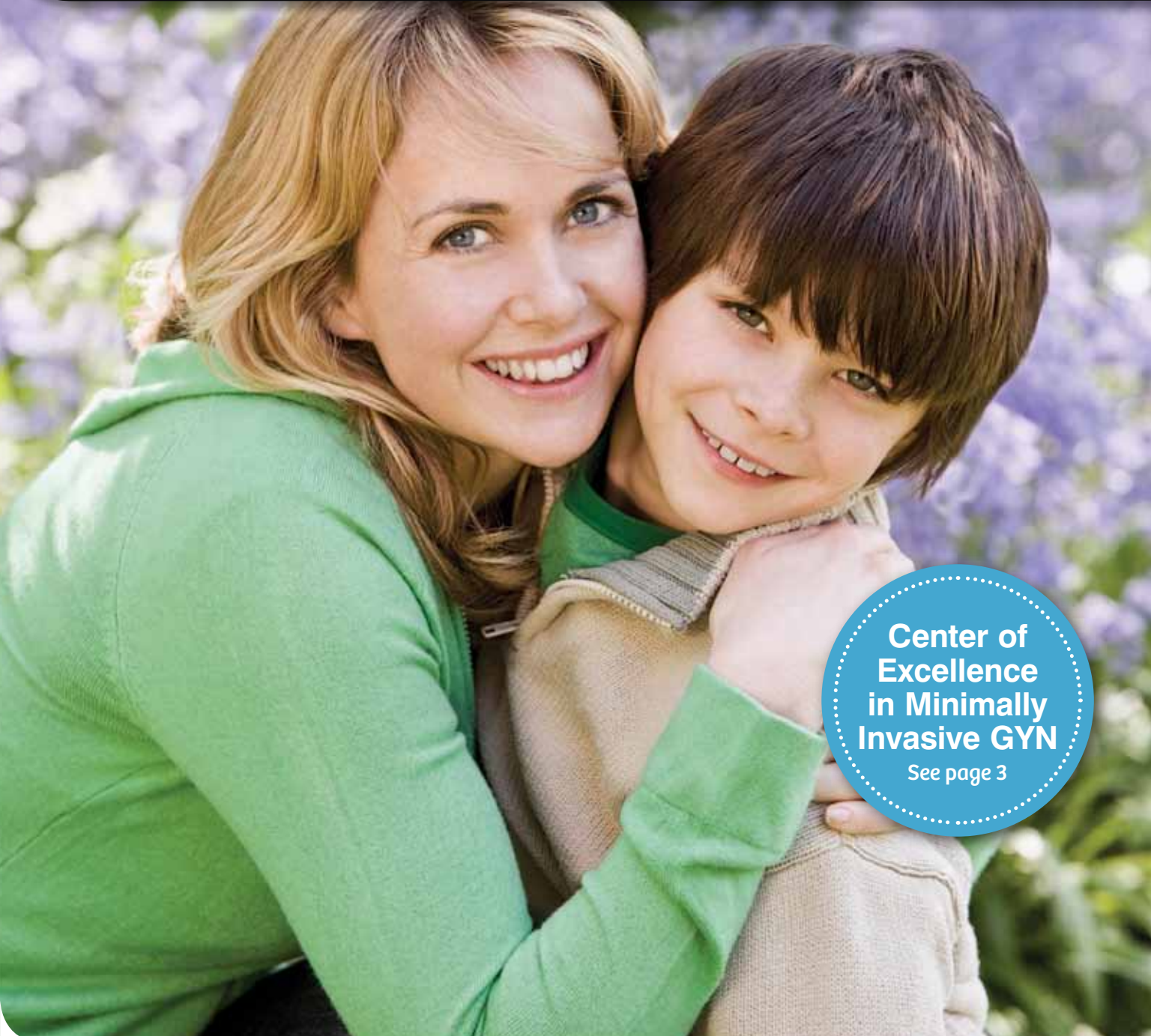


CHESTNUT HILL  
HOSPITAL

UNIVERSITY of PENNSYLVANIA  
COMMUNITY HEALTH NETWORK

# Chestnut Hill Health

TREATING YOU WELL AT CHESTNUT HILL HOSPITAL



Center of  
Excellence  
in Minimally  
Invasive GYN

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## A message FROM OUR CEO

**JOHN CACCIAMANI, M.D.**  
Chief Executive Officer

### DEAR FRIENDS,

A year ago, quality led me to this community hospital, and since then I've learned what else truly sets us apart—compassion! Chestnut Hill Hospital is the only hospital in Philadelphia to be

recognized by The Joint Commission as a Top Performer on Key Quality Measures two years in a row for heart attack, heart failure, pneumonia and surgical care. Our doctors and staff provide quality care that places us among the top four percent of all hospitals in the nation. Now I know that this care is delivered with kindness and consideration that larger hospitals can't match.

When you enter our hospital, you get a sense of community, from a friendly greeting to familiar faces in the hallways. (More than 50 percent of employees live in surrounding neighborhoods.) The hospital's community involvement is more tangible than ever. Our leadership serves on local organizations' boards, including Mt. Airy USA, Chestnut Hill Business and Community Associations, St. Catherine Laboure Medical Clinic and Chestnut Hill Rotary. We're working with our neighbors at Woodmere Art Gallery and Chestnut Hill College on ways to attract visitors to our main corridor, making our community more vibrant than ever. And, you'll see us this summer at the Pastorius Park Free Concert Series ([chestnuthill.org](http://chestnuthill.org)).

We look forward to your support as we build on our success and continue to deliver quality care with compassion—to every patient, every day.

Sincerely,

**John Cacciamani, M.D.**

*Chief Executive Officer  
Chestnut Hill Hospital*



## Is it an emergency?

Life-threatening emergencies and trauma require emergency treatment. If you or a loved one has serious symptoms, go to the nearest emergency room or call 911 right away. Symptoms that require immediate care include:

- chest pain or other symptoms of a heart attack
- confusion, changes in mental state or difficulty walking
- coughing or vomiting blood
- difficulty breathing or speaking
- fainting or sudden dizziness or weakness
- severe or persistent diarrhea or vomiting
- severe or sudden pain
- suicidal or homicidal feelings
- uncontrollable bleeding
- unusual abdominal pain
- vision changes

For many medical emergencies, delays in treatment can often lead to more serious complications, so seek help quickly. It's better to err on the side of caution and be sent home with a clean bill of health and peace of mind than delay seeking care. ●



# Faster. | The 30-Minutes-or-Less E.R. Service Pledge.\*

\*A physician, physician assistant or nurse practitioner is committed to working diligently to have you initially seen within 30 minutes of your arrival. If you are experiencing a medical emergency, call 911.

**CHESTNUT HILL HOSPITAL**

UNIVERSITY of PENNSYLVANIA  
COMMUNITY HEALTH NETWORK

[ChestnutHillHealth.com](http://ChestnutHillHealth.com)



# Women's health, redefined

## Chestnut Hill Hospital earns Center of Excellence designation

➤ For years, Chestnut Hill Hospital (CHH) has been committed to providing trusted, women-specific healthcare services, including a wide range of minimally invasive procedures for fibroids, pelvic pain and more. In recognition of this dedication to quality care, CHH has been named a Center of Excellence in Minimally Invasive Gynecology (COEMIG) by the AAGL and Surgical Review Corporation.

### The road to excellence

The COEMIG program is focused on improving the safety and quality of gynecologic patient care and recognizes surgeons and healthcare facilities that demonstrate a commitment and ability to deliver safe, effective, evidence-based care.

To achieve COEMIG status, CHH provided information on all aspects of its minimally invasive gynecology program, including data on its surgical outcomes. The hospital also provided documentation on the staff's continuing education and regular quality assurance meetings.

"The staff was so excited when we received our COEMIG designation," says Dana Steinly, P.A.-C., coordinator of robotic surgery at CHH. "We take such

pride in the care that we provide, and do it consistently without a conscious need for recognition, that to be recognized on this level gave everyone an opportunity to really celebrate what we do to provide optimal care for our patients."

### Why designation matters

Earning the COEMIG designation exemplifies CHH's commitment to delivering safe, quality care to minimally invasive gynecologic surgery patients, says Lynda Thomas-Mabine, M.D., director of minimally invasive services at CHH. "In addition, the program fosters quality improvement in minimally invasive gynecologic surgery, and our participation has focused our team on exceeding clinical benchmarks and guidelines."

Most important, though, are the effects this designation has on patients who come to CHH for myomectomy, hysterectomy, uterine fibroid embolization, urinary incontinence and more. Simply put, Dr. Mabine says, "Our commitment to excellence improves the health and well-being of our patients." ●



### Make an appointment!

With two locations and a wide range of health-care services, Chestnut Hill Hospital's Ob/Gyn specialists are here to help you. Convenient day and evening hours are available.

#### Chestnut Hill

Chestnut Hill Hospital  
Medical Office  
Building, Suite 40  
8815 Germantown  
Ave., Philadelphia  
**215-248-3100**

#### Blue Bell

Sentry Park West  
Office Complex  
1777 Sentry Park  
West, Dublin Hall,  
Suite 110, Blue Bell  
**215-646-2213**

### Our COEMIG team

- James Stuart Ferriss, M.D.
- Benjamin Gocial, M.D.
- Heidi Harvie, M.D.
- Lynda Thomas-Mabine, M.D.\*
- Paul Neumann, M.D.\*

*\* Employed members of the medical staff at Chestnut Hill Hospital*





**ALYSSA SCHAFFER, M.D.**  
Orthopedic Surgeon

# Gaining the upper hand on pain

Our orthopedic specialists can help



## Start feeling better!

Call Temple Orthopedics and Sports Medicine at Chestnut Hill Hospital for an appointment.

8815 Germantown Ave., Suite 20, Philadelphia  
**215-248-8947**

Whether due to carpal tunnel syndrome, arthritis, an injury or other conditions, hand pain can interfere with even the simplest everyday tasks. Why live with the pain when relief is as close as Chestnut Hill Hospital (CHH)?

### When surgery is the answer

Patients may decide to seek surgical advice after experiencing symptoms like pain, numbness or tingling in the hands, or if conservative treatments, such as pain medications, don't offer relief.

"The conditions I normally treat with surgery are carpal tunnel syndrome, 'trigger finger,' fractures, rheumatoid and osteoarthritis and finger infections," says Alyssa Schaffer, M.D., a board-certified orthopedic surgeon at Temple Orthopedics and Sports Medicine at Chestnut Hill Hospital. "We also see injured workers and athletes, slip-and-fall fractures, tendon and nerve lacerations and anything else that affects the upper extremity," adds Joseph Thoder, M.D., also a board-certified orthopedic surgeon at Temple Orthopedics' new practice at Chestnut Hill.

Surgery is specific to the patient's condition, and while the length of surgery varies, patients are often home the same day. Recovery depends on the type of surgery—"For example, after carpal tunnel surgery, the hand is covered in a soft dressing, and the patient can perform light activities," Dr. Schaffer points out—and is sometimes followed by occupational therapy (see "The therapy advantage").

### Convenient care, right here

If you need hand surgery, take comfort in the fact that experienced care is now available close to home. "Temple Orthopedics provides the Chestnut Hill community access to orthopedic care without patients having to leave their neighborhood," Dr. Thoder says. "Our experienced, fellowship-trained surgeons provide the entire spectrum of orthopedic care." ●

## The therapy advantage

Your doctor may recommend physical therapy as part of your recovery from hand surgery. "Surgery is key, but surgery alone doesn't always heal a patient," says Christian Mongrain, P.T., director of rehabilitation services at Chestnut Hill Hospital (CHH). "Our occupational therapists [OTs] work with patients on their range of motion, muscle strength, body mechanics and more to help them fully heal."

The licensed OT experts at CHH each have more than 25 years of experience in hand therapy and provide individualized care during one-hour sessions. Patients are also given exercises to perform at home, to continue their progress.

Top of the Hill Physical and Occupational Therapy is located at 35 Bethlehem Turnpike in Philadelphia; call **215-242-7571** for an appointment.

*Drs. Schaffer and Thoder are independent members of the medical staff at Chestnut Hill Hospital.*



# Heart palpitations: Causes and treatments

➤ If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland or arrhythmia, an abnormal heart rhythm.

## The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

➤ **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any

## Emergency!

Seek emergency medical help if heart palpitations are accompanied by:

- chest discomfort or pain
- fainting or severe dizziness
- severe shortness of breath

over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.

- **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●



## Know your risk!

Visit [chestnuthillhealth.com](http://chestnuthillhealth.com) and choose "Health Resources," then "Interactive Tools" and "Quizzes," to take the Heart Disease Risk Quiz.

## Help for your heart

You can trust the experts at Penn Cardiology and Temple Cardiology to deliver the cardiac care you need:

### Penn Cardiology

33 East Chestnut Hill Ave., Philadelphia  
215-248-1350

- Brandy Patterson, M.D.
- Madhavi T. Reddy, M.D.
- Carl R. Reynolds, M.D.
- Raymond Rodriguez, M.D.

### Temple Cardiology

1722 Bethlehem Pike, Flourtown  
215-233-9700

- David Becker, M.D.
- Raphael T. Bloomgarden, M.D.
- Alison Branigan, M.D.
- David E. Chinn, M.D.
- Thomas F. Diaz, M.D.
- David M. Rodgers, M.D.
- Lorraine M. Smith, CRNP

*All doctors listed are independent members of the medical staff at Chestnut Hill Hospital.*



**Donald Sesso, D.O.**  
Otolaryngology and  
Sleep Surgery

8815 Germantown Ave.,  
Suite 32, Philadelphia  
215-248-2400

Dr. Sesso is a board-certified otolaryngologist (ear, nose and throat specialist) and sleep medicine specialist who specializes in surgery to treat sleep problems. He earned his medical degree at the Philadelphia College of Osteopathic Medicine and completed a fellowship in sleep apnea surgery at the California Sleep Institute.

*Dr. Sesso is an independent member of the medical staff at Chestnut Hill Hospital.*

# Sleep solutions

We can help you get the rest you've been missing

Getting quality sleep is one of the keys to good health. But if you suffer from obstructive sleep apnea (OSA)—a condition marked by loud snoring and pauses in breathing during sleep when the airway collapses—chances are you aren't getting the quality of sleep you need to stay well. OSA can lead to excessive daytime sleepiness and increase your risk for a host of other conditions, including high blood pressure, heart attack, stroke and more.

Treatments for OSA range from lifestyle changes like losing weight and quitting smoking to the use of a continuous positive airway pressure (CPAP) device. If those measures fail to improve or eliminate OSA, however, surgery may be the answer.

## How surgery helps

Surgery is performed to widen the patient's obstructed airway, which can result in better breathing during sleep and relieve snoring. "There are three different surgical options for snoring and OSA, each one depending on where the patient's airway is obstructed—the nose, palate or tongue," explains Donald

Sesso, D.O., an otolaryngologist (ear, nose and throat specialist) and sleep surgeon at Chestnut Hill Hospital. "For that reason, it's important for patients to be evaluated first to determine where the problem lies and which surgery is appropriate."

For many patients, the surgery is performed on an outpatient basis (more severe cases may require an overnight stay). Dr. Sesso has helped many patients correct their sleep problems without using CPAPs. For others, he provides treatments that make using a CPAP more tolerable. ●



## Better sleep is in sight!

Our specialists can help diagnose your sleep problem and offer treatments that meet your individual needs. Call today for an appointment.

**June Fry, M.D.**

**David Cohen, M.D.**

Sleep Medicine

8835 Germantown Ave., Philadelphia

**267-339-6462**

**Scott Rosenberg, M.D.**

Pulmonology, Sleep Medicine

8815 Germantown Ave., Philadelphia

**215-247-8070**



# When wounds won't heal

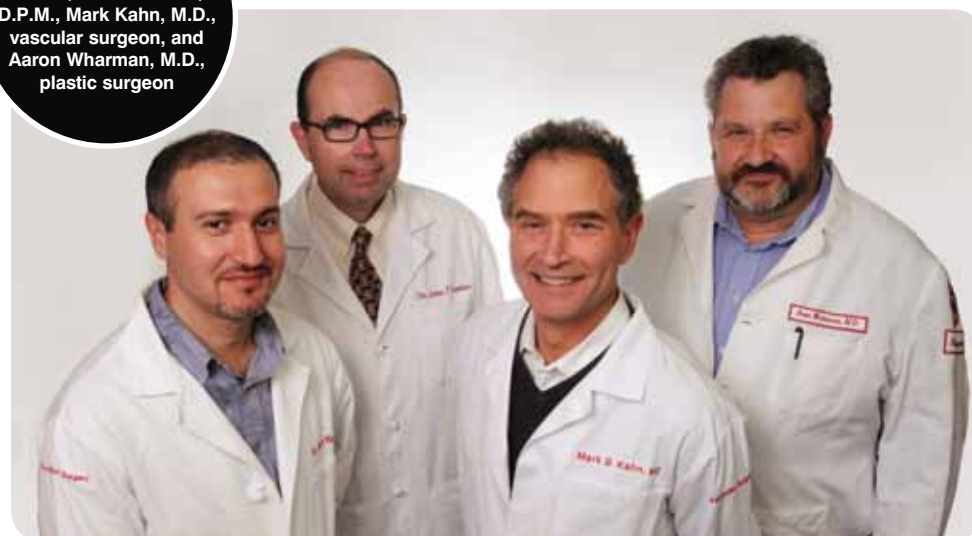
## Hyperbaric oxygen therapy can help

➤ For most people, a wound is nothing that a bandage and a little TLC can't fix. For those who have chronic or complex wounds, however, the healing process can be a little more difficult. That's where the Comprehensive Center for Wound Healing at Chestnut Hill Hospital (CHH) comes in.

As its name implies, "Our center offers complete wound care, with a multidisciplinary approach to treating wounds," says Mark Kahn, M.D., a board-certified vascular surgeon, a member of the medical staff at CHH and director of the Comprehensive Center for Wound Healing. Among the center's offerings is hyperbaric oxygen therapy (HBO), a therapy that's been successful in treating a wide range of hard-to-heal wounds, including:

- diabetic foot wounds
- radiation tissue damage
- compromised skin grafts and flaps
- osteomyelitis (infection of the bone)

▼  
(l-r) Albert Mosheyev, D.P.M., John Scanlon, D.P.M., Mark Kahn, M.D., vascular surgeon, and Aaron Wharman, M.D., plastic surgeon



### How HBO works

With HBO therapy, the patient lies in a comfortable, sealed chamber, breathing 100 percent pure oxygen.

"With a high concentration of oxygen in the blood, more oxygen is released into damaged tissues, which promotes wound healing," Dr. Kahn explains. Patients can watch TV, listen to music or just rest during the treatment.

A typical session usually lasts about 90 minutes a day and is performed five days a week for two to six weeks.

### Is it right for you?

Dr. Kahn notes that HBO isn't for everyone and that patients must meet specific criteria to be eligible for the treatment. "For example, patients have to have a chronic wound that hasn't healed in 30 days of other treatment," he says. Talk to your doctor or contact the Comprehensive Center for Wound Healing to see if you could benefit from HBO. ●



### Start healing today

Call the Comprehensive Center for Wound Healing at **215-248-8601** for an appointment or for more information.

### One patient's experience

"We've seen great outcomes among our patients," especially in patients who have hard-to-heal wounds, reports Stephanie Phillips, R.N., program director of the Comprehensive Center for Wound Healing. Phillips cites one such patient, a man in his early 50s who recently came to the center with a diabetic foot ulcer. "He had it for years," Phillips notes. Using a combination of hyperbaric oxygen therapy and a total contact cast (which is applied to the patient's leg to relieve pressure and promote healing), the patient successfully completed his treatment in 30 days. "When he came to us, he had a nonhealing foot ulcer, but we took it to complete closure by the end of his treatment," Phillips reports.

*Chestnut Hill Health* is published as a community service of Chestnut Hill Hospital. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

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[chestnuthillhealth.com](http://chestnuthillhealth.com)

70CHH

This facility has agreed to comply with the provisions of the Federal Civil Rights Act of 1964 and the Pennsylvania Human Relations Act and all requirements imposed pursuant thereto to the end that no person shall, on the grounds of race, color, national origin, ancestry, age, sex, religious creed, or disability, be excluded from participation in, be denied benefits of, or otherwise be subject to discrimination in the provision of any care or service.

# Weight loss success

➤ If those broken New Year's resolutions to lose weight have left you short of reaching your goals in time for summer again, you're not alone. Ninety percent of diets fail in the long run, and more than 72 million Americans are severely overweight.

Each year, obesity causes at least 112,000 deaths in the United States, and it's associated with numerous health problems, including type 2 diabetes, high cholesterol, hypertension, gallstones, liver disease, sleep apnea, gastroesophageal reflux disease (GERD), heart failure, degenerative joint disease, birth defects, miscarriages, asthma and cancer.

## Surgical solutions

If you're more than 100 pounds over

your ideal weight, you may benefit from weight-loss surgery. Weight-loss surgery (also known as bariatric surgery), once thought of as primarily a cosmetic procedure, can offer lifesaving health benefits.

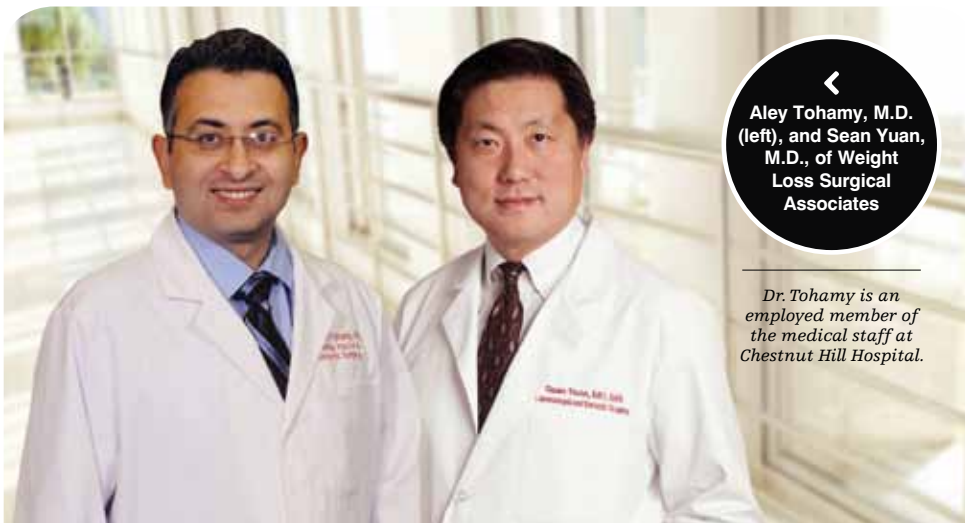
"I will work one-on-one with patients to help determine their readiness for change and the method that may work best—whether it's lifestyle changes, medication or surgery. Together, we'll develop an effective and customized plan for weight reduction," says weight loss coordinator and certified bariatric nurse Stephanie Baer, R.N.

Weight Loss Surgical Associates offers multiple surgical options by board-certified and fellowship-trained surgeons Aley Tohamy, M.D., and Sean Yuan, M.D. ●



## Turn your life around

Free group and personal information sessions are available to people interested in more information. Call Stephanie Baer, R.N., at **215-233-6313**, or register online at **[chestnuthillhealth.com/weightloss](http://chestnuthillhealth.com/weightloss)**.



←  
Aley Tohamy, M.D.  
(left), and Sean Yuan,  
M.D., of Weight  
Loss Surgical  
Associates

*Dr. Tohamy is an employed member of the medical staff at Chestnut Hill Hospital.*