

Healthy Living

HIGHLIGHTS



Cutting-Edge Stroke Care

At UPMC Altoona, a breakthrough procedure and medical expertise are saving patients from devastating outcomes.



When stroke expert **Cynthia Kenmuir, MD, PhD** (left), arrived at UPMC Altoona in July 2018, she brought with her the thrombectomy — a groundbreaking technique used to remove large blood clots from arteries in the brain. Since then, she has performed the lifesaving procedure on more than 120 stroke patients.

UPMC Altoona is the only hospital in central Pennsylvania to offer the minimally invasive thrombectomy. The treatment helps patients avoid brain damage and stroke-related disabilities.

“This is a rare and specialized procedure. It sets our program apart,” says Dr. Kenmuir, an endovascular neurologist, neurointerventionalist, and director of UPMC Altoona’s stroke program.

During a mechanical thrombectomy, Dr. Kenmuir threads a highly flexible thin catheter into a groin artery and up into the brain. Using x-ray guided imaging, she uses a stent retriever to grab the clot and restore blood flow. “The results can be pretty remarkable,” she says.

Every minute counts when it comes to treating strokes. Both UPMC Altoona and UPMC Bedford are certified in stroke care by The Joint Commission. Both hospitals have specially trained teams available 24/7 to assess and treat stroke patients. Patients in the Bedford area receive brain-saving treatment before transfer to a stroke-specialty hospital, such as UPMC Altoona. Having the on-site expertise needed to perform the thrombectomy at UPMC Altoona means a clot can be removed quickly — a benefit for local residents as well as patients transferred to UPMC Altoona from throughout the region.



Welcome Dr. Hathidara

UPMC Altoona’s Stroke Program recently welcomed neurologist and stroke expert **Mausaminben Hathidara, MD** (left). She will join Dr. Kenmuir in diagnosing and treating stroke patients.

Magee-Womens Specialty Services at UPMC Altoona

UPMC Magee-Womens Hospital of Pittsburgh is nationally recognized by *U.S. News & World Report* for excellence in women’s care. Now area residents no longer need to travel far for its expertise: UPMC Altoona partners with women’s health specialists at UPMC Magee to provide advanced medical and wellness services in our community for women at every stage of life.

Doctors from UPMC Magee travel to Altoona to provide on-site specialty care in the following areas:

- **Gynecologic oncology** — Comprehensive and compassionate care for women diagnosed with gynecologic malignancies
- **Maternal fetal medicine** — Specialized care for women with high-risk pregnancies and those with medical complications during pregnancy
- **Urogynecology** — Treatment for women experiencing problems with their pelvic floor, including urinary and fecal incontinence and pelvic organ prolapse

Genetic counseling

Genetic counseling and testing are important tools to help patients understand their risk for developing breast or ovarian cancer. Patients can meet face-to-face via telemedicine with a specialist at UPMC Magee in Pittsburgh to review family history, discuss their risk assessment, and explore options for genetic testing and cancer risk reduction. All Magee-Womens Specialty Services support the gynecologic and obstetrical care women already receive from their own local doctors.

Talk to your doctor about a referral for services, or visit UPMCAaltoona.com/MageeSpecialty for more information.

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UPMC Heart and Vascular Institute at UPMC Altoona

Heart disease affects approximately one in five American adults and is the number one cause of death among men and women, according to the American Heart Association.

When you have a serious cardiac condition, it's reassuring to know that advanced quality care is close to home. At UPMC Altoona, we are passionate about heart health. Our highly trained cardiologists, surgeons, nurses, and practitioners offer diagnostic testing, research-based therapies, and prevention techniques for a wide range of heart diseases and conditions. The UPMC Heart and Vascular Institute gives patients access to the most advanced heart and vascular treatment options, novel heart assist devices, and leading-edge clinical trials.

At UPMC Altoona, we are committed to improving the health of the communities we serve by offering the latest in comprehensive cardiovascular care and technology.

Cardiology Services

- Diagnostic services, including:
 - > Echocardiography—transesophageal, transthoracic, pediatric, intraoperative, and stress echocardiograms
 - > Electrocardiograms (EKGs)
 - > Holter monitoring
 - > Stress testing
- Cardiac catheterization diagnostic and therapeutic procedures
- Structural heart program, including:
 - > Transcatheter aortic valve replacement (TAVR)
 - > WATCHMAN™ for atrial fibrillation (AFib)
- Electrophysiology services
 - > Cardioversion
 - > Medical management
 - > Implantable cardiac defibrillators (ICDs) and pacemakers
 - > Radiofrequency ablation

- Heart failure management
- Cardiac rehabilitation

Cardiac Surgery Services

- Convergent procedure for treatment of AFib
- Coronary artery bypass grafting (CABG)
- Aortic, mitral, and tricuspid valve replacement
- Mitral and tricuspid valve repair
- Thoracic aortic aneurysm surgery
- Ventricular aneurysm repair/resection
- Atrial/ventricular septal defect repair
- Cardiac tumor resection

Vascular Surgery Services

- Open and endovascular repair of abdominal aortic aneurysms
- Endovascular repair of thoracic aortic aneurysms
- Carotid artery stenting

- Percutaneous intervention on all peripheral arterial beds, including atherectomy, angioplasty, stenting, and drug-eluting technology
- Inferior vena cava (IVC) filter placement and retrieval
- Transcarotid artery revascularization (TCAR)
- Traumatic vascular injury management
- Catheter-directed treatment for acute deep venous thrombosis, varicose veins, chronic venous insufficiency, and thrombophlebitis
- Laser and radiofrequency ablation for venous disorders
- Dialysis access

Don't Delay Care When It Comes to Your Heart

UPMC Heart and Vascular Institute has cardiology office locations locally in Altoona, Ebensburg, Everett, Huntingdon, and Tyrone. Catheterizations and surgeries are performed by our experts at UPMC Altoona.

Call 814-949-9095 to schedule, or visit UPMC.com/EveryHeartAltoona for more information.

Our Experts



Mukul Bhatnagar, MD
Cardiologist



Daniel Ciaburri, MD
Cardiac Surgeon



Demetrio Flores III, MD
Cardiologist



David Ho, MD
Cardiac Electrophysiologist



Jonathan Holtz, MD
Cardiologist



George Jabbour, MD
Cardiologist



Vijay Janakiraman, MD
Cardiologist



Claudio Lima, MD
Cardiac Surgeon



Nicholas Madden, DO
Vascular Surgeon



Subhashis Maitra, MD
Vascular Surgeon



Rahul Sinha, MD
Cardiologist



Siva Venkata, MD
Cardiac Surgeon

Our Practitioners

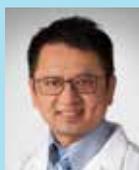
Stacy Caputo, PA-C; Jessica Dilling, CRNP; Melissa Hall, PA-C; Kaylee Kowalczyk, PA-C; Katherine Montgomery, PA-C; Kristi Montrella, CRNP; Whitney Moritz, PA-C; Miranda Nalisnick, PA-C; Lisa Reasbeck, PA-C; Raph Voltz, PA-C; Sean Yeckley, PA-C

UPMC Altoona Offers Convergent Procedure for AFib

As many as six million Americans have atrial fibrillation (AFib) — the most common type of irregular heartbeat. A new procedure now available at UPMC Altoona offers an exciting treatment option for patients who don't respond well to standard treatments.

It's called the convergent procedure because it represents the convergence of technology and technique. This minimally invasive procedure requires just a small incision.

Two specialists — a cardiothoracic surgeon and a cardiac electrophysiologist — work on the inside and outside of the heart, using radiofrequency ablation on areas of the heart to restore its regular rhythm. Ablation uses targeted heat to destroy tissue in the problem areas that are causing the irregular heart rhythm.



At the UPMC Heart and Vascular Institute at UPMC Altoona, cardiac surgeon **Siva Venkata, MD** (far left), and cardiac electrophysiologist **David Ho, MD** (left), work together to offer patients the procedure.

Dr. Venkata says the treatment begins with the surgeon making a tiny incision in the patient's upper abdomen and using a catheter to insert a tiny camera behind the heart. He first ablates or burns the tissue on the back of the heart. Dr. Ho, the cardiac electrophysiologist, then ablates the tissue on the inside of the heart.



Following the procedure, patients typically spend two days in the hospital before returning home.

"This technique combines the best of two traditional approaches to treat complex AFib," says Dr. Ho. "It's a very comprehensive procedure without having to put the patient through open heart surgery."

Benefits of a minimally invasive procedure include less pain, shorter hospital stay, and a faster recovery. Many patients who undergo the convergent procedure also report an improved quality of life.

"It's a great improvement to quality of life for our patients — they tell us that they feel better and have more energy," says Dr. Venkata.

Dr. Sarah Hocker Joins UPMC Bedford Dermatology

Skin is your body's first line of defense against the outside world — protecting you from dangerous germs, keeping your body temperature regulated, and enabling you to sense cold, heat, pain, and touch.



To keep your skin healthy and in good working condition, you'll want to visit a dermatologist.



In Everett, UPMC welcomes a new dermatologist, **Sarah Hocker, DO**. Her practice with UPMC Bedford Dermatology includes skin cancer treatment, cosmetic procedures, and general medical dermatology.

A native of Bedford County, Dr. Hocker earned her medical degree from West Virginia School of Osteopathic Medicine. She completed a residency at Larkin Community Hospital in Plantation, Florida, where she also served a fellowship in dermoscopy and cutaneous oncology.

UPMC Bedford Dermatology is located at 283 Hospital Drive in Everett. To schedule an appointment with Dr. Hocker, call 814-623-3757.

UPMC also has dermatology practices in Altoona, Ebensburg, and Huntingdon. To find a dermatologist near you, visit UPMC.com/FindADoctor.

Our Newest Doctors



Ted Belis, MD
(returning to practice)
Urologist
UPMC Altoona



David DeFrancisco, MD
Hospitalist
UPMC Altoona



Amit Bhattu, MD
Urologist
UPMC Altoona



Maninder Kaur, MD
Hospitalist
UPMC Altoona



Suraj Chopra, MD
Hospitalist
UPMC Altoona

Other new doctors in this issue:

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To find a UPMC primary care doctor or specialist near you, call 1-800-533-UPMC (8762) or visit UPMC.com/FindADoctor.

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Healthy Living

H I G H L I G H T S

**Convenient care,
from the
comfort of home.**

UPMC VIDEO VISITS ARE AVAILABLE.

Whether you need to see your doctor for a scheduled appointment, make a new appointment, or have an urgent need, we have you covered. UPMC Video Visits allow you to have a video appointment with many of our primary care providers and specialists. There's no need to cancel or reschedule an existing appointment if you have one. And no reason to wait to schedule a new one. It's easy and convenient. And it's all from the comfort of home.

For more information, visit [UPMC.com/VideoVisits](https://www.upmc.com/VideoVisits), call your doctors' office, or call 1-833-217-1993.

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