

Health NEWS

News For You and Your Family From Sharon Regional



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- New hospitalist program begins at Sharon Regional
- Neshannock man AND parents choose Sharon Regional for heart care
- Sharon Regional adding \$3 million in routine capital improvements
- July/August calendar of events
- Wound Center adds specialist; expands services to Neshannock

New Castle area family chooses Sharon Regional for heart and other care

Jay Windl (center) and his parents, Lois Lee Windl and Gordon Windl, all of Neshannock, chose to use Sharon Regional for the advanced heart care they needed as well as for medical and surgical services. See page three.



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Our Travel Clinic offers immunizations for business travelers, missionaries, students studying abroad, and people on vacation. Make sure your vaccines are current!

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 Health System
Dedicated to caring for our community.™

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Sharon Regional honored with Mission: Lifeline quality achievement award

Sharon Regional has received the Mission: Lifeline® Bronze Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

“We are pleased to be recognized for our dedication and achievements in cardiac care, and I am very proud of our team.”

**John R. “Jack” Janoso, Jr.
President and CEO**

Each year in the U.S., approximately 250,000 people have a STEMI, or ST-segment elevation myocardial infarction, caused by a complete blockage of blood flow to the heart that requires timely treatment. To prevent death, it's critical to immediately restore blood flow, either by surgically opening the blocked vessel or by giving clot-busting medication.

The American Heart Association's Mission: Lifeline program helps hospitals, emergency medical services and

communities improve response times so people who suffer from a STEMI receive prompt, appropriate treatment. The program's goal is to streamline systems of care to quickly get heart attack patients from the first 9-1-1 call to hospital treatment.

“Sharon Regional is dedicated to improving the quality of care for our patients who suffer a heart attack, and the American Heart Association's Mission: Lifeline program is helping us accomplish that goal through internationally respected clinical guidelines,” said John R. “Jack” Janoso, Jr., president and CEO. “We are pleased to be recognized for our dedication and achievements in cardiac care, and I am very proud of our team.”

Sharon Regional earned the award by meeting specific criteria and standards of performance for the quick and appropriate treatment of STEMI patients to open the blocked artery. Before patients are discharged, they are started on aggressive risk reduction therapies such as cholesterol-lowering drugs, aspirin, ACE inhibitors and beta-blockers, and they receive smoking cessation counseling if needed. Eligible hospitals must adhere to these measures at a set level for a designated period to receive the awards.

Heart Attack Symptoms

Heart attacks affect all people differently—some people may have crushing or squeezing chest pain, nausea, and sweating. Other people may feel only mild sensations of tightness, fullness, shortness of breath, or feeling tired. Arm, jaw, neck, teeth and ear pain have all occurred when someone is having a heart attack.

Whatever the symptoms, don't delay, don't hope it will go away, call 9-1-1 and go to Sharon Regional's Emergency Care Center.

Sharon Regional was identified by EMMCO, West, Inc. as a STEMI hospital for Mercer, Lawrence, and Crawford counties based on its technology, emergency response capabilities, and physician specialists in emergency heart attack treatment.



Sharon Regional announces new hospitalist program

Sharon Regional Health System has started a new hospitalist program under the direction of Emmanuel Agwa, M.D.

Hospitalists are specially trained physicians who, at the request of a patient's primary care physician, will take over and coordinate care when the patient is in the hospital, while keeping the patient's primary care physician informed about their progress. Once the patient is discharged from the hospital, he/she returns once again to the care of their

primary care physician. Hospitalists also care for patients requiring inpatient stays as a result of an emergency room visit who do not have a primary care physician.

In recent years, many leading hospitals around the country have added hospitalists to their care teams. At Sharon Regional, some primary care physicians have indicated a desire to have hospitalists manage the care of their patients who need an inpatient admission, so they can devote more of their time to their busy

office practices. The hospitalist program also offers a solution for patients who want to choose Sharon Regional for their inpatient care, but who previously were unable to do so because their primary care physicians did not have admitting privileges at Sharon Regional.

For more information on the hospitalist program at Sharon Regional call 724-983-7271.

Neshannock man and his parents choose Sharon Regional for heart and other services

“We have had nothing but wonderful experiences at Sharon Regional,” says Jay Windl. “We’ve had no problems and always go to Sharon.”

Jay, of Neshannock Township, Lawrence County, in the past year had several diagnostic tests at Sharon Regional, including a heart catheterization and endoscopic procedure. His parents, Gordon and Lois Lee, also of Neshannock, both had angioplasty (non-surgical opening of blocked heart vessels) procedures from Sharon Regional cardiologists in the past few years.

“Cardiologists at Sharon Regional saved my dad’s life,” Jay adds, “when they discovered heart blockages called the ‘widow maker.’ Dr. Ronnie Mignella (board certified interventional cardiologist) promptly performed an angioplasty and inserted several stents.”

Other hospitals in Lawrence and Mercer counties must transfer their patients outside the area to have this procedure done.

A “widow maker” blockage of the left anterior coronary artery has all the signs of a standard heart attack and in fact has the same cause, i.e., a significant

heart blockage. The distinction is in the severity and location of the blockage.

Gordon also had an endoscopic surgical procedure on another occasion at Sharon Regional to stop internal bleeding after complications from surgery at another hospital.

Personally, Jay touts his colonoscopy procedure to all his friends.

“I was treated very well by everyone in the endoscopy unit,” says Jay. “The anesthesia I received was wonderful. I woke up after the procedure and had no problems. I know people who’ve had this test elsewhere and got sick from the anesthesia.”



Jay Windl, a fan of Sharon Regional, enjoys a summer day in Neshannock with grandson Christopher Jayce Dale.

“My parents and I are doing great and very happy we chose Sharon Regional.”

Visit www.sharonregional.com for more of Jay’s story.

Sharon Regional adding \$3 million in capital improvements

Sharon Regional Health System is investing \$3 million in routine capital improvements over the next six months on new equipment and other upgrades as a result of the \$75 million capital commitment made through its recent affiliation with Community Health Systems (CHS) to advance facilities, services, and medical technology over the next five years.

This initial capital investment is focused on new equipment for patient care areas including a video tower upgrade for surgery, new medication scanners for the nursing units, new patient beds for both the Transitional Care Unit and Inpatient Rehabilitation Unit, and much more.

“I’m very happy for both our patients and staff to announce this investment into a number of upgrades here at Sharon Regional,” said John R. “Jack” Janoso, Jr., president and CEO. “This assists in our goal of providing our patients with quality patient care as well as supporting the staff who deliver that care.”

Sharon Regional is completing a strategic planning process to identify areas for growth, opportunities for recruiting additional primary care physicians and specialists, and to evaluate additional areas for capital improvements and enhancements.

Community Education Programs • July 2014

ALL PROGRAMS AT THE HERMITAGE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED. PLEASE CALL 724-983-5518 OR 1-800-346-7997 TO REGISTER FOR ALL PROGRAMS

monday	tuesday	wednesday	thursday	friday	Doctor's corner & special events	
<p>July: U.V. Safety Month Eye Injury Prevention Month Stop by the Diagnostic & Imaging Center for more information.</p>	<p>TOP5 Take Off Pounds Sensibly Every Tuesday Meeting 9:30 a.m. There is a fee First class is free Weigh in from 8:30 - 9:30 a.m. Please call 724-983-5518 or 1-800-346-7997 to register</p>	<p>Diabetes Self Management Classes Four Part Series Please call the Diabetes Center at 724-981-6551 for dates and times</p>	<p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p>	<p>Live in Mercer/Grove City/Stonewall area? We now provide Diabetes and Nutrition Education at the Mercer Family Medicine Center. Call for more information or to schedule in Mercer 724-981-6551.</p>	<p>FREE HAND, ELBOW OR SHOULDER SCREEN THURSDAY, JULY 8 10 a.m. - 12 p.m. Maureen Biggle, M.Ed., OTR/L, CHT Please call 724-983-5518 for an appointment.</p>	
<p>7</p>	<p>1 Quitting For Life Smoking Cessation Classes Four Weeks Starting July 2, 2014 2 p.m. \$25 Fee Gayle Linden, L.P.N. Please call 724-983-5518 to register</p>	<p>2 Highmark Senior Products 10 a.m. - 12 p.m. Call 1-800-260-9120 to register</p>	<p>3 Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p>	<p>Happy 4th of July CELEBRATE SAFELY.</p>	<p>FREE KNEE SCREEN MONDAY, JULY 14 10-11 a.m. James E. Boniface, M.D. Orthopedic Sports Medicine Specialist Hubbard Diagnostic & Specialty Center 880 W. Liberty Street, Hubbard, OH Please call 800-346-7997 for an appointment.</p>	
<p>14 Health Care Provider CPR Recertification 1:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>8 NEW! Health Care Provider CPR 4 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>9 NEW! Health Care Provider CPR 4 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>10 Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p>	<p>Free Blood Pressure Screen 8 a.m. - 1 p.m.</p>	<p>FREE PEDIATRIC DEVELOPMENTAL SCREEN THURSDAY, JULY 17 10 - 11 a.m. Infant or child's speech/language skills Gross motor skills, eye-hand coordination Fine motor skills Jennifer Bihner, MS, OTR/L Please call 724-983-5518 for an appointment.</p>	
<p>15 Bereavement Support Group 6 p.m. Behavioral Health Services</p>	<p>16 NEW! Health Care Provider CPR Recertification 1:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>17 Obstructive Pulmonary Disease CHF Part III - Congestive Heart Failure 3-4 p.m. Presented by Primary Care Resource Center Call 724-983-5518 to register</p>	<p>18 Bariatric Support Group 6 p.m. 724-983-5518</p>	<p>19 Bariatric Support Group 6 p.m. 724-983-5518</p>	<p>BARIBARIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, JULY 23 6 - 8 p.m. Sheela Nithewon, M.D. Sheela Nithewon, M.D. Bariatric and Minimally Invasive Surgeon Director of Bariatric Surgery Program Hermitage Diagnostic & Imaging Center</p>	
<p>21 Compassionate Friends For Bereaved Parents and Siblings Monday, July 28, 2014 6:30 p.m. Diagnostic & Imaging Center</p>	<p>22 Health Care Provider CPR Recertification 5:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>23 Health Care Provider CPR Recertification 5:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>24 ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</p>	<p>25 Online registration now available for most classes at our Calendar of Events Page www.sharonregional.com</p>	<p>ARTHRITIC HIP THURSDAY, JULY 24 1 p.m. Matthew J. Stonestreet, M.D. Orthopedic Specialist Please call 724-983-5518 to register.</p>	
<p>28 NEW! Health Care Provider CPR 9 a.m. Fee \$50 School of Nursing 724-983-CPR1</p>	<p>29 Diabetes Support Group 6 p.m. Behavioral Health Services</p>	<p>30 Health Care Provider CPR Recertification 5:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>31 Highmark Senior Products 10 a.m. - 12 p.m. Call 1-800-260-9120 to register</p>	<p>Reminder: All individuals who are new to Medicare this year and have diabetes qualify for additional diabetes nutrition and self-management education. Call 724-981-6551 for more information.</p>	<p>WEDNESDAY, JULY 30 12 p.m. Nashnock Diagnostic & Specialty Center 2915 Wilmington Rd., New Castle Please call 724-983-5518 or 800-346-7997 to register.</p>	
<p>Brookfield Family Medicine Center 724 Warren-Sharon Road Brookfield 330-448-0500</p>	<p>Cancer Care Center 2320 Highland Road Hermitage 724-983-5900</p>	<p>Diabetes Center 2395 Garden Way Hermitage 724-981-6551</p>	<p>Diagnostic & Imaging Center 2435 Garden Way Hermitage 724-983-3931</p>	<p>Hubbard Diagnostic & Specialty Center 880 W. Liberty Street Hubbard 330-534-5400</p>	<p>Mercer Family Medicine Center 551 Greenville Road Mercer 724-662-4155</p>	<p>Nashnock Diagnostic & Specialty Center 2915 Wilmington Road New Castle 724-656-5334</p>

Community Education Programs • August 2014

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monday	tuesday	wednesday	thursday	friday	Doctor's corner & special events
<p>Medic Alert information available at the Diagnostic & Imaging Center</p> <p>August: National Immunization Awareness Month Cataract Awareness Month Stop by the Diagnostic & Imaging Center for more information.</p>	<p>TOPS Take Off Pounds Sensibly Every Tuesday Meeting 9:30 a.m. There is a fee First class is free Weigh in from 8:30 - 9:30 a.m. Please call 724-983-5518 or 1-800-346-7997 to register</p>	<p>NEW! Empower: Chronic Illness Resource Support Group Thursday, August 7, 2014</p> <p>The purpose of this resource/support group is to encourage people who are coping with chronic illness to seek strategies and solutions that improve the quality and condition of their everyday lives. This group is not designed to be disease focused, but rather solutions oriented. 6 p.m. Leader: Michele Dubel, M.S.O.L. Diagnostic & Imaging Center Please call 724-983-9554 to register</p>	<p>NEW! Health Care Provider CPR 25 9 a.m. Fee \$50 School of Nursing 724-983-CPR1</p> <p>Compassionate Friends for Bereaved Parents and Siblings 6 p.m. Ballroom Launch Shenango Township Park, West Middlesex Lurean Dinner No Meeting</p>	<p>Free Blood Pressure Screen 8 a.m. - 1 p.m.</p> <p>Seniors for Safe Driving Class 9 a.m. - 1 p.m. Richard D Arcangelo \$16 fee Please call 800-559-4880 to register</p>	<p>COMMON FRACTURES IN THE ELDERLY TUESDAY, AUGUST 12 1 p.m. Matthew J. Stonestreet, M.D. Orthopaedic Specialist Please call 724-983-5518 to register.</p> <p>LATEST IN CATARACT SURGERY TUESDAY, AUGUST 19 12 p.m. Christopher Joseph, D.O. Ophthalmologist Light refractions will be available Diagnostic & Imaging Center Please call 724-983-5518 to register.</p> <p>FREE PEDIATRIC DEVELOPMENTAL SCREEN THURSDAY, AUGUST 21 10 - 11 a.m. Infant or child's speech/language skills Gross motor skills, eye-hand coordination Fine motor skills Jennifer Biner, M.S. OTR/L Please call 724-983-5518 for an appointment.</p> <p>FREE FOOT AND ANKLE SCREEN WEDNESDAY, AUGUST 27 11 a.m. - 12 p.m. James LaPolla, DPM Foot and Ankle Surgeon Brookfield Family Medicine Center 7264 Warren Sharon Rd. Please call 800-346-7997 for an appointment</p> <p>BARIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, AUGUST 27 6 - 8 p.m. Sheela Kishan, M.D. Director of Bariatric Surgery Program Bariatric and Minimally Invasive Surgeon Hermitage Diagnostic & Imaging Center -OR- WEDNESDAY, AUGUST 20 12 p.m. Neshannock Diagnostic & Specialty Center 2915 Wilmington Rd., New Castle Please call 724-983-5518 or 800-346-7997 to register.</p>
<p>ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</p>	<p>Visit our online Health Library at www.sharonregional.com for health and medical information from A to Z.</p>	<p>Free e-newsletters on Health, Parenting, and Pregnancy are at www.sharonregional.com</p> <p>NEW! Health Care Provider CPR 4 p.m. Fee \$50 School of Nursing 724-983-CPR1</p>	<p>Bereavement Sharing Group Thursday, August 14, 2014 1 p.m. Eat 'n Park Restaurant Please call 724-983-3878 to register</p> <p>Diabetes Support Group 14 Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Bariatric Support Group 6 p.m. 724-983-5518</p> <p>Celiac Disease Support Group 6:30 p.m. Diagnostic & Imaging Center</p>	<p>Prepared Childbirth Classes 4 Week Class Starting Saturday, August 16, 2014 9-11 a.m. Please call 724-983-5518 to register</p> <p>Pulmonary Hypertension Support Group 2 p.m. Diagnostic & Imaging Center Please call 724-983-5518 to register</p>	
<p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>Bereavement Support Group 6 p.m. Behavioral Health Services</p>	<p>COPD Part IV - Chronic Obstructive Pulmonary Disease 1:30-2:30 p.m. CHF Part IV - Congestive Heart Failure 3-4 p.m. Presented by Primary Care Resource Center Call 724-983-5518 to register</p>	<p>Obstructive Pulmonary Disease CHF Part IV - Congestive Heart Failure 3-4 p.m. Presented by Primary Care Resource Center Call 724-983-5518 to register</p>	<p>Shenango Valley Immunization Clinic 21 Pennsylvania Department of Health Mercer County State Health Center 9 a.m. - 2 p.m. PA residents only: birth to age 18 You must call 724-662-4000 for an appointment Fee \$5 or free depending on your income Diagnostic & Imaging Center</p>	
<p>NEW! Health Care Provider CPR 25 9 a.m. Fee \$50 School of Nursing 724-983-CPR1</p>	<p>Health Care Provider CPR Recertification 5:30 p.m. Fee \$30 School of Nursing 724-983-CPR1</p>	<p>Diabetes Support Group 14 Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p>	<p>Sharon Regional Speakers Bureau: Please call 724-983-5518 to schedule</p>		
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Advanced Wound Recovery Center adds specialist



Joyce Hawk, CRNP, MSN, FNP/BC, CWCN

Nurse practitioner and wound specialist Joyce Hawk, CRNP, MSN, FNP/BC, CWCN, recently joined Sharon Regional's Advanced Wound Recovery Center, 2425 Garden Way, Hermitage. Ms. Hawk, who has extensive experience and certifications in treating wounds in various healthcare settings, joins Gene Marcelli, M.D., medical director; Bob Hoagland, RN, CWS, CHRN, Wound Center manager; and Joyce Antos, RN, BSN, CWON.

Hoagland recently achieved certification in Hyperbaric Medicine by the National Board of Diving and Hyperbaric Technology. Bob has been a Sharon Regional employee for 21 years including 16 years with the Wound Center and a certified wound specialist for 15 years.

The Wound Center is dedicated to and focused on the treatment of patients with chronic non-healing wounds resulting from a variety of

causes, including diabetes and vascular disease. Also offered is hyperbaric medicine, which is a non-invasive procedure often used to treat chronic non-healing wounds. During hyperbaric medicine the patient is placed in a pressurized chamber containing 100% oxygen that enhances the wound healing process.

To schedule an appointment or for more information please call 724-347-0870.

Sharon Regional School of Nursing Open House set for August 7

An open house for Sharon Regional Health System's School of Nursing is set for August 7, from 5 p.m.-7 p.m. in the School, 740 East State St., Sharon. Prospective applicants can meet faculty, receive information on financial assistance, and tour the facilities.

Through a partnership with Penn State Shenango, Sharon Regional now offers area residents the unique opportunity to seamlessly earn both a diploma in nursing from Sharon Regional and a bachelor's degree in nursing from Penn State Shenango. Applications are accepted until December 1 for the next class starting in August 2015.

For more information, call 724-983-3865 or visit www.sharonregional.com/schoolnursing.

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Y WELLNESS: FOR A HEALTHY COMMUNITY!

<p>NEW PROGRAMS! Discounts for Y Members! Non-members welcome! <i>Take action now... We'll help!</i></p>	<ul style="list-style-type: none"> • CHOOSE TO LOSE • NUTRITION COACHING • PERSONAL TRAINING PLUS • MASSAGE THERAPY • YOUTH WELLNESS 	<p>OUTREACH The Y works with several local businesses to provide discounted memberships and on site: classes, health fairs, membership perks and more!</p>
<p>YOUTH SPORTS! Physical Activity, Instruction, Teamwork and More! Volunteer and Sponsor opportunities available!</p>	<p>FALL SOCCER Instructional League For Ages 3-12 Register: NOW - August 16</p>	<p>SWIM TEAM Competitive Program For Ages 5-18 Registration Starts August 9</p>

LAST CHANCE:
FINAL SESSION OF Y SUMMER CAMP 2014
 2 weeks: August 4 - 8; August 11 - 15
REGISTER BEFORE 7/28

Monday-Friday; 8am - 4pm
 Each day is packed with fun for campers, including: games & sports, nature activities, arts & crafts, special projects, lessons and more!



Having trouble sleeping? We can help.

Sharon Regional's Sleep Medicine Center helps individuals suffering from sleep apnea, snoring, morning headaches, restless sleep, or other sleep-related disorders.

For more information call 724-983-3883.