With the short days and long nights of winter come thoughts of the holidays and our families. In the residency we are expecting 5 babies among our doctors and staff over the next few months. That’s why it is called “Family Medicine”. We also continue to have the blessing of caring for many pregnant women in McKeesport and seeing their babies. In this issue of the newsletter there is an article of bullet points about breast feeding to help you if you choose this method of feeding your baby. It is the method recommended all over the world for the best nutrition and to help babies grow up healthy. Here is also an article on winter safety. It has good points for preventing illness and injury during the cold winter.

We are always looking for ways to improve our services to you. We do collect information through the Press-Ganey surveys. Thank you to those who have thoughtfully completed these surveys. One of our major concerns is our phone system and we hope in the future to have a major upgrade and bring you better and more prompt service on the phone. Our center director, Dr. Bearley, and our center manager, Cheryl McClellan, are always looking for ways to make the center function more smoothly. Please give us your ideas. We also are glad to hear about good things and compliments are always forwarded to the doctor or staff person who is involved. Have a wonderful holiday.

William Markle, M. D.

**Spotlight on Latterman Faculty and Attendings**

Shari Leidig Holland joined the faculty in November as the Behavioral Scientist in the UPMC McKeesport Family Medicine Residency Program. She was born and raised in Michigan and Ohio but now considers the Pittsburgh area home after living here for more than 20 years. Prior to coming to us, she was the Behavioral Scientist with the UPMC Mercy Family Medicine Residency Program. She knows McKeesport well, having lived and worked in our community for a number of years. Shari received a Master’s degree in Counseling and Human Development from Walsh College and is a Licensed Professional Counselor. She enjoys the diversity that her role as a Behavioral Scientist provides for teaching residents and counseling patients as well as the opportunity to be involved in the community. These experiences have been her best teachers and she continues to learn and grow from her experiences with people. Her interests include women’s and children’s concerns as well as community medicine and education. She enjoys reading, gardening, multicultural experiences, traveling, exploring new places, biking on trails, music, spending time with her husband, and walking her dogs, and she wishes she had more time for all of them! She is excited to be here and looks forward to being of service and being a part of the good things happening at Latterman.

Lord Tennyson
Irene Macalua, MD was born in the Philippines, the youngest child of a businessman and a school teacher. She lived with her uncle, a physician, during her school days and was influenced by him to become a physician herself. She earned her medical degree at the University of Santo Tomas in Manila and began the Family Medicine Residency at UPMC McKeesport in 2006. She has found it very rewarding, especially working with the elderly patients and with women’s health issues. She enjoys living in Pittsburgh and finds the seasons awesome except for the winter. In her spare time she likes to go shopping, watch movies, travel and participate in outdoor sports. She is married to Engineer Reginald Lomeda and is expecting her first child in February. Her plans are to stay in Western Pennsylvania after graduation and serve as a family physician.

Kyaw Zaw MD was born in Myanmar (formerly Burma) and was raised by his working parents. His childhood was filled with ambitions, inspired by his parents who always gave education the first priority. He attended medical school to fulfill his lifelong desire of becoming a physician and to fulfill the desires of his parents who envisioned their son as a healing hand for the people. In earlier years he had a career in tennis and competed at the national level, even dreaming of becoming a professional tennis player on a world tour. He is also interested in music and has composed several songs and aired an MTV program in Myanmar. However, once he entered medical school, these careers were abandoned as he had a strong desire to become an excellent physician. This desire has led him to pursue his education in the U.S. He received a Master’s degree in Health Education from Western Illinois University before coming to McKeesport. While in Illinois, he married his college sweetheart, Khin Thein, who shared his same dream of becoming a physician. Eight months ago a beautiful son, Seth, joined their family. He and his wife plan to practice in Virginia after residency.

Elena Cotulbea, MD grew up in a family of doctors in Romania. This ignited her desire to aid the suffering. Preservation and restoration of health and alleviation of various physical and emotional pains became focal points in her career. Relocation to the U.S. opened an opportunity for her to pursue a family medicine residency. “My mentors at UPMC McKeesport validate my conviction that great physicians are trained, not born. While I enjoy the full spectrum of family medicine, I have a special interest in women’s health and obstetrics,” she said. “I strive to treat my patients with respect, sensitivity and compassion. After graduation I plan to practice family medicine not just as a profession but as a vocation, an inner calling and a selfless devotion to preserving people’s health. Outside of medicine I enjoy traveling, studying foreign languages and attending the symphony.”

Cooking Competition Winner—German Black Forest Cake

Place 1 package of cake mix (preferably Dr. Oetker’s) into a mixing bowl and add 3 eggs, 1/2 cup softened butter and 1/4 cup cold water. Beat with electric mixer on low speed until blended, then on high speed until smooth and creamy. Pour this batter into spring-form pan and bake in a preheated oven at 350 °F for 35-40 minutes. Remove from pan and cool completely. Slice cake in two horizontally for two-layered cake. For more layers increase the quantity of ingredients.

For the filling beat 2 cups of whipping cream to stiff peaks. In another bowl beat 1 cup of white powdered sugar and 3/4 cup cold water until creamy. Fold half of the whipped cream into the sugar mixture and mix thoroughly. Gently fold in remaining cream. Sprinkle the cut cake surface with kirsch liqueur (or rum or sherry) and spread cherry filling and/or strawberry preserves on bottom layer of cake. Spread 1 pound of chopped strawberries next and cover with half the cream mixture. Place the top layer of cake on and layer with cherry or strawberry preserves and more chopped strawberries. Cover the tops and sides of the cake with the rest of the cream mixture. The cake is then decorated with halved strawberries on the side and whole strawberries on the top. Sprinkle chocolate sprinkles all around and chill for at least 30 minutes before serving.

Dr. Mwiyeria Ngare (the cook)
Winter Safety - “An ounce of prevention is worth a pound of cure”

Protect against colds and flu
1. Wash your hands: Wet hands with clean, warm water and apply plain soap. Rub hands together to lather and coat all surfaces of your hands. Continue rubbing for 20 seconds, or imagine singing “Happy Birthday” to someone twice. Rinse hands and dry with air blower dryer or paper towels.
2. Cover your sneeze or cough: Use a tissue to cover your nose and mouth if possible. Throw away the tissue and wash your hands.
3. Eat healthy: Fruits and vegetables have vitamins that can help your body fight off illnesses and boost your immune system.
4. Get enough sleep: Sleep lets your body repair and recover from the day. Lack of sleep can impair your immune system and make it easier to get sick.
5. Get a flu shot (if recommended): People with certain medical conditions or those who work in jobs where they may be in contact with sick people should get a flu shot. Ask your doctor if you or someone in your family should get a flu shot.

Protect against the elements
1. Dress for the weather: Check the weather before going outside. Wear layers; thermals, flannel shirts, sweaters, heavy socks, etc. Layers of clothes trap air and keep you warmer.
2. Wear a hat: A great deal of body heat is lost through the head if not covered in cold temperatures. Also cover mouths and noses with scarves to warm the air you are breathing.
   3. Get out of wet clothing: Change wet or sweaty clothing or footwear immediately. Wet clothing makes you lose heat faster. If you are hot, remove some layers or open your jacket temporarily.
4. Limit time outdoors: Reduce the time spent outdoors when extremely cold and stay out of the wind.
5. Check for shivering, numbness, or pale skin: Especially watch children’s faces and extremities (fingers, toes, ears and noses)
6. Avoid smoking and alcohol: In cold temperatures, nicotine and alcohol can make your body more sensitive to cold and cold injuries.

Protect your self from injuries
1. Ladder safety:
   a. Never climb a ladder if you have problems with balance and coordination, even if it is temporary from an illness or ear infection.
   b. Choose the right ladder for the job. Don’t use household furniture or boxes as ladders. Use step stools indoors. Ladders for outside work should be placed on an even surface.
   c. Don’t climb ladders with your hands full. Always keep hands free for holding on.
   d. Don’t stand on the top step. Avoid overreaching; your hips should be inside the side rails at all times.
2. Back safety and snow shoveling:
   a. People with certain medical conditions should NOT shovel. Speak with your doctor to see if it is OK for you to shovel snow.
   b. Bend at the knees and hips. Use proper lifting techniques when shoveling snow.
   c. Avoid twisting your back. Pushing the snow or lifting and turning your hips or your entire body including your feet will avoid straining your lower back with twisting.
   d. Shovel smaller amounts. Decrease the weight of the snow and shovel.
   e. Pace yourself. Take frequent breaks.
   f. If you experience chest pressure or chest pain, call 911 immediately.
3. Protect from falls:
   a. Wear proper footwear. Some boots or rubber-soled, built-in grips in shoes can grip better.
   b. Watch for invisible ice or “black ice”. Pavements that have been shoveled can turn into sheets of ice.
   c. Use railings. Hold on when going down stairways.
   d. Salt walkways and stairs.

Cathleen McGonigle, DO
BREASTFEEDING

Proper breastfeeding is an important and healthy way to feed your baby.

Why?

- Breast-fed babies have fewer infections and allergies, especially during the first year of life.
- Breast milk is inexpensive and is convenient during traveling.
- Regular breast feeding will help to establish milk supply.

How to breast feed.

- Nursing should be started in the delivery room.
- Nursing should be done every 2—2 1/2 hours during the day. Feeding less frequently during the night is OK but no more than 5 hours should pass between feedings.
- During the first week, offer each breast for at least 10 minutes to bring in full milk supply. Don’t forget to burp the baby when switching breasts. By day 8, encourage the baby to feed at least 20 minutes on each breast.
- Babies are getting enough milk if they are making at least 2—3 soiled diapers and 6 or more wet diapers per day.
- The baby will not need any more formula or water if they are breast feeding.
- If you need to pump your breast, ask your doctor about a breast pump.
- Pumped breast milk can be stored for 2—3 days in a refrigerator and up to 6 months in a freezer.
- To thaw the breast milk, put it into the refrigerator (it may take a few hours to thaw), then place it in a container and surround it with warm water until it reaches the temperature the baby prefers.
- For breast soreness, anhydrous lanolin cream can be applied after each feeding. Lanolin is available over the counter.
- Try to avoid any medications while breast feeding since almost all medicines are transferred into the milk.
- Call your doctor if you have a fever or think you have an infection.
- Baby must be seen if there are less than 6 diapers a day, weight gain is inadequate or you have any other concerns.

Dr. Samidha Bhat