

Health Happenings
see pages 10 and 11

SAINT
VINCENT



Vitals

Spring 2007 | www.saintvincenthealth.com

Information and Resources for Health and Wellness



THE BRAIN

Newest Technologies
Know the Signs of Trouble

Mobile Cardiac CT
Coming to Region

Community Events

High Expectations: An Event for Moms-To-Be

When: Saturday, April 21, 2 to 4 p.m.

Where: Women's Center Classroom, 311 West 24 Street, Erie

Cost: FREE

When a woman's pregnant, especially for the first time, she has many questions and concerns. This event will help answer them. It also features chair massages, mini-manicures, information on labor and delivery, a mother-to-be beauty consultation, a FREE digital pregnancy portrait, a chance to meet our pediatricians, and food and refreshments. Reservations required, call **814/866-4817**. Call soon—it fills up fast!

Forty and Fabulous

When: Wednesday, May 23, 6 to 8 p.m.

Where: Women's Center Classroom, 311 West 24 Street, Erie

Cost: FREE

OK, you're turning 40 or recently reached that milestone. Celebrate and make a commitment to being healthier and more vibrant. Join us for a special event for women ages 39 to 45. We'll offer FREE bone density screenings, body fat and BMI screenings, chair massages, beauty consultations on how to be fabulous after 40, important mammography information and a fabulous gift for those who schedule their first mammogram. Food and refreshments too! Reservations required. Call **814/866-4817**.

BREAST HEALTH

Want to receive our FREE, monthly breast health information e-mails? E-mail us at MoLewis@svhs.org.

From Our CEO

Dear Friends:
More than 130 years ago, a senior citizen stumbled and fell outside of the St. Joseph Orphanage and Motherhouse in Erie, shattering his ankle. He was carried inside and cared for by the Sisters of St. Joseph. In the months that followed, more of the ill and injured began coming to the Motherhouse for the care they so desperately needed. It was at that time that our founder, Mother Agnes Spencer, obtained permission from the then-current Bishop to open Saint Vincent Hospital.

Our legacy of caring began with a senior citizen, and that sense of commitment to our community's seniors continues today.

Saint Vincent has provided uninterrupted, high-quality health care for seniors with Medicare coverage for more than 40 years. Every year, we provide charity care to thousands of seniors. Saint Vincent has also achieved the highest level of performance with regard to national standards of care for heart attacks, heart failure and pneumonia, the most common ailments impacting seniors.

Through the years, Saint Vincent has designed many services specifically for seniors, such as our free seminars for individuals dealing with hip, knee and shoulder pain; inpatient and outpatient rehabilitation services; and our cardiac support group. The Saint Vincent Women's Center provides free bone density screenings for osteoporosis, a Continence Hotline, and biofeedback-assisted muscle training for those with continence challenges. Our new Geriatric Behavioral Health unit is designed especially to meet the unique needs of those older than 65. And our investment in cutting-edge biplane technology for strokes (see story, page 4) brings to the region a new level of care for seniors and others



who suffer strokes and other brain-related issues.

Senior citizens are among the most frequent users of our Ask-A-Nurse Program, which enables callers with health care questions or concerns to call a specially trained Saint Vincent registered nurse for answers or referral to physicians and services, free of charge, 365 days a year. Our network of family practices provides the region's best primary care to thousands of seniors every year. We

also provide numerous special services for our Saint Vincent retired associates.

We were the first to be there for our community's senior citizens when they needed us more than 130 years ago, and we will be there for them—with the region's most advanced health care services—for generations to come.

Sincerely,

A handwritten signature in black ink that reads "C. Angela Bontempo". The signature is written in a cursive, flowing style.

C. Angela Bontempo, MHA, FACHE
President and CEO

The Saint Vincent Mission

Inspired by the Sisters of Saint Joseph of Northwestern Pennsylvania, Saint Vincent Health System is a community of caregivers dedicated to bringing God's healing love to all and committed to compassion and excellence in the delivery of a continuum of holistic care.

Boy with Aneurysm Saved by Minimally Invasive Procedure

Labor Day weekend of 2005 started out as a relaxing, fun-filled, unofficial end of summer for 14-year-old Chris Harper. It ended in near disaster.

While Chris was driving a jet ski on the choppy waters of Chesapeake Bay, he collided with the jet ski his sister was driving, resulting in a 2-inch crack in his skull.

At Medical College of Virginia (MCV) in Richmond, interventional neuroradiologist Jacob Agris, MD, PhD, discovered a bulge in the blood vessel—also known as a pseudoaneurysm—at the top of Chris' head. As an interventional neuroradiologist, Dr. Agris had been specially trained to use advanced imagery to perform minimally invasive procedures that treat conditions of the head, neck, and spine, including aneurysms.

Dr. Agris spent six hours performing a procedure on Chris, during which he placed a small catheter in Chris' leg and guided it up into his head. He then inserted six to

seven coils through the catheter and into the aneurysm to block blood flow into the aneurysm and prevent it from rupturing.

"If Dr. Agris wasn't there, there was no way anyone could've saved our son," says Lisa Harper, Chris' mom.

Shortly after Chris' surgery, Dr. Agris moved to Erie to join the Saint Vincent medical staff. The Harper family's confidence in Dr. Agris motivated them to travel to Erie for Chris' follow-up care. The Harper's insurance didn't cover any out-of-state hospitals or physicians, but Mrs. Harper was determined to do whatever it took to get her son to Dr. Agris. The family dropped its insurance and found another policy that allowed them to come to Saint Vincent for Chris' follow-up care.

"I couldn't speak any higher of him," Mrs. Harper says of Dr. Agris. "The fact that people follow him from state to state speaks volumes for the man. He's a real find."



Chris, with dad and former coach John

At Saint Vincent, Chris benefited from new, flat-panel digital biplane technology (see article on page 4) that was more accurate than traditional methods, less invasive, and didn't leave Chris feeling sick.

As one of the first hospitals in the nation to install this state-of-the-art equipment, Saint Vincent enabled Dr. Agris to accurately assess Chris' stage of recovery, recently giving Chris the "thumbs up" to return to his athletic pursuits.

"Lacrosse starts in March, and Chris *will* be going out for the team," Mrs. Harper says. ♦

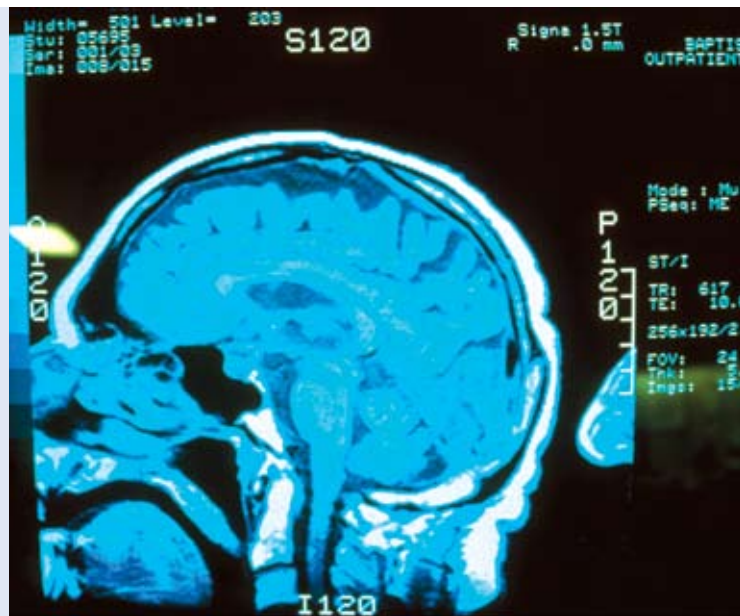
For more information, visit www.saintvincenthealth.com/neurosciences or call Ask-A-Nurse at 814/452-5500 or toll free 1/800/326-8080.

Deep Brain Stimulation: Helps Stop Disabling Symptoms

Imagine not being able to sign your name, shave, speak clearly, or even smile. These are some of the different symptoms individuals with Parkinson's disease endure. At Saint Vincent, there is relief.

Saint Vincent Neurosurgery recently introduced deep brain stimulation (DBS), a type of therapy that uses pacemaker technology for the brain. DBS is primarily used to treat advanced Parkinson's disease, essential tremors and dystonia—abnormal posturing of the limbs. A pacemaker-like medical device is surgically implanted inside the body, which delivers electrical stimulation to targeted

areas of the brain. This stimulation blocks the signals that cause disabling motor symptoms of the disease. As a result, many patients experience improved functionality with activities of daily living. Patients control the stimulation themselves by using a special hand-held magnet to turn it on or off. ♦



To learn more, call Saint Vincent Neurosurgery at 814/452-7809 or visit www.saintvincenthealth.com/neurosciences.

Warning Signs of a Stroke

Come immediately to the Saint Vincent Emergency Department if you experience any of the following:

- sudden numbness or weakness of the face, arm or leg, especially on one side of body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden severe headache with no known cause.

Provided by www.strokeassociation.org.

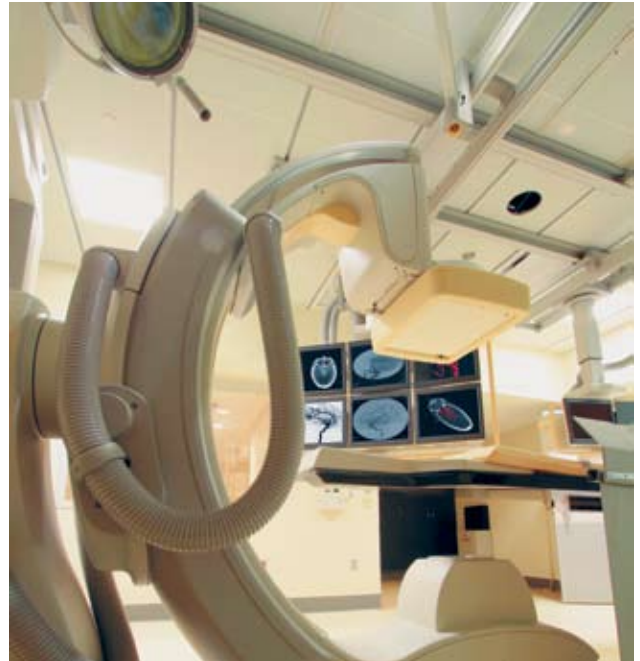
Saint Vincent Introduces Biplane Technology: Changing the Face of Stroke

Introducing the most advanced level of stroke care—only at Saint Vincent.

Interventional neuroradiology and three-dimensional neuro biplane imaging. The terms may sound complex, but for patients with blood clots, narrowed vessels and aneurysms, they translate into a better chance of returning to normal life.

With the region's only interventional neuroradiologist and the nation's latest flat panel 3-D neuro biplane imaging, Saint Vincent can intervene as a stroke is happening. Only a handful of hospitals in the country can provide this level of innovation that now makes it possible to actually reverse the effects of some strokes if patients get to the Saint Vincent Emergency Department as soon as they start to experience stroke symptoms. Instead of conventional surgery, Saint Vincent performs minimally invasive catheterizations to retrieve blood clots, open up narrowed vessels, and repair aneurysms (see story on page 3).

Interventional neuroradiology is a minimally



invasive approach to the treatment of stroke and other vascular conditions of the brain and spine. Saint Vincent's neurosciences team features the only interventional neuroradiologist in the region, **Jacob Agris, MD, PhD**.

Flat panel neuro digital biplane technology is the latest and most advanced imaging tool for the treatment of stroke, and it's only available at Saint Vincent. This state-of-the-art technology recreates 3-D images of the brain, thereby enabling physicians to make a faster diagnosis and conduct minimally invasive procedures with more accuracy and precision. ♦

For more information, call Saint Vincent Neurosurgery at **814/452-7809** or visit www.saintvincenthealth.com/neurosciences.

The Stroke Alert Team

When a person is having a stroke, medical intervention must take place within the first eight hours in order for that person to have a chance at full recovery. That means it is imperative for a patient with stroke symptoms to be able to reach qualified specialists who will provide interventional treatment—not just drug therapy—immediately after a stroke happens. At Saint Vincent, the Stroke Alert Team stands ready, 24/7, to help patients who have stroke symptoms and implement a stroke-specific method of treatment to lessen the risk of permanent damage.



Saint Vincent Heart Center Faster than National Standard for Heart Attack Care

When a loved one is having a heart attack, every second means loss of heart muscle, and that can result in weakness and vulnerability to potentially fatal heart problems. The sooner you can get a heart attack victim to a cardiologist and have proper blood flow restored to the heart, the less damage the heart muscle will suffer. This makes choosing the right emergency room (ER) a *critical decision at a critical time*. At Saint Vincent, we think it's important to choose *now*.

The Choice Is Clear

Saint Vincent has a cardiologist on-site 24 hours a day, seven days a week. At Saint Vincent, our Heart STAT Team takes

heart patients from arrival in the ER to an electrocardiogram (EKG) in only five minutes. . . *twice* as fast as the national standard. And the time it takes until a Saint Vincent cardiologist performs an angioplasty to open the artery is less than *half* the time of the national benchmark. Perhaps that's why Saint Vincent is the most preferred hospital in the region for both emergency care *and* heart care. Make the critical decision that can save your life. ♦

In a heart emergency, every second counts. Pre-register your important health information with our Heart STAT program at www.saintvincenthealth.com or call us at 814/452-7273.

Regional Heart Network's Mobile Cardiac CT Angiography

The Regional Heart Network (RHN) is bringing the newest innovation in heart disease detection to northwestern Pennsylvania. Saint Vincent Health Center and the RHN participating hospitals that include Warren General Hospital, Titusville Area Hospital and Millcreek Community Hospital approved the construction of a mobile multi-slice cardiac computed tomography (CT) angiography to their specifications.

The RHN will become one of few health care facilities in the country to provide patients with access to this cutting-edge mobile technology. This multi-slice cardiac CT angiography will provide cardiologists with a 3-D image of the heart without any incision. This technology is just now entering the field of cardiac care, but the RHN is taking it a step further by designing the cardiac CT angiography for mobile settings, making it available to patients at their own regional hospitals. ♦

Go to www.saintvincenthealth.com for more information.

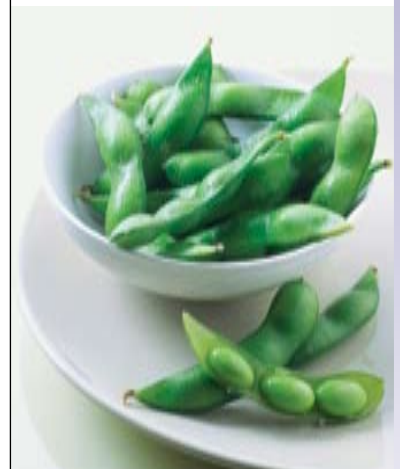
Heart-Healthy Food: Soy Tips for Beginners

Research shows that adding about 25 grams of soy protein to a diet that is low in saturated fat and cholesterol can lower your risk of heart disease.

To take advantage of this versatile bean's heart benefits, try the following tips:

- Pour soy milk on your cereal. Or whip up a soy milk and frozen-fruit smoothie.
- Make sandwiches with soy deli meats and cheeses.
- Top your pizza with soy-based cheese, pepperoni or sausage.
- Marinate tofu with garlic, red pepper and/or ginger. Then, stir-fry with vegetables.
- Enrich soups or make flavorful sauces with miso, a soybean paste.

It's fairly easy to get 25 grams of soy protein a day. Two 8-ounce glasses of soy milk provide 20 grams, and ¼ cup of soy nuts contains 19 grams.



Is Your Blood Pressure in the Danger Zone?



The proportion of the U.S. population with hypertension, or high blood pressure, has grown by about 8 percent in the last decade, according to a recent study in the journal *Hypertension*. Now, approximately one-third of American adults have this condition. Even if you've been told in the past your blood pressure was fine, your number may be up. New national guidelines now include a "prehypertension" category that deems what was previously considered normal blood pressure as unsafe.

Health officials created the new prehypertension category specifically to alert people

to an increased risk of developing hypertension and its accompanying health problems.

Under the new standards, optimal blood pressure is lower than 120/80 mmHg. Anything between 120/80 and 139/89 is considered prehypertension—even if just one of the numbers falls within that range.

Untreated, those with prehypertension are likely to develop the full-fledged hypertension that can lead to a heart attack or stroke.

Take Action

People with prehypertension are urged to adopt healthy lifestyle habits that may help prevent hypertension. These include:

- staying at a healthy weight
- avoiding smoking
- eating a low-salt, low-fat diet rich in calcium and magnesium
- exercising regularly
- limiting alcoholic beverages.

If your blood pressure is higher than 139/89, you already have hypertension, but taking the above steps can help you manage the condition too.

About one-third of those with high blood pressure are unaware of it. Because hypertension often has no symptoms, be sure to get your blood pressure checked at least every two years. ♦

Area Women Get Breast Cancer Answers Faster

When **Connie DeLeo** and **Beverly Paoella** of Erie both had a suspicious mammogram at the Saint Vincent Women's Center, they wanted answers fast.

They got them.

Thanks to a streamlined breast diagnostic process in which the patients' primary care physicians, Women's Center radiologists and Saint Vincent surgeons work together for fast, accurate turnaround of medical results and procedures, weeks and months of worry were eliminated for DeLeo and Paoella.



Connie DeLeo

"Saint Vincent got me in for my biopsy within 48 hours, which was great," says DeLeo, whose biopsy showed she did not have breast cancer. "If I'd have had to wait, I'd have been on edge and anxious, because you don't know what to expect. I was surprised at how fast it was. It was a huge relief

for not only me, but also especially for my family. I love Saint Vincent."

After Paoella's suspicious mammogram was read by radiologists, she had her biopsy within three days and when cancer was diagnosed, she had surgery the following week, eliminating what can be months of waiting at other area facilities.

"I know women who sat and worried for weeks and months waiting to find out if they had breast cancer," Paoella says. "At Saint Vincent, it was efficient and it was fast, and I'm so grateful for that." ♦



Beverly Paoella

If you or someone you know is waiting too long for answers about the possibility of breast cancer, or if you want your mammogram at a facility that offers streamlined breast diagnostics, ask your primary care physician to call **814/866-4850**.

Camisole Caring Program

The Perfect Fit for Recovery

"It made me feel less vulnerable."

"It keeps me warm through radiation treatments."

"It's what a woman needs for the cancer journey."

These are some of the comments Saint Vincent breast cancer surgery patients have made about the Health Center's new Camisole Caring program. The program—the only one of its kind in the region—was developed by Peggy Camino, RN, Saint Vincent's surgical oncology nurse navigator. The program provides attractive postsurgical camisoles for women who have experienced a mastectomy or lumpectomy. The camisoles have a special pocket for postsurgical drains and special interior pockets for temporary breast forms.

Many insurance companies cover the cost of the camisoles, but for those whose insurance does not and for those who are uninsured, a grant from the Susan G. Komen Breast Cancer Foundation covers the cost of the camisole.

"The camisoles offer comfort and support after surgery. They are functional as well as feminine and beautiful, and they're available to any patient, regardless of ability to pay," Camino says. ♦





Baby Boom at Saint Vincent in 2006

During 2006, more moms than ever chose Saint Vincent for their labor and delivery. In all, 2,126 babies were delivered as of December 31. According to Health Center records, when **Michael Scutella, MD**, delivered the 2,112th baby of 2006, he broke the health center record for deliveries, set back in 1991.

Saint Vincent's Maternal Child Health unit offers the region's finest obstetricians, pediatricians, delivering primary care physicians and nurses; a high percentage of certified lactation nurses; and the comprehensive services of the Saint Vincent Lactation Center. If needed, the Saint Vincent Center for Neonatal Intensive Care, a level III unit, offers infants expert care from two highly experienced, dedicated neonatologists and a neonatal nurse practitioner. The unit even has its own dedicated maternal/child health pharmacist. ♦

! ESPECIALLY ● FOR WOMEN

Saint Vincent will be renovating our obstetrics and gynecology units, featuring all private rooms for the comfort and convenience of our patients. Watch future issues of *Vitals* for details!

Q&A

Bladder Control after Childbirth

Q. Is incontinence, or leaking urine, common after pregnancy?

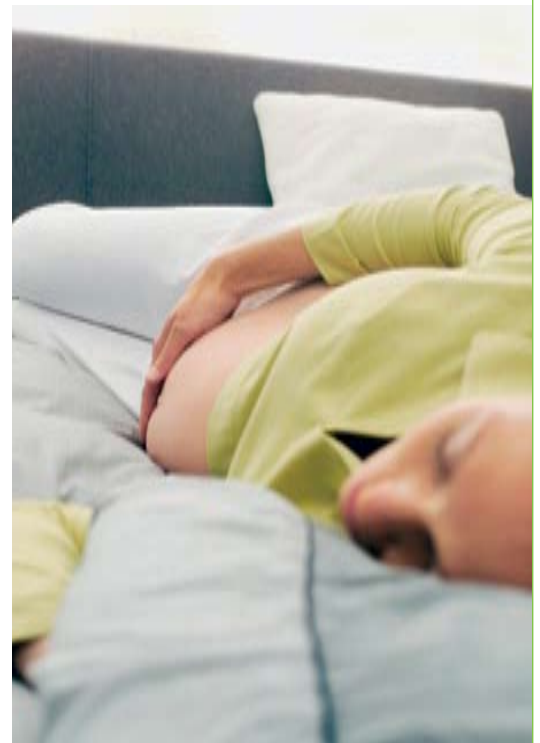
A. Many new mothers leak urine when they laugh, cough or sneeze. In fact, as many as one in three women have bladder accidents after childbirth. Incontinence is more common in women who have babies with a high birth weight. Plus, the more babies a woman has delivered, the higher her risk for incontinence.

Q. How is incontinence treated?

A. Incontinence that occurs after childbirth usually can be treated with pelvic floor exercises, which are also called Kegel exercises. You might even be able to prevent incontinence by practicing Kegel exercises during pregnancy.

Q. How do I do Kegel exercises?

A. Pretend that you are trying to stop the flow of urine by squeezing the muscles in your lower pelvis. Don't tighten any other muscles. Do this 10 to 15 times. Hold each contraction for a count of three, and then relax for a count of three. Repeat these exercises three times a day. For each session, vary your position. Do one set lying down, one set standing, and one set sitting. To prevent accidents, try to do a Kegel exercise before you laugh, cough or sneeze.



Regardless of the cause of incontinence, call our Continence Hotline at 814/452-7214 to learn about how our biofeedback muscle-training program can help.

Midtown Erie Booms with Saint Vincent Building Project

Drive down Myrtle Street in midtown Erie these days and you'll see a building boom. It's the Saint Vincent Landmark Project, the first phase of a multiyear/multiphase construction project that will significantly enhance the Saint Vincent Health Center campus and boost Erie's inner city revitalization efforts.

Set to open this spring is a \$16 million, 80,000-square-foot medical office building on the southeast corner of 23rd and Myrtle streets. It is connected to Saint Vincent via a covered walkway and a \$12.2 million, 800-space parking ramp. The ramp will increase the overall number of parking spaces available on the Saint Vincent

campus from 1,826 to 2,369 and will connect to the medical office building and the hospital via a covered walkway over Myrtle Street.

The new medical office building will house a number of Saint Vincent services, including echocardiography, nuclear stress testing, the pacemaker clinic, the congestive heart failure clinic, the employee fitness center and cardiac rehabilitation.

The new building was built in the wake of construction of another medical office building on West 19th and Sassafras in 2004, external improvements to the Saint Vincent warehouse at 19th and Sassafras and removal of vacant buildings and landscaping the area between West



26th and West 25th streets on Myrtle in 2005.

With nearly 2,900 employees, Saint Vincent Health System is the second-largest employer in the tristate region and has an economic impact of more than \$420 million. It has provided more than \$8.5 million in uncompensated care for the uninsured. ♦

Watch for details about additional building projects to come in the future!

TEMS Procedure = Faster Recovery from Colon/Rectal Surgery



After the age of 50, many follow their doctor's orders and get a colonoscopy to screen for colon cancer. For some, removal of benign polyps and tumors will be necessary. For those patients, Saint Vincent is the exclusive provider in the region for a procedure called Transanal Endoscopic Microsurgery (TEMS). This minimally invasive technique uses a scope, which is placed into the anal canal, and a smaller telescope to magnify the tumor. Early rectal cancer patients are also candidates for this procedure.

The procedure benefits patients because it eliminates the need for abdominal surgery. The surgery is usually performed under general anesthesia, but epidural or spinal anesthesia is possible.

"One of the benefits of TEMS is most patients leave the hospital within three hours of the procedure," says Phillip D. Kondylis, MD. "This technology is a hybrid that operates under a magnification microscope with video guidance and telescopic instruments." ♦

For more information on TEMS, call Ask-A-Nurse at 814/452-5500 or toll free at 1/800/326-8080.

Health Happenings

Unless otherwise noted, call 814/866-4817 to register.



Yoga

A six-session class.

When: Thursdays, March 29, April 5, 19, 26, May 17, 24; 7 p.m.

Where: McGarvey Learning Center

Cost: \$20

Saturday Morning Yoga

A six-session class.

When: Saturdays, March 31, April 7, 14, 21, 28, May 12; 9:30 a.m.

Where: McGarvey Learning Center

Cost: \$20

Yoga: Drop-In Class

Drop-in class.

When: Thursdays, April 5, 12, 19, 26, May 3, 10, 17, 24, 31; 4:40 p.m.

Where: Women's Center Classroom

Cost: \$4 per class

Pilates

A six-session class.

When: Wednesdays, March 28, April 4, 11, 18, 25, May 9; 6:30 p.m.

Where: Saint Vincent Rehab Gym

Cost: \$20

Christian Meditation

Presented by Sister Mary Kay McNelis.

When: Wednesdays, April 4, 11, 18, 25; 4:30 to 5:30 p.m.

Where: Women's Center Classroom

Cost: \$16 per session

The Latest Trends for Healthy, Beautiful Skin

Presented by SandCille Demi Spa and Treatment Studio.

When: Monday, April 16; 6:30 to 8:30 p.m.

Where: Women's Center Classroom

Cost: FREE

Enjoy Life Without Hip or Knee Pain

When: Tuesdays, May 8, 1 p.m.; OR July 17, 10 a.m.

Where: McGarvey Learning Center

Cost: FREE; call 1/800/326-8080

to register.



Shoulder Pain?

When: Thursday, April 5; 10 a.m. OR Tuesday, June 5; 10 a.m. OR Tuesday, August 7; 1 p.m.

Where: McGarvey Learning Center

Cost: FREE; call 1/800/326-8080

to register.

Cardiac Support Group

When: Thursdays, May 17 and August 2; noon

Where: McGarvey Learning Center

Cost: FREE



AARP Driver Safety Course (55+)

When: Mondays and Tuesdays, April 23 and 24 OR June 25 and 26, OR August 27 and 28; 5:30 to 9:30 p.m.

Where: Women's Center Classroom

Cost: \$10

Look Good, Feel Better

Beauty tips for female cancer patients.

When: Monday, April 9; 5 to 7 p.m. OR Tuesday, May 15 OR Monday, August 6; 2 to 4 p.m.

Where: Women's Center Classroom

Cost: FREE; call 1/800/ACS-2345

to register.

The Facts on Fibromyalgia

A six-session class.

When: Tuesdays, March 27, April 3, 10, 17, 24, May 1; 11 a.m. to 12:30 p.m.

Wednesdays, March 28, April 4, 11, 25, May 2, 9; 6:30 to 8:30 p.m.

Wednesdays, June 13, 27, July 11, 25, August 1, 8; 6:30 to 8 p.m.

Tuesdays, June 19, 26, July 3, 10, 17, 24; 11 a.m. to 12:30 p.m.

Where: Women's Center Classroom

Cost: \$140

Help Your Heart Recover

Exercises to do at home to increase your circulation, range of movement and strength.

When: Wednesday, April 18; noon OR Tuesday, May 1; 5:30 p.m. OR Tuesday, August 14; noon

Where: Women's Center Classroom

I Can Cope

An education series for cancer patients, presented in conjunction with the American Cancer Society. To register, call **1-800-ACS-2345**.

- **Understanding Cancer and**

Treatments: March 24, May 26 OR August 25; 10 a.m. OR April 28 OR July 28; 1:30 p.m.

- **Keeping Well In Mind and Body:**

June 30; 10 a.m.

Restoring Your Health After Breast Cancer with Exercise

When: Tuesdays, May 8, 15, 22, 29; 6 p.m.

Where: Women's Center Classroom

Cost: \$20



Beautiful Beginnings Classes

Expecting? Sign up for our Beautiful Beginnings classes. Unless otherwise indicated, all classes are held at the Women's Center Classroom. To schedule your class dates, call Saint Vincent at **814/452-5664**.

Saturday Preparation for Labor

A two-session class.

When: Saturdays, April 14 and 21, May 5 and 12, June 2 and 9, July 7 and 14, August 4 and 11, OR September 8 and 15; 9 a.m. to 1 p.m.

Cost: \$30

Weekday Preparation for Labor

A three-session class.

When: Tuesdays, April 3, 10, 17; Mondays, May 7, 14, 21; Tuesdays, June 5, 12, 19; Mondays, July 9, 16, 23; Tuesdays, August 7, 14, 21 OR Tuesdays, September 4, 11, 18; 6:30 to 9 p.m.

Cost: \$30

Labor Refresher Course

When: Saturday, June 16, 9 a.m. to 1 p.m.

Cost: \$20

Newborn Care Class

When: Thursdays, April 12, May 3, June 7, July 12, August 9 OR September 6; 6:30 to 9 p.m.

Cost: \$10

Breastfeeding

When: Thursdays, April 26, May 10, June 14, July 26, August 23 OR September 13; 7 to 9 p.m.

Cost: \$10

Working Mothers and Breastfeeding

When: Thursdays, March 22, May 24, August 2 OR September 27; 7 to 9 p.m.

Cost: \$10

Breastfeeding Support Group

When: Wednesdays, May 16, June 20, July 18, August 15 OR September 19; 7 to 8:30 p.m.

Cost: FREE

CPR for Family and Friends

When: Sunday, June 24; 9 a.m. to 1 p.m.

Cost: \$35

Sibling Preparation Class

When: Tuesdays, April 10, June 5 OR August 7; 6:30 to 8:30 p.m.

Cost: \$10; note: Class meets at the Health Center information desk.



Dads Make a Difference!

When: Mondays, June 4 OR September 24; 7 to 9 p.m.

Cost: \$10

So, You're Going to Be a Grandparent!

When: Tuesday, July 31; 7 to 9 p.m.

Cost: \$10

Maternity Tours

Tours of the maternity floor are included in all Labor Prep classes, but for those who cannot attend class, Saint Vincent will schedule a special tour. Just call **814/866-4817**.

Implant Offers Relief from “Leaky Pipes” and More



“This procedure is tremendously liberating for patients who have been literally enslaved to the bathroom.”

—Peter Lund, MD

Calcium Supplements Are Not All Equal

Many women take calcium supplements to help protect their bones and prevent osteoporosis. But not all supplements contain the same kind of calcium. Nor do they affect the body the same way.

Eighteen women ages 45 and older took regular doses of a supplement containing calcium citrate for a set period of time. After a one-week break, the women took a second supplement. This one contained calcium carbonate. The women absorbed more of the bone-boosting mineral when they took calcium citrate. The women had 2 ½ times as much calcium in their blood when they took calcium citrate as when they took calcium carbonate.

Test your bone density: Call the Saint Vincent Women’s Center for your bone densitometry test today at 814/452-5228.

A picnic. A drive in the country. A walk in the park. For most, these activities are no big deal. But for people dealing with urinary problems, such as overactive bladder, frequent urination and urge incontinence, simple activities such as these are often too stressful to even consider.

Through a new system offered at Saint Vincent, people with these problems, as well as those suffering from urinary retention and other issues, are getting relief—and freedom to enjoy everyday activities—through InterStim therapy.

What InterStim Does

InterStim therapy helps control urinary problems through an implanted device that sends mild electrical impulses via a lead—a thin wire—to the sacral nerves that control the bladder, sphincter and pelvic floor muscles. Physicians have referred to the InterStim system as a pacemaker for the bladder. It is a totally reversible treatment that can be discontinued at any time, and its effectiveness can actually be tested on the patient in the doctor’s office *before* the patient and physician commit to implanting the device.

If the test shows the InterStim will work on a patient, it is permanently placed through a minimally invasive procedure. The patient generally feels only a gentle tingling sensation, which he or she adapts to fairly quickly. The levels of stimulation can be adjusted when needed.

Helps Patients Get on with Their Lives

“This procedure is tremendously liberating for patients who have been literally enslaved to the bathroom,” says Peter Lund, MD, one of two Saint Vincent urologists who perform the procedure. “They feel an improvement right away. . . as quickly as in the recovery room. They can just hop in the car and go for a long drive without having to worry about where the next bathroom is.” ♦

For more information or to learn if you’re a candidate for InterStim therapy, call 814/452-4214.



Saint Vincent Medical Staff Continues to Grow

Saint Vincent is proud to announce the following additions to its medical staff, continuing its tradition of attracting excellent physicians to serve the medical needs of the region.



Jacob Agris, MD, PhD
Interventional Neuroradiologist
Saint Vincent Neurosurgery
1910 Sassafras Street, Erie
814/452-7809



Ronald Bonfiglio, MD
Physiatrist
Saint Vincent Neurosurgery and Spine Center
1910 Sassafras Street, Erie
814/452-7809



Christopher Cirino, DO
Infectious Disease
Saint Vincent Infectious Diseases
2314 Sassafras Street, Erie
814/456-6194



George Dulabon, MD, FACS
General Surgery Greater Erie
Niagara Surgery
2626 Sigsbee Street, Erie
814/454-1142



Bruce Gebhardt, MD
Family Medicine
Saint Vincent Family Medicine Center
2314 Sassafras Street, Erie
814/454-4484



Thomas Pokabla II, DPM
Podiatric Surgery
Penn North Podiatry and the Saint Vincent
Wound Clinic
232 West 25 Street, Erie
814/452-7878



Jaime Steinsapir, MD
Endocrinology
Metabolic Disease Associates
300 State Street, Erie
814/452-2218

REPEAT PERFORMANCE!

Once Again, Saint Vincent Earns Best Places to Work in PA Honors



Saint Vincent moved up the charts from 19th to 12th in the annual Best Places to Work in PA awards program. Companies of all types completed the two-part process to determine the 100 Best Places to Work in PA. Judges rigorously reviewed Saint Vincent's policies and surveyed responses from randomly selected associates.

Saint Vincent is one of only two businesses in Erie to make the Best Places list. Saint Vincent ranked 12th, and Stairways Behavioral Health ranked 15th in the large-size company category. Mayor Joseph Sinnott and county executive Mark DiVecchio joined Saint Vincent and Stairways associates and administrators in celebration of this great achievement for our community. ♦

BEST PLACES to work in PA 2006

Would you like to work for one of the Best Places to Work in PA? Call a Saint Vincent employment recruiter at **814/452-7208**.

Procedure Blocks Pain

from Knee Surgery



As a young student at Erie's Cathedral Preparatory School back in the early '70s, Tom Fessler, MD, learned a lot about biology from then-teacher Michael Andrae. Late last year, Andrae learned from Dr. Fessler—now a Saint Vincent orthopedic surgeon—something he never knew. He could have a knee replacement with virtually no pain.

Patient Michael Andrae with orthopedic surgeon and former student, Tom Fessler, MD.

Dr. Fessler performed a total knee replacement on each knee of his former teacher in November 2006. Prior to the surgery, anesthesiologist Edward Podufal, DO, utilized a technique called a femoral nerve block. He placed a small catheter in Andrae's groin area next to the femoral nerve prior to surgery, administering anesthesia through the catheter to the nerve to decrease pain both prior to surgery and during the 48 hours that followed. Because of the nerve block, Andrae, 64, had no need for the pain medications—such as morphine—that are commonly used. This also enabled Andrae to begin postoperative physical therapy sooner.

“On a scale of zero to 10 with zero being pain free, my pain after the surgery was a zero. I couldn't believe how well it worked. I was in physical therapy the next morning and walking down the hall the next afternoon with no discomfort,” Andrae says.

Andrae reports the knee replacement has changed the quality of his life and that he looks forward to a return to bicycling and possibly running as soon as he's recovered. And for the books, Andrae believes Dr. Fessler—as well as Dr. Podufal and the anesthesia department, his Saint Vincent nurses and physical therapists—deserve good grades for the care they've provided.

“They all get straight A's,” he says. ♦

NO NEED TO TRAVEL FOR THYROID SURGERY

For Myrna Quinones of Erie, learning she had thyroid cancer was hard enough. The prospect of having to travel out of town for the surgery to remove it was overwhelming. Then Quinones learned she could have the surgery right here in Erie, thanks to the surgeons at Saint Vincent's Greater Erie Niagara Surgery. She had the procedure, followed by radioablation treatments—a radioactive iodine therapy to destroy any remaining cancer cells—and one year later, she is cancer free.

“I had my surgery in Erie instead of traveling to Pittsburgh so that my family could visit me here,” says Quinones. “Now the cancer is gone.”

For more information on the procedure, call Greater Erie Niagara Surgery at 814/454-1142.



Learn more at one of Saint Vincent's Enjoy Life without Hip or Knee Pain classes. Call 1/800/326-8080 to register.

Health Briefs



Tee Up for Health

Unlike some other sports, golf remains a great option for older adults. It's a safe, social and pleasurable activity that places low demand on the body.

Studies show that older people can benefit from moderate exercise of long duration. And that's just what golf has to offer. A typical 18-hole round of golf involves about a four-mile walk.

But walking is the key. If you use a cart, you miss out on the benefits. The walking during a golf game has been shown to help blood cholesterol levels. And golfing may relieve lower back pain. Plus, walking a golf course can reduce weakness and increase coordination, which may cut the risk of falls.

While generally quite safe, golf may not be suitable for people with certain medical conditions. Check with your doctor before adding golf to your exercise routine.

Is there a topic you'd like covered in *Vitals*? Tell us! E-mail your ideas to molewis@svhs.org or call **814/452-7271**.

Unruly Behavior May Signal Asthma

Behavior problems, such as temper tantrums and toilet-training troubles, may be warning signs of childhood asthma. Researchers followed 265 children ages 35 months to 53 months who had been diagnosed with skin allergies, which boost the odds of developing asthma. Those children who acted out more often were more likely to go on to be diagnosed with asthma. If you're concerned about your child's behavior and asthma risk, talk to your child's doctor.



Cancer Information

Want to learn more about Saint Vincent's Cancer Care Center and its services, capabilities and physician champions? Call **814/452-5706** for our FREE publication, *Innovations in Cancer Care*.

WANT HEALTH INFORMATION?

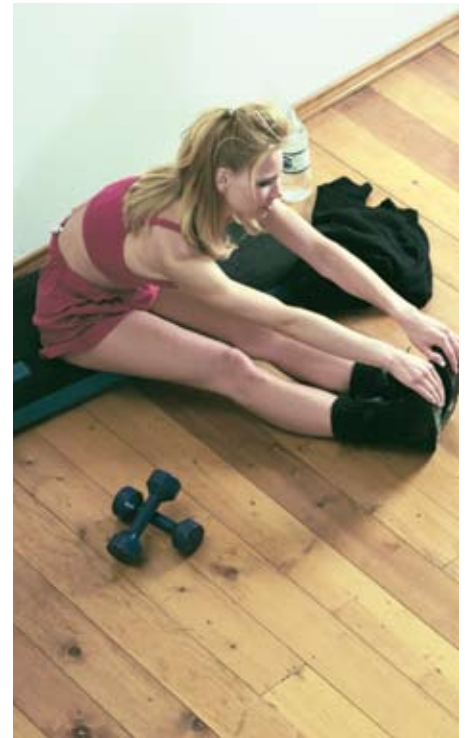
If you're interested in receiving any of the following publications, you can request them in three ways. Either fill out and mail the coupon below, e-mail vrupert@svhs.org or call **814/452-5706** to let us know what information you'd like to receive. Please send me information on the following (check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Saint Vincent physician directory | <input type="checkbox"/> Streamlined Breast Diagnostics |
| <input type="checkbox"/> Restorative Medicine for achieving a better quality of life | <input type="checkbox"/> Sports Medicine care for active individuals |
| <input type="checkbox"/> Body Mapping for injury assessment and performance enhancement | <input type="checkbox"/> Innovations in Heart Care |
| | <input type="checkbox"/> Innovations in Cancer Care |

Name _____

Address _____

City _____ State _____ ZIP _____



Saint Vincent Sports Medicine

Moves to Yorktown Centre

The region's best one-stop shop for sports medicine, physical therapy, imaging and restorative medicine is now centrally located in the Yorktown Centre on West 12th Street just west of Pittsburgh Avenue and across the street from the Regional Cancer Center. Saint Vincent Sports Medicine has moved from its longtime Summit location to a beautiful new facility more than double its previous size increasing patient access and convenience. It is located directly adjacent to the Saint Vincent Imaging Center, ACL and is

sharing space with Rehab Solutions.

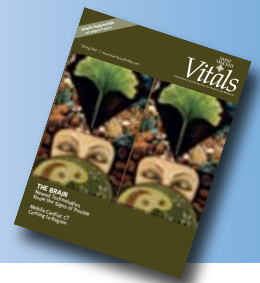
The new 7,200-square-foot space features 12 exam rooms, a specialized area for body mapping, a Rehab Solutions area with three treatment rooms, a gym with 20-foot ceilings, a walking track and treadmills for physician-monitored gait analysis.

Most important, the center is staffed by the region's only board-certified sports medicine physicians and a group of orthopedic surgeons. Saint Vincent Sports

Medicine offers weekend and evening hours and free parking. ♦

FREE HOT/COLD PACK!

Stop in for a look at the new center and bring a copy of this magazine and you'll get a FREE hot/cold gel pack.



Saint Vincent Health Center
We know how to treat people.™
 232 West 25 Street
 Erie, PA 16544

Postmaster: Please deliver between
 March 12 and 16.

Nonprofit Org.
 US Postage
PAID
 Saint Vincent
 Health Center



Monica Lewis, Editor
 Sonya Pyle and Amy Carlson, contributing writers
 Cover art by Susan Stone

A Good Health Magazine from Saint Vincent, *Vitals* is published twice a year by Saint Vincent Health Center. The information in this newsletter is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2007 Printed in the U.S.A.