

COVID-19 vigilance continues

As the pandemic evolves, UPMC Western Maryland remains safe, ready to serve

As Summer progresses and the world continues to be impacted by the coronavirus pandemic, the communities UPMC Western Maryland serves have thankfully remained minimally affected. Although the number of people with COVID-19 that require hospital care has been on a downward trend for weeks, everyone must be vigilant to fight the spread of the virus, UPMC officials said during a virtual press conference held June 24.

Dr. Donald Yealy, chairman of the Department of Emergency Medicine at UPMC and University of Pittsburgh, said medical officials anticipate a rise in positive COVID-19 cases, especially in younger, healthy people, as testing

increases. Most people who contract the disease will have mild or no symptoms, he said.

By late June, UPMC had performed more than 44,000 COVID-19 tests, with 15,000 in asymptomatic people scheduled to receive a procedure at a facility within the hospital system.

"Systemwide, we're at the lowest numbers of hospitalized COVID-19 patients since early April," Yealy said. "Currently, we have about half the number of people hospitalized that we had at the peak of the pandemic here in our communities."

Tami Minnier, UPMC chief quality officer, said that while the fall and winter remain unpredictable, UPMC is diligently preparing for whatever might

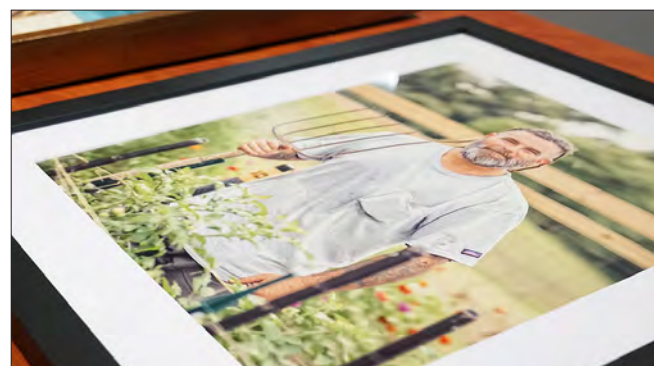
come. While UPMC will contribute to a national network that studies the effectiveness of potential vaccines, "our key focus right now remains and needs to be on taking care of our vulnerable, elderly, chronically ill and immunosuppressed populations," she said. "Infectious diseases will be a part of our future. We need you to continue to do your part with physical distancing, wearing masks and hand washing. It is the absolute right thing to do."

Locally, the experience gained from working through COVID-19 this spring will lead to better preparation for a potential second wave. In early June, UPMC Western Maryland President Barry Ronan spoke virtually to The Greater Cum-

berland Committee as part of the organization's 2020 Speaker Series. "As the second wave comes, we will be much quicker in reacting," he said.

As the pandemic evolved, UPMC Western Maryland made a series of changes as precautions, including extensive COVID-19 screening of staff, patients and visitors, the suspension of valet parking and the addition of a virtual waiting room for diagnostic center patients.

"The hospital is a safe place to be," Mr. Ronan emphasized. "The staff has been absolutely wonderful. We're all getting back to business, and the support has been absolutely endless throughout the community."



Pictured from left to right are WMHS Auxiliary President Julie Davis, Sandy Arnold, Darrin Isom and Auxiliary Past President Sherry Schmitt.

These walls can talk

Center for Hope and Healing to feature local artwork related to overcoming the challenges of addiction and mental health disorders

As the new Center for Hope and Healing prepares to open next door to UPMC Western Maryland and provide residential crisis treatment for patients struggling with substance abuse and behavioral health issues, the WMHS Auxiliary has redoubled its commitment to wellness in this critical area.

In 2019, Auxiliary President Julie Davis, Kim Kremer, President elect, and Past President Sherry Schmitt signed a \$1 million pledge over six years toward construction and operation of the center. Now, as the center readies for opening, the Auxiliary

brings yet another gift.

The Resilience collection features the work of photographer Darrin Isom and painter Sandy Arnold, who spent the summer of 2018 interviewing and culling stories from individuals who have faced and overcome a range of challenges and losses related to addiction and mental health disorders.

Initially exhibited at the Allegany Arts Council in the fall of 2018, the collection powerfully illustrates the strength and tenacity of overcomers sharing their individual journeys.

Past President Sherry Schmitt secured the collection to hang at the Center for Hope and Healing, which, coupled with the Auxiliary's \$1 million commitment to the center, serves as a permanent reminder of their support and gratitude to UPMC Western Maryland for creating this powerful stop-gap treatment facility.

"I think more than anything else, we want the Auxiliary's pledge and this unique art collection to demonstrate our commitment to the brave souls and families fighting substance abuse in our community," WMHS

Auxiliary President Julie Davis said. "So many people – whether indirectly or right at home – have been affected across our region, but through UPMC Western Maryland, hope is on the way."

Jeff O'Neal, Executive Director of Clinics, Practices, and Behavioral Health Services – and the visionary behind the center – indicated the center has already gained statewide attention as a best practice for interventional care. The building will begin receiving patients in July.

Schwab Family Cancer Center proud of clinical trial success

Lung-MAP study a valuable treatment for Finzel man

UPMC Western Maryland's Schwab Family Cancer Center is one of 700 institutions around the country participating in a cutting-edge clinical trial that is making a difference in the lives of lung cancer patients both regionally and across the United States.

The Lung-MAP clinical trial is a cooperative group study sponsored by the National Cancer Institute. The Schwab Family Cancer Center has enrolled 12 patients for the study. Clinical trials like Lung-MAP involve studying new treatments and medications in an effort to get them approved for use.

Clinical Research Coordinators Mickie Seletyn and Barbara Wood have front-row seats to the doors that trials like Lung-MAP can open for cancer patients.

"Lung-MAP is a study for advanced non-small-cell lung cancer patients who are in Stage IV and have undergone treatment which failed," Mickie said. "Once they have failed their first therapy, they are eligible for the Lung-MAP study."

"The trial involves molecular profiling. I tell patients it looks at their cancer and determines what kind of personality it has. It looks for specific mutations which could respond more favorably with different options of treatment other than chemotherapy. The medications are targeted therapies, and one way to describe it is like using a rifle instead of a shotgun. They target the cancer cells, causing less damage to healthy tissue."

The Lung-MAP trial is unique because it was the first trial designed to have a master protocol and then several sub-protocols that can be opened and closed as one fills up. If a patient is in one sub-protocol and it works for a while but then stops, they can be moved to a new protocol without starting completely over.

"Clinical trials are optional," Barbara said. "The patient may decline participation at any time. The decision to participate is made in consultation with the treating oncologist. Most of the time our patients are honored to be asked to participate. They

are selfless. Everyone has the attitude that if they can help someone else by participating in the study, they are doing some good."

Trials like Lung-MAP have been provided as options at the Schwab Family Cancer Center since 2007. That year, five Schwab Family Cancer Center patients joined 10,000 other patients around the country in a very important breast cancer trial designed to determine which patients could be safely treated without chemotherapy. After nearly 12 years, the trial findings were finally presented at a national oncology conference, and now there are new options because of these patients.

"The benefit of having the clinical trials here at UPMC Western Maryland is very clear. Our patients can take advantage of whatever new drugs are out there," said Dr. Blanche Mavromatis, Medical Director, Oncology Clinical Trials. "We are very excited about the Lung-MAP trial. It's very cutting edge and, as a result, progress is being made and fewer people are dying from lung cancer. We still have a lot of progress we need to make. It's important to note that these trials are constantly changing with the times and technology. There are new drugs constantly being added to the different sub-protocols of the Lung-MAP."

Lung cancer is the most common kind of cancer in the region UPMC Western Maryland serves, and parallels data nationwide. "It's second only to prostate cancer in frequency for men and breast cancer for women," Dr. Mavromatis said. "It is very common, and, unfortunately, we have a population here that is at risk. It's a difficult disease, and there is an unmet need we are happy to help fill through our clinical trials."

The trial has been beneficial for a number of patients, including Gene Drees of Finzel, Md. A lifelong smoker, Gene was diagnosed with Stage IV lung cancer in 2016. "They told me if my regular treatment did not work that I was a candidate for the trial."

Though Gene's treatment appeared to work initially, his cancer came back, and so he was administered 48 doses of immuno-

therapy as part of the Lung-MAP trial over the next two years.

"I knew right away I was going to try it," he said. "My breathing was impacted to the point where I had to be on oxygen, and I was in a lot of pain."

Now three years removed from the start of his participation in the trial, his condition has stabilized to the point where he can enjoy traveling with his family and fulfilling his duties as a self-described full-time grandpa.

"I'd tell anyone thinking about participating to go for it," Gene said. "Don't give up and keep a positive attitude. I can pretty well do everything I used to do again; it just takes me a little longer and it makes me more tired."

Gene's doctor, Medical Oncologist Faye Yin, said she was pleased he took the opportunity to participate in the Lung-MAP trial. "These drugs are lifesaving, and Gene is one of the best patients I've ever had. He quit smoking, and he's been very honest. I tell other patients about his story. We are going to keep him around so we can keep bragging about him."

As the Lung-MAP trial continues to develop and progress, so too will other trials that will one day lead to lifesaving treatment. Currently at the Schwab Family Cancer Center, a total of 30 active studies are under way involving all kinds of cancers.

"Every treatment that we have to treat cancer was in a clinical trial at some point," Mickie said. "Everything is changing so quickly. Our doctors do an amazing job of



Gene Drees, Finzel, with his doctor, UPMC Western Maryland Medical Oncologist Faye Yin. "These drugs are lifesaving, and Gene is one of the best patients I've ever had," Dr. Yin said. "He quit smoking, and he's been very honest. I tell other patients about his story. We are going to keep him around so we can keep bragging about him."

Editor's note: Dr. Yin recently relocated. We are grateful for her years of service and dedication to patients of the Schwab Family Cancer Center.

keeping up to date with new clinical trials and treatment protocols. They are very good at what they do."

While scientific proof of the success of the trials may take years to be published, Gene's wife, Debbie, sees the value of trials like Lung-MAP every day. "When they first mentioned the word cancer, I cried my eyes out thinking I was going to lose him," said Debbie. "Now, I'm more positive, and know he'll be around for years. I don't know what I would do without him. We couldn't ask for better people to take care of him. It takes special people to do this job."

Summer safety

This summer, injury prevention should be a key focus during fun activities with family and friends. UPMC Western Maryland is a State of Maryland designated Level III Adult Trauma Center serving Allegany and Garrett counties and surrounding areas. Last year, UPMC Western Maryland served the needs of 488 trauma patients (identified by the criteria set by the State of Maryland) from July 1, 2019 – May 31, 2020. UPMC Western Maryland's multidisciplinary team approach is designed to serve the unique needs of each patient. In addition, staff work diligently to facilitate communication between hospital and prehospital personnel. UPMC Western Maryland serves as the regional hub for multidisciplinary trauma education and Trauma Nursing certification. Staff are ready 24/7 to serve the community needs with expert care and selfless dedication.

The following tips were compiled by Trauma Program Manager Elizabeth Wooster.

In the water

- Adult supervision is of paramount importance at all times. Any child can drown, regardless of swimming ability.
- Avoid distractions while watching children in the water.
- Don't dive into shallow pools or in water with an unknown depth.
- All pool drains should have covers. Suction from pool and spa drains can trap an adult or child under the water.

Keep your head protected

- Helmets should be worn whenever a child is on wheels, including bicycles, scooters, skates, rollerblades and skateboards.
- The helmet must fit properly and be sport specific. Find out more about fitting bike helmets properly at the National Highway Traffic Safety Administration, www.nhtsa.gov.
- Set a good example: Adults need to wear helmets too.

Fun in the sun

- The best line of defense is covering up. Put on hats, sunglasses and SPF-rated clothing.
- Stay in the shade whenever possible and limit sun exposure during peak-intensity hours between 10 a.m. and 4 p.m.



- Use a sunscreen with an SPF of 15 or greater that protects against UVB and UVA rays, and apply it both on sunny and cloudy days.
- Reapply sunscreen every two hours or after swimming or sweating.
- Use extra caution near water and sand as they reflect UV rays and may result in a quicker sunburn.

Keep hydrated to beat the heat

- Keeping well hydrated is very important. Children should be reminded to drink.
- Adequate hydration should be enforced. A child weighing 90 pounds should drink 5 ounces of cold tap water every 20 minutes, and an adolescent weighing 130 pounds should drink 9 ounces every 20 minutes, even if the child or adolescent does not feel thirsty.
- On hot days, sports practice and outdoor games should be shortened, and more frequent water breaks should be instituted.
- Clothing should be light colored, lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat.
- Seek medical attention immediately for any signs of heat-related illness.

Sweet dreams

Sleep: The July 2020 Population Health Focus

The July 2020 UPMC Western Maryland Population Health Focus is sleep. Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development.

The damage from sleep deficiency can occur in an instant – such as a car crash – or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn and get along with others.

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Studies show that a good night's sleep improves learning. Whether you're learning math, how to play the piano, how to perfect your golf swing, or how to drive a car, sleep helps enhance your learning and problem-solving skills.

Sleep also helps you pay attention, make decisions, and be creative. Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has

been linked to depression, suicide, and risk-taking behavior. Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood

that controls your blood glucose level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.

Sleep also supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. Sleep also plays a role in puberty and fertility.

people aren't aware of the risks of sleep deficiency. In fact, they may not even realize that they're sleep deficient. Even with limited or poor-quality sleep, they may still think that they can function well.

For example, drowsy drivers may feel capable of driving. Yet, studies show that sleep deficiency harms your driving ability as much as, or more than, being drunk. It's estimated that driver sleepiness is a factor in about 100,000 car accidents each year, resulting in about 1,500 deaths. Drivers aren't

have a set bedtime and a bedtime routine. Don't use the child's bedroom for timeouts or punishment.

- Try to keep the same sleep schedule on weeknights and weekends. Limit the difference to no more than about an hour. Staying up late and sleeping in late on weekends can disrupt your body clock's sleep-wake rhythm.
- Use the hour before bed for quiet time. Avoid strenuous exercise and bright artificial light, such as from a TV or computer screen. The light may signal the brain that it's time to be awake.

- Avoid heavy and/or large meals within a couple hours of bedtime. (Having a light snack is okay.) Also, avoid alcoholic drinks before bed.

- Avoid nicotine (for example, cigarettes) and caffeine (including caffeinated soda, coffee, tea, and chocolate). Nicotine and caffeine are stimulants, and both substances can interfere with sleep.

The effects of caffeine can last as long as eight hours. So, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night.

- Spend time outside every day (when possible) and be physically active.

- Keep your bedroom quiet, cool, and dark (a dim night light is fine, if needed).

- Take a hot bath or use relaxation techniques before bed.

This information has been provided by the National Heart, Lung, and Blood Institute's "Your Guide to Healthy Sleep."

Visit <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency> to learn more.

Getting enough quality sleep at the right times helps you function well throughout the day.

vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Sleep deficiency also increases the risk of obesity. For example, one study of teenagers showed that with each hour of sleep lost, the odds of becoming obese went up. Sleep deficiency increases the risk of obesity in other age groups as well.

Sleep helps maintain a healthy balance of the hormones that make you feel hungry or full. When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well rested. Sleep also affects how your body reacts to insulin, the hormone

Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Getting enough quality sleep at the right times helps you function well throughout the day. People who are sleep deficient are less productive at work and school. They take longer to finish tasks, have a slower reaction time, and make more mistakes.

After several nights of losing sleep—even a loss of just 1-2 hours per night—your ability to function suffers as if you haven't slept at all for a day or two. Some

the only ones affected by sleep deficiency. It can affect people in all lines of work, including health care workers, pilots, students, lawyers, mechanics, and assembly line workers.

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. With enough sleep each night, you may find that you're happier and more productive during the day.

Sleep often is the first thing that busy people squeeze out of their schedules. Making time to sleep will help you protect your health and well-being now and in the future.

To improve your sleep habits, it also may help to:

- Go to bed and wake up at the same time every day. For children,



Thanks, Pam, for 51 amazing years!

The entire staff at UPMC Western Maryland sends a heartfelt congratulations and **thank you** to Pam Kline, RN, who is retiring with 51 years of service. Pam's knowledge, wisdom and talent will be greatly missed. "Over the last 51 years, one thing has always been consistent, and that is the goal to make patients happy and to have the best outcome for everybody," Pam said. "The staff, the surgeons and leadership – everyone has been awesome. I don't think I could have asked for anything more. It's been a wonderful ride." Pam is pictured at left with President Barry Ronan and Senior Vice President/Chief Operating Officer Nancy Adams at a reception recently held in her honor.