

THE PEOPLE YOU KNOW...THE PROFESSIONALS YOU TRUST

WCA health

WINTER 2011



Beat the WINTER BLAHS

Page 8

KIDNEY STONES:

Preventing and
Treating Painful
Episodes

Page 3

PRENATAL/OB Health

Page 5



Dear Friends,

With the approaching holiday season comes a time to be thankful for all the gifts we are given, including the gift of good health. Our mission is to keep you healthy, and we strive to deliver the highest quality of care and expanded services so you have excellent healthcare options right here, close to home.

WCA's Emergency Department is recognized as one of the busiest in the area, serving more than 36,000 patients annually and growing. Our new Emergency Department, slated for completion in 2012, is the realization of a vision and true demonstration of WCA's longtime commitment to our community. The 18,000-square-foot Emergency Department will feature 28 private treatment rooms and two private triage rooms. Care, comfort, and convenience are all being considered, and we expect to gain valuable space and privacy. The completed construction project will give the community increased access to emergency services and enhance the level of care and commitment provided by WCA. We are truly grateful to all of our generous donors who have supported *Sharing the Gift of Health: Our Capital Campaign for our Emergency Department*.

As you browse through our publication, you will learn how we enhance care by investing in leading-edge technology and services. One of our featured stories showcases our new open-bore magnetic resonance imaging (MRI) scanner, which performs superior imaging and is supported by specialized physicians and staff who ensure that the highest standards of patient care are met. This publication offers several other examples of our patient-centered care.

Our trusted professionals, board leadership, and volunteers work diligently to find superior ways to improve our care, and we thank you for choosing WCA for your health needs.

From everyone, we wish you good health and a happy New Year. Sincerely,

Betsy T. Wright

Betsy T. Wright, FACHE
WCA Hospital President/CEO

Raising the Beam to Realize Our Dream

ON SEPTEMBER 27, WCA HOSPITAL HOSTED A CELEBRATION, "RAISING THE BEAM TO REALIZE OUR DREAM." TO HELP COMMEMORATE THE OCCASION, A 10-FOOT STEEL BEAM WAS RAISED TO THE TOP OF THE NOW-COMPLETED STEEL STRUCTURE THAT WILL HOUSE WCA'S NEW EMERGENCY DEPARTMENT. THIS BEAM WAS PAINTED AND BEARS THE WCA HOSPITAL LOGO AND SHARING THE GIFT OF HEALTH CAMPAIGN LOGO, ALONG WITH HUNDREDS OF SIGNATURES FROM HOSPITAL EMPLOYEES, PHYSICIANS, VOLUNTEERS, AND COMMUNITY SUPPORTERS.

"Today, we have a special opportunity to reflect on our rich tradition of high-quality care and commemorate another milestone in the history of WCA Hospital as we celebrate the construction of our 21st-century Emergency Department," says Betsy T. Wright, WCA Hospital President and CEO. "As we stand here, we are genuinely excited about the future of WCA Hospital. Our new Emergency Department will feature the design, space, privacy, and modern amenities our community needs and deserves."

Through this special event, the hospital not only celebrated the completion of the steel work for the new Emergency Department, but also thanked all those who have made construction possible by financially supporting WCA's capital campaign. WCA has reached the 85 percent mark by securing over \$14 million toward the \$16.5 million capital campaign goal.

"We are extremely grateful to all those who have made this day possible," says Lillian Vitanza Ney, MD, Campaign Chair. "We trust that our community will continue to come alongside us to help us reach our goal by the end of 2013 and make this dream a reality."

WCA's Emergency Department is now fully under construction and is expected to open in 2012. With great advances in space and privacy, the new 18,000-square-foot Emergency Department will enhance the overall patient experience.

To make a gift to support *Sharing the Gift of Health: Our Capital Campaign for Our Emergency Department*, please contact Karl Sisson, WCA Director of Development, at (716) 664-8423 or visit WCA Hospital's Web site at www.wcahospital.org.



NURTURING STUDENTS' PASSION

for Medicine

HAVE YOU EVER WONDERED WHAT SPARKED YOUR FAMILY PHYSICIAN'S INTEREST IN THE MEDICAL FIELD? IT MAY HAVE BEEN A PROGRAM FOR YOUNG PEOPLE LIKE THE ONE OFFERED AT WCA HOSPITAL.

The Student Education Program at WCA was established to encourage high school and undergraduate students to consider careers in medicine.

The program gives participants a firsthand look at healthcare. For students who are already on the path to becoming medical providers, the program offers even more.

"The Student Education Program has different levels, the first one being observerships for high school and college students," says Bert Rappole, MD, Director of Medical Student Education at WCA. "The next level is for students who are in their first year of training as part of a medical education program. Finally, we



(FROM LEFT) LECOM STUDENTS JUSTIN LACROSSE, HEATHER BARAN, AND KRISTINA BRUBAKER WITH DR. RAPPOLE, DIRECTOR OF MEDICAL STUDENT EDUCATION

offer third-year and fourth-year medical students the chance to perform clinical rotations in various specialties through our relationships with the University at Buffalo School of Medicine and Biomedical Sciences and the Lake Erie College of Osteopathic Medicine and other schools."

Each third-year medical student works with an experienced physician to apply what he or she has learned in the classroom to a real-world patient care setting.

"Medical students are wonderfully stimulating to work with because they're inquisitive," Dr. Rappole says. "It makes me and the rest of WCA's physicians happy to hear some of the participants say they would like to return here to practice."

If you're interested in participating in a student healthcare observership or performing a medical rotation at WCA, contact Dr. Rappole at (716) 664-8154.

>>The STONE COLD Facts

SMALL, SOLID MASSES MADE UP OF TINY CRYSTALS THAT CAN DEVELOP INTO STONE, KIDNEY STONES CAN BE A PAINFUL AND DEBILITATING CONDITION TO ENDURE. HOWEVER, TAKING PREVENTIVE STEPS CAN REDUCE YOUR RISK OF DEVELOPING KIDNEY STONES.

The most common types of kidney stones are calcium oxalate stones, uric acid stones, and struvite stones. "The common denominator for all types of kidney stones lies in our diets," says Ichabod Jung, MD, FACS, board-certified urologist on staff at WCA Hospital. "The vast majority of kidney stones are calcium oxalate stones, and the biggest risk factor for developing these types of stones is dehydration, or not drinking enough water on a regular basis."

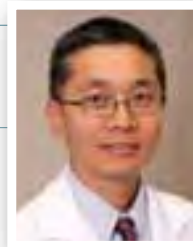
The less common uric acid stones are caused by metabolic imbalances, such as high-protein diets, and are more common in men. Struvite stones are more common in women and typically result from infections, such as frequent urinary tract infections. Struvite stones can grow very large and block pathways in the kidney, ureter, or bladder.

PREVENTION AND TREATMENT

To reduce your risk of developing kidney stones, increase your water intake throughout the day by drinking eight or more eight-ounce glasses a day and consume a low-sodium diet, aiming for no more than 2,000 mg of sodium per day.

"Prevention of kidney stones through dietary changes is key," Dr. Jung says. "Most stones pass on their own. However, medications are available to dissolve uric acid and struvite stones. For more severe cases of kidney stones, WCA provides a range of treatment options, including surgical removal and the use of targeted laser beams or sonic shock waves to break up stones."

To schedule an appointment with Dr. Jung, call (716) 338-9200.



ICHABOD JUNG, MD, FACS,
BOARD-CERTIFIED UROLOGIST
WNY UROLOGY ASSOCIATES, LLC
(716) 338-9200



THE NEWEST ALLY in the Fight Against Breast Cancer

WCA HOSPITAL IS DEDICATED TO OFFERING LEADING-EDGE TREATMENT OPTIONS, INCLUDING THE NEW RESPIRATORY GATING RADIATION THERAPY SYSTEM.

For women diagnosed with breast cancer, WCA Hospital offers the “new” respiratory gating system—a noninvasive system that allows for pinpoint imaging and treatment of the breast.

“In traditional approaches, a patient would breathe normally when receiving radiation therapy,” says Judith Thomas, RTT, Chief Radiation Therapist and Manager of the Cancer Treatment Center at WCA. “During the gating technique, a patient holds her breath for 15 to 20 seconds. This keeps the chest and internal organs from moving. Technologists can then precisely target the tumor and protect the heart during treatment.”

A computed tomography (CT) scan is taken during the simulation process to locate the tumor bed area. During the procedure, a patient wears high-tech glasses to monitor her breathing and alert her when to hold her breath. Radiation is

delivered between the patient’s breaths based on the CT images. Typically, a patient may need to hold her breath anywhere from two to five times per treatment.

“Patients don’t have to travel outside Jamestown and the surrounding communities to receive the latest in breast cancer care,” Thomas says. “We are the first in the area to use this technology and can schedule appointments with minimal wait times.”

Ask your physician to refer you to the WCA Cancer Treatment Center Radiation Treatment Program. Call (716) 664-8670 to schedule an appointment.



Profile of Courage...

THE STORY OF A Breast Cancer Survivor

YOU TURN 40. YOU START GETTING ANNUAL MAMMOGRAMS TO SCREEN FOR BREAST CANCER. FOR REBECCA SUBER, IT WAS ROUTINE TO GET HER MAMMOGRAM EVERY YEAR.

Rebecca’s family has a history of breast cancer, and her mother died from the disease. Every year, Rebecca would breathe a sigh of relief when she received the letter from her healthcare provider that her results were negative. But this year, everything changed when Rebecca learned that she had advanced breast cancer.

“I was caught in a swirl of emotions,” says the 61-year-old retired homemaker. “At first, I didn’t know what to believe. I had my mammograms religiously and thought I would be prepared if I ever heard the words, ‘you have breast cancer,’ but it still sent a shock of emotions throughout my body when the doctor explained that they found a suspicious area on my mammogram.”

The first step in Rebecca’s treatment was to remove the tumor from her breast.

“After the biopsy result came back positive, I was told I would need surgery right away,” Rebecca says. “I was so nervous and scared, but I have a very strong faith in God and realized that I would be in the fight of my life if I were to survive this life-altering period in my life.”

OVERCOMING ANOTHER HURDLE

After the initial surgery to remove her tumor, Rebecca was told she had cancer in a number of her lymph nodes.

“I really got scared then,” Rebecca says. “The doctors recommended a second surgery to remove the diseased lymph nodes, and at that instant, I decided to get a second opinion.”

Rebecca understood she had to fight hard when Roswell Park Cancer Institute confirmed that she would indeed have to undergo a second surgery to remove her lymph nodes.



REBECCA SUBER (RIGHT) CELEBRATES HER LAST DAY OF RADIATION TREATMENT ALONGSIDE CAROLYN NELSON (LEFT), RN AT THE WCA CANCER TREATMENT CENTER.

“I definitely needed the support of my family and friends at that time,” she says. “The cards and prayers came in from everywhere, and love poured out from everyone.”

Rebecca was determined to win her battle against cancer, but first she had to survive chemotherapy and radiation treatment.

“I received ‘gold-star’ treatment from Dr. Ibabao [Jairus Ibabao, MD], my chemotherapy physician, and the WCA Hospital Cancer Treatment Center staff and got through the most difficult journey of my life one treatment at a time, one day at a time,” Rebecca says. “I absolutely could not have gotten through this stretch of treatment without my wonderful husband. It’s been as though we’ve had cancer together.”

ENJOYING LIFE AFTER CANCER

Today, Rebecca is cancer-free.

“I am so happy, I just want to dance,” Rebecca says. “Although I get tired at times, I generally feel really good.”

Rebecca says if she could share one important message, it would be to get screened.

“Stay one step ahead of your health,” she says. “I can’t stress enough how imperative it is to be proactive and get tested. Getting annual mammogram screenings saved my life, and it can save yours, too.”



PRENATAL/OB HEALTH — Maternity Care Tailored Just for You!

Recognizing the need for additional access to Prenatal/OB in the region, New York Physician Consultant Solutions PC, in collaboration with Delphi Healthcare Partners, is proud to offer a full range of services for expectant mothers, developed especially with a woman's needs in mind.

Located at Jones Memorial Health Center at 51 Glasgow Avenue, in Jamestown, New York, the center is accepting new patients and accepts most insurances. Staffed by highly skilled, board-certified physicians and specialized nursing staff, expectant mothers will benefit from high-quality, patient-centered care.

Women will have immediate access to the comprehensive programs, services, technology, and compassionate care of WCA Hospital.

PROVIDING COMPASSIONATE PRENATAL CARE

"Our prenatal program is designed to increase access to care for expectant mothers and their

babies," says Dan Tota, Program Manager.

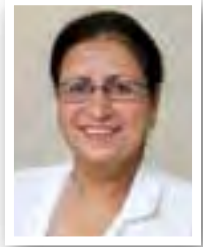
"The community was in need of additional providers, and this program complements the services already available in our community, as well as offers additional services for women who are expecting."

Expectant mothers will receive prenatal services including birth planning, laboratory work, sonograms, and ultrasounds. A full-time nurse practitioner who specializes in prenatal care will see patients at the center.

The center provides 24/7 physician coverage for maternity care. The board-certified staff at New York Physician Consultant Solutions PC complement the OB/GYN physicians already on staff at WCA.

WE'RE A PHONE CALL AWAY

Appointments at the new center for Prenatal/OB care are available by calling (716) 664-8510.



MANDEEP BRAR, MD, OB
HOSPITALIST, MEDICAL DIRECTOR
(716) 664-8510



MICHELLE BROWN
NURSE PRACTITIONER
(716) 664-8510



KEVIN CUNNINGHAM, MD
BOARD-CERTIFIED OB/GYN
(716) 664-8510



Getting Her LIFE BACK after Hip Replacement

CYCLING ENTHUSIAST LISA MILLER HAD NO DOUBT THAT ONCE HIP PAIN WAS BEHIND HER, SHE WOULD BE BACK TO CYCLING AND ALL THE THINGS SHE ONCE ENJOYED IN LIFE.

The choice whether to have hip replacement surgery should be made by you, your family, your primary care doctor, and your orthopedic surgeon. The decision-making process typically begins with a referral by your physician to an orthopedic surgeon for an initial evaluation. For Lisa Miller, that meant a discussion with orthopedic surgeon Peter Robinson, MD.

Before she experienced severe hip pain, Lisa enjoyed spinning classes four times a week, cycling for a local cycling club, taking her dog for nightly walks, yoga, and snowshoeing during the winter season. But excruciating hip pain eventually kept her from physical activity, and ultimately, even walking the dog became a chore.

"I couldn't keep up with walking my dog at night," says Lisa, who was diagnosed with rheumatoid arthritis 12 years ago. "My rheumatologist suggested that I stop cycling and reduce my physical activity. It was difficult to quit the things that I had grown to enjoy."

FINDING RELIEF

After Lisa suffered months of horrific hip pain, a visit to her rheumatologist and a magnetic resonance imaging (MRI) exam confirmed that Lisa had avascular necrosis, the death of bone tissue due to a lack of blood supply, which can lead to tiny fractures and the bone's eventual collapse. Lisa was referred to an orthopedic surgeon.

"There was no question that I wanted to be treated at WCA Hospital, the place where I've worked for many years and know the people," Lisa says. "After learning what to expect before, during, and after hip surgery, my husband and I made an appointment with our local orthopedic surgeon, Dr. Robinson. He was so friendly and compassionate. He realized I was frightened, and he calmed me down. He gave us plenty of information to take home before considering hip replacement."

After consulting with Dr. Robinson, her primary care doctor, and her rheumatologist, Lisa knew she needed a hip replacement and scheduled her surgery.

"If I'd known undergoing the surgery was that easy, I would have had it sooner," Lisa says. "After three days in the hospital and a week of rehabilitation, I could climb the stairs at home faster than I had in years."

Lisa's progress has continued, and she is resuming her active lifestyle.

"I am just so happy I had hip replacement surgery," she says. "I sleep through the night again and I am pain-free. I am regaining my strength and getting back to the things I love. I am getting my life back!"



IS IT TIME FOR SURGERY?



According to the American Academy of Orthopaedic Surgeons, you may want to speak with your primary care physician about whether or not you would benefit from hip replacement surgery if you:

- Experience pain and stiffness that limits your ability to walk, bend at the waist, or move or lift your leg
- Have continuous pain, even while resting
- Take anti-inflammatory drugs and have side effects or experience little or no pain relief
- Find no relief through physical therapy or the use of a cane or other assistive device

To learn more about WCA Hospital's Center for Orthopedics, Sports Medicine & Rehabilitation, visit www.wcahospital.org or call (716) 664-8400.

Quality. Speed. Comfort.

OPEN-BORE MRI

The MAGNETOM Espree is one of the best-selling open-bore MRI scanners on the market, with good reason. This MRI system provides superior image quality and is designed to accommodate patients up to 550 pounds and individuals who experience claustrophobia, anxiety, and excessive pain or limited mobility.

“The Espree MRI has a large opening for comfort and possesses powerful imaging capabilities,” says Dallen Ashby, MD, board-certified radiologist at WCA. “With its larger bore size and stronger magnet, the technology is well suited to meet the needs of all MRI patients, but particularly those with special needs, such as claustrophobia and anxiety, allowing our patients one of the most comfortable MRI imaging experiences.”

ONE BORE FITS ALL

What does this new MRI mean for patients?

QUALITY. The Espree MRI features a 1.5 Tesla magnet, which delivers the sharpest images to assist physicians at WCA in making informed, accurate diagnoses.

WCA HOSPITAL'S NEW OPEN-BORE MAGNETIC RESONANCE IMAGING (MRI) SCANNER GIVES PATIENTS A FULL RANGE OF DIAGNOSTIC POSSIBILITIES.

SPEED. With innovative Tim (Total imaging matrix) technology, the Espree MRI can produce images without patients having to alternate positions or physicians having to change the coils that capture the images. This translates into faster, more convenient experiences for patients. Whereas traditional MRI exams take up to an hour, the Espree MRI can perform a scan in fewer than 25 minutes.

COMFORT. The Espree's bore (the opening in which patients lie) has a wide-open design. With a diameter of 70 centimeters, the MRI scanner's opening can comfortably accommodate patients weighing up to 550 pounds.

“The open bore allows patients to have their heads outside the machine, which is ideal for claustrophobic patients and those with larger frames,” says Holly Gatto, RT, Insight MRI Manager at WCA.

Appointments for an open-bore MRI scan are currently available Mondays and Saturdays. To schedule an open-bore MRI exam, call (716) 664-8MRI.

To learn more about the WCA Center for Imaging & Medical Arts, visit www.wcahospital.org.

WCA Foundation Launches New Logo for Donation Days

Launched with the 2011 Donation Days campaign, the new WCA Foundation logo is designed to transfer the Foundation's mission into a visible image and bring both organizations together. The Foundation's logo imitates the branded three-character image used by the Hospital to represent the Women's Christian Association portion of the original corporate name. The Foundation and Hospital work together to raise funds and to build, maintain and grow the efforts of our highly acclaimed community hospital.

Contributions to the annual Donation Days campaign may be made payable to W.C.A. Foundation, Inc., and sent to PO Box 214, Jamestown, NY 14702-0214. You may designate whether your donation should benefit a specific named fund or support the general needs of the Hospital.

To help satisfy immediate needs at the Hospital, direct your donation to the Non-Endowed Unrestricted Fund. Invested contributions placed in the Endowed Unrestricted Fund continue to grow, earning interest that can be used for many years to come. To discuss the creation of an endowment fund of your own, please contact Brigetta Overcash, WCA Foundation Executive Director, at (716) 664-5461, or by emailing Brigetta.Overcash@wcahospital.org. All gifts to W.C.A. Foundation, Inc., are tax-deductible.



Personal Attention and Convenience For the **WHOLE FAMILY!**



WCA OUTPATIENT LABORATORY
Center For Imaging & Medical Arts at WCA
Monday through Friday, 6:30 a.m. to 5:30 p.m.;
Saturday, 6:30 a.m. to 12:30 p.m.

LAKEWOOD OUTPATIENT LABORATORY
110 Mall Blvd.
Lakewood, NY
Monday through Friday, 7 a.m. to noon and 1 to 3 p.m.

JONES MEMORIAL HEALTH CENTER OUTPATIENT LABORATORY
51 Glasgow Ave.
Jamestown, NY
Monday through Friday, 7 a.m. to noon

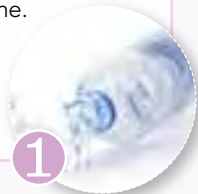
RANDOLPH OUTPATIENT LABORATORY
11 School St.
Randolph, NY
Monday, Wednesday, and Friday, 9 a.m. to noon

WCA HOSPITAL OUTPATIENT LABORATORY
207 Foote Ave.
Jamestown, NY
Monday through Friday, 6:30 a.m. to 5:30 p.m.;
Saturday, 6:30 a.m. to 12:30 p.m. Visit this Laboratory if you need additional hospital services with your lab work.

5 CURES FOR THE WINTER BLAHS

DON'T LET COLD WEATHER AND THE STRESS OF THE HOLIDAYS GET YOU DOWN. TRY THESE FIVE REMEDIES FOR COMMON WINTER WOES TO HELP AVOID ILLNESS AND PREPARE FOR THE SPRING THAW.

Stay hydrated. Water is vital to the proper functioning of every system in the human body, so even mild dehydration can sap your energy. Women should drink about 2 liters and men 3 liters of water each day, according to the Institute of Medicine.

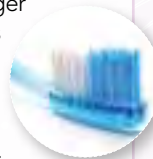


1

See the light. Avoid the doldrums of seasonal affective disorder (SAD) by asking your physician about phototherapy. Also called light therapy, this approach provides exposure to artificial light that imitates natural outdoor light that's in short supply during winter months to boost mood-elevating chemicals in the brain.

2

Fight germs and plaque. If you have been sick, get a new toothbrush after you are no longer contagious and before you finish antibiotics. New bristles will help prevent re-infection and are more effective at cleaning plaque.



3

Boost soluble fiber intake. Apples and other sources of soluble fiber can help keep the doctor away, according to new research. Consumption of soluble fiber, found in barley, carrots, citrus fruits, lentils, nuts, oat bran, and seeds, strengthens the immune system by reducing inflammation.

4

Take care of your feet. Cracked, dry winter feet can invite infection. Moisturize feet daily to help prevent fungi from moving in.



Still feeling run-down? To find a WCA Hospital physician, visit www.wcahospital.org and click on "Find a Doctor."

5

WCA Hospital
207 Foote Avenue
Jamestown, NY 14702-0840
Telephone: (716) 487-0141
www.wcahospital.org