

The Wound Care Center: Exceeding Expectations for Healing

Every year, 3 to 5 million Americans suffer from chronic wounds caused by diabetes, poor circulation or other conditions. If you need help for a wound that won't heal, you need The Wound Care Center[®] at Jefferson Regional Medical Center.



E. Douglas Newton, MD, medical director of vascular reconstruction and advanced wound care, is renowned for his expertise in reconstructive surgery, including diabetic foot wounds.

The Wound Care Center is an outpatient treatment center that specializes in providing comprehensive treatment for nonhealing wounds —

those that haven't started to get significantly better in a month or healed entirely in two months.

Jefferson's Wound Care Center is proud of its healing rate of more than 94 percent, which exceeds the current average of 91 percent by Diversified Clinical Services, the wound care management company in partnership with Jefferson Regional, which is a network of some 300 wound care centers nationwide, said Melissa Weimer, program director for the Wound Care Center at Jefferson Regional Medical Center.

Your First Visit

Our staff will evaluate your wound and general health and review your medical history. We may require a blood test and other tests to help us determine blood flow and oxygen flow in the wound area.

Your Healing Program

Your personalized program will include regular visits to the Wound Care Center to provide treatment and evaluate progress. You (or your caregiver) will be given detailed instructions in home care, dressing (bandage) changes and protecting the wound from further injury.

How the Wound Care Center Works with Your Doctor

The Wound Care Center at Jefferson Regional works with your personal doctor, just like any other medical specialist, to keep him or her updated on your treatment program and your progress. You'll continue to see your doctor for routine medical care.

Insurance Coverage

Many health plans cover Wound Care Center treatment. Your coverage depends on your specific plan. Bring your insurance cards with you when you visit the Wound Care Center.

To Make an Appointment

The Wound Care Center is located at South Hills Medical Building in Suite 207 on the campus of Jefferson Regional Medical Center, 575 Coal Valley Road, Jefferson Hills. Call 412-469-7676, Monday through Friday, 8 a.m. to 4:30 p.m. No physician referral needed unless required by insurance.

MEET THE JEFFERSON REGIONAL WOUND CARE CENTER MEDICAL STAFF:

E. Douglas Newton, MD, medical director of vascular reconstruction and advanced wound care, board-certified plastic surgeon, American Society for Reconstructive Microsurgery, clinical professor at Temple University and University of Pittsburgh.

Thomas D. Baer, DPM, podiatric surgeon, Doctor of Podiatric Medicine, Scholl College of Podiatric Medicine; board-certified, fellow of American College of Foot and Ankle Surgeons, Certified Wound Specialist, American Academy of Wound Management.

William T. Conklin, MD, board-certified plastic surgeon by American Board of Plastic Surgery, completed fellowship at the University of Pittsburgh, internship and residency at York Hospital.

Ray D. Crouch, MD, board-certified cardiovascular/thoracic surgeon, attended Hahnemann University School of Medicine and University of California, Riverside, completed residency at The Cleveland Clinic Educational Foundation.

Kelley R. Smith, DO, general surgeon, Doctor of Osteopathic Medicine degree from Philadelphia College of Osteopathic Medicine, served as chief resident at Midwestern University, member of the American College of Surgeons.

Valerie M. Winter, DPM, podiatric surgeon, Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine, completed residency in podiatric surgery at Crozier-Keystone Health System.

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

BETHEL PARK COMMUNITY CENTER

5151 Park Ave, Bethel Park

Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain, on Sept. 24 or Oct. 22, 10 to 11 a.m.; Call 412-469-7100 to register.

JEFFERSON REGIONAL HEALTH PROFESSIONALS

At Wal-Mart Pharmacy, West Mifflin

No registration required.

Prostate Cancer Awareness, Sept. 15, noon to 2 p.m.; **Breast Cancer Awareness**, Oct. 8, 1 to 3 p.m.; **How's Your Balance?** Oct. 13, 11 a.m. to 1 p.m.; **Ask the Dietitian**, Oct. 22, 10 a.m. to noon

COUNSELING CENTER

Caste Village Mall, Suite M123, Whitehall

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

Alleviating Stress & Anxiety, Oct. 5; **Recovery from Grief & Loss**, Oct. 19 Annual Joint Care Center Patient Education Picnic: Sept. 11, 1 to 5 p.m., Clairton Park. Food, music, entertainment and prizes. Open to knee or hip replacement patients of Jefferson Regional for the last two years. Registration limited to 300. Call 412-469-7100.

Annual Joint Care Center Patient Education Picnic: Sept. 11, 1 to 5 p.m., Clairton Park. Food, music, entertainment and prizes. Open to knee or hip replacement patients of Jefferson Regional for the last two years. Registration limited to 300. Call 412-469-7100.

4th Annual Women's Health Symposium, "Don't Let Lung Cancer Take Your Breath Away," Oct. 15, 5 to 8 p.m., Bradley House, Pleasant Hills.

Focuses on prevention, signs and symptoms of lung cancer and treatment options for women. Speakers include Jan Madison, MD, Pittsburgh Pulmonary; Peter Ferson, MD, UPMC Thoracic Surgery; Martin Earle, MD, UPMC Cancer Center at Jefferson Regional, and Robert Piroli, MD, UPMC/Jefferson Regional Radiation Oncology. Refreshments served. Call 412-469-7100 to register.

FREE Health Screenings in Your Community

WAL-MART PHARMACY, WEST MIFFLIN

FREE blood pressure checks on Sept. 9 and 23, and Oct. 7, 9 to 11 a.m.

Free Prostate Cancer Screening: Sept. 26, 9 a.m. to noon, Waterfront Medical Building, Homestead. Free PSA blood tests. No physician referral required. Presented by Jefferson Regional Medical Center and the Obediah Cole Foundation. Refreshments. Call 412-469-7100 to register.

Community Stroke Risk Screening: Oct. 3, 10 a.m. to 1:30 p.m., Steel Valley Council of Governments building (former Homestead High School). No insurance needed. Includes total cholesterol and HDL, blood sugar level, blood pressure check and body fat analysis. Light refreshments and giveaways. Sponsored by Jefferson Regional Medical Center with clinical support by Duquesne University. Registration is preferred by calling 412-469-7100.

Low-Cost Services and Classes* at Jefferson Regional

Diabetes Education: Take Control of Your Diabetes: Four-part series with a certified diabetes educator on Sept. 8 and 15, 1 to 3:30 p.m., and Sept. 10 and 17, 1 to 3 p.m.; or on Oct. 6 and 13, 6 to 8:30 p.m., and Oct. 8 and 15, 6 to 8 p.m. Physician referral and registration required. Call 412-469-5234.

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

- **Basic Computers 1 & 2**, Sept. 14 and 21, 9:30 to 11:30 a.m.
- **The Internet 1 & 2**, Sept. 23 and 30, 9:30 to 11:30 a.m.
- **E-mail 1 & 2**, Oct. 7 and 14, 9:30 to 11:30 a.m.

AARP Driver Safety: Sept. 21 and 22, 9 a.m. to 1 p.m.; Oct. 20 and 22, 9 a.m. to 1 p.m., Bibro Pavilion. Fee: \$12 for AARP members, \$14 for non-AARP members, payable to AARP. Call 412-469-7099 to register.

Low Cost Services and Classes in the Community

JEFFERSON REGIONAL WELLNESS CENTER*

712 Clairton Blvd., Pleasant Hills

Personal Nutrition Coaching: Individualized nutritional counseling with a registered dietitian. *Free parking.* Call 412-469-7100 to register.

Eat Well for Life I: Starts Oct. 13, 6:30 to 8 p.m. Four-week lifestyle improvement program. *Free parking.* Call 412-469-7100 to register.

Discover Relaxation Within I: Starts Oct. 5, 7 to 8:30 p.m. Four-week lifestyle improvement program designed to identify and reduce individual stressors through learned relaxation techniques. *Free parking.* Call 412-469-7100.

DR. DEAN ORNISH PROGRAM FOR REVERSING HEART DISEASE

- 2033 Lebanon Church Road, West Mifflin. Dean Ornish Reversal Program, one-year lifestyle modification program begins Sept. 21, 5 to 9 p.m. or Sept. 22, 5 to 9 p.m. and Oct. 12, 11 a.m. to 3 p.m. Call 1-888-676-4744 to register. Free Open House on Sept. 17, 6 to 8 p.m. Refreshments provided. Call 412-469-7100 to register.
- The Walnut Place At Summerset, 4584 Browns Hill Road, Squirrel Hill. Free Open House on Sept. 23, 5 to 8 p.m. Refreshments provided. Call 412-469-7100 to register.

FREE Screenings at Jefferson Regional

Community Stroke Risk Screening: Sept. 11, 8 a.m. to 11:30 a.m. No insurance needed. Includes total cholesterol and HDL, blood sugar level, blood pressure check and body fat analysis. Light refreshments and giveaways. Sponsored by Jefferson Regional Medical Center with clinical support by Duquesne University. Advanced registration is preferred by calling 412-469-7100.

FREE Events at Jefferson Regional

"Journey to Acceptance: Resolving Grief and Loss Following the Death of a Loved One," free nine-week bereavement group starting Sept. 15, 6:30 to 8:30 p.m., Presented by Jefferson Regional Medical Center and Odyssey Healthcare. Light refreshments. To register, call 412-469-7100.

Hip and Knee Pain Seminar on causes of and treatments for knee and hip pain, on Sept. 8 or Oct. 13, 10 to 11 a.m.; Call 412-469-7100 to register.

Sleep/CPAP/BIPAP Open House: Free sleep disorder screenings, CPAP/BIPAP mask fittings and equipment check, and tours of the Sleep Disorder Center Walk in, Wednesdays, 7 a.m. to noon,. Call 412-469-5981 for details.

Health for Her: Living Fully with Multiple Sclerosis, Stuart Silverman, MD, neurologist, who will discuss the latest therapies and research concerning MS. Sept. 21, 5:30 to 7 p.m. Bibro Pavilion, call 412-469-7100 to register.

Health for Her: Understanding Mammography and Breast Imaging, with Natasha Eshbaugh, MD, radiologist; The latest breast cancer detection methods and differences in types of mammography, Oct. 12, 5 to 7 p.m., Bibro Pavilion, call 412-469-7100 to register.

Senior Services: Does your Car Fit You? With speaker Terri Anthony, safety advisor for AAA, discussing "Improving Seniors Safety to Maintain Driving Independence," Oct. 7, 5 to 7 p.m., call 412-469-7099 to register.

Look Good, Feel Better: Skin care, makeup, hair styling and general well being for women undergoing cancer treatment. Oct. 7 at 11 a.m. Call 1-800-227-2345 to register.

**May require a physician order; most insurance plans pay the fee. Co-pays vary. Detailed listings are available on our Web site, jeffersonregional.com*