

aria

A man in a white lab coat and hard hat stands in front of a hospital building. The word 'aria' is written in large white letters across the top. The man's hard hat has the 'ARIA HEALTH' logo on it. The background shows a building with 'EMERGENCY' written on it in red letters.

Ready. Set. Care!

New Torresdale
Campus Emergency
Department
Set to Open

Fighting Parkinson's Progression

State-of-the-Art
Surgical Treatment for
Movement Disorders

All in the Family

Local Family Experiences
First-Rate Care at
Aria Heart Center

Up and at 'Em

One-Day Total Knee
Replacement Patients
on the Move

EMERGENCY READY. SET. CARE.



Aria Welcomes
Gerald Wydro, MD
Chair
Emergency Medicine

Our New Emergency Department at Torresdale is Opening Soon!

At Aria Health, our people, facilities and technology are dedicated to providing you and your family members with the most Advanced Medicine and Personal Care each and every day. Our newly constructed, state-of-the-art Emergency Department at Aria's Torresdale Campus features a redesigned lobby and dual entrances, hi-tech patient flow systems, and other improvements to enhance your overall experience. We look forward to opening our doors this summer and continuing to be your dedicated community emergency medicine provider.

GRAND OPENING SUMMER 2014

Aria Health-Torresdale
10800 Knights Road
Philadelphia, PA 19114

Scan with your
smartphone for more
information on Aria's
Emergency Services.



TORRESDALE CAMPUS

ARIAHEALTH.org/Emergency



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Aria, a publication of Aria Health, is a health & lifestyle magazine mailed quarterly to 75,000 households in the greater Philadelphia area.

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Photography by **Robert Neroni Photography**

Cover photo: Gerald Wydro, MD, Chair of Emergency Medicine, stands proudly in front of the newly constructed Emergency Department at Aria Health's Torresdale Campus.

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READY. SET. CARE!

NEW TORRESDALE CAMPUS EMERGENCY DEPARTMENT SET TO OPEN



Charge Nurse Steven Kunz, RN, CEN, Charge Nurse Bridget Ostaszewski, BSN, RN, and Staff Nurse Amy McConomy Strain, RN, CRN, provided input on the design of Aria Health-Torresdale's new Emergency Department from a nurse perspective.

THE \$37.1 MILLION, NEARLY 80,000-SQUARE-FOOT BUILDING WILL INCREASE THE ED'S CAPACITY BY MORE THAN 25,000 PATIENT VISITS PER YEAR.



The celebration of the opening of Aria Health's newly constructed Torresdale Campus Emergency Department (ED) will kick off with a grand opening in mid-July. The impressive aesthetics only touch the surface of the tremendous impact the new ED will offer the community, as reflected in the goals and vision of both Aria's administrative and clinical teams.

"This beautifully designed space features modern systems and technology, and other patient care enhancements," says Brandon Sternbach, Administrative Director of Plant Operations/Construction at Aria Health. Sternbach managed the construction of the new building, which is clad with stone brought from Georgia. At the peak of the project, he notes, there were 80 workers on the job.

"The new ED has 30 percent more patient beds, with expanded rooms and services," Sternbach adds. "There are two separate entrances—one for walk-in patients and one for patients arriving by ambulance. There is also a separate area for patients and their families who are awaiting test results. And our new parking lot has 128 spaces."

"Any time you have a new building like this it's a great opportunity to change, because you can change the way you deliver care and provide service," says Gerald Wydro, MD, Aria Health's new Chair of Emergency Medicine. Dr. Wydro has worked in emergency medicine in Philadelphia and the surrounding area for more than 20 years. Most recently, he served as Chairman of the Department of Emergency Medicine at Chestnut Hill Hospital.

Dr. Wydro also has extensive experience working for emergency medical services (EMS) providers in both clinical and administrative roles. He is Physician Medical Director of the Penn-del-Middletown Emergency Squad and Regional Medical Director of EMS for Bucks County, PA. In addition, he serves on the Philadelphia Fire Department's Commissioners Medical Advisory Board (CMAB).

Dr. Wydro is focused on working with ED clinicians to help them communicate clearly and effectively with patients and their families and to foster effective communication. For example, when a patient receives care at the new ED, his or her primary care physician will receive a report summarizing the visit within 24 hours.

"There will be a big focus on improving communication, not just with patients and families, but also with community physicians," Dr. Wydro says. "It's about making sure we align our expectations with our patients' expectations."

"Part of the transformation of the emergency medicine enterprise at Aria Health consists of establishing the philosophy that the patient is at the center of everything we do," says Thomas Kurtz, MHS, PA-C, EMT-P, CHEP, Senior Director of Clinical Operations for Emergency Medicine. "Through team-building exercises, recruitment of top physicians, and nurses, and re-engineering various patient flow processes, patients should experience a more caring and collaborative team—and more timely care."



Brandon Sternbach, Administrative Director of Plant Operations and Construction at Aria Health, touring EMS and Aria staff through the newly constructed Torresdale Campus Emergency Department.



Chair of Emergency Medicine Gerald Wydro, MD, (left) and Senior Director of Clinical Operations for Emergency Medicine Thomas Kurtz, MHS, PA-C, EMT-P, CHEP (right).

PATIENT FLOW A KEY ASPECT OF NEW DESIGN

“Emergency medicine is all about timeliness and patient flow,” Dr. Wydro explains. “The new building has been thought through with linear flow as one of its primary missions.”

“Many times in the emergency room you can feel like you’re a pinball, being bounced from place to place,” Dr. Wydro says. “When that happens that experience can become so fragmented that you are left with more questions than answers. This new model is trying to be just the opposite, with a very efficient linear flow.”

For example, imaging equipment will be located within the ED, rather than elsewhere in the hospital. “Having a centralized radiology system with CAT scan and digital X-ray right in the department is a huge time saver,” Dr. Wydro says. “As a result, you are safely within the reach of clinicians at all times, even when getting fairly significant imaging done.”

“This is a new state-of-the-art facility that will provide the setting for us to deliver the highest quality care to our community,” says Scott Plasner, DO, FACOEP, FACOI, FAAEM,

the Program Director of Aria Health’s Emergency Medicine Residency and an Attending Physician in the Emergency Department. Dr. Plasner has been with Aria Health since 2002, when he joined the hospital as an intern and resident. “The new department was designed to handle the increasing number of Emergency Department visits and to maximize the patient experience. Having a new facility will complement our outstanding team of residents, nurses, techs, clerks, and other support staff who are invaluable and are integral to the success of the department.”



Cynthia R. Fusco, DO, FACOS
Director, Trauma Program
Aria Health

“The new expansion will decrease the wait time and increase access to care,” said Cynthia R. Fusco, DO, Director of Aria Health’s Trauma Program. “The new facility demonstrates Aria’s commitment to community-based emergency care and its Level 2 Trauma Center.”

“We’re ready to provide this care now, and our mantra is ‘Ready. Set. Care.’”



Brian Kelly, MD
Director, Neurology
Co-Medical Director,
Stroke Program
Aria Institute for Neurosciences

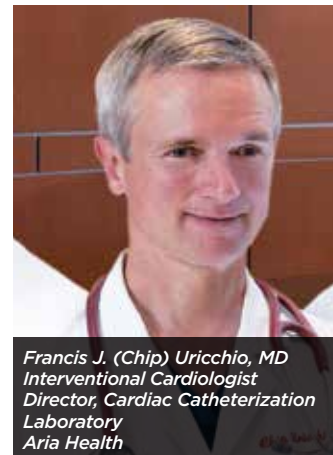
ACCELERATING CARE FOR STROKE, HEART ATTACK

Seconds count in the diagnosis and treatment of stroke and head injury, and the centrally located imaging department in the new ED will speed up care for these patients. “Having a CT scanner within the ED will greatly reduce the wait time for head imaging, and improve the ability of the ED staff to rapidly assess an acute stroke,” says Brian Kelly, MD, Director of Neurology and Co-Medical Director, Stroke Program, Aria Institute for Neurosciences. “This will allow a much faster door-to-treatment time for clot busting medications, which can reverse a stroke when given in a timely fashion.”



Patrick Connolly, MD, FACS
Chief, Division of Neurosurgery
Aria Health

“The new Emergency Department is going to be a big step forward,” agrees Patrick Connolly, MD, FACS, Chief, Division of Neurosurgery, Aria Health. “With a CT scanner right in the ED, patients will be evaluated much more quickly, saving precious minutes when minimizing time to intervention is essential, such as with head injury and stroke.”



Francis J. (Chip) Uricchio, MD
Interventional Cardiologist
Director, Cardiac Catheterization
Laboratory
Aria Health

“Aria’s Torredale Campus has the busiest emergency angioplasty program for heart attack patients in Northeast Philadelphia,” adds Francis J. (Chip) Uricchio, MD, an interventional cardiologist and Director of the Cardiac Catheterization Laboratory at the Torredale Heart



Marriann Mercado, PhD, RN
Clinical Director
Aria Health—Torredale

Center. “Once the new building opens, we anticipate the new design will allow patients in need of cardiac intervention to be treated even more efficiently.”

MORE ROOMS TO ACCOMMODATE MORE PATIENTS

Another key element of the new ED is that the number of patient rooms has been expanded. “With the flexibility of all those rooms we’ll be able to see patients quicker,” explains Marriann Mercado, PhD, RN, Clinical Director, Aria Health—Torredale. “We’re ready to provide this level of care now, and our mantra is ‘Ready. Set. Care.’”

The building itself is attractive and furnished with state-of-the-art equipment, according to Mercado. “It’s just a beautiful, modern space surrounded by a bright and welcoming glass entrance.”

Andrew Ogden, DO, FACOI, adds, “I think the community will be impressed with the much improved operational capacity of the new ED.” Dr. Ogden joined Aria in 2000 as a resident in the internal medicine/emergency medicine (IM/EM) program, and is now an ED attending, a hospitalist on the faculty teaching service at the Torredale Campus, Program Director for the Internal Medicine Residency, and Co-Director of the IM/EM Residency.



Scott Plasner, DO, Aria Health Director, Emergency Medicine Residency (left), and Andrew Ogden, DO, FACOI, Program Director, Internal Medicine Residency/Co-Director, Internal Medicine/ Emergency Medicine (IM/EM) Residency (right).

“Emergency medicine is all about timeliness and patient flow. The new building has been thought through with flow as one of its primary missions. It will help to improve the experience for our patients.”

— Gerald Wydro, MD
Chair, Emergency Medicine
Aria Health

“The new design is physically arranged to take care of patients in designated areas, improving access to appropriate resources,” Dr. Ogden adds. “The staffing and healthcare provider coverage has also increased, which should decrease wait times in a significant way.”

“The new Emergency Department truly reflects the input we gave from a nursing perspective,” notes Charge Nurse Bridget Ostaszewski, RN, BSN. “From the spacing and layout of the rooms to the overall design, it is going to greatly improve flow and delivery of patient care.”

The effort to improve the quality and efficiency of care will be continuous, according to Dr. Ogden. “We are working on more innovative ways to get patients through the admission process in a more efficient manner.”

“We are excited that the new ED will have more capacity and the patients will be seen faster,” adds Mohammed Murtaza, MD, FACC, an interventional cardiologist at Aria. “I’ve been spreading the word and telling patients about how Aria is expanding its services and is striving to improve healthcare delivery to our community.”



Mohammed Murtaza, MD, FACC
Interventional Cardiologist
Aria Health

The ED will also offer “fast track” care for patients with more minor, non-emergent complaints, so they can be seen and discharged quickly.

There will also be a private discharge planning room.

“This room will provide private space for a physician, APP, or nurse to review discharge instructions and plans with a patient prior to departure from the ED,” says Kurtz. “As part of Aria Health’s emphasis on the continuum of care, this room and process will ensure steps are taken to provide instruction and education to the patient post-discharge from the ED.”

In addition, a room has been set aside for Aria Health’s EMS partners, where they can have refreshments and relax. The department will also have a decontamination room for patients and medical staff who may have been exposed to toxic material.

A VISION FOR THE FUTURE

“My goal is to build and retain a team of clinicians that has expertise in managing both the clinical and emotional needs

of patients,” Dr. Wydro explains. “We will establish solid communication, understand the expectations of our patients and their families, and build more effective partnerships with EMS and our primary care network. A new building helps support these goals, but a good team of the right people will make it a reality.”

For more information on Aria’s Emergency Medicine, visit ARIAHEALTH.org/EMERGENCY or scan this QR code with your smartphone.



For physician referral or appointments, please call 1-877-808-ARIA (2742).



ARIA HEALTH HOSTS TORRESDALE EMERGENCY DEPARTMENT COMMUNITY CELEBRATION

Enjoy a day out with family and neighbors at Aria Health’s Community Day, Saturday, July 12, as we celebrate the opening of our new Torresdale Campus Emergency Department!

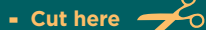
This FREE event will feature a day of educational activities for the kids, along with delicious food, health information, and some fantastic prizes. Plus, get a guided tour of the new Emergency Department!

DON’T MISS OUT ON ALL THE FUN!

- WHAT: Torresdale Emergency Department Celebration
- WHEN: Saturday, July 12, 2014
- WHERE: Aria Health—Torresdale Campus
10800 Knights Road
Philadelphia, PA 19114
- TIME: 10 am - 1 pm



BRING THIS COUPON TO THE EVENT AND RECEIVE A FREE BACKPACK FILLED WITH GREAT PRIZES!



ARIA HEALTH EMERGENCY MEDICINE READY. SET. CARE.

This summer, Aria Health will open a newly constructed Emergency Department at its Torresdale Campus. The excitement and anticipation of the grand opening are buzzing throughout the community, supported with an integrated media campaign—entitled “Ready. Set. Care.”—that includes community events, radio advertisements, outdoor/transit advertising, dedicated web page, direct marketing, public relations, social media, and outreach through other media outlets.



The “Ready. Set. Care.” campaign will roll out across Northeast Philadelphia throughout the summer months. “We’ve not only created a new building here, we’ve rebuilt our entire emergency care approach, processes, and patient flow to improve the overall experience system wide,” says Gerald Wydro, MD, Chair of Emergency Medicine at Aria, who is featured in the campaign. “The related promotional campaign reflects the responsive and caring nature of our enhanced emergency offerings and the medical advances we’ve made at Aria.”



The new facility at Torresdale will cover nearly 80,000 square feet and expand the department’s capacity with 30% more patient beds, as well as additional space for services and amenities. It also has two separate entrances—one for walk-in patients and one for patients arriving by ambulance, as well as a separate waiting area for patients

and their families awaiting test results. “Once our doors are opened in Torresdale, the ‘Ready. Set. Care.’ campaign will continue to include the terrific outcomes that patients experience, and the people and systems that are making it a great success,” added Maria Cerceo Slade, BA, MHA, Senior Director, Marketing and Communications at Aria Health.



To learn more about the new Emergency Department at Aria Health-Torresdale and receive a FREE Emergency Kit, visit ARIAHEALTH.org/Emergency or scan this QR code with your smartphone.



CHOOSING A NEW PATH

ONE ARIA HEALTH PATIENT DISCUSSES HIS EXPERIENCE WITH WEIGHT-LOSS SURGERY



“For the first time in my life, the scale is moving in the right direction.”
— Matt Rauchen

them on the path toward a healthier lifestyle. One of those individuals, Matt Rauchen, of Northeast Philadelphia, had struggled with his weight his entire life.

“I had been overweight for as long as I can remember and always wanted to lose my excess weight and live a normal life,” Matt recalls. He tried diets and diet programs with success, but once the weight loss slowed he would lose confidence and stop. “At that point I would gain back all the lost weight plus more,” he says. He would try another diet and the same thing would happen, creating a constant roller coaster effect of weight loss and gain.

With his weight at 358 pounds, Matt began blood pressure medication with a warning from his doctor that this was only the beginning of complications. Often tired, he was inactive and began to see clearly the physical and medical effects of being overweight. He was 26 and realized a full, healthy, meaningful life might not be in his future. Matt decided a lifestyle change was in order, and figuring out how he was going to make that change for the better was his next step.

Matt met with his primary care physician to discuss his concerns and his doctor recommended he meet Dr. Giordano. Weight-loss surgery had always been in the back of his mind, but Matt wasn’t fully convinced it was for him. He researched the procedure, spoke to friends and neighbors, and scheduled a consultation. His opinion soon changed. “From the first time I met Dr. Giordano and his team, I knew weight-loss surgery was for me,” Matt says.

During their consultation, Dr. Giordano explained the three surgical weight-loss options available to patients at Aria—adjustable gastric banding, the gastric sleeve, and gastric bypass, all performed using the minimally invasive robotic approach. “Robotic surgery increases precision and allows patients to have a shorter hospital stay with decreased pain and possibly fewer complications,” Dr. Giordano explains.



Luca Giordano, MD, FACS
Head, Division of Minimally Invasive Surgery
Director, Bariatric Surgery
Aria Health



Elizabeth Renza-Stingone, MD, FACS
Minimally Invasive General Surgeon
and Bariatric Surgeon
Aria Health

In addition to the procedure, weight-loss surgery patients must also be psychologically prepared and have adopted healthy eating and exercise options well before the operation. “We place great emphasis on the fact that this is not just surgery,” Dr. Giordano says. “It is instead an entire lifestyle change.”

Matt was comfortable with the options he was presented. The benefits and risks of the procedures were clearly detailed and all his questions were answered. Dr. Giordano told Matt that weight-loss surgery is a tool, not a magical procedure. “It is a life-changing decision that is also very personal,” Matt says.

Matt then met with Aria’s multidisciplinary team, which included a nutritionist who reviewed a pre-op diet and taught him how to count calories using an iPhone app. He began exercising—something he had never done—and changing his lifestyle one step at a time. He had an excellent support system in the Aria bariatric support group and at home, which helped keep him motivated. “We teach our patients that there are necessary measures to take in order to have success with bariatric surgery,” says Dr. Elizabeth Renza-Stingone. “Our entire team is

dedicated to ensuring that a healthy and steady weight loss occurs.” During Matt’s four month pre-op period, he lost 75 pounds.

Late last year Dr. Giordano performed Matt’s gastric sleeve procedure, or as Matt calls it, “the first day of the rest of my life.” The surgery involved removing a large portion of Matt’s stomach, leaving a smaller tube- or sleeve-shaped organ behind. It did not interfere with his ability to absorb nutrients from food.

Today, Matt feels better than ever. He lost an additional 80 pounds post-op and now weighs 203 pounds. He has lost 43% of his body weight. “For the first time in my life, the scale is moving in the right direction,” he says. Matt exercises 4 to 5 times a week, has more energy than he can ever remember, and is being weaned off his blood pressure medication. Shopping at the mall gives him great satisfaction knowing he can now buy clothes off the rack.

Matt is most grateful for Dr. Giordano and the team at Aria for helping him on his journey to a new life. “At 27, I feel and look amazing, and I smile every day when I look in the mirror,” he says. “It’s not about being perfect. It’s about living a healthy, balanced life and making healthy choices.”

INTERESTED IN WEIGHT-LOSS SURGERY?

Learn about the multidisciplinary approach offered by Aria Health’s Comprehensive Center for Bariatric Surgery at one of our FREE seminars.

Torresdale Campus, Pavilion Building, Conference Room 2:

Tuesday, August 5
Tuesday, September 2

For more information on session times and to register for a seminar, please call 1-866-364-2764.

To learn more about robotic-assisted bariatric surgery, visit ARIAHEALTH.org/Bariatrics or scan this QR code with your smartphone.

For physician referral or appointments, please call 1-866-364-2761.



ARIA HEALTH WELCOMES NEW MEMBERS TO HOSPITAL, FOUNDATION BOARDS

Aria Health has named four new members to its Board of Directors. These individuals join the current members of the Aria Board in overseeing the strategic vision and corporate direction for Aria Health.

Kent C. Lufkin, President and Chief Executive Officer (CEO) of 3rd Fed Bank in Newtown, PA, has over 38 years of diverse management experience in community banking. Mr. Lufkin has a number of professional affiliations, including serving as President of both the Insured Financial Institutions of Delaware Valley and the Newtown Business Commons Association.

Benjamin V. Sanchez, Esq., is a real estate attorney and was recently elected as Abington Township Commissioner. Mr. Sanchez has been twice recognized by *Philadelphia* magazine as a "Pennsylvania Super Lawyer Rising Star."

Edward A. Turzanski is Counsel to the President and Assistant Vice President for Government and Community Relations at La Salle University in Philadelphia. Mr. Turzanski offers commentary on national security, political, intelligence, and terror-related issues on media outlets throughout North America and internationally.

Craig E. White, President and Chief Executive Officer (CEO) of Philadelphia Gas Works since 2011, has been with the company for 35 years. Mr. White has served as a board member of the American Gas Association and as an executive board member of the Citizens Crime Commission.

The Aria Health Foundation, which was created in 1973 to raise and manage funds to support Aria Health's programs, facilities, and patients, also recently welcomed new members. After many years of leading the Foundation's Board of Directors, Carl F. Gregory recently retired. Mr. Gregory's dedication and talents were deeply appreciated and recognized by all who were fortunate to work with him. Following Mr. Gregory's retirement, Joseph Cahill, former Foundation Treasurer, was recently appointed President. Also joining the Foundation Board is Joseph J. Lyons, CPA.

Aria Health appreciates the time and talent of its new hospital and Foundation board members.



Kent C. Lufkin



Benjamin V. Sanchez, Esq.



Edward A. Turzanski



Craig E. White



Jay W. Blumenthal, PA, Vice Chairman, Aria Health Board of Directors, and Treasurer, Aria Health Foundation Board of Directors, (left) presents Carl F. Gregory (right) with an award of appreciation upon his retirement.



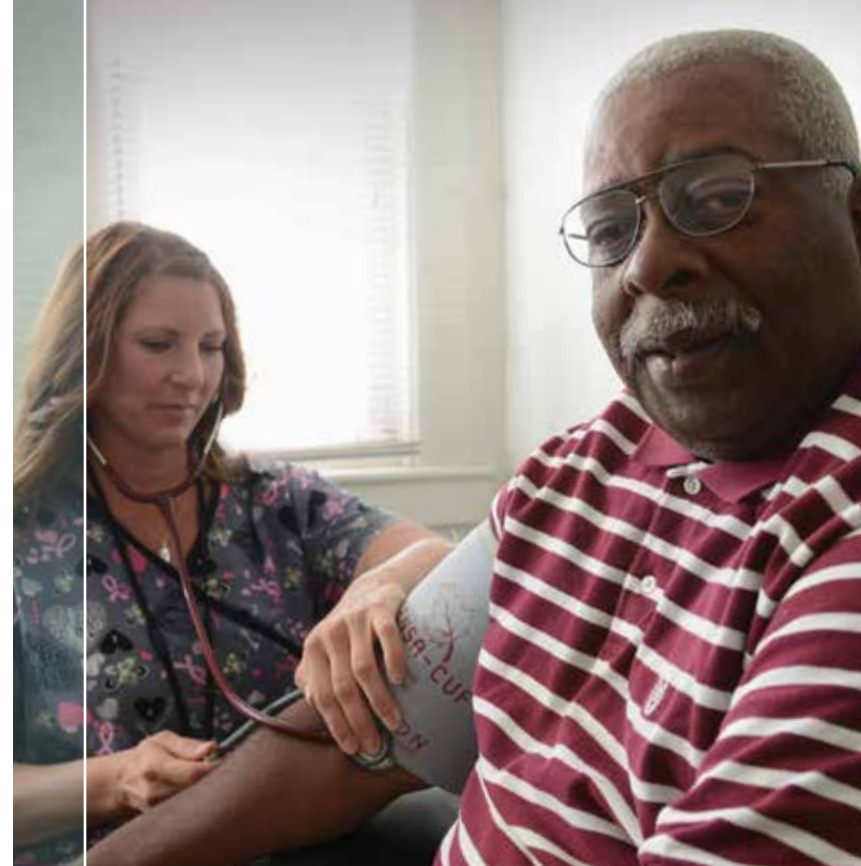
Joseph P. Cahill



Joseph J. Lyons, CPA

THE COMFORTS OF HOME

ARIA HOME HEALTH HELPS PATIENTS TRANSITION FROM HOSPITAL TO INDEPENDENCE



"I feel a lot more secure now."

—Albert Bronson

When Albert Bronson returned to his Frankford home after undergoing treatment for a heart attack, it was hard for him to recall why he was taking certain medications. "I didn't understand how certain pills were helping me," says the 64-year-old. "I was just taking them."

Fortunately, Jennifer Schlear, RN, Mr. Bronson's Aria Home Health nurse, was there to help him sort things out. She explained what all those pills were for and why he needed to take them. She also explained why it was important for him to see his primary care physician for follow-up care. In addition, she advised him to exercise his heart and lungs by walking and eventually going up and down the stairs to his second-floor apartment. Gradually, Mr. Bronson was able to walk without his cane.

Aria Home Health's goal is to help patients like Mr. Bronson gain the skills they need to live a healthy and independent life. In many cases, patients will receive home care after a stay in the hospital. They may be recovering from a heart attack, stroke, or surgery. Patients may also have chronic conditions, like congestive heart failure or diabetes, which require them to take several medications and follow special diets. Skilled nursing services provided by Aria Home Health clinicians to treat these illnesses include cardiopulmonary assessment and monitoring, medication review and management, pain management, and wound care.

Aria Home Health's 70-plus member team includes nurses, home health aides, physical therapists, speech therapists, occupational therapists, and medical social workers who share the same goal: to provide the care and education patients need to make the transition to managing their own health and living independently.

"The wealth of knowledge that we have is just incredible," says Denise Reinholt, Director of Aria Home Health. "These are seasoned Home Health professionals."

A patient's doctor will make the decision on whether he or she would benefit from home care, and most insurance will cover home care services.

"We help patients regain a level of independence and continue their recovery in their own homes," explains Reinholt. "We try to visit the patient's home within 24 to 48 hours of hospital discharge." Even during the snow and ice storms of the past winter, Aria Home Health's team was able to ensure patients got the care they needed, she adds.

One of the most important things Aria Home Health clinicians do is re-orient patients once they are home. While patients receive plenty of information upon discharge from the hospital, Reinholt points out that many have a tough time keeping track of the details. "Once patients return home, they are more open to hearing what can be done to help them support their condition," she explains. "It's really about patient engagement and supporting their efforts."

"They do need a lot of help when they get home and are often anxious," Schlear says. "We help them regain control and reduce stress by organizing medications and making calls to their doctor and pharmacist."

Patients often need help with organizing their medications, she explains, because even though they receive this information at the time of hospital discharge, it can be difficult to retain this information.

"When we see them at home, they are more comfortable and relaxed," Schlear explains. "It is a good time to spend time with them and explain directions in better detail."



Jennifer Schlear, RN, Aria Home Health Nurse, and Albert Bronson, patient, work together to manage Albert's care post-discharge for heart attack treatment at Aria Health.

On average, Aria Home Health's team activity cares for close to 400 patients at any one time. The program has been serving patients in Philadelphia, Bucks, and Montgomery Counties since 1984.

KEEPING HEART FAILURE PATIENTS HEALTHY, AT HOME

Aria Home Health is playing a key role in Aria's new program for helping patients with congestive heart failure manage their health. Heart failure patients typically need to take several medications, and they must watch their diet and weigh themselves daily to make sure they are not gaining water weight—which can signal that their condition is getting worse.

Aria Home Health nurses instruct heart failure patients on self-care, usually starting out by visiting a patient three times a week, and then gradually visiting less frequently as the patient develops their own self-care skills. The aim of the program is to keep heart failure patients healthy, feeling good, and out of the hospital.

"We help patients regain a level of independence and continue their recovery in their own homes."

—Denise Reinholt, Director of Aria Home Health

Instruction is also important for patients with diabetes, Schlear notes, as well as patients with complex wounds. Nurses provide education on self-care to the patient, as well as family members when appropriate.

Aria Home Health clinicians also evaluate the safety of a patient's home and address any hazards, as well as identify any devices that could help a patient cope with activities of daily living, such as dressing and bathing. Staff members are also aware of the community resources available for patients, such as Meals on Wheels, and will help patients access these resources as needed.

The Aria Home Health team also keeps in close touch with a patient's physician, updating the doctor with any changes in the patient's condition.

All of Aria Home Health's nurses carry a cell phone. Patients can call them if they have questions, and a nurse is on-call when they go off duty. "They always know when a nurse will be visiting, and they have our number if they need us," Schlear says. "They have that security that someone is only a phone call away if needed."

"Our goal is promoting independence, to help them learn what they need to be able to manage at home," Reinholt explains. "We want to make sure that we meet the needs of the patient. Each patient is different, and we help them recover within the nuances of their living arrangements."

This also means working with patients to reach their own personal goals. One patient may want to gain self-care skills and knowledge so he or she can remain at home and live independently for as long as possible, and not have to go to a nursing home. Another patient might want to be sure she is healthy and strong enough to attend a grandchild's wedding. Aria Home Health nurses take all of these factors into account. "We partner with patients based upon their personal goals," Reinholt says.

"From that first home care visit, we are preparing them for discharge and to be independent," Schlear says. "We have to get them ready for discharge, and handle related tasks like calling the pharmacy to refill their prescriptions and scheduling follow-up doctor appointments."

"What I like best about home care, is that I feel like I'm part of a patient's family," Schlear says. I love what I do, and I love working for Aria Home Health."

Mr. Bronson says he will miss Schlear when the time comes for his discharge from home care, but that he'll be ready to be on his own. "I feel a lot more secure now," he says.

Aria Home Health is a Medicare-certified Home Health Agency, a member of the Home Health Council of the Hospital and Health System Association of Pennsylvania, and accredited by The Joint Commission (TJC).

To learn more about Aria Home Health, visit ARIAHEALTH.org/HomeHealth or scan this QR code with your smartphone.

For further information, please call 1-866-346-8394.



UP AND AT 'EM

TOTAL KNEE REPLACEMENT PATIENTS ON THE MOVE WITHIN HOURS



Aria 3B Orthopaedic Institute, Aria Health—Bucks County Campus, Langhorne, PA

Knee replacement is now one of the most common surgical procedures performed in the United States, with about 720,000 people undergoing the surgery each year. Typical recovery after knee replacement, which is usually done to treat end-stage osteoarthritis of the joint, can range from several days to a few weeks. However, thanks to a new “one-day” knee surgery protocol adopted by the Aria 3B Orthopaedic Institute earlier this year, more patients treated here will be on their feet, and walking, just hours after surgery.

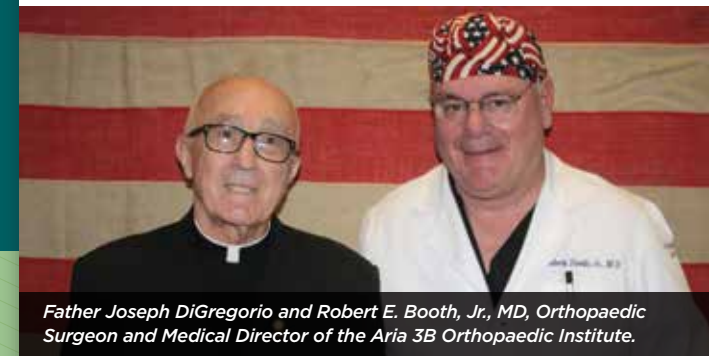
“Even though the staff at Aria 3B had prepared us for what to expect, I was surprised that I was walking so quickly and that the pain was minimal,” says Peter Grammel, 59, the first patient to undergo the procedure at Aria. Mr. Grammel, a senior business analyst from Doylestown, Bucks County, needed to have his right knee replaced after sports injuries he had suffered as a young man, as well as past knee repair surgeries, had taken their toll.

Arthur R. Bartolozzi, MD, Orthopaedic Surgeon and Director of Sports Medicine at Aria 3B, treated Mr. Grammel.

“It’s a comprehensive approach that starts with the doctor in partnership with the patient, and involves our entire healthcare team,” says Dr. Bartolozzi. “Our staff has a proactive role in every phase of the process.”

“I felt good after the surgery,” says South Philadelphia’s Joseph DiGregorio, a 74-year-old former US Army Chaplain and Aria’s second “one-day” knee replacement patient. “They stressed the importance of sticking with therapy. That’s what I’ve been doing, and I’m feeling fine.”

Father DiGregorio already had his right knee replaced by Robert E. Booth, Jr., MD, Orthopaedic Surgeon and Medical Director of Aria 3B. “I’m still very active,” Father DiGregorio says. “I wanted to stay that way, so when it was time for my second knee replacement, I knew I was going to see Dr. Booth—the man set the standard in knee replacement surgery.”



Father Joseph DiGregorio and Robert E. Booth, Jr., MD, Orthopaedic Surgeon and Medical Director of the Aria 3B Orthopaedic Institute.

The patient-physician partnership is a key factor in the success Aria 3B has had in treating all joint replacement cases. Patients are evaluated to determine whether they are candidates for the “one-day” approach.

“We have a lot to take into account—the type of knee replacement, their overall physical health, as well as their domestic situation,” explains Dr. Booth. “Do they have someone at home to help them recover? This is the type of detailed evaluation that is important to follow.”



Peter Grammel and Arthur R. Bartolozzi, MD, Orthopaedic Surgeon and Director of Sports Medicine at the Aria 3B Orthopaedic Institute.

preparation for patients means fewer questions after surgery and earlier hospital discharge.”

“Our patients who require knee replacement surgery attend a mandatory education seminar, and family members are also encouraged to join,” Dr. Booth adds. “This seminar helps everyone prepare for the surgery by outlining what to expect before, during and after the operation. This thorough

TOTAL JOINT REPLACEMENT EDUCATION

The Total Joint Replacement Program at Aria Health guides the patient through the entire joint replacement experience—from meetings with Aria physicians and staff, through surgery, recovery, and physical therapy.

Aria 3B Orthopaedic Specialists work closely with the patient to evaluate the condition of the joint and its impact on the patient’s life, taking advantage of the highest quality imaging to determine the best course of care. These joint-replacement

LESS BLOOD LOSS, SHORTER SURGERY

The surgery itself takes less than 30 minutes, thanks to the streamlined approach developed by the Aria 3B team. “It’s well coordinated and rehearsed,” explains Dr. Bartolozzi. “The nurses, the physician assistants—all team members—know what to do, what to expect, and they are already prepared for every phase of the surgery and the post-operative process.”

The new protocol also sharply reduces blood loss with the use of Amicar, a medication that slows bleeding. “In the past, the patient would need to donate a unit of his or her own blood to compensate for the blood loss from the knee,” Dr. Booth remarks. “The introduction of Amicar makes that unnecessary. It speeds up the procedure, it’s less expensive, and it’s less stressful for the patient.”

During the surgery, patients receive new anesthetics directly to the knee, rather than waiting for pain treatment after surgery. “Post-surgery, the patient feels little pain, and we can start physical therapy sooner than with a traditional approach,” Dr. Booth says. “In the past, we were waiting until the patient felt pain after surgery before treatment, and it was usually with a narcotic.”

Patients are encouraged to get moving as soon as possible after the surgery by Aria’s orthopaedic-trained registered nurses, physical therapists, and certified nursing assistants, and to move around as much as they are able. “We don’t want them lying around; that’s not healthy,” Dr. Bartolozzi adds. “The sooner they can start walking, the better it is for their knee and their recovery. Plus, it reduces risks of related illness such as pneumonia or blood clot in the leg.”

The sooner patients get moving, the sooner they will be able to go home. “Some patients are going home the day following knee surgery, while even the simultaneous bilateral total knees and revision total knees are recuperating much more rapidly and with better results,” says Dr. Booth.

experts ensure that other options in care have been exhausted and that joint replacement is a match for the patient.

To learn more, please join us for an educational session held every Tuesday at Aria’s Torresdale Campus, and every other Friday at Aria’s Bucks County Campus. Pre-registration is required.

For class times or to register, contact Aria’s Total Joint Coordinator at 1-866-397-1885.

MOVING FORWARD WITH FASTER RECOVERY

Right now, the new recovery protocol is reserved for less complex cases. “This is mostly for single-knee replacement,” Dr. Booth explains. “We can’t do it for bi-lateral knee replacements or the correction of previous replacement surgeries.” Nevertheless, Dr. Booth and Dr. Bartolozzi plan to implement the new protocol for an increasing number of patients, so eventually the approach will be used for most knee replacements performed at Aria.

“We want to be on the leading edge while providing what is best for the patient,” Dr. Bartolozzi says. “As part of this approach, we make sure that any new technology or protocol is safe and effective before making it part of our treatment options.”

Aria 3B Orthopaedic Institute’s hospital setting, in a new 50,000-square-foot surgical facility—with eight state-of-the-art operating rooms, 30 large private inpatient rooms, and an excellent nursing and physician assistant team—offers an innovative surgical environment that blends clinical expertise and the latest technology to optimize the patient experience. Despite the high-tech setting, Aria still provides patients with the caring feel of a community hospital. “They’re familiar with Aria Health, so the people here trust us and are especially willing to try the latest innovative treatments,” Dr. Booth says.

“Aria Health and Aria 3B have a steadfast commitment to providing exceptional orthopaedic care to every patient, every time,” says Richard Galup, Executive Director, Aria Health-Bucks County, and President of the Aria 3B Orthopaedic Institute. “Together, we look forward to continuing to expand orthopaedic services and enhance patient care.”

PARTIAL KNEE REPLACEMENT: AN OPTION FOR SOME

Some patients with debilitating osteoarthritis of the knee may not need to have the entire joint replaced.

When damage to the joint is limited, a patient may be a candidate for partial knee replacement versus total knee replacement. This procedure leaves two-thirds of the natural joint intact and can offer a quicker recovery.

Many patients are ideal candidates for the partial procedure, according to Aria 3B-Northeast’s Christopher Selgrath, DO. “The reasons we do it are for less pain, better function, and a shorter hospital stay,” he said. “We’re just trying to make it easier and increase satisfaction for the patient.”



Christopher Selgrath, DO, FAOAO
Orthopaedic Surgeon
Aria 3B-Northeast

Dr. Selgrath, a board-certified and fellowship-trained orthopaedic surgeon, is one of a handful of surgeons in the Philadelphia area with expertise in performing partial knee replacements. The procedure isn’t new, he noted, but there have been problems with partial knee replacement parts in the past. “Until the mid-1980s, it was like a pendulum,” he explains. “They would be really popular when a new partial knee joint hit the market, but then the system

proved to be undependable, so doctors would stop doing the procedures.”

However, Biomet’s Oxford® Partial Knee system has addressed these issues. Its quality and dependability have proven to be so excellent, the company offers patients a lifetime warranty.

Dr. Selgrath has been using the Oxford® Partial Knee in his knee replacement procedures for more than eight years. In March 2014, he introduced a new set of patient-specific cutting guides intended to improve accuracy and, potentially, the longevity of the prosthesis. “I’m one of only a few surgeons in the tri-state area trained and certified to use the new patient specific guides,” Dr. Selgrath remarks.

Dr. Selgrath, who has been with Aria for four years, trained with world-renowned surgeon Dr. Paul Lotke, one of the founding fathers of knee replacement in North America. While in fellowship training at Medical College of Virginia/Virginia Commonwealth University, he performed over 1,200 joint replacement surgeries and was awarded first place in a national research competition held by the American Academy of Orthopaedic Surgeons (AAOS).

“I’m pleased that we are able to offer the partial knee replacement option to some of our patients,” he says.

Dr. Selgrath adds that the outcomes of his partial knee replacement procedures have been excellent. “Patients often leave the hospital the next day or the day after,” he adds. “I can say that these partial knee replacement patients are by far my happiest.”



FOUR REGIONAL LOCATIONS

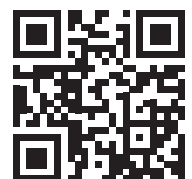
CENTER CITY
Curtis Center
601 Walnut Street, Suite L50
Philadelphia, PA 19106
1-888-ORTHO3B

BUCKS COUNTY
Aria Health-Bucks County
380 North Oxford Valley Road
Ground Floor
Langhorne, PA 19047
1-888-ORTHO3B

NORTHEAST
3110 Grant Avenue
Philadelphia, PA 19114
215-464-6600

SOUTH JERSEY
South Jersey Hand Center
Cherry Hill Pointe Plaza
1888 Marlton Pike East
Cherry Hill, NJ 08003
1-888-ORTHO3B

Aria 3B offers one-day appointments at all of its locations, in Center City, Northeast Philadelphia, Bucks County, and South Jersey. To learn more about the Aria 3B Orthopaedic Institute, visit ARIA3BORTHO.org or scan this QR code with your smartphone.



For physician referrals or appointments, please call 1-888-ORTHO3B.

SEASONAL HEALTHY EATING

TIPS FOR WARM WEATHER NUTRITION



It is always refreshing to look toward planning summer meals. In order to keep your energy levels up during the summer season, you want to fuel your body with foods that are going to make you feel good, get you going, and nourish your body. Try these tips for seasonal eating and you'll be on your way to a healthier you.

- **Eat what is in season.** Local farmer's markets come to life this time of year. "Take advantage of what is local and growing during each season," says Kathleen Levitt, RD, LDN, Outpatient Nutrition Center Manager at Aria Health. Vegetables like broccoli, asparagus, spinach, and snap peas can be eaten raw, put into salads, grilled, or easily adapted into many recipes. Levitt recommends shopping the outer aisles of the grocery store for fresh selections and avoiding the middle of the store processed foods. In addition, if you have the space and desire, plant a garden and reap the rewards of fresh vegetables, fruits, and herbs from your own backyard.

- **Plan a weekly menu.** After a long day at work, shuttling children to activities or appointments, it's nice to know you have dinner thought of before you get home. If you have a plan of what you are going to prepare at each meal, you are less likely to binge, overeat, or end up eating out on the run.
- **Include protein in your meals to sustain hunger between mealtimes.** Consider adding proteins like eggs, low-fat cheeses, nut butters, quinoa, Greek yogurt, beans, lean meats, chicken, fish, and tofu to your day. They will fill you up at each meal and won't burn off as quickly as other foods, which is especially important if you're active.
- **Turn off the oven and use your outdoor grill when you can.** Food that is grilled tends to be lower in fat—grease is cooked off and food is not coated in batter. Grilling food adds a wonderful flavor to meats and vegetables. Levitt suggests marinating lean cuts of meat or fish or grilling pizza, veggie burgers, or fruit for something different. When hosting or heading to a barbeque she suggests choosing non-mayonnaise based salads and dressings for fewer calories.

Kathleen Levitt, RD, LDN, Outpatient Nutrition Center Manager at Aria Health, recommends these recipes for a healthy summer meal.

SOURCE: DIABETIC COOKING MAGAZINE

grilled swordfish a l'orange



- 1 orange
- $\frac{3}{4}$ cup orange juice
- 1 tablespoon lemon juice
- 1 tablespoon dark sesame oil
- 1 tablespoon soy sauce
- 4 swordfish steaks (about 1 ½ pounds total), rinsed and patted dry
- 1 teaspoon cornstarch
- Salt & black pepper to taste (optional)

1. Grate enough orange peel to measure 1 teaspoon; set aside. Peel orange and cut into sections; set aside.
2. In small bowl combine orange juice, lemon juice, oil, and soy sauce. Pour half of orange juice mixture into shallow glass dish. Add $\frac{1}{2}$ teaspoon grated orange peel to orange juice mixture.
3. Place fish in dish; turn to coat in mixture. Cover; marinate in refrigerator up to 1 hour. Prepare grill for direct cooking.
4. Place remaining half of orange juice mixture in small saucepan. Stir in cornstarch and remaining $\frac{1}{2}$ teaspoon orange peel. Heat over medium-high heat, stirring constantly, 3 to 5 minutes or until sauce thickens; set aside.
5. Remove fish from marinade; discard remaining marinade. Lightly sprinkle fish with salt and pepper, if desired. Grill over medium coals 3 to 4 minutes per side or until fish is opaque and flakes easily when tested with fork. Top with reserved orange sections and orange sauce. Serve immediately.

Recipes continue on page 24 >

- **Stay hydrated while taking advantage of the outdoors.** It's wonderful to spend time doing outdoor activities, but remember to drink water while you're doing it. "You can get dehydrated quickly if you're not careful," says Levitt. "This is especially true during the hot summer months." Stick to plain water; sugary drinks can lead to weight gain, and caffeinated beverages can actually dehydrate you.
- **Snack sensibly.** If you snack between meals, choose heart-healthy items like nuts, popcorn, fresh fruit, vegetables

and hummus, and other low-calorie foods. Pack a trail mix for afternoon weekend hikes. Avoid the afternoon vending machine; candy bars and cookies will give you a quick pick-me-up, but will leave you feeling lethargic soon after.

Smart eating will leave you feeling nourished and ready for an active and enjoyable season. "Be sure to couple your healthy eating with exercise," says Levitt. "Even just getting outside for a 10-15 minute daily walk will get you energized, provide Vitamin D, and make you feel better."

To learn more about Aria's nutrition programs, visit ARIAHEALTH.org or scan this QR code with your smartphone.

To make an appointment with a registered dietitian at Aria Health, please call 1-866-299-5280.





SOURCE: COOKING LIGHT MAGAZINE

orange quinoa salad



Salad Ingredients:

- 1 1/3 cups uncooked quinoa
- 2 3/4 cups water
- 1/2 teaspoon salt
- 1 cup thinly sliced green onions
- 1 cup sweetened dried cranberries
- 1/3 cup chopped fresh parsley
- 3 tablespoons sliced almonds, toasted

Dressing Ingredients:

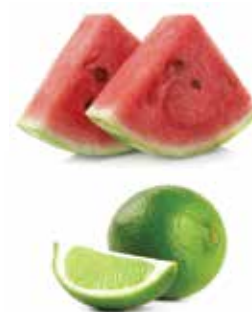
- 1/4 cup fresh orange juice
- 2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons low-fat buttermilk
- 2 teaspoons honey
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

1. Place quinoa in a large nonstick skillet; cook 4 minutes over medium heat, stirring frequently. Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice. Drain well.
2. Combine quinoa, 2 3/4 cups water, and 1/2 teaspoon salt in a large saucepan; bring to a boil. Cover and reduce heat; simmer 20 minutes or until liquid is absorbed. Remove from heat, and cool to room temperature.
3. Stir in dressing, onions, and the remaining ingredients. Cover and chill.
4. To prepare dressing, combine first 6 ingredients in a small bowl; stir with a whisk until well blended.



SOURCE: EATINGWELL

watermelon agua fresca



- 8 cups cubed seeded watermelon, divided (about 6 pounds with the rind)
- 1 cup water, divided
- 1/3 cup sugar, divided (can use a sugar substitute)
- 1/4 cup fresh lime juice
- 4 cups club soda or seltzer water, well chilled
- Lime slices for garnish

1. Combine half the watermelon, half the water and half the sugar in a blender; puree. Pour through a coarse strainer into a large container. Repeat with the remaining watermelon, water, and sugar. Stir in lime juice.
2. Refrigerate until well chilled, about 4 hours
3. To serve, stir in club soda (or seltzer) and garnish with lime.

SUMMER SAFETY

A GUIDE TO RECOGNIZING AND TREATING COMMON SEASONAL AILMENTS

It's that time of year again, when we head outdoors for some fun in the sun. Whether it's the beach, the mountains, or just hanging out in the backyard, it's important to know the signs and symptoms of common seasonal ailments that can sideline your fun. We've highlighted a few of the most frequent conditions that occur this time of year and included prevention advice and when to seek treatment.



SUNBURN

If you're going to be out in the sun, the most important rule is to use sunscreen. Apply at least SPF 30 every two hours. Certain medications can also make individuals prone to sunburn, so be sure to check any medication inserts. If you do get sunburn, there are plenty of treatment options available. "Most people can treat sunburn themselves," says Patrice Bachmann, Nurse Practitioner/Administrator of Aria Health FastCare clinics. "Apply a cool compress, aloe, or a hydrocortisone cream to the skin," she says. However, if the sunburn is over a large area of the skin, begins to blister, or the pain gets worse, Bachmann recommends seeking medical treatment.

BEE STINGS



First and foremost is to get the stinger out of your skin, if there is one. You can use tweezers or even a credit card to scratch it out. "If you can't get it out, don't keep digging," says Bachmann. "It can aggravate your skin and make it worse." Instead, she recommends visiting an Aria Health FastCare clinic where medical professionals can remove it. If you know that you are allergic to bee stings, you should seek treatment at the Emergency Room.

LYME DISEASE



Before you head out, know a bit about the area where you are going to be; certain areas are more endemic to Lyme Disease than others. Protect yourself with

a DEET repellent. Upon returning, inspect everyone (heads especially), including pets. If you find a tick, remove it immediately. "If you don't think you can remove the tick, come to Aria FastCare," says Bachmann. "It's important that the tick be removed within 24 hours before it begins to suck blood." If you get the symptomatic bulls eye rash, head to Aria FastCare where you will be tested for Lyme Disease and most likely be treated with medication.



POISONOUS PLANTS

When working in the yard or going on a hike, your skin should be covered. If you do come across poison ivy, sumac, or oak, be sure to wash all the clothing you were wearing, including your shoes. It's important to remove the resin off of everything, even the family pet, to prevent spreading. Wash your skin with soap and water. Bachmann says if you do start to itch, you can use a topical agent such as calamine lotion. "Don't take a hot shower; histamines respond to heat," she advises. If you do break out in a rash, it typically appears within 24–48 hours. If the rash doesn't respond to home treatment or is severe, you should seek medical care. A steroid medication is typically the course of action.

In most cases, all of these conditions can be treated at Aria Health FastCare clinics. With convenient hours and no appointment necessary, it's a one stop shop for medical treatment. "FastCare clinics are extremely convenient for individuals," says Richard Watson, Aria Health Director of Business Development. "With these types of lower acuity ailments, a physician appointment or Emergency Department visit may not be necessary and FastCare provides a quick and easy solution."



Aria has two FastCare Clinic locations—inside both the Levittown Giant at 4001 New Falls Road in Bucks County,

and the Morrell Plaza ShopRite at 9910 Frankford Avenue in Northeast Philadelphia. Both locations are open Monday through Friday from 8:30 am to 8:30 pm; Saturday and Sunday from 9 am to 4:30 pm; and on holidays (closed Christmas Day) from 10 am to 2 pm.

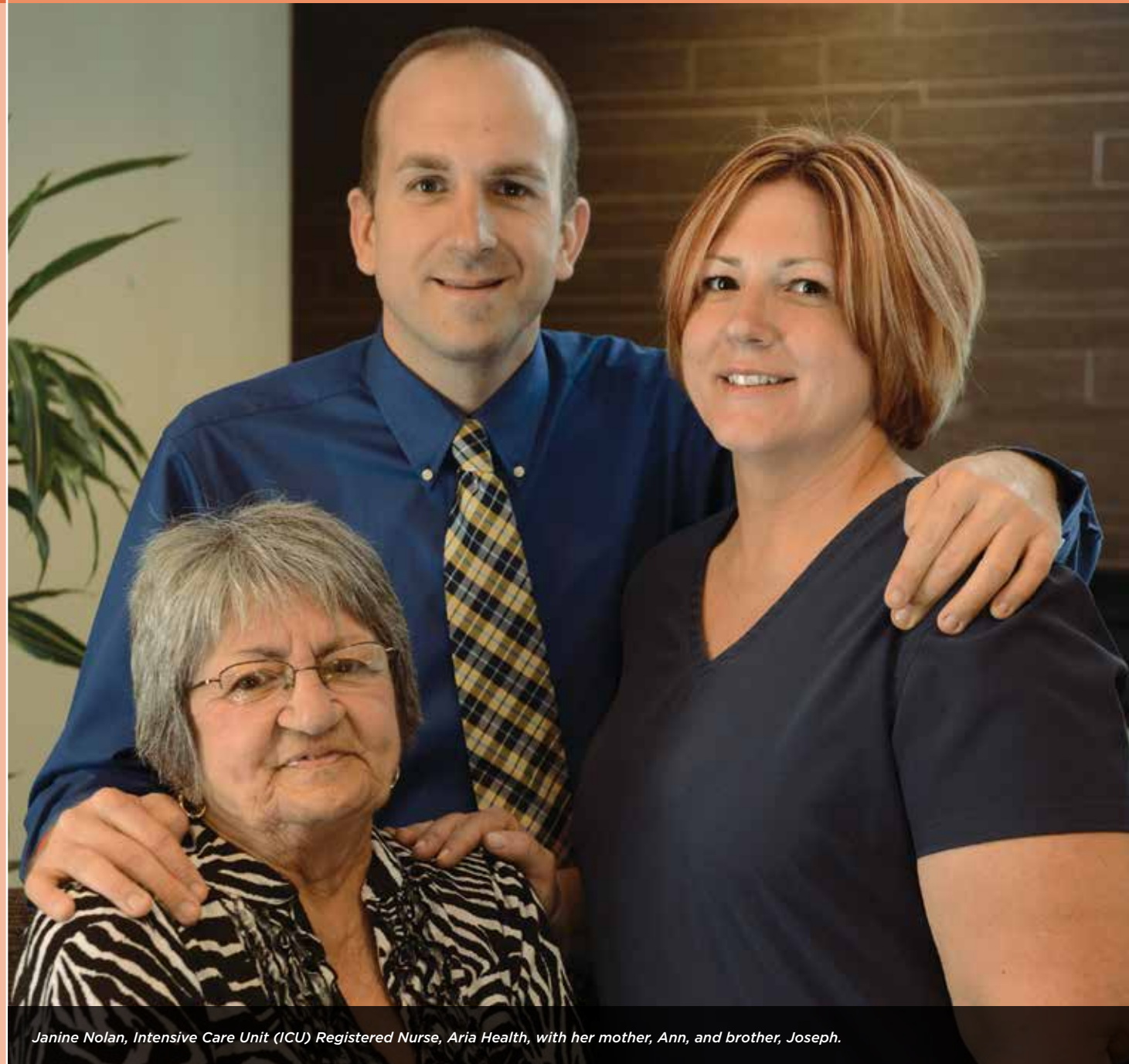
For more information on Aria Health FastCare, visit AriaHealthFastCare.org or scan this QR code with your smartphone.

To learn more about Aria Health FastCare services, please call 1-866-346-8393.



ALL IN THE FAMILY

EMPLOYEE AND HER FAMILY EXPERIENCE
FIRST-RATE CARE AT THE ARIA HEART CENTER



Janine Nolan, Intensive Care Unit (ICU) Registered Nurse, Aria Health, with her mother, Ann, and brother, Joseph.

“You work in a hospital, and you see this kind of thing every day, but you never think something like this will happen to you... I can honestly say that the quality of care at Aria is remarkable.” — Janine Nolan, RN

Working for a company or small business provides the opportunity to experience the goods or services that organization has to offer. If you’ve worked at a restaurant, for example, you’ve probably eaten the food. It’s a great way to understand the kind of services you offer and the benefits to potential customers.

Unlike other companies, however, employees of hospitals or other healthcare organizations might hope they never have to sample their company’s services. Of course, if medical emergencies do arise, it’s good to know where to receive exceptional care.

Aria Health Intensive Care Unit (ICU) Registered Nurse Janine Nolan experienced this situation recently and was thankful her employer had the best resources available to help her and her family.

LOCAL CONNECTION

Janine grew up with her family in Northeast Philadelphia and still lives in the area. Shortly after high school, she entered nursing school and graduated a few years later. As a local resident she knew about Aria’s reputation as an employer of choice for many healthcare professionals. As a result, when an opportunity to work at Aria became available, she didn’t hesitate. “I thought it was a perfect fit,” Janine said. “I could practice nursing and help people from the area, many from my own neighborhood.”

Working in Aria’s Torresdale Campus ICU, Janine became familiar with the organization’s approach to patient care. “Aria really takes a personal approach,” she said. “These are people who live and work in the community. I’ve noticed that there’s always been an emphasis on high-quality, individual care because of this close connection.”

A CHALLENGING YEAR

During her 20 years with Aria, Janine was a patient only one time—when she delivered her daughter at the Torresdale Campus. However, in 2012 she and two other members of her family would come to rely on the exceptional care for which Aria was known and that Janine helped provide.

In January of that year, Janine’s mother Ann McFadden was at home when she began to experience chest pain. She called an ambulance and was rushed to the Emergency Department at Aria’s Torresdale Campus. The staff quickly realized Ann was having a heart attack and sent her for admission to the Heart Center. Cardiologist Mohammed Murtaza, MD, FACC, attended to Ann and proceeded to place a coronary stent to relieve the blockage in her heart. The procedure was a success and Ann returned home after a few days.

It’s an enormous stress on a family when one member has a heart-related emergency. Janine’s family would soon be tested once again, when only 10 months later, on October 7, her brother Joseph (32 years old at the time), suffered a heart attack. Like his mother, he was rushed to the Torresdale Campus and emergently underwent placement of a coronary stent by Interventional Cardiologist Ranga Rao, MD. It was determined that a defibrillator unit needed to be implanted to prevent complications of arrhythmia. Electrophysiologist Bradley Bacik, DO, implanted the defibrillator.

Like his mother’s procedure, Joseph’s was a success and he was sent home a few days later.

While the family recovered emotionally from Joseph’s health crisis, they were in for yet another jolt. Less than two weeks later, Janine experienced a severe heart condition. Like her mother and brother, Janine had a heart attack and was admitted to the Heart Center. Janine was also successfully treated by Dr. Murtaza, who inserted a stent to eliminate the blockage in her heart that was causing the problem.



A stent is a tiny wire mesh tube that props open an artery and is left there permanently. Stents help keep coronary arteries open and reduce the chance of a heart attack.



Defibrillation is a common treatment for life-threatening heart disorders. An Implantable Cardioverter Defibrillator (ICD) device that keeps track of your heart rate is placed under the skin. Thin wires connect the ICD to your heart. If an abnormal heart rhythm is detected, the device delivers an electric shock to restore a normal heartbeat.

Since their challenging year, Janine and her family have remained in good health and been able to enjoy just being a family. The recent crises have made them more vigilant about their heart health and overall well-being, but most important, Janine, Ann, and Joseph are thankful for each day and that they are able to enjoy each other’s company.

HIGH-QUALITY CARE, CLOSE TO HOME

While Janine always took pride in delivering exceptional care to her patients, her recent health scare has made her realize how important compassionate, dedicated care is to someone in need. It has also made given her greater appreciation for being part of the Aria family.

“You work in a hospital, and you see this kind of thing every day, but you never think something like this will happen to you,” Janine said. “Now that I’ve experienced the kind of care Aria and our Heart Center delivers as a patient, I can honestly say that the quality of care at Aria is remarkable. It’s the kind of quality you expect from a university hospital in Center City, but it is available right here in a neighborhood setting.”



Bradley Bacik, DO
Electrophysiologist
Aria Health



Mohammed Murtaza, MD, FACC
Interventional Cardiologist
Aria Health



Ranga Rao, MD
Interventional Cardiologist
Aria Health

To learn more about Cardiac Services at Aria Health, visit ARIAHEALTH.org/HeartCenter or scan this QR code with your smartphone.

For physician referrals or appointments, please call 1-866-282-4992.



FIGHTING PARKINSON'S PROGRESSION

ARIA TO OFFER STATE-OF-THE-ART SURGICAL TREATMENT FOR MOVEMENT DISORDERS

“It’s a great operation. The quality of life improvement that we’re able to achieve for patients is pretty amazing.”



Patrick Connolly, MD, FACS
Chief, Division of Neurosurgery
Aria Health



**Aria Institute
for Neurosciences**

Patients with Parkinson’s disease now have access to deep brain stimulation (DBS), a state-of-the-art treatment that can dramatically improve symptoms, at Aria Health’s Torrance Campus.

“It’s a great operation,” says Patrick Connolly, MD, MBA, FACS, Chief, Division of Neurosurgery at the Aria Institute for Neurosciences. “The quality of life improvement that we’re able to achieve for patients is pretty amazing.”

Parkinson’s disease is a progressive movement disorder that usually strikes people in their 60s and is caused by the loss of dopamine-producing cells in certain areas of the brain. Every year, according to the Parkinson’s Disease Foundation, 60,000 Americans are diagnosed with the disease.

Symptoms include trembling in the hands, arms, legs, and face; stiffness of the limbs and trunk; slowness of movement; and impaired balance and coordination. Medications that mimic dopamine’s effects or promote dopamine production in the brain can treat these symptoms, at first, in most patients. However, symptoms worsen over time, and patients may need to take an increasing number of medications at increasing doses. These medications also have side effects, such as causing involuntary movements, also known as dyskinesias.



Brian Kelly, MD
Director of Neurology
and Co-Medical Director,
Stroke Program
Aria Institute for
Neurosciences

“Unfortunately as the years go on, the need for dopamine increases as does the amount and frequency of the medication,” says Brian Kelly, MD, Director of Neurology and Co-Medical Director, Stroke Program at the Aria Institute for Neurosciences. “A patient who was taking one pill three times a day could go up to one pill an hour.”

DBS is an option for patients whose Parkinson’s disease symptoms are no longer adequately controlled by medication, as well as those who are experiencing intolerable side effects from the medications. “If patients are healthy and are a reasonable surgical risk, we evaluate them for the procedure,” Dr. Connolly says. “By implanting the deep brain stimulator, the patient can obtain the best medication response without having to take as much of the medication,” Dr. Kelly explains. “This will often give patients a few years of better function.”

Critical to the pre-surgical (and post-surgical) process is the involvement of a movement disorder specialist (MDS)—a neurologist who has completed additional training to care for patients with Parkinson’s disease and other movement disorders, such as essential tremor and dystonia.

The MDS working closely with Dr. Connolly is Jill Farmer, DO, MPH, Director, Movement Disorders Program at Capital Health’s Capital Institute for Neurosciences, who completed her residency and fellowship at Georgetown University Hospital. “Evaluating and selecting the appropriate patient is key to a successful surgical outcome,” Dr. Farmer comments. “This is completed by physical exam and seeing the patient ‘on’ and ‘off’ medication.”

TWO-STEP SURGICAL PROCEDURE

DBS is a bit like a pacemaker for the brain. It involves placing an electrode in a specific brain area, and then calibrating the electrode so it provides the optimal frequency and amount of stimulation for reducing symptoms. DBS may work by “jamming” abnormal signaling in the brain and promoting more normal cell-to-cell communication.



There are two brain areas that may be targeted in DBS for Parkinson’s: the subthalamic nucleus and the internal globus pallidus. DBS on one side of the brain affects symptoms on the other side, so patients with symptoms on both sides of the body will need to have a stimulator implanted in both sides of the brain.

Patients can usually reduce the amount of medication they need to take by 30 to 60 percent, and in some cases they can stop taking medication altogether.

The procedure is especially effective for treating tremor, stiffness, and slowness, as well as the episodes some patients experience in which the medication wears off, and they become stiff and frozen. Since DBS reduces symptoms and side effects, it can dramatically improve patients’ ability to perform activities of daily living and to function independently. Many patients report improved self esteem and quality of life. DBS can also improve the Parkinson’s patients’ ability to walk and speak, as well as their sleep quality and even their handwriting, which can get smaller as the disease progresses.

Here’s how the procedure works: First, a stereotactic frame that looks a bit like a bird cage is attached to the patient’s head, which helps provide a guide for the surgery. “It basically gives us a very accurate way to put a device or catheter probe at any point in the brain within a millimeter of accuracy,” Dr. Connolly explains.

In the next step, an MRI and CT scan are used to map the brain. The neurosurgeon then creates an opening through which another brain mapping procedure is performed, this time using tiny electrodes to record the electrical activity.

Next, the neurosurgeon slowly passes the DBS electrode through the skull and into the brain to the target area. A device called a microdrive helps guide electrode placement. “We go very slowly taking recordings of the brain activity,” Dr. Connolly adds. “The microdrive can move with micrometer precision and can put the electrode exactly where we want it.”

(story continues on page 33)

ARIA EDUCATES DURING AMERICAN STROKE MONTH

Every year the American Stroke Association (ASA) recognizes May as American Stroke Month—a time to raise awareness and education about the devastating effects of stroke, how to help prevent it, and the innovations in medical treatment for its victims.

This May, Aria Health, in partnership with Capital Health and the ASA, took the opportunity to educate local communities with several events, media appearances, and social media content.

Among the events hosted by Aria and Capital Health were:

- A live web chat on the 6abc.com website with Emil L. Matarese, MD, Neurologist, Aria Health, and Erol Veznedaroglu, MD, FACS, FAANS, FAHA, Director, Capital Institute for Neurosciences and Chairman, Neurosurgery for Capital Health. During the hour-long chat, the doctors responded to questions from an online audience about stroke—the warning signs, what to do if someone is having a stroke, treatments, etc.
- Get With The Guidelines®—Stroke Silver Plus Quality Achievement award presentation. The award recognizes Aria Health's commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.
- An awareness and education event at Concilio—Philadelphia's oldest non-profit Latino community organization. The Latino community is a high-risk group for stroke, and this event, hosted by Puerto Rican Panorama's Diego Castellanos, was the perfect setting to disseminate information about this devastating condition.
- Public education events at Aria Health's three campuses.
- Free stroke screenings at various locations across Northeast Philadelphia and Bucks County throughout the month.
- According to event organizers, education is the best weapon in the fight against stroke. "The more people who know about stroke and its warning signs, the greater potential outcome for survival, treatment, and recovery," says Dr. Matarese. "I think our efforts reflect Aria and Capital Health's commitment to empowering as many people as possible, across as many communities as possible, to take control of their health and well-being." to take control of their health and well-being."



Left to right: Emil L. Matarese, MD, Neurologist, Aria Health, and Erol Veznedaroglu, MD, FACS, FAANS, FAHA, Director, Capital Institute for Neurosciences and Chairman, Neurosurgery for Capital Health, film a stroke awareness Public Service Announcement (PSA), which aired on 6ABC during American Stroke Month.



Members of the Aria Health Stroke Program were honored with the Get With The Guidelines®—Stroke Silver Plus Quality Achievement award. The award recognizes Aria Health's commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.



Emil Matarese, MD, (middle) of Aria Health with members of Concilio, as well as Diego Castellanos, host of Puerto Rican Panorama and emcee of the Stroke Awareness event held at the Concilio community center on May 22, 2014.



Jill Farmer, DO, MPH
Director, Movement Disorders Program at Capital Health's Capital Institute for Neurosciences

During this phase of the procedure, the patient is under "twilight" anesthesia, so he or she is not aware of what's happening. Once the electrode reaches the target location, the surgical team allows the patient to wake up so he or she can help guide the surgeon to the best location for electrode placement.

After this first procedure, patients may spend one or two days in the hospital. Even though the device hasn't been turned on yet, many patients experience improvement in their symptoms. According to Dr. Connolly, this is likely due to swelling that occurs around where the electrode has been placed.

Once this procedure is complete, the patient returns two weeks later to have the device battery implanted near the collarbone, as well as a pulse generator to control the electrode placed under the collarbone or in the abdomen. This surgery is performed under general anesthesia.

Patients return to work with the MDS and have the device programmed. Usually, a few appointments are necessary to get the programming just right. The MDS assumes the primary role in the patient's care moving forward.

Using a device that can read the information in the pulse generator, Dr. Farmer can adjust three key parameters; voltage or current, pulse width and frequency. The combination of these three parameters affects the electrical signal that is acting like electronic dopamine. These combinations are as individual as the patients themselves. "With today's technology we have the ability to provide the patient with options in their programming to tailor their treatments," Dr. Farmer explains. "The patient can see immediate results, whether it be suppression of tremor, improvement in rigidity or improvement in dexterity, which is exciting."

Over the course of programming as medication is reduced other key treatments can include participation in Parkinson's specific

physical, speech, and occupational therapies, which result in the best outcomes.

"Outcomes matter," Dr. Farmer explains. "In a recent study released by the National Parkinson's Foundation, expert neurologic care can significantly improve morbidity and mortality of Parkinson's patients."

DBS is also an effective treatment for essential tremor. Patients with essential tremor are treated by implanting the stimulator in the ventrointermediate thalamus.

A TEAM APPROACH TO MOVEMENT DISORDER CARE

Dr. Connolly has performed more than 125 DBS procedures. He was trained as a resident at Indiana University and completed a fellowship in functional neurosurgery at the University of Pennsylvania. "My passion is treating movement disorders," he says. "It's so transformative for patients."

The Aria Institute for Neurosciences has a full team on board, and is now performing surgery for movement disorders. The team also includes physical and occupational therapists who work with Parkinson's patients before and after DBS to ensure that they get the most out of the surgery.

Not every Parkinson's patient is a candidate for DBS. Age and general health are also key factors in making a decision on DBS, because older, sicker patients may have more difficulty tolerating surgery.

Nevertheless, many patients can benefit, and now can have the procedure, as well as excellent pre- and post-operative care, at Aria Health-Torresdale. "Prior to this, patients had to travel at least to Center City Philadelphia to have this type of surgery," Dr. Kelly says. He added that because so few surgeons in the area perform DBS, patients would have to wait months for an appointment.

"Now that you have a team of physicians specifically trained in all aspects of DBS for movement disorders in your community providing this care, it will certainly be a game changer," Dr. Kelly adds. "It's our plan to grow the neurosciences program, bringing even more care to the community."

To learn more about Deep Brain Stimulation (DBS) and the Aria Institute for Neurosciences, visit ARIAHEALTH.org/Neuro or scan this QR code with your smartphone.

For physician referrals or appointments, please call 1-866-271-6577.





Wellness Programs and Special Events

TORRESDALE EMERGENCY DEPARTMENT COMMUNITY CELEBRATION

Enjoy a day out with family and neighbors at Aria Health's Community Day, Saturday, July 12, at our Torresdale Campus!

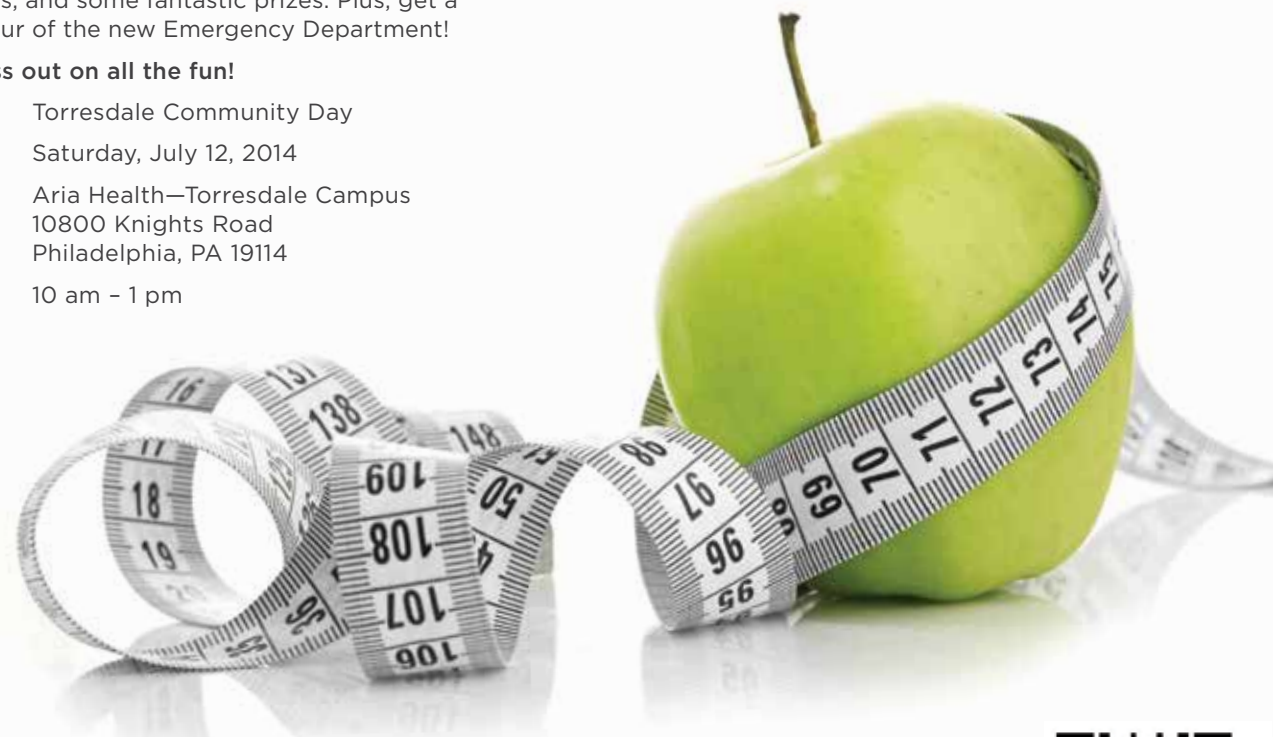
This FREE event will feature a day of educational activities for the kids, along with delicious food, health screenings, and some fantastic prizes. Plus, get a guided tour of the new Emergency Department!

Don't miss out on all the fun!

WHAT: Torresdale Community Day
WHEN: Saturday, July 12, 2014
WHERE: Aria Health—Torresdale Campus
 10800 Knights Road
 Philadelphia, PA 19114
TIME: 10 am - 1 pm

AMERICAN RED CROSS BLOOD DRIVE

Help save a life by being a blood donor. American Red Cross drives are held at all three hospital campuses. For dates and times, please visit www.pleasegiveblood.org or call 1-866-368-2267.



To receive daily wellness event and program news, join YourAriaHealth, our online health community, at YourAriaHealth.org or scan this QR Code with your smartphone.

For more information, call the Wellness Center at 1-866-366-4614.



Spa Center

MASSAGE

MASSAGE CLUB AT ARIA HEALTH SPA CENTER

No sign-up fees, no monthly payments! Treat yourself to any 10 treatments and get your 11th treatment of equal or lesser value absolutely FREE! Just complete all 11 sessions within a one-year period!

FULL BODY SWEDISH MASSAGE

Most relaxing! Incorporates specific light and flowing techniques designed to ease muscle tension and induce relaxation.

Fee: \$65/60 minute session
Deluxe: Just \$10 extra! Add moisturizing hand treatment with hot mitts.

FOOT REFLEXOLOGY

Reflexology is a treatment based upon the belief that the foot is a microcosm for the entire body, and pressure on various "reflex points" offers relief from symptoms found elsewhere in the body.

Fee: \$40/30 minute session
 Add hot stones à la carte for only \$10 more!

CUSTOM SESSION

Customized mini-massage targeting relaxation and/or therapeutic techniques addressing a specific body part or muscle group, as determined by client preference and/or needs.

Fee: \$40/30 minute session

PRENATAL MASSAGE

Prenatal massage focuses on pain and discomfort in the neck and lower back area due to body changes associated with pregnancy. Swedish massage techniques are primarily used. Not recommended in the first trimester.

Fee: \$65/60 minute session

CUSTOM SESSION WITH HOT STONES

Customized mini-massage, using heated basalt stones, targeting relaxation and/or therapeutic techniques addressing a specific body part or muscle group, as determined by client preference and/or needs.

Fee: \$50/30 minute session

HAND AND FOOT WRAP

Both hands and feet are massaged with shea butter and covered with hot mitts for a relaxing and rejuvenating experience.

Fee: \$40/30 minute session

UPPER BODY MASSAGE

A thirty-minute massage session of the head, scalp, face, neck, and shoulders. If you like Indian Head Massage, you will like the Upper Body Massage.

Fee: \$40/30 minute session

INDIAN HEAD MASSAGE

Known in Hindi as "Champi," this head massage originated in India. The treatment works through the shoulders, arms, hands, neck, scalp, and face. It can help relieve or alleviate tension headaches, eye strain, scalp tension, neck and shoulder stiffness, mental tiredness, anxiety, and stress.

Fee: \$40/30 minute session

HOT STONE MASSAGE

True Spa Experience! Placement of heated basalt stones on the body, in conjunction with the healing and aromatic scents of nature's essential oils, makes for a true spa-like experience. *Certain contraindication apply, including: pregnancy, circulatory and cardiovascular disorders, diabetes, extremes in blood pressure, geriatric patients, and cancer.*

Fee: \$100/90 minute session



Please call the Wellness Center at 1-866-366-4614 to schedule an appointment.

Spa services available at the Torresdale Campus only. A 10% discount on all Aria Health Spa and Aesthetic Center services is given to police, firefighters, military personnel, and senior citizens with valid ID. Gift certificates are available at all Wellness Center locations.

REIKI

Reiki, as a healing, living energy, can increase the overall energy stores of the body. Reiki directly brings universal energy into the physical body. It also provides limitless benefits of physical, mental, and emotional balance.

Fee: \$40/30 minute session

HOT TOWEL REFLEXOLOGY

Hot towels are wrapped around the feet, soothing and warming the deep muscles, followed by deep foot massage to help further unwind the muscles. Concludes with a full 30-minute reflexology session.

Fee: \$45/40 minute session

TIRED HANDS

Are you suffering from carpal tunnel, arthritis or cramped hands? A slow and deep massage session designed to loosen and stretch muscles to relieve deep aches and pains for the hand, wrist, and forearms.

Fee: \$50/45 minute session

CHRONIC PAIN

Do you experience severe chronic pain? This massage is designed for you. A very light session focusing on any depth of pressure you prefer and relaxing you with an upper back, neck, and scalp massage to combat fatigue and tension and help you further unwind and breathe deeply into a great massage.

Fee: \$40/30 minute session
\$65/60 minute session

AWAKENING

For the on-the-go person, athlete, or hard worker, this massage is meant to invigorate and stimulate muscles, providing techniques that prepare you for a good workout, long day at work or just general rejuvenation. This 30 or 60-minute session is fully customizable to your liking.

Fee: \$40/30 minute session
\$65/60 minute session

SERIOUS ABOUT THE BACK

Low back or cervical pain? Chronic headaches perhaps? A deep 30-minute session designated just for the neck and back. Hot towels are used before and after session to soothe and penetrate deep muscles that may be inhibiting posture or giving you headaches.

Fee: \$45/30 minute session
\$70/60 minute session

TRADITIONAL USUI REIKI LEVEL I CLASS

Reiki is a type of energy bodywork that relies on the ancient belief in the life force energy that flows through all things. The practice of Reiki comprises three levels of training. Through this training, the practitioner learns how to access energy flow through the hands to heal. This class will certify you as completed Level I. Class size is limited.

Fee: \$125
Dates: Call for dates
Time: 10 am to 2 pm
Place: Torressdale Campus

DEEP TISSUE MASSAGE

Deep tissue massage will help relieve chronic pain resulting from injury, poor posture or tired and over-worked muscles. It will help to remove lactic acid and restore muscle tone and range of motion.

Fee: \$75/60 minute session

SUGAR & SHEA HAND & FOOTIE TREATMENT

Our rescue remedy service with a peppermint twist! Hands and feet are cleansed and gently exfoliated with a natural brown sugar scrub. After a generous slathering of warm, melted organic shea butter, hands and feet are wrapped and slipped into heated mitts. Treatment is finished with an intoxicating steam towel face wrap for a deep moisturizing treat.

Fee: \$40/30 minute session
*Add a moisturizing hot mitt treatment for your hands for just \$10.



CUPPING

MASSAGE CUPPING™ THERAPY

Massage Cupping™ body work is based on the common practice of Chinese cupping therapy. The incredible results that this simple treatment produces truly impress those who experience its subtle power. By creating suction and negative pressure, Massage Cupping™ therapy is used to soften tight muscles, loosen adhesions, lift connective tissue, bring hydration, and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. Massage Cupping™ therapy is beneficial for many conditions, such as high blood pressure, anxiety, fatigue, chronic headache, fibromyalgia, and neuralgia.

MUSCLE MELTDOWN

Heated basalt stones are used to soften the muscles on the back and neck. Followed by Massage Cupping™ therapy.

Fee: \$80/60 minute session

SPINE STRETCH

Treatment uses two cups at the same time. Suction reaches deep into soft tissue, attachments, and between each vertebra, creating a sedating effect on the nervous system.

Fee: \$40/30 minute session



Get Fit Series

COMMUNITY FITNESS PROGRAM

The program offers an individualized exercise prescription and orientation to the program with an exercise physiologist. Ongoing follow-up and supervision are included. For individuals with cardiovascular disease, diabetes, or chronic lung disease, please refer to our Live Well Series programs on pages 38-39.

Membership Fees: \$35 initial registration fee
\$180/6 months \$300/year

SILVER SNEAKERS® FITNESS PROGRAM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

YOGA

Yoga classes are designed to effectively improve muscle tone/limbness and circulation. Yoga exercises will stretch, strengthen, and relax major muscle groups through strengthening the nervous system, building concentration, poise, and a more stable emotional nature.

PILOXING®

A high-energy fusion of Pilates, boxing, and dance. Transform yourself into a tough boxer, graceful ballerina, and hip street dancer, all in one class.

GROUP EXERCISE CLASS SCHEDULE

Place: Torressdale Campus

Call 215-612-4576 for future class schedules.

Pay-as-you-go fees:

Community Member \$6/class
Aria Employee \$5.50/class
45-Minute Classes \$4.50/class

Buy a block of 10 classes:

(blocks to be used for hour classes only)
Community Member \$50/10 classes
Aria Employee \$45/10 classes
Aerobic Membership \$300/year

CLASS SCHEDULE	
MONDAY	
5:30 - 6:30 pm	Cardio Tone
6:45 - 7:45 pm	Dance & Tone
TUESDAY	
9 - 10 am	SilverSneakers®
6 - 7 pm	Piloxing®
7:05 - 7:50 pm	Guns & Buns Toning
WEDNESDAY	
5:30 - 6:30 pm	Cardio Blast
THURSDAY	
9 - 10 am	Silver Sneakers®
6:15 - 7:15 pm	Cardio Sculpt with Kettlebell
7:20 - 8:05 pm	Yoga Tone



Please call the Wellness Center at 1-866-366-4614 to schedule an appointment.

Eat Well Series

INDIVIDUAL NUTRITIONAL COUNSELING

Nutritional assessment and counseling provided by registered dietitians for general nutrition and a variety of medical concerns requiring nutritional intervention. Some health insurances may cover the cost of nutrition counseling. Accepting pediatric patients ages 6 and up. Prompt pay discount offered to clients not covered by insurance for this service.

Fee: Initial 1 hour visit \$92.40
Follow-up visits 1/2 hour \$46.20

MEDGEM® INDIRECT CALORIMETER TESTING

This service requires a simple breath test to accurately measure your individual energy requirements. Knowing this number will help you with your weight management goals. The fee includes the test with result and brief nutritional guidance. (If client has had no previous nutrition education, this test may be most useful when combined with an individual consultation.)

Fee: \$50

HEART HEALTHY & DIABETES SUPERMARKET TOURS

These tours will emphasize label reading for fats (saturated and unsaturated), fiber, soy protein, carbohydrate, and other key ingredients to help you manage your blood sugars, cholesterol, and triglyceride levels. Discover new products and learn how to use food labels and ingredient lists to evaluate and fit specific foods in your diet.

Fee: \$20
Date: Call for dates and times.

KIDS IN THE KITCHEN

Please join us for an hour of kid-friendly food preparation and activities. Registered Dietitians and Aria's Executive Chef will work with your kids to create healthy foods. We will be playing games and giving out prizes. Children ages 6-10 are invited, along with their parent. Space is limited. To register, please call 1-866-368-2282.

Fee: \$10 per child and parent, \$5 for each additional child
Date: Call for future dates.
Place: Torresdale Campus, Cafeteria

POLYCYSTIC OVARY SYNDROME (PCOS) NUTRITION EDUCATION SERIES

Feel comfortable with others who share this common endocrine problem. Weekly meetings will include educational topics on carbohydrate counting, healthy foods to help manage cholesterol and blood pressure, weight management, benefits of exercise, and recipe tips. Support provided by staff members and group members. A one-time, six-week membership to the Fitness Center is included.

Fee: \$160 — includes six sessions
Dates: Call for an appointment.
Place: Torresdale Campus
Minimum of four participants required
(A patient can also be seen for individual sessions.)

NUTRITION COUNSELING FOR BARIATRIC SURGERY

This service is provided for patients thinking about adjustable gastric banding, sleeve gastrectomy and gastric bypass weight-loss procedures, now being offered at the Oxford Valley Medical Plaza in Langhorne, PA. Our registered dietitians work with Dr. Luca Giordano and Dr. Elizabeth Renza-Stingone to prepare our patients for weight loss surgery. Call 215-612-5001 for more information or to make an appointment.

Fee: Initial 1 hour visit \$92.40
Follow-up visits 1/2 hour \$46.20
(Some health insurances may cover these costs.)

CREATE YOUR WEIGHT

Nine-week weight management classes for adults that encompass nutrition, education, physical activity, and behavior therapy to achieve long-term weight control.

What Makes The Create Your Weight Program Unique?

- One-to-one initial session with a registered dietitian
- Medgem® indirect calorimetry test
- 3-month membership to the Wellness Center gym
- Supermarket tour
- Program books

Fee: \$299
Dates: Call 215-612-4863 for start dates.
Place: Torresdale Campus

Requires a minimum number of enrollees. Some health insurances may reimburse for a portion of the program fee upon completion of the program.

Live Well Series

SMOKING CESSATION PROGRAMS

CLEARING THE AIR: BUCKS COUNTY CAMPUS

Sponsored by the Bucks County Health Improvement Partnership (BCHIP) for Bucks County Residents.

This FREE five-week program is designed to help you quit smoking comfortably. You will also learn about using nicotine replacement products, and a nicotine patch will be provided FREE to participants. Invite your friends and family members who want to quit too! Come listen, learn, have fun, and quit smoking!

This program is offered quarterly. To inquire about upcoming dates and to register, please call, 215-710-2264.

CLEARING THE AIR: TORRESDALE CAMPUS

This FREE five-week program is designed to help you quit smoking comfortably. You will also learn about using Nicotine Replacement Products. Invite your friends and family members who want to quit too! Come listen, learn, have fun and quit smoking!

To inquire about upcoming dates, times, and to register, please call the Aria Call Center at 1-877-808-2742 and press #2 for "Wellness and Education Class."

CPR HEARTSAVER FOR ADULT, INFANT, AND CHILD

This course comprises Heartsaver CPR for the adult (with AED), infant, and child. This is a certified class designed for ancillary healthcare workers or those working in public capacity who require certification. To verify that this is the appropriate course for you, please call 215-612-4576.

Fee: \$55
Date: August 19
Time: 6 to 10 pm
Place: Torresdale Campus, Mansion House Conference Room

CPR/BLS FOR HEALTHCARE PROVIDERS

This course is intended for the healthcare professionals who practice in the medical setting (nurses, doctors, respiratory therapists, etc.). This is a certified class. To register please call, 1-866-369-6226.

Fee: \$70
Dates: July 13, August 10
Times: 8:30 am
Place: Torresdale Campus, Mansion House Conference Room

SAFE SITTER

Safe Sitter is an instructional program for teens between the ages of 11 and 13, teaching safe baby sitting techniques, how to handle emergencies, first aid, and choking. Class size is limited.

Fee: \$55
Date: Call for dates
Time: 9 am
Place: Torresdale Campus, Mansion House Conference Room

MIND AND BODY RELAXATION

Do you experience stress? Do you have a hard time sleeping at night? Learn how to decrease your stress and become more relaxed through breathing and relaxation exercises, massage, imagery, and other techniques that will help promote a healthy mind and body! Class includes a neck and shoulder massage by our certified massage therapist.

Fee: \$35
Date: Call for dates
Time: 6:30 to 8 pm
Place: Torresdale Campus



*Phone registrations require a credit card.



Please call the Wellness Center at 1-866-366-4614 to schedule an appointment.



Please call the Wellness Center at 1-866-366-4614 to schedule an appointment.

Health Programs/Support Groups

CARDIOPULMONARY CARDIAC REHABILITATION

Aria Health's Cardiac Rehabilitation program is a medically monitored exercise program for people with heart disease. Scheduled classes meet on Mondays, Wednesdays, and Fridays. Education is included with every session. A physician referral and pre-registration are required.

Torresdale Campus only: 1-866-546-5203

PULMONARY REHABILITATION

The Pulmonary Rehabilitation program is a medically supervised program for patients with chronic respiratory disease. The program consists of exercise and education and is designed to help patients cope better with their breathing problems. Scheduled classes meet two times per week on Tuesday and Thursday. A physician referral and pre-registration are required.

Torresdale Campus only: 1-866-557-5986



CANCER CENTER DEAR FRIENDS

Dear Friends, led by a social worker, is a general support group for patients coping with cancer, along with their friends and family members. Registration is not required. Please call 215-612-4300 for more information.

LOOK GOOD...FEEL BETTER

Sponsored by the American Cancer Society, this is a free program for women actively undergoing cancer treatment to help them deal with the changes to their skin and hair. To register, please call 215-612-2649. Please leave a message with your name and number and someone will return your call.

Please call for dates and times.



HEALTH SCREENINGS

TOTAL CHOLESTEROL AND HDL CHOLESTEROL SCREENING

With a simple finger stick, we will analyze your blood in about 10 minutes. Appointment is required and space is limited. Cholesterol screenings are held at all three Wellness Center locations.

Please call 1-866-567-6328 to schedule an appointment.

The cost is \$20 per screening.

BLOOD PRESSURE SCREENING

Free blood pressure screenings are held weekly at all three Wellness Center locations. Torresdale and Frankford Campus screenings are held every Thursday from 8 am until 12 noon. The Bucks County Campus screening is held every Friday from 8 am until 12 noon. NO APPOINTMENT NECESSARY.

DIABETES

SELF-MANAGEMENT EDUCATION

The Aria Health Diabetes Self-Management Program has been recognized by the American Diabetes Association for Quality Self-Management Education. Our 10-hour program will teach you the importance of proper nutrition, exercise, and controlling your blood sugar to minimize complications. A physician referral and pre-registration is required.

FOLLOW-UP CLASSES

After completion of the Diabetes Program, participants are encouraged to attend a follow-up session. This program reviews your progress, diabetes management skills, and the nutritional aspects of diabetes and heart health. These classes are offered several times each year.

INDIVIDUAL DIABETES COUNSELING

Individual appointments regarding blood sugar monitoring, insulin injection instruction, medication, and gestational diabetes can be addressed with a Registered Nurse certified in diabetes education. Concerns such as meal planning, weight control, and dietary information can be arranged with a Registered Dietitian.

DIABETES EXERCISE PROGRAM

This is a supervised program that helps people with diabetes manage their blood sugars. Pre- and post-exercise blood sugar levels are taken along with heart rate and blood pressures. This program is available at all three Aria Health Wellness Centers. For more information, please call 215-612-4576.

FREE DIABETES SUPPORT GROUPS

Adult Day Group

Frankford: Room #3801, 3rd Floor

Adult Evening Group

Torresdale: Conference Room #1, 1st Floor

Bucks County: Conference Room D, Ground Floor

For diabetes information,
call 1-866-577-9587



Senior Programs

AARP DRIVER SAFETY PROGRAM

This program designed to improve seniors' driving skills is offered at all Aria Health campuses. AARP also offers one-day renewal classes. This program will require proof of previous full class attendance (certificate). Call 1-866-598-3684 for information on class dates, locations, and times.

BUCKS CAMPUS SENIOR SOCIAL FREE!

Date: Third Friday of every month
Time: 9 to 10:30 am
Place: Bucks County, Cafeteria (Ground Floor)

A fun and lively monthly educational program held on the third Friday of every month from 9 to 10:30 am. Nutritional breakfast provided. Reservations are required. Please call 1-877-808-ARIA (2742) and press #2 for "Wellness and Education Classes." Reserve your spot.



SENIOR DISCOUNT

20% OFF

IN ARIA HEALTH'S CAFETERIAS

ARIA HEALTH IS PROUD TO OFFER A 20% SENIOR DISCOUNT PROGRAM TO ANY OF OUR CAFETERIAS.

SEE ANY OF OUR CAFETERIA LOCATIONS FOR MORE INFORMATION OR HOW TO SIGN UP.

TORRESDALE SENIOR WELLNESS WEDNESDAYS FREE!

Date: Third Wednesday of every month
Time: 3:30 to 5 pm
Place: Torresdale Campus, Cafeteria

A fun, enjoyable senior health-focused lecture held on the third Wednesday of every month from 3:30 to 5 pm. Nutritional dinner provided. Reservations are required. Please call 1-877-808-ARIA (2742) and press #2 for "Wellness and Education Classes." Reserve your spot.

FRANKFORD CAMPUS SENIOR BREAKFAST FREE!

Date: Last Tuesday of every month
Time: 8 to 10 am
Place: Frankford Campus, Conference Rooms 1 & 2 (2nd Floor)

It's time to take charge of your health and wellness! Join us at our monthly senior lectures that are held on the last Tuesday of every month. Nutritional breakfast provided. Please call 1-877-808-ARIA (2742) and press #2 for "Wellness and Education Classes." Reserve your spot.

Aria Health School of Nursing – Class of September 2015

APPLY TODAY!



Please visit our website: ARIAHEALTH.org to obtain your application and view our entrance requirements.

All application materials must be completed and received by **February 1, 2015.**

For more information, please call **Julie Million** at **215-710-3531** or email jmillion@ariahealth.org.

Aria Health School of Nursing

"Educating generations of students for the future of nursing."

ARIA[™]
HEALTH
SCHOOL OF NURSING





10800 Knights Road
Philadelphia, PA 19114



Scan this QR Code
to visit Aria online.

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ORGANIZATION
U.S. POSTAGE PAID
STRASBURG, VA
PERMIT #230



Frankford Campus

Aria Health-Frankford

4900 Frankford Avenue
Philadelphia, PA 19124

215-831-2000

ARIAHEALTH.org/FRANKFORD



Torresdale Campus

Aria Health-Torresdale

10800 Knights Road
Philadelphia, PA 19114

215-612-4000

ARIAHEALTH.org/TORRESDALE



Bucks County Campus

Aria Health-Bucks County

380 North Oxford Valley Road
Langhorne, PA 19047

215-949-5000

ARIAHEALTH.org/BUCKSCOUNTY

With three leading-edge community hospitals — Aria Health-Frankford in Lower Northeast Philadelphia, Aria Health-Torresdale in Far Northeast Philadelphia, and Aria Health-Bucks County in Langhorne, PA — and a strong network of outpatient centers and primary care physicians, Aria upholds a longstanding tradition of bringing advanced medicine and personal care to the many communities it has served since 1903.



ADVANCED MEDICINE. PERSONAL CARE.™



For more information call 1-877-808-ARIA (2742)

Visit us at ARIAHEALTH.org  or from your smartphone