

**Special Skills**

These orthopedic surgeons handle the toughest cases  
Page 4



**Smart Nutrition**

Scale the new food pyramid for a healthier you  
Page 5

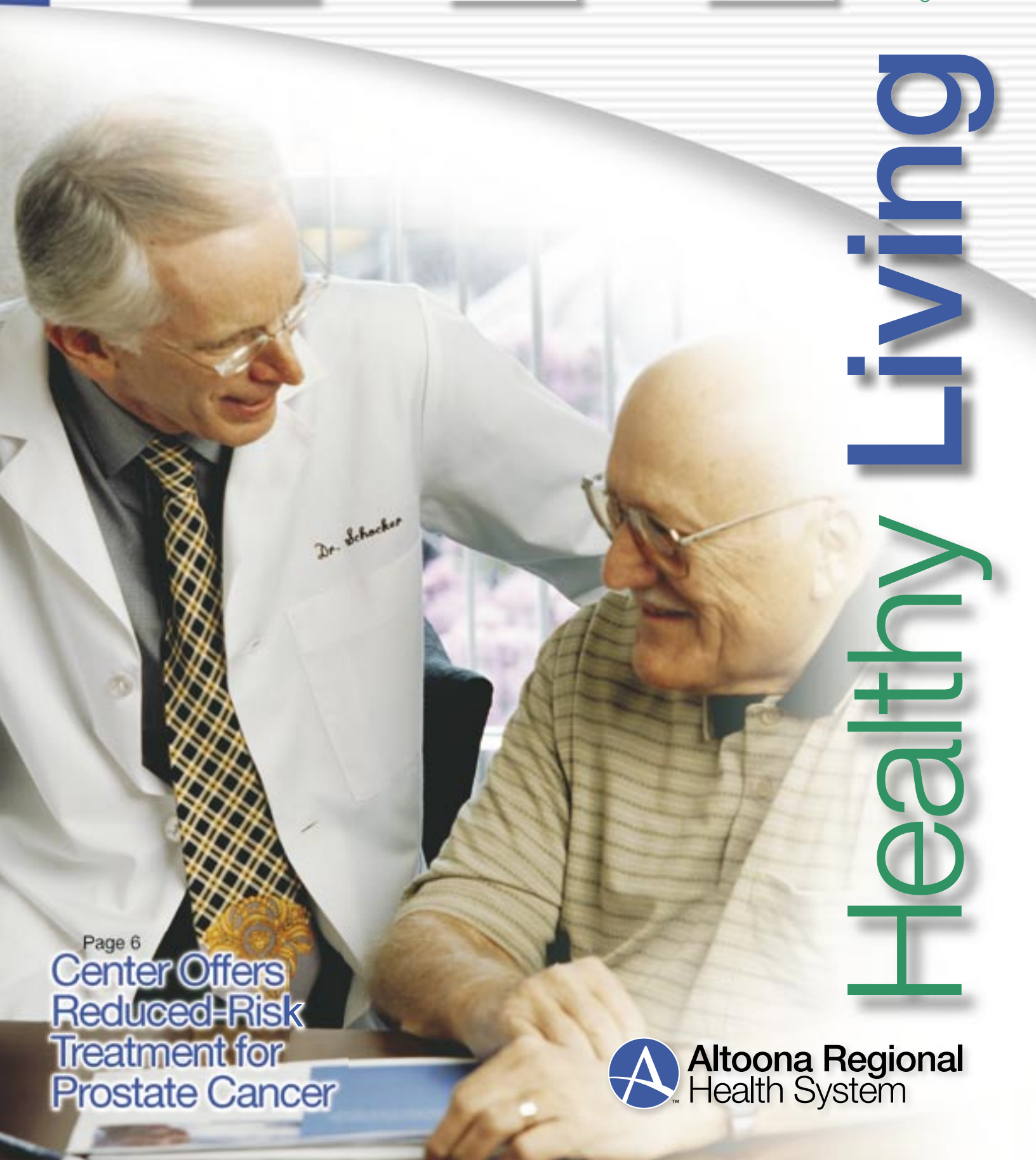


**Back in Action**

Loysburg man finds relief from chronic pain  
Page 8



Health News & Information for Healthy Living



# Healthy Living

Page 6

**Center Offers Reduced-Risk Treatment for Prostate Cancer**



**Altoona Regional Health System**

# Healthy Living

Altoona Regional Health System's Healthy Living Magazine is published four times a year by the Marketing and Communications Department.

Senior Vice President, Corporate Development  
Ronald J. McConnell

Director, Marketing and Communications  
Dave Cuzzolina

Staff Writers  
Patt Frank  
Jay Knarr  
Anne Stoltz

Design  
Barash Advertising, State College

For more information, please call or write to:

Altoona Regional Health System Marketing and Communications  
Altoona Hospital Campus  
620 Howard Ave.  
Altoona, PA 16601-4899  
814.889.2271  
814.889.3115 FAX  
info@altoonaregional.org



A message from  
Jim Barner,  
President/CEO

## Staying in touch with the community

Welcome to Altoona Regional Health System's Healthy Living Magazine.

This quarterly magazine is the flagship publication of our health system. Through Healthy Living we will speak to all ages about health and wellness, and how you and your family can get and stay healthy.

We will do that by showcasing not only the people and services of Altoona Regional, but also by featuring your friends and neighbors who have come to us for their health care needs. Theirs are the stories that will make Healthy Living Magazine entertaining as well as informative.

Our cover article on Bill Deininger of Tipton is a typical example. We are proud to launch our magazine with a story

out of our cancer center, which has been performing state-of-the-art therapy for more than 25 years. In coming issues we will feature all of our regional "centers of excellence."

Please watch for something else new and exciting from Altoona Regional Health System this fall. We're calling it the "Healthy Living Club," and it's for adults 18 and over who care about their health.

Regardless of your age or gender — if you are a woman who needs information on mammograms, or a young man with a family history of heart disease — the Healthy Living Club will be a must if you consider your health a priority. (See Page 3 for more information.)

Altoona Regional serves an area that extends to more than 20 counties in Central Pennsylvania. With more than 300 physicians and nearly 4,000 employees, and with two hospitals and a state-of-the-art outpatient surgery center, our health system has a lot of stories to tell. Good stories about people — the healers and the healed — that will both inspire and educate.

By bringing those stories to you, Healthy Living Magazine is one more way we are reaching out to the community. And one more way we are shining the spotlight on the doctors, nurses and many others who make our services what they are — second to none in this region.

Sincerely,

PS: Healthy Living Magazine is your publication.

We want to hear from you about how we're doing and whether there are topics you would like to see addressed.

Please call 814.889.2271 or e-mail us at: info@altoonaregional.org with your comments and suggestions. Thank you.



Altoona Regional Health System

### Altoona Hospital Campus

620 Howard Ave., Altoona, PA 16601

Main number and patient room information	814.889.2011	Education	889.2731	Respiratory Care/Pulmonary Services-Black Lung Program	889.2853
Behavioral/Mental Health	889.2141	Geriatric Assessment Program	889.2141	Trauma Center patient information	889.2153
Billing Department	889.2333 or 800.443.4050	Healthy Beginnings Plus	889.2677	TTY for hearing impaired	889.2276
Blair County Safe Kids	889.7802	Insurance Office	889.2333	Volunteer Services	889.2151
Breastfeeding Help Line	889.2310	Pastoral Care	889.2132	<i>Please note that the health system is standardizing the telephone exchange codes on the Altoona Hospital Campus to "889." This is to eliminate the confusion sometimes caused by having various exchange codes (946, 947, 949, etc.).</i>	
Childbirth Education	889.2754	Physician Finder Service (both campuses)	800.258.4677		
Customer Service (both campuses)	889.2393	Radiology appointments	889.6623		
		Release of medical records	889.2342		

### Bon Secours Hospital Campus

2500 7th Ave., Altoona, PA 16602

Main number	814.944.1681
Patient room information	949.4399
Billing Department	949.4540
Central Scheduling	949.4222
Release of medical records	949.4517
Human Resources	949.4334
Pastoral Care	949.4323
Poison Control Hotline	800.222.1222
TTY for hearing impaired	943.2334 and 949.4510

Altoona Regional  
plans new  
health and  
wellness program  
for community  
members...

# Healthy Living C L U B

will officially launch later this year!

This fall, Altoona Regional Health System will introduce its new health and wellness program for community members, known as the "Healthy Living Club."

The new program will take the place of all current health system programs, including PriorityCare and Women's HealthSource at the Altoona Hospital Campus, and Senior Partners at the Bon Secours Hospital Campus.

Details of the new "club," along with enrollment information, will be announced in the fall issue of this magazine. (See Page 11 for our Healthy Living activities for July, August and September.)

"Part of our mission at Altoona Regional is to promote healthy lifestyles for people in our community," said Dana Shade, program coordinator. "The Healthy Living Club will help you and your family get and stay healthy with first-rate, factual information, as well as valuable education programs, screenings and practical wellness services."

The Healthy Living Club will be for anyone 18 and over, and Dana said the 55-plus generation will be entitled to enhanced benefits.

"Anyone 55 and over will be eligible for our Club Gold option," Dana pointed out, "which will entitle members to all of the regular advantages plus some special benefits."

Joining Altoona Regional Health System's Healthy Living Club will be easy and free. But you can't join yet! Watch for information on how to enroll in the next issue of Healthy Living Magazine, coming this fall.

"We're very enthusiastic about the Healthy Living Club," Dana said. "It will be a great way for people to become a lot more knowledgeable about their own health and the health of the people they care about."

**We welcome  
your questions  
and suggestions.**

**Call us at  
889.2630 or  
1.888.313.4665**

But please remember,  
we cannot accept members  
until we officially announce  
the new program in the fall.



3

Community Education staff who will be assisting with the Healthy Living Club are (from left): Margie Burchfield, Sherry Turchetta, Dana Shade and Judy Hollern.

In a split second  
your life  
changes forever.

A reckless driver  
runs a red light  
and broadsides  
your car.

Complex  
orthopedic injuries  
— a crushed  
pelvis, hip and leg  
— force you  
out of town for  
critical treatment.



**Lexington Orthopedic  
Associates**  
An affiliate of Altoona Regional Health System

Call 814.889.3408  
Altoona Hospital Campus, OP3

# Putting bones AND LIVES back together

It may have happened a decade ago, but the pain and a limp linger.

If it happened today, you would no longer need to leave town.

Altoona Regional Health System now offers the highly specialized skills of two surgeons fellowship trained in orthopedic trauma, Abraham Appleton, M.D., and Deniz Baysal, M.D., of Lexington Orthopedic Associates.



Abraham Appleton, M.D.



Deniz Baysal, M.D.

It takes years of dedicated study and specialized training to attain the high level of expertise achieved by Drs. Appleton and Baysal.

Certified by the American Board of Orthopaedic Surgery, Dr. Appleton received his fellowship training in orthopedic trauma at UCSF/San Francisco (Calif.) General Hospital and completed his residency in orthopedic surgery at The Hospital for Special Surgery, New York.

Also board certified, Dr. Baysal did his orthopedic surgery residency at the University of Alberta, Canada, and his fellowship in orthopedic trauma at Parkland Memorial Hospital, Dallas, Texas.

In addition to intensive training, it takes performing a high volume of complex surgeries to keep skills honed, Dr. Baysal noted. That's why Altoona Regional's busy trauma program, which covers 20 counties, attracted him to central Pennsylvania. Not only can Dr. Baysal handle fractures beyond the expertise of most orthopedic surgeons, but he is also very proficient at hip and knee replacements as well as sports medicine.

"The system has made a significant investment in obtaining highly specialized equipment we need to perform complex orthopedic surgery. We also are impressed by the superior training and dedication of the nursing and support staff," Dr. Appleton said.

As their practice expands, the surgeons have the opportunity to schedule elective surgeries and are particularly interested in seeing patients with:

- **Non-unions (fractured bones that have not healed)**
- **Mal-unions (fractures that have healed with abnormal rotation, angulation or shortening)**
- **Post-traumatic arthritis (arthritis that begins after a bone is broken in a traumatic injury)**
- **Revision arthroplasties (correcting or replacing an artificial joint that has worn out, become infected, dislocated or loosened)**
- **Adult deformity correction**

"We had a patient whose problem didn't show up on any type of imaging," Dr. Baysal said, citing a case where technology doesn't tell the entire story. "When we went in surgically, we found exactly what the patient described. We have found that you always listen carefully to the patient. The patient will tell you what's wrong. Our job is to fix it."

This X-ray shows a complex pelvic fracture suffered in a motor vehicle accident. It was repaired using minimally invasive techniques and live X-ray guidance.





# Scaling the **PYRAMID** for a healthier you!



**PROGRAM ALERT:**  
What's New With  
the Food Pyramid?  
See Page 11  
for date, time.

For more information, visit  
[www.mypyramid.gov](http://www.mypyramid.gov)  
or  
[www.healthierus.gov/  
dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

The journey from the bottom of the food pyramid to its peak will no longer be the same for everyone thanks to the recent unveiling of the new, colorful MyPyramid.

Introduced by the U.S. Department of Agriculture in April, MyPyramid symbolizes a personalized approach to healthy eating and physical activity and helps Americans interpret the new federal dietary guidelines.

"It's important to educate people about what foods give the body the nutrients it needs to be healthy," says registered dietitian Randy Grabill. "Individuals can reduce their risk of several chronic diseases — such as heart disease, diabetes, osteoporosis

and certain cancers — by following healthy habits."

The guidelines describe a healthy diet for anyone over 2 years of age as one that:

1. Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
2. Includes lean meats, poultry, fish, beans, eggs and nuts
3. Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

"Overall, the American diet is not balanced," said registered dietitian Laura Vasbinder. "MyPyramid encourages Americans to eat more of the under-consumed foods, such as dark greens and whole grains, and eat less solid fats and added sugars."

The dietary guidelines emphasize greater consumption of foods that are naturally high in nutrients and low in calories.

Two key recommendations are to eat a variety of vegetables with a wide range of colors — dark green, deep yellow and orange — and to make at least three of your grain servings whole grains.

Another message to consumers is that not all fats are the same. Compared to monounsaturated or polyunsaturated fats (olive and fish oil), saturated fats and trans fats are most harmful.

Eating nutritious foods is not the only step in becoming a healthier you. According to Randy, exercise is being stressed

more than ever in response to the nation's obesity epidemic.

"Adults are encouraged to be physically active for at least 30 minutes most days of the week," he says. "Children and teenagers should be physically active for 60 minutes almost every day."

Randy advises anyone who begins their ascent of the pyramid to keep a few concepts in mind: "First, think moderation and variety with your eating. Second, especially in restaurants, choose reasonable portions. And last and most important, start with gradual improvements in your diet so that you can make the changes long term!"

## Tips from Laura & Randy

1

Make most — if not all — of your grains whole grains.

2

Vary your veggies.

3

Focus on fruit.

4

Eat calcium-rich foods.

5

Go lean with protein.

6

Find your balance between

## Don't give in when you eat out!

It's important to make smart food choices and watch portion sizes wherever you are. Try these tips:

- ▲ At the store, buy a variety of nutrient-rich foods for meals and snacks throughout the week.
- ▲ When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat/fat-free milk, water or other drinks without added sugars.
- ▲ In a restaurant, opt for steamed, grilled or broiled dishes instead of fried or sautéed.
- ▲ On a long commute or shopping trip, pack some fresh fruit, vegetables, string cheese sticks or a handful of unsalted nuts to help you avoid impulsive, less healthful snack choices.





Bill Deininger returned to playing golf two weeks after his treatment for prostate cancer.

Convenience and lower risk of side-effects convince a Tipton man to choose a newly offered treatment ...

# Implants add up for retired accountant with

A retired accountant, Bill Deininger of Tipton knows numbers. When he found out he had prostate cancer, he did his research and chose his treatment — permanent prostate implants.

The treatment consists of implanting radioactive iodine-125 pellets, or seeds, inside the prostate. To Bill, 76, and his physician at the Center for Cancer Care at Altoona Regional Health System, it was the way to go.

Bill's test result numbers fit the criteria that made him an ideal candidate for radioactive seed implantation, also known as brachytherapy. This therapy reduces the risks of potential side effects like impotence and urinary incontinence.



An avid golfer at Sinking Valley Country Club, Bill also liked that brachytherapy involved only five appointments, compared to the 25 to 40 visits over five to seven weeks that external beam radiation typically involves.

"I only missed two weeks of golf and that's only because the doctor said I had to take it easy," Bill said. "I felt like I could have played sooner."

As Bill perfects his golf swing, the seeds — smaller than grains of rice — will continue to battle the prostate cancer for one year.

"Brachytherapy — seed implant — for prostate cancer is rapidly becoming a treatment of choice for many men," according to Bill's radiation oncologist, Jack Schocker, M.D., medical director of Radiation Oncology. "So, it is a plus to have it available near home.

"Our method of treatment is similar to what is done at most of the larger centers. Some smaller community

**Above photo: Iodine-125 pellets, or seeds, are smaller than grains of rice. Here they are shown in comparison to a man's wedding ring.**



Cover: Jack Schocker, M.D., radiation oncologist, discusses the radioactive seed implantation procedure with Bill.

**PROGRAM ALERT:**  
New Treatment Options  
in Radiation Oncology  
See Page 11  
for date, time.

## Prostate exams can save lives

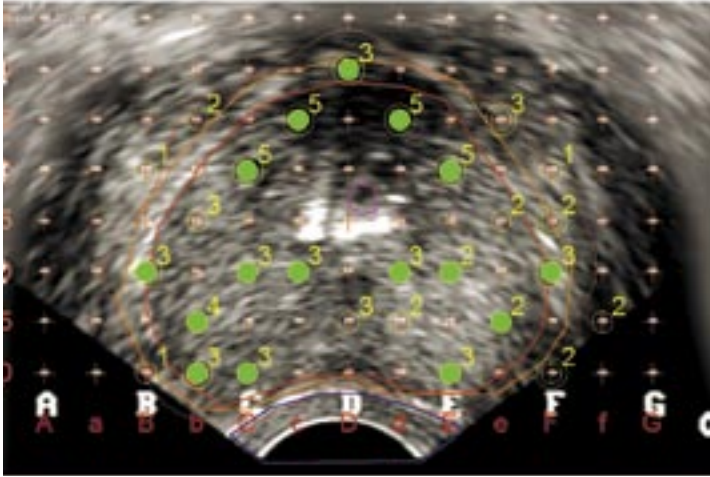
Most men shy away from their annual prostate exam, but Bill Deininger insisted on having his PSA blood test even when he had no symptoms.

And it may have saved his life. The test revealed he had a one in four chance of having cancer. A digital rectal exam and a needle biopsy confirmed the diagnosis.

**PSA Blood Test**  
Measures a protein (prostate-specific antigen) made by prostate cells. Elevated PSA levels may indicate a chance of prostate cancer. However, factors other than cancer can affect PSA levels, including having an infection in the prostate, taking certain drugs and getting older. Men with a high PSA will need further tests to find out if they have cancer, specifically the digital rectal exam and needle biopsy.

**Digital Rectal Exam (DRE)**  
The doctor inserts his gloved finger into the rectum to feel the prostate for irregularities or lumps. This exam is extremely effective in identifying a tumor and subsequently detecting cancer, even in the absence of symptoms.

**Needle Biopsy**  
This involves taking a small sample of prostatic tissue for examination under a microscope. This is the only test that conclusively confirms the presence of cancerous cells.



Typical image of an “ultrasound prostate contouring and seed implant simulation.” The number of seeds and their respective positions are optimized to provide the most effective treatment.

# prostate cancer.

hospitals do the procedure, but ‘borrow’ or ‘rent’ some of the technology or expertise. At Altoona, everything is done here, by our own full-time staff of well-trained and certified people. This includes everything from the ultrasound study, to the physics and planning, to the implant.”

A patient sees the radiation oncologist for a consultation and undergoes a pre-implantation study, during which the physicist and radiation therapist, using the latest in ultrasound technology, plot the best location for each seed. Depending on the size of the prostate, 60-125 seeds are implanted, said Chief Medical Physicist Greg Price, M.S. The prostate gland continually moves, so the seeds are given one month to “settle.” The radiation given off by the seeds is what eradicates the cancer. A CT scan is taken and a consultation held to go over the results. In all, it takes five visits.

The prostate is a walnut-shaped gland located in front of the rectum, just below the bladder, that plays an important role in the male reproductive system. The procedure to insert the seeds is done in the operating room with Dr. Schocker, the physicist, a radiation therapist and the patient’s urologist present. Once the patient recovers sufficiently from the anesthesia, he can go home, often in only two to four hours.

Bill had the seeds implanted on a Friday and experienced some mild swelling and discomfort.

He did not need pain medication. He returned to normal activities after two weeks. “I expected it to go well, but I didn’t expect it to turn out as well as it has,” Bill said.

For men who don’t meet the criteria or prefer an alternative, external beam radiation therapy with IMRT is an excellent alternative, Dr. Schocker said.

IMRT stands for Intensity Modulated Radiation Therapy and allows for stronger, more effective doses of radiation to be directed at a tumor while causing fewer side effects. It limits damage to surrounding tissue and organs, which makes it ideal for prostate treatment, in which the rectum and bladder are easy targets for stray radiation.

“This is also done entirely in-house by our own staff and is another excellent treatment choice for prostate cancer,” Dr. Schocker said.



**Altoona Regional  
Health System**

**Center for Cancer Care**

Contact: 1.800.870.4660 or 814.889.2400  
Jack Schocker, M.D.  
Altoona Regional Center for Cancer Care  
Altoona Hospital Campus  
Radiation Oncology Department, OP 4

Loysburg man  
stands tall after  
procedure eases  
his unbearable

# Back PAIN

Paging through the family photo album, a shadow passes over Tim Reasy's face as he remembers when severe, chronic back pain plagued his life.

The unrelenting pain started when he was only 19, caused by a genetic disorder that also afflicts Tim's three brothers, a sister and two nephews. His late father, a dairy farmer, had the disease, as did a brother who is now deceased.

"You can see the pain on my face and in my eyes," the 39-year-old Loysburg man was saying.

"I can't even straighten up. I'm all hunched over in the pictures."

Tim's "degenerative disc disease" causes his spinal discs to bulge with excess tissue, putting pressure on the spinal nerves and causing muscle spasms.

His relief came from a state-of-the-art procedure performed by pain management specialist Michael Drass, M.D., medical director, Allegheny Pain Management, called "nucleoplasty." Using digital X-ray technology, a superheated needle is inserted into the center, or nucleus, of the disc, and the excess tissue is vaporized, easing the pressure in the disc and on the nerves.

"The best candidates for this procedure have bulging discs in the lower back," Dr. Drass explained. "The discs have not herniated

beyond the point of no return. A lot of people have severe chronic back pain but aren't candidates for surgery."

Nucleoplasty is an alternative tried when more conservative treatments have failed, Dr. Drass said. Tim had been through countless hours of physical therapy, various pain medications, steroid injections and nerve blocks. These provided some temporary relief initially, then lost their effectiveness. Tim found himself in excruciating pain, unable to work for the six months before the procedure.

Barely able to lift himself onto the gurney for the nucleoplasty, Tim had significant pain relief within 48 hours and was standing straight. He returned to work two weeks later.

"I had no stitches, no nothing," he said. "I felt better and better each week."

A patient with a desk job often returns to work within 48 hours, Dr. Drass said. Tim's recovery time was longer because of the severity of his condition and the amount of heavy lifting he did as a material handler at Veeder-Root. He has since become a silk screener at the company — a change he made to preserve his back.



Tim enjoys a playful moment with his daughter, Mariah.



Michael Drass, M.D.

Nucleoplasty creates no scar tissue, Dr. Drass said, because no incision is made. The outpatient procedure is performed under mild sedation delivered through an intravenous line. By eliminating the risks of an open incision, the procedure is ideal for patients with other conditions, such as diabetes, who may have trouble healing.

There is no cure for Tim's

degenerative disc disease and it continues to affect him, although it no longer rules his life.

"I still have some pain, but it is nothing like I used to have," he said. "Sometimes I push my body too hard. Then, it reminds me to back off and slow down."

Contact Info: 814.940.2000  
Michael Drass, M.D.  
Allegheny Pain Management  
Station Medical Center  
17th Street and 9th Avenue  
Altoona





Dylan McCaulley enjoys being rocked by his mother, Amber Clark, while father Richie McCaulley enjoys the moment. With the family are Kristen Grine, D.O., (right, with one of the age-appropriate books) and Terry Ruhl, M.D.

Unimpressed by his status as the first baby born in a nationwide pilot program that promotes physician, parent and child bonding, newborn Dylan McCaulley yawns and nestles into the arms of his father on the sofa. Dylan's mother kneels on the living room floor of their Altoona home with their family physicians, assembling a new rocking chair.

Dylan and his parents, Richie McCaulley and Amber Clark, both 18, have the distinction of being the first recipients of a glider rocking chair presented by the Altoona Family Physicians Residency (AFP) of Altoona Regional Health System. The free chair is made possible through the American Academy of Family Physicians Foundation and the Rocking Chair Project. AFP is one of four residencies selected as a pilot site from 459 family medicine residency programs in the United States.

The Rocking Chair project began when Trish and Mike Magee, M.D., of Boston gave rocking chairs to needy mothers in honor of their granddaughter Anabella's birth, through their daughter-in-law, Susanna Magee, M.D. Because of positive feedback from the family medicine residents, the nonprofit organization was founded. It provides glider rocking chairs free to economically disadvantaged mothers to help them nurture themselves and their babies during the crucial early months.

"For the parents and child, the gift is the concrete expression that people care about them," said Elissa J. Palmer, M.D., director of AFP. "For the resident physician, this is a formative experience meant to reinforce key values of humanistic medicine, including compassion, understanding and partnership."

Terry Ruhl, M.D., an AFP faculty associate director, said AFP added its own twist to promote literacy. Each family receives a set of age-appropriate books to be read to the infant while rocking. Funds to buy the books were raised by AFP in collaboration with the Cambria County Chapter of Medical Assistants.

"This is such an incredibly generous thing to do," Amber said. "We are so appreciative to both our families for their support. Dr. (Kristen) Grine (D.O.) and Dr. Ruhl were just wonderful during my labor and delivery. They took the time to answer all our questions."

Physician residents join unique national program...

# SoftROCK

"Richie didn't miss a single prenatal visit and that's impressive," Dr. Grine said of Dylan's dad. The new parents were high school seniors who worked part time on weekends. They alternated living between their parents' households until a third floor could be remodeled at the McCaulley home.

Early some mornings, Richie's mother, Betty McCaulley, finds her son sprawled on the couch, Dylan resting on his chest. She said, "I'll ask Richie, 'Why didn't you wake me?' And Richie says, 'Mom, I have to learn to take care of him myself. We're not going to be living with you forever.'"

By now on the living room floor, the eighth and final screw has been tightened on the rocker. Cushions placed, the family gathers as Amber tentatively lowers herself onto the rocking chair. She starts to rock ... Dylan snuggles in for a nap ... and a satisfied grin spreads across his dad's face.



The Rocking Chair Project builds upon the Magees' desire to provide new mothers with a rocking chair to nurture themselves and their babies.



## haunts the unaware, the apathetic...

“It could never happen here. That stuff only goes on in the big cities. Our town doesn’t have a hepatitis C problem.”

These are common health misconceptions that resonate throughout small towns and midsize cities in America.

The Centers for Disease Control and Prevention estimates that by the year 2014 hepatitis C will be a pandemic, affecting an extraordinarily high number of people over a large geographic area — including Altoona and many of the once-sheltered small towns dotting our region.

Altoona Regional Health System is anchoring a movement to build hepatitis C awareness, education and research in the hopes of stopping this stealthy and ruthless disease.

As part of a yearlong hepatitis C education effort, Altoona Regional has teamed with the Blair County Healthy Communities Partnership, a committee of the Blair County Health and Welfare Council, to sponsor the “Hep. C ‘05 Campaign.”

“The goal of this program is to promote testing, prevention and education of Hep. C among not only area residents but also the local health care community,” according to JoEllen Steinbrunner, project chairperson.

Hepatitis C is a virus that attacks the liver, causing

cirrhosis or scarring and liver failure. And if the threat of chronic liver disease wasn’t enough of a health risk, on Feb. 5 the hepatitis C virus was added to the U.S. government’s list of cancer-causing agents.

Hepatitis C’s truly dangerous characteristic is its ability to evade medical diagnosis, as well as widespread public attention. In fact, the physical symptoms of hepatitis C, known as “the ghost virus” and “the silent killer,” may not become apparent to an infected person for 10 or 20 years, according to Linda Winston, an infection control specialist with Altoona Regional Health System.

Some of the signs and symptoms of liver disease include jaundice (yellowing of the skin and eye); pruritus (itching all over the body); dark, tea-colored urine; weight loss; decreasing energy and fatigue; easy bruising and bleeding (bleeding gums or frequent nosebleeds), and mental confusion.

“Because only a small percentage of people with hepatitis C develop medical conditions outside the liver, recognizing the signs and being screened is often the only way someone who participated in

risky behavior can be sure they have the disease,” Steinbrunner said.

Hepatitis C is spread by direct contact with infected blood, often through actions known as “high-risk behaviors.” Injecting illegal drugs is the most frequent way hepatitis C is spread, and Blair County’s rise in hepatitis C cases coincides with a rise in heroin use among substance abusers.

Tattoos and body piercing are also high-risk behaviors, as well as sharing needles or razors with someone who might be infected.

Exposures also can occur during dialysis or blood transfusions or in solid organ transplants before 1992. And health care workers or people who work with blood have an increased risk of exposure.

“The goal of this program is to promote testing, prevention and education of Hep. C among not only area residents but also the local health care community.”



Thelma King Thiel, the founder, chairman and CEO of The Hepatitis Foundation International, presented a program for drug and alcohol treatment providers at Altoona Regional Health System in May to help raise awareness of the threat.

For more information on hepatitis C or screening for the disease, contact Altoona Regional’s Infection Control Department at 889.2194.



# Healthy Living

July, August and  
September 2005

Programs are open to all adult age groups unless otherwise specified.

## DAYTIME PROGRAMS

### PEPPI! (Peer Exercise Program Promotes Independence)

Every Monday, Wednesday and Friday at 8:15 a.m. or 10 a.m.

Fourth Lutheran Church, Altoona  
Registration required.  
Call 889-2630 or 1-888-313-4665.

Are you 55 or older and looking to improve your strength, flexibility and balance? Want to start toning up this summer? PEPPI can help you do all this while combating chronic conditions such as arthritis and osteoporosis.



### Volunteer Opportunities at Altoona Regional

Wednesday, July 13.  
Lunch at 11 a.m. followed by program until 1 p.m. No fee.

School of Nursing Auditorium,  
Altoona Hospital Campus  
Registration required.  
Call 889-2630 or 1-888-313-4665.

Looking for purpose and a way to do something meaningful with your time and talents? Looking to get out of the house, meet new people and make new friends? Studies show volunteers have a greater sense of well-being, more optimism and less chronic pain. Why not consider joining the volunteers at Altoona Regional? Cindy Skupien, manager of Volunteer Services, and Jack Freas, president of "Friends" (the auxiliary), will explain opportunities at both hospital campuses.



# Altoona Regional Health System



### Back Pain: Prevention, Conventional Treatments & New Options

Friday, July 15.  
Lunch at 11 a.m. followed by program until 1 p.m. No fee.

Trzeciak Suite in the Education Center,  
Bon Secours Hospital Campus

Registration required.  
Call 889-2630 or 1-888-313-4665.

Have you had it with that aching back? Have you been diagnosed with a back problem and don't know whether you should go ahead with that surgery? Michael-Gerard Moncman, D.O., a neurosurgeon, will provide helpful and up-to-date information on these topics and more.

### Permanent Child Seat Inspection Station

Fridays, July 15, Aug. 12 and Sept. 9, 9:30 - 11:30 a.m.

Altoona Hospital Campus parking garage, Blue Level (look for the Safe Kids Van)

By appointment only.  
Call Blair County Safe Kids at 889-7802.

### New Treatment Options in Radiation Oncology

Friday, Aug. 5.  
Lunch at 11 a.m. followed by program until 1 p.m. No fee.

Trzeciak Suite in the Education Center,  
Bon Secours Hospital Campus  
Registration required.  
Call 889-2630 or 1-888-313-4665.

How have radiation treatments changed over the years?  
What are the newest options available?  
What is the new prostate seed treatment and how does it compare with other available treatments? Jack Schocker, M.D., radiation oncologist, will provide timely and interesting information on this topic.

### Medicare Prescription Drug Benefits

Tuesday, Aug. 16.  
Lunch at 11 a.m. followed by program until 1 p.m. No fee.

School of Nursing Auditorium,  
Altoona Hospital Campus  
Registration required.  
Call 889-2630 or 1-888-313-4665.

In 2006, all people with Medicare can enroll in prescription drug plans. Mike Smith of Blair Senior Services will explain the new Medicare legislation and how to save money on prescriptions. Dan McMullen of the Social Security Administration will discuss extra help that will be available to those with low incomes and limited assets. Both will take questions.

### Osteoporosis Screening: Free Heel Scans

Fridays, Aug. 19 and Sept. 16, 12:30-3 p.m.

Allegheny Room, OP6,  
Altoona Hospital Campus  
Please call 889-2630 or 1-888-313-4665 to schedule your appointment.

### Pain Management Update

Friday, Sept. 9.  
Lunch at 11 a.m. followed by program until 1 p.m. No fee.

School of Nursing Auditorium,  
Altoona Hospital Campus

Registration required.  
Call 889-2630 or 1-888-313-4665.

Join Michael Drass, M.D., medical director of Allegheny Pain Management, as he explains various technologies used to manage pain, such as nucleoplasty, epidural steroid injections, radio frequency ablation and more. Ample time for questions.

### The ABCs of Hepatitis

Friday, Sept. 16.  
Lunch at 11 a.m. followed by program until 1 p.m. No fee.

Trzeciak Suite in the Education Center,  
Bon Secours Hospital Campus  
Registration required.  
Call 889-2630 or 1-888-313-4665.

Do you know the risks for hepatitis? Or the differences between types A, B and C? The number of hepatitis cases is increasing. Find out why and what you can do to avoid it. Jonathan Grier, M.D., a gastroenterologist, will provide timely information on this important topic.

## EVENING PROGRAMS

### AARP Driver Safety Program

Tuesday, July 12, and  
Wednesday, July 13

Logan Room, OP6,  
Altoona Hospital Campus  
or Tuesday, Aug. 9, and  
Wednesday, Aug. 10

Juniata Room, OP6,  
Altoona Hospital Campus  
or Tuesday, Sept. 13, and  
Wednesday, Sept. 14

Logan Room, OP6, Altoona  
Hospital Campus

All classes from 6-10 p.m.  
Cost is \$10.  
Registration required.  
Call 889-2630 or 1-888-313-4665.

This classroom refresher course meets specific needs of older drivers. It covers age-related physical changes, declining perceptual skills, rules of the road and more. All auto insurance companies in Pennsylvania provide a premium discount to graduates age 55 and older. Most require both spouses insured under the same policy to take the class to receive a discount.

### Christmas in July Craft With Sharon Rydbom

Friday, July 15, 6:30 p.m.

Juniata Room, OPC 6,  
Altoona Hospital Campus.

Fee \$10. Registration required.  
Call 889-2630 or 1-888-313-4665.  
Class limited to 25.

Beat the holiday rush and consider making a decorative Nativity scene from clay pots. This simple craft can even be fun for older children as it only requires basic painting skills. Materials you will need to bring include scissors, glue gun (if you have one), ruler and Styrofoam tray to hold paints.



### MyPyramid.gov STEPS TO A HEALTHIER YOU

#### What's New With the Food Pyramid?

Tuesday, Aug. 23,  
6:30-8 p.m.

Magee Lecture Hall, OP6,  
Altoona Hospital Campus

Free. Registration required.  
Call 889-2630 or toll free 1-888-313-4665.

Join registered dietitian Randy Grabill as he helps you understand the changes to the food pyramid. He'll share how to incorporate the changes into your family's menu planning and offer great ideas to try.



### YOGA

Beginner and intermediate classes, six-week series each

New class begins  
Tuesday, Aug. 23

Beginners 5:30-6:40 p.m.,  
intermediate 6:50-8 p.m.

Rotunda, OP 6,  
Altoona Hospital Campus

Fee \$30. Registration required.  
Call 889-2630 or 1-888-313-4665.  
Class limited to 25.

Gail Murphy, instructor in Hatha Yoga, leads this program, which offers mind/body exercise, breath control, stretching and strengthening to promote mental, physical and spiritual well-being.

### Turn Back the Hands of Time!

Wednesday, Sept. 7,  
6:30-7:30 p.m.

Magee Lecture Hall, OP6,  
Altoona Hospital Campus

Free. Registration required.  
Call 889-2630 or toll free 1-888-313-4665.

Want to look and feel better? Learn how to increase your strength, energy level and bone density — not to mention flexibility and balance! Phyllis Baker, certified personal trainer, will demonstrate the benefits of a strength and weight resistance program that will benefit people of all ages looking to improve health and well-being.

Information on the Strong Women (and Men) program (strength training for those 55 and under) and PEPPI (strength training for those 55 and older) will also be available.

### Men's Urology Disorders

Monday, Sept. 19,  
6:30-8 p.m.

Magee Lecture Hall, OP6,  
Altoona Hospital Campus

Free. Registration required.  
Call 889-2630 or toll free 1-888-313-4665.

Join Stephen Bossinger, M.D., a board certified urologist, as he discusses some important topics regarding men's urologic health, including incontinence, prostate exams and testing, and erectile dysfunction. Ever wonder about Viagra and Levitra? Are they safe? What are the side-effects? Get the facts.

# Q&A

## ASK THE SPECIALIST

**Michael-Gerard J. Moncman, D.O., M.Sc.,** is the founding general partner of Central Pennsylvania Neurosurgical Associates Ltd. Dr. Moncman has been in private practice in Altoona since 1987.

**Q** How can people best take care of their backs?

**A** Use common sense. The back is a lever and pulley system with shock absorbers. It is not made to lift exorbitant amounts of weight and twist left to right or right to left. When you lift items, use good body mechanics. This means lift with the load held close in to your body, your back straight, and from your knees. Do not bend over with your legs straight and bend from the waist and lift with your back doing all the work. You want your legs to do the lifting.

**Q** When should you seek a physician's help for back pain?

**A** Comfort measures at home are fine. However, if you experience pain down your leg, numbness or tingling down the leg, or bowel, bladder or sexual issues such as pain or incontinence, then you need to seek help from a physician immediately.

**Q** What is the latest and most promising innovation in back surgery?

**A** It's total disc replacement using a fabricated mobile implant. It is designed to restore the normal disc height. There are several types of artificial discs. Some are made from a combination of metal, polyethylene, polyurethane and other biomaterials. In the lumbar (lower) spine, the goal of these devices is to replace normal motion and eliminate chronic pain. This has only recently been approved for use in a select group of patients. Its applicability has yet to be fully determined.

### A MESSAGE FROM DR. MONCMAN:

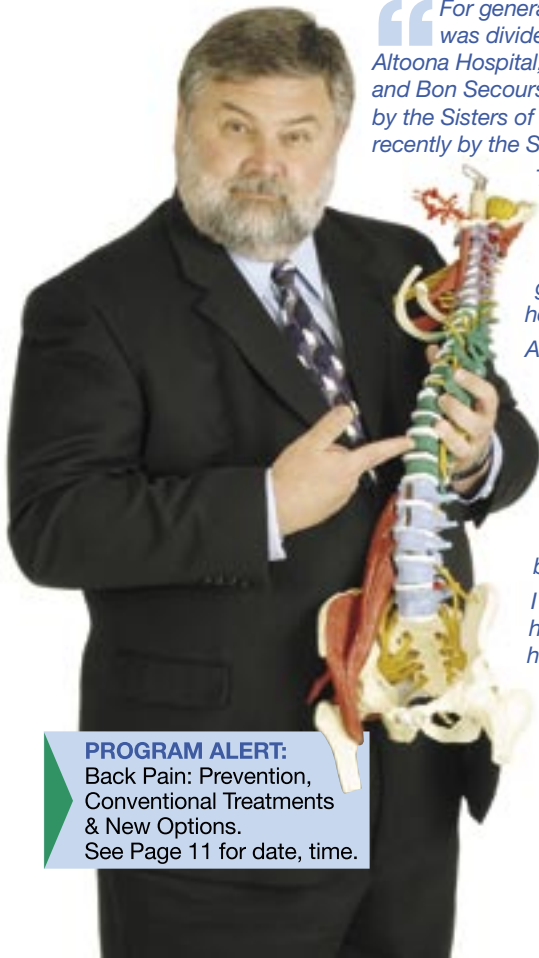
*For generations, health care in Blair County was divided between two major hospitals: Altoona Hospital, started by the Pennsylvania Railroad, and Bon Secours-Holy Family Hospital, sponsored first by the Sisters of the Holy Family of Nazareth and more recently by the Sisters of Bon Secours.*

*Through persistence and wisdom, the boards and administrators of the respective hospitals merged them into one on Nov. 1, 2004, thus giving the community a world-class health care system.*

*As president of the medical staff, I worked with dedicated physicians who put the needs of the community first as we merged two medical staffs into one functioning unit. As the health system moves forward, the medical staff performs a leadership role for the community's betterment.*

*I am honored to be a footnote in the history of both institutions and to have had a role in providing better health care to our region's current and future residents.*

Contact: 814.944.7810  
Michael-Gerard Moncman, D.O., M.Sc.  
Central Pennsylvania Neurosurgical Associates, Ltd.,  
Suite F, 1701 12th Ave., Altoona



#### PROGRAM ALERT:

Back Pain: Prevention, Conventional Treatments & New Options. See Page 11 for date, time.

Altoona Hospital Campus  
620 Howard Avenue  
Altoona, PA 16001-4899  
Change Service Requested

Altoona Regional  
Health System

