A WORD FROM THE RESIDENCY DIRECTOR

I saw a patient at the hospital last week. She was suffering from cancer of the uterine cervix that had spread and was now inoperable. She was terminally ill and still a young woman. This cancer is now known to be caused by a virus and there is now a vaccine to prevent it. Many people do not know there is a vaccine to prevent this type of cancer. There are good articles in this issue of the newsletter about this vaccine and about Pap smear testing to detect cancer at an early stage. We have the vaccine available for women up through 18 years of age and I sincerely hope that those eligible will use it and prevent the tragic suffering I saw last week.

There is also a short announcement about the new Family Medicine/Psychiatry program here. You will hear more about this in the future, but we are very excited about the benefits this program will bring to our patients with psychiatric illness.

William Markle, M. D.

Spotlight on Latterman Faculty and Attendings

Patti Bearley, D. O. grew up in Jeannette and went to college at Seton Hill, where she received her Bachelor’s Degree in Dietetics. She moved to California where she completed her medical school training at Western University. She returned to Western Pennsylvania to complete her internship year at St. Francis Hospital and then entered the Family Medicine Residency at UPMC McKeesport. She has remained at McKeesport on the faculty since that time. She is the medical director of the Latterman Family Health Center and enjoys working with all the staff and patients. “I am grateful for your continued support of this residency-based health center and appreciate all of the patients’ willingness to be a part of the resident’s continuing education.” Dr. Bearley enjoys teaching and mentoring residents and providing direct patient care. She also directs the Osteopathic Internship program and the combined MD/DO Family Medicine Residency.
Resident Physician Spotlight

**Marlo Marcheleovich, D. O.** is a native of Pittsburgh, born and raised in the suburbs. “I completed my undergraduate degree at the University of Pittsburgh and earned the Pre-Med track and a BA in English. During my senior year I worked at St. Francis Hospital and completed a one-year internship in communication. I went on to teach English and Chemistry for a few years before finally embarking on the challenge of medical school. I graduated from the Lake Erie College of Osteopathic Medicine in 2005 and fulfilled the traditional internship at UPMC McKeesport to finally join the Family Medicine Residency in 2006. I spend the majority of my free time with family or working on my house. I enjoy boating and camping when the weather allows as well as skiing when the weather is not as nice. I intend to continue my training upon completion of residency, and I am considering possible fellowship opportunities.”

**Dinesha Weerasinghe, M. D.** was born and raised in Sri-Lanka and graduated from the University of Sri-Lanka Medical School. She came to the US in 2001 with her husband and two sons, Dilanka, age 10, and Nadith, age 7. “My husband is a research scientist working on a HIV project at the University of Pittsburgh and my children are the most important part of my life. I really enjoy seeing the patients at the Latterman Family Health Center and working with the caring staff at Latterman. After graduation, I would like to work in this area in outpatient medicine. During my spare time, I enjoy cooking, playing the organ and playing basketball with my boys.”

A New Combined Family Medicine/Psychiatry Residency Training Program at UPMC McKeessport

UPMC McKeessport is pleased to announce the beginning of a combined Family Medicine/Psychiatry Residency Program in collaboration with the Western Psychiatric Institute and Clinic (WPIC) and UPMC St. Margaret Hospital. The first two residents began the program April 1st and there will be two more residents beginning in July. One-half of the residents will do their Family Medicine training at UPMC McKeessport and the other half at UPMC St. Margaret. The psychiatry training will be done at WPIC for each resident. Dr. Olepeju Simoyan began her training this month at UPMC McKeessport and Dr. Seeyam Teimoori will begin in July. We will profile these residents in an upcoming newsletter.

The residency program will last for five years and candidates will meet the training requirements for both Family Medicine and Psychiatry. They will be board eligible for both specialties. The goal of starting this program is to utilize the excellent resources in both the Family Medicine Department and the Department of Psychiatry. These physicians, trained in both specialties, will be able to provide comprehensive medical and psychiatric services to a broad spectrum of patients in the community and to be leaders in academic family medicine and psychiatry. They can handle the psychiatric needs of their patients without referral, while at the same time being knowledgeable in their general medical conditions. They will have a more family centered approach to psychiatry.

The UPMC program is only one of 11 such programs in the country and the only one in Pennsylvania.
Cervical cancer is cancer of the part of the uterus that opens to the vagina. A virus called Human Papilloma Virus (HPV) is associated with most types of cervical cancer. There are two types of HPV, low risk and high risk. The low risk type can cause genital warts. The high risk type can cause changes in the cells of the cervix which may be pre-cancerous. The goal of a Pap test is to screen for these abnormal cells on the cervix. Cervical cancer often causes no symptoms, which is why it is important to have regular cervical cancer screening tests. Cervical cancer can be treated with surgery. It can also be prevented if the abnormal cells are detected early by destroying those cells.

Your doctor can perform a Pap test and/or a HPV test. The Pap test is the best method for finding changes on the cervix that may lead to cancer. Some cells are brushed from the cervix, fixed in a liquid solution, sent to a lab, and examined under a microscope to look for abnormal cells. The same sample can be tested for HPV. This HPV test can detect the type of virus and help your doctor determine your risk for cervical cancer.

In addition to the high risk type of HPV, other risk factors for developing cervical cancer are known. These include having intercourse at an early age and having more than one sexual partner. Cigarette smoking, a weak immune system, and a history of other sexually transmitted diseases (STD’s) are also risk factors.

Cervical cancer testing is recommended every one to two years for women under thirty. Your first Pap test should be performed within three years after you begin having sexual intercourse or by the time you are twenty-one years old. For women over thirty, discuss your screening options with your doctor. If you have no insurance you can get your Pap test and other family planning matters at the Latterman Family Health Center without charge through the Adagio Health Program.

There is a vaccine for Human Papilloma Virus (HPV) called Gardasil. This vaccine has been shown to prevent cervical cancer in women by preventing HPV infection. The vaccine may also help prevent genital warts. Women who receive the vaccine before their first sexual intercourse have less chance of being infected with the virus that causes this cancer. Women who already have the virus have a decreased chance of developing cervical cancer if they have received the vaccine. The vaccine can be given here at the Latterman Family Health Center and is available through the Vaccines for Children program for all women and girls from 9 to 18 years of age. It is a series of three shots spread out over six months. It can be given to women up to 26 years of age but currently we do not have it available for those over 18. The health department also offers this vaccine. Please talk to your doctor if you are interested in this vaccine for cancer prevention.

For more information:
https://www.merckvaccines.com/gardasilProductPage_frmst.html

Dr. Robert Barnabei
The UPMC McKeesport Latterman
Family Health Center
2347 Fifth Avenue
McKeesport, PA 15132
Phone: 412-673-5504

UPMC McKeesport Family Medicine Residency Receives Prevention Grant

The UPMC McKeesport Family Medicine Residency Program is participating in the PA State Grant - Youth Logic Model/Youth Committee PCCD Weed & Seed Process Life Development Center. We are implementing a curriculum for adolescents entitled, Reducing the Risk, Building Skills to Prevent Pregnancy, STD’s & HIV. It is a research-based curriculum with outcomes that has demonstrated a reduction in teen pregnancies, STD’s and HIV. These are all prevalent problems in McKeesport and we feel part of our duty is to work to prevent them. The faculty and residents are presenting interactive lectures at these designated community sites: The LaRosa Boys and Girls Club, the YMCA after school programs at Crawford and Harrison Villages, and the McKeesport High School Teen Elect Program. After completion of the program in the summer of 2007, the outcome of this program implemented in McKeesport will be measured by the YMCA. Community partners in the grant include: Mon-Yough Community Services, the McKeesport Family Center, the Boys and Girls Club and the YMCA.