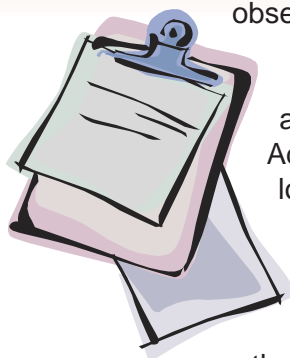


Your Decisions *Do* Matter

Take HealthMatters into Your Own HandsSM

Jefferson Regional Medical Center will join nearly 400 national, state and local organizations in observing National Healthcare Decisions Day on Thursday, April 16 to offer information and materials related to advance healthcare planning. The Ethics Advisory Committee will be in the hospital lobby from 10 a.m. to 2 p.m. to help people consider what their wishes are for their care in a medical crisis. Committee members will provide the forms required to communicate those wishes to loved ones.



Auxiliary Fashion Show to Benefit Inpatient Nursing

Tickets are available for Jefferson Regional Auxiliary's annual luncheon and fashion show, "A Touch of Class," on Saturday, April 25 at South Hills Country Club, beginning with a Chinese auction and jewelry sale at 11:30 a.m. The emcee will be Demetrius Ivory, meteorologist for WTAE-TV, at left. Fashions will be from Dress Barn at the Waterfront.



For tickets at \$30 per person, call 412-469-5790. No tickets will be sold at the door. Proceeds benefit inpatient nursing care at the Medical Center.

Thanks, Volunteers!

During National Volunteer Week April 19 to 25, Jefferson Regional thanks its team of 271 men, women and students who give of their time and talents to benefit the Medical Center. "Hands That Serve, Hearts That Care" is the theme of this year's observance.

"Our volunteers at Jefferson Regional Medical Center are important members of our health care team and they make a valuable contribution," says Phyllis Boykin, director, customer and volunteer services. "Their skills and energies supplement the services we provide to patients and visitors."

To learn more about volunteer opportunities at Jefferson Regional, call the Volunteer Services office at 412-469-5885 or e-mail volunteer@jeffersonregional.com.



Free Men's Health Seminar

"A Winning Defense for Prostate Health," features guest speaker Robin Cole, former linebacker with the Pittsburgh Steelers; Jefferson Regional medical staff urologist Carl Bruning, III, MD, on impotence, erectile dysfunction, enlarged prostate, PSA testing and diagnosing and treating prostate cancer; and Benjamin Davies, MD, assistant professor of urology at University of Pittsburgh School of Medicine, on surgical techniques using the da Vinci robot. Brian Deyarmin, MD, director of Men's Health at Jefferson Regional, is emcee. April 23, 5 to 8 p.m. in the Bibro Pavilion. Reservations required; light snacks and free parking provided. Call 412-469-7100 to register.

FREE Health Screenings in April and May

Health screenings are an important component of preventive healthcare.

"Every person should seek routine healthcare to detect and prevent potential underlying disease processes," says Rita Jennings, RN, BSN, health education specialist for Jefferson Regional's Community Stroke Outreach Program. "Many of those disease processes, such as diabetes and hypertension, in their early stages have few, if any, symptoms."

A screening also can serve as a monitor for a known condition, Jennings says, but "if you have abnormal results, it is your responsibility to follow up with a physician. Screenings are not meant to replace a physical examination."

Jefferson Regional offers a variety of free screenings throughout the year, including the following in April and May:

Free community stroke risk screenings – April 4, 10 a.m. to 1:30 p.m., Clairton Municipal Building, 551 Ravensburg Blvd., and May 1, 8 to 11:30 a.m., Bibro Pavilion, Jefferson Regional Medical Center, 565 Coal Valley Road. No insurance needed. Includes a stroke risk assessment survey, total cholesterol & HDL, blood sugar level, blood pressure check, body fat analysis, educational materials and counseling. Light refreshments and giveaways. Co-sponsored by Jefferson Regional Medical Center and Highmark. Clinical support by Duquesne University. *Advanced registration preferred; call 412-469-7100.*

Free blood pressure monitoring and medication checks – March 17, April 7 and 28 at Jefferson Regional Medical Center Health Pavilion, 1000 Higbee Drive, Bethel Park, from 9 a.m. to noon, and on April 15 and 29 from 9 a.m. to noon, Wal-Mart Pharmacy, West Mifflin. Conducted by the Pharmacy staff with clinical support by Duquesne University. *No appointments needed.*

Free balance screening – April 15, noon to 2 p.m., Jefferson Regional Health Pavilion, 1000 Higbee Drive, Bethel Park. Ryan Hughes, DPT, will be available to answer questions and evaluate your balance with quick, standardized assessment measures, main lobby, *No appointment needed.*

Your

Take Health Matters into Your Own Hands

www.jeffersonregional.com

HEALTH mattersSM

April 2009

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 including Highmark and UPMC Health Plans, 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 Events in Your Community

JEFFERSON REGIONAL HEALTH PROFESSIONALS at WAL-MART PHARMACY, West Mifflin

Ask the Dietitian, April 7, 11 a.m. to 1 p.m.

Cardiac Surgery Overview, April 16, 11 a.m. to 2 p.m.

Better Sleep Month, May 5, 11 a.m. to 1 p.m.

National Arthritis Month, May 7, 10 a.m. to noon

Asthma Care Week, May 12, 11 a.m. to 1 p.m.

Osteoporosis, May 13, 2:30 to 4:20 p.m.

Stroke Awareness, May 14, 10 a.m. to noon

Celiac Disease, May 15, 10:30 a.m. to 12:30 p.m.

World No Tobacco Month, May 15, 11 a.m. to 2 p.m.

COUNSELING CENTER

Caste Village Mall, Suite M123, Whitehall

FREE seminars from 11:30 a.m. to 12:30 p.m. Call 412-469-7100.

Enhancing Life with Meditation, April 6

Psychological Methods for Pain Management, April 20

Enhancing the Enjoyment of Everyday Life, May 4

Understanding and Managing Stress, May 18

JEFFERSON REGIONAL MEDICAL CENTER HEALTH PAVILION

1000 Higbee Drive, Bethel Park

FREE Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain on April 23 or May 21, 10 to 11 a.m. Seminar on April 23 includes question-answer session with orthopedic surgeon David J. Stapor, MD. Call 412-469-7100 to register.

DR. DEAN ORNISH PROGRAM FOR REVERSING HEART DISEASE

2033 Lebanon Church Road, West Mifflin

A Taste of Ornish, April 2, 6 to 8 p.m., get valuable information about heart disease from a cardiologist, stress management specialist, registered dietitian, exercise physiologist and a registered nurse, Call 412-469-7100 to register.

Low-Cost Services and Classes* at Jefferson Regional

NutritionLink: One-on-one nutrition counseling with a registered dietitian certified in diabetes education. Call 412-469-7001.

Diabetes Education: Take Control of Your Diabetes: Four-part series with a certified diabetes educator on April 7 and 14, 6 to 8:30 p.m. and April 9 and 16, 6 to 8 p.m.; also on May 5 and 12, 1 to 3:30 p.m., and May 7 and 14, 1 to 3 p.m. Physician referral and registration required. Call 412-469-5234 to register.

AARP Driver Safety: June 22 and 23, 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.

Senior Services Computer Classes: \$45 for two, two-hour sessions. Call 412-469-7099 to register. Classes include:

Basic Digital Scrapbooking 1 & 2, April 15 and 22, 4:30 to 6:30 p.m.

Basic Digital Cameras, May 4 and 11, 9:30 to 11:30 a.m.

Buying & Selling on e-Bay, May 8 & 15, 9:30 to 11:30 a.m.

*May require a physician order; most insurance plans pay the fee. Co-pays vary.

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

Low Cost Services and Classes** in Your Community

JEFFERSON REGIONAL WELLNESS CENTER

712 Clairton Blvd., Pleasant Hills Call 412-469-7100.

Personal Nutrition Coaching: Individualized nutritional counseling with a registered dietitian. Free parking.

Ornish Advantage: Six-week Dean Ornish educational program. May 21 and 28, June 4, 11, 18 and 25, 6:30 to 8:30 p.m.

Discover Relaxation Within I: Four weeks of stress management and relaxation program. April 21 and 28, May 5 and 12, 6:30 to 8 p.m.

Eat Well for Life I: Four-week nutrition education program. April 20 and 27, May 4 and 11, 6:30 to 8 p.m.

HOPE Osteoporosis Prevention Education Program: Six-week osteoporosis education program, with a registered dietitian, pharmacist, exercise physiologist and registered nurse. April 22 and 29, May 6, 13, 20 and 27, 6:30 to 8:30 p.m.

Dean Ornish Reversal Program, one-year lifestyle modification program begins May 5, 11 a.m. to 3 p.m., continues Tuesdays and Thursdays; another session begins May 18, 5 to 9 p.m., continues Mondays and Wednesdays. Cost is insurance-based for Highmark and UPMC Health Plan. Call 1-888-676-4744 to register.

** Free for Highmark members; Co-pays for non-Highmark members vary from \$60 to \$260. May require a physician order.

FREE Events at Jefferson Regional

Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain on April 14 or May 12, 10 to 11 a.m. Call 412-469-7100.

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. Call 412-469-5981 for details.

Health for Her: Parkinson's Disease: Your Questions Answered, with speaker Richard Weisman, MD, neurologist, April 20, 5 to 7 p.m. Call 412-469-7100 to register.

Health for Her: Celiac Disease and Living Gluten Free, with speaker Alfonso Barbati, DO, gastroenterologist, May 14, 5 to 7 p.m. Call 412-469-7100 to register.

Health for Her: Your Blood: A Blueprint for Health and Disorders, with speaker Gauri Kiefer, MD, hematologist, May 21, 5 to 7 p.m. Call 412-469-7100 to register.

Health for Her: Memory Maintenance, with speaker Kevin Kramer, MS, adult learning specialist, on June 4, 5 to 7 p.m. Call 412-469-7100 to register.

Look Good, Feel Better: Class focuses on skin care, makeup, hair styling and general well being for women undergoing cancer treatment; next session is June 3 at 11 a.m. Call 1-800-227-2345 to register.

Growing Through Grief, Rebuilding Hope, April 14 through May 19, Tuesdays from 6:30 to 8:30 p.m., Bibro Pavilion, six-week educational program dealing with grief, sponsored by Jefferson Regional Oncology Department, presented by Family Hospice and Palliative Care. Call 412-572-8829 to register.

Gender-Specific Joint Replacements, free seminar with speakers Mark L. Lesh, M D , orthopedic surgeon with Steel Valley Orthopedic Associates, and a physical therapist from the Arthritis Foundation. May 26, 6 to 8 p.m.; registration at 5:30 p.m. Call 412-469-7100 to register.