

Healthy Living

HIGHLIGHTS



Building Trust by Keeping You Safe

The ongoing coronavirus pandemic has disrupted our daily lives in extraordinary ways. Social distancing, wearing masks, staying at home, and other safety practices are our new normal.

We're also following specific safety measures — and more — at all our UPMC facilities.

Even as businesses and schools reopen, we still face many uncertainties. But I assure you that UPMC is delivering the excellent care you expect — in safe and reliable settings.

Protecting patients is our priority

At UPMC, our highest priority is the safety and well-being of our patients, staff, and community. *(See the information at right for some of the exceptional safety measures we're taking at UPMC Altoona, UPMC Bedford, and our other facilities.)*

We're following the guidelines recommended by the Centers for Disease Control and Prevention, the Pennsylvania Department of Health, and respected infectious disease experts from UPMC and the University of Pittsburgh School of Medicine. Our UPMC and University of Pittsburgh colleagues have been engaged in different areas of COVID-19 research. Because of its storied history in vaccine development, Pittsburgh was one of nearly 90 sites nationwide chosen to take part in the world's biggest COVID-19 vaccine test.

We're here for you

Getting your health care back on schedule is important, and we want you to feel confident coming for an in-person visit. Whether you're expecting a baby, fighting cancer, preparing for surgery, or seeking routine care, UPMC's hospitals and medical facilities are safe and ready for you.

We're also making it easy to do video visits with many UPMC primary care providers and specialists — all from the comfort of home.

Our thanks for all that you are doing to keep yourself, family, friends, neighbors, our health care workers, and the entire community safe and healthy.

Jan Fisher

President, UPMC Altoona and UPMC Bedford

What UPMC Is Doing

Here are a few ways UPMC is helping to prevent the spread of COVID-19 and keep everyone safe:

Entrance Screening: Everyone is screened for symptoms of COVID-19 at the entrance to our hospitals.

Appointment Check-in: You may be asked to wait in your car instead of checking in at the front desk when you arrive for your appointment. Your provider's office will share specific instructions with you.

Social Distancing: To limit the number of patients and staff in our buildings, we're scheduling fewer appointments at a time.

Facemasks: These are mandatory in all clinical and high-traffic areas. We will provide a mask if you don't bring one.

Personal Protective Equipment (PPE): We have an ample supply of masks, gowns, gloves, and other PPE to keep people safe. Our hospitals have enough capacity and equipment to treat patients.

Visitors: We're temporarily restricting access to our facilities to the patient and their identified and approved support person, staff, and essential vendors.

Support persons are considered valuable members of the care team. One support person may accompany the patient at any time. For more information on our visitation policies, please visit [UPMC.com/Coronavirus](https://www.upmc.com/coronavirus).

To learn more about how UPMC is making care safe and easily accessible during this pandemic, please visit [UPMC.com/YourCare](https://www.upmc.com/YourCare).

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Women's Health Services

In Altoona, Bedford, Ebensburg, and Huntingdon

At UPMC Altoona, we know women have unique health needs that require special medical expertise and services. That's why we offer comprehensive ob-gyn care through Magee-Womens Specialty Services, with convenient office locations in Altoona, Bedford, Ebensburg, and Huntingdon.



From routine wellness exams and health screenings to specialized gynecology, pregnancy, and breast health services, you'll find that expertise right here in your community. "Our goal is to deliver outstanding and trusted care — from the routine to the complex — for women at all stages of their lives," says **Jan Fisher**, president of UPMC Altoona and UPMC Bedford.

Expectant mothers can receive prenatal and postnatal care at all four UPMC Magee-Womens Specialty Services locations. Labor and delivery services are offered at the UPMC Altoona Birth Center.

The Birth Center is equipped 24 hours a day, seven days a week with hospital-based ob-gyn doctors (known as laborists) and anesthesia services. UPMC Altoona's Level II nursery offers on-site lactation consulting plus access to neonatologists at UPMC Children's Hospital of Pittsburgh via telemedicine. And a maternal fetal telemedicine program for high-risk pregnancies connects patients directly to experts at UPMC Magee-Womens Hospital in Pittsburgh.

What is a laborist?

Hospital-based ob-gyn doctors, or laborists, are important members of the Magee-Womens Specialty Services team, working with UPMC Altoona's doctors and midwives to ensure patient safety.

"Our doctors continue to perform deliveries, but a laborist will be there to manage your care until your doctor arrives," says **Stacey-Ann Okoth, MBA, MSN**, chief nursing officer and vice president, Patient Care Services at UPMC Altoona. "No matter what time labor occurs or an emergency arises, an experienced ob-gyn will be in the hospital to respond quickly."

Magee-Womens Specialty Services Our Regional Locations

Altoona Office

2918 6th Ave.
Altoona, PA 16602
814-889-2626

Bedford Office

361 Hospital Drive
Everett, PA 15537
814-623-9712

Ebensburg Office

152 Zeman Drive
Ebensburg, PA 15931
814-889-2626

Huntingdon Office

9492 William Penn
Highway (Route 22)
Huntingdon, PA 16652
814-643-8866

Meet the Magee-Womens Specialty Services Team



Diane Adams, DO
Laborist



Ralph Aldinger, DO
Obstetrics & Gynecology



Amy Anderson, MD
Obstetrics & Gynecology



Draion Burch, DO
Obstetrics & Gynecology



Stacey Carlitz, DO
Obstetrics & Gynecology



Marielle Gross, MD, MBE
Laborist



Spyridon Marinis, MD
Laborist



Lindsay Mastrine, DO
Gynecology



Marina Opida, MD
Gynecology



Christina Pisani-Conway, MD
Maternal Fetal Medicine



Gamal Hussain Saleh, MD
Laborist

Jill Linton, CNM; Holly Kifer, CNM;
Sharon Roscia, CNM; Janelle Galbraith, CRNP;
Romona Shope, RNC, CRNP;
Jessica Mielnik, PA-C; Brittanie Vargo, PA-C

New Hand Surgeon Joins UPMC Elite Orthopaedics



Most of us take our hands, wrists, forearms, and elbows for granted. But if one of these body parts becomes injured or painful, high-quality specialty care is available close to home. **Patrick Pollock, MD**, is a board-certified orthopaedic surgeon specially trained in treating hand and upper extremity injuries and conditions. He offers

expert local care at UPMC Elite Orthopaedics' offices in Hollidaysburg and Everett.

The conditions he treats include:

- **Traumatic injuries, wounds, fractures, and arthritic conditions of the fingers, hands, wrists, and elbows in both children and adults**
- **Carpal tunnel, cubital tunnel, ganglions, Dupuytren's disease, and congenital/birth differences**
- **Upper extremity tendon pain (tennis and golfer's elbow, wrist tendonitis, and trigger finger)**
- **Wrist and elbow arthroscopy**
- **Tendon ruptures, lacerations, adhesions, and tendon transfers for paralysis**

A native of Central City in Somerset County, Pa., Dr. Pollock began his military career at the United States Military Academy at West Point, N.Y., in 1991. After earning his medical degree in 1999 from the Uniformed Services University F. Edward Hébert School of Medicine, Dr. Pollock completed orthopaedic residency training and a hand surgery fellowship at Walter Reed Army Medical Center in Washington, D.C.

Attaining the rank of colonel in the U.S. Army Medical Corps, his successful military career included service as chief of both orthopaedic surgery and hand surgery for the William Beaumont Army Medical Center at Fort Bliss in El Paso. Stationed at Fort Belvoir Community Hospital in Virginia from 2012 through 2019, he was assigned to support the White House medical staff as a hand surgery consultant.

Dr. Pollock, his wife Stacy, and their four children are excited to be part of the local community. "After traveling the world during my 29-year career, it's great to be back home serving the wonderful people of central Pennsylvania," he says.

To schedule an appointment with Dr. Pollock, call 814-889-3600.

UPMC Bedford Welcomes New General Surgeons

UPMC Bedford recently welcomed two new general surgeons to strengthen and expand its general surgical services.



Howard Black, MD (far left), and **Stephen Schmidt, MD**, of UPMC Altoona Cove Surgical Associates now see patients in Everett and perform surgeries at UPMC Bedford. These board-certified surgeons

continue to see patients at their existing office locations in Altoona, Roaring Spring, and Tyrone, and perform surgeries at UPMC Altoona.

Appointments can be made by calling 814-224-2215.



Timothy Horsky, DO (left), a board-certified surgeon who has been at UPMC Bedford for seven years, continues to provide surgical care.

To schedule an appointment with Dr. Horsky at his office, UPMC Bedford General Surgery in Everett, call 814-623-1137.

Both surgical practices see patients at 195 Memorial Drive, Suite 1, in Everett (across from UPMC Bedford).

Our Newest Doctors



Hasan Azad, DO
Hospitalist
UPMC Altoona



Monique VanRenterghem, DO
Emergency Medicine
UPMC Altoona



Sarah Hocker, DO
Dermatologist
UPMC Bedford



Christopher Wigfield, MD
Thoracic Surgery
UPMC Altoona



Bhanu Kosuru, MD
Hospitalist
UPMC Altoona



Anthony Young, MD
Emergency Medicine
UPMC Altoona



Sharon Tomaski, MD
Ear, Nose & Throat
UPMC Altoona/
UPMC Bedford

Other new doctors in this issue:

Page 2: Marielle Gross, MD; Spyridon Marinis, MD; Gamal Saleh, MD

Page 3: Patrick Pollock, MD

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

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HIGHLIGHTS

UPMC Altoona
620 Howard Ave.
Altoona, PA 16601

Our Regional Locations

Bedford, Blair, Cambria, Centre, and Huntingdon counties

UPMC Altoona
620 Howard Ave.
Altoona, PA 16601
814-889-2011
UPMCAaltoona.com

Station Medical Center
1516 Ninth Ave.
Altoona, PA 16602
814-889-2011
UPMC.com/AltoonaOutpatient

UPMC Outpatient Center in Ebensburg
152 Zeman Drive
Ebensburg, PA 15931
814-471-2200
UPMC.com/EbensburgOutpatient

UPMC Outpatient Center in Hollidaysburg
800 S. Logan Blvd.
Hollidaysburg, PA 16648
814-889-2011
UPMC.com/HollidaysburgOutpatient

UPMC Bedford
10455 Lincoln Highway
Everett, PA 15537
814-623-6161
UPMCBedford.com

Primary & Specialty Care Practices
Located across the region
1-800-533-UPMC (8762)
FindADoc.UPMC.com

H 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

H 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

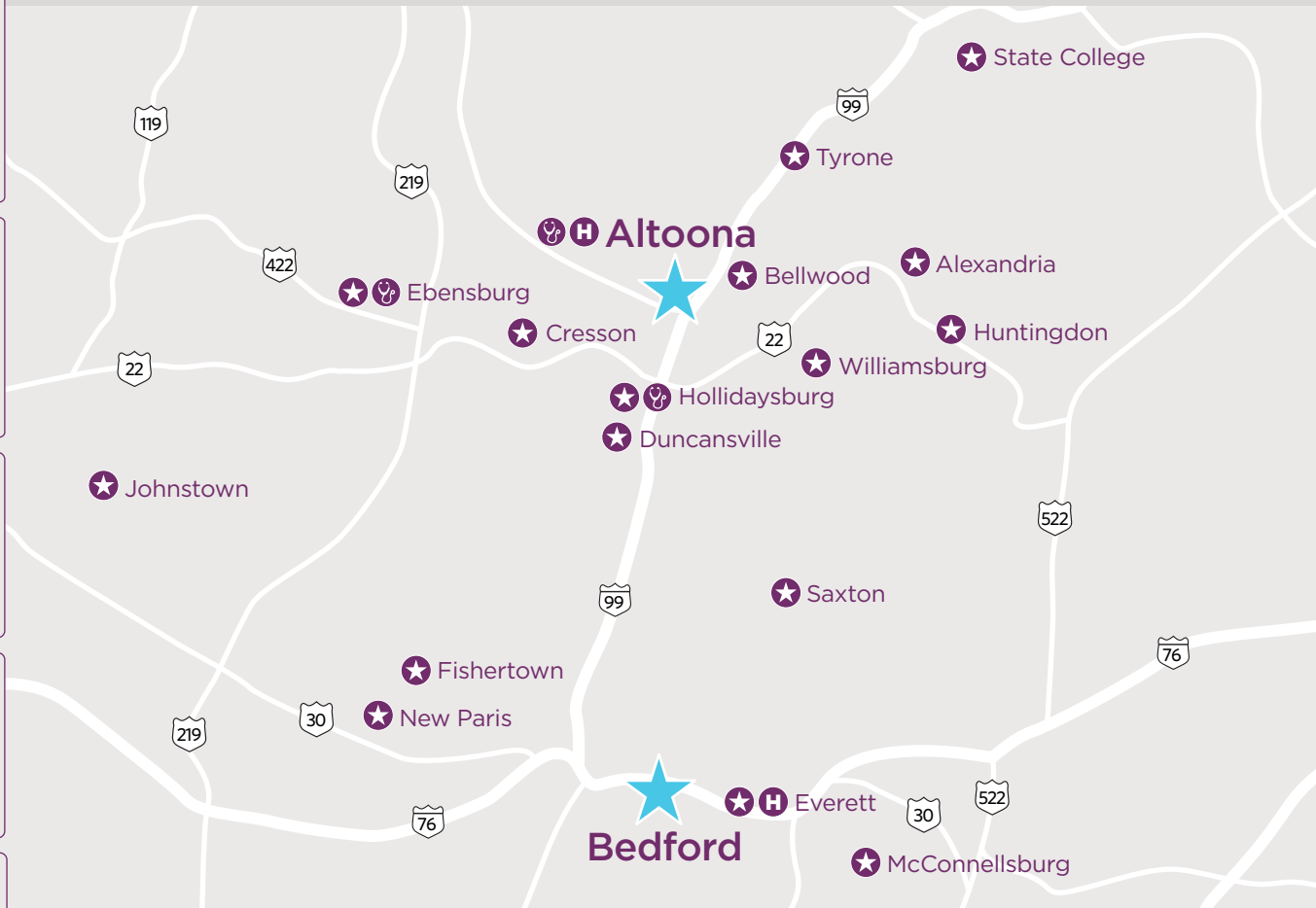
Centers for Rehab Services, Heart & Vascular Institute, Imaging Services, Laboratory Services, Primary Care, Specialty Services

Outpatient Center in Ebensburg

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

Outpatient Center in Hollidaysburg

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



H Hospitals

Outpatient Centers

Other UPMC Locations For information about services offered at these locations, go to UPMCAaltoona.com/OurRegion.