

Surgeons and Technology are Here for Your Next Procedure

A camera as small as a pill that can detect ulcers and tumors in the digestive tract is one example of the high-tech and minimally invasive procedures offered by Jefferson Hills Surgical Associates (JHSA), a group of five board certified surgeons who enter into a strategic partnership with Jefferson Regional effective July 1.



*Dr. Charles Cline, MD,
president of Jefferson
Hills Surgical Associates*

“The patient swallows a small pill-like disposable camera that transmits to patches worn on the skin,” says Charles W. Cline, MD, president of the surgical group. “The camera painlessly acquires more than 50,000 images that are converted to a video of the patient’s digestive tract. It’s an incredible diagnostic tool.”

Dr. Cline predicts the partnership will strengthen an already sound surgical program at Jefferson Regional. Dr. Cline adds that the hospital provides state-of-the-art equipment and the JHSA surgeons stay current with continuing education for

conventional and laparoscopic surgery. Laparoscopic procedures are performed through three to four tiny incisions. The technique enables patients to experience less pain, heal faster and, in many cases, go home the same day.

According to Thomas P. Timcho, president and CEO for Jefferson Regional, the partnership is a component of a strategic plan for the Medical Center. “They (JHSA) are on the cutting edge of today’s minimally invasive surgical intervention and diagnostic techniques,” he says. Our board of directors remains focused on building programs, facilities and services that adapt to the changing health care needs of our patients. Securing a strong surgical program sends yet another signal to our communities that Jefferson Regional continues to be a valued asset in the communities we serve.”

Read details about this partnership at www.jeffersonregional.com under “Headlines.”

Summer Classes Set for Seniors

Looking for something fun to do this summer? Jefferson Regional Senior Services offers computer classes and exercise classes for men and women ages 50 and up. Two-day computer classes are held at the James Bibro Pavilion on the Medical Center campus. Exercise classes in aerobic dance and weight training begin the week of June 16; yoga and yolates begin June 24 at the Physical Therapy and Aquatic Therapy facility, Coal Valley Road.

For class schedules, go to www.jeffersonregional.com under “Headlines” or call 412-469-7099 to register. Free parking is available.

Gynecologist Joins Jefferson Regional Medical Center

Jefferson Regional Medical Center continues to enhance its women’s health care services with the addition of gynecologist Diana Carmona-Keller, MD.



Her office is located in Suite 314 of South Hills Medical Building on the Jefferson Regional campus, 575 Coal Valley

Road, Jefferson Hills. The gynecology services complement the Women’s Diagnostic Center in Suite 309 of the medical building.

Dr. Carmona-Keller also has an office in Canonsburg. She has had her own gynecological practice for three years.

Previously, she was a general obstetrician/gynecologist with Magee Womenscare Associates in Pittsburgh and Blair Medical Associates in Altoona.

She graduated from University of California, San Diego, with a Bachelor of Science degree in biochemistry/cell biology and earned her Doctor of Medicine degree at Harvard Medical School, Boston, Mass., completing her residency at Sinai Hospital of Baltimore. She became board-certified in obstetrics/gynecology (OB/GYN) in 2005.

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COMMUNITY EVENT CALENDAR

(Some programs may require pre-registration.)

JEFFERSON
REGIONAL MEDICAL CENTER

Bibro Pavilion, Jefferson Regional Campus:

Hip and Knee Pain Seminar: Call 412-469-7100 to register.

Free clinic on causes of and treatments for knee and hip pain with a certified orthopedic nurse manager on June 10, 10 to 11 a.m., or July 8, 10 to 11 a.m.

Diabetes Education: Call 412-469-5234 to register.

Take Control of Your Diabetes: Four-part series with a certified diabetes educator on June 10 and 17, 6 to 8:30 p.m. and June 12 and 19, 6 to 8 p.m.; Also on July 8 and 15, 1 to 3:30 p.m., and July 10 and 17, 1 to 3 p.m. Physician referral and registration required to attend classes. Most insurances cover the fee.

Health for Her: Call 412-469-7100 to register.

Women and Urinary Incontinence, June 23, 5 to 7 p.m., with speaker Thomas Rosvanis, MD, urologist, discussing urinary incontinence. (Note: This program is rescheduled from June 10).

Positive Aging, A Woman's Quest for Self-Esteem, July 10, 5 to 7 p.m., with Filomena Varvaro, PhD, RN, on maintaining self-esteem as we age and discovering one's self-esteem quotient.

Look Good, Feel Better: Call 1-800-227-5445 to register.

Class focuses on skin care, makeup, hair styling and general well being for women who are undergoing cancer treatment, Aug. 6, 11 a.m. to 1 p.m.

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

Sleep/CPAP/BIPAP Open House: Call 412-469-5981 for details. Personalized session for anyone with questions about sleep or Continuous Positive Airway Pressure (CPAP) therapy on Wednesdays from 9 a.m. to noon and by appointment in the Sleep Disorder Center, Suite 503, South Hills Medical Building.

Senior Services Computer Classes: Call 412-469-7099 to register.

There is a \$40 fee for two 2-hour sessions from 9:30 to 11:30 a.m.

Digital Scrapbooking 1 & 2, June 13 and 20

Basic Computers 1 & 2, June 23 and 30

Basic Computers 3 & 4, July 14 and 21

The Internet 1 & 2, July 28 and Aug. 4

E-mail 1 & 2, Aug. 11 and 18

Senior Services Exercise Classes: Call 412-469-7099 for dates and times and to register. Classes begin the week of June 16 for aerobic dance and weight training (\$35); June 24 for yoga and yolates (\$45).

AARP Driver Safety: Call 412-469-7099 to register. This two-day, eight-hour class has helped millions of drivers over age 50 stay safe on the road. Call 412-469-7099 to register. The next open session is Aug. 12 and 13, 1 to 5 p.m. Jefferson Room. Fee: \$10 payable to AARP.

Dr. Carmona-Keller continued from page 1

At Jefferson Regional, she will provide various women's services, ranging from routine gynecological exams and PAP testing to treatment for urinary incontinence, endocrinologic disorders, eating disorders and gynecologic surgery, hysteroscopic and laparoscopic surgery.

Dr. Carmona-Keller says she entered the medical field with the desire to serve patients and make a difference. She specialized in OB/GYN because "I felt I could have a life-long relationship with my patients by being there during the major milestones in their lives. The visit to the gynecologist is one of the least favorite places for a woman to go," she says. "I will do my best to make things a little easier."

To schedule an appointment, call Physician Referral at 412-469-7000.

Jefferson Regional Wellness Center,
Route 51, Pleasant Hills

Call 1-888-674-4742 to register.

Dean Ornish Program for Reversing Heart Disease, classes begin June 24, 5 to 9 p.m.

Caste Village Mall, Suite M123,
Counseling Center, Whitehall

Call 412-469-7100 to register.

Free lunch-time seminars from 11:30 a.m. to 12:30 p.m. with Joseph Cvitkovic, PhD:

Psychological Methods for Weight Management and Smoking Cessation, June 23

Recovery from Grief and Loss, July 7

Caste Commons Lobby

Free blood pressure monitoring and medication checks from 9 a.m. to noon on June 12, 19 and 26 and July 3, 10, 17, 24 and 31

Jefferson Regional Health Professionals @ Wal-Mart Pharmacy, West Mifflin

Body Works, Physical Therapy, June 12, noon to 2 p.m.

Osteoporosis, Health for Her, June 17, 2 to 4 p.m.

Women and Heart Disease, Health for Her, Aug. 26, 2 to 4 p.m.

Medication Clinic/Blood Pressure Checks with the Pharmacy staff from 9 a.m. to noon on June 11, 18 and 25 and July 2, 9, 16, 23 and 30

Detailed listings are available
on our Web site,
www.jeffersonregional.com

**FREE
Stroke Screening**

No insurance required.

Monday, July 7, 8 a.m. to noon
Jefferson Room, Bibro Pavilion
Jefferson Regional Medical Center

Screening includes: Blood pressure, Cholesterol, HDL, Blood sugar, Body Fat Analysis Counseling & free educational materials

Registration is required.

Call 412-469-7100.