Not a day goes by that I don’t talk to someone, either a patient or a co-worker, who has symptoms of anxiety. It is due to the difficult times we live in or maybe an intense personal difficulty. Sometimes we get anxious for no specific reason but just because of the cumulative stresses we face. Right now our office is installing an entirely new electronic medical record, which is a steep learning curve for all of us working here, especially those of us who are a little older. Latterman is going paperless and until we are up to speed with the new system we have been forced to see fewer patients. We apologize for any inconvenience this may have caused and hopefully by the time you read this the slow down will be behind us. Nevertheless you may notice some adjustments for the next couple months. I know it will take me that long to learn all the intricacies of our new system. The good news is that it will ultimately mean more efficient and accurate health care for you. There is an informative article in this newsletter by the office manager, Cheryl McClelland, about the new Epic Care Electronic medical record system. There is also an interesting article on anxiety to help you understand this problem a little better.

There have been 5 babies born in the past couple months, all girls. Dr. Shagufta Chaudhry has little Maira, Dr. Ingy Ayad gave birth to Natalie, Dr. Irena Macalua Lomeda has little Hillary, Dr. Tracey Conti gave birth to Sarah, and finally Jaquala Scott had little A’ryah. It has been a busy winter!

William Markle, M. D.

A WORD FROM THE RESIDENCY DIRECTOR

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Spotlight on Latterman Faculty and Attendings

Cathleen S. McGonigle, D. O. joined the faculty for the Family Medicine Residency and Osteopathic Internship in March 2008. She is a native of Pittsburgh. After her residency training in Family Medicine at UPMC McKeesport, she completed fellowships in Primary Care Sports Medicine and Non-Operative Pediatric Orthopedics and Musculoskeletal Medicine at Allegheny General Hospital. She is board certified in Family Medicine and Primary Care Sports Medicine. Dr. McGonigle worked in ambulatory care and urgent care medicine before returning to McKeesport last year. She will head up the Osteopathic program beginning in July 2009.

Sports Physicals at Latterman by Dr. McGonigle as required by WIAL and PIAA

A. Sports physicals must be performed on or after June 1st for the upcoming school year.
B. All sports physicals expire on May 31st each year.
C. The Medical History section must be completed by a parent or guardian so it is as accurate as possible, preferably before the exam.
D. The parent or guardian must sign the form in multiple places such as the emergency contact information, next to each sport, the medical history form, etc.
E. A Re-Certification Exam and updated history is required prior to each sport season.

Please bring the entire CIPPE form with you to the sports physical exam. Thank you. We want a safe healthy sports season.
RESIDENT SPOTLIGHT

Martin Alejandro F. Violago, Jr. MD graduated from the University of Santo Thomas in the Philippines in 2001. He underwent 2 years of training in General Surgery before moving to the United States for training in Family Medicine. He is married and has two children. He is a missionary at heart and has worked with an underserved ethnic community in the Philippines. In McKeesport he devotes some of his free time to work at the Ninth Street Clinic for the uninsured. He is an upcoming third year resident and plans to join a private practice in the area after completing residency training next year.

Magued Raafat Rizk, MD is a native of Alexandria, Egypt and after spending some time in Nigeria where his father was working, went to school at the College of Saint Marc in Alexandria. He then entered Alexandria University Medical School where he finished his internship in 2004. He worked in the rural health system south east of Alexandria practicing both as a hospitalist and as a family physician. He also was able to participate in an amazing training opportunity in Cairo as a kidney transplant coordinator. He came to the U. S. in 2005 and entered the UPMC McKeensport Family Medicine Residency in 2007. He says, “I feel this is a wonderful experience for me and I am enjoying every second of it.” Magued is a member of the Coptic Orthodox Church and finds much peace and support in prayer. Hobbies include watching good movies, listening to good music, and football. He has become a diehard Steelers fan. Dr. Rizk plans to pursue an OB fellowship next year after graduating and then enter a practice.

Three Of Our New Babies

Natalie Aziz (Ayad) 12/19/08
Maira Gilani (Chaudhry) 02/02/09
Hillary Lomeda (Macalua) 2/28/09

New Marriages this Quarter

Dr. Anne Silao-Solomon and Carlo Alexi Solomon
March 7, 2009

Dr. Mohan and Ranjita Karki (Adhikari)
December 6, 2008

WINNING MONTHLY RECIPE

PANCIT SOTANGHON

Place 1 pound of chicken in a pot and cover with 2 inches of water. Boil and reduce heat to simmer. Cook the chicken 30-35 minutes until tender and skim off any foam that forms. Soak 120 g of dry sotanghon (vermicelli) noodles in warm water until soft and cut into 4 inch pieces. Remove the chicken and the skin and cut the meat into thin strips. Strain the broth. Heat 2 tbsp oil in a wok or skillet. Sauté 2 garlic cloves and one small minced onion until soft. Add 6 oz shrimp and cook until pink. Add the chicken meat and stir fry for 30 sec. Add 1 tsp paprika and 2 cups of the chicken broth. Add 1/2 cup soft mushrooms and bring to a boil. Stir in 1 chopped carrot ad 1/4 cup snow peas. Cook for about 2 min until vegetables are tender. Add noodles and season with 2 tsp soy sauce and 2 tblsp fish sauce. Simmer about 1 minute and add 1/4 tsp salt and 1/8 tsp pepper. Garnish with one sliced green onion and serve.

Dr. Anne Silao-Solomon
In order to serve you in a more convenient and efficient manner, we are happy to announce that on March 25, 2009, the Latterman Health Center transitioned to “EpicCare” a new electronic medical record system. This system is “paperless” and allows your physician to have access to your medical record whenever the need arises. Many of your lab tests, X-rays and specialist visits will be available in your EpicCare record much sooner than before. For this reason, we suggest that, when possible, you have all your testing performed at UPMC facilities.

Along with EpicCare we will be utilizing “e-prescribing” for your prescription refills. What that means is that you will no longer need to take a paper prescription to your pharmacy to have it filled. Instead your prescription request will be sent electronically to your pharmacy either during your visit with your physician or within 48 hours of you calling the office for a refill. Most all pharmacies participate with our e-prescribing system, including Giant Eagle, Rite-Aid, CVS and Wal-Mart, just to name a few. Your local McKeesport pharmacies also participate. If you have a visit scheduled with your physician, please come prepared to tell him/her which prescriptions you need to have refilled. Please remember, if you are calling us for a refill, you will need to allow **48 hours for your refill to be processed.**

In order to expedite your visit to our lab (including a pregnancy test), we request that you call to schedule an appointment time convenient for you. This way we can be sure that your physician placed the order and we can get you in and out of the office in a timely manner.

All of us have woken up in the morning at some time in our life only to realize that we are ill. If you are ill, please call our nurse as early in the day as possible so she can tell you what time your physician is available to see you. **Please call before coming to the office.** Also if you have an appointment scheduled that you cannot keep, please call the office in advance to cancel. This will allow us to accommodate patients who may take ill unexpectedly and do not have the appointments scheduled, but need to be seen.

One of the most important aspects of patient care is for your physician’s office to have updated contact information at all times. Please remember to give us your new address and phone number at each visit. Most of us today have cell phones and the numbers frequently change. **When you call the office for any reason, please give us your current cell phone number.** Many times a physician’s schedule will change and we will need to contact you to change an appointment. If you do not have a current phone number listed, we have no way of contacting you and we don’t want you to make a trip to the office, only to find out that your appointment has been canceled.

**At the end of May, we will be implementing a new telephone system in the hopes of improving our communication with you. Stay tuned for more information in the next newsletter.**

Cheryl McClelland, Office Manager
The Latterman Family Health Center—UPMC
2347 Fifth Avenue
McKeesport, PA 15132

Phone: 412-673-5504

The Latterman Letter

ANXIETY

We don’t have to look far to see that the current times are stressful and the news and headlines can be discouraging. In September 2008, eighty percent of 2,507 Americans polled by the American Psychological Association reported that the economy was a significant source of stress for them. Stress, fear and anxiety are a part of life. Anxiety is a normal human emotion that we all experience at times of stress. Some people feel anxious when speaking before an audience or taking a test. Your heart beats fast; your mind races and your palms get sweaty. Anxiety is a normal reaction to stress and can help us deal with a tense situation. However, when anxiety becomes excessive it can disrupt your life and become a disabling disorder.

Anxiety disorders are the most common mental illness in the U.S. and affect 40 million adults, ages 18 and older. Anxiety disorders can range from excessive worry to immobilizing fear and panic. Symptoms often include difficulty concentrating, irritability, fatigue, muscle tension, sleep disturbance and difficulty controlling worry that present for an extended period of time. Children and adolescents have anxiety in their lives and can suffer from anxiety disorders as well. Examples of anxiety symptoms in children are fears about safety of self and parents, constant worries or concern about school or social situations and fear of separation from their parent.

The good news is that anxiety disorders can be treated. Treatment choices depend on the problem and the preference of the person. It is important to talk with your doctor about your symptoms in order to determine if they are caused by an anxiety disorder or a physical problem. Anxiety disorders can be treated with psychotherapy, medications or by a combination of both. Things you can do to help decrease your level of anxiety include getting plenty of sleep, regular exercise, deep breathing, and other forms of relaxation techniques. Know that you are not alone. Talk to your doctor if you think you might have an anxiety disorder.

Shari Leidig-Holland