

Your

HEALTH mattersSM

Take Health Matters into Your Own Hands

www.jeffersonregional.com

NOVEMBER 2009

A GOOD NIGHT'S SLEEP IS HEALTH FOR YOUR HEART.

Did you know that interrupted sleep puts a strain on your heart? The most current research indicates that sleep disorders such as Obstructive Sleep Apnea (OSA) can contribute to heart disease, high blood pressure, stroke and diabetes.

OSA consists of periodic stoppage of breathing during sleep. Airway collapse can be caused by the tongue, extra tissue in the airway or decreased muscle tone holding the airway open. When breathing stops, the brain triggers an arousal from sleep as few as five, or as many as 90 times each hour. Although a person may be unaware that they are being awakened, they will wake up feeling tired. People with OSA tend to snore loudly.

Another cause for poor sleep is Periodic Limb Movements Syndrome (PLMS). Characterized by involuntary jerking or bending of the legs, PLMS can cause some people to experience hundreds of such movements per night, disturbing their sleep.

Insomnia can become a clinical problem when a person experiences trouble falling or staying asleep three or more nights per week. Stress, anxiety, and depression are the most common causes of insomnia.

If you or your bed partner has any of these symptoms, call the Jefferson Regional Sleep Disorder Centers at 412-469-5981. In addition to our location in Jefferson Hills, we now offer sleep studies at the Brentwood Professional Plaza, 3720 Brownsville Road, Brentwood.

Excelling In Cardiac And Stroke Care

Jefferson Regional Receives HealthGrades Awards for 2010



2010 Recipient of the HealthGrades Cardiac Care Excellence Award™

2010 Recipient of the HealthGrades Cardiac Surgery Excellence Award™

2010 Recipient of the HealthGrades Stroke Care Excellence Award™

HealthGrades, the leading independent healthcare ratings organization, examined nearly 5,000 nonfederal hospitals analyzing mortality and complication rates from government data from 2006 through 2008.

"We are extremely proud of the results of this study, which comes at a time when healthcare organizations such as ours are facing extraordinary challenges in our efforts to provide the communities we serve with top-quality care for the lowest possible costs," said Thomas Timcho, president and CEO, Jefferson Regional Medical Center.

... "confirms our commitment to providing the excellence in health care that our patients deserve and expect."

—Thomas Timcho
President and CEO

"To be recognized as one of only three hospitals in Western Pennsylvania ranked among the top 10 percent in the nation for Cardiac Care – in addition to being ranked best in the region in Stroke Care – inspires our medical staff and employees and confirms our commitment to providing the excellence in health care that our patients deserve and expect from Jefferson Regional Medical Center."

Top 10% in the Nation for:

- Overall Cardiac Services in 2010
- Cardiac Surgery in 2010
- Treatment of Stroke - two years in a row (2009 & 2010)

Top Ten Rankings in Pennsylvania for:

- Overall Cardiac Services
- Cardiology Services
- Cardiac Surgery
- Treatment of Stroke

Best Possible Star Ratings for:

- Treatment of Heart Failure - two years in a row (2009 & 2010)
- Valve Replacement Surgery

Five-Star Ratings for:

- Treatment of Heart Attack
- Treatment of Heart Failure - three years in a row (2008 - 2010)
- Valve Replacement Surgery - two years in a row (2009 & 2010)
- Treatment of Stroke - three years in a row (2008 - 2010)
- Best rated in Pittsburgh for Stroke

Jefferson Regional Medical Center

CALENDAR OF EVENTS

Insurance Plans: Jefferson Regional Medical Center provides high quality care in partnership with major insurance companies including Highmark and UPMC Health Plans, currently accepting nearly 70 different health insurance plans. For a complete listing, visit www.jeffersonregional.com/insurance. Please call (412) 469-5368 if you have questions about insurance plans.

FREE Events in Your Community

BETHEL PARK COMMUNITY CENTER

5151 Park Ave, Bethel Park

Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain, on Nov. 19, 10 to 11 a.m.; Call 412-469-7100 to register.

JEFFERSON REGIONAL HEALTH PROFESSIONALS

At Wal-Mart Pharmacy, West Mifflin

No registration required.

Diagnoses You Can See, Nov. 10, 11 a.m. to 1 p.m.

Lung Cancer Awareness, Nov. 19, 1 p.m. to 3 p.m.

National Family Caregivers Month, Nov. 24, 2 p.m. to 4 p.m.

COUNSELING CENTER

Caste Village Mall, Suite M123, Whitehall

Free seminars from 11:30 a.m. to 12:30 p.m. with Joseph Cvitkovic, PhD, director, Behavioral Health. Call 412-469-7100 to register.

Positive Psychology for Help in Everyday Life, Nov. 9

Developing Your Creative Potential, Dec. 7

The Holidays: Decrease Stress and Increase Enjoyment, Dec. 14

FREE Health Screenings in Your Community

WAL-MART PHARMACY, WEST MIFFLIN

FREE blood pressure checks conducted by healthcare professionals from Jefferson Regional Medical Center on Nov. 18 from 9 to 11 a.m.

Community Stroke Risk Screening: Dec. 5, 10 a.m. to 2 p.m.; last appointment at 1:30 p.m., Elizabeth Township Area EMS, Swiss Alpine Village, Scenery Drive, Elizabeth Township. No insurance needed. Includes a stroke risk assessment survey, total cholesterol and blood sugar levels, fingerstick blood sample for HDL, blood pressure check, body fat analysis, carbon monoxide testing for smokers, educational materials and counseling. Light refreshments and giveaways. Sponsored by Jefferson Regional Medical Center with clinical support by Duquesne University. Advanced registration is preferred by calling 412-469-7100.

FREE Events at Jefferson Regional

Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain, on Nov. 10 or Dec. 8, 10 to 11 a.m.; Call 412-469-7100 to register.

Sleep/CPAP/BIPAP Open House: Includes sleep disorder screenings, CPAP/BIPAP mask fittings and equipment check, tours of Sleep Disorder Center. Wednesdays, 7 a.m. to noon, or by appointment.

Call 412-469-5981 for details.

Health for Her: Getting a Grip on Hand Problems and Treatment, with speaker Aaron Grand, MD, discussing common hand disorders such as carpal tunnel syndrome, hand joint arthritis and trigger finger. A hand specialist in occupational therapy also will demonstrate therapies. Nov. 9, 5 to 7 p.m., Bibro Pavilion, call 412-469-7100 to register.

Health for Her: Telemedicine and Stroke Diagnosis, with speaker Jason Wong, MD, Emergency Medicine, providing information about current diagnosis of stroke, which includes interactive videoconferencing including Web cams and how technology extends the reach of neurologists. Also at the program, Rita Jennings of Jefferson Regional's Stroke Outreach Program will discuss community stroke risk screenings. Nov. 16, 5 to 7 p.m., Bibro Pavilion. Call 412-469-7100 to register.

Senior Services: Costs, Coverage and Comparisons, Medicare Insurance Plans, with information about drug and Medicare assistance programs, screening for eligibility for PACE/PACENET drug programs and individual appointments for Medicare plan comparisons, Dec. 1, 10 a.m. to 2 p.m., call 412-469-7099 to schedule an appointment.

Low-Cost Services and Classes* at Jefferson Regional

Diabetes Education: Take Control of Your Diabetes: Four-part series with a certified diabetes educator on Nov. 10 and 17, 1 to 3:30 p.m., and Nov. 12 and 19, 1 to 3 p.m.; also on Dec. 8 and 15, 6 to 8:30 p.m., and Dec. 10 and 17, 6 to 8 p.m. Physician referral and registration required. Call 412-469-5234 to register.

Senior Services Computer Classes: \$45 for two, two-hour sessions.

Call 412-469-7099 to register. Classes include:

• **Basic Word Processing 3 & 4**, Nov. 16 and 23, 9:30 to 11:30 a.m.

• **Basic Digital Cameras 1 & 2**, Nov. 17 and 24, 5 to 7 p.m.

or Dec. 10 and 17, 9:30 to 11:30 a.m.

AARP Driver Safety: Nov. 14, 9 a.m. to 1 p.m. Jefferson Room. Fee: \$12 for AARP members, \$14 for non-AARP members, payable to AARP.

Call 412-469-7099 to register.

FREE Screenings at Jefferson Regional

Community Stroke Risk Screening: Nov. 20, 8 a.m. to noon. (11:30 a.m. is the last appointment). No insurance needed. Screening includes stroke risk assessment survey, blood pressure check, fingerstick blood sample for HDL, total cholesterol and blood sugar levels, carbon monoxide testing for smokers, body fat analysis, educational materials and counseling. Light refreshments and giveaways. Sponsored by Jefferson Regional Medical Center; clinical support by Duquesne University. Advanced registration preferred by calling 412-469-7100.

Low Cost Services and Classes in the Community

JEFFERSON REGIONAL WELLNESS CENTER

712 Clairton Blvd., Pleasant Hills

Personal Nutrition Coaching: Individualized nutritional counseling with a registered dietitian. Free for Highmark insurance members. \$60 for non-Highmark members. Free parking. Call 412-469-7100 to register.

HOPE: Highmark Osteoporosis Prevention and Education Program starts Nov. 5, 6 to 8 p.m. Six-week lifestyle improvement program that focuses on healthy choices to prevent or manage osteoporosis. Components include nutrition education, strength training exercises, medication options and stress management. Free for Highmark insurance members; \$100 for non-Highmark members. Free parking. Call 412-469-7100 to register.

Ornish Advantage: Starts Nov. 11, 6:30 to 8:30 p.m. Six-week Dean Ornish educational program. Free for Highmark members; \$260 for non-Highmark members. Call 412-469-7100 to register.

Discover Relaxation Within II: Starts Nov. 16, 7 to 8:30 p.m. Four-week lifestyle improvement program, continuation of Discover Relaxation Within I. Free for Highmark insurance members; \$65 for non-Highmark members. Free parking. Call 412-469-7100 to register.

Eat Well for Life II: Starts Nov. 24, 6:30 to 8 p.m. Four-week lifestyle improvement program, a continuation of Eat Well for Life I. Acquire a new taste for better eating and wellness to last a lifetime. Free for Highmark insurance members; \$65 for non-Highmark members. Free parking. Call 412-469-7100 to register.

DR. DEAN ORNISH PROGRAM FOR REVERSING HEART DISEASE

• 2033 Lebanon Church Road, West Mifflin. Dean Ornish Reversal Program starts soon. Call 1-888-676-4744 for schedule and to register.

• The Walnut Place At Summerset, 4584 Browns Hill Road, Squirrel Hill. Dean Ornish Reversal Program, one-year lifestyle modification program, begins Nov. 17, 11 a.m. to 3 p.m. Cost is insurance-based for Highmark and UPMC Health Plan. Call 1-888-676-4744 to register.

*May require a physician order; most insurance plans pay the fee. Co-pays vary. Detailed listings are available on our Web site, jeffersonregional.com