



**YOUR HEART'S IN GOOD HANDS**  
See how Cole Memorial providers can help your heart stay strong.  
**SEE PAGE 3 ►**

# GET TODAY

DEDICATED TO IMPROVING YOUR HEALTH AND WELLNESS ● SPRING 2016



**Cole Memorial Dentistry offers children's dentistry services in the pediatrics department at 814-274-9198, general dentistry by Victor Brown, DMD, PC, at 814-274-1111 and Tod Twichell, DDS, at 814-274-5252.**

**WHEN YOU SPEAK, WE LISTEN**

Cole Memorial helps address community need for dental services

In 2012, the Cole Memorial board of directors approved a plan to address six priorities identified through a community health needs assessment conducted by Cole Memorial

leaders and volunteers. That plan included addressing the shortage of dental care available in the region. As a result, a dental collaborative was formed. It includes Shane Blake, DDS; Victor Brown, DMD, PC; and Pete Ryan, DMD, who assisted with creating a dental services plan to address these needs.

A grant was obtained through the Pennsylvania Department of Health, and in 2014 Cole Memorial hired a public health hygienist who began working with pediatricians of the Cole Memorial Medical Group. Since then, Cole has been searching to employ a group of dentists to restore services in communities across the region.

"We are pleased to announce that effective Jan. 1, 2016, Cole Memorial Dentistry launched with Dr. Vic Brown being the first practice to open under this new name," says Cole Memorial's President and CEO Ed Pitchford. "We are also pleased to announce that effective April 2016, Dr. Tod Twichell will be coming to Coudersport and reopening the former Pete Ryan dental practice now named the Ryan Family Dental Center. We continue to search for a third dentist with a focus on a

new graduate to ensure continuity of care to the region over time, and we will continue to collaborate with Dr. Blake to ensure that his private practice thrives as he continues to grow."

According to a consulting study commissioned by Cole Memorial, this region could use several dentists. So, over time we hope to recruit at least five dentists and place them in areas easily accessible to communities across this region.

Health systems across the country are exploring the needs of the communities they serve to ensure adequate physical, mental and dental care, coupled with programs that promote health and wellness. Cole Memorial continues to be recognized as a leader in rural health systems, and solving the dental needs is just one step in the pursuit of these goals.

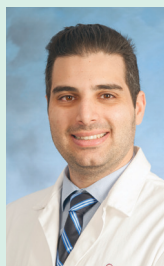
Cole Memorial Dentistry will provide general dentistry. Their dental experts use advanced technology and equipment to perform these services. Cole Memorial Dentistry accepts all major insurance plans including Medicare and offers patients without insurance affordable prices. Major credit cards are also accepted.





## WELCOME NEW PROVIDERS

The Cole Memorial Medical Group is pleased to announce the recent addition of the following health care providers:



**Ahmad Awada, MD**, joins fellow Obstetrician and Gynecologist Mazen Fouany, MD, in the Women's Health Center located on the main floor of Cole Memorial Hospital. He completed his medical degree, an internship and an OB/GYN residency at the George Washington University Medical Center after attending the American University of Beirut Medical Center in Beirut, Lebanon. Prior to joining Cole Memorial, Dr. Awada worked at Inova Fairfax Hospital in Fairfax, Virginia. Dr. Awada is accepting new patients. Call **814-274-7101**.



**Victoria Copp** will share her expertise as a certified registered nurse practitioner and certified wound care nurse in the wound clinic coordinator position. Copp received a master of science degree from Ball State University in Muncie, Indiana, to become a family nurse practitioner. She also graduated summa cum laude with a bachelor of science in nursing and an associate of science degree from University of Pittsburgh's campus in Bradford, Pennsylvania. For more information or to make an appointment with the Wound Center, located at Cole Memorial Hospital's Irwin Medical Arts Center in Coudersport, call **814-274-5540**.



**Osama E.A. Essa, MD**, has joined general surgeons Frank Horn III, MD, and Moheb Mohareb, MD, at the Surgical Services office at 1001 E. Second St. in Coudersport. He received a degree from the Royal College of Surgeons in the United Kingdom and comes to Cole Memorial after completing a general surgery residency at the Cleveland Clinic in Ohio and the University of Illinois—Metropolitan Group Hospital in Chicago. Dr. Essa is accepting new patients. Call **814-274-7474**.



**Steven Herrmann, MD, PhD, FACC, FASE**, brings over 15 years of experience to the cardiology department. He earned a PhD in cardiovascular physiology and biophysics at the University of Washington and a medical degree at St. Louis University, where he also completed an internship and residency in internal medicine and fellowships in cardiovascular diseases and interventional cardiology. He is board-certified in internal medicine, cardiovascular disease, adult echocardiography and nuclear cardiology. For more information, call **814-274-5576**.



**Susan Silvis, CRNP**, is now part of the Shinglehouse Community Health Centers' primary care team of A. Ramani Arya, MD, and Eric Schreiber, PA-C. Silvis received a master of science degree and bachelor of science degree in nursing from Daemen College in Amherst, New York. She also holds an associate of science degree in registered nursing from the Jamestown Community College campus in Olean, New York. Silvis has over 11 years of direct patient care experience as a nurse. For more information or to make an appointment with the health care professionals in Shinglehouse, call **814-260-9352**.



**Mike Wilt, PA-C**, is teaming up with Cyril Gunawardane, MD, and Steven Herrmann, MD, of Medicor Associates, a part of UPMC Hamot Heart and Vascular Institute. Wilt graduated in 2006 from Gannon University in Erie, Pennsylvania, with a master of physician assistant science degree after completion of a bachelor's degree in health science. He brings several years of experience in general cardiovascular care. For more information or an appointment with the cardiology services department—located in Cole Memorial Hospital, 1001 E. Second St., Coudersport—call **814-274-5576**.



## SAY YES TO A TEST

### March is Colorectal Cancer Awareness Month

**THERE MIGHT BE** a thousand things you'd rather do than get screened for colorectal cancer. But if you're 50 or older, it's time to say yes to a test. Why? According to Saket Prasad, MD, and Leo Sillick, PA-C (pictured), of the gastroenterology services department at Cole Memorial, National Colorectal Cancer Awareness Month is a good time to consider an examination, because:

- Colorectal cancer is the second leading cause of death by cancer in the U.S. Getting screened helps you avoid becoming a part of that statistic.
- Screening can spot cancer early, when it's easiest to treat. If you wait for symptoms to develop, the disease is likely to be in an advanced state.
- Screening may prevent cancer. That's because most cases of colorectal cancer start as a growth, or polyp, inside the colon. Some screening tests allow a doctor to find and remove these growths before they become cancerous.
- Colorectal cancer can run in families. If your test reveals polyps or cancer, your children or other close relatives may be at a higher risk for the disease. Knowing that, they may choose to get screened sooner than age 50, which can reduce their chances of developing the disease.

Besides a colonoscopy, which is considered the best screening method, the gastroenterology providers at Cole Memorial offer less invasive types of procedures for lower gastrointestinal disorders as well.

For more information, speak with your primary care provider about when to begin screening for colorectal cancer, what tests to have, and the benefits and risks.

To schedule an appointment with the gastroenterology services team at Cole Memorial in Coudersport or Emporium, visit [www.colememorial.org](http://www.colememorial.org) or call **814-274-9024**.

## GET THE LATEST NEWS

from Cole Memorial delivered straight to your inbox! Subscribe to our e-newsletter at [www.colememorial.org/CommunitEnews](http://www.colememorial.org/CommunitEnews).





# FOR A HEALTHIER YOU, START WALKING

The best way to boost your health may be step by step. Here's a look at the benefits of walking workouts—along with some safety tips.

**150**  
MINUTES



To help stay healthy, that's how much time adults need to set aside every week for aerobic activities such as brisk walking.



If you wear headphones, keep the volume down and watch out for traffic that you might not hear.



About 6 in 10 Americans say they walked for at least 10 minutes in the past week.



Wearing lighter colors makes you more visible to cars at dawn and dusk. You might also wear reflective clothing or carry a flashlight.

In one study of more than  
**70,000**

women, those who walked three or more hours per week cut their risk of a heart attack or other heart problems by 35 percent compared to those who weren't active.



Most people don't need to see a doctor before starting a walking program. But it's a good idea if you have heart disease, diabetes, asthma or joint problems.

Are you a beginning walker? Forget speed and walk at a comfortable pace. Then gradually work up to **100 STEPS A MINUTE.**



Are you a walking warrior? Tell us your story on our Facebook page.

Sources: American Council on Exercise; American Heart Association; Centers for Disease Control and Prevention; Health in Aging Foundation; National Institute on Aging

## KEEPING YOUR HEART HEALTHY

**IN AN EFFORT** to focus more on cardiac care, Cole Memorial's cardiology team is strengthening its partnership with Medicor Associates, a part of UPMC Hamot Heart and Vascular Institute. Two new cardiology specialists will now assist adult and geriatric patients who are diagnosed with cardiovascular disease and other chronic illnesses, such as chronic obstructive pulmonary disease, in Coudersport and Port Allegany.

In addition to cardiologist Cyril Gunawardane, MD, Mike Wilt, PA-C, and Steven Herrmann, MD, will offer patients the same high-quality care and expertise afforded to those in the Erie area, without the long trip.

Cole Memorial offers the technology and support to deliver comprehensive cardiology care.

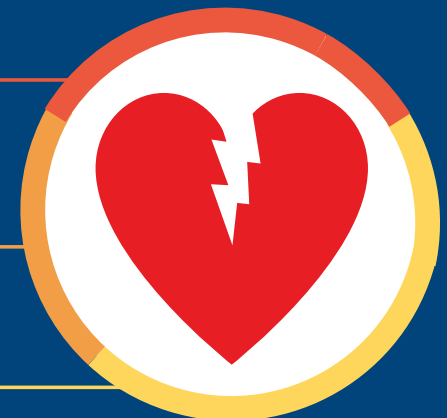
### HEART ATTACK: Know the warning signs

If you see these in yourself or someone else, don't wait. **CALL 911.**

Chest pain, pressure, fullness or squeezing that lasts more than a few minutes or comes and goes

Sudden lightheadedness, shortness of breath, nausea or cold sweat

Pain in the arms, shoulder, back, neck, jaw or stomach



**Need heart care? To make an appointment, please call 814-274-5576 or visit [www.colememorial.org](http://www.colememorial.org) for more information.**



## COMMUNITY



## EVENT CALENDAR

**ADD/ADHD/Autism Support Group**

Fourth Wednesday of each month, 4:30 to 6 p.m.  
Cole Memorial Hospital main conference room  
For details, call **814-274-9198**.

**Better Breathers Support Group**

Second Wednesday of every third month, 11:30 a.m. to 12:30 p.m.  
Cole Memorial Wellness Center in Coudersport  
For details, call **814-274-5550**.

**Cancer Support Group**

Third Monday of each month, 7 p.m.  
Cole Memorial's Patterson Cancer Care Center  
For details, call **814-260-5555**.

**Comprehensive Blood Analysis**

Saturday, April 2  
7 to 10 a.m.  
First Presbyterian Church  
19 Germania St., Galeton  
Register at **814-274-8200**.

**Diabetes Support Group**

Last Thursday of each month, 11 a.m. to noon  
Cole Memorial Hospital rehabilitation conference room  
For details, call **814-274-5300**.

**Diabetic Education Sessions**

- Every Monday, Wednesday and Friday, by appointment  
Cole Memorial's Irwin Rehabilitation Center in Coudersport
  - First Monday of each month, by appointment  
Cole Memorial's Shinglehouse Community Health Center
  - Third Monday of each month, by appointment  
Cole Memorial's Port Allegany Community Health Center
- For referrals or details, call **814-274-5300**.

**Grief Connection**

Every Tuesday, 7 p.m.  
Champion Orthopedics' meeting room in Coudersport  
For details, call **814-647-8616**.

**Look Good...Feel Better**

Third Monday of each month, 1 to 3 p.m.  
Cole Memorial's Patterson Cancer Care Center  
For details, call **814-260-5555**.

**"Talk Baby" Group**

- First Thursday of each month, 5:30 p.m.  
Cole Memorial Wellness Center in Coudersport
  - First Saturday of each month, 10 a.m.  
Coudersport Catholic Church
- For details, call **814-274-7101**.

**Therapeutic Touch**

Second Thursday of each month, 6:30 p.m.  
Cole Memorial's Patterson Cancer Care Center  
Call **814-274-9045**.

All dates and times are subject to change without notice.

To view our full calendar, go to  
[www.colememorial.org/ColeTodayCalendar](http://www.colememorial.org/ColeTodayCalendar).

We need  
your talents



We're seeking volunteers to share their time and talents to help others in the hospital. For information about hospital positions, please call Rose at **814-274-6106**. For information about becoming a hospice volunteer, please call Bonnie at **814-274-6166**.

## NEW EXPANDED HOURS FOR EXPRESS CARE

FOR CHILLS, FEVERS, SCRAPES, BRUISES, BUMPS...  
AND OTHER NON-EMERGENT MEDICAL NEEDS

We're here, when traditional medical offices are closed.

**NO APPOINTMENT NEEDED. WALK-IN:**

**MONDAY - FRIDAY 3:00 - 8:00 p.m.**

**SATURDAY & SUNDAY 8:30 a.m. - 2:30 p.m.**

**COLE Memorial**  
MEDICAL GROUP

1001 E. SECOND ST., COUDERSPORT, PA | [WWW.COLEMEMORIAL.ORG](http://WWW.COLEMEMORIAL.ORG)

This project is funded in part by the Pennsylvania Department of Health. Tom Wolf, Governor and Dr. Karen Murphy, Secretary of Health.



COLE TODAY is published as a community service for the friends and patrons of COLE MEMORIAL, 1001 E. Second St., Coudersport, PA 16915  
telephone: 814-274-9300,  
website: [www.colememorial.org](http://www.colememorial.org)

**Ed Pitchford**  
President and CEO

Information in COLE TODAY comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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COLE  
TODAY

SPRING  
2016