

**UPMC**  
LIFE CHANGING MEDICINE

**UPMC Altoona**  
620 Howard Ave.  
Altoona, PA 16601

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# Healthy Living

H I G H L I G H T S



## Every woman should get screened.

Breast cancer is the second leading cause of death among women, and 1 in 8 women will be diagnosed with breast cancer in her lifetime. But UPMC Hillman Cancer Center and UPMC Magee-Womens Hospital are working to beat breast cancer. Our nationally renowned experts offer personalized therapies, access to breast cancer trials, and advanced imaging technology, like 3D mammograms, which were pioneered at Magee. Early detection saves lives, so every woman should schedule her screening today. To learn more, visit [UPMC.com/BreastCancerAwareness](http://UPMC.com/BreastCancerAwareness).

**To schedule locally, call:**

**UPMC Altoona Station Medical Center: 814-889-4222**

**UPMC Bedford: 814-623-3797**

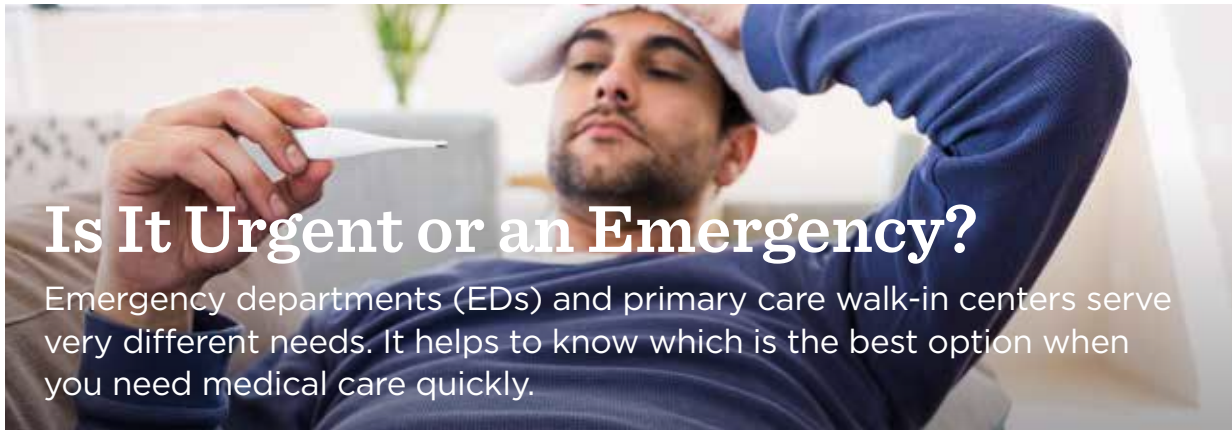
**UPMC Outpatient Center in Ebensburg: 814-889-4222**

**UPMC | HILLMAN  
CANCER CENTER**

**UPMC | MAGEE-WOMENS  
HOSPITAL**

# Healthy Living

## HIGHLIGHTS



### Is It Urgent or an Emergency?

Emergency departments (EDs) and primary care walk-in centers serve very different needs. It helps to know which is the best option when you need medical care quickly.

When an accident or sudden health issue requires immediate medical attention and your primary care provider (PCP) isn't available — you have two local options, but which one is the right one for you?

UPMC offers primary care **walk-in/urgent care** in Altoona and Bedford, without the need to schedule an appointment. Our walk-in center in Bedford treats adult patients and our Altoona location treats patients ages 5 and older, both on a first come, first served basis.

UPMC Altoona and UPMC Bedford also provide **emergency care 24/7**. However, not every medical issue may require the advanced care of an ED.

#### Choosing the right option

**Get walk-in/urgent care if you're experiencing:**

- Allergies (not severe)
- Back pain
- Burns (minor)
- Cuts, sprains, and strains
- Earache
- Eye infection
- Fever
- Sore throat, cough, or cold
- Rash without a fever
- Stomachache
- Vomiting or diarrhea

#### Reasons to visit the ED:

- Abdominal pain (severe)
- Bleeding that won't stop or a large open wound
- Breathing problems (hard to breathe, shortness of breath)
- Broken bones or dislocated joints
- Burns (severe)
- Chest pain
- Fever in infants
- Headache (sudden, severe)
- Numbness or weakness on one side
- Seizures
- Slurred or confused speech
- Sudden change in mental state
- Traumatic head or body injuries

#### Still not sure? Call someone.

If it's not a medical emergency, call your primary care physician's office to find out what you should do.

### UPMC Walk-in Centers in Altoona and Bedford

#### UPMC Primary Care Walk-In Center at Station Medical Center\*

1414 9th Ave., Entrance 12  
Altoona, PA 16602

**Phone:** 814-940-2950

**Hours:** Monday through Friday from 7:30 a.m. to 7:30 p.m. and Saturday from 8 a.m. to noon

**Ages 5+**

*\*DOT physicals offered at this location.*

#### UPMC Primary Care Walk-in Center at UPMC Bedford Internal Medicine

420 Central Way  
Bedford, PA 15522

**Phone:** 814-623-0857

**Hours:** Monday from 8 a.m. to 4:30 p.m. and Tuesday through Friday from 8 a.m. to 4 p.m.

**Ages 18+**



### Did You Know?

Most visits to the ED aren't true emergencies. The Centers for Disease Control and Prevention reports that only about 12% of all ED visits lead to hospitalization.

**In a true medical emergency, call 911 immediately.**

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# Considering Plastic Surgery?

UPMC Altoona Plastic Surgery provides procedures that can renew, refresh, or transform you.

Interest in cosmetic facial procedures increased significantly during the COVID-19 pandemic. Plastic surgeons credit the rise to the “Zoom effect.” Video calls have us staring at our own faces — making us keenly aware of every crease, jowl, sagging neck, and droopy eyelid. But plastic surgery isn’t just about looks.

“Reconstructive and cosmetic plastic surgery procedures are often very different from each other — and not all surgeons have been adequately trained to do both,” says **Jill Murphy, MD, PhD**, a board-certified plastic surgeon. She leads the plastic surgery team at UPMC Altoona.

“At UPMC Altoona Plastic Surgery, we offer the latest techniques and state-of-the-art technologies in both cosmetic and reconstructive surgery to meet your personal goals and budget,” she says.

## Plastic and Reconstructive Surgery Services

With years of rigorous training and clinical experience, Dr. Murphy has the skills to perform cosmetic and reconstructive surgical procedures that include:

### Body contouring

Abdomen, arms, thighs, and other body contouring

### Breast procedures

Augmentation or implants (inserts or removal), breastlifts, reconstruction after mastectomy, reduction (for men and women)

### Head and neck procedures

Browlifts, necklifts, facelifts, and ear or eye surgery

### Skin cancer or lesions

Biopsy and removal of cancerous and noncancerous skin lesions and cysts

### Wound and scar care

Burn care, scar revision, skin grafts and flaps, and wound care

### Medi-spa

Cosmetic injectables and other services (see below)

In general, reconstructive surgery is covered by most health insurance plans. Cosmetic surgery is elective and not covered by insurance.

## Meet Our Plastic Surgery Team



**Jill Murphy, MD, PhD**  
Board-certified  
plastic surgeon



**Rachel McClain, PA-C**  
Certified physician  
assistant

**Nadine Gwizdak, CST**  
Surgical technician

**Denise Young, RN**  
Nurse aesthetician

**Sandy Young, RN**  
Nurse aesthetician

## Our Location

### UPMC Altoona Plastic Surgery

UPMC Station Medical Center  
1414 9th Ave.  
Altoona, PA 16602

814-947-5030

[UPMCAaltoona.com/PlasticSurgery](http://UPMCAaltoona.com/PlasticSurgery)

## Medi-Spa Services

Sagging skin, age spots, and crow’s feet are just some of the visible signs of aging. When they become harder to ignore, a range of nonsurgical cosmetic procedures can help turn back the hands of time.

Dr. Murphy and her team of trained medi-spa professionals at UPMC Altoona Plastic Surgery offer a comprehensive range of non-invasive aesthetic services in relaxed and restful surroundings. Services include:

- BOTOX® and fillers for lines and wrinkles
- Chemical peels
- CoolSculpting®
- Laser treatments
- Spider vein treatment

**You’ll find a complete list of medi-spa services at [UPMCAaltoona.com/PlasticSurgery](http://UPMCAaltoona.com/PlasticSurgery). To schedule an appointment, call 814-947-5030.**

BOTOX® is a registered trademark of Allergan, Inc. • CoolSculpting® is a registered trademark of Zeltiq Aesthetics, Inc.

## UPMC Station Medical Marks 10 Years

There was a time when patients could only get their lab and imaging tests done inside the hospital. “It was standard procedure,” says **Mike Corso**, vice president of operations at UPMC Altoona.

That changed in 2011 when UPMC Altoona started to offer standard laboratory and imaging services and other medical services outside the hospital. “UPMC Station Medical Center was the realization of a vision we had to bring UPMC’s exceptional care to the places in Altoona where people live and work,” says Mike. “It is one of our most successful endeavors.”

Located in the heart of Altoona, the single-story UPMC Station Medical Center has become a key component to downtown Altoona. The medical complex provides access to a wide range of outpatient services, including lab and imaging, outpatient rehab, a sleep lab, and a variety of specialty services including cardiology, dermatology, gastroenterology, neurology, plastic surgery, urology, and more.

UPMC Station Medical Center also is home to UPMC Magee-Womens Specialty Center (with a special focus on breast health), the UPMC Walk-in Center, UPMC Centers for Rehab Services (which offers cardiac and pulmonary rehab as well as physical, occupational, and speech therapy), and a UPMC Telemedicine Center.

“If you see one of the doctors at UPMC Blair Medical Associates or UPMC Mainline Medical Associates, you can get any lab or imaging tests done before heading home,” says Mike. Parking is free and features plenty of wheelchair-accessible spaces.

“Ensuring that people have access to the care and services they need — and in one place — is just one example of UPMC’s ongoing commitment to Altoona and the surrounding communities,” he adds.



UPMC Station Medical Center

## Caring for Student Athletes

UPMC Altoona Elite Orthopaedics doctors are serving as official team physicians for the St. Francis University’s NCAA Division I intercollegiate sports program for the 2021-22 season — a partnership that began in August 2019.



**Stephanie Grilli, DO**, a UPMC orthopaedic surgeon and fellowship-trained sports medicine specialist, serves as head team physician. She is responsible for treating student athletes’ orthopaedic injuries during the season and oversees a team of UPMC athletic trainers assigned to the University’s sports program.

Dr. Grilli also works closely with neuropsychologist and concussion specialist **Brandon Gillie, PhD**, her colleague at the UPMC Sports Medicine Concussion Program at UPMC Altoona. Assisting with coverage at sports events are orthopaedic surgeons **Gregory Meloy, MD** and **Charles Harvey, DO**, as well as **Cameron Murphy, MD**, who specializes in nonsurgical sports medicine. They also provide follow-up care to patients.

“We are pleased to care for these student athletes,” says Dr. Grilli. “Our ultimate goal is to ensure when an injury occurs, these young athletes receive the expert care and treatment needed to get them back to their sport as quickly and safely as possible.”

Dr. Meloy, who is chairman of orthopaedic surgery at UPMC Altoona, agreed. “It’s an honor to have the University place their trust in us” he says. “We owe it to their student athletes to provide the best medical care possible.”

## October is Breast Cancer Awareness Month

Mammograms are the most effective screening tool for detecting breast cancer early — when it’s most treatable. Early detection reduces a patient’s risk of dying from the disease by 25 to 30%.



Breast cancer is the second leading cause of death among women. In most cases, a screening mammogram is only needed once a year and takes less than 20 minutes.

At UPMC Altoona, we encourage every woman to get screened. Here are some guidelines:

- Annual mammograms at age 40 for women who are at average risk, and — in some instances — earlier based on a patient’s risk and family history (*Source: American College of Radiology and Society of Breast Imaging*)
- Screening mammographies can be continued as long as the patient’s overall health is good (*Source: American Cancer Society*)

**To schedule a mammogram, call one of our regional locations:**

**UPMC Altoona Station Medical Center • 814-889-4222**  
**UPMC Outpatient Center in Ebensburg • 814-889-4222**  
**UPMC Bedford • 814-623-3797**