

# BUTLER health



## The future is now

**IMAGINE A WORLD** where you meet with your doctor or other health care professional over the internet or through audio or video equipment—from your own home. At one time, such an idea might have seemed to be science fiction, or from some far-forward future. Today, this is a new reality in health care delivery.

Butler Health System recently received a \$137,755 grant under the 2016 Distance Learning and Telemedicine Grant Program from the Rural Utilities Service of the United States Department of Agriculture.

“This grant will be used to implement telemedicine initiatives to provide our rural communities convenient and accessible coordination of care,” says Cindy Esser, director of Emerging Technologies.

Telemedicine can benefit patients in rural communities by improving access to special-

ists, providing timely, convenient care and eliminating distance barriers.

“Much of our region is rural,” Esser says. “This grant can pave the way for opportunities for additional service lines, like cardiology and neurology patients to receive guidance and monitoring without having to travel great distances.”

In early 2016, BHS began using video technology for educating and caring for diabetes patients. Patients use cellphones or wireless devices to connect with a Diabetes Educator.

According to the U.S. Census Bureau, the number of senior citizens in rural Pennsylvania is projected to increase 58 percent by 2030. In addition, the Department of Health and Human Services states that compared to a younger population, elderly patients use more health care services, receive more treatment for chronic conditions, and receive an increasing number of medical and surgical interventions. Providing faster, more convenient access to specialty care and chronic disease management can be achieved through telemedicine, resulting in improved patient outcomes and quality of life.

## Our year of growth and expansion

**IT WAS A GOOD YEAR.** 2016 was another year of continued growth and expansion for Butler



**Ken DeFurio,**  
President and CEO

Health System, resulting in quality-driven care that allows you and your loved ones to receive the care they need, close to home.

Our primary care base continues to grow, with excellent physicians across six counties. We added BHS Endocrinology, a much needed specialty in our community.

Other enhanced services include Electrophysiology, Cardiovascular Services and transcatheter aortic valve replacement (TAVR), BHS Lung Center focused on early lung cancer detection, and 3-D Mammography, with its more precise and earlier breast cancer detection. We expanded the BHS Palliative Care service to the outpatient setting.

We continue to challenge ourselves in delivering care that produces the best outcome in the lowest cost setting. Our work ranges from telemedicine, which is featured on the cover of this magazine, to constantly challenging ourselves to whenever possible, keep people out of the hospital and cared

for in convenient and affordable ambulatory care sites.

On page 3 of this edition of *BUTLERhealth*, you will see the continually growing roster of outstanding physicians who have joined BHS. We work very hard to recruit and keep the very best doctors. All of them could work anywhere they want, and they have chosen BHS. Healthcare has essentially become a team endeavor. This is critically important for safety, efficiency, and the overall patient and family experience. I am so very pleased to continue to work with the physicians who have joined the BHS team.

One thing is certain for 2017: It will be another year of great change to U.S. health care. As I write this, President-Elect Trump prepares for his inauguration, and as we all know, he has vowed to repeal and replace the Affordable Care Act. No matter what happens, BHS will be proactive as we learn about what the changes mean, and we will advocate for policy and payment that assures access to all patients, and supports the sustainability of BHS, and our availability to you.

All the best to you and yours in 2017!

## By the numbers: Fiscal year 2016

Revenue	
Gross charges for patient services	\$1,091,921,923
Free care for patients unable to pay	(5,996,593)
Discounts for Medicare and Medicaid	(543,652,557)
Contractual discounts to health insurance companies	(286,527,925)
<b>Net revenue for patient services</b>	<b>255,744,848</b>
<b>Other operating revenue</b>	<b>11,078,613</b>
<b>Nonoperating revenue</b>	<b>5,503,028</b>
<b>Total revenue</b>	<b>\$272,326,489</b>

Expenses	
Salaries and benefits	\$115,929,083
Utilities	2,961,416
Drugs	11,839,678
Medical and surgical supplies	33,565,053
Supplies and other purchased services	37,915,713
Depreciation of buildings and equipment	11,804,469
Insurance	1,874,064
Interest paid	4,478,006
Bad debt write-offs	7,650,125
<b>Total operating expense</b>	<b>\$228,017,607</b>
Total remaining revenue to be reinvested in equipment, new technology and needed programs	\$44,308,882

## Care and comfort in times of need

**PALLIATIVE CARE IS** specialized care that focuses on symptom management and advanced care planning for people of all ages with serious, life-threatening illnesses.

BHS takes a team approach to care for the whole person—physically, emotionally and spiritually. This care is provided by a core team of specially trained doctors, physician assistants, nurses and social workers who create a program based on the patient's individual goals.

As part of Butler Health System's growing Palliative Care Program, an outpatient clinic was recently established.

For more information, call **724-968-5330** or visit the palliative care page at [butlerhealthsystem.org](http://butlerhealthsystem.org).



# Welcome, new BHS physicians

**BUTLER HEALTH SYSTEM** welcomes the following physicians, who recently joined the BHS medical staff.



## Jason Clark, DO, orthopedics

Dr. Clark earned his undergraduate degree from Juniata College and his medical degree from Lake Erie College of Osteopathic Medicine. He is seeing patients in Butler at 480 E. Jefferson St. To schedule an appointment, call **724-968-5300**.



## John Hoffman, DO, anesthesiology

Dr. Hoffman earned his undergraduate degree from Carlow University and his medical degree from Kansas City University of Medicine. He is part of Butler Memorial Hospital's anesthesiology department.



## Rajeev Pillai, MD, interventional cardiology

Dr. Pillai completed his undergraduate studies and earned his medical degree in Alleppey, India. He is seeing patients in Indiana at 119 Professional Center and 1265 Wayne Ave., Suite 206. To schedule an appointment, call **724-717-6417**.



## Neha Desai, MD, internal medicine hospitalist

Dr. Desai earned her undergraduate degree from the University of Illinois and her medical degree from Manipal Academy of Higher Education. She is seeing inpatients as part of Butler Memorial Hospital's Hospitalist Program.



## Arshad Mahmood, MD, interventional cardiology

After years of independent practice, Dr. Mahmood recently joined BHS Cardiovascular Consultants. Board certified in cardiology, he will continue seeing patients in Butler at 127 Oneida Valley Road, Suite 202, and in Ellwood City at 304 Evans Road, Suite 301. To schedule an appointment, call **1-866-620-6761**.



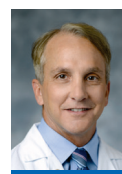
## Rekha Pinto, MD, cardiology

Dr. Pinto earned her undergraduate degree from the University of Bridgeport and her medical degree from Sri Devaraj Urs Medical College. She is seeing patients in Butler at 127 Oneida Valley Road, Suite 202, and in Ellwood City at 304 Evans Road, Suite 301. To schedule an appointment, call **1-866-620-6761**.



## Thomas Pinto, MD, interventional cardiology

After years of independent practice, Dr. Pinto recently joined BHS Cardiovascular Consultants. Board certified in cardiology, he will continue to see patients in Butler at 127 Oneida Valley Road, Suite 202, and in Ellwood City at 304 Evans Road, Suite 301. To schedule an appointment, call **1-866-620-6761**.




## Mark Provenzano, MD, pulmonary disease

Dr. Provenzano earned his undergraduate degree from the University of Southern California and his medical degree from the George Washington University School of Medicine. He is seeing patients in Butler at 389 New Castle Road and in Saxonburg at 101 Alwine Road, Suite 208. To schedule an appointment, call **724-282-2216**.



## David Schwartzman, MD, electrophysiology

Dr. Schwartzman earned his undergraduate and medical degrees from New York University. He is seeing patients in Butler at 1 Hospital Way, first floor. To schedule an appointment, call **724-431-0550**.


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# February is love-your-heart month

**February is a good month to fall in love—with your heart. During American Heart Month, give this hardworking muscle some TLC for lifelong health.**

**WE'RE SURROUNDED BY** hearts this month. Along with the paper and chocolate versions, there are the human ones: the beating hearts of more than 300 million Americans.

Unfortunately, we're also surrounded by heart disease. In the U.S., it's the leading cause of death for both men and women. But it can be prevented and controlled. Even in a short month's time, you can do a lot to take better care of your heart.

**Week 1: Scrutinize labels.** Unhealthy fats and cholesterol can clog arteries. Salt can raise blood pressure. Sugar can pack on pounds. To avoid these risks for heart disease, read nutrition labels when you're grocery shopping. Look for foods with unsaturated fats, omega-3 fatty acids, and low percentages of sodium and sugar.

Also, choose plenty of foods that come without nutrition labels: fresh fruits and vegetables. They are low in fat and sodium, and they contain fiber, which can help prevent high blood cholesterol.

**Week 2: Get moving.** Like all muscles, your heart needs exercise. This week—and every week—aim for at least 150 minutes of moderate-intensity aerobic activity,

such as brisk walking. Share your heart-healthy habit with a loved one—invite him or her to join you on a walk.

**Week 3: Know your numbers.** If you don't know your blood pressure and cholesterol numbers, make an appointment this week with your doctor to have them checked. Having high blood pressure or too much LDL cholesterol (the bad kind)—or not enough HDL cholesterol (the good kind)—in your blood can put you at risk for heart disease.

Being overweight also makes heart disease more likely. You probably know if you're carrying too many pounds. If you aren't sure, it's another thing to discuss with your doctor.

He or she can advise you on lifestyle changes or medicines to help you achieve heart-healthy numbers in all three areas.

**Week 4: Vow to quit.** Smoking harms the heart as well as the lungs. So if you light up, it's important to ditch the habit for good. Smoking also hurts your family and friends, because exposure to secondhand smoke can trigger heart problems in them. So quitting is an act of love—not only for your heart but also for all the hearts that surround you.

# Partners in care

**BUTLER HEALTH SYSTEM** has recently announced a new interventional cardiology and cardiac surgery partnership with Indiana Regional Medical Center (IRMC).

In November 2016, a new diagnostic and interventional cardiac catheterization laboratory opened at IRMC's campus under the direction of interventional cardiologist Rajeev Pillai, MD.

Prior to bringing his expertise to Indiana, Dr. Pillai initiated and implemented a heart attack care program in Virginia. "This program is important to the residents of Indiana County," Dr. Pillai says. "This program can help to ensure that our community has its medical needs met."

Dr. Pillai's extensive experience includes:

- » More than 4,000 cardiac catheterizations
- » More than 1,000 stent procedures
- » More than 200 stenting procedures a year (national average is less than 100)
- » Average of 35-minute heart attack treatment time (national average is 60 minutes)

In cases where additional intervention is required, IRMC has the support of Butler Health System's award-winning Cardiac Surgery Program.

In studying its options, IRMC compared BHS to other local health systems in terms of clinical quality, cost and service.

"We are very pleased to have been selected by Indiana Regional Medical Center as its partner in interventional cardiology and cardiac surgery," says Ken DeFurio, BHS President and CEO. "Like BHS, IRMC is a locally governed, independent health system that strives to serve its community with high-quality care at reasonable cost. I am proud of our entire cardiovascular team for earning this privilege to help care for those in neighboring communities."



TAVR team.

## New heart valve procedure at BHS

**BUTLER HEALTH SYSTEM** started offering a new procedure called TAVR, or transcatheter aortic valve replacement, in September. TAVR is a less-invasive procedure where a replacement aortic valve is inserted through a catheter. Once in place, the new valve is expanded, much like a stent.

This treatment is available for patients who are at intermediate or high risk for an open surgical aortic valve replacement, as well as some patients who may not otherwise be able to undergo surgery. TAVR takes less time in the operating room, has a shorter hospital stay, and has quicker recovery than open valve replacement surgery.

"We meet with each valve replacement patient to determine whether they are a candidate for TAVR," says Marie Delaney, PA-C, Valve Clinic Coordinator. "We take into consideration each patient's individual medical history, and their overall health, as well as their test results. Then, we utilize a team approach to create the best plan for their treatment."

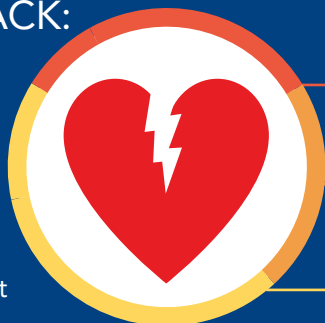
A special hybrid operating room was needed for these procedures. Funds for the operating room were raised through Butler Health System's Foundation.



**To learn more about Cardiology Services at Butler Health System, visit the Cardiovascular Services page at [butlerhealthsystem.org](http://butlerhealthsystem.org).**

### HEART ATTACK: Know the warning signs

If you see these in yourself or someone else, don't wait. **CALL 911.**



Chest pain, pressure, fullness or squeezing that lasts more than a few minutes or comes and goes

Sudden lightheadedness, shortness of breath, nausea or cold sweat

Pain in the arms, shoulder, back, neck, jaw or stomach

Source: American Heart Association

# What you need to know about opioids



**IT'S TOUGH TO** live with chronic pain, but millions of Americans do. That's one reason why prescription opioids are so popular.

These powerful medications are good at relieving pain in the short term. They also help people with active cancer and people receiving hospice or palliative care cope with pain.

But opioids come with some serious risks, including the risk of addiction and unintentional overdose and death.

As many as 1 in 4 people who take opioids for a long time become addicted to the drugs (a condition known as opioid use disorder). And more than 165,000 people in the U.S. died from opioid overdose between 1999 and 2014.

## Names to know

Well-known brand-name painkillers, like Vicodin (hydrocodone) and OxyContin (oxycodone), are opioids. So are generic drugs, such as:

- » Buprenorphine
- » Codeine
- » Fentanyl
- » Hydromorphone
- » Methadone
- » Morphine
- » Oxymorphone

## Finding solutions

To help curb opioid addiction and overdose deaths, the Centers for Disease Control and Prevention has issued new guidelines for prescribing the drugs to treat chronic pain. The guidelines encourage doctors to start low and go slow when prescribing opioids in order to reduce the risks linked to long-term use. (The guidelines don't apply



## BMH named Center of Excellence for opioid use disorder treatment

Butler Memorial Hospital has been named a Center of Excellence for opioid use disorder treatment by Pennsylvania Governor Tom Wolf and has received a \$500,000 grant to assist in the treatment of opioid addiction. In addition to treating addiction, these Centers of Excellence focus on treating the whole person through team-based treatment, incorporating behavioral health, primary care and, when appropriate, evidence-based medication-assisted treatment.

BMH was one of 25 additional centers to be implemented in January 2017. Applications were reviewed individually on their own merit and decisions were based in part on the number of drug-related deaths per 100,000 residents in the county, available drug treatment resources in the county, the number of applicants per county, and input from county mental and behavioral health entities.

"Addiction is a disease that does not discriminate," says Ruthane Durso, Behavioral Health Program manager. "Too many people are dying from drug overdoses in our region."

According to the Pennsylvania Department of Human Services, Pennsylvania leads the nation in drug overdoses in men ages 12 to 25 and is ninth in the country among the general population.

Durso is working with community providers to develop strategies including education, outreach and family counseling to realize the greatest benefit of the grant.

to cancer patients or those receiving hospice or palliative care.)

If you're living with chronic pain, talk with your doctor about the risks and benefits of taking opioids. Be honest about any personal history of drug or alcohol addiction. Also discuss other ways to help manage your pain, such as physical therapy, exercise and nonopioid medications.

Then if your doctor does prescribe an opioid, be sure to:

- » Never mix the drug with alcohol. And don't take it with other substances or medications without your doctor's OK.

- » Never take more of the medication than prescribed.

- » Never share the medication with friends or family. And keep it locked away and well out of reach of curious children and teens.

Alert your doctor if you experience side effects from an opioid—such as constipation, nausea, vomiting, dry mouth, sleepiness, confusion or decreased sex drive—or if you need to take more of the medication to get the same pain relief.

Additional source: Substance Abuse and Mental Health Services Administration

# Thank you for giving!

**THANK YOU TO** the following businesses for supporting the BHS Foundation in 2016:

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Institute for Transfusion Medicine

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Sunnyview Nursing & Rehabilitation Center

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Trans Associates Engineering Consultants, Inc.

Union Chill Mat Co.

Unlimited Staffing, Inc.

VEBH Architects, PC

Vision Benefits of America

WBUT/WISR/The Rock Station 97.7

## Caring Angel Program a success!

**FOR THE 19TH** year, hospital departments, area schools, community organizations and local businesses have come together to raise money to help families and children in our area. The Caring Angel Program provides emergency room care to children under the age of 17 whose parents or guardians do not have insurance or resources to pay and also supports programs of BHS Family Services, including:

» After School Alternative Program: Treatment for children who may have challenges integrating into community, home and school activities due to poor social skills and difficulty with behavior management.

» Parent-Child Interaction Therapy: Short-term family intervention for children ages 2 to 7 with disruptive behaviors. Parents learn new ways to play and interact with their children as well as improve their discipline strategies.

» Summer Express Program: Summer treatment program for kids with ADHD focusing on social, behavioral and emotional development.

At press time, donations were still being collected from community groups. The basket auction raised more than \$60,000—a \$15,000 increase over last year's basket auction. Thanks to all who helped to support this program.

For information on how you can donate to the BHS Foundation, please visit [butlerhealthsystem.org](http://butlerhealthsystem.org).



**LOCAL ARTIST**  
Paige Kleinfelder created this year's angel for the Caring Angel Program.



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**Sarver**  
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724-794-4325



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**Jana Panther** Director, Marketing & Community Relations  
**Connie Downs** Editor

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## We've got you covered

**TO MEET YOUR** health needs, Butler Health System offers a variety of specialty services throughout the region. This list represents our services and is organized by phone number. To find a complete listing, please visit [butlerhealthsystem.org/locations](http://butlerhealthsystem.org/locations).

### Cardiology

122 S. Washington St.  
Butler  
724-283-6668

For these locations,  
call **1-866-620-6761**:

127 Oneida Valley  
Road, Suite 200  
and 400  
Butler

24 Doctors Lane,  
Suite 300  
Clarion

647 N. Broad St. Ext.,  
Suite 202  
Grove City

188 Enclave Drive  
New Castle

2 Park Way, Seneca  
Commons  
Seneca

300 Northpointe  
Circle, Suite 104  
Seven Fields

### Cardiothoracic/ Vascular Surgery

For these locations, call  
**724-282-4370**:

127 Oneida Valley  
Road, Suite 401  
Butler

Snyder Institute  
1 Nolte Drive  
Kittanning

For these locations,  
call **1-844-282-4370**:

24 Doctors Lane,  
Suite 104  
Clarion

304 Evans Drive,  
Suite 402  
Ellwood City

2 Park Way, Seneca  
Commons  
Seneca

### Dermatology

For these locations,  
call **1-877-661-3376**:

102 Technology  
Drive, Suite 230  
Butler

300 Northpointe  
Circle, Suite 104  
Seven Fields

For these locations,  
call **724-794-7923**:

24 Doctors Lane,  
Suite 300  
Clarion

2 Park Way,  
Seneca Commons,  
Seneca

100 Innovation Drive,  
Suite 103  
Slippery Rock

3105 Wilmington Road  
New Castle  
**724-656-8940**

### Diabetes and Health Management

For these locations,  
call **724-284-4374**:

127 Oneida Valley  
Road, Suite 103  
Butler

101 Innovation Drive,  
Suite 100  
Slippery Rock

322 S. Main St.  
Zelienople

For these locations,  
call **814-677-8999**,  
ext. 310:

150 N. New Castle  
St.,  
New Wilmington

2 Park Way, Seneca  
Commons  
Seneca

### Drug & Alcohol 24-hour help line

**1-800-831-2468**

### Electrophysiology

1 Hospital Way,  
First Floor  
Butler  
**724-431-0550**

### Endocrinology

127 Oneida Valley  
Road, Suite 101  
Butler  
**724-968-5355**

### Family Services

216 N. Washington St.  
Butler  
**724-284-4894**

### Neurology

For these locations,  
call **724-431-1613**:

480 E. Jefferson St.,  
Suite C  
Butler

647 N. Broad St. Ext.,  
Suite 202  
Grove City

219 W. Fairmont Ave.  
New Castle

### Neurosurgery

For these locations,  
call **1-855-365-7274**:

127 Oneida Valley  
Road, Suite 203  
Butler

1000 Dutch Ridge  
Road, Suite 1601  
Beaver

2 Park Way, Seneca  
Commons  
Seneca

### OB-GYN

901 E. Brady St.  
Butler  
**724-285-9200**

For these locations,  
call **1-844-765-2845**:

129 Oneida Valley  
Road, Suite 211  
Butler

121 Enclave Drive,  
Suite C  
New Castle

101 Alwine Road  
Saxonburg

300 Northpointe  
Circle, Suite 104  
Seven Fields

219 W. Fairmont Ave.  
New Castle  
**724-654-3222**

### Orthopedics

480 E. Jefferson St.,  
Suite B  
Butler  
**724-968-5300**

127 Oneida Valley  
Road, Suite 302  
Butler  
**1-866-874-7483**

### Primary Care

131 E. Cunningham St.  
Butler  
**724-283-0212**

1022B N. Main St.  
Butler  
**724-282-7910**

116 Woody Drive  
Butler  
**724-287-8500**

480 E. Jefferson St.  
Butler  
**724-282-1530**

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Road, Suite A  
Chicora  
**724-445-3720**

208 Butler St.  
Clintonville  
**814-908-0800**

217 E. Main St.  
Evans City  
**724-538-9700**

432 Third Ave.  
Ford City  
**724-763-9200**

432 Hillcrest Ave.,  
Suite 3  
Grove City  
**724-615-9193**

188 Enclave Drive  
New Castle  
**724-657-3221**

219 W. Fairmont Ave.  
New Castle  
and  
150 N. New Castle St.  
New Wilmington  
**724-946-3564**

1 Park Way, Seneca  
Commons  
Seneca  
**814-676-5444**

300 Northpointe  
Circle, Suite 104  
Seven Fields  
**724-741-2580**

100 Innovation Drive,  
Suite 101  
Slippery Rock  
**724-794-4023**

322 S. Main St.  
Zelienople  
**724-631-0510**

### Pulmonary

For these locations,  
call **724-282-2216**:

389 New Castle Road  
Butler

101 Alwine Road,  
Suite 208  
Saxonburg

### Sleep Center

324 Fifth St.  
Butler  
**724-284-4027**

### Surgery

For these locations,  
call **724-431-4190**:

129 Oneida Valley  
Road, Suite 111  
Butler

2 Park Way, Seneca  
Commons  
Seneca

### Urgent Care

250B Butler Commons  
Butler  
**1-877-987-4368**

21 Franklin Village Mall  
Kittanning  
**724-543-3278**

147 Mulone Drive  
Sarver  
**724-295-0087**

100 Innovation Drive,  
Suite 102  
Slippery Rock  
**724-794-4325**

### Wound Care

Wound Center  
102 Technology Drive,  
Suite 210  
Butler  
**724-482-0191**