

Healthy Living

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Wide Awake ... With No Rest in Sight?

Join the thousands of area residents who rely on UPMC Altoona's Sleep Center to get a good night's sleep.

The Dangers of Sleep Deprivation

Chronic sleep deprivation leads to serious medical problems, affecting nearly every part of your body — from the cellular level to whole body systems. Over time, lack of sleep increases your risk of:

- Diabetes
- Obesity
- High blood pressure
- Heart attack
- Stroke
- Irregular heart beat
- Depression
- Dementia

“Lack of sleep also affects your mood, weakens your immunity, lowers your sex drive, reduces your ability to concentrate, and makes it harder for you to maintain balance and coordination. There’s even growing evidence that it can lead to some cancers, such as breast cancer,” says Dr. Ghaffari.

Experts say our lack of sleep is impacting work productivity and causing accidents, mishaps, and oversights on the job, at home, and on the road.

More and more of us are sleeping less and less, putting our national health at serious risk. In fact, the Centers for Disease Control and Prevention has declared sleep disorders a public health epidemic.

“Sleep is essential to good health,” says **Mehrdad Ghaffari, MD**, director of the UPMC Altoona Sleep Center and a board-certified sleep doctor. “The average adult should be getting seven or eight hours of good sleep a night — something only about half of us achieve on a regular basis.”

It gets harder to sleep as we age

Sleep disorders affect people of all ages, genders, ethnicities, and backgrounds. Older adults are especially vulnerable, experiencing chronic sleep deprivation at a higher rate than any other group. In a study by the National Institute on Aging, more than half of adults age 65 and over report having at least one chronic sleep problem, including not being able to fall or stay asleep, waking up too early, and daytime sleepiness. “The quality of sleep often deteriorates as we get older,” says Dr. Ghaffari, “but treatment can help tremendously — often even reducing symptoms of dementia.”

Help for what keeps you awake at night

The UPMC Altoona Sleep Center, located at Station Medical Center, offers treatment for the more than 80 different types of recognized sleep disorders, which fall under these broad categories:

Obstructive sleep apnea — blockages in the upper respiratory system that prevent air from getting into the lungs, causing breathing to stop repeatedly during sleep

Insomnia — difficulty falling or staying asleep, and waking up sooner than planned

Narcolepsy — excessive daytime sleepiness and sudden, involuntary bouts of falling asleep

Restless leg syndrome — the overwhelming urge to move legs while sleeping, accompanied by tingling or burning sensations that disrupt sleep

“Every year, we see more than 4,100 patients, plus conduct 1,200 sleep studies at the Center,” notes Dr. Ghaffari. The Center is staffed by three board-certified sleep medicine doctors who also specialize in pulmonology or neurology, supported by a team of physician assistants, nurses, and technicians with special training in sleep disorders.



A patient room in the UPMC Altoona Sleep Center.

PROGRAM ALERT

See calendar insert for info on attending a free program on sleep disorders and treatment.



Dr. Mehrdad Ghaffari

Getting the right diagnosis

“An accurate diagnosis is key to getting the right care you need for your sleep problem,” says Dr. Ghaffari. “For the majority of patients, that process begins with a sleep study.”

Sleep studies (also called polysomnograms) are conducted overnight in one of the Sleep Center’s six private rooms, where the latest digital equipment is used to monitor your breathing, eye movements, brain waves, and heart rate while you sleep. In-home sleep studies also are available for less complicated disorders.

“After reviewing your sleep study results, we’re able to diagnose the type and severity of your disorder,” says Dr. Ghaffari. “Our team then works together to provide personalized treatment, follow-up care, and educational information to support your sleep health.”

To learn more

The UPMC Altoona Sleep Center offers a variety of resources for people who are having trouble sleeping. For more information or to schedule an appointment, call **814-889-4466**.

Think you might have a sleep disorder?

The following questions are frequently asked by our UPMC Altoona sleep experts to help review sleep patterns and how they affect your life. While this tool cannot diagnose a sleep disorder, it can help you determine if you should talk further with your primary care doctor about your sleeping habits.

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Take the test

Sleep Disorder Quiz

Answer the questions below to the best of your ability.

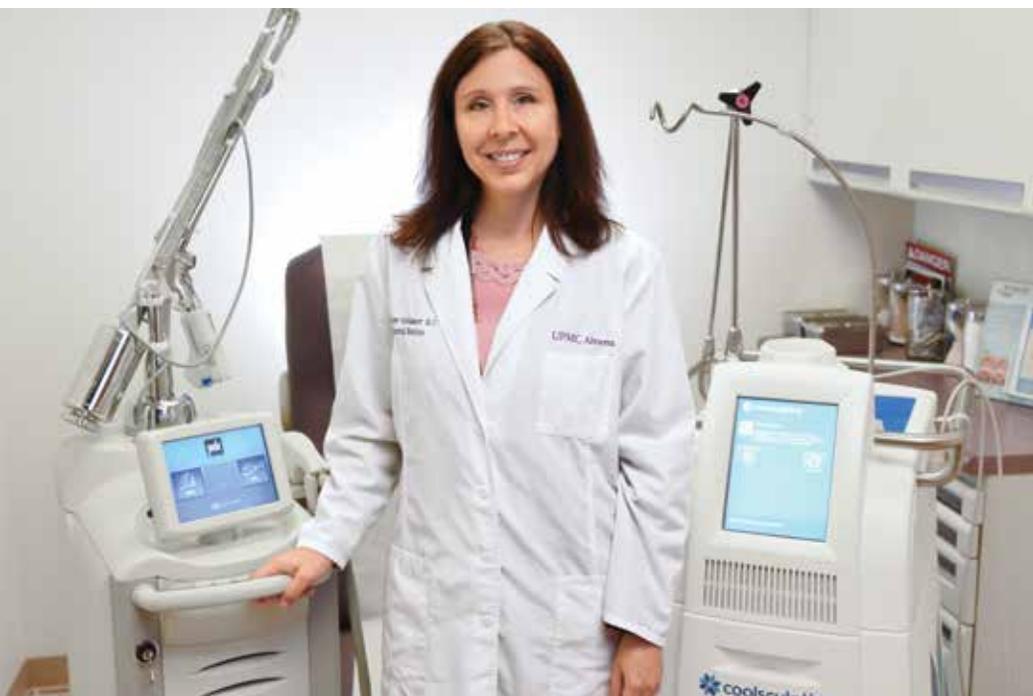
Do you have trouble falling asleep?	Yes	No
Do you wake up frequently during the night?	Yes	No
Do you often wake up earlier in the morning than you would like?	Yes	No
Do you frequently wake up feeling unrefreshed, despite getting a full night’s sleep?	Yes	No
Do you often feel tired during the day?	Yes	No
Do you fall asleep during the day when not intending to nap – perhaps while watching TV, reading, or sitting quietly?	Yes	No
Have you ever fallen asleep at work or school?	Yes	No
Do you snore?	Yes	No
Has anyone ever told you that you stop breathing while you are asleep?	Yes	No
Have you ever woken up gasping for breath during the night?	Yes	No



If you answered “yes” to two or more of the above questions, you may want to talk to your doctor to see if you could benefit from a sleep disorder evaluation. Contact the UPMC Altoona Sleep Center at **814-889-4466** for guidance.

Changing Lives Every Day

Plastic surgeons improve the lives of millions of patients every year by performing a range of cosmetic and reconstructive procedures. That's what **Jill Murphy, MD, PhD** (below left), a board-certified plastic surgeon at UPMC Altoona Plastic Surgery, loves most about her job.



There is a definitive difference between cosmetic and reconstructive surgery. Cosmetic surgery is targeted to improving a person's appearance or function, while reconstructive surgery focuses on correcting a problem created by a birth defect, trauma, or a health issue such as cancer. "Becoming a board-certified plastic surgeon requires years of rigorous training to develop the complex skills needed to do both cosmetic and reconstructive surgery," says Dr. Murphy.

Despite the differences, cosmetic and reconstructive surgery share a common goal: to profoundly impact someone's appearance or function and to enhance their quality of life. "That makes the work we do very special," she says.

Cosmetic and Reconstructive Procedures at UPMC Altoona

"We offer a full range of services from surgery to nonsurgical interventions to skin care," says Dr. Murphy. In general, reconstructive surgery is covered by most health insurance plans. Elective cosmetic procedures (not determined to be medically necessary) are typically not covered by insurance. Be sure to check your plan's coverage.

Some of the options she and her experienced team of nurses and health care professionals offer are listed below. A complete list of procedures can be found at UPMCAaltoona.org/PlasticSurgery.

Body contouring — abdomen, arms, thighs, and other body contouring

Breast procedures — augmentation or implants (inserts, removal, or exchange), breastlifts, reconstruction, and reduction (for men and women)

Head and neck procedures — browlifts, necklifts, and ear or eye surgery

Skin cancer or lesions — removal and biopsy of cancerous and noncancerous skin lesions and cysts

Wound and scar care — burn care, scar revision, skin grafts and flaps, and wound care

Other procedures — BOTOX® for excessive sweating and migraines

Med Spa — BOTOX for lines and wrinkles, chemical peel, CoolSculpting®, fillers, laser treatments (hair removal, resurfacing, photo rejuvenation, skin tightening, scar improvement, skin discoloration treatment, sun or age spot removal, rosacea treatment, wrinkle reduction), and spider vein treatment

To schedule a consultation with Dr. Murphy, call UPMC Altoona Plastic Surgery at **814-947-5030**.

Say Goodbye to Sagging Eyelids Seeing better after surgery.

Bob Mastos (right) says his upper eyelids were always droopy, but the condition never really bothered him. "Then it began to affect my peripheral vision, especially in my left eye, so I made an appointment with my optometrist," he says.

When drooping eyelids begin to restrict or block vision, daily activities like driving, cooking, and reading become more and more difficult. After examining Bob, his optometrist recommended eyelid surgery, or blepharoplasty, and referred him to **Jill Murphy, MD, PhD**, a board-certified plastic surgeon at UPMC Altoona.

"As our skin ages, it loses elasticity," explains Dr. Murphy. "With gravity constantly pulling down the extra folds of skin on your upper eyelid, vision can become seriously impaired."

Bob chose to undergo outpatient surgery performed in Dr. Murphy's office in October 2018. "It only took about an hour," says Bob. "There was some swelling, but I had very little pain."

"Dr. Murphy and her whole staff were great," adds Bob. "My vision is so much better. Now I'm back to enjoying the things I love to do — like cooking for my family and friends!"



THE GUIDE

to Healthy Living

The popularity of plastic surgery has noticeably increased among people of all ages.

If you're considering plastic surgery — cosmetic or reconstructive — there are some important things to consider before you make the final decision.

CHOOSE YOUR SURGEON WISELY

Experts agree that having the right surgeon is very important. When weighing the options, you'll want a surgeon who:

- Is board-certified by the American Board of Plastic Surgery (ABPS). This certification is the "gold standard" for training. Dr. Murphy is ABPS-certified.
- Is experienced in the procedure you are seeking and has met the appropriate continuing education requirements.
- Operates in a medical facility that is in good standing with all accrediting agencies.



BE REALISTIC

Studies show that plastic surgery can improve self-esteem and self-confidence. But it's important to have realistic expectations for the outcome. "Plastic surgery should enhance, not drastically change, your appearance," says Dr. Murphy. "Our goal is to give you a natural appearance that helps you look your very best. Be sure to talk frankly with your doctor about your goals."



DID YOU KNOW?

If you're uncertain about undergoing a major procedure, these nonsurgical options may be a good introduction to cosmetic surgery. "BOTOX®, chemical peels, laser surgery, and injections can often achieve more youthful looks," notes Dr. Murphy. "Our patients appreciate that financing options are available, which lets them establish a monthly budget for a procedure."

CONSIDER YOUR BUDGET

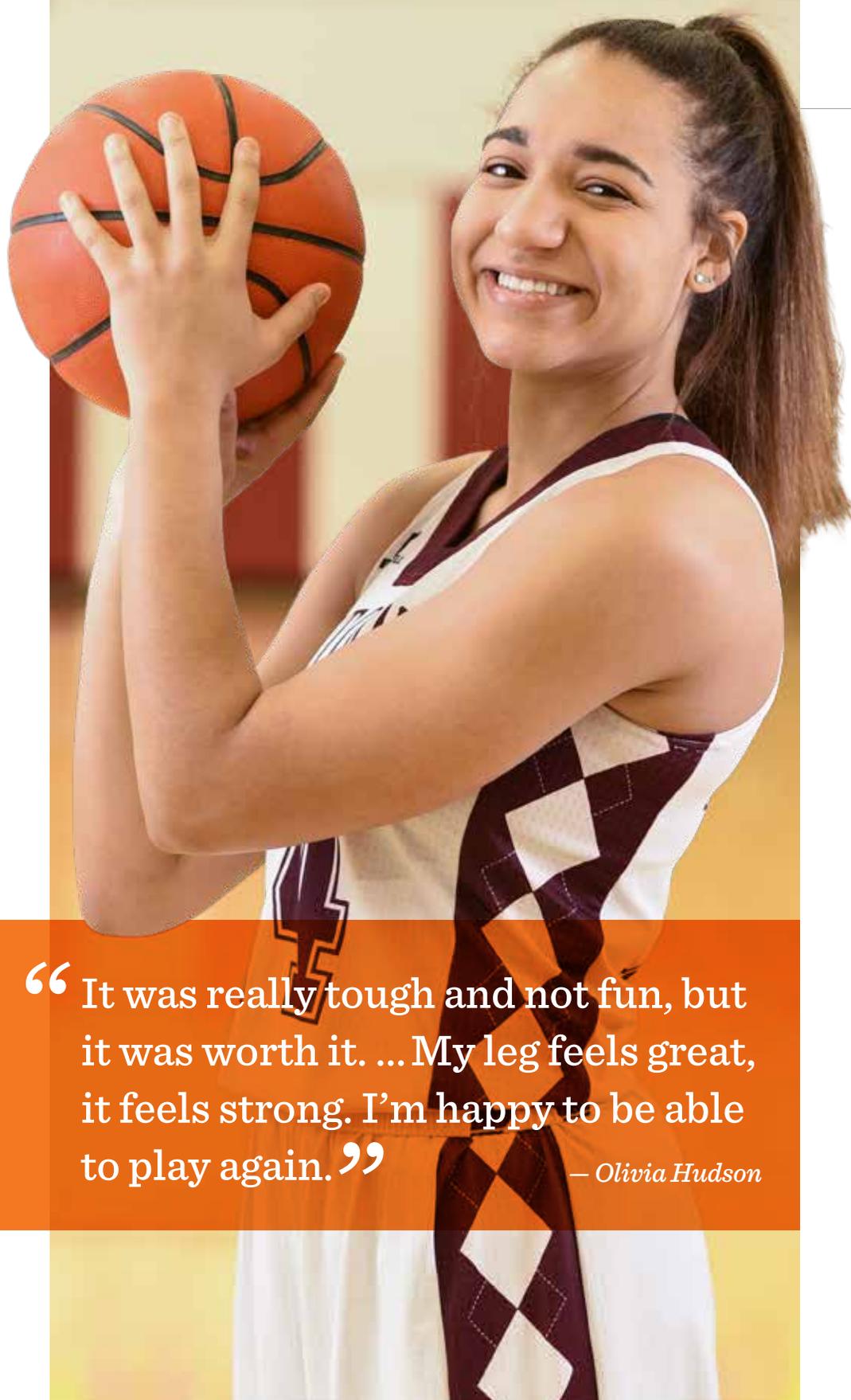
Be sure to check your health plan's policy. Some procedures can be considered cosmetic or reconstructive, depending on why they are being done. "For example, eyelid surgery is considered reconstructive if done to improve peripheral vision and would likely be covered by health insurance," says Dr. Murphy. "However, if that procedure is done for appearance alone, it will not be covered by insurance."

BE PATIENT

Follow the doctor's instructions carefully before surgery and during your recovery. Don't expect to see final results immediately. Bruising and swelling are common side effects in most cosmetic surgery procedures, so relax and let the healing process take place. "We carefully outline what to look for immediately after surgery and long term," says Dr. Murphy.



See calendar insert for info on attending a free program on blood flow restriction therapy.



“It was really tough and not fun, but it was worth it. ... My leg feels great, it feels strong. I’m happy to be able to play again.”

— Olivia Hudson

Hoop Dreams

Innovative physical therapy at UPMC Centers for Rehab Services gives basketball standout a leg up on recovery

Last spring, Altoona teenager **Olivia Hudson** (above) suffered a devastating knee injury that threatened to end her basketball days. Now, she’s back on the court for her senior year and a possible collegiate career.

Olivia was playing in a scrimmage last year when she went for a routine layup, just like she’d done countless times since fourth grade. This time, her landing was unlike any she’d ever experienced. “I knew immediately something was wrong with my knee. It was the worst pain I’ve ever had,” she says. Olivia was right: she had torn three of four major knee ligaments — the anterior cruciate (ACL), lateral collateral (LCL), and medial collateral ligaments (MCL).

Fortunately, her knee was repaired by UPMC orthopaedic surgeon **James Bradley, MD**, team doctor for the Pittsburgh Steelers®. He recommended blood flow restriction therapy, or BFR — a cutting-edge treatment originally developed to help wounded combat veterans and more recently used with impressive results on injured NFL athletes.

A week after surgery on July 2, Olivia began therapy at UPMC Centers for Rehab Services in Altoona under the care of physical therapist **Brian Hmel, DPT** (below), the region’s first BFR-certified provider. BFR is now offered at UPMC Centers for Rehab Services in Cresson, where Brian recently took over as facility director.

By December, the Altoona Area High School senior point guard and co-captain was back on the court with her team.

“It was really tough and not fun, but it was worth it,” says Olivia, 17. “It was originally supposed to be an eight-month recovery, but we were able to cut it back to just over five.”

How BFR works

BFR therapy uses a tourniquet, which resembles a blood-pressure cuff, to restrict blood flow and oxygen to the muscles during exercise. Lack of oxygen “tricks” the muscles by making basic exercises seem extremely difficult, says Brian.

“It’s intense. Patients feel like they’re lifting a 100-pound weight when it’s actually only 10 pounds,” he says.

Olivia agrees. “Sometimes, it felt like I’d run a marathon — like I was working harder and longer than I actually was,” she says.

During BFR therapy, muscles gain strength by working harder without putting too much stress on the joint, explains Brian. It speeds overall recovery by building up the supporting muscles; they become stronger and more stable while the injured area is healing.

Looking forward

It’s too soon to tell how Olivia’s senior season will turn out, but she’s happy to return to her team and the court where she was the second-highest point earner during the 2017-18 season.

She’s also looking forward to college, where she plans to study sports medicine and pursue a degree in physical therapy. And she still holds on to her dream of playing Division I basketball.

“My leg feels great, it feels strong,” says Olivia. “I’m happy to be able to play again.”

To Schedule an Appointment



Brian Hmel sees patients at UPMC Centers for Rehab Services in Cresson. To schedule an appointment at any local CRS location, including CRS Station Medical in Altoona, call **814-889-3900**.

News from the UPMC ALTOONA FOUNDATION

Grants/Donations Roundup

- **Joshua Siglin, MD**, is fondly known as Dr. Pink for his ongoing efforts to raise awareness about the fight against breast cancer through the American Cancer Society's Real Men Wear Pink campaign. This year, the UPMC Altoona radiation oncologist raised \$7,300 to support breast cancer research. The UPMC Altoona Foundation matched his efforts, bringing the amount raised to \$14,600.
- Thanks to the Foundation, Joshua House now has an automatic external defibrillator, an easy-to-use medical device to help individuals experiencing sudden cardiac arrest. Based in Tyrone, Joshua House serves hundreds of school-age youth through athletic and social programs.
- For underserved children who participate in after school and summer programs at Refuge Youth Network, the Foundation's gift of new athletic equipment was a welcome addition.
- With Foundation support, inspirational artwork with messages of hope and healing for patients with chronic or life-limiting illnesses now adorns the walls of UPMC Altoona's palliative care suites on Tower 14.
- The Foundation supported the educational efforts of six medical laboratory science students, providing each with a \$500 scholarship to pursue their college degrees while working in the UPMC Altoona Laboratory.
- Jersey Mike's Subs of Altoona raised \$4,540 in support of the UPMC Altoona Birthing Center during the store's recent grand opening celebration.



Tim Balconi (left), UPMC Altoona Foundation president, accepts a check from Matt Patterson, Jersey Mike's president (center), and Ashley Horner, Jersey Mike's operating partner.



For information or to register, contact the Foundation at 814-889-6740 or UPMCAaltoonaFoundation.org/events.

History Wall Unveiled



Jerry Murray, former UPMC Altoona president, speaks at the ceremony to unveil the history wall.

At a December ceremony, former UPMC Altoona and UPMC Bedford President **Jerry Murray** unveiled a 100-foot display that chronicles historic milestones that have occurred since the founding of Altoona Hospital in 1883 and Mercy Hospital in 1910 (Mercy became Bon Secours Holy Family Hospital in 1996).

The display also includes the history of Altoona Regional Health System (2004) and UPMC Altoona (2013).

Jerry proposed the wall while serving as hospital president, believing people would be interested in learning about the 130-year history — and future — of health care in Altoona, and to strengthen the bond between UPMC and the community.

The display, which can be viewed in the lobby of the hospital's main entrance, includes information about affiliations and acquisitions, technological advances, major construction projects, changes in name and leadership, and more.



Winter Splendor 2019



Nancy Devorris (center) accepts a Healthcare Honors award with daughter Andrea Cohen and son Philip Devorris.

Nearly 900 guests attended Winter Splendor on Jan. 18 at the Blair County Convention Center, where the UPMC Altoona Foundation awarded Healthcare Honors to **Denise Gdula, RN, BSN; Loretta Wyland, RN, CRN; Esiri Karunaratne, MD; Robert D. Sullivan, MD; and Nancy Devorris** and her late husband, **Donald**, a legendary Blair County business leader and entrepreneur. The awards recognize staff, volunteers, and community members who continue to demonstrate generosity and commitment to UPMC Altoona and its patients.

Jerry Murray also was honored for his 33 years of service to health care in the region. UPMC recently appointed Jerry as vice president for special projects for the health system's central Pennsylvania region.

The UPMC Altoona Foundation also announced the creation of the Donald and Nancy Devorris Nursing Scholarship Fund to help area students finance their undergraduate and graduate nursing studies. The fund honors the couple for their decades of service to the hospital and Foundation. A special appeal during the event raised \$30,000 for the fund.

Lending a Hand

During May, June, and July, the UPMC Altoona Foundation will accept donations of household items, new socks for homeless youth, and school supplies. Donation barrels are located in the hospital lobby, at Station Medical Center, and Altoona Family Physicians. Items also can be dropped off at the Foundation office on Tower 5.



Q & A

Ask the Experts

Struggling with infertility? You're not alone.

It's estimated that one in six couples are unable to conceive or are having trouble conceiving a child. "Infertility is a common problem that affects both men and women," says **Lindsay Mastrine, DO**, of Magee-Womens Specialty Services, a board-certified gynecologist with a special interest in infertility. To schedule an appointment with Dr. Mastrine, call **814-889-2626**.

Q.

What is infertility?

A. If you are under the age of 35, infertility is clinically defined as the inability to get pregnant after having unprotected sex regularly for a year. For women over age 35, the timeframe is six months. Secondary infertility — when a couple is unable to conceive after already having a baby — also is common.

Q.

What causes infertility?

A. Infertility affects men and women equally. With men, fertility problems are most often related to declining sperm counts and testicular abnormalities. For women, the most common causes are irregular menstrual cycles or blocked tubes, which can be caused by endometriosis, fibroids, polycystic

ovarian syndrome, and some sexually transmitted diseases. "Increasingly, couples are waiting longer to have children, so we are seeing more age-related fertility issues," says Dr. Mastrine. "But untreated diabetes, thyroid imbalances, smoking, stress, obesity, and other diseases and lifestyle choices also can negatively affect fertility."

Q.

When should I talk to my doctor?

A. "If you've been trying to get pregnant for a year without success, it's time to talk to a specialist about fertility testing," advises Dr. Mastrine. Because there can be underlying reasons for infertility, it's best to consult a fertility specialist or reproductive endocrinologist. After determining the cause of your infertility, your doctor will develop an individualized treatment plan.

Q.

What about fertility treatments?

A. Infertility can be treated with drugs and other medications, artificial insemination, surgical interventions, and assistive reproductive technology (such as in vitro fertilization). "Be sure to get counseling about the success rates, risks, and benefits of each treatment option," recommends Dr. Mastrine. "With recent advances in reproductive health care, we now have many options to help a couple struggling with infertility build their family."

Meet Dr. Lindsay Mastrine

Lindsay Mastrine, DO, practices at Magee-Womens Specialty Services, a new partnership that offers area women comprehensive and advanced obstetrics and gynecology services at convenient office locations in Altoona, Bedford, and Ebensburg. A board-certified gynecologist, Dr. Mastrine's practice focuses on reproductive endocrinology and infertility.

Dr. Mastrine is a graduate of the New York College of Osteopathic Medicine. After completing her residency at New York Methodist Hospital in Brooklyn, she joined a fertility practice where she gained extensive hands-on experience in reproductive endocrinology and infertility. "Combining general gynecology with these subspecialties helped me find my niche," says Dr. Mastrine.

Both Dr. Mastrine and her husband, a cardiologist, grew up in small, rural communities. She's from upstate New York and he's from Ebensburg. "Our plan always was to get back to one of our home areas," she says. "We know how important convenient access to quality care is for people in these communities." The family moved to Johnstown in 2015.

"UPMC Magee-Womens Hospital has so much to offer — a great reputation and great success in treating infertility," says Dr. Mastrine. "I look forward to the partnership with Magee, which will enable me to provide my patients with that same level of care closer to home."

Is there a health topic you'd like to see covered in the magazine or a great experience at UPMC Altoona that you'd like to share?

Call **814-889-6405** or email **HLMAaltoona@UPMC.edu**.

UPMC Altoona's *Healthy Living Magazine* is published twice a year. If you would like to be added to our mailing list, join our Healthy Living Club online at **UPMCAltoona.org** or call **814-889-2630** or **1-888-313-4665**. It's FREE, and the magazine is just one of many benefits!

Looking for a doctor or specialty service? Visit **FindADoc.UPMC.com** or call **1-800-258-4677**.