

NEW LOOK

# Healthy Living

M A G A Z I N E



Celebrating  
**20**  
years  
of helping  
seniors stay fit

**Train to respond  
to trauma**

**Three smart ways to  
manage your medicines**

**UPMC Altoona**

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# Managing Your Meds

Whether you're among the millions of Americans who daily take prescription or nonprescription medicines (including aspirin, herbals, vitamins, and dietary supplements) — or you help manage them for those you love — there are three things you can do to avoid a dangerous drug interaction or overmedication.

## Make a list of everything you take

"Maintaining an accurate and up-to-date list of all medicines you take is vital to good medical care," says **Jill Breton**, director of the pharmacy at UPMC Altoona.

### Your list should include:

- All prescriptions you take, the prescribing doctor's name, and the pharmacy where they are filled
- All over-the-counter medicines you take
- The dosage of each medicine
- The time of day you take each one
- Whether the medicine is to be taken with food
- Food or beverages to avoid when taking the medicine

Keep this list in your wallet or purse, or on your smart phone, computer, or tablet; share copies with caregivers and family; and keep a copy at home where it can be found easily, like on the refrigerator door. Most of all, update it whenever there's a change. "If you're in an emergency situation and cannot respond, this information could save your life," adds Jill.

## Tell every doctor what meds you're taking

Many people take more than one medicine every day. If you see different doctors for different medical issues, be sure to share your list with each of them. "Combining drugs without letting every doctor know what else you take could be dangerous," says Jill.

For patients who use only UPMC doctors, hospitals, and providers, UPMC Altoona's eRecords system brings added peace of mind. In addition to comprehensive medical information, eRecords keeps the patient's medicine list, including drugs prescribed, dosages, and allergic reactions, in one place.

## Talk to your pharmacist

The pharmacist is an important member of your health care team. "When you have your prescriptions filled by the same pharmacy, the pharmacist has a more accurate record of your medicines and can better educate you," adds Jill. Use the important tips to the right when talking with your pharmacist.



### Here are a few important questions to ask your pharmacist:

- How and when do I take this medicine?
- Should I avoid other medicines, or certain foods or beverages?
- Can I take other medicines with this prescription?
- What are the potential side effects?

A complete list of questions to ask the pharmacist and reasons why they are important is available online at [UPMC.com/KnowYourMeds](http://UPMC.com/KnowYourMeds).

**PROGRAM ALERT**  
See calendar insert for details

Medication Management

PROGRAM ALERT  
See calendar insert for details

Healthy Steps in Motion (HSIM)

# More Than Just an Exercise Class

Healthy Steps in Motion is helping seniors keep fit, avoid falls — and stay connected to each other.

**Marg Beirlair**, who turns 90 in April, says the Healthy Steps in Motion class keeps her moving and active despite her arthritis. Class peer leader **Jill Currier**, 80, says the program's benefits extend beyond the physical, providing a social forum for members, who also get together for parties, picnics, and potluck dinners.

Healthy Steps in Motion is a wellness program designed and promoted by the Pennsylvania Department of Aging for adults age 55 and older. The free, low-impact weight resistance and strength training program focuses on improving balance, flexibility, and strength while also reducing the risk of falls. Exercises can be modified depending on skill level and mobility.

Classes offered by the Healthy Living Club meet three days a week, year-round, at the Abundant Life Assembly of God Church in Altoona. There is no fee to enroll, but registration is required.

**Tom Marra**, an exercise physiologist and regional director of cardiac and pulmonary rehabilitation for UPMC Altoona and UPMC Bedford Memorial, says the class offers significant health benefits.

"As we age, one way to slow down the decline in muscle mass and bone mass is exercise," he says. "In addition to maintaining mobility and strength, programs like this have an overall benefit on the body's various organ systems — improving numbers for cholesterol, blood pressure, and heart rate."

Some of the program's younger participants say they joined the class as a way to stay in shape as they near retirement age. But many of the more senior members say the exercises they practice in class also make daily tasks — like going up and down stairs, combing their hair, and chopping food — easier to perform. And they say it helps them maintain independence as they grow older.

Perhaps the best benefits are the friendships that develop among class participants. In addition to getting together for group activities, class members send cards when someone is sick or make phone calls to check on each other when someone misses a class.

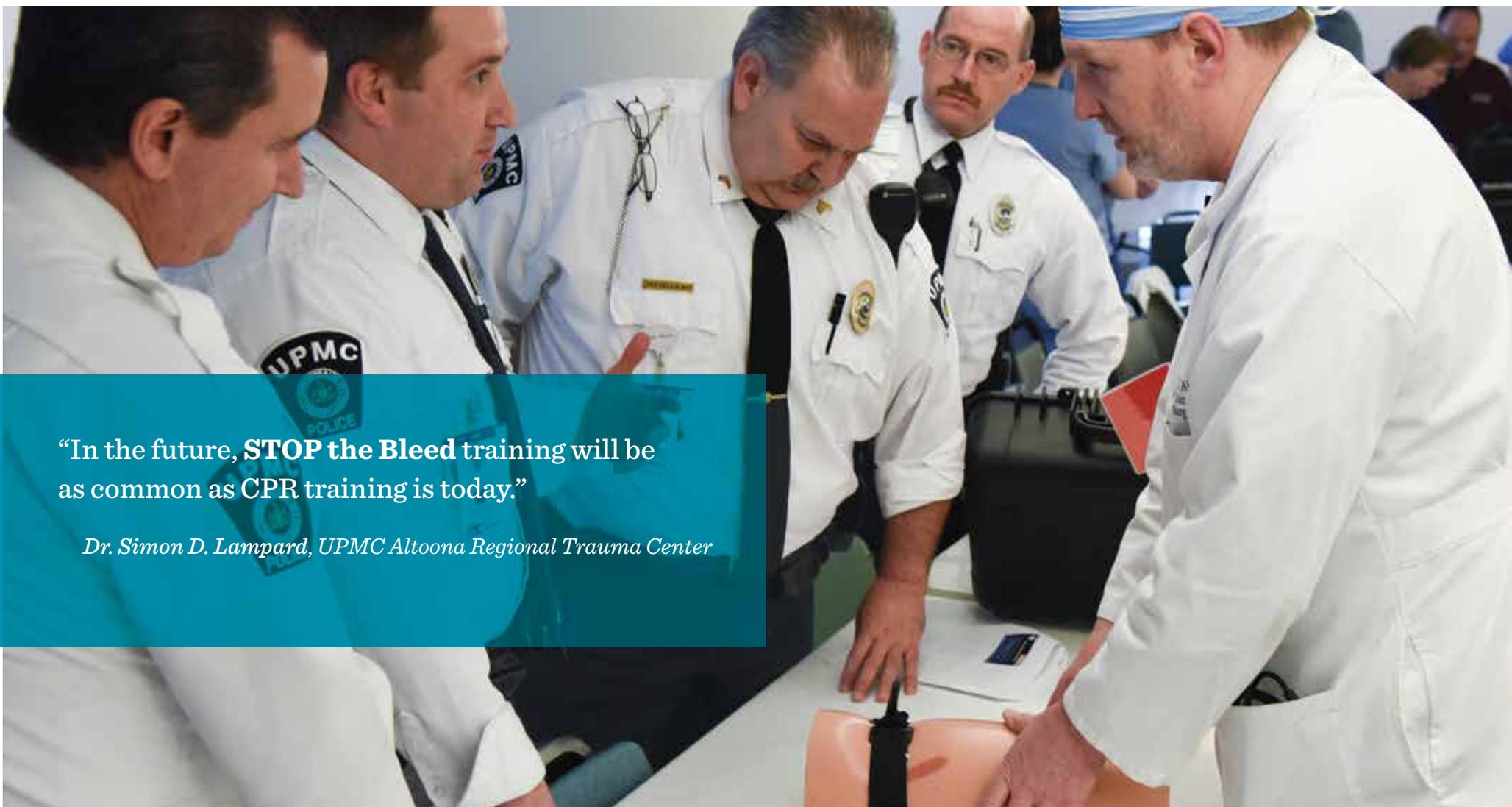
According to Tom, it's never too late to begin exercising, although it is important to consult a primary care doctor before beginning a new program.

To register for this fun, peer-led exercise program, call **814-889-2630** or toll-free **1-888-313-4665**.



For the past 20 years, area seniors have stayed active thanks to the UPMC Altoona Healthy Living Club and its Healthy Steps in Motion class. With a robust roster of participants — including five celebrating 90th birthdays this year and several who've been part of the class since it began in 1997 — the class is a testament to the benefits of regular exercise.





“In the future, **STOP the Bleed** training will be as common as CPR training is today.”

*Dr. Simon D. Lampard, UPMC Altoona Regional Trauma Center*

# STOP the Bleed

## Are you prepared to save a life?

Severe bleeding — whether caused by a serious automobile crash, a farming accident, or a gunshot — can kill someone in minutes.

### STOP THE BLEED KITS

In addition to the training, UPMC Altoona is placing bleeding control kits — containing gloves, dressings, tourniquets, and other supplies — in schools and, eventually, other public places. The UPMC Altoona Foundation recently gave \$10,000 to support this effort locally.

For more information about **STOP the Bleed** training, contact the UPMC Altoona Regional Trauma Center at **814-889-6098**.

UPMC Altoona’s Regional Trauma Center is taking part in STOP the Bleed, a national initiative aimed at training community members to save lives using tourniquets and direct pressure. UPMC Trauma Care System — which includes UPMC Altoona — has contributed \$1.3 million to implement the program in the tri-state area.

“These are lifesaving skills that anyone can learn in just an hour,” says **Simon D. Lampard, MD, FACS**, a trauma surgeon and medical director of the UPMC Altoona Regional Trauma Center, which has the largest service area in the state. “It’s buying time so an injured person has a chance to receive care at a trauma center.”

### Preventable deaths

A nationwide campaign of the Department of Homeland Security and the American College of Surgeons, STOP the Bleed was endorsed last fall by the White House. Its main focus is to train passersby, who are usually the first on the scene, to act quickly to stop bleeding and save lives.

“These are largely preventable deaths,” says Dr. Lampard. “Bleeding can be controlled or stopped by any trained bystander, much like anyone in cardiac arrest can be saved by someone with training in CPR.”

During the one-hour course, participants learn how to identify and control severe bleeding by using tourniquets, packing wounds, and applying pressure. They then get to practice on lifelike medical mannequins with simulated traumatic injuries.

### Training trainers

At UPMC Altoona, members of the Trauma Center staff have conducted “train the trainer classes” for first responders and other local health care professionals, so they can then teach these lifesaving skills in the community.

Trainers are working with local police to teach them how to control bleeding in victims, fellow police officers, and themselves. Trauma Center staff also plan to go to local schools to train teachers and staff.

“It’s a valuable skill set for anyone to have. Knowing how to use a tourniquet, pack a wound, and apply pressure can help you save a life — even your own,” Dr. Lampard says.

**PROGRAM ALERT**  
See calendar insert for details

**STOP the Bleed:**  
Are You Prepared to Save a Life?

# THE GUIDE

## to Healthy Living

### Tips to avoid injuries — and a trip to the Trauma Center

Accidents happen, but there are things you can do to prevent serious injury and a trip to a trauma center or emergency department. Dr. Lampard says motor vehicle crashes, falls, and sports injuries are common causes of trauma.

He offers these safety tips for you and your family:

#### TRAVEL SMART

- Never drink and drive, or ride with anyone under the influence of drugs or alcohol (substance abuse is involved in nearly half of all cases treated at trauma centers nationwide)
- Use your seatbelt at all times — and make sure your passengers are properly buckled, too
- Avoid talking on a cell phone while driving, and use a hands-free device when talking is a necessity
- NEVER text or email while driving (it's illegal in Pennsylvania)
- Wear a helmet when you ride a motorcycle or bike



#### FALL-PROOF YOUR HOME

According to the Centers for Disease Control and Prevention, 2.8 million older adults are treated in emergency departments each year for fall injuries — most often head wounds and hip fractures. To make your home safer:

- Remove tripping hazards like throw rugs or clutter
- Install handrails along stairs and grab bars in bathrooms
- Improve lighting with more lamps or brighter light bulbs
- Follow your doctor's orders and use your cane or walker



#### SAY NO TO ATVS

Nationwide, all-terrain vehicles seriously injure or kill more than 25,000 children under age 16 every year. The American Academy of Pediatrics recommends that parents prohibit children under 16 from riding on ATVs.



#### PLAY IT SAFE

All sports have a risk of injury. You can reduce that risk by wearing appropriate and properly fitting protective gear for your sport, including helmets, elbow guards, kneepads, wrist guards, protective cups, mouthpieces, and eyewear.



#### DID YOU KNOW?

Each year, UPMC Altoona Regional Trauma Center participates in community activities aimed at preventing injuries and promoting healthy living, including:

**The Prom Promise**, which simulates the chaos of a car crash, giving local high school students a realistic view of what can happen on prom night when alcohol is involved.

**Hard Head Helmet Fitting and Giveaway**, which distributes free bicycle helmets to kids and young adults from ages 1 to 20. UPMC Altoona Regional Trauma Center staff members also check helmets to make sure they fit properly.

# Connecting Children to Virtual Consults

## Telemedicine brings top pediatric surgeons close to home for area children

UPMC Altoona's growing number of telemedicine services now includes a new outpatient service providing pediatric surgical consults with specialists at Children's Hospital of Pittsburgh of UPMC — and that's great news for families of children who have special medical needs.



**Jerry Murray**, president of UPMC Altoona and UPMC Bedford Memorial, says the new pediatric surgery telemedicine service makes it “convenient and efficient” for Altoona’s pediatricians and primary care doctors to schedule consults with Children’s Hospital surgeons to determine the best care and treatment plan for children. It also allows young patients — once they return home after surgery — to connect with their surgeon for follow-up visits.

Regionally and around the world, Children’s Hospital is leading the way in the development of telemedicine services to meet the needs of young patients. “We’re excited to offer this new service. Through real-time communication, we’re bringing Children’s world-class pediatric surgeons to Blair County,” says Jerry.

### How does it work?

Parents can take their children to the UPMC Teleconsult Center at Station Medical Center in Altoona for a virtual visit with pediatric general and thoracic surgeons at Children’s Hospital. The service uses state-of-the-art, secure audio and video teleconferencing technology to connect patients with surgeons for new patient evaluations, follow-up care, and postoperative consultations.

“Children and their parents can actually see, hear, and interact with the surgeon in Pittsburgh during a consultation, while members of our medical staff at UPMC Altoona perform the exam and share their findings,” explains Jerry.

That means shorter wait times, less travel, and fewer missed work and lost school days. The pediatric surgery telemedicine service is available on the first Tuesday of each month. Talk to your doctor to learn more.

### The growing use of telemedicine at UPMC Altoona

In addition to pediatric surgical consults, UPMC Altoona’s Teleconsult Center offers outpatient clinical specialty services via telemedicine in breast cancer, fetal ultrasound reads, maternal fetal medicine, telestroke, liver/kidney transplant consultation, fertility services, diabetes care, and behavioral health.

Visit [UPMC.com/AltoonaTeleconsult](http://UPMC.com/AltoonaTeleconsult) to learn more.

# News from the UPMC ALTOONA FOUNDATION

## A Winter Splendor to Remember



UPMC Altoona President Jerry Murray with 2017 Health Care Honors awardees Cathy Sprouse, Dr. Vijay Janakiraman, and Ann Benzel

Nearly 900 guests attended UPMC Altoona Foundation's third annual Winter Splendor, raising \$87,000 to help care for uninsured patients. The evening's highlight was the presentation of Altoona Health Care Honors awards to **Ann Benzel** and **Vijay Janakiraman, MD**, both of Hollidaysburg, and **Catherine Sprouse, RN**, of Altoona. The three were recognized for their many years of service and generosity in support of the hospital and its patients.

The event, held at the Blair County Convention Center in January, also raised \$22,000 for the new UPMC Altoona Breast Health Center, located at Station Medical Center. Special thanks went to the efforts of **Bob Strawser**, the executive director of Mission and Patient Experience at the hospital — aka "Pink Bob," a crusader in the fight against breast cancer.

## Helping Prom Dreams Come True



This year's collection of gently used and new prom gowns received a boost from **Jacquelin Fabina, DO**, of Altoona Family Physicians. She donated 24 new prom

gowns to UPMC Altoona's effort to support the Blair County United Way's Glass Slipper Program.

The program supports prom goers unable to afford a gown, tuxedo, or other formal attire for their school's celebration.

## Opening Doors for New Careers Through Employee Scholarships

**Vijay Janakiraman, MD**, and **Manikam Sankaran, MD**, have contributed \$100,000 in scholarship support to help UPMC Altoona employees become cardiology technicians.

"It makes me very happy to give back to the community that has been so good to me during my many years of practicing as a cardiologist in Altoona," says Dr. Janakiraman.



Dr. Manikam Sankaran (left) and Dr. Vijay Janakiraman (right)



## Save the Date!

Dr. Sankaran, an internist, echoed those sentiments, adding, "I am very grateful for all that the community has done for me and I am pleased to be able to give back."

Interested employees can contact Greg Madison, manager of cardiology services, about eligibility requirements for the annually awarded scholarships.

## Grant Highlights

Recent grants awarded by the UPMC Altoona Foundation include:

### STOP the Bleed Initiative

\$10,000 to provide education and victim assistance kits to local schools and other venues where the public gathers. See page 4 to learn more about this important national initiative, led locally by UPMC.

### Healing Patch Program at Home Nursing Agency

\$85,000 to support children who have suffered the death of a close family member — most often a parent or sibling. "These children receive tremendous comfort from the Healing Patch staff, and they benefit from meeting others who are dealing with a similar loss," says **Tim Balconi**, president of the UPMC Altoona Foundation. "There is no insurance or government funding for this much-needed program that relies on a small staff and volunteers."



## Women's Night Out

Thursday, April 27  
The Casino at Lakemont Park

**Nancy Witter**, award-winning comedian, certified life coach, and author, will share her wit and humor through her show *All Grown Up... Now What Do I Do?*

Watch your mail for information and a registration form, or call **814-889-2011**.

**UPMC Altoona**

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PROFILE

**Dr. Mohammadi** grew up in Vancouver, Canada, and received her medical degree from Ross University School of Medicine. She completed residency training in internal medicine at the Milton S. Hershey Medical Center in Hershey, Pennsylvania. She then completed fellowship training in cardiovascular disease at the Hershey Medical Center and St. Luke's University Hospital in Bethlehem, Pennsylvania.

"I chose cardiology as a career because cardiovascular disease is the leading cause of death and disability worldwide, and I chose UPMC because it is one of the best hospitals for cardiovascular care," says Dr. Mohammadi. "And I'm very happy to be in this community. Bedford is beautiful, peaceful, and the people here are genuinely kind."

Dr. Mohammadi recently moved to the area and is accepting new patients at two office locations:

**UPMC Altoona Blair Medical Associates**  
814-946-1655  
in Altoona, and  
**UPMC Bedford Memorial Specialty Services**  
814-623-0831  
in Everett.

# Q & A

## Ask the Expert

**Maryam Mohammadi, MD**, is a board-certified cardiologist with UPMC Heart and Vascular Institute at UPMC Altoona, primarily seeing patients at UPMC Bedford Memorial. She specializes in the diagnosis and treatment of cardiovascular disease. Her areas of interest include echocardiography and nuclear cardiology.

**Q.**

**Is heart disease still the No. 1 killer of women?**

**A.** Yes. According to the American Heart Association, a woman dies nearly every minute from heart disease. It is also a leading contributor to disability. However, most women aren't aware that it is a major threat to their health.

**Q.**

**What are the signs of a heart attack in women?**

**A.** Some women who have heart disease may not be diagnosed until they have signs or symptoms of a heart attack. The most common heart attack symptoms are pain, uncomfortable pressure, squeezing, or fullness in the center of the chest. But women often experience other symptoms, including pain in the jaw, neck, shoulder, or back, heartburn, fatigue, or shortness of breath.

**Q.**

**What's the best way to preserve heart health and prevent heart disease?**

**A.** Following a heart-healthy lifestyle is your best defense against heart disease. That means you should quit smoking, get moving, lose weight, make healthy food choices, minimize your alcohol consumption, and know and control your blood pressure, blood sugar, and cholesterol levels.

**Q.**

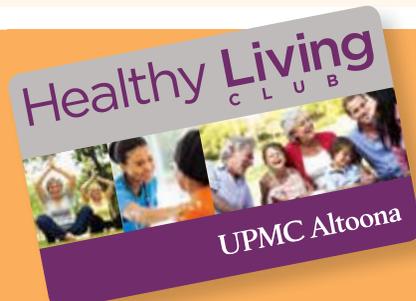
**What is a heart-healthy diet?**

**A.** Foods that are the foundation of a heart-healthy diet include fruits and vegetables, low-fat dairy, fiber-rich whole grains, and protein-rich foods like lean meats, fish, poultry, eggs, and beans.

**Q.**

**Is heart disease only a concern for older women?**

**A.** Heart disease affects women of all ages. For younger women, the combination of birth control pills and smoking boosts the risk of heart disease by 20 percent. And while the risks do increase with age, overeating and a sedentary lifestyle can cause plaque to accumulate and lead to clogged arteries later in life. Even if you lead a completely healthy lifestyle, being born with an underlying heart condition can be a risk factor.



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