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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



YOUR HIP.

YOUR MOVE.

Your hip, your knee, your shoulder — whatever has been holding you back, it's time to make your move.

Experts at UPMC Orthopaedic Care are pioneering minimally invasive surgeries, and we offer personalized treatment plans and same-day surgery to get you home and moving sooner.

**IT'S YOUR ANKLE, YOUR ELBOW, YOUR HAND.
AND NOW IT'S YOUR MOVE.**

For more information or to schedule an appointment at a location near you, visit [UPMC.com/OrthoCare](https://www.upmc.com/OrthoCare).

**UPMC | ORTHOPAEDIC
CARE**

Healthy Living

HIGHLIGHTS



Introducing Our Newest Addition: UPMC Magee-Womens at UPMC Altoona

Labor and delivery are among the impressive list of women's health services offered onsite at UPMC Altoona.

Delivering world-class specialty care close to home in the communities it serves is an important part of UPMC's overall mission. Thanks to a strong collaboration with UPMC Magee-Womens Hospital of Pittsburgh, UPMC Altoona has expanded and improved its women's health services over the past seven years.

In recognition of this broader scope of services, we are proud to announce that our regional birthing center has been renamed **UPMC Magee-Womens at UPMC Altoona**.

Labor and delivery adds to the impressive list of onsite women's health services at UPMC Altoona that carry the Magee name and quality of care, including:

- Breast cancer treatment (in partnership with UPMC Hillman Cancer Center)
- Breast surgery
- General ob-gyn care

- Gynecologic oncology surgery
- Maternal fetal medicine
- Neonatal care
- Urogynecologic surgery
- Women's imaging

UPMC Altoona's recently implemented a comprehensive, around-the-clock labor and delivery service provided by trained hospital laborists — board-certified doctors who specialize in ob-gyn care. Newborns who need to stay in the hospital's Level II neonatal intensive care unit receive care from an onsite neonatology nurse practitioner and, via telemedicine, from a UPMC Magee neonatologist.

"Our local doctors are able to offer specialty care close to home," says **Stacey-Ann Okoth, DNP, MBA, MSN, RN**, vice president, patient care services and chief nursing officer at UPMC Altoona and UPMC Bedford. "We are extremely proud of the high level of quality care available right here in our community."

COVID-19 Updates

UPMC continues to do everything possible to keep our communities safe. For the latest COVID-19 information and updates, visit UPMC.com/Coronavirus.



Vaccines: UPMC is offering vaccinations. To schedule a vaccination appointment at UPMC Altoona Station Medical Center, UPMC

Bedford, or one of our other locations close to you, visit vaccine.UPMC.com.

If you've been exposed to COVID-19: Testing is available through UPMC with a written referral. You'll find a list of test sites at UPMC.com/Coronavirus.

If you develop COVID-19: If you have mild to moderate symptoms and are at risk for severe disease, ask your doctor about monoclonal antibody treatment before you get too sick. Monoclonal antibodies have been shown to successfully cut COVID-19 hospitalization rates. If you meet the guidelines, treatment is available locally with a referral from your doctor.

If you have trouble breathing or experience other severe symptoms, go to the nearest emergency department. If possible, call ahead to alert the staff.

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YOUR HIP. YOUR MOVE.



Keeping Your Lungs Healthy

The board-certified pulmonary medicine doctors — or pulmonologists — at UPMC Altoona specialize in diagnosing and treating diseases that affect the lungs and respiratory system.

Most people take breathing for granted — until it becomes difficult. Your lungs, which are part of your respiratory system, are among the most important organs in the body. Genetics, bad habits, poor diet, and viruses also can cause lung problems.

If you have a lung condition, UPMC Altoona’s board-certified pulmonologists can help. They are specially trained to diagnose and treat diseases of the respiratory system.

“We provide personalized care for common and complex lung conditions and diseases — from asthma and COPD to lung cancer and COVID-19,” says **Mehrdad Ghaffari, MD**, chief of pulmonary and critical care services. UPMC Altoona offers state-of-the-art diagnosis and treatment for a range of lung conditions, including:

- ARDS (acute respiratory distress syndrome)
- Asthma
- COPD (chronic obstructive pulmonary disease)
- Interstitial lung disease
- Lung cancer
- Occupational lung disease
- Pleural effusion
- Pneumonia
- Pulmonary hypertension
- Pulmonary tuberculosis
- SARS (severe acute respiratory syndrome)

Helpful tips for healthy lungs

Did you know that the average adult takes about 22,000 breaths a day? “Your lungs work hard day and night,” says **Gerald Belopolsky, MD**, a UPMC Altoona pulmonologist. “But most people don’t think about their lung health until they have a breathing problem.”

Just like other parts of your body, your lungs age with time. They can lose flexibility and strength, making it harder to breath. To help keep your lungs working well into your senior years:

- Don’t smoke
- Get regular exercise
- Reduce your exposure to pollutants
- Stay up-to-date on vaccinations to avoid infections
- Take deep breaths

Meet the Pulmonology Team

Doctors



Gerald Belopolsky, MD
Pulmonologist

Board-certified in critical care, pulmonary disease, and internal medicine



Mehrdad Ghaffari, MD, FCCP

Chief, Pulmonary and Critical Care Services and Director, UPMC Altoona Sleep Center

Board-certified in critical care, pulmonary disease, internal medicine, and sleep medicine



Rashmikant Pandit, MD
Pulmonologist

Board-certified in pulmonary disease, geriatric medicine, and internal medicine

Advanced Practice Providers

Kayla Fowler, PA-C

Elizabeth McGroarty, CRNP

Our Locations

UPMC Altoona Blair Medical Associates

1414 9th Ave,
Altoona, PA 16602
814-946-1655

UPMC Altoona Blair Medical Associates

195 Memorial Drive, Suite 6
Everett, PA 15537
814-946-1655

Get Screened for Lung Cancer

Low-dose CT scans can help detect lung cancer at an early stage when it has a higher cure rate. “However, lung cancer is virtually symptomless until the later stages,” says **Dr. Ghaffari**.

Cigarette smoking is linked to 80 to 90% of lung cancer deaths in the United States. That’s why experts recommend low-dose CT scans for people ages 50 to 80 who have smoked at least a pack a day for 20 years or more, and who still smoke or have quit within the past 15 years.

Low-dose CT scans are available at the following locations. To schedule an appointment, contact:

UPMC Altoona

Station Medical Center
1516 Ninth Ave.,
Altoona, PA 16602
814-889-2011

UPMC Bedford

10455 Lincoln Highway
Everett, PA 15537
814-623-6161

A Note of Thanks From the UPMC Altoona Foundation

This year has been like no other. During a time of great uncertainty, our community continued to think of others. Thanks to our donors and supporters, the UPMC Altoona Foundation raised a record-breaking \$1.2 million in 2020. The year also saw the successful conclusion of our fundraising campaign to remodel the radiation oncology suite at the UPMC Hillman Cancer Center at UPMC Altoona.

Your generosity has had a positive impact on the lives of our patients and hospital staff. Thanks to you, we met the challenges of this difficult year and continue to offer high-quality, patient-centered care to everyone in our community.

New ENT Joins UPMC Altoona Blair Medical Associates



Sharon Tomaski, MD, was the highest-ranking civilian doctor for U.S. military hospitals east of the Mississippi River, but she welcomed a return to clinical practice as an ear, nose, and throat (ENT) specialist at UPMC Altoona.

Dr. Tomaski joined UPMC Altoona Blair Medical Associates in July 2020 and now works closely with otolaryngologist **Elliott Bilofsky, DO**. She previously served as deputy assistant chief of staff for Clinical Operations at Regional Health Command-Atlantic (RHC-A) — part of the U.S. Army Medical Department — in Washington, D.C.

“My work at RHC-A was very interesting, especially after COVID-19 hit. But I was eager to get back into clinical work,” says Dr. Tomaski, a head and neck surgeon and board-certified otolaryngologist who also completed training in pediatric otolaryngology.

“Patients are very important to me. Coming to UPMC Altoona gets me back to doing what I love, which is seeing patients. My patients are like family, and that’s how I treat them,” she adds. “With training in pediatric otolaryngology, I can offer another level of ENT care to patients of all ages.”

Dr. Tomaski and her husband Mark are enjoying life in central Pennsylvania. “We love the area, and we’re very comfortable here,” she says. “This is a very loving and homey community. I love the people — they are very giving and have such a good sense of humor.”



When Wounds Don't Heal — We Can Help

Nonhealing wounds pose a major health threat, requiring special treatment to avoid serious infection, needless pain, and unnecessary amputation.

Chronic wounds affect an estimated 6.5 million Americans. If you have a wound that hasn't improved in 4 weeks or completely healed within 6 weeks, it's time to see a doctor.

At UPMC Wound Healing Services at UPMC Altoona, our comprehensive, hospital-based outpatient program provides specialized treatment for chronic wounds, including those resulting from underlying health issues like diabetes and vascular disease. We offer the latest wound healing technologies and a range of advanced and effective treatments, including:

- Hyperbaric oxygen therapy
- Aggressive medical and surgical interventions
- Bioengineered skin substitutes and skin grafts
- Compression wraps
- Vacuum-assisted closure

Our multidisciplinary team includes specialists in podiatry, vascular surgery, general surgery, plastic surgery, and wound care. They work together to develop the best possible treatment plan for patients of all ages with nonhealing wounds that may be caused by:

- Burns
- Diabetes
- Lymphedema
- Ostomy procedures
- Poor circulation
- Pressure ulcers
- Radiation therapy
- Traumatic injuries
- Vascular diseases

To learn more or to schedule an appointment, contact UPMC Wound Healing Services at UPMC Altoona at **814-889-4164** or visit **UPMCAaltoona.com**. Self-referrals are accepted.

Wound Care Services Coming to UPMC Bedford! Many wound care services and treatments (with the exception of hyperbaric oxygen therapy) will soon be available at UPMC Bedford.

