WAY TO GO KIDS!
A Lifetime of Fitness & Healthy Eating Starts Early

Treating the Smallest Heart Patients Close to Home

Learn the Secrets to Staying Safe on the Slopes This Winter
Welcome to the winter issue of WCA Health. This publication highlights the latest in technology and techniques, including surgical advancements, cardiac rehabilitation and pediatric heart care, advanced sleep medicine care, and other award-winning programs that recognize WCA as the preferred leader in health care.

We also introduce our new Center for Imaging & Medical Arts at WCA, an expanded complex for women’s imaging and ultrasound services that will provide diagnostic imaging and laboratory services in a warm and caring environment for you, our patient. The complex will be a tremendous asset to our community, embracing our patients with the ultimate in service convenience and comfort. We look forward to sharing more exciting news about this venture as we move toward completion in 2008.

Improved service delivery where our patients live and work has become our commitment in helping you stay healthy. We are pleased to announce the opening of our sixth outpatient lab, located at the new Center for Imaging & Medical Arts at WCA, behind the hospital. This modern lab offers ample parking and fast, efficient, friendly service in a professional, state-of-the-art facility.

WCA is a growing and dynamic medical center. From diagnosis to treatment to rehabilitation, we are dedicated to bringing you highly skilled and exceptional physicians who utilize innovative technology and the most effective forms of treatment. And, best of all, we offer this exceptional care close to home.

As we approach 2008, we look forward to continuing to find new and collaborative ways to serve the needs of our community with advanced medicine and personalized care.

From all of us at WCA, we wish you and your family a happy, healthy New Year!

Sincerely,

Betsy T. Wright,
President/CEO

Just a Word

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New Physician Spotlight

CHAO-YU HSU, MD
NEPHROLOGIST
RIVERWALK CENTER, 15 SOUTH MAIN STREET, JAMESTOWN, NEW YORK
(716) 664-7725

REDA SHEDEED, MD
FAMILY PRACTICE
JAMESTOWN FAMILY HEALTH CENTER (716) 664-8630 AND RANDOLPH HEALTH CENTER (716) 358-2015

www.wcahospital.org
Helping the Tiniest Heart Patients

For almost two decades pediatric cardiology services have been available locally at WCA Hospital. On the second Friday of each month, Robert Gingell, MD, FAAP, FACC, board-certified Pediatrician and Pediatric Cardiologist, provides pediatric cardiology care for our tiniest heart patients.

“When your child suffers from a heart problem, you don’t want to travel to get the care he or she needs,” says Dr. Gingell. “At WCA, we provide all the cardiac testing a child needs—including electrocardiography, 24-hour ambulatory electrocardiograms, and echocardiograms—with a full range of support services in place.”

Care You Can Trust

As a recognized leader in pediatric cardiology, Dr. Gingell performs cardiac evaluations using the most advanced technology and treatment methods. Conditions range from benign chest pain to those that require open-heart surgery.

“Our pediatric cardiology program is committed to a family-centered care philosophy emphasizing education, total well-being, and preventive measures,” Dr. Gingell says. “We have a wonderful relationship with WCA, and we’re happy to deliver the same excellent cardiology care the community has come to expect from their local hospital.”

For more information about pediatric cardiology at WCA, call (716) 664-8137.

The (Heart) Beat Goes On

After a heart attack, heart surgery, or a diagnosis of heart disease, the cardiac rehabilitation program at WCA Hospital is here to get you back on your feet.

Our Cardiac Rehabilitation Program was developed around a set of goals known as the ‘three E’s’—exercise, education, and encouragement or emotional support,” says Brenda Fitzgerald, RN, Senior Cardiology Nurse at WCA. “By participating in this program, patients can feel better and meet their goals for a healthier lifestyle.”

• **Exercise.** Each patient who undergoes cardiac rehabilitation has a personalized exercise plan. Patients are closely monitored by cardiac rehabilitation specialists to ensure they’re performing exercises correctly and are not overexerting themselves.

• **Education.** Because a person who has heart disease or who has already suffered a heart attack has a higher risk of suffering a cardiac event, education about heart attack prevention and risk factor management is an important component of the rehabilitation program.

• **Encouragement and emotional support.** Many times, people who are in cardiac rehabilitation programs are uncomfortable exercising alone. Participating in the program with others who are in similar situations helps participants regain their confidence.

“The program begins while patients are in the hospital and continues on an outpatient basis after discharge,” says cardiologist James Cirbus, MD, FACC, Medical Director of the WCA Cardiology Program. “Combining all aspects of cardiac rehabilitation in appropriate patients improves functional capacity and quality of life; reduces risk factors; and establishes a sense of well-being and optimism for the future.”

For more information about the WCA Cardiac Rehabilitation Program, call (716) 664-8137.
From minor strains and sprains to more serious ligament tears and broken bones, winter sports injuries can lead to the emergency room. Fortunately, advances in techniques and equipment have helped reduce these injuries. Follow these tips for a fun and safe trip down the mountains.

Exercise Is the Answer
The better shape you’re in, the more likely you are to enjoy winter sports without suffering injury.

“The most important thing you can do to prevent injury is to condition before participating in winter sports,” says Michael Mitchell, MD, Medical Director of WCA Hospital’s Sports Medicine Center. “Many people go out and ask their muscles to do all kinds of things they haven’t been prepared for, and that’s when you end up with injuries.”

Proper Equipment and Protective Gear
Having the right equipment is also essential. Properly fitting boots, bindings, poles, skis, and snowboards—as well as protective gear such as helmets, wrist guards, and kneepads—can make a big difference in a hard fall.

Know Your Limits
A large part of skiing safety is knowing the rules of the road. Ski instructors can give safety tips and help you with your technique so you stay in better control when you’re headed down the mountain. Be sure to select slopes appropriate for your ability, so you don’t end up heading down an incline you can’t handle.

Other Things to Consider
“Although it may seem trivial, wearing the proper clothing is critical in preventing conditions such as hypothermia or frostbite,” says Daniel Johnson, PT, Director of Rehabilitation Services at WCA. “Dress in layers, so you can add clothing or take it off as needed, and be sure to wear sunscreen and protective eye gear to shield yourself from sunburn.”

Most importantly, use common sense. Winter sports can be fun, but if it’s 30 degrees below outside, it’s probably better to stay in the lodge and drink hot chocolate than to risk your health on the slopes.

The WCA Hospital Sports Medicine Center treats athletes of all ages. To schedule an appointment, call (716) 664-8604.

The National Ski Patrol Says…
- Get in shape. Don’t try to ski yourself into shape.
- Obtain proper equipment.
- Take a lesson.
- Drink plenty of water.
- Dress in layers.
- Be prepared.
- Wear sun protection.
- Always wear eye protection.
- When buying skiwear, look for fabric that is water- and wind-resistant.
- Know your limits.
- Learn to ski and snowboard smoothly and in control.
- Stop before you become fatigued and, most of all, have fun!
New Women’s Knee—Just What the Doctor Ordered

Every day, thousands of women live with knee pain. Suffering from pain and stiffness that does not subside with proper rest, medications, or physical therapy may qualify women for one of the newest surgeries at WCA Hospital, gender knee replacement.

Until recently, joint component options were based on composite measurements from both men and women. Now, a new, gender-specific knee at WCA takes into account a woman’s specific anatomy.

“Women’s knees are slightly different from men’s and, therefore, require special attention,” says Peter Robinson, MD, board-certified Orthopedic Surgeon who has performed a number of surgeries with the new gender-specific implant. “The new replacement knee joints appreciate that a woman’s hip joint and pelvis are wider apart. The new implant is an evolutionary development whereby those subtle angle differences have been incorporated and allow for better flexion, better strength, and very successful outcomes after surgery.”

Talk with Your Doctor

Moderate to severe knee pain can be treated with a variety of conservative options. Weight loss, medications, physical therapy, and protecting your joints may guard against joint degeneration. However, if you are still experiencing knee pain after you’ve made lifestyle changes, knee replacement surgery may be the best option for you.

For more information on gender knee replacement, talk with your primary care provider.

Tomorrow’s Surgical Advancements, Here Today

Providing surgical excellence is the centerpiece of care at WCA. New digital surgical technologies and state-of-the-art equipment keep WCA on the forefront of advanced surgical care. Highly skilled and nationally recognized surgeons bring the newest innovations right here, close to home.

“Progressive information systems allows physicians to communicate more effectively and provide excellent care, which ultimately benefits our patients,” says Ichabod Jung, MD, board-certified Urologist and Medical Staff Surgical Committee Chair at WCA. “Minimally invasive surgery is also returning patients to regular day-to-day living more quickly. Our focus is all about what is best for each patient.”

Superior Outcomes

Advanced technologies include:

• Laparoscopic kidney surgery, which allows patients to return to regular activities in two weeks.

• The Holmium laser—one of the most utilized pieces of equipment in the new state-of-the-art operating room—lets patients be discharged the same day of a kidney stone removal.

“The quality of surgical care at WCA is excellent,” says Dr. Jung. “We’ve upgraded our program with cutting-edge technology for every surgical specialty. We provide the very best surgical and continuity of care whether you are an inpatient, outpatient, or emergency room patient, without ever leaving the area.”

For more information about surgical advancements at WCA, contact Public Relations at (716) 664-8614.

“We are proud to take the lead in surgical advancements, providing the latest in surgical alternatives for our patients and their families.” —Betsy T. Wright, WCA Hospital President/CEO
**WAY to Go Kids!**

Starting in January 2008, WCA will offer WAY TO GO KIDS!, a fun, eight-week nutrition and fitness education program that teaches children the skills needed to stop weight gain while maintaining normal growth and development. The classes are led by a registered nurse, a recreational therapist, and a registered dietitian.

“This program was developed for kids ages 9 to 14, which is a time when children start to make their own food choices,” says Kerry Mihalko, Food Service Director and Registered Dietitian at WCA Hospital. “The program teaches kids healthy habits such as choosing nutritious foods and exercising.”

**Fun, Interactive Program**

Half of each two-hour class is nutrition education and healthy cooking while the other half is a group physical activity. Three parent-only sessions take place during the kids’ physical activity.

WAY TO GO KIDS! classes include:

- Build a Better Pyramid
- Eating the Healthy Way
- Fit Kids
- Fat Fingerprints
- Label Investigation – Give Me the Facts
- It’s Party Time
- Healthy Attitude
- A Way You Go

To sign up for WAY TO GO KIDS, call (716) 664-8436. A physician referral is required.

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**Runny Noses 101**

Albert Persia, MD, board-certified Family Practice Physician and Medical Director of the WCA Primary Care Centers, answers some common questions about runny noses.

**Q: Is a runny nose serious?**

A runny nose is usually more of an annoyance. However, runny noses may sometimes be a concern. If your condition lasts more than two weeks or if your nasal discharge is green and accompanied by a fever, contact your physician.

**Q: What will help a runny nose?**

Sniffing or gently blowing your nose. Taking an over-the-counter antihistamine and drinking plenty of fluids may also be helpful.

**Q: What can prevent a runny nose?**

A well-nourished immune system. Dark greens such as spinach are loaded with vitamins A and C. Regular exercise also boosts the immune system. Regular hand washing can also help keep you healthy.

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**Announcing New Expanded Hours…**

**Randolph Health Center**

Now Open an additional day on Tuesdays, 9 a.m. – 5 p.m. To schedule an appointment, call (716) 358-2015.

**Panama Health Center**

Now Open an additional day on Wednesdays, 9 a.m. – 5 p.m. To schedule an appointment, call (716) 782-2625.

For a complete listing of Primary Care Health Centers days and times, visit us on the web, www.wcahospital.org.
Center for Imaging & Medical Arts at WCA Moves to Completion

WCA Hospital keeps growing, bringing award-winning care to you and your family. An all-new 11,000-square-foot Women’s Imaging and Ultrasound Complex, slated to open in 2008, will create a comprehensive outpatient complex that is second to none.

“We thought it was important to move imaging into an outpatient center because of the benefits to patients,” says Lyndon Gritters, MD, board-certified Radiologist and Chair of the Radiology Department. “The ease with which patients will be able to get in and get their studies done will be greatly enhanced without having to come through the hospital.”

**Exceeding Expectations**

The freestanding facility—where the magnetic resonance imaging (MRI) center is currently located—will have a corridor that connects to the main hospital. The center features ample parking; a beautiful, roomy waiting area; an outpatient lab; an interventional radiology office; and fast, friendly service.

“We’ve made it a focus to ensure that the new imaging center is a user-friendly facility,” says Dr. Gritters. “We especially wanted to ease the anxiety women may feel when coming in for their annual mammogram, so we’ve designed it with a calm, friendly atmosphere in mind.”

All women’s imaging services, including mammography, stereotactic and ultrasound-guided breast biopsies, diagnostic ultrasounds, and bone density screenings will be relocated to the new facility.

The center is located behind WCA Hospital. An open house unveiling the new center is slated for 2008.

Sleep Better, Live Better

**If you’ve been told you snore, gasp for air, or stop breathing while you sleep, you may suffer from a sleep disorder.**

Our community is resting easier thanks to the professionals at the WCA Sleep Center who offer a full range of diagnostic services, including both day and nighttime sleep studies. By monitoring your sleeping habits, our team is able to diagnose sleep apnea, narcolepsy, insomnia, or one of several other sleep disorders. Once the disorder is identified, treatment can be prescribed—whether it’s medication, surgery, or lifestyle changes.

**An Answer to Pediatric Sleep Disorders**

The WCA Sleep Center recently expanded its state-of-the-art facility to six beds and is the only sleep center in the area to offer pediatric sleep studies for children 5 years of age and older.

“Children often have different symptoms from adults, meaning more specialized equipment needs to be used, and technicians must score results differently,” says Frank Arnal, MD, FCCP, Medical Director of the Sleep Center. “The members of our sleep team completed extensive training and are pleased to offer this service to the community so parents no longer have to travel far to receive diagnostic evaluation and treatment for children with various types of sleep disorders.”

During pediatric studies, the sleep study rooms feature stuffed animals, colorful blankets, and other age-appropriate décor.

Watch for the next issue of WCA Health, when we discuss surgical approaches for sleep-disordered breathing with Ellen Weinberg, MD, board-certified Otohinolaryngologist (ENT physician).

For more information about the WCA Sleep Center, call (716) 664-8430.
Making Life Simple

Today, you can pre-register for your hospital services from the convenience and comfort of your home—24 hours a day, seven days a week.

By simply logging on to www.wcahospital.org, patients are able to access the online registration feature.

“We’re always looking at ways to improve accessibility for our patients, and this just seemed like a natural progression,” says Meg Nicklas, Director of Patient Access at WCA.

“Patients can still pre-register by telephone or in person, but the online option will allow our customers who aren’t available during standard business hours to register at their own convenience.”

Log onto www.wcahospital.org to check out our new online pre-registration form. It’s easy!

“Your online pre-registration option is the best thing since apple pie!”—Allen, online user

When you talk, we listen.

Personal attention for you and your family. That’s what helps us provide the best care in the neighborhoods where you live and work.

New Outpatient Lab
For patients requiring lab work only

The Center for Imaging & Medical Arts at WCA
(behind WCA Hospital, parking off Allen Street)
Monday through Friday, 6:30 a.m. – 5:30 p.m.
Saturdays, 6:30 a.m. – 12:30 p.m.

For a complete listing of all six outpatient lab sites, log onto www.wcahospital.org.