

HouseCall

UNITED HOSPITAL CENTER'S HOME VISIT

WINTER 2017 | www.uhcwv.org

Dare to C.A.R.E. Sally's Story



All it was going to take was 15 minutes — Sally Lockard figured why not. She'd noticed a comment on Facebook posted by a former co-worker mentioning free testing. On a whim she made an appointment for the screening offered by United Hospital Center through its Dare to C.A.R.E. program. Those 15 minutes may very well have saved her life.

Dare to C.A.R.E. is a complimentary vascular disease education and screening program provided as a cooperative effort between United Hospital Center and the Heart Health Foundation. The program provides a free vascular screening to any patient over the age of 60, or over the age of 50 with certain risk factors for heart and vascular disease, including smoking, diabetes, hypertension and high cholesterol. Dare to C.A.R.E. also offers screening to all diabetics over age 40.

Actually for Sally, a nurse with UHC for 25 years working now in Behavioral Health, that 15-minute test ran longer. "During my screening, I noticed the tester kept returning to my left side. She asked someone else to take a look and finally a third person reviewed the findings. They'd found a large mass that seemed to be an aneurysm," Sally explained.

After consulting with UHC vascular surgeon John A. Adeniyi, M.D., who recommended a CAT scan, which was performed the following day, it was determined the large mass was a rare malignant tumor located in her duodenum (small bowel).

"I presented with no symptoms," Sally said. "By the time symptoms would have occurred, the cancer would have metastasized to my liver or pancreas and this type of cancer does not respond to chemotherapy or radiation."

Sally had surgery in August, which successfully removed the tumor intact without rupturing, which would have, in Sally's words, "seeded it throughout my bowel." Within five weeks, she was back at work — and cancer free. She will have ongoing monitoring but for now, the prognosis is very good.

"I have chosen to share my journey with the public to encourage them to take advantage of free screenings. I should have been having symptoms due to the size and location of the tumor, but I had no indication anything was wrong. I felt great. I am so thankful for UHC offering this free screening to the public."

In West Virginia, this program is exclusive to UHC, with screenings every Tuesday and Saturday 7:00 a.m. to 3:30 p.m.

At the appointment, a sonographer will conduct a painless non-invasive ultrasound of your neck, abdomen and legs. Results of the screening will be mailed to you and your physician after the official reading. If the ultrasound uncovers disease, you and your family doctor will discuss and decide on a treatment plan that works best for you.

For more information or to schedule an appointment, call 681.342.1365.



Eduardo Castillo, M.D. | David A. Ciarolla, M.D. | Kimberly J. Fairley, D.O. | Venu Gangireddy, M.D. | Tomas Rodriguez-Molinet, M.D.

One of the Largest Gastroenterology Services In West Virginia Now Accepting Patients

Board Certified UHC Gastroenterologists Could Help Stop Your Suffering from Nausea, Indigestion, Heartburn, Bloating and Abdominal Pain.

» **New, non-surgical procedure at UHC used to diagnose conditions that may cause abdominal pain or abnormal weight loss.**

Endoscopic ultrasound (EUS) is a minimally invasive procedure that allows your doctor to examine esophageal and stomach linings as well as the walls of your upper and lower gastrointestinal tract, and identify any abnormalities. EUS is also used to study other organs that are near the gastrointestinal tract, including the lungs, liver, gall bladder and pancreas.

» **New Technology at UHC Provides Relief for Chronic Reflux**

The Stretta System provides relief for patients with chronic reflux (gastroesophageal reflux disease or GERD). This non-surgical outpatient procedure takes about an hour, with patients returning to normal activities within a few days.

Colon cancer is the most beatable, preventable cancer when detected early. Call us today for a free consultation.

What's Scariest: A Colonoscopy Or Cancer?

Colon Cancer Prevention Tips

- » Get a colonoscopy screening after age 50
- » Eat a balanced diet
- » Maintain a healthy weight and healthy lifestyle
- » Don't smoke

Could one of the following diseases be causing you pain?

- | | |
|--|-------------------------------------|
| » Gastroesophageal Reflux Disease (GERD) | » Liver Disease including Hepatitis |
| » Ulcerative Colitis | » Pancreatitis |
| » Crohn's Disease | » Biliary Tract Disease |
| » Gallstones | » Peptic Ulcer |
| » Irritable Bowel Syndrome (IBS) | » Diverticulitis |
| | » Malabsorption |

Take this simple quiz to find out if you should see a physician for your heartburn.

- | | | |
|---|------------------------------|-----------------------------|
| 1. Does heartburn occur more than twice a week? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do symptoms persist despite use of over-the-counter medications? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do you have difficulty swallowing? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered "Yes" to any of the above questions, call the Gastroenterology Specialists at UHC to schedule an appointment.

Now Accepting Patients | 681.342.3690

www.uhcwv.org

327 Medical Park Drive
Bridgeport, WV 26330

UNITED HOSPITAL CENTER

WV Medicine

The Future of Healthcare is Here



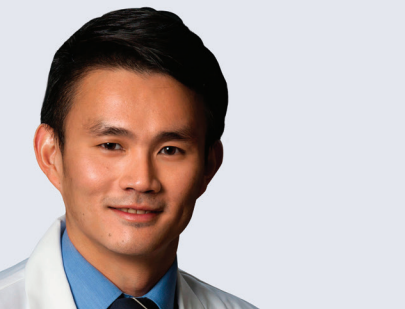
Venu Gangireddy, M.D., specializing in gastroenterology, is joining UHC Gastroenterology, the practice of Eduardo Castillo, M.D.; David A. Ciarolla, M.D.; Kimberly J. Fairley, D.O.; and Tomas Rodriguez-Molinet, M.D.

Dr. Gangireddy is board certified in internal medicine and gastroenterology by the American Board of Internal Medicine. He completed his gastroenterology fellowship and internal medicine residency at Georgia Regents University in Augusta, GA.

Dr. Gangireddy is a member of several professional organizations including the American Gastroenterological Association (AGA) and American Medical Association (AMA).

UHC Gastroenterology is located at the Physician Office Building, at 527 Medical Park Drive, Suite 402.

Please call **(681) 342-3690** for an appointment.



King Soon Goh, M.D., is joining the medical staff as a full-time rheumatologist at UHC Rheumatology. He joins the practice of Raj Yadav, M.D., Ph.D.

He received his medical degree from Trinity College Dublin School of Medicine in Ireland. He completed his internal medicine residency at Lincoln Medical and Mental Health Center in New York. After earning his medical degree and completing his residency, Dr. Goh completed his rheumatology fellowship at Temple University, Philadelphia, Pa.

He has extensive teaching and leadership experience, as well as having received numerous honors and awards.

Dr. Goh’s office is located at 710 Genesis Boulevard in Bridgeport.

Please call **(681) 342-3490** for an appointment.

Updates at UHC

New Physician Office Locations

Jonathan Stanley, D.O.
Bridgeport Infectious Disease
1370 Johnson Avenue, Suite 202
Bridgeport, WV 26330
Phone: 681-342-3870
Fax: 304-842-7650

Raj Yadav, M.D., Ph.D.
King Soon Goh, M.D.
UHC Rheumatology
710 Genesis Boulevard
Bridgeport, WV 26330
Phone: (681) 342-3490
Fax: (681) 342-3491

As of January 2017
Richard W. King, M.D.
WVU Medicine Obstetrics & Gynecology at UHC
527 Medical Park Drive, Suite 108
Bridgeport, WV 26330
Phone: (304) 848-2150
Fax: (304) 848-2153

New Fairmont Office
Tyler J. Prouty, M.D.
WVU Medicine Obstetrics & Gynecology
177 Middletown Road, Suite 1
Whitehall, WV 26554
Phone: (304) 285-7227
Fax: (304) 598-4380

CECIL B. HIGHLAND JR.
& BARBARA B. HIGHLAND
CANCER CENTER

WVUMedicine

UNITED HOSPITAL CENTER

Renovations Complete by January 2017

Access your medical
records online at:

UHCchart.com

RESOURCES

For a complete list of classes and resources available at UHC please call (681) 342-1860.

For Community Health Needs Assessment go to <http://bit.ly/UHC-CHNA-2016>



» Do Your Part to Fight the Flu «

Flu can be passed before an individual realizes he or she is contagious. In fact, a person with the flu can infect others, beginning one day before symptoms develop and up to five to seven days after becoming ill. Young children and those with weakened immune systems may spread the virus even longer.

Protect Yourself and Our Community – Get Vaccinated

Your body needs two weeks to develop full immunity once vaccinated.

Everyday Actions to Stop the Spread

- Wash your hands regularly with soap and water or use an alcohol-based hand sanitizer.
- Keep unclean hands away from your eyes, nose and mouth. These are common sites a virus or germ can enter your body.
- Cover your nose and mouth when you cough or sneeze. Use your elbow or a tissue to minimize the spread of germs into the environment.
- Adopt the slogan: “Wipe Down Wednesday.” Clean and disinfect surfaces and objects regularly that may be contaminated with germs, like the flu.
- Try to avoid crowds and close contact with people who are sick.

- While sick, limit contact with others as much as possible to keep from infecting them. Stay home (with the exception of getting medical care or for other necessities) for at least 24 hours after your fever is gone and you have stopped using fever-reducing medicine.
- Don’t over medicate with cold remedies. Use those that are designed to relieve your symptoms and make sure they are compatible with chronic illnesses, like diabetes and hypertension. For children and teens, use Tylenol or Ibuprofen as prescribed. Do not take products containing aspirin.

Boost Your Immune System

Get plenty of sleep and exercise. Stay hydrated and eat nutritious foods, like chicken soup!



Dr. P’s Chicken Soup Recipe



Dr. Mark Povroznik, Vice President of Quality and Chief Quality Officer

Chicken soup has been scientifically shown to halt the bacteria-devouring white blood cells (WBCs) that respond as part of our immune system. While WBCs have little ability to kill off a virus, they do stimulate the production of mucous causing a stuffy nose, headache, sneezing, cough and sputum production.

The warmth of chicken broth naturally helps alleviate nasal congestion. The liquid helps provide hydration and contains vitamins, minerals and healthy nutrients. Chicken itself is packed with protein, which supports the immune system.

INGREDIENTS: (Makes 4 – 5 quarts)

- | | |
|---|---|
| 1 whole or quartered chicken (3-4 lb., bone-in) | 1 package fresh spinach (optional) |
| 3 cups diced celery (include the celery leaves for added flavor) | 4-5 bay leaves |
| 3 cups diced carrots | 3-4 tablespoons olive oil |
| 1-½ cups pastina (may substitute 16 ounce egg noodles) | Chicken bouillon (optional) |
| | Salt and pepper to taste |

DIRECTIONS:

1. Place chicken in a large stock pot along with any carrot or celery ends. Season generously with salt and pepper. Cover with water. Simmer 60-90 minutes until chicken is completely cooked.
 2. Remove the chicken to cool. Strain and reserve the broth.
 3. Debone the chicken and chop into pieces. Set aside.
 4. Return all the bones and skin to the stock pot, cover with water or canned chicken broth. Allow to cook another 30-45 minutes to extract more flavor.
 5. Strain and reserve the broth.
 6. Add celery, carrot, bay leaves and olive oil to the stock pot. Season lightly with salt. Heat, allowing vegetables to sweat until near tender.
 7. Add reserved chicken broth and pastina. Simmer until pastina is mostly cooked.
 8. Return the chicken and add the spinach. Continue to simmer 15 minutes.
- Enjoy!



Bradley D. Mitchell, M.D. | Joseph Momen, M.D. | Mary-Ann Kroll, M.D. | Brian C. Policano, M.D. | Janet E. Cogar, M.D.

Getting to Know Pediatric Care at UHC

The pediatricians on UHC’s medical staff provide primary care to children from birth to young adulthood at convenient locations throughout Harrison County. At UHC, we believe finding the right pediatrician for your child is an important decision whether it is your first or subsequent child.

Pediatricians on UHC’s medical staff are located at two convenient locations.

Drs. Mitchell and Cogar
Bridgeport Pediatrics
900 Lodgeville Road
Bridgeport, WV 26330
(304) 842-3311

Drs. Momen, Kroll and Policano
Pediatric Associates
7 Chenoweth Drive
Bridgeport, WV 26330
(304) 842-5777

» Test your child’s health knowledge by taking this True or False quiz.

Children should get at least 20 to 30 minutes of physical activity on all or most days of the week.

FALSE: It is recommended that children and adolescents participate in at least 60 minutes of physical activity on all or most days of the week. Encourage your child to participate in activities that are age-appropriate, enjoyable and offer variety!

Just make sure your child or adolescent is doing three types of physical activity:

- Aerobic Activity: playing soccer or riding a bike
- Muscle Strengthening: climbing trees or playing on a jungle gym
- Bone Strengthening: jumping rope or games such as hop-scotch

Children should wash their hands vigorously for at least 20 seconds to remove germs.

TRUE: Remind your child to wash his or her hands before eating and after using the toilet, blowing their nose or playing outside. Suggest soaping up for as long as it takes to sing the “Happy Birthday” song twice. In addition to frequent hand-washing, encourage your child to follow these tips:

- Use alcohol-based hand sanitizer.
- Cover your mouth and nose when you cough or sneeze with arm or elbow.
- Keep your hands away from your eyes and out of your mouth.
- Don’t share water bottles, food or other personal items.

Flu shots are only available for adults.

FALSE: The Centers for Disease Control and Prevention (CDC) recommends a yearly flu (influenza) vaccine for all children 6 months and older – ideally given as soon as the vaccine is available each year. Keep in mind that it takes up to two weeks after vaccination for a child to be fully protected from the flu. Consult your child’s pediatrician if you have questions about flu protection and if:

- Your child isn’t feeling well.
- Your child is allergic to eggs.
- Your child had a severe reaction to a previous flu vaccine.

You Still Have An Opportunity to Be a Part of Camp Catch Your Breath

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If you would like to help a child attend this year’s Camp Catch Your Breath, by providing a financial donation or if you know a child with asthma who may need the camp, please contact Sonny Hoskinson at hoskinson@wvumedicine.org or call (681) 342-1560.