Women’s Health
Multidisciplinary Care with a Holistic Approach

Convenient Care
First Aria Health FastCare Clinic Opens at Morrell Plaza ShopRite

Interventional Radiology Services Expand
Minimally Invasive Treatment for Liver Cancer

World-Class, Personal Care
Welcome to the first issue of Aria magazine for 2013, which marks a major milestone: our second year of publication. Over our first year, we published four issues, and surveyed our readers about Aria Health’s programs and services. We are continually seeking new ways to connect with our community, including the addition of QR codes at the end of each article in the magazine. Just think of these little black-and-white squares as windows into a wealth of digital information. All you need to do is scan them with your smartphone’s barcode scanner application to view more information on the article topic and related services at Aria available on our website — ARIAHEALTH.org.

Aria has another big reason for celebrating, as we recently welcomed the Aria 3B Orthopaedic Specialists and launched the Aria 3B Orthopaedic Institute, with three premier office locations in Center City, Bucks County, and South Jersey. Learn more about the world-class “3Bs,” Robert E. Booth, Jr., MD, Arthur R. Bartolozzi, MD, Richard A. Balderston, MD, Richard A. Balderston, MD, and their partners, beginning on page 6. We look forward to continuing to grow the Aria 3B Orthopaedic Institute and orthopaedic services across our system.

In this issue, you can also learn about the wide range of multidisciplinary women’s healthcare services we offer, starting on page 13. Aria recently welcomed fellowship-trained breast surgeon Sun Yong “Sunny” Lee, MD, FACS, as the Director of our Breast Health Program. Read about the comprehensive care we provide for breast cancer and other breast health issues, and how our fast-track program helps women get answers as quickly as possible after an abnormal screening mammogram. You can also learn more about the leading-edge, minimally invasive therapies Aria’s specialists offer for both gynecologic and urologic conditions.

When you need help with non-emergent medical issues — even on the weekend — you can also now conveniently access our services at the new Aria Health FastCare Clinic inside the ShopRite Supermarket at Morrell Plaza, 9910 Frankford Avenue, in Northeast Philadelphia. You’ve probably seen similar sites based at pharmacy chains, but our clinic is something different because it is supported by our hospital and clinical staff. As a result, if that non-emergent problem turns out to be something more serious, we can refer you to our nearby Emergency Department or the appropriate Aria Health specialist. Find out more on page 19.

In addition, patients with liver cancer now have an encouraging—and potentially curative—treatment option that’s offered as an outpatient procedure at Aria Health-Torresdale. Read more about TheraSphere® therapy, and meet a patient who’s cancer-free after having the treatment, on page 20.

Aria is also proud to announce that we’ve earned Primary Advanced Stroke Certification from The Joint Commission (TJC); see page 26. This certification recognizes the best-practice, comprehensive care we provide for stroke patients at our Frankford, Torresdale and Bucks County campuses.

Thank you for your interest in Aria Health and we look forward to continuing to meet the healthcare needs of our patient community.

Have you been looking for an opportunity to give something back to your community and gain personal enrichment? Aria Health’s Volunteer Service Department at the Frankford, Torresdale, and Bucks County Campuses is looking for you!

Volunteers play a vital role in helping Aria Health achieve our mission of providing quality care and service to our communities. Volunteering at Aria offers a unique opportunity for personal enrichment while assisting others.

Aria Health offers student and adult volunteer service programs. For more information, contact Volunteer Services at 215-612-4170.
Aria Health and the premier orthopaedic practice 3B Orthopaedics recently joined forces to provide world-class orthopaedic care to patients across the region, forming both the Aria 3B Orthopaedic Specialists practice and the Aria 3B Orthopaedic Institute.

The newly created Aria 3B Orthopaedic Institute offers personalized care at three convenient sites:

- **Center City** — Curtis Center, 601 Walnut Street, Suite L50, Philadelphia, PA 19106
- **Bucks County** — Aria Health-Bucks County, 380 North Oxford Valley Road, Ground Floor, Langhorne, PA 19047
- **South Jersey** — 1400 E. Route 70, Cherry Hill, NJ, 08034

Routine, pre-operative, and post-operative care is provided at each Institute location. Surgical procedures are performed within a state-of-the-art 50,000 square-foot site at Aria’s Bucks County Campus, which includes eight operating rooms and 30 large, private inpatient rooms.

“Our goal is to continue to provide the very best patient care, never compromising on our values, never compromising on our desire to take care of our patients as we would take care of our own family,” says Dr. Bartolozzi. “The nursing staff here is enthusiastic, and everyone is on board with the primary goal of taking care of patients and making their stay as pleasant as a stay in the hospital can be.”

The Aria 3B Orthopaedic Specialists welcome the opportunity offered by the partnership with Aria to expand the services they offer.

“We are actively recruiting new physicians in many specialties,” Dr. Balderston says. “What makes this an exciting relationship is that Aria is interested in growing our practice and the Aria 3B Orthopaedic Institute, while also maintaining the highest quality and our standard of personal care.”

That care ranges from non-operative treatment for sports injuries and arthritis-related joint degeneration, to spinal surgery, and partial and total joint replacement. Advances in cartilage restoration, less-invasive joint replacement techniques, physical therapy, and new developments in anesthesia—many of which were pioneered by 3B physicians—mean that patients treated at the Aria 3B Orthopaedic Institute, whether weekend warriors or accomplished athletes, can expect a faster, less painful return to their normal activities than ever before.

**LESS-INVASIVE KNEE REPLACEMENTS**

The first hip replacement was performed in 1960, while the first total knee replacement followed in 1968. Both operations are typically done to treat pain and disability due to arthritis. These procedures have vastly improved quality of life for many patients. Dr. Booth says that decades of refinement of techniques for joint replacement have resulted in marked improvement in the success and longevity of knee and hip replacements, and this evolution continues today. “A knee is a very complicated, sophisticated joint that depends on soft tissue balancing and the design of the parts,” he explains.

The Aria 3B Orthopaedic Specialists’ team also includes advanced interventional pain management specialist, and expert in minimally invasive spine surgery, Philip M. Maurer, MD; orthopaedic surgeon, Jack W. Shilling, MD; orthopaedic surgeon Russell R. Bear, DO, FAAOS; and sports medicine specialists Catharine Mayer, MD, and Jason J. Waterman, MD.

**The Aria 3B Orthopaedic Specialists’ team (from left to right): Robert E. Booth, Jr., MD; Arthur R. Bartolozzi, MD; Richard A. Balderston, MD; Jason J. Waterman, MD; Russell R. Bear, DO, FAAOS; Catharine Mayer, MD; Jack W. Shilling, MD; and Philip M. Maurer, MD.**

Robert E. Booth Jr., MD, performs more total knee arthroplasty (TKA) surgeries annually than any other U.S. surgeon.
Dr. Booth performs close to 1,000 TKA surgeries every year, as well as several hundred knee replacement revisions. "My expertise is knee replacement," he says. "I'm now doing what I love, which is total knee replacements.

Also a designer of artificial knees, Dr. Booth helped develop the first-ever artificial knee created specifically for women, which was approved by the U.S. Food and Drug Administration in 2006. Developed in collaboration with Zimmer®, a Warsaw, Indiana-based manufacturer and one of the leading distributors of joint replacement products and technologies, the Gender Solutions™ Knee takes into account the smaller size of the female knee joint and tracks at a different angle to accommodate women's wider hips. "Our design concepts were the first that accommodated new varieties of anatomy," Dr. Booth notes.

In addition to implants that are more tailored to the patient, another advance in joint replacement has been the move toward operating via smaller incisions, which helps patients heal faster, according to Dr. Booth. Advances in anesthesia have also helped patients start rehabilitation sooner, he says, and exercise their new joints back into shape more aggressively.

Patients recovering from knee replacement surgery had traditionally been medicated with narcotics for pain relief, which can have a host of serious side effects. The team of physicians at 3B are able to ease patients' pain more safely—and effectively—by pre-medicating them with anti-inflammatory drugs, and administering nerve blocks during the operation that remain in place afterwards. While patients may still require narcotic medications, they can be prescribed in much lower doses, for a shorter period of time. "This is all tailored to each patient," Dr. Booth explains. "Patients have different issues, so you have to customize a package of pain control options for them."

In addition to total knee replacement, there are a variety of alternatives for patients with lesser joint destruction. Partial joint replacement and remarkable technological advances in cartilage restoration have resulted in many more options for the younger, more physically demanding patient, Dr. Bartolozzi says. "Cartilage is the holy grail of orthopaedics and joint preservation is our primary goal."

Dr. Bartolozzi has served as the team physician for many of the Philadelphia area's professional teams, including the Philadelphia Eagles and the Philadelphia Flyers. He has also served as a consultant for the U.S. Soccer teams. While developing new and innovative techniques for state-of-the-art ACL reconstruction, he has helped innumerable active individuals follow their passion.

**STAYING AHEAD OF THE CURVE**

With special interest in hip and knee replacement, Dr. Shilling recently came to Aria from Albert Einstein Healthcare Network, where he was Director of both the Joint Replacement Program and Orthopaedic Trauma.

"Aria had the vision to make this a world-class facility," says Dr. Shilling. "They’re really ahead of the curve, and I think that is where we want to be as patients, as physicians, and as Aria partners."

**EFFECTIVE TREATMENT FOR BACK PAIN**

About 80 percent of U.S. adults have struggled with back pain at some time in their lives. The risk of back pain increases with age, and effective treatment can be very hard to find. Fortunately, patients who come to the Aria 3B Orthopaedic Institute can trust in the expertise of physicians who are seasoned experts in the art and science of diagnosing and treating back pain.

Dr. Balderston specializes in treating disorders of the lower back, or lumbar spine, such as disc herniations, spinal stenosis, and a deformity of the vertebrae known as spondylolisthesis. "Patients often come to me because they’re thinking of a surgical option, but very often we can offer a non-surgical or more conservative option that could be just as effective," he says. This could include physical therapy, pain management, or injections.

And when a patient does need surgery, there are less-invasive techniques available, many of which can be performed on an outpatient basis. Dr. Mauer has developed a number of minimally invasive techniques for treating vertebral compression fractures, ruptured discs, spinal stenosis, and lower back problems. One procedure for treating spinal stenosis, in which the bone begins to impinge on a spinal nerve, causing pain and disability, involves placing a wedge in the area to enlarge the spinal opening. "Within a day of leaving the hospital after having the procedure, patients are typically on their feet and returning to normal activities," says Dr. Mauer. "We have also innovated and developed an outpatient procedure for replacing the nucleus of a ruptured disc, and a minimally invasive technique for treating instability of the sacroiliac joint."

**My practice will focus predominantly on primary hip and knee replacement, as well as complex cases involving those joints,** adds Dr. Shilling.

With a strong background in trauma and general orthopaedics, Dr. Bear is fellowship trained in sports medicine. His expertise is focused on the shoulder, elbow, and sports injuries. "This new opportunity gives me the chance to continue to expand my interest in the treatment of shoulder and elbow injuries in athletes, rotator cuff injuries, and shoulder arthritis," he says.

**Jack W. Shilling, MD, has special interest in complex hip and knee reconstructions, including high-risk primary arthroplasty, revision arthroplasty, periprosthetic fractures, and infection.**

**Russell R. Bear, DO, FAAOS, specializes in disorders of the shoulder, elbow, and upper extremities, and treats patients from young athletes with ligamentous injuries to older adults with fractures, as well as those requiring joint replacement surgery.**

**Philip H. Maurer, MD, is a nationally recognized expert with over 20 years’ experience in treating symptoms related to cervical and lumbar herniated discs, painful degenerative discs, spinal stenosis, and vertebral compression fractures. He has developed innovative techniques for treatment of spinal disorders.**
Dr. Mayer and Dr. Waterman, both fellowship trained in sports medicine, specialize in evaluating and treating sports injuries. “The first person you would see is probably Dr. Mayer or me,” Dr. Waterman says. “We play the role of detectives in that way. We try and figure out the diagnosis. A lot of what we do is seeing patients, taking a strong history and ordering any confirmatory tests.”

Adds Dr. Mayer, “A lot of what happens in sports injury ultimately is not surgical, but it is often hard to tease out what is surgical and what is not surgical. In most cases it is a non-operative situation from the outset, so I am able to then diagnose and coordinate care and design treatment regimens that are specific to that individual’s condition.”

Dr. Mayer, herself a runner and tennis player, has a special interest in treating female athletes. “There are certain issues that are pertinent and unique to the female athlete, and often overlooked,” she explains. For example, when a young female athlete develops stress fractures, it is important to evaluate her nutritional and hormonal status, because both diet and hormones can affect bone health.

Initial treatment can involve physical therapy, lifestyle and activity modification, injections, medication, or braces, Dr. Waterman explains. “We realize that most active patients with joint disorders do not need surgery,” he adds. “Our goal is to keep patients as active as they want to be. If someone does require surgery, we work closely with our surgical partners to streamline the process.”

“I’m excited about the partnership with Aria, because as a group we have had long-term goals that I believe will come to fruition and enable us to expand our sports medicine services in the region,” Dr. Mayer says.

What 3B hopes to bring to Aria, and hopes to build with Aria, is an orthopaedic specialty institute where patients know that they are getting the highest level of orthopaedic care,” Dr. Bear says. “We want patients to know that they are the focus of our efforts. Aria supports these goals and puts the patient first.”
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WOMEN’S HEALTH AT ARIA:
LEADING-EDGE, PERSONAL CARE

WOMEN’S HEALTH AT ARIA:
LEADING-EDGE, PERSONAL CARE

At Aria Health, a multidisciplinary team of clinical professionals is committed to providing a broad range of healthcare services to women of all ages, helping them live healthy, happy, and vital lives. From comprehensive breast care, to gynecology and minimally invasive surgical procedures, to innovative treatments for urological conditions, Aria offers leading-edge, personal care designed to provide an optimal patient experience.

COMPREHENSIVE BREAST CARE

Aria’s Breast Health Program, including a multidisciplinary Fast-Track Program and a comprehensive Breast Evaluation Center, provides patients with access to a highly skilled clinical team supported by the latest technologies to guide them through initial screening, diagnosis, treatment, and recovery.
“We offer imaging that is university quality,” says Jason Sagerman, MD, Section Chief of Ultrasound at Aria. “We have the most advanced equipment supported by a dedicated team within breast imaging.”

On the same day that the patient undergoes additional testing, the specialist will work with her to schedule a biopsy as soon as possible, if necessary.

In addition, Aria’s pathologists make reading the results of breast biopsies a priority. “Patients often have a lot of angst. They want to know what their results are, and the surgeons want answers as quickly as possible in order to develop the best plan for the patients,” says Behnaz Toorkey, MD, a Pathologist at Aria.

“Every step of the way we’ve streamlined the process. It’s a great program designed around our patients, which has been very well received by the community.”

“We have a program through which answers are formulated as soon as possible,” says Dr. Lee. “We coordinate care so patients do not need to figure out which physician to call, or where to go for answers.”

Fellowship-trained breast surgeon Sun Yong (Sunny) Lee, MD, FACS, recently joined Aria Health as Director of the Breast Health Program. She is certified by the American Board of Surgery, and has extensive experience and expertise in breast health and wellness and breast cancer care.

Dr. Lee comes to Aria from Thomas Jefferson University Hospital, where she was Assistant Director of the Jefferson Breast Health Center, as well as an attending physician and a member of the university faculty.

A graduate of Harvard University, Dr. Lee received her medical degree from Cornell University Medical College. She completed her internship and residency at Pennsylvania Hospital, and served as a Research Fellow in the Harrison Department of Surgical Research at the University of Pennsylvania School of Medicine, studying tumor immunology. Dr. Lee also completed a Fellowship in Trauma and Surgical Critical Care at the University of Pennsylvania Medical Center.

Dr. Lee received her training as a Fellow in Breast Surgery at Thomas Jefferson University Hospital. In addition, she practiced as a breast care specialist at Hartford Hospital in Hartford, Connecticut, where she was recognized as one of the area’s Top Doctors in breast care.

George P. Zavitsanos, MD, Chief, Division of Plastic and Reconstructive Surgery; Kenneth A. Godwin, DO; and Neil B. Gottlieb, MD, for patients who will undergo breast reconstruction.

Dr. Lee’s extensive training and years of experience specializing solely in breast surgery make her uniquely prepared to counsel and treat breast cancer patients, and follow women who are at higher risk for breast cancer.

The first time Dr. Lee meets with a newly diagnosed cancer patient, she will spend an hour, and often close to two, discussing treatment options while also addressing any concerns the patient and her family may have. “We make a commitment to provide quality, personalized care to all of our cancer patients,” she says.

The care Dr. Lee and her colleagues provide doesn’t end when treatment is over. “We have a long-term relationship with the patients,” Dr. Lee says. “We initially coordinate their care and make sure they get follow-up throughout the years after treatment.”

“Communication among physicians and our clinical teams is extremely important,” adds Dr. Lee. “We always have what is best for the patient in mind.”
Breast cancer patients also have the opportunity to participate in clinical trials, by working with Clinical Trials Coordinator Sally Wagenborg, RN, CCRP. “We have many national studies opened here at Aria. In addition to all of the standard treatments, our team also assesses if any clinical protocol would be helpful to each individual patient,” she says.

The team also coordinates treatment for health and medical issues related to cancer treatment, such as sleep problems, weight problems, and sexual and fertility issues. Because breast cancer survivors have a far lower risk of breast cancer recurrence than heavier, sedentary women, Aria also offers services to help cancer survivors eat a healthy diet and maintain an active lifestyle. In addition, physical rehabilitation plans and services are provided through Aria’s Wellness Centers. With the treatment of a patient’s mind, body, and spirit at the center of Aria’s care model, support groups, and special educational programs are also frequently offered.

“We are a group of clinical professionals who work to take care of breast care patients together, and we use all our resources as a team,” says Dr. Kennedy.

“We all love what we do. We hate breast cancer,” says Dr. Cerra-Glich. “Our goal is to do the best that we can with the cards that we’re dealt.”

“Our team is committed to providing personalized medicine to our patients today—not as a concept for the future, but now,” says Dr. Lee.

CENTER FOR GYNECOLOGY AND WOMEN’S HEALTH

Aria’s Center for Gynecology and Women’s Health provides gynecologic care to women throughout Northeast Philadelphia and Bucks County. The team of experienced gynecologists, including Gregory C. Bolton, Sr., MD, Chairman of Gynecology, Richard Krauss, MD, Deborah Schrager, MD, and Victoria Tai, MD, offers a range of women’s health services in three modern patient suites — Aria Health-Torresdale, Medical Office Building, Suite 106, 3998 Red Lion Road, in Northeast Philadelphia; 7526 Frankford Avenue, in the Mayfair section of Northeast Philadelphia; and at the Oxford Valley Medical Plaza, 240 Middletown Boulevard, Suite 101-B, in Langhorne, PA.

“We provide a full range of general gynecologic care to women from their early teens up until the eighth decade of their lives,” says Dr. Bolton. “This life-long care includes adolescent and adult gynecology, premenstrual syndrome and menopause management; and osteoporosis prevention, diagnosis, and treatment, as well as coordinated care for breast and gynecologic disease.”

For women with gynecologic conditions requiring surgical treatment, Aria also offers expertise in minimally invasive robotic-assisted surgery. Aria surgeons aim to perform hysterectomies with a minimally invasive approach whenever possible. In the past, a hysterectomy required a large incision across a woman’s abdomen, while minimally invasive robotic-assisted surgery requires just a single tiny incision. “Today, because of surgical advancements, patients can go home the same day after a hysterectomy with a one-to-two week recovery, instead of a six- to eight-week recovery experienced following traditional, open surgical methods,” Dr. Bolton says.

According to Dr. Bolton, robotic-assisted surgery is also particularly effective for women suffering from chronic pelvic pain due to endometriosis. This is a condition in which the tissue that normally lines the uterus grows elsewhere in the body, usually in the abdominal area. “Because of the high definition, three-dimensional magnification of the robotics, we are often able to see and remove areas of endometriosis that we might have missed with the naked eye or with traditional laparoscopy,” he says.

Minimally invasive treatment is also offered for women experiencing excessive uterine bleeding. “With quick delivery of radiofrequency energy during an outpatient procedure, we can remove the endometrium, or lining of the uterus, to reduce or stop menstrual bleeding,” explains Dr. Bolton.

For women with symptomatic uterine fibroid tumors, Aaron Shiloh, MD, Chief of Interventional Radiology at Aria, and his team work collaboratively with Aria’s gynecologists to offer uterine fibroid embolization (UFE), a minimally invasive procedure that treats the presence of uterine fibroid tumors by blocking their blood supply and shrinking them, ultimately preserving the uterus.

In addition, Aria is one of the only hospitals in the area to offer a permanent birth control method called Essure, through which soft, spring-like inserts are placed into the fallopian tubes using a minimally invasive approach. Once in place, the inserts cause tissue growth around the device, forming a barrier that blocks the fallopian tubes. “Since the procedure does not require incisions or general anesthesia, patients are able to leave the office in less than an hour, with most patients returning to normal activities the next day,” explains Dr. Bolton.
“The goal for all of these innovative, minimally invasive procedures is to improve and shorten traditional recovery times,” adds Dr. Bolton. “These new approaches hold great benefits for patients.”

**INNOVATIVE TREATMENTS FOR UROLOGIC CONDITIONS**

In addition to comprehensive breast and gynecologic services, Aria is also at the forefront of urinary incontinence treatment, offering sophisticated nerve modulation procedures, pelvic floor physical therapy, and even Botox® Cosmetic injections to the bladder. The type of treatment a woman will be offered depends on the nature of her incontinence issues, as well as her personal preferences. “The advantage of these treatments is that they are either provided in the office or as outpatient procedures,” says Heather Gottlieb, DO, FACOS, a Urologist at Aria, who is fellowship trained in incontinence, neurogenic bladder, and voiding dysfunction.

Nerve modulation procedures treat incontinence and overactive bladder by targeting the S3 sacral nerve through the ankle. With Percutaneous Tibial Nerve Stimulation (PTNS), the patient comes to Dr. Gottlieb’s office for 12 weekly needle electrode treatments, each lasting 30 minutes. The procedure is up to 80 percent effective for treating urinary urgency, frequency, and non-obstructive urinary retention. Patients with urinary retention, pelvic pain, and pelvic floor dysfunction can also have a pacemaker-like device implanted in their lower back, which is also about 80 percent effective.

Both procedures can help patients with incontinence resulting from nerve damage in the bladder, which can occur in Parkinson’s disease, multiple sclerosis, and other neurologic conditions, according to Dr. Gottlieb. “Traditionally, there have not been many options for these patients,” she said.

In addition, Botox® Cosmetic injections—typically thought of as a treatment for reducing facial wrinkles and fine lines—are also very helpful when injected into the bladder muscle for urge incontinence and urinary frequency. Dr. Gottlieb says, and last for six to nine months, after which a patient can have repeat treatment.

Another approach to treating incontinence, pelvic pain, and pain associated with sexual intercourse, is physical therapy focused on the muscles of the pelvic floor, Dr. Gottlieb says. “We can teach our patients different internal and external exercise techniques specific to treating pelvic pain.”

Whether women are seeking comprehensive breast care, general gynecologic care, minimally invasive surgical treatments, or innovative therapies for urologic conditions, they can look to Aria to serve as their healthcare partner. Visit us online at the address below for more information.

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To learn more about Aria Health’s Women’s Health services, visit ARIAHEALTH.org/Women or scan this QR code with your smartphone.

Forphysicreferrals or appointments, please call 1-888-320-3626.
MINIMALLY INVASIVE OUTPATIENT THERAPY TREATS LIVER CANCER WITHOUT SIDE EFFECTS

Not long ago, liver cancer was considered virtually incurable. But thanks to advances in treatment and surgery, for many patients a cure is no longer out of reach.

Aria Health-Torresdale now offers TheraSphere®, a new disease-fighting option, to patients with inoperable liver tumors. “TheraSpheres” are radioactive glass beads, about the size of grains of sand, that doctors deliver directly to a patient’s liver tumors via the bloodstream. “Basically, it’s like giving someone radiation therapy from the inside,” explains Aaron Shiloh, MD, Chief of Interventional Radiology at Aria.

The beads are impregnated with yttrium-90, a radioactive material widely used in medicine. This substance decays over a week to 10 days, becoming completely inactive once it has done its job in a patient’s body. “There is almost no effect on surrounding tissue,” Dr. Shiloh explains. “It’s a wonderful procedure.”

Amazingly, patients don’t even need to spend the night in the hospital when undergoing TheraSphere® treatment, because the procedure is always performed on an outpatient basis. The interventional radiologist will make a small incision in the patient’s groin, then thread a catheter through the patient’s artery up to the liver. CT scans are used to ensure that the “TheraSpheres” are being delivered to precisely the right spot.

One of Dr. Shiloh’s patients, Gerd Weigel, had two previous surgeries to treat his liver cancer, but malignant tissue remained in his body. A year and a half ago, Dr. Shiloh recommended TheraSphere® treatment. Weigel, who is now 82, drove himself to Aria Health-Torresdale at six o’clock in the morning for the treatment.

“I didn’t feel any pain,” the retired chef recalls. “After about two o’clock in the afternoon, I was done, and I drove myself home, and now I am cancer-free.”

“Mr. Weigel was an excellent patient who had the tumor surgically treated previously, and with our minimally invasive treatment we were able to completely irradiate it,” Dr. Shiloh says. “On all the follow-up imaging so far, his tumor has been dead.”

TheraSphere® treatment is an option for patients with cancer of the liver, as well as patients with other types of cancer that has metastasized, or spread, to the liver. About half of patients with colorectal cancer will also develop liver tumors, Dr. Shiloh notes. Many patients who are candidates for TheraSphere® will have gone through a multitude of previous treatments, and offering these patients care that is potentially curative is very rewarding, he says.

Aria Health recently installed a new angiography suite at the Torresdale Campus, specifically for TheraSphere® treatment and other sophisticated interventional radiology procedures. “The room is equipped with everything we need to perform these innovative procedures,” Dr. Shiloh says.

Patients who receive TheraSphere® treatment at Aria Health-Torresdale are cared for by a dedicated team including physicians, technologists, and nurses. Dr. Shiloh says, “It’s a strong team of individuals focused on giving each patient the best possible treatment.”

To learn more about Aria Health’s Interventional Radiology services, visit ARIAHEALTH.org/IR or scan this QR code with your smartphone.

For physician referrals or appointments, please call 1-888-325-2542.
Aria Health once again played a prominent role at the annual American Heart Association Philadelphia Heart Walk, held at Citizens Bank Park in November. Team Aria, which fielded over 100 walkers at the event, donated more than $9,600 to continue the fight against heart disease, stroke, and other cardiovascular diseases.

The Heart Walk is the American Heart Association’s premiere event, which brings communities together to raise funds and celebrate progress in the fight against the nation’s No. 1 and No. 4 killers, heart disease and stroke. Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that’s fun and rewarding for the entire family.

This year, walkers from Team Aria sported t-shirts courtesy of some very talented students from the Northeast Philadelphia YMCA, who created designs that were combined to form an attractive heart graphic.

Aria Health is one of only a few institutions in the United States that provides robotic-assisted thoracic surgery, as well as the broadest number of robotic-assisted surgical subspecialties in the Philadelphia area. Skilled surgeons use the latest da Vinci® Si™ Surgical System to treat gynecologic, thoracic, thyroid, oncologic, and urologic conditions and diseases, yielding better results and fewer side effects than conventional surgeries. Since robotic-assisted surgery allows for increased precision, patients benefit from minimal blood loss and postoperative pain, along with dramatically reduced hospital stays.

I’m much more confident in going forward with my life because of Dr. Chang and the care I received at Aria Health.

Genny, Cherry Hill, NJ

To learn how robotic-assisted surgery saved Genny’s life, visit ARIAHEALTH.org/Genny or scan this QR code with your smartphone.
Patients treated by the Alliance Cancer Specialists have always benefited from the practice’s warm, friendly, and familial environment. Now, following a recent makeover of their chemotherapy and injection rooms in the Cancer Center at Aria Health-Torresdale, patients undergoing cancer treatment can enjoy the transformed space, which includes warm wood cabinetry and tranquil photographs of nature scenes.

The renovation, completed over a single weekend in November, was supported by a grant from the Beverly Fund, a non-profit founded by Tracy Sestili in memory of her mother, Beverly Pierandozzi, who was treated for lung cancer at Aria in 2005. Rooms That Rock 4 Chemo, a group that renovates chemotherapy rooms at hospitals and clinics around the world, helped coordinate the project, and expert set stager Cora Sue Anthony, star of HGTV’s “Real Estate Intervention,” led the redesign and transformation.

“Everyone is very pleased with the entire effort, both that it happened and that it is so nice,” says Dale Bryansmith, MD, a Medical Oncologist at Alliance Cancer Specialists who cared for Pierandozzi when she was a patient at Aria. “We certainly appreciate everything the Beverly Fund has done.”

“It was a nice opportunity for everyone to give back,” says Sestili. “I felt like it was such a short time period that the stars really aligned for us to get all these people on board, do it during Lung Cancer Awareness Month, and complete the project in such a short period of time.”

The renovated area includes a chemotherapy infusion room, an injection room, a patient examination room, and a kitchen for patients. It was dedicated in memory of Pierandozzi, who received treatment at Aria for 15 months.

“It was a nice way to honor my mom,” says Sestili.

Over the weekend of November 16, 2012, dozens of volunteers worked nearly round the clock to repaint the room, construct a new nurse’s station, add wall sconces, hang curtains, and install floor-to-ceiling wall art by photographer Andres Torres.

Woodworker Wes Coventry of Coventry Woodworking and Design built the nurse’s station and surrounding cabinetry.

“The group transformed the room from a predominantly clinical environment into something that’s almost like a Japanese Zen garden. It could very much feel like the patients had been transported to another place,” says Sestili.

“It turned out beautifully,” says Nancy Ballard, the Founder and Executive Director of Rooms That Rock 4 Chemo. “It was just a beautiful blending of professionals and people with huge hearts who wanted to take part in the project.”

“Seeing the community gather around to do something like this is pretty amazing,” Sestili says. “There were nurses volunteering, some people were complete strangers...all of these people were just awesome.”

“The fact that Tracy Sestili would come back to the room where her mother was treated and offer this gift to other patients says a lot about how people feel about Aria, Edwards says. “Aria’s so different. We’re in your community and maintain long-lasting connections to our patients, their families, and caregivers.”

To learn more about The Cancer Center at Aria Health-Torresdale, visit ARIAHEALTH.org/CancerCenter or scan this QR code with your smartphone.

For physician referrals or appointments, please call 1-888-330-7416.
Patients who receive stroke treatment at Aria Health can be confident that they are getting the most effective, comprehensive care. Aria’s Frankford, Torresdale, and Bucks County campuses recently achieved Advanced Certification for Primary Stroke Centers by The Joint Commission, an independent non-profit group that evaluates the quality of health care institutions in the United States.

“By achieving this certification we have demonstrated that Aria Health is providing evidence-based, quality care to the stroke population,” says Aria Health Stroke Program Coordinator Mary Walsh, RN, MSN. “This is very important because certification assures the community that we are following the most current stroke care guidelines.”

Says Jean Range, MS, RN, CPHQ, Executive Director of Disease-Specific Care for The Joint Commission, “In achieving Joint Commission advanced certification, Aria Health has demonstrated its commitment to the highest level of care for stroke patients. Certification is a voluntary process and The Joint Commission commends Aria for successfully undertaking this challenge to elevate its standard of care and instill confidence in the community it serves.”

Not only does the certification confirm that Aria is providing what The Joint Commission calls “the next generation of stroke care,” it also means that the hospital is continuously working to improve the quality of this care even further.

In stroke treatment, every moment counts. So for every stroke patient seen at Aria, the hospital tracks how quickly he or she received a diagnosis and underwent treatment. Timely treatment reduces the risk that strokes—which occur when blood flow to the brain is interrupted, usually by a blockage but less frequently by bleeding—will cause permanent damage to the brain.

The care a patient receives following a stroke also makes a significant difference. Appropriate rehabilitation is crucial for helping patients regain lost function, and return to living independently. To ensure that patients are receiving care that is appropriate to their needs, a multidisciplinary team including a neurologist, Walsh, the primary nurse responsible for patient care, care management, physical therapists, and speech therapists meet to discuss each of Aria’s stroke patients. “We review the daily plan of care and make sure it is appropriate for that patient,” Walsh explains. “These discussions address a patient’s individual needs as well as any special requests from the family.”

For example, if a patient recovering from a stroke at Aria requires dialysis, the stroke team will arrange his or her schedule so that stroke rehabilitation is received before the kidney-supporting therapy. Dialysis treatment can be exhausting, Walsh explains, so this schedule adjustment will ensure that the patient has plenty of energy for rehab.

Stroke education is another key element of stroke treatment, Walsh adds. “We teach patients to recognize the signs of stroke, and lifestyle changes that they can make to avoid having another one.” This can include quitting smoking and being sure to take blood pressure-lowering medication as prescribed.

“The certification gives us that additional validation of the services that we’re providing to our patients,” says Christine Winn, Executive Director of Aria Health-Torresdale.

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

For physician referrals or appointments, please call 1-888-329-5392.
Aria Health, in collaboration with Philadelphia architectural firm The Sheward Partnership, has applied to earn LEED certification for the new Emergency Department under construction at Aria’s Frankford Campus. LEED stands for “Leadership in Environmental Energy and Design.” The U.S. Green Building Council issues this designation to buildings that meet certain sustainability standards. Buildings with LEED certification are constructed to reduce waste production, conserve energy and water, and provide a healthier environment for the people who live and work in them.

“It is great that Aria is moving in this direction,” says Michael Pavelsky, Sustainability Director at The Sheward Partnership. LEED-certified buildings cost less to operate because they are more energy-efficient, he pointed out, which means Aria can devote more resources to patient care. Aria Health-Frankford has taken several steps to achieve LEED certification, from installing bicycle racks so staff can cycle to work; to switching to “green” cleaning products; to ensuring that all the building materials used in new construction are free of harmful contaminants. The Frankford Campus has also expanded its recycling program, and is currently exceeding its goal of recycling 75 percent of construction debris from the Emergency Department project.

The project will also feature super-efficient lighting and plumbing fixtures that will cut energy consumption by 23 percent and potable water use by 30 percent, according to Chloe Bendistis, Sustainability Project Manager at The Sheward Partnership. While LEED certification has become commonplace for companies constructing office park and apartment buildings, Pavelsky noted, hospitals have not been as quick to adopt green building strategies. Aria’s efforts to seek LEED certification make it a leader in sustainability in the healthcare field, he said.

Aria Health-Frankford expects to receive feedback on its LEED certification status over the next year.
Wellness Programs and Special Events

**BREAST CANCER SCREENING**
For underinsured or uninsured women.
- **Date:** Saturday, May 18
- **Time:** 8:00 am to 12:00 pm
- **Place:** Torresdale Campus, Short Procedure Unit
- **Fee:** $25
- **Pre-registration is required. Please call 215-612-4808 to register.**

**“GIRLS JUST WANT TO HAVE FUN”**
This shopping extravaganza is the hottest party in Philadelphia, where ladies can ultra-pamper themselves with the greatest in local artisan-made finds in beauty, fashion and much more!
- **Place:** Torresdale Campus, Parking Garage
- **Fee:** $10.00
- **Date:** Saturday, June 8
- **Time:** 10:00 am to 2:00 pm
- **Pre-registration is required. Please call 215-831-2179 by April 15 to receive a reservation packet.**

**AMERICAN RED CROSS BLOOD DRIVE**
Help save a life by being a blood donor. The American Red Cross Blood Drive registration is required. Credit card required for phone registration. Vendors interested in participating, please call 215-612-4576.

** Auxiliary Flea Market**
- **Fee:** $20 per space
- **Date:** Saturday, May 4
- **Place:** Torresdale Campus, Parking Garage
- **Please call 215-831-2179 by April 15 to receive a reservation packet.**

**Mother and Daughter Night**
Aria Health invites you to a Mother and Daughter Night that will feature dinner and guest speakers who will speak about the relationship and connections between mothers and daughters.
- **Date:** Thursday, May 9
- **Time:** 5:30 pm
- **Place:** Torresdale Campus
- **Pre-registration is required. Please call 1-888-342-4847 for more information and to register.**

**Auxiliary Bingo Dinner**
Aria’s Women Auxiliary invites you to a night of Bingo fun. Please send all checks to Aria Health Auxiliary, 10800 Knights Road, Philadelphia, PA 19114. For ticket details, please call 215-831-2179.
- **Fee:** $25
- **Date:** Thursday, May 16
- **Time:** 6:30 to 9:30 pm
- **Place:** Rosewood Caterers

**SAVE THESE DATES!**

**SKIN CARE & MASSAGE CLUB AT ARIA HEALTH SPA & AESTHETIC CENTER**

**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

**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” offer 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

**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

**MASSAGE**

**SKIN CARE & MASSAGE CLUB AT ARIA HEALTH SPA & AESTHETIC 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” offer relief from symptoms found elsewhere in the body.
- **Fee:** $40/30 minute session
- **Add hot stones à la carte for only $10 more!**

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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.
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- **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 contraindications apply, including: pregnancy, circulatory and cardiovascular disorders, diabetes, extremes in blood pressure, geriatric patients, and cancer.
- **Fee:** $100/90 minute session

**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

**Aesthetician Coupon**
10% off aesthetic services.

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 1-888-334-4812.
**LOVE YOUR SKIN CARE CLASS!**

Do you have questions about your skin? Want to look and feel better? Want better skin tone and texture? Is your skin dry...oily...-breaking out? Meet our staff aesthetician and let her answer your questions and help you get the right care you need for your skin!

*Add a moisturizing hot mitt treatment for your hands for just $10.*

**Fee:** $10

Purchase $75 worth of skin care products and receive a $10 credit!

**Date:** Monday, June 10

**Time:** Choice of 10:00 to 11:00 am, or 6:30 to 7:30 pm

**Place:** Torresdale Campus

**Medical Office Building, Massage Suite 247**

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**DEEP PORE CLEANSING FACIAL**

For problem/acne prone skin

This wonderful Deep Pore Cleansing Facial treatment will purify and control existing breakouts and help prevent new ones from forming, while purifying and cleansing natural ingredients will soothe and heal your skin. This is a must for any teen or anyone looking to improve their complexion. This session includes a relaxing hand massage.

**Fee:** $55/45 minute session

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**EXPRESSION FACIAL**

Perfect pick-me-up for your lunch hour break! This 30-minute service includes cleansing, toning, manual exfoliation, mask, and moisturizer. This session includes a relaxing hand massage.

**Fee:** $40/30 minute session

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**SIGNATURE CUSTOM EUROPEAN FACIAL**

Custom for all skin types

The deep pore facial is customized for your specific skin type. Our aesthetician will thoroughly examine your skin and choose just the right protocol and products to give you the ultimate results. This facial consists of vapor steam, extractions (if necessary), exfoliation, mask, anti-aging products, and moisturizer. This session includes a relaxing hand massage and a moisturizing hot mitt treatment for the ultimate experience.

**Fee:** $70/60 minute session

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**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:** $75/60 minute session

---

**DEEP TISSUE MASSAGE**

Deep tissue massage will help relieve chronic pain resulting from injury, poor posture, 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

---

**MEDICAL SPA SERVICES NOW AVAILABLE!**

Dr. Kenneth Godwin, a board-certified Plastic and Reconstructive Surgeon, is now offering a full range of medical spa services, including Botox® Cosmetic, facial rejuvenation with dermal fillers, and more. Financing and Care Credit is available.

For more information, please call 215-750-6010.

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**CUPPING**

Massage Cupping™ body work is based on the common practice of Chinese cupping therapy. The incredible results that this simple treatment produces have truly impressed those who experience its subtle power. By creating suction and negative pressure, Massage Cupping™ therapy is used to soften tight muscles, loosen adhesions and 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.

**Fee:** $80/60 minute session

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**SPA & AESTHETICS**

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**NEW!**

**VITAMIN C PEEL FACIAL TREATMENT**

For problem/acne prone skin

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**Fee:** $55/45 minute session

---

**EYE RESCUE TREATMENT**

Hydrates, stimulates, and nourishes sensitive area under your eyes.

**Fee:** Only $10 with any Peel or Facial Treatment.

---

**MEDICINE SPAS NOW AVAILABLE!**

Dr. Kenneth Godwin, a board-certified Plastic and Reconstructive Surgeon, is now offering a full range of medical spa services, including Botox® Cosmetic, facial rejuvenation with dermal fillers, and more. Financing and Care Credit is available.

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**Fee:** $80/60 minute session

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**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

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**ANTI-AGING FACIALS**

**VITAMIN C PEEL FACIAL TREATMENT**

This natural Vitamin C Peel has revolutionized the skin care industry! The non-irritating, non-invasive procedure adds smoothness and tone to even the most problematic skin. This amazing treatment will tone, lift and actually firm the skin, all while helping to combat the effects of harsh environmental aggressors and bring back radiance. The process uses a natural solution to remove the damaged outer layers of the skin. It is perfect for hypersensitivity, sun damage, rosacea, acne, and premature aging. This session includes a relaxing hand massage.

If you love the results from glycolic peels, this will give you great results without the irritation! Can be performed in a series of six for maximum results ($50 total).

**Fee:** $100/45 minute session

*Add a moisturizing hot mitt treatment for your hands for just $10.*

*One week before your chemical peel avoid these products and/or procedures in area(s) treated: Electrolysis, Waxing
WAXING SERVICES

Lukewarm wax with essential oils is used by our experienced aesthetician to gently remove unwanted hair, leaving your skin silky smooth! Please call 1-888-351-9782 for an appointment.

High Brow Club!
Only at the Aria Health Spa! Introduce a new client to our amazing eyebrow shaping during your scheduled visit and your next brow shaping is FREE! (Both Services Must Be Scheduled Together On the Same Day)

Just for Women

Brow Arching (1st time) ____________________ $20
Brow Shaping ____________________ $15
Brow Tweezing ____________________ $20
Middle Brow ____________________ $5
Chin or Lip Waxing ____________________ $8
Cheeks or Sideburns ____________________ $10
Arm—lower ____________________ $20
Arm—full ____________________ $30
Underarm ____________________ $15
Bikini ____________________ $30+
Bikini Plus ____________________ $40+
Lower Leg ____________________ $40
Thigh ____________________ $45
Full Leg ____________________ $70

Just for Men

Brow ____________________ $20
Center Brow ____________________ $5
Cheeks & Sideburns (part shading) ____________________ $25+
Neck (front or back) ____________________ $15
Half Back ____________________ $40
Full Back ____________________ $60
Full Back & Shoulders ____________________ $70
Chest Only ____________________ $50
Chest & Stomach ____________________ $90
Stomach Only ____________________ $50
Back, Shoulders & Half Arm ____________________ $90

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 is 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.

ZUMBA®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to love working out! You will achieve long-term benefits while having an absolute blast! In one exciting hour of calorie-burning movements. The routines feature an interval training session where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Class is instructed by Zumba® certified instructors.

BROW CLINIC

Always wanted to know how to shape your eyebrows? Want to learn the tricks of getting that perfect arch? Learn how to shape your brows in our hands-on interactive class guided by our staff aesthetician.

Fee: $10
Date: Monday, June 17
Time: Choice of 10:00 to 11:00 am, or 6:30 to 7:30 pm

Class size is limited to five participants.

Please call the Wellness Center at 1-888-334-4812 to schedule an appointment.
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 ½ hour — $46.20

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 one individual session and five group sessions
Dates: Call for dates and times.
Place: Torresdale Campus
Minimum of four participants required

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.

NUTRITION COUNSELING FOR BARIATRIC SURGERY
This service is provided for patients thinking about Lap Banding Weight Loss procedure, 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. Participants must register with the physicians’ office at 215-824-4559.

Fee: Initial 1 hour visit — $92.40
Follow-up visits ½ hour — $46.20
(Some health insurances may cover these costs.)

Fee: $50

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: $20

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: $325
Dates: Beginning in June
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.

RECIPE of the MONTH
In keeping with your healthy lifestyle, Torresdale Executive Chef Steve Samson shares his healthy, quick and easy recipe for delicious grilled tuna steak.

GRILLED TUNA STEAK

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Prep</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna Steak</td>
<td>Raw, 4 oz.</td>
<td>½ Tuna Steak</td>
</tr>
<tr>
<td>Olive Oil</td>
<td></td>
<td>½ Teaspoon</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>Ground</td>
<td></td>
</tr>
</tbody>
</table>

Directions:
1. Coat each side of tuna steak fillets with ½ teaspoon of olive oil.
2. Season with black pepper on both sides.
3. Grill until marked on both sides.
4. Serve and enjoy!

* Substitute with any grilled meat/seafood (chicken, shrimp, salmon, or flank steak)

To read more about Chef Steve’s creative recipes, visit YourAriaHealth.org or scan this QR code with your smartphone.

For more information, call the Wellness Center at 1-888-334-4812.
Live Well Series

CLEARING THE AIR
Sponsored by the Bucks County Health Improvement Partnership (BCHIP).
This FREE five-week program is designed to help you quit smoking comfortably. You will also learn about using the patch, nicotine gum, and lozenges, which will be provided FREE to participants! Invite your friends and family members who want to quit too!
This program is offered quarterly. To inquire about dates and to register, please call 215-710-2264.
Date: Mondays
Time: 7:00 to 8:30 pm
Place: Bucks County Campus, Conference Room “F”

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.
Fee: $70
Dates: Sunday, April 21 and Sunday, May 19
Times: Call 215-612-4576 for times.
Place: Torresdale Campus, Mansion House, Conference Room

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: Tuesday, May 14
Time: 6:00 to 10:00 pm
Place: Torresdale Campus Mansion House, Conference Room

PHASE III CARDIAC MAINTENANCE PROGRAM
Fee: $350/year (shorter memberships available)
Day: Monday through Friday
Time: Varies by location
Place: All Wellness Center locations

PHASE III PULMONARY MAINTENANCE PROGRAM
Fee: $375/year (shorter memberships available)
Day: Monday through Friday
Time: Varies by location
Place: All Wellness Center locations

INTERESTED IN WEIGHT LOSS SURGERY?
Join Aria at an upcoming seminar.
Are you considering weight loss surgery? Learn about the multidisciplinary approach offered by Aria Health’s Comprehensive Center for Bariatric Surgery at one of our FREE seminars.
Please call for future dates and times. To register for a seminar, please call 1-888-356-9016.

DIABETES EXERCISE PROGRAM
Fee: $375/year (shorter memberships available)
Day: Monday through Friday
Time: Varies by location
Place: All Wellness Center locations

BODY COMP SOLUTIONS
The best way to measure the effectiveness of your weight management program is to measure your body composition. Body composition is the amount of lean tissue compared to fat. Body Comp Solutions uses Bioelectrical Impedance Analysis, one of the most accurate methods of measuring your body composition.
Fee: $55 test analysis, consultation with 90 day follow-up* (each additional follow-up $15)
$70 test analysis, consultation with 90 day follow-up*, total cholesterol and HDL cholesterol
*90 day follow-up includes retest and second consultation.

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 and first aid and choking. Class size is limited.
Fee: $55
Date: Call for dates.
Time: 9:00 am
Place: Torresdale Campus, Mansion House, Conference Room

TOTAL JOINT REPLACEMENT AT ARIA HEALTH
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’s 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 experts work to assure 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 morning at Aria’s Bucks County Campus and every Wednesday morning at Aria’s Torresdale Campus. Pre-registration is required.
To register, contact Aria’s Total Joint Coordinator at 1-888-360-5676.

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: Tuesday, May 21
Time: 6:30 to 8:00 pm
Place: Torresdale Campus

*Phone registrations require a credit card.
Health Programs/Support Groups

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 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 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.

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. Participants will receive a free three-month membership for the Diabetes Exercise Program upon completion. Memberships are available to continue. This program is available at all three Aria Health Wellness Centers.

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 C, Ground Floor

Diabetes information call 1-888-364-7402

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 888-364-7034 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 8:00 am until noon. The Bucks County screening is held every Friday from 8:00 am until noon.

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: 888-361-4306
Bucks County Campus: 215-949-5368

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, Wednesday, and Thursday. A physician referral and pre-registration are required.
Torresdale Campus only: 888-363-9914

THE BEHAVIORAL HEALTH CENTER FOR OLDER ADULTS
Aria Health-Bucks County, offers a 24-hour comprehensive hospital-based care to adults 55 years of age and older who are experiencing acute psychiatric problems. We offer individualized care in a warm, supportive atmosphere. Treatment includes individual meetings with psychiatrists and group therapists to assist with emotional, mental, physical, and medication needs. Our nurses, psychiatrists, trained counselors, and social workers can help with all aspects of a person’s life.

Inpatient Program involves stabilizing the crisis that led to the hospitalization. A thorough physical and mental evaluation is completed to determine the cause or causes of the psychiatric problem. An average length of stay is dependent on the patient need. We focus on developing the patient’s highest level of independence and preservation of individual dignity.

ADMISSIONS REFERRAL LINE 215-949-5411
Admissions accepted 24 hours a day, 7 days a week.

Intensive Outpatient Program provides up to four hours of structured therapy per day, allowing patients to maintain their daily routines and live at home. This level of care is especially beneficial as an interim step from inpatient care to home, and for a person experiencing the symptoms of severe depression. For additional information, call 215-949-5485.

For additional program information: Caroline Williams, Community Education Manager: 215-949-5680
Krystal Sagers, Program Director: 215-949-5681.

THE ALZHEIMER’S ASSOCIATION
FaMIlY CareGIVER Support groUP
If you are caring for someone with memory loss… who is caring for you? The Alzheimer’s Association stands by you! Learn practical caregiving information, get mutual support, and learn about community resources.

Dates: Thursday, April 18; Thursday, May 16
Time: 7:00 to 9:00 pm
Place: Behavioral Health Center for Older Adults Aria Health Bucks County
Facilitator: Myra Griffin, 215-949-5529

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Senior Programs

AARP DRIVER SAFETY PROGRAM
The 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 1-888-287-9397 for information on class dates, locations and times. For Bucks County Campus class information, please call 1-888-368-6651.

BUCKS CAMPUS SENIOR SOCIAL FREE!
Date: Third Friday of every month
Time: 9:00 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 9:00 to 10:30 am. Nutritional breakfast provided. Reservations are required. Please call 1-877-808-ARIA (2742) to reserve your spot.

TORRESDALE SENIOR WELLNESS WEDNESDAYS FREE!
Date: Third Wednesday of every month
Time: 3:30 to 5:00 pm
Place: Torresdale Campus, Cafeteria
A fun, enjoyable senior health-focused lecture held on the third Wednesday of every month from 3:30 to 5:00 pm. Nutritional dinner provided. Reservations are required. Please call Aria’s Call Center at 1-877-808-ARIA (2742).

FRANKFORD CAMPUS SENIOR BREAKFAST FREE!
Date: Last Tuesday of every month
Time: 8:00 to 10:00 am
Place: Frankford Campus, Conference Room 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 Aria’s Call Center at 1-877-808-ARIA (2742) to 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 ARIA HEALTH’S CAFETERIAS.
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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.