care:

- Behavioral health
- Preventative health
- Senior health

In all, more than 2,000 people in our community underwent important health and substance abuse screenings, thousands of vaccines were provided, and hundreds of older adults were connected to key resources.

The following are highlights of our accomplishments:

## Behavioral Health

UPMC McKeesport opened UPMC's first combined medical detox and short-term rehabilitation service — which also happens to be Allegheny County's first combined inpatient detox and rehab unit.

We also launched the Peer Navigator program at UPMC McKeesport in partnership with UPMC Western Psychiatric Hospital to connect people with a substance use disorder to a peer who can provide support and link them to resources needed for recovery.

Our behavioral health programs include:

- Peer navigator program
- Transitional Recovery Unit (TRU)
- Addiction medicine service

Estimated yearly impact:

- 367 patients linked to services by a peer navigator
- 930 patients screened for substance use disorders

## Preventative Health & Wellness

UPMC McKeesport continues to support a community vaccination program and provide important screenings and education programs throughout the community.

The 43 prevention, wellness, and education programs include:

- Community vaccination program
- YMCA Backpack Program
- Back to School health fair
- Community outreach initiatives
- Community screenings and education
- Faith-based Call to Action team
- Lung cancer screening
- Support groups: patients, caregivers, stress management
- Transportation assistance
- Billing consultations
- Food bank/nutrition program referrals
- Dietary and mental health counseling referrals
- Lions Diabetes Center self-management education
- Lions Diabetes Emergency Relief Fund

Estimated yearly impact:

- More than 1000 people screened
- More than 5,000 vaccines provided

## Senior Health

UPMC McKeesport continues to provide health education, healthy living activities, and support groups and programs aimed at helping seniors and caregivers navigate community resources.

Our senior health programs include:

- UPMC McKeesport Golden Wellness Club
- Living-At-Home
- UPMC McKeesport Aging Institute
- Alive & Well

Estimated yearly impact:

- 52 referrals made by the Aging Institute
- 375 referrals to the Living-At-Home program
- 80 seniors participated in monthly activities

## Changing to Better Serve You!

### An update on our cafeteria renovations



Phase I of a multiphase cafeteria renovation is now complete at UPMC McKeesport. The remodeled food service area now features a sandwich bar with a quick oven for toasting your personalized sandwich, a revamped deli, pizza station, and soup and salad bar — plus a beverage dispenser, coffee bar, grab and go section, and a hot food service line!

The project is being handled in three phases to ensure the cafeteria remains open for employees and visitors to the hospital throughout construction. Phase I, which focused on the serving area, includes new counters, finishes, lighting, plumbing, HVAC, and electrical to create a more inviting and comfortable dining environment.

Phase II, which began in October, includes updates to finishes, furniture, and lighting in the dining area. The entire project is scheduled for completion by the end of the year.

We greatly appreciate your patience and support during the construction period!

## Above & Beyond

The doctors, staff, and volunteers at UPMC McKeesport work as a team to provide the best care and customer service possible. Our team members often go that extra step, providing service that is above and beyond expectations.

Each quarter, our Above & Beyond program recognizes three extraordinary workers at UPMC McKeesport.

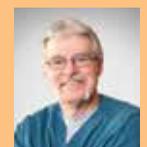
This quarter, we are pleased to recognize:



Emily Loker,  
Mental Health Specialist



Zeth Clark,  
LPN



James Johnson,  
Custodial Worker

If you've had an outstanding experience and want an employee, volunteer, or unit to be recognized for their service, please ask a member of the UPMC McKeesport staff for an Above & Beyond nomination form.