

# Healthy Living

## HIGHLIGHTS



### UPMC Altoona

620 Howard Ave.  
Altoona, PA 16601

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## Our Regional Locations

Bedford, Blair,  
Cambria, Centre, and  
Huntingdon counties

### UPMC Altoona

620 Howard Ave.  
Altoona, PA 16601  
814-889-2011  
[UPMCAaltoona.com](http://UPMCAaltoona.com)

### Station Medical Center

1516 Ninth Ave.  
Altoona, PA 16602  
814-889-2011  
[UPMC.com/AltoonaOutpatient](http://UPMC.com/AltoonaOutpatient)

### UPMC Outpatient Center in Ebensburg

152 Zeman Drive  
Ebensburg, PA 15931  
814-471-2200  
[UPMC.com/EbensburgOutpatient](http://UPMC.com/EbensburgOutpatient)

### Logan Medical Building

800 S. Logan Blvd.  
Hollidaysburg, PA 16648  
814-889-2011  
[UPMC.com/HollidaysburgOutpatient](http://UPMC.com/HollidaysburgOutpatient)

### UPMC Bedford

10455 Lincoln Highway  
Everett, PA 15537  
814-623-6161  
[UPMCBedford.com](http://UPMCBedford.com)

### Primary & Specialty Care Practices

Located across the region  
1-800-533-UPMC (8762)  
[FindADoc.UPMC.com](http://FindADoc.UPMC.com)

### UPMC ALTOONA

Emergency Services/Level II Trauma Center, Primary Stroke Center, General & Specialty Surgery, Heart & Vascular Institute, Hillman Cancer Center, Imaging Services, Labor & Delivery, Laboratory Services

### UPMC BEDFORD

Acute Stroke-Ready Certification, Centers for Rehab Services, Emergency Services, General Surgery, Heart & Vascular Institute, Imaging Services, Laboratory Services

### Station Medical Center in Altoona

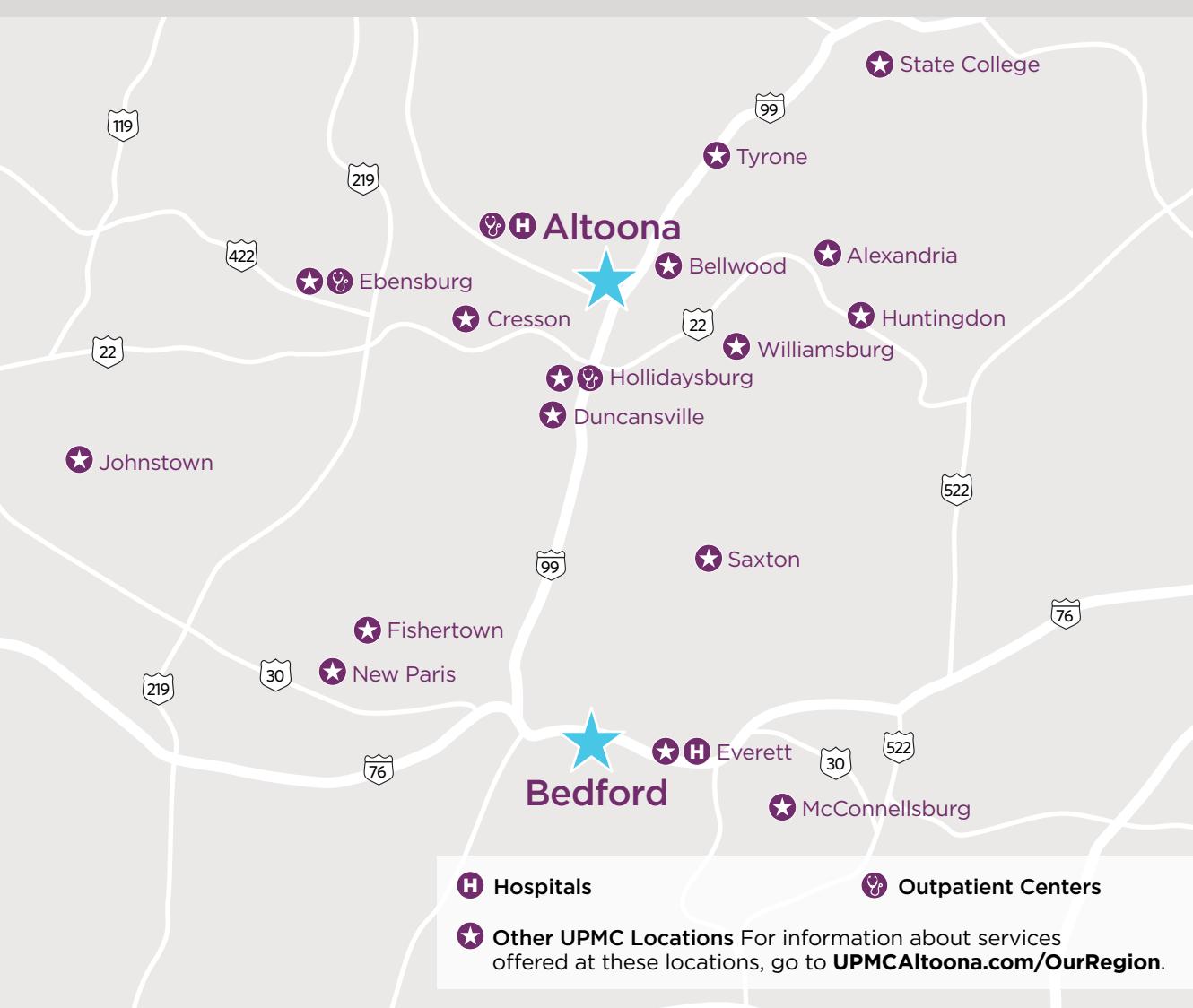
Centers for Rehab Services, Heart & Vascular Institute, Imaging Services, Laboratory Services, Primary Care, Specialty Services

### Outpatient Center in Ebensburg

Centers for Rehab Services, Heart & Vascular Institute, Imaging Services, Laboratory Services, Primary Care, Specialty Services

### Logan Medical Building in Hollidaysburg

Centers for Rehab Services, Imaging Services, Laboratory Services, Primary Care, Specialty Services



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## Meet Jan Fisher

President, UPMC Altoona and UPMC Bedford

Health care has always been at the heart of Jan Fisher's professional career. She worked as a registered nurse before earning an advanced business degree and moving into hospital administration. Prior to her recent appointment as president of UPMC Altoona and UPMC Bedford, Jan held a variety of hospital leadership roles, including chief operating officer of UPMC Susquehanna, executive vice president and chief operating officer of Laurel Health System, and president and chief executive officer of Soldiers & Sailors Memorial Hospital.

"It's exciting to be here, working with a team of health care leaders and caregivers who are focused on providing excellence in patient care and committed to growing our service offerings across the region," Jan says. "My husband and I have truly been enjoying becoming a part of the local community."

## Our Newest Location

### UPMC Outpatient Center in Ebensburg

When you're juggling the demands of home and work, it can be hard to find time to see your doctor or get a lab test done. UPMC Outpatient Centers make it easier to manage your health needs by bringing high-quality care right to your neighborhood.

**Services available at the Center include:**

- Behavioral health
- Cardiology
- Concussion treatment
- Dermatology
- Gastroenterology
- Imaging, including mammography
- Laboratory blood draws and sample collection
- Neurology
- Obstetrics and gynecology
- Orthopaedics
- Physical, occupational, and speech therapy
- Primary care
- Surgery (preoperative and postoperative office visits)



The UPMC Outpatient Center is conveniently located at 152 Zeman Drive (just off Route 22) in Ebensburg.

For more information or to make an appointment, call **814-471-2200** or visit [UPMC.com/EbensburgOutpatient](http://UPMC.com/EbensburgOutpatient).

*Check with your insurance provider to ensure that services at this location are covered under your plan.*

**Welcome** to the first issue of our *Healthy Living Highlights* newsletter, created to keep you updated on the range of services UPMC offers in Bedford, Blair, Cambria, Centre, and Huntingdon counties. Also included is our quarterly calendar of community events. Look for the next issue of *Healthy Living Magazine* this fall.

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## General Surgery at UPMC Altoona

The skilled board-certified surgeons at UPMC Altoona provide a wide range of high-quality, patient-centered inpatient, outpatient, and same-day surgical services, including minimally invasive (laparoscopic) and robotic procedures.

Our general surgeons provide care for a variety of conditions, either benign or cancerous, and particularly those affecting the abdomen and digestive organs, breast, and skin, including:

- Abscesses, fissures, and fistulas
- Anal incontinence
- Anal rectal pain
- Antireflux
- Appendix diseases
- Bowel obstructions
- Cancers
- Colon diseases
- Crohn's disease
- Diverticular disease
- Gallbladder diseases
- Hemorrhoids
- Hernias
- Inflammatory bowel disease
- Large bowel diseases
- Lesions and cysts
- Liver diseases
- Pancreatic diseases
- Polyps
- Rectal prolapse
- Small bowel diseases
- Stomach diseases
- Tumors, benign, and cancerous
- Ulcerative colitis

**“Due to various health issues, I’ve had four surgeries at UPMC Altoona in recent years, and I can’t say enough good things about the doctors, physician assistants, nurses, dietitians, and other staff who constantly went above and beyond to care for me during each of my procedures.**

**Dr. Newlin is easy to talk to and his staff is kind and caring. They bent over backward to get me in quickly for my surgeries and to get me on the road to recovery.”**

— Sandra Mater  
Tyrone

### Meet Our Surgeons



**Howard Black, MD**  
UPMC Altoona  
Cove Surgical Associates  
Vice President, UPMC Altoona  
Medical Staff



**George Cummings III, DO**  
UPMC Altoona  
Cove Surgical Associates



**Scot Currie, DO**  
UPMC Altoona Surgical  
Associates  
Also specializes in  
Bariatric Surgery



**Neil Kaneshiki, MD**  
UPMC Altoona  
Blair Surgical Associates  
Medical Director, Wound Care



**Matthew Newlin, MD**  
UPMC Altoona Surgical  
Associates  
Medical Director,  
Bariatric Surgery



**Stephen Schmidt, MD**  
UPMC Altoona  
Cove Surgical Associates

**UPMC Altoona**  
**Blair Surgical Associates**  
Located in Altoona  
814-942-6038

**UPMC Altoona**  
**Cove Surgical Associates**  
Locations in Roaring Spring,  
Altoona, Ebensburg, Tyrone  
814-224-2215 or 814-943-4937

**UPMC Altoona**  
**Surgical Associates**  
Located in Altoona  
814-889-7500

## UPMC Altoona Establishes Thoracic Surgery Program

**Rodney Landreneau, MD**, a pioneer in minimally invasive lung cancer surgery and the surgical management of mesothelioma, relocated to central Pennsylvania in 2018 to lead UPMC Altoona's first thoracic surgery program after spending nearly three decades working with the UPMC Department of Thoracic Surgery in Pittsburgh.

He is joined by **Argenis Herrera Garcia, MD**, a thoracic surgery specialist who completed both cardiothoracic surgery and advanced minimally invasive thoracic surgery fellowships at UPMC. Together they bring a full range of thoracic services to our region.

To schedule an appointment, call the UPMC Altoona Department of Thoracic Surgery at **814-889-4600**.

### What is thoracic surgery?

Thoracic surgery is a field of medicine that focuses on the treatment of diseases and injuries affecting the lungs, esophagus, trachea, and other organs and tissues in the chest.

At UPMC Altoona, our skilled thoracic surgeons perform highly complex procedures — most of which can be done with a minimally invasive approach that reduces the risk of blood loss, infection, and other complications, which often leads to a faster recovery.

Some of the conditions that can be treated at UPMC Altoona include:

- Achalasia
- Barrett's esophagus
- Bronchial/tracheal stenosis (with stents and laser therapy)
- Emphysema
- Esophageal cancer
- Esophageal diverticulum
- Esophageal stenosis (with stents and laser therapy)
- Gastroesophageal reflux disease
- Hiatal hernia
- Interstitial lung disease
- Lung cancer
- Mediastinal adenopathy
- Mediastinal mass
- Mesothelioma
- Myasthenia gravis
- Paraesophageal hernia
- Pleural effusions (benign and malignant)
- Pneumothorax

## Women's Health Services Expanding

**UPMC Magee-Womens Specialty Services** now has office locations in Altoona, Ebensburg, Everett, and Huntingdon

With new office locations in Altoona and Huntingdon and expanded care in Ebensburg, UPMC Magee-Womens Specialty Services is broadening access to its comprehensive obstetrical and gynecological services — delivered by trusted and familiar doctors and care teams.



### In Altoona

To better serve patients, the Altoona office of Magee-Womens Specialty Services has relocated to a larger and newly remodeled office space at 2918 6th Ave., Altoona (former offices of Dr. Bisacco and Dr. Opida).

### In Huntingdon

**Ralph Aldinger, DO**, and **Romona Shope, CRNP**, now see patients at Magee-Womens Specialty Services' Huntingdon office, located at 9492 William Penn Highway (Route 22). "We're bringing quality obstetrical care and gynecological services to our patients in a welcoming and comfortable setting, supported by the added resources and expertise of one of the nation's leading women's health programs," says Dr. Aldinger.

### In Ebensburg

**Amy Anderson, MD**, joins **Stacey Carlitz, DO**, in offering general obstetrics and gynecology and midlife care services at the UPMC Outpatient Center in Ebensburg. Both doctors also see patients in Altoona.

### Across the region

Women who are expecting can receive prenatal and postnatal care at any Magee-Womens location. Labor and delivery services are offered at the regional birthing center at UPMC Altoona. In addition to a full complement of ob-gyn doctors and certified nurse-midwives, the birthing center offers 24/7 anesthesia services, a Level II nursery connected by telemedicine to neonatologists at UPMC Children's Hospital of Pittsburgh, and a maternal fetal telemedicine service that connects high-risk patients with experts at UPMC Magee-Womens Hospital.

To learn more about UPMC Magee-Womens Specialty Services or to schedule an appointment, call **814-889-2626**.

## Our Newest Doctors



**Eric Ferguson, MD, PhD**  
Trauma Surgeon  
UPMC Altoona



**Claudio Lima, MD**  
Cardiac Surgeon  
UPMC Heart and Vascular Institute, Altoona



**Grant Phillips II, MD**  
Family Medicine  
UPMC Altoona  
Family Physicians



**Joseph Wendekier, DO**  
Hospitalist  
UPMC Altoona



**Tyshaun James-Hart, MD**  
Surgical Oncologist-Breast Surgeon  
UPMC Magee-Womens Specialty Services, Altoona



**Stephen Pandolph, MD**  
Family Medicine  
UPMC Primary Care, State College



**Mark Weiss, MD**  
Radiologist  
UPMC Altoona  
UPMC Bedford



To find a UPMC primary care doctor or specialist near you, call **1-800-533-UPMC (8762)** or visit [FindADoc.UPMC.com](http://FindADoc.UPMC.com).