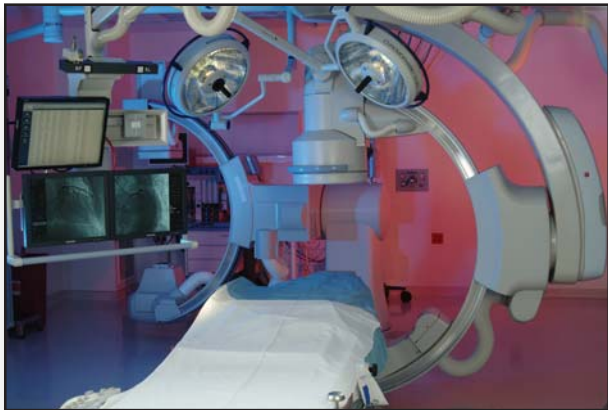


Fourth Cath Lab Opens at The Heart Institute

A 1,000-square-foot state-of-the-art cardiac catheterization lab with operating room capabilities has opened at Jefferson Regional Medical Center. The new addition of the fourth Cath Lab positions the Medical Center one step closer toward its initiative of expanding vascular care services within the Heart Institute at Jefferson Regional and becoming a VHA Vascular Center of Excellence.

The new catheterization lab has the capability for performing cardiac diagnostic and interventional procedures (stent placement, balloon angioplasty), electrophysiology studies, pacemakers, AICDs (Automatic Internal Cardiac Defibrillator) and Bi-VICDs (bi-Ventricular Internal Cardiac Defibrillator) and hybrid, or combination, procedures.

In 2007, nearly 4,000 cardiac catheterizations were performed at Jefferson Regional.



Jefferson Regional ICU Receives VHA Award for Achieving Zero Central Line Infections

Jefferson Regional Medical Center has received the Achieving Patient Care Excellence (APEX) Award from VHA Pennsylvania, the regional arm of VHA Inc., a national health care alliance. Jefferson Regional's Intensive Care Unit was honored for its work to prevent and reduce the incidence of catheter-related blood stream infections. The award recognizes the ICU's achievement of no central line infections for 11 consecutive months, from February through December, 2007.

Cliff Shannon, consultant with Pittsburgh Regional Healthcare Initiative, said, "Public expectations, payer demands and government mandates are pushing hospitals to provide better care. By recognizing these select hospitals with clinical quality awards, VHA is demonstrating that hospitals can overcome many obstacles that often stand in the way of achieving clinical excellence. They are to be congratulated for their fine work."



Medical Center to Implement Automated Parking System

Coming soon to Jefferson Regional Medical Center, patients and visitors who park in the Visitor's Lots (Lots A and B) will be able to pay for parking by using an automated parking payment system.

The rates for parking will not change. The first hour remains free with a flat rate of \$3.00 thereafter.

The most substantial change is that users will take their parking ticket with them to have it validated prior to returning to their vehicle instead of paying a parking attendant when exiting the lot.

Automated pay stations will be available in the main lobby of the hospital building and the South Hills Medical Building lobby.

Automated pay stations will be placed at the current exit gate. Another automated pay station will be added at a second exit gate toward the helipad at the front of the hospital.

Security also is accessible through an intercom at each exit gate. All pay stations accept cash, debit cards and credit cards.

The conversion brings about several enhancements, including a second exit from the parking area near the front of the hospital. The changes are expected to relieve congestion at peak times and will be operational 24 hours a day, seven days a week.



Have a Happy and Healthy Holiday Season!

Jefferson Regional provides nutrition help when you need it the most – during the hectic holiday season.

Personal Nutrition Coaching: Free for Highmark insurance members, \$50 for non-Highmark members. Free parking. Call 412-469-7100 for more information. *Jefferson Regional Wellness Center, 712 Clairton Blvd., Pleasant Hills*

Nutrition Link: This program offers one-on-one nutrition counseling with a registered dietitian certified in diabetes education. Call 412-469-7001 for details. *Jefferson Regional Medical Center, 565 Coal Valley Road, Jefferson Hills*

Weight Management Counseling: Learn how to control your weight by meeting with trained professionals. Call 412-881-2255 for more information. *Jefferson Regional Counseling Center, Caste Village Mall, Whitehall*

Your

Take Health Matters into Your Own Hands

HEALTH

MATTERS

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December 2008

JEFFERSON
REGIONAL MEDICAL CENTER

Jefferson Regional Medical Center CALENDAR OF EVENTS

Insurance Plans: Jefferson Regional Medical Center provides high quality care in partnership with major insurance companies, currently accepting nearly 70 different health insurance plans. For a complete listing, visit www.jeffersonregional.com/insurance. Please call (412) 469-5368 if you have questions about insurance plans.

FREE Health Screenings in Your Community

JEFFERSON REGIONAL MEDICAL CENTER HEALTH PAVILION

1000 Higbee Road, Bethel Park

FREE blood pressure monitoring and medication checks conducted by the Pharmacy staff of Jefferson Regional Medical Center, supported by Duquesne University, on Tuesdays from 9 a.m. to noon, lower level entrance. No screenings Jan. 6.

MACEDONIA BAPTIST CHURCH

17 Cochran Street, Duquesne

FREE Stroke Risk Screening – Dec. 13, 10 a.m. to 1:00 p.m., No insurance needed. Screening includes stroke risk assessment survey, blood pressure check, HDL and total cholesterol, blood sugar level, body fat analysis, educational materials and counseling. Advance registration is required. Co-sponsored by Jefferson Regional Medical Center and Highmark. Supported by Duquesne University. Call 412-469-7100 to register.

WAL-MART PHARMACY

West Mifflin

FREE medication clinic/blood pressure checks from 9 a.m. to noon on Dec. 17 and Jan. 7, 14, 21 and 28.

FREE Events in Your Community

COUNSELING CENTER

Caste Village Mall, Suite M123, Whitehall

FREE lunch-time seminars from 11:30 a.m. to 12:30 p.m. with Joseph Cvitkovic, PhD. Call 412-469-7100 to register.

The Holidays: Decrease Stress and Increase Enjoyment, Dec. 15

JEFFERSON REGIONAL MEDICAL CENTER HEALTH PAVILION

1000 Higbee Road, Bethel Park

FREE Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain with a certified orthopedic nurse manager on Wednesday, Jan. 21, 10 to 11 a.m. Call 412-469-7100 to register.

Low-Cost Classes at Jefferson Regional

Senior Services Computer Classes: Classes include: Basic Computers 1 & 2, Jan. 23 and 30, 9:30 to 11:30 a.m.; Buying and Selling on eBay, Jan. 12 and 19, 4:30 to 6:30 p.m. \$45 for two, two-hour sessions. Call 412-469-7099 to register.

AARP Driver Safety: This class has helped millions of drivers over age 50 stay safe on the road. Next available session is Feb. 14, 9 a.m. to 1 p.m., Jefferson Room. Fee: \$12 for AARP members, \$14 for non-AARP members, payable to AARP. Call 412-469-7099 to register.

Health Services* in Your Community

JEFFERSON REGIONAL WELLNESS CENTER

712 Clairton Blvd., Pleasant Hills

Individualized nutritional counseling with a registered dietitian. Free for Highmark insurance members. \$50 for non-Highmark members. Free parking. Call 412-469-7100 for more information.

FREE Events at Jefferson Regional

Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain with a certified orthopedic nurse manager on Jan. 13, 10 to 11 a.m. Call 412-469-7100 to register.

Sleep/CPAP/BIPAP Open House: Includes free sleep disorder screenings, CPAP/ BIPAP mask fittings and equipment check, and tours of the Sleep Disorder Center. Just walk in, Wednesdays, 7 a.m. to noon, or by appointment. Sleep Disorder Center, Suite 503, South Hills Medical Building. Call 412-469-5981 for details or to make an appointment.

Health for Her: The Focus on Women: Anxiety and Depression, Jan. 22, 5 to 7 p.m., with speakers Karen Saylor, RN, and Nancy Cardinale, RN, who will discuss symptoms of and treatment for both conditions. Call 412-469-7100 to register.

Health for Her: "Green" - The New Red in Heart Health, Feb. 12, 5 to 7 p.m., with Donald Grandis, MD, cardiologist, speaking on how air quality affects heart health. Call 412-469-7100 to register.

Health for Her: Syndrome X - the Silent Heart Killer, Feb. 26, 5 to 7 p.m., with Saul Silver, MD, cardiologist, who will address the risk factors of Syndrome X and the association of Syndrome X and cardiovascular health. Call 412-469-7100 to register.

Look Good, Feel Better: Class focuses on skin care, makeup, hair styling and general well being for women who are undergoing cancer treatment. The next session is Feb. 4, 11 a.m. to 1 p.m. Call 1-800-227-2345 to register.

Health Services* at Jefferson Regional

Diabetes Education: Take Control of Your Diabetes: Four-part series with a certified diabetes educator on Jan. 6 and 13 from 1 to 3:30 p.m. and Jan. 8 and 15 from 1 to 3 p.m. Physician referral and registration required. Call 412-469-5234 to register.

Nutrition Link: This program offers one-on-one nutrition counseling with a registered dietitian certified in diabetes education. Call 412-469-7001 for details.

Pay Your Bill Online

Jefferson Regional Medical Center offers you the ability to review your account balance and make a payment online using a credit card. It's quick, easy and secure. If you have questions about your bill, call (412) 267-6462 Monday through Friday between 8:00 and 4:30 p.m. Please have the patient's name and account number listed on the bill ready when you call. You can also e-mail your questions to us at patientinquiry@jeffersonregional.com.

E-mail a Holiday Hello!

If friends or loved ones will be in the hospital for the holidays, remember them with a get-well e-mail message. The free electronic message service at Jefferson Regional is designed to make patients more comfortable during their hospital stay.

To send get-well greetings, visit the Medical Center's Web site, www.jeffersonregional.com, and click on "E-mail a patient" in the left-hand column. Simply fill in the fields and submit a message. E-mail messages are hand-delivered to inpatients by hospital volunteers on a daily basis Monday through Friday. Messages cannot be sent to patients having same-day surgery or outpatient testing. Weekend e-mails are delivered by the following Monday.