As we begin to move from summer to fall, we are faced with many transitions. Summer vacations are wrapping up, kids are going back to school and here at Latterman our new residents are starting their journey with our program. Please join me in welcoming these new physicians to our community. Their pictures are included in this newsletter. We are also providing some information about lead poisoning and alcohol abuse in this Letter. We hope this information will help you in making healthy decisions for you, your friends and your family.

We are always looking for ways to improve and grow. One of the areas identified is making sure each patient is aware of who their individual Primary Care Physician (PCP) is. There are pictures located by our front desk so that even if you’ve forgotten their names, you have a way of knowing who they are. You are encouraged to have regular follow-up visits with your PCP.

We strive to continue improving your experience here at Latterman and look forward to your continued support and involvement as we move forward with new ideas. As always, we would love to hear your thoughts and suggestions to help us improve.

“To improve is to change; to be perfect is to change often.”
-Sir Winston Churchill

LATTERMAN STAFF SPOTLIGHT

**Corybeth Miller** is a medical assistant at Latterman. She was born and raised in Munhall. She lives with Chuck and has two daughters: Brianna (21) and Paige (15), plus three Chihuahuas: Coda, Chase and Carma. “We love to walk our dogs every night either in the Waterfront or in Oakland. My favorite food is salted caramel ice cream from Ben and Jerry’s. Something you might not know about me is that I worked at SCI-Pittsburgh for 10 years on the mental health unit. I have been at Latterman for about one year and I LOVE MY JOB!”

**Candice Thompson** was born in Duquesne, PA and started her nursing career in 2009. She graduated from UPMC St. Margaret’s School of Nursing with a diploma as a Licensed Practical Nurse. After working for a few years, she decided to further her career by attending the Citizen’s School of Nursing and gained her diploma as a Registered Nurse. “The perks of nursing are the many endless opportunities. I’ve done all sorts of nursing from long-term care to cardiac and most recently I worked in the neuro/trauma ICU, one of the best experiences I’ve had. After leaving the ICU, I went into travel nursing to see new places. I traveled up and down Pennsylvania to different ICU units and gained much experience and knowledge. My journey has now led me to this wonderful place called Latterman where I can serve this community not far from where I grew up. I never thought I would be caring for babies and small children until I became the mother to a beautiful baby girl. I love nursing and people and encourage all my friends to pursue nursing. I hope to leave people feeling better and knowing someone cares about their needs.”
RESIDENT SPOTLIGHT

Andrew Parsons, MD was born into a military family with Midwestern and Southern roots. He has lived in California, Oregon, Arizona, Alaska, Arkansas and now Pennsylvania. He is a former Range Technician for the Bureau of Land Management and spent several years participating in natural resource management, fire suppression and invasive species control throughout the Western United States. He is currently training in the Combined Family Medicine and Psychiatry Residency Program and intends to eventually practice rural medicine. “When not at work, I enjoy spending time with my wife and four children.”

David Barr, MD comes to us from Freehold, New Jersey and is starting his third year of residency at the Latterman Family Health Center. He has really developed an appreciation of all things Pittsburgh in the last 2+ years. “I live here with my wife and 4 year-old daughter who will be starting her second year of preschool soon. She is super excited about it. I enjoy spending time with family, binge-watching shows on Netflix, and eating pierogies whenever I can find them.”

Adeola Fakolade, MD is a “9ja” girl, born and raised in Nigeria. She moved to Pittsburgh directly from Nigeria for her residency at McKeesport. “I have truly enjoyed my time in Pittsburgh. The staff of the residency and the clinic have all been very welcoming. I love to travel and I love dogs. My dad’s hobby was breeding dogs and I grew up around quite a few. At one time we had 19 dogs. With 19 dogs, 5 siblings and numerous cousins, I had an epic childhood! However, I hold the opinion that roller coasters are the worst. :-) After residency I intend to pursue further training in global health, health policy and strengthening health systems.”

New Residents at Latterman

Oludotun Adegoke, MD
University of Lagos
College of Medicine
Nigeria

Marcos Haikalis, MD
University College of Cork
School of Medicine
Ireland

David Barr, MD
Freehold, New Jersey

Kathryn Bobak, MD
Poznan University of Medical Sciences, Poland

Kareem Lezama, MD
University of Virginia
School of Medicine, Virginia

Hermanjit Gill, MD
Saba University
School of Medicine
Dutch Caribbean

Simona Rasquinha, MD
Windsor University
School of Medicine
St. Kitts

Andrew Habib, MD
St. James School of Medicine
Anguilla

Family Medicine/Psychiatry Resident

Daniel Salahuddin, MD
University of Miami
Leonard M. Miller School of Medicine, Florida
Per the National Institute on Alcohol Abuse and Alcoholism, an estimated 16 million people in the United States suffered from Alcohol Use Disorder in 2016. The ever-rising incidence of this disease taking hold in the United States has led to great strides in treatment through behavioral therapy and medication therapy. However, many people do not search for the resources that are available to them due to fear of a stigma associated with this disease or they may not realize they have a problem. “At-risk” drinking is considered over 14 drinks a week or over 4 drinks on any one occasion for men and over 7 drinks a week or over 3 drinks on one occasion for women. Here at the Latterman Family Health Center we are working to help break these barriers and provide patients with the medications and services they need to treat this disease.

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Some medications used to treat Alcohol Addiction are as follows:

**Acamprosate (Campral®)** is used when patients who have alcohol dependency have stopped drinking alcohol to keep them for drinking alcohol in the future. This medication is believed to work by restoring the balance of chemicals in the brain, which the chronic use of alcohol has altered. Patients take two 333mg tablets by mouth three times a day. This medication only lasts for 3-8 hours, which is why it is dosed three times a day. Acamprosate does not help with alcohol withdrawal symptoms such as nausea, vomiting, sweating or headaches.

**Naltrexone (ReVia®)** is used when patients who have alcohol dependency have stopped drinking alcohol to keep them from drinking alcohol in the future and is also used preventively to reduce the risk of opioid relapse in patients with opioid addiction. This medication works by binding to opioid receptors in the body, which may lead to a decrease in alcohol consumption and blocks the effects of opioids. Patients take one 50 mg tablet by mouth once a day. This medication can also help reduce cravings.

**Disulfiram (Antabuse®)** works by blocking the body’s ability to break down alcohol leading to unpleasant side effects (i.e. nausea, vomiting, headache) when taken with alcohol. The knowledge of these side effects are a motivational factor for patients to stay sober. Patients take 500 mg for 1-2 weeks followed by a maintenance dose of 250-500 mg.

These medications are not to be used alone for treatment of alcohol dependency. They should be used along with behavioral therapy such as in a rehab or counseling program and/or in Alcoholics Anonymous. When starting to use these medications it is important to follow-up with your primary care doctor to monitor your use of the medication as well as monitor any side effects. Nutrition is also very important because often people who drink excessive alcohol amounts do not eat well. People in recovery should eat a nutritious balanced diet and supplement with a multivitamin and extra Vitamin B-1 (Thiamine) and folic acid. If you or someone you know is recovering from alcohol dependency, know that the staff of the Latterman Family Health Center is here to help you.

Our physician assistant, Toni Wilson, PA-C gave birth to Eleanor Clare Wilson a few minutes before 3 pm on Thursday, August 3. Eleanor weighed in at 7 lbs. 7 oz. and was 20 and 1/2 inches long. Mom, baby, Dad (Ian) and big brothers, Colin and Micah, are all doing well.
The Latterman Letter

The Latterman Family Health Center—UPMC
2347 Fifth Avenue
McKeesport, PA 15132
Phone: 412-673-5504

Health Center Hours:
Monday, Tuesday and Thursday:
8am-7pm
Wednesday and Friday:
8am-5pm

Lead Poisoning

Lead is a metal found in the environment that can be very dangerous, especially for young children under 6 years. High lead levels in the body, called lead poisoning, can damage the brain. Lead poisoning can cause a child to have slow growth and development, problems with hearing and speech, and difficulty learning and paying attention. This damage may be permanent and never be fixed.

Children can be exposed to lead in many ways including lead-contaminated air, food, drinking water, dust, or soil. You cannot smell or see lead. The most common source of lead poisoning for children in Allegheny County is old house paint. Lead dust and paint chips containing lead are common in houses built before 1978, which is when paint stopped containing lead. People who live in older, poorly maintained property are at higher risk for lead exposure. Children can inhale lead dust, eat paint chips, or swallow lead by getting the dust on their hands and putting their hands in their mouths. Recently there has also been concern about lead pipes releasing lead particles into tap water in some areas.

Most children who have lead poisoning do not have any symptoms. The only way to know if a child has lead poisoning is by checking a blood test. At the Latterman Family Health Center, our doctors recommend checking lead levels in children at their 9-month-old and 2-year-old well child visits. The sample for the test is collected in our office by making a small puncture in a finger of the child and collecting a few drops of blood. If this finger stick test shows a high lead level, we confirm it by having the child return to the office to check a blood sample from a vein. Both of these tests may cause only a small amount of pain, like a quick sting or a pinch. If the level for your child is high (over 5 mcg/dl), your doctor will contact you with recommendations involving the Allegheny County Health Department. This will include mainly removing sources of lead and rechecking the blood level, and in cases of very high lead levels, it may be recommended to have medical treatment to remove the lead from your child’s blood.

There are steps you can take to prevent lead poisoning. If your house was built before 1978, have it inspected by a licensed lead inspector before making any renovations and keep it well maintained. Use wet paper towels to clean around windows, play areas, and hard floors to remove lead dust that you cannot see. Wash your children’s hands and toys often, especially before eating and sleeping. If you have older plumbing, run your cold water for a minute before using it. Feed your children healthy foods with calcium, iron, and vitamin C to help keep lead out of the body. Lastly, ask your doctor any questions you have about lead poisoning, testing, and treatment during your well child visits.

Barbara Nightingale, MD