

Lifeline

Jameson Health System

Fall 2004

Reduce Your Risk for
Heart Disease

When You Need
Diagnostic Care
We Deliver

Coming Soon: **Comprehensive Cancer Care**



President's Letter

Dear Friends,

We continue to celebrate the 75th anniversary of Jameson Hospital. As we look to the next 75 years and beyond, we are building Jameson into a state-of-the-art health system that will continue meeting the health needs of people in Lawrence County.

This issue of *Lifeline* focuses on how we are furthering health care at Jameson, including our advanced capabilities in diagnosing and treating diseases. Along with improvements in diagnostic imaging comes enhanced patient education and new treatment options. When we cannot meet needs locally, we create alliances with tertiary and quaternary hospitals such as the University of Pittsburgh Medical Center (UPMC), West Penn Allegheny Health System, Children's Hospital of Pittsburgh, and others to broaden the care we offer and to provide more local care.

In addition, we have recently completed a three-year strategic plan that will allow Jameson to remain progressive and responsive to the health needs of our community. Many elements went into developing the plan, and the community's impressions, needs, and concerns were paramount to its design.

With this plan—like everything we do at Jameson Health System—our goal is to maintain a strong healthcare organization and remain independent and progressive in the delivery of health care.

Sincerely,

Thomas White, FACHE
President and CEO

On the cover: Tak Fujimagari, MD

Comprehensive Cancer Care Comes to New Castle

Jameson Health System and the University of Pittsburgh Medical Center (UPMC) are teaming up to treat cancer through a new regional cancer center scheduled to open in September 2005.

Working in collaboration with the University of Pittsburgh Cancer Institute (UPCI), the region's only National Cancer Institute-designated Comprehensive Cancer Center, the center will consist of upgrades and renovations to Jameson's existing Medical Arts Building and the consolidation of its medical and radiation oncology services—providing comprehensive cancer care at one convenient location.

“This center will offer cancer patients in the region exceptional care and state-of-the-art medical and radiation services close to home,” says Jeff Shogan, MD, deputy director for Clinical Business Affairs for UPCI. He adds that it will allow community-based physicians to collaborate with 2,300 healthcare professionals and other staff across the UPMC Cancer Centers network.

“We're proud to provide this complete continuum of cancer care to our community,” says Douglas Danko, vice president of Professional Services at Jameson Health System and director of Operations for Jameson Hospital South Campus. “By partnering with UPMC, we can offer cancer patients and their families our combined years of experience and enhanced cancer-fighting tools and technology.”

The center will consist of a 6,000-square-foot renovation to the existing facility and construction of approximately 1,000 additional square feet of clinical space. Among its advanced treatments will be new radiation services, positron emission tomography (PET) scanning services, and a combined PET/CT (computed tomography) scanner. The estimated cost for the project is approximately \$5 million.

Lifeline Fall 2004

Thomas White, FACHE
President/CEO

Linda Cody
Editor/Director of Public Relations

Donald E. Melonio, FACHE
COO/Vice President

Developed by **TRUE NORTH**
(800) 624-7496

Chris Mitsos
Chairman, Board of Directors



Lifeline is published by the Jameson Health System Public Relations/Marketing Department. All material in this publication, unless otherwise noted, is copyright 2004 by Jameson Health System, Inc. and cannot be reproduced in any manner without expressed written consent from the publishers. Questions or comments should be directed to the Public Relations/Marketing Department at (724) 656-4145.

Mammograms Made Simple

You know the American Cancer Society recommends that every woman over the age of 40 get an annual mammogram, and that early detection is the key to beating breast cancer. But what exactly does a mammogram involve? Jane Beight, administrative director of Medical Imaging, answers this and other common questions.

Q: What will happen when I arrive for a mammogram?

First, you'll fill out a questionnaire about your medical history. You'll also answer questions that can determine your breast cancer risk factors as well as provide information about any breast surgery you have had.

Q: How will the mammogram be done?

A registered technologist will use a plastic compression paddle to even out the breast tissue and take two images of each breast—one from the top and one from the side. If you have felt a lump, the technologist will mark the site and possibly use magnification to see the breast better. If you have had breast augmentation, special images of the breast tissue will be taken.

Q: When will I get the results?

Many times, a radiologist on staff at Jameson Health System will be able to share your results immediately. Federal law requires that patients have the results of their mammograms within 30 days. A copy of your results will be sent to your physician.

Q: How can I make my mammogram more comfortable?

Don't schedule your mammogram around or during your menstrual period, when your breasts are more likely to be tender. Also, stay away from caffeinated products the week before because they tend to cause breast tenderness.

Q: When are mammograms available at Jameson?

Mammograms are available Monday through Friday from 8 a.m. to 4 p.m., and on Saturdays from 7 a.m. to 3:30 p.m. at Jameson Hospital North Campus and on Mondays, Wednesdays, and Fridays from 8 a.m. to 4 p.m. at Jameson South Campus. Screening mammograms are also available at the New Wilmington Health Place by appointment.

For more information or to schedule a mammogram, call Jameson Medical Imaging Scheduling Department at (724) 656-6116.



Dawn Preston is one of many skilled, caring specialists on staff at Jameson who are ensuring women's health through mammography.



MRI to Meet Your Needs

Magnetic resonance imaging, or MRI, is an advanced diagnostic tool that uses a combination of radio waves and magnetic fields to produce three-dimensional images of the soft tissues of the body, including the brain, spinal cord, and muscle.

Often, your physician will give the option of open or closed MRI. How do you decide which to choose? Jameson Health System makes it easy.

“By offering both open and closed MRIs, our imaging capabilities rival those found in Pittsburgh or Cleveland,” says Bonnie Kuttesch, lead technologist in MRI Services at Jameson. “Open MRIs are optimal for larger patients, children, or those who suffer claustrophobia, while closed MRIs have a higher field magnet, meaning a faster scan time for patients.”

And soon, Jameson will be combining the best of both MRIs with its latest acquisition—one of the first open

high-field magnet MRIs to be installed in the United States.

“We're building a new facility across from the Emergency Room entrance at the Jameson Hospital North Campus to house the new permanent open MRI,” says Robert Ondo, clinical supervisor of Medical Imaging at Jameson. “The new MRI, along with the arrival of picture archive communication system (PACS)—another imaging innovation that will speed results for patients—complements the wealth of imaging services we offer at Jameson.”

Currently, the Jameson North Campus offers a permanent closed MRI and a mobile open MRI, while the Jameson Hospital South Campus features a mobile closed MRI. For more information, visit www.jamesonhealthsystem.com.

Delivering Exc Diagno

Jameson Health System is your source for state-of-the-art imaging services.

Tomorrow's Technology Today

In addition to X-ray, ultrasound, and other conventional imaging techniques, Jameson Health System also offers the latest in these procedures.

MRI. The Health System's magnetic resonance imaging (MRI) equipment has been recently upgraded to a Siemens Symphony 1.5 Tesla magnet. "The upgrades and new software allow us to shorten exam times, which has many benefits," explains Jane Beight, administrative director of Medical Imaging for Jameson. "For example, we can schedule more patients each day. In addition, patients spend

"Jameson Health System is committed to bringing patients in and around New Castle the best in imaging care. Its services are conveniently located, the staff is superb, and the equipment state-of-the-art. There's no reason to go anywhere else for your diagnostic needs."

—Albert J. Cook II, MD, radiologist on staff with Jameson Health System

less time on the table, making it more comfortable for children, seniors, and patients who feel claustrophobic."

The new MRI also enables imaging specialists to perform peripheral angiography, which allows physicians to identify blockages in the lower extremities without performing an invasive procedure.

"This is the highest-field MRI on the market," Danko notes, "and we're also adding the area's only high-field open MRI, which will greatly benefit patients who experience claustrophobia." For more information on this latest acquisition, see "MRI to Meet Your Needs" on page 3.

CT scan. Jameson boasts Lawrence County's only 16-slice computed tomography (CT) scanner. The Health System's Toshiba 16-slice CT scanner can image the body more



*I*t's time for your annual mammogram.
Your daughter's soccer injury needs an X-ray.
Your father may have a serious condition and his physician suggests a CT scan to confirm a diagnosis.

There are countless reasons why you or someone you love may need medical imaging services. That's why it's good to know that Jameson Health System offers an array of advanced technologies to help physicians identify and treat health problems in the comfort of your own community.

"At Jameson, we're committed to bringing patients in Lawrence County and nearby communities the best available care," says Douglas Danko, vice president of Professional Services for Jameson Health System and director of Operations for Jameson Hospital South Campus. "Diagnostic imaging and lab capabilities are no exception. In fact, we offer just about every type of imaging modality available, and we're in the process of upgrading our capabilities even further."

Exceptional Diagnostic Care

quickly and with better detail. The CT scanner's advanced workstation allows for three-dimensional reconstruction of bones, organs, and tissues for improved diagnosis.

"The CT scan is quick—it can be performed in 15 or 20 minutes," Beight says. "The new scanner also enables us to perform cardiac CT angiography, which may eliminate the need for invasive cardiac catheterization in certain patients."

Committed to You

Best of all, this high-tech care is available whenever you need it—24 hours a day, seven days a week, 365 days a year. Comprehensive imaging services are available at both Jameson North and Jameson South campuses, with additional services at three other easily accessible locations throughout Lawrence County (see "Quality Care around the Corner").

"When patients come to Jameson for their imaging needs, all their records are centralized," Danko says. "This makes it easier to compare results, whereas going to several places for services could lead to fragmented care."

Jameson Health System's well-trained professional staff is also on hand around the clock. In addition to the highly skilled techs and other medical professionals, the Health System is also partnering with a new group of experienced radiologists to improve diagnostic and imaging capabilities (see "Introducing Penn Imaging" on page 7).

"When patients come here for imaging, they are cared for by their friends and neighbors," Beight notes. "Our combination of high-tech capabilities and the compassionate, expert staff make Jameson Health System the best choice for all your imaging needs."

To learn more about imaging capabilities at Jameson Health System, log on to www.jamesonhealthsystem.com.



Mukesh P. Karwat, MD, radiologist on staff with Jameson Health System, uses advanced imaging technology to pinpoint a patient's health problem and begin planning successful treatment.

Quality Care around the Corner

No matter where you live in the area, chances are good that Jameson Health System's leading-edge diagnostic capabilities aren't far away. In fact, we have five convenient locations around Lawrence County to better serve you.

Jameson Hospital North Campus

1211 Wilmington Avenue in New Castle
Ground Floor, Medical Imaging Suite
(724) 656-4127

Routine studies: Monday–Friday, 7 a.m.–4:30 p.m.; Saturday, 7 a.m.–3:30 p.m.

Jameson Hospital South Campus

1000 South Mercer Street in New Castle
(724) 656-6011

Routine Studies: Monday–Friday, 8 a.m.–4:30 p.m.

Jameson Mohawk Community Health Center

341 Mohawk School Road in New Castle
(724) 667-2273

Office hours: Monday–Friday, 7 a.m.–4 p.m.

X-ray: Monday–Friday, 8 a.m.–4 p.m.

Lab: Monday–Friday, 7 a.m.–4 p.m.

Jameson Health Center New Wilmington

138 South Market Street in
New Wilmington
(724) 946-2273

Office hours: Monday–Friday, 7 a.m.–4:30 p.m.

*Lab/EKG: Monday–Friday, 7 a.m.–12:30 p.m.,
1:30 p.m.–4 p.m.*

*X-ray: Monday–Friday, 7 a.m.–12:30 p.m.;
Mondays and Fridays, 1:30 p.m.–4 p.m.*

Jameson X-Ray and Lab

2520 Wilmington Road in New Castle
(724) 652-9065

Office hours: Monday–Friday, 8 a.m.–4 p.m.



Dedicated to Your Heart's Health

If you're like the average American, your diet is probably less than healthy, you recognize the need to exercise but instead opt for that extra hour of sleep, and your stress level continues to lurch higher with each passing year. While your daily decisions on what to eat and do may not seem important now, their cumulative effect can significantly hinder your heart.

Fortunately, those facing heart problems such as coronary artery disease or even heart attack can trust the healthcare team at Jameson Health System. With cardiac catheterization and the new angioplasty program launched this February, more and more residents are finding relief for their hearts right here in Lawrence County.

"We're available to do elective and emergency cardiac catheterizations and angioplasties," says Donna Cochran, RN, director of nursing for Cardiac and Emergency Services at Jameson. "This is a great asset to the community as you no longer have to go out of town to receive care."

All About Angioplasty

If your risk for heart disease requires you to undergo a cardiac cath, take heart. This minimally invasive imaging procedure can be done in under an hour even if intervention such as angioplasty is needed.

To do the initial diagnostic cath, a small, thin tube (catheter) with a camera on its tip is inserted through an artery in your leg or arm and guided to the heart. This allows the physician to detect any blockage sites and determine the best treatment. If an artery is clogged, a procedure known as angioplasty is done to clear the blockage and restore blood flow.

During angioplasty, a small balloon-like device is attached to a catheter and guided to the blockage site. It's then gently inflated to press the fatty buildup against the artery wall.

"For some patients, the doctor may also insert a special device called a stent at the time of the angioplasty," says Cochran. "This tiny metal coil helps keep the artery open longer, and some new stents are coated with medication that further prevents reblockage of an artery."

Understanding Your Risk

While having this advanced treatment for heart disease close to home is a comfort, certain lifestyle changes can help you avoid the condition altogether. The following are common factors that may increase your risk for getting heart disease:

- smoking
- high blood pressure and/or cholesterol
- physical inactivity
- being overweight or obese
- having diabetes
- a family history of the disease
- age 65 or older

You can help keep your heart healthy by learning how these risk factors apply to you and ways you can reduce your risk.

For more information about angioplasty or any of Jameson Health System's other advanced cardiac health services, call (724) 656-4624.

Introducing Penn Imaging

New radiology group raises the bar for diagnostic imaging services at Jameson Health System.

Radiology is often the first step in successful treatment for conditions ranging from a broken arm to breast cancer. No matter what your reason for needing radiology services, Penn Imaging, a physician-owned group affiliated with Ohio Imaging, Inc., has been serving communities across Ohio for the past 25 years. And now, they're bringing their expertise to Jameson Health System.

The addition of Penn Imaging involves more than 10 part- and full-time radiologists, all of whom have extensive training and

experience. The Health System is pleased to partner with an organization known for high-quality interpretations, fast report turnaround, exceptional patient care, and strong relationships with referring physicians.

“By welcoming Penn Imaging to Jameson, the Health System is assuring imaging excellence for years to come,” says Douglas Danko, vice president of Professional Services at



Jameson Health System staff members and Penn Imaging provide a wealth of diagnostic imaging experience and expertise.

Jameson Health System and director of Operations for Jameson Hospital South Campus. “With the combination of Penn Imaging and our staff, led by Albert J. Cook II, MD, medical director and chairman at Jameson, patients have access to a wide range of radiology expertise—which ultimately leads to the best possible results.”

Regional Anesthesia Has Arrived

No matter if your father is undergoing hip replacement, your mother is having a hysterectomy, or you suffer from chronic back pain, the specialists at Regional Anesthesia can help you and your loved ones make it through specialized surgical procedures—or even everyday life—without pain.

Fortunately for residents of the New Castle community, Jameson Health System is now home to this renowned anesthesia team with an excellent reputation for providing effective pain relief.

Since coming to Jameson, the staff of Regional Anesthesia has introduced comprehensive pain clinic services, including an extreme pain service. These special services are only a couple of the ways that Regional Anesthesia is enhancing anesthesia services at Jameson.

“Regional Anesthesia has an extensive history of superb anesthesiology services, and it utilizes the most current technology and medications in the provision of anesthesia care,” says Kathi McFerren, MSN, director of Surgical Services at Jameson. “We’re glad to bring Regional Anesthesia aboard the Health System, and proud to provide increased pain services for those in our community.”

The Regional Anesthesia Medical Team

Terry Buckwalter, DO

Regis Burlas, DO

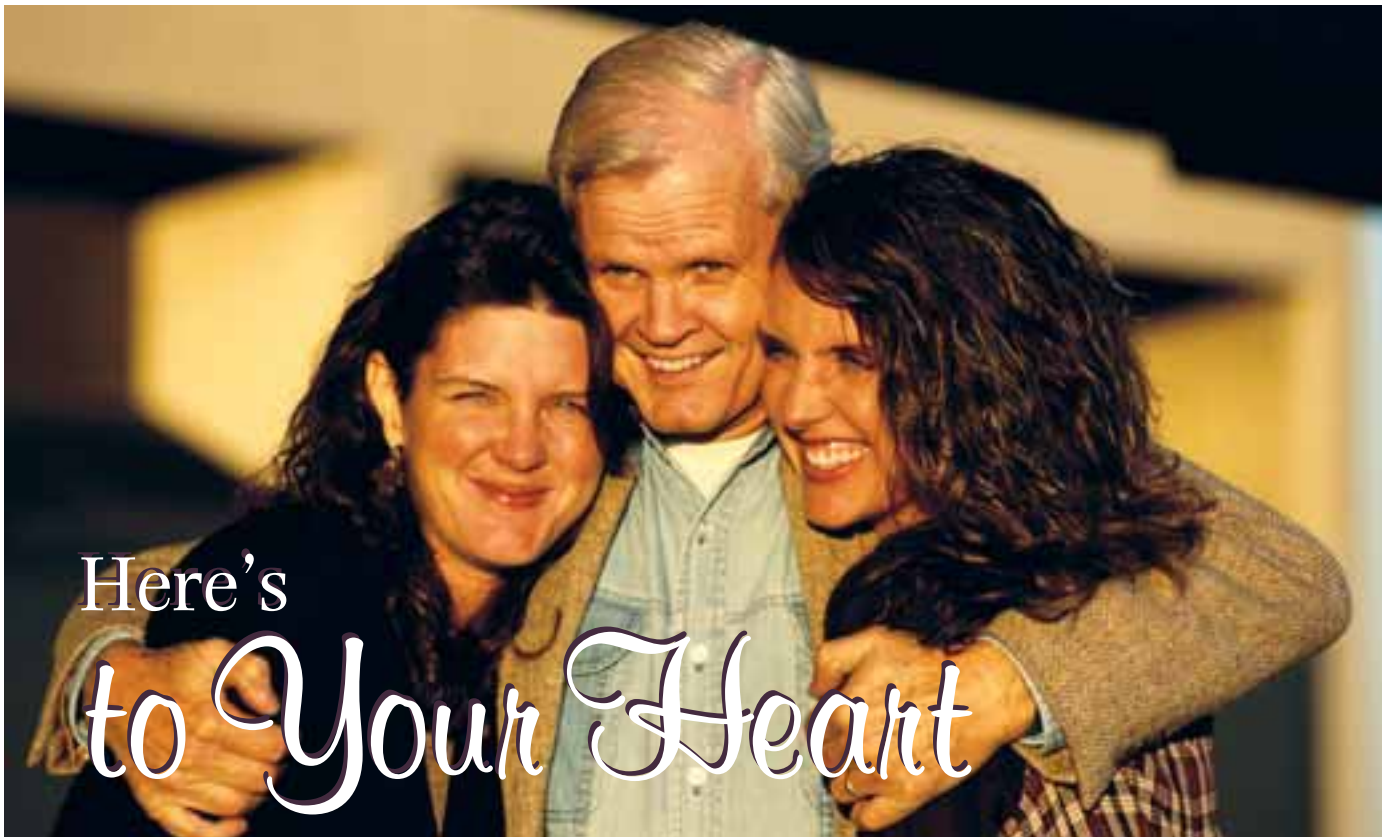
Joel Enriquez, MD

Raphael Espejo, MD

Kevin Kinkead, MD

Chang Park, MD

Ashraf Razzak, MD



Here's to Your Heart

- Your daughter's wedding.
- Your son's college graduation.
- Your 50th wedding anniversary.

Don't let heart disease steal these precious moments. If you have coronary artery disease or are suddenly struck with chest pains, the cardiac cath lab at Jameson Health System is here for you.

The healthcare team in the cardiac catheterization lab is ready within seconds to take action to help your heart. Blocked arteries can be identified and cleared rapidly—without open-heart surgery—thanks to the lab's new angioplasty program. Then you can get home fast, and get on with your life.



Learn more about the cath lab, angioplasty program, or any of Jameson's other advanced cardiac health services by calling

(724) 656-4624.

Because at Jameson, your good health is our heartbeat.



1211 Wilmington Avenue
New Castle, PA 16105-2595

www.jamesonhealthsystem.com

E. O. E.

NONPROFIT ORGANIZATION
US POSTAGE
PAID
NEW CASTLE, PA
PERMIT NO. 128