It is hard to believe that we are coming to the end of another academic year next month. This is the time of year that we prepare to see our senior residents graduate and welcome our new residents in July. We are also welcoming our new social worker at Latterman. You will find some information about her and the services she can help you with. There are also some changes in our faculty: Dr. Dombroski is transitioning to a residency program in Columbus, Ohio and Dr. Johns has accepted a position to be the program director at the UPMC Horizon Family Medicine Residency. While we will miss them, we are truly excited for the new opportunities that lie before them and wish them well in the next phase of their careers. At the same time, Dr. Timothy Gaul is joining our faculty. Dr. Gaul brings with him expertise in global health and addiction medicine services. We are very excited to welcome him to our family.

There has been a lot of information in the news recently about healthcare for men. We have an article discussing various aspects of healthcare for this group. In this edition of the newsletter there are also articles on weight loss management and LGBT health care. We continue to make our family health center a place for you and your family to receive excellent care. Please let us know if there are programs you would like to see in our office or topics you would like to hear about in the newsletter. Thank you for being part of our family.

Tracey Conti, M.D.

LATTERMAN STAFF SPOTLIGHT

A NEW SOCIAL WORKER FOR LATTERMAN

Brittany Banks was born in Port Huron, Michigan, but Pittsburgh has always been familiar due to having family here. Growing up, her mother was a Social Worker and at an early age she instilled in Brittany the importance of empowering communities through civic engagement and community service. Simultaneously she witnessed many family members suffer from mental health conditions, ranging from schizophrenia to bipolar disorder, which strongly contributed to her interest in health care, specifically integrated health care. Brittany obtained her Bachelor of Arts in Psychology from Michigan State University and will be receiving a Master of Social Work with a specialization in integrated health care this April. She is thankful, honored and humbled to be transitioning from an intern to a full-time Social Worker at Latterman where she will continue to provide short-term, supportive counseling and will be connecting patients to various community resources. She also is looking forward to taking on new tasks, such as having more involvement with our patients with HIV. In the future, Brittany hopes to be able to give back as much as she can to the community that has welcomed her with open arms and allowed her to grow both personally and professionally.
RESIDENT SPOTLIGHT

Mayada Elian, MD was born and raised in Northern Virginia with her 6 siblings. Growing up she spent a lot of time with family and her dozens of cousins nearby. She attended George Mason University for undergrad and later Saint James College for medical school. This allowed her to live in the Caribbean for little over a year and afterwards in Chicago for her clinical studies. “I enjoy cooking in my spare time and hanging out with Milo, a 6-year old Shih Tzu poodle! My interests in medicine are Women’s Health and Obesity Medicine. In the future I plan to work as an outpatient physician where I will continue to see a broad spectrum of patients and hold true to the Family Medicine values instilled here at Latterman.”

Grace Onuma, MD was born in Nigeria. She attended college in the U. S. and medical school in the Caribbean. After several years of traveling and living out of a suitcase due to school, she has been happy to settle down in the Pittsburgh area for residency. She is in the Global Health Track, which has afforded her the opportunity to learn about different health care systems and health care disparities and ways to help bridge the gap. “I am very passionate about global health. In this track I have been able to go back to the local community where I grew up in Nigeria and learn about the health system. I am currently working on a research project there. In McKeesport I volunteer at the 9th Street Free Clinic, which is therapeutic for me. It is a way of reminding me why I went into medicine in the first place. In my spare time, I love to be with family or watch the Hallmark movie channel. My future plans after residency are to work in an outpatient clinic and continue to be part of global health missions both in my local community and abroad.”

Olusola Alabi Moore, MD was born in Lagos, Nigeria. She attended Washington State University for college and received a Master’s Degree at Duquesne University before going to medical school in Dominica, West Indies. “I am the middle child of 5 children. My father was in the Nigerian military and I got to travel a lot with my family. I still enjoy traveling and living in different countries. I was happy to return to Pittsburgh for residency, having attended Duquesne and still having some connections there. I did get married during residency and recently had a baby girl, Olakitan. She is such a pleasure to have now. I look forward to joining my husband in Canada after graduation.”

The Latterman Weight Management Clinic

Did you know that 2 out of 3 American adults are overweight or obese? Many adults have attempted weight loss through diet and exercise but have struggled to keep the weight off. The Latterman Family Health Center (LFHC) recognizes that weight management is an important medical topic patients want to discuss with their physicians. LFHC has instituted a new weight management clinic now that sees patients specifically to discuss their weight and the medical effects it can have on their life. Patients may discuss a referral to this clinic with their physician at their next visit. During the initial weight management visit, the doctor will review weight history, diet and exercise history as well as review other medications or conditions that could be a factor in weight loss. Physicians will make a customized weight loss program including exercise levels, nutrition recommendations and sometimes medication management. The weight management doctor will make recommendations back to your primary care physician. If you are interested, please discuss a referral with your doctor.
MEN’S HEALTH

Men are more likely to smoke, drink alcohol to excess, make unhealthy or risky choices and put off regular check-ups and medical care. Men need to pay more attention to their health by having regular check-ups, getting recommended screening tests and keeping up with immunizations. To improve health it is better to take a walk instead of a cigarette, to eat a green salad instead of fries, to drink water instead of a soda and to eat less salt. Alcohol should be limited to no more than 2 drinks a day and the skin should be protected from excess sun.

Screening tests include:

- Colorectal cancer screening for men between 50-75 years of age can include testing the stool for blood every year or periodic colonoscopy or sigmoidoscopy.
- Lung cancer screening involves a low-dose CT scan yearly for men 55-80 years old who smoke heavily or who have smoked and quit in the last 15 years.
- Abdominal aortic aneurysm can be detected with an ultrasound and is recommended for men ages 65-75 if they have ever smoked.
- Cholesterol should be checked at least once between ages 50-74.
- Depression screening using a questionnaire is done periodically, especially if there are any symptoms of stress, anxiety or sadness.
- Prostate Cancer Screening is currently an individual decision you should make with your doctor. The US Preventive Services Task Force (USPSTF) recommends that clinicians inform men between 55-69 years of age about the benefits and harms of testing the prostate specific antigen (PSA) as a screening test for prostate cancer. Screening does offer the small potential benefit of reducing the chance of dying from prostate cancer. For every 1000 men screened, the test will prevent one death from prostate cancer and prevent 3 cases of metastatic disease. However many men will experience potential harms of screening including: false positive results that require additional testing or possibly a prostate biopsy, over diagnosis and unnecessary treatment, and treatment complications such as incontinence and impotence. The USPSTF recommends individualized decision-making about screening for prostate cancer after discussion with a clinician. Each man should have the opportunity to understand the risk factors, such as African-American ethnicity and a family history of prostate cancer, and the potential benefits and harms of screening and to incorporate his preferences and values into the decision.

Sexual health

Erectile dysfunction includes difficulty having or maintaining an erection and the loss of sexual desire. It can be caused by emotional problems or depression, many medications or low testosterone levels. Blood circulation problems and diabetes are associated with the inability to have erections. Drugs like Viagra (sildenafil) or Cialis (tadalafil) increase blood flow but are not for everyone. They do make it easier for erections to occur in the right settings, however they can cause facial flushing, headache and a bluish tint to the vision. They should never be taken if you are also taking nitrates for heart disease. If these medications do not work, there are various vacuum devices, injections and prostheses that have been helpful for some men.

Testosterone is a male hormone that helps to maintain bone density, muscle strength, facial and body hair, red cell production and sex drive. Testosterone levels normally decline about 1% per year after adolescence. Testosterone levels can be checked if there is erectile dysfunction or changes in sexual function, sleep patterns, reduced energy levels, reduced muscle mass, lack of facial or body hair or decreased motivation and self-confidence. There can be many causes for these symptoms. With true low levels of testosterone, patients will experience benefits when given this medicine, but it can be dangerous if your levels are already normal. Testosterone can be given by injections every 2-4 weeks or with daily gels or patches to the skin. There are serious adverse effects, especially in men over age 65 years. These include sleep apnea, acne, blood clots, dangerous elevation of hemoglobin, benign growth of the prostate and stimulation of prostate cancer growth if present. There is also a risk of heart disease and arterial blockage. Testosterone therapy is not approved or recommended to boost strength, athletic performance or prevent aging. Instead of taking testosterone, there are natural ways to boost it including losing weight and increasing muscle mass with exercise.
**Lesbian, Gay, Bisexual, Transgender and Everyone in Between (LGBT) Health at Latterman**

At Latterman we want all patients to know they can get first class care without leaving their own town and that you can find health care providers here who are sensitive and knowledgeable about the health care needs of all members of our community. In order to facilitate conversation with your health care provider, here are a few common misconceptions and one of our doctor’s answers to them. If any of these concerns rings a bell for you, it may be time to come down and have a talk with one of our doctors.

**Myth:** Lesbians don’t need to worry about pap smears.

**Fact:** Many LGBT women are less likely to get pap smears because they think they are less at risk of cervical cancer. Studies show that the risk is the same and LGBT women should receive the same screening. In addition, LGBT women are more likely to develop bacterial vaginitis, which is easily diagnosed on exam and easily treated. Yearly Gyn visits at Latterman can help you stay on track.

**Myth:** You can’t be honest about your sexuality with your straight/cis doctor. They will treat you differently.

**Fact:** This doctor happens to be LGBT himself, but everyone here is an ally. It is important to feel like you can tell your doctor everything. The only way we can deliver the best care is to have all the information to help you make the best choices for you and your loved ones.

**Myth:** All that pap smear stuff is just for women.

**Fact:** Not quite. It is mostly for women, but can be important for men, especially receptive LGBT men. Ask one of us today if pap screening could lower your risk of cancer.

**Myth:** You have to go downtown to get specialized LGBT care.

**Fact:** Again, not quite. Many providers you see at Latterman are the same people you may see at a specialty clinic downtown on a different day. We are fully capable of giving HIV care, PReP, Hepatitis C care, etc., and we have a partnership with an OB/GYN office here in McKeesport which does transgender hormonal therapy. Not everyone will need these services but we can handle your vaccines and checkups too. We hope to open communication and see you soon. If you wish to see a provider with special expertise in LGBT issues you may confidentially make that request when you make your appointment.