



UPMC Hillman Cancer Center

A new treatment called accelerated partial breast irradiation requires only five treatments and allows doctors to preserve more breast tissue than ever before. Many patients who get this targeted therapy following a lumpectomy experience fewer side effects.

Intensity-modulated radiation therapy (IMRT) uses powerful beams to kill cancer cells. It is a fast and effective therapy, using advanced computer programs to deliver a precisely controlled dose of radiation.

UPMC Northwest is seeing excellent results for prostate cancer and reduced risk of urinary incontinence with IMRT. In addition, Dr. Gregoritch says, “We’re able to cure 60% to 70% of bladder cancer patients with a combination of chemotherapy and radiation, and without removing the bladder or requiring a urostomy.”

UPMC Hillman Cancer Center offers world-class advanced medical oncology and radiation services, including diagnosis, treatment, and support, at UPMC Northwest in Seneca, Pa.

Types of Medical Oncology Treatments

Medical oncology includes chemotherapy, immunotherapy, hormone therapy, and targeted therapy — each of which combats cancer in unique ways.

- **Chemotherapy** kills cancer cells or prevents them from spreading.
- **Immunotherapy** boosts the body’s immune system against cancer cells.
- **Hormone therapy** blocks hormones from behaving in ways that support cancer growth.
- **Targeted therapy** specifically affects molecules involved in the growth or spread of cancer.

Targeted Radiation Oncology

Radiation oncology involves the use of high-energy waves to damage the DNA of cancer cells. This process kills or slows the growth of cancer cells. As the damaged cells die, the body breaks them down and removes them.

According to **Steven Gregoritch, MD, PhD, FACP, FACRO**, UPMC Northwest radiation oncologist, “Radiation therapy plays a role in the treatment of many cancers, including lung, colorectal, breast, and prostate. Recent advancements have improved outcomes greatly, especially for breast and prostate cancer patients.”

As the largest system in the United States accredited by the American College of Radiation Oncology, UPMC Hillman Cancer Center’s radiation oncology program is committed to the highest quality of care.

Advanced Radiation Techniques

Over the last five years, Dr. Gregoritch has seen many advancements in cancer treatments at UPMC Northwest, including the addition of a Varian TrueBeam® linear accelerator.



Cooling Caps Put a Freeze on Hair Loss

For some people, chemotherapy may cause hair loss.

Paxman® Scalp Cooling technology

is up to 90% effective in preventing and minimizing hair loss. The technology uses innovative caps to cool the scalp before, during, and after chemotherapy treatments. Purchased by the Northwest Hospital Foundation, these caps are now available to patients of UPMC Hillman Cancer Center at UPMC Northwest.

To learn more about cancer care in Seneca, visit UPMCNorthwest.com/Cancer.

TrueBeam is a trademark of Varian Medical Systems, Inc.

MEET OUR New Doctors

OBSTETRICS AND GYNECOLOGY



Emily Carbaugh, MD

Dr. Carbaugh earned her medical degree from SUNY Downstate Medical Center College of Medicine in Brooklyn, N.Y. She completed an obstetrics-gynecology residency at UPMC Magee-Womens Hospital in Pittsburgh. Dr. Carbaugh sees patients at UPMC Magee-

Womens Specialty Services in Clarion. To schedule an appointment with Dr. Carbaugh, call **814-223-9280**.



Kristin Romutis, MD

Dr. Romutis earned her medical degree from Virginia Commonwealth University, School of Medicine. She completed an obstetrics-gynecology residency at UPMC Magee-Womens Hospital in Pittsburgh. Dr. Romutis sees patients at UPMC Magee-Womens Specialty

Services in Franklin. To schedule an appointment with Dr. Romutis, call **814-432-3163**.

PODIATRY



Morgan Gallo, DPM

Dr. Gallo earned her podiatric medicine degree from Kent State University College of Podiatric Medicine and a master's degree in health services administration from Lake Erie College of Osteopathic Medicine. She completed a podiatric medicine residency at LECOM Health

Millcreek Community Hospital, where she also served as chief podiatric resident. Dr. Gallo is part of the team at UPMC Hamot Foot & Ankle Center. She sees patients in Franklin at Orthopedics and Sports Medicine Associates-UPMC. To schedule an appointment with Dr. Gallo, call **814-877-3668**.

PRIMARY CARE



Bethann Hamm, DO

Dr. Hamm earned her medical degree from Philadelphia College of Osteopathic Medicine and completed a family practice residency at The Medical Center in Columbus, Ga. She is certified by the American Board of Family Medicine.



Paul Hamm, DO

Dr. Hamm earned his medical degree from Philadelphia College of Osteopathic Medicine and completed a family practice residency at Clarion Hospital. He is certified by the American Osteopathic Board of Family Physicians.

Both doctors see patients at the new UPMC Primary Care in Shippenville. To schedule an appointment, call **814-297-5090**.



Patients in the UPMC Northwest service area who need care for lung and esophageal conditions can see a provider locally without traveling to Erie or Pittsburgh for pre- and postoperative appointments.

Navid Ajabshir, MD, a thoracic surgeon with UPMC, sees patients at UPMC Northwest in Seneca. Dr. Ajabshir provides consultations for a variety of conditions affecting the lungs and esophagus, including:

- Esophageal cancer
- Lung cancer
- Gastroesophageal reflux disease (GERD)
- Barrett's esophagus
- Hiatal hernias
- Pleural effusion
- Hyperhidrosis
- Thymus gland and mediastinal tumors

Dr. Ajabshir earned his medical degree at Florida International University and completed a residency at Mount Sinai Medical Center of Florida, followed by a fellowship at the University of Pittsburgh School of Medicine.

The thoracic surgery team at UPMC treats diseases of the lungs, chest wall, esophagus, and mediastinum (the middle of the thoracic cavity). Our surgeons specialize in minimally invasive procedures, which may have fewer risks and side effects than traditional open surgery, as well as quicker recovery times.

For more information about the Seneca clinic, call **412-647-LUNG**. To learn more about thoracic surgery at UPMC, visit UPMC.com/CTSurgery.

Make a note of it.

Save time and book your appointment online at
UPMC.com/ScheduleUrgentCare

UPMC URGENT CARE

Ask the Expert: Tonsils and Adenoids



Ibrahim Bawab, MD, an otolaryngologist with UPMC Northwest Ear, Nose, and Throat, sees both pediatric and adult patients. We asked Dr. Bawab to answer some common questions about tonsil and adenoid conditions and treatment options.

Q What are tonsils?

A Tonsils are a pair of small, soft tissue masses located on either side of the back of the throat. Tonsils contain white blood cells called lymphocytes that help the body fight off infections. As part of the immune system, their primary function is to trap and filter harmful bacteria and viral microorganisms that enter through the mouth and nose, and prevent them from spreading deeper into the body.

Q What are adenoids?

A Adenoids, also known as nasopharyngeal tonsils, are a set of soft tissues located at the very back of the nasal passage near the opening of the eustachian tubes, which connect the back of the nose to the middle ear. Like tonsils, adenoids contain lymphoid tissue and play a role in the immune system by trapping and filtering bacteria and viruses that enter the body through the nose and mouth.

Q What are the most common conditions that affect the tonsils and adenoids?

A The most common conditions affecting the tonsils and adenoids are:

- **Tonsillitis** — Inflammation of the tonsils, often caused by infections. Symptoms may include a sore throat, fever, difficulty swallowing, and swollen tonsils.
- **Adenoiditis** — Inflammation of the adenoids, typically due to infections. It can cause symptoms such as nasal congestion, difficulty breathing through the nose, snoring, and ear infections.
- **Enlarged tonsils and adenoids** — Sometimes tonsils and adenoids can become enlarged without infection. Enlarged tonsils and adenoids can lead to symptoms such as snoring, sleep apnea, and difficulty breathing, especially during sleep.
- **Tonsil stones** — Also known as tonsilloliths, these small, calcified masses can form in the tonsil crevices. They can cause bad breath, throat discomfort, and a sensation of something stuck in the throat.
- **Peritonsillar abscess** — A painful collection of pus that can develop near the tonsils. It often occurs as a complication of untreated or severe tonsillitis.

Q What treatment options are available for conditions affecting the tonsils and adenoids?

A Treatment options for conditions affecting the tonsils and adenoids depend on the specific condition, its severity, and individual factors. In some cases, if the tonsils and adenoids are enlarged but not causing significant problems, a health care provider may monitor them as a first step.

For bacterial infections such as strep throat, medicines like antibiotics and over-the-counter pain relievers like acetaminophen or ibuprofen will help ease discomfort. Adequate rest and drinking plenty of fluids can also help the body fight infections.

Tonsil stones can be managed through good oral hygiene and gargling with warm salt water, which may help dislodge the stones and provide relief.

Recurrent or severe cases may require surgical procedures, including removing the tonsils (tonsillectomy) or adenoids (adenoidectomy), or both at the same time.

Q Are children more likely to have issues with their tonsils and adenoids than adults?

A Yes, because their tonsils and adenoids play a more prominent role in the immune system during childhood. Adenoids are particularly important during childhood when the immune system is developing and exposure to infections is more common. Adenoids and tonsils tend to shrink as people grow older and their immune systems mature.

Q Is tonsillectomy still a common procedure?

A Tonsillectomy is still a relatively common surgical procedure, particularly for children. However, the frequency of tonsillectomies has decreased over the years due to changes in medical guidelines and a better understanding of when the procedure is truly necessary.

Q What are common reasons a tonsillectomy may be considered?

A Tonsillectomy is not routinely recommended for every case of tonsillitis or throat discomfort. Medical guidelines have evolved to emphasize the importance of reserving tonsillectomies for cases where the benefits clearly outweigh the risks and where conservative treatments have been ineffective.

The decision to perform a tonsillectomy is typically based on the presence and severity of specific medical conditions, including recurrent or severe tonsillitis, persistent tonsil stones, and enlarged tonsils and adenoids that obstruct the airway and cause sleep apnea.

To schedule an appointment with UPMC Northwest Ear, Nose, and Throat, call **814-437-7266**.

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UPMC Northwest
100 Fairfield Drive
Seneca, PA 16346

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getting your **moves** back.

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