Birth Control Pills +
PERIMENOPAUSE
New Imaging Services
OPENING EARLY AUGUST 2018

UPMC Pinnacle
WOMEN LEADERS
Inspired at Annual Summit
Since our last issue, your lives may have undergone many changes. So, too, has our health system. In 2017, PinnacleHealth acquired hospitals in York, Hanover, Carlisle, and Lancaster. This, along with our UPMC affiliation, resulted in our new name: UPMC Pinnacle. In our collaboration with these organizations, we have been able to increase access for individuals seeking the best medical care, programs, and services closer to home.

One way we ensure we are providing you with the care you need is to conduct a Community Health Needs Assessment (CHNA) every three years. This process is an objective, comprehensive study of the overall health status of our region using surveys, community forums, and data analysis. Topics such as health care access, barriers to care, and the specific support needed throughout one’s lifetime are reviewed by a task force comprised of health care providers, organizations, and individuals from Cumberland, Dauphin, Lebanon, Perry, and York counties.

The findings from the CHNA help us strategically fill in the gaps across our region and establish partnerships both with organizations and patients. In doing so, we are able to meet the needs of the community in a consistent, cohesive and timely way.

Just as our health system continues to evolve and grow over the years, so does the population we serve. We expect the CHNA report will further detail those programs and services that are making a difference, as well as those which may be missing. It is my hope that you choose UPMC Pinnacle in your time of need, and think of us as your partner in health. As always, we strive to provide the best patient experience you would expect and certainly deserve.

Sincerely,

Philip Guarneschelli
President and CEO, UPMC Pinnacle

*Visit UPMCPinnacle.com/CHNA for the 2015 CHNA Report. Once completed, the 2018 CHNA Report will also be available online.
Welcome to the relaunch of the magazine dedicated to women of every generation. Whether you're new to UPMC Pinnacle, this publication, or you're familiar with our health system and mission, our focus is on the well-being of “every woman” with whom we work, treat, support, encourage, and call friends and family. We want to improve the health of our community by:

• Offering the latest technological advancements and treatments
• Educating current and prospective patients about disease prevention and chronic illness
• Offering a network of providers that specialize in all aspects of health care so patients can be seen in the right place at the right time.

We hope you find something inside this and future issues that speaks to you and where you may be in your life. UPMC Pinnacle wishes to empower every woman as they begin their families, raise children, care for elders, or focus on their own journey. We all have stories to tell, and as you will read, the stories comfort and inspire. Our goal is to influence the meaningful moments and choices we all make along the way to positively affect our overall health.

I invite you to share your story or experience by emailing me. Let us know how we’re doing and if there are ways to reinforce our mission.

In good health,

Kendra Ferguson
Editor, EveryWoman
kferguson@pinnaclehealth.org

Women hold a special place at UPMC Pinnacle, and I am proud to serve as the Women and Children Services leader within our health system. Over the past several years, I have witnessed incredible growth and change, dedication and commitment, as well as the compassion of our providers and staff. I have even seen a few miracles thanks to the trust placed in our System by thousands of women from across the regions. As a nationally recognized health system, it is our vision to improve the health of those in our communities and provide access to quality care across all populations. I am excited to be a part of UPMC Pinnacle’s vision as we grow and expand health care services for women and children.

We recognize that health extends across the age continuum. Our role is to care for women, children, and families alike throughout their lifespan. Whether we are supporting breastfeeding mothers and newborns at one of our Baby Friendly designated hospitals or providing accommodations to mothers, their partners, and family members, family-centered care is at the core of our delivery model. At UPMC Pinnacle, we strive to meet and exceed the needs of everyone, from the smallest and most vulnerable patients, during times of joy or sorrow, whatever your lifestyle or choices.

The everywoman magazine is a valuable resource that will touch upon important topics such as heart, breast, bladder and pelvic health, psychological well-being, information on infant and child development, nutrition, and illness prevention to name a few. We will also present news on the most current and life-changing medicines and treatment options available in addition to perspectives to promote a holistic approach to your wellness and health care.

I am honored to share this publication with you and look forward to the opportunity to walk alongside you on your personal health journey.

Warm Regards,

Natalie Troup
Vice President, Women and Children Services

everywoman is published two times each year by UPMC Pinnacle and highlights the latest information about our technological advancements and treatments; educates current and prospective patients about disease prevention and chronic illness; and shares our network of providers that specializes in all aspects of health care.
Disease Prevention THROUGH THE YEARS

As we live longer and presumably learn more about our role in living our healthiest lives, it’s important to recognize the ways in which we can prevent disease and illness. Habits begin in our teens and early adulthood. Establishing a healthy lifestyle is the best defense to aging well and avoiding disease. In fact, the Centers for Disease Control says chronic disease and illness are responsible for seven of 10 deaths each year.

Use this guide as a resource when talking with your doctor regarding all levels of care. Depending upon your age, health history, genetics, and lifestyle, your physician may recommend a different care plan. If you are seeking a primary care provider, visit us at UPMCPinnacle.com and click on “Find A Doctor.”

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**GENERAL HEALTH** “Prevention comes in the form of screenings and ongoing care to avoid disease or illness. Making sure you receive proper vision, dental, gynecological, and mental health care are all critical components of general health and connected in one way or another.” —DR. STACY DENLINGER

<table>
<thead>
<tr>
<th>20s &amp; 30s</th>
<th>40s</th>
<th>50s</th>
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<tr>
<td><strong>GENERAL HEALTH</strong></td>
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<td><strong>HEART HEALTH</strong></td>
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<td>Weight/Height/BMI</td>
<td>19–21: Annually 22–39: 1–3 Years</td>
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<td>Blood Pressure</td>
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<td>Lipid Screening</td>
<td>Every 5 years beginning at age 45. More frequent testing beginning at age 20 for those at increased risk for Cardiovascular Disease.</td>
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<td><strong>REPRODUCTIVE HEALTH</strong></td>
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<tr>
<td>Pap Test</td>
<td>Every 3 years based on gynecological history beginning at age 21. (Ages 30–65, every 5 Years if Pap and HPV testing are negative.)</td>
<td>Based on risk factors</td>
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<td>Chlamydia</td>
<td>Sexually active non-pregnant young women aged 24 and younger and for older non-pregnant women who are at risk.</td>
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<td>HIV/Sexually Transmitted Diseases Screening (Gonorrhea, Syphilis, Herpes)</td>
<td>Based on risk factors and one time HIV screening for all adolescents and adults, ages 15–65.</td>
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<td>Mammography</td>
<td>Every 1–2 years for women starting at 40–50 years of age through age 74. (Discuss with your Primary Care Provider.) After 74 based on individual preferences.</td>
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<td>BCRA Assessment/BCRA Mutation (testing for breast and ovarian cancer susceptibility)</td>
<td>Primary Care Providers screen women who have a family history of breast, ovarian, tubal or peritoneal cancer with several screening tools. Women with positive screening results should receive genetic counseling and if indicated after counseling, BCRA Testing.</td>
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**HEART HEALTH** “Knowing your family history as well as your numbers such as blood pressure, cholesterol level, and weight is important in making sure your heart remains strong. Understanding the signs and symptoms of a heart attack in women is something you also need to discuss with your doctor. Annual checkups and certain screenings such as a coronary calcium score provide an insight to your cardiovascular health.” —DR. ASHLEY ZINDA

**REPRODUCTIVE HEALTH** “Many women are starting their families later in their lives after pursuing careers or just waiting until the time is right for them and their partner.” —DR. MOMON-NELSON
**HOW TO SPOT SKIN CANCER**

Use this information to check your skin regularly.

**WHEN CAUGHT EARLY, SKIN CANCER IS HIGHLY TREATABLE**

1 IN 5 Americans will develop skin cancer in their lifetime.

**ANYONE CAN GET SKIN CANCER, REGARDLESS OF SKIN COLOR**

**THE ABCDEs OF MELANOMA**

What to look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- **Asymmetry**: One half is unlike the other half
- **Border**: Irregular, scalloped, or poorly defined border
- **Color**: Varied from one area to another; shades of tan and brown, black; sometimes white, red, or blue
- **Diameter**: >6mm
- **Evolution**: A mole or skin lesion that looks different from the rest or is changing in size, shape, or color

**SKIN CANCER SELF-EXAMINATION**

How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard to see places.

1. Examine body front and back in mirror, then right and left sides, arms raised.
2. Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.
3. Bend elbows, look carefully at forearms, back of upper arms, and palms.
4. Check back, buttocks, and thighs with a hand mirror.
5. Finally, look at the backs of legs and feet, spaces between toes, and soles.

If you find any spots on your skin that suddenly appear, are different from others or are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist today.

**MIGRAINES**

Migraines are a type of headache characterized by recurrent, severe, throbbing pain often on one side of the head. Below are some common migraine triggers and symptoms:

**Triggers include:**
- Foods or food additives
- Drinks, especially alcohol or highly caffeinated beverages
- Stress
- Bright lights or sun glare
- Strong smells
- Changes in wake-sleep patterns
- Changes in the weather/humidity/barometric pressure
- Physical exertion
- Hormone changes
- Medications
- Lack of sleep
- Head injury/trauma

**Symptoms include:**
- Throbbing/pounding head
- Pain/pressure on one side of the head/face
- Numbness or tingling
- Weakness and/or fatigue
- Sensitivity to light/smell/sound
- Nausea/vomiting
- Difficulty concentrating
- Neck pain, especially upon waking
- Eye pain or extreme pressure behind the eyes
- Blurred vision, spots in the vision, missing parts of vision, abnormal shapes in the vision
- Dizziness
- Mood swings or irritability
- Loss of appetite
- Sinus pressure
- Anxiety

**When to See A Doctor**

Migraines are often undiagnosed and untreated. If you regularly experience symptoms that may be a migraine, keep a record of your attacks and how you treated them. Then discuss your headaches with your doctor.

Even if you have a history of headaches, see your doctor if the pattern changes or your headaches suddenly feel different.

For more information, visit UPMCPinnacle.com/Migraine.
New UPMC Imaging Services to open August 2018 inside the UPMC Outpatient Center (formerly called the Regional Outpatient Center) at 1160 Manheim Pike, Lancaster, offering diagnostic x-ray, MRI, CT, general ultrasound and vascular ultrasound, EKG, and laboratory services. The addition will provide a competitive pricing structure to benefit our self-pay patients and patients with high deductible insurance plans.

Coming soon! Manheim Pike Primary Care! Dr. Gayle Sisbarro is returning to the Lancaster area to provide exceptional primary care for the whole family. The new practice will open Aug. 13. John Murphy, MD will provide sports medicine services at Orthopaedic Specialists of Central PA on Aug. 23. Both practices are inside the UPMC Outpatient Center at 1160 Manheim Pike, Lancaster.

3D mammography is now available at Lancaster Breast Imaging! And UPMC Pinnacle Lititz Imaging Services has upgraded to the Genius™ 3D Mammography™ exam: UPMCPinnacle.com/Tomo. 3D mammography is also available at our Carlisle, Memorial, and Hanover locations.

Did you know? UPMC Pinnacle Lititz Women’s Place has a Level III NICU onsite and is a part of a full-service hospital. In the unlikely event you and/or your newborn require emergent care, precious time will not be wasted transporting you to a full-service hospital—you are already in one. There is no other facility like that in Lancaster County. Women’s Place also has the Blue Distinction® Center+ for Maternity Care designation and is a Baby-Friendly® designated birth facility, with certified lactation specialists. Nitrous will start being offered mid July 2018.

We are excited to welcome new specialists to the Lebanon Valley Advanced Care Center.

Building a Stronger Community. Construction of the new UPMC Pinnacle Memorial Hospital is underway. Anticipated to be complete in August 2019, the new facility will feature a modern design with 130 beds on five levels, including the following to improve patient care:

- All private patient rooms providing a quieter, intimate experience with your providers and family members in
discussing care plans, as well as reducing the risk of infections.

- Three heart catheterization labs, including electrophysiology and interventional radiology services
- Four leading-edge operating rooms (including one cardiac operating room), with teletracking technology for more efficient workflow and increased safety
- Full complement of imaging services located adjacent to the Emergency Department and catheterization labs for a quicker response to emergencies
- Single-room maternity suites with Labor, Delivery, Recovery, and Postpartum
- Level II Specialty Care Nursery
- Long-term acute care
- Walking trail open to community promoting health and wellness
- And so much more!

To see more project highlights, construction updates, photo gallery, and a time lapse video of construction progress, visit UPMCPinnacle.com/TheFuture.

GETTYSBURG

Experience Matters. Your safety is our number one priority. That’s why the heart and vascular teams at UPMC Pinnacle Hanover and UPMC Pinnacle Memorial have been working together to provide a broad range of cardiac and vascular treatments in York and Adams counties. Our team is here for you with offices in Gettysburg, Hanover, New Oxford, Spring Grove, and York, and around-the-clock coverage at UPMC Pinnacle Hanover and UPMC Pinnacle Memorial. To learn more about our heart and vascular services and to meet our experienced team of providers, visit UPMCPinnacle.com/HeartExperts.

Our comprehensive heart and vascular services include:
- Stress testing
- Arrhythmia management (holter monitors, pacemakers, ICDs, biventricular devices)
- Vascular ultrasound
- Echocardiograms
- Cardiac procedures (diagnostic heart catheterization, angioplasty, stenting)
- Vascular procedures
- Electrophysiology
- Cardiovascular rehab

HARRISBURG

A new Women and Babies Center is under construction at UPMC Pinnacle Harrisburg. Its innovative design will increase efficiency, privacy, safety, comfort, and improve the way we provide care to the more than 6,000 moms and babies seen each year.

The project is expected to be completed by fall 2019. The addition will feature many upgrades, modifications, and advancements that offer every baby, mother, and family the best experience for years to come.

- Separate, easily accessible entrance with dedicated elevators
- New Level III, 40+ bed NICU
- Private rooms with more technological amenities and space for family
- Larger, more comfortable waiting areas
- New operating room for the birth of multiples
- Private space for bereavement and consultations
- Additional space for lactation programs

Visit UPMCPinnacle.com/LaborofLove to learn more.

Sara Clymer, DO; and Stephen Naymick, DO.
Using the advanced robotics computer allows more accurate movements by the surgeon’s hand and the 3D-High Definition vision system provides a highly magnified view. Together, these technologies provide precision and control during the minimally invasive procedures.
Layers of Love... And Stress!

They call it the Sandwich Generation. Adults who are layered between caring for both their aging parents and children. Either can be stressful at any given time, but where do these caregivers find respite and relief for themselves? With the life expectancy in the United States reaching into the 80s and 90s, many are finding they are both blessed and feeling the pressure of caring for younger and older family members.

Care and Navigation for Parents

If they are under your care, their physical and or mental health is important. Where do you begin in helping them?

- Schedule and attend their doctor’s appointments to be fully informed.
- Choose the best insurance plans and assist with finances.
- Establish a living will, durable Power of Attorney and discuss Advanced Care Planning
- Install grab bars in shower, and secure or remove rugs to avoid tripping and falls.
- Arrange grocery shopping or a meal delivery service.
- Arrange transportation for appointments, activities, and errands.
- Prepare pill boxes to ensure medications are taken properly each day.
- Find alternative living for them if they cannot live independently.
- Arrange for an emergency notification service.
- Arrange and encourage social interaction with friends and family.

Self-Care

You’re in the middle of it all, so how do you decompress at the end of the day or work week?

- Take a mini vacation
- Keep your own social engagements—with family and friends
- Peruse old family photo albums

Caring for Your Kids

No matter what their age, kids still need (and secretly want) you in their lives. Reinforce the love and connection between you.

- Be home at night for homework, dinner and bedtime routines.
- Attend extracurricular activities.
- Ask about their friends and interests beyond school.
- Teach the importance of caring for others so they feel included and want to help.
- Consider taking time off from work and be present.
- Plan special days or activities with the kids whenever possible.
- Put down the electronics and speak face to face.

If you need someone to talk to about a difficult transition in your family or desire extra support in honoring your own self-care, our counselors are prepared to meet with you. Visit UPMCPinnacle.com/MentalHealth.
Q. Can birth control pills postpone perimenopause?

A. Although the main purpose of oral contraceptives is to suppress ovulation and regulate a woman’s menstrual cycle, the man-made versions of the hormones cannot “jump start” your cycle once you cease taking the pill during perimenopause, which can last anywhere from 2–10 years. When you discontinue them, and if your body is done ovulating, your periods likely just end. There are benefits, however, to taking the pill. The dreaded hot flashes, insomnia, moodiness, and other symptoms can be decreased in intensity since the pill regulates hormone levels. Unsteady hormones are the reason for the symptoms and the pill lessens the effects.

For my patients who have been taking the pill during perimenopause, I advise them to stop taking it at age 50 to determine if they are truly menopausal, as the pill can perpetuate a monthly menstrual-like bleeding episode due to the artificial hormonal stimulation of the endometrium. The pregnancy risk in a woman who is 50 or older, is 4 in 1 million, or 1 in 250,000, so when she stops her pill at age 50, using another means of contraception is up to her, as the pregnancy risk is quite low.

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Q. Are VBAC deliveries safe? What are the risks and misconceptions about them?

A. If you had a Cesarean section with your prior delivery, you may be able to deliver your baby vaginally. Having a vaginal birth after C-section (VBAC) can be a safe choice for many women. It’s important to have your operative note from your surgery and meet with your obstetrician early to review with him or her the reasons you had your prior C-section. If the muscular portion of the uterus was not involved with the prior surgery, you may be a good candidate for a trial of labor after C-section (TOLAC). The interval between your pregnancies can also be a factor in deciding whether you are a good candidate for TOLAC. We encourage you to meet with your obstetrician early to discuss and develop a plan for delivery. Our primary goal is a healthy mom and a healthy baby.

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Q. How important is your lifestyle when it comes to your heart health and does age make a difference?

A. The short answer is both make a significant difference in a woman’s cardiovascular health, because what she eats, her activity and stress levels, and her attitude toward preventive care influence the possibility of chronic illness later in life. We know genetics play a role in our predisposition to certain diseases; however, habits start early, so women in their 20s and 30s need to commit to their annual checkups, maintain a healthy weight, quit smoking, eat nutritious foods, and remain active. Once women reach middle age and beyond, it’s important to incorporate heart health screenings, modify any risk factors through lifestyle changes, and know their numbers (blood pressure and cholesterol levels) as well as signs and symptoms of heart attack and stroke, which can be different in woman than men.
“Girls on the Run is not just about running ... it’s about showing care for people and learning how to succeed in life.”
— 5TH GRADE PARTICIPANT

As the proud, founding sponsor of Girls on the Run Capital Area, UPMC Pinnacle believes in giving young girls the opportunity to achieve their fullest potential. Trained, volunteer coaches teach girls in 3rd through 8th grade critical life skills, lead interactive discussions, and improve fitness and confidence through activities and running games over a 10-week program. In doing so, these young people develop essential skills, connections, friendships, and a stronger sense of self. The program culminates in a community service project and celebratory 5K event.

Visit capareagirlsontherun.org for information about upcoming events and how you can get involved.

Emily Sullivan
Manager, Grateful Patient Program
Pinnacle Health Foundation
717-231-8089
esullivan@pinnaclehealth.org

PINNACLE Health Foundation
UPMCPinnacle.com/GratefulPatient

Gifts of Gratitude
Say thanks to your exceptional caregiver through the Grateful Patient Program.

JOYFUL. HEALTHY. CONFIDENT.
Running toward a successful future.

Each day, UPMC Pinnacle caregivers deliver life-changing care, and patients often ask what they can do to express their appreciation. Whether you wish to make an impactful gift in honor of your caregiver, or you prefer to salute our staff with a formal recognition for the incredible work they do, we encourage you to say “thank you” through the Grateful Patient Program. Reach out to the Pinnacle Health Foundation today.

Emily Sullivan
Manager, Grateful Patient Program
Pinnacle Health Foundation
717-231-8089
esullivan@pinnaclehealth.org

I welcome the opportunity to meet with you to learn more about your health care journey with UPMC Pinnacle.
In March, we celebrated Women’s History by hosting our second annual Women’s Leadership Summit. The theme, *Generational Leadership*, showcased women of all ages and stages of life who came together to impart their wisdom and advice on how to become a leader and live it. During the day, a panel of UPMC Pinnacle professionals shared their personal and professional challenges, successes, and “a-ha” moments as they navigate and represent leadership in their workplace, homes, and communities.

The evening portion of the summit included a reception featuring keynote speaker, Kristal Turner-Childs, who was the first African-American female in the history of the Pennsylvania State Police to command a troop, and later developed her own company to empower women to take charge of their lives.

The panel all agreed the concept of leadership was not embodied in a title. Rather, servant leadership was seen as the way in which women can enrich the lives of others, as well as their own.

### LEADERSHIP TIPS

- Serve and mentor others
- Work hard
- Find your passion
- Ask questions
- Allow others to have a voice
- Continue learning something new or improving upon your skills
- Be goal directed
- Cultivate a mission of loving and leading
- Establish connections—especially with different generations
- Step outside of your comfort zone
- Forgive yourself and others
- Invest in yourself
- Take your seat at the table

“You become more powerful when you give power away.”

“Define me by who I am and what I do... not my generation.”
Laugh out loud without second guessing yourself.

Incontinence is a common problem that affects women of all ages. And contrary to popular belief, incontinence is not a normal part of aging.

The UPMC Pinnacle Bladder and Pelvic Health program is a comprehensive program offering effective treatments for incontinence and prolapse. Our providers have many years of experience treating women with these conditions and use conservative treatments, such as medication and physical therapy, as well as the latest surgical advances, to obtain the best results possible.

Don’t “just live with it.” Contact us today to find out the facts and what you can do about it!

UPMC Pinnacle Bladder and Pelvic Health program