**Benefits of a high-performing hospital**

Based on 2018 research conducted by IBM Watson Health, 100 Top Hospitals winners, like Butler Memorial Hospital, demonstrate that quality care and operational efficiency can often be achieved simultaneously.

These projections indicate that if the new national benchmarks of high performance established by 2018 winners were achieved by all hospitals in the U.S., the following would be true:

- More than 102,000 additional lives could be saved in-hospital.
- Over 43,000 additional patients could be complication-free.
- Over $4.4 billion in inpatient costs could be saved.
- The typical patient could be released from the hospital almost half a day sooner and would have two percent fewer expenses related to the complete episode of care than the median patient in the U.S.
- Over 200,000 fewer discharged patients would be readmitted within 30 days.
- Patients could spend 17 minutes less in hospital emergency rooms per visit.

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**Nationally honored, community inspired**

Butler Memorial Hospital ranked among nation’s top 100 hospitals

For a third year, Butler Health System’s flagship, Butler Memorial Hospital, is recognized as one of the nation’s 100 Top Hospitals by IBM Watson Health™, formerly Truven Health Analytics®. This honor acknowledges Butler Health System’s unwavering commitment to provide the highest quality healthcare to patients. The award is based on quality of inpatient and extended care, operational efficiency, financial health and customer experience. BHS is proud to be recognized as a model provider and a local leader.

In addition, Butler Memorial Hospital was one of only 13 of the 100 Top Hospitals nationwide to also be selected as an Everest Award winner. Being a part of the elite Everest Award list means that leadership, medical staff and employees worked tirelessly to simultaneously set the national benchmark for both balanced excellence in a single year, as well as greatest improvement over five consecutive years.

Inspiration to achieve excellence, right here in the community, comes from those we serve. Each team member comes to work every day keeping Butler Health System’s mission at the forefront and works toward a vision to improve the health of the communities served.

Unwavering commitment to excellence

“Butler Health System is incredibly honored to receive these prestigious awards. Hospitals do not apply for the 100 Top Hospitals designation. This recognizes the year-after-year efforts by our 400 doctors and 2,500 employees to provide and improve upon the very best care to patients,” says Ken DeFurio, BHS President and CEO. “The Watson Health award measures publicly available data across many areas of hospital performance, and to be recognized as a member of this elite group of the 100 Top Hospitals in the nation validates the results that we strive for every day.”

Transforming healthcare motivates the drive to move medicine forward, work collaboratively and efficiently, and achieve excellence throughout the patient’s journey.

Chosen from nearly 2,840 hospitals nationwide, Butler Health System is one of only six hospitals in the state chosen as a 100 Top Hospital and the only provider in the state to receive the Everest Award. IBM Watson Health™ uses public data-driven analytics to evaluate how a hospital performs on cost and quality of healthcare.

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Learn more. We believe in transparency to better help consumers make informed health care decisions. Learn more about our transparency and the work underway at BHS to continuously provide the highest quality care at the greatest value to our patients and families at butlerhealthsystem.org/highqualitycare.
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**Butler Memorial Hospital named one of the 100 Top Hospitals in America**

2018 started with good news for Butler Health System: As featured in our cover story, Butler Memorial Hospital was selected as a 100 Top Hospital in the U.S. by IBM Watson Health. You can read what this means in terms of superior patient care and clinical results, strong financial performance, and higher levels of patient satisfaction.

What I like about this award are two things:
1. Hospitals do not apply for it. And if it is won, winners don't have to pay for marketing and promotional rights to talk about it, as is true with so many other awards.
2. The award uses a balanced scorecard methodology. This means that a combination of data is analyzed to give a full picture of a hospital's performance. The data includes clinical, financial, patient satisfaction and ongoing improvement measurements.

**BMH earns prestigious Everest Award**

Speaking of ongoing improvement, in addition to being designated a 100 Top Hospital, we were pleased to learn that Watson Health also named Butler Memorial Hospital an Everest Award winner. This is a select group. To even be considered for the Everest Award, a hospital first must be named to the Top 100. Then, criteria are analyzed to see which of those Top 100 hospitals have consistently improved over a period of five years. BMH was one of only 13 hospitals in the United States to achieve this level of performance.

This recognition happens as a direct result of the very purposeful and diligent work of BHS doctors, nurses, allied health professionals, technicians, support staff and volunteers. It is the result of about 2,500 people waking up each and every day and doing their very best in caring for you and your family. These are the people of Butler Health System, and it is my honor to work with them.

**Striving to be the best, for you**

As we look to the future, the challenges are significant. U.S. healthcare costs continue to escalate at an unaffordable rate.

There is a great effort by Medicare, Medicaid and commercial health insurance to bring these costs down. And in the for-profit sector, giant mergers are taking place. Major pharmaceutical, pharmacy and national health insurance companies are acquiring one another.

Companies that have changed the world's retail and communications landscape, such as Amazon and Apple, are now making moves into the healthcare space. Some healthcare providers have responded to these changes and pressures by merging into very large systems. But despite all of this merger and acquisition activity, there remains little to no evidence that costs come down and quality improves. What is for sure in these deals is that local leadership, governance and control is given up.

We study these market changes very closely. We continue to believe that if a health system is delivering high-quality care at a competitive price, it can continue to maintain its independence and respond to the unique features and nuances of its local community.

I have said to our staff many times over the years, “There has to be one best community hospital and health system in the country; why shouldn’t it be BHS?” You can see that the people of BHS have risen to that challenge, and it is being recognized. You can also see that bigger doesn’t necessarily mean better.

Thank you for supporting Butler Health System. You are why we are here, and it is our privilege to serve you.

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**Numbers to know**

Butler Memorial Hospital Main... 724-283-6666
Central Scheduling ............... 1-877-247-2717

Butler Health System complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。TTY 711.
Welcome, new providers

**Suiwen He, MD, PhD**
Hospitalist
Dr. He earned a medical degree from Shanghai Medical University, School of Medicine, in China. He completed an internal medicine residency at Ball Memorial Hospital in Muncie, IN, and a PhD from the University of Maryland at Baltimore, School of Medicine. He completed a fellowship in nephrology from the University of South Florida, College of Medicine, in Tampa, FL. Dr. He sees patients at Butler Memorial Hospital.

**Joseph Kusick, DO**
Interventional cardiology
Dr. Kusick earned a medical degree from Philadelphia College of Osteopathic Medicine. He completed an internal medicine residency at Lankenau Medical Center, PA, and a cardiology and interventional cardiology fellowship at Deborah Heart and Lung Center, NJ. Dr. Kusick sees patients at 127 Crossroads Campus, Butler. To schedule an appointment, call 1-866-620-6761.

**Christiana Morganti, MD**
Pediatrics
Dr. Morganti earned a medical degree from the University of Nevada, School of Medicine, in Reno, NV, and completed her residency in pediatrics at Mercy Hospital in Pittsburgh. Dr. Morganti sees patients at Butler Memorial Hospital and at 116 Woody Drive, Butler. To schedule an appointment for your child, call 724-287-8500.

**Cornelia Savopolou, MD**
Critical care, ICU
Dr. Savopolou earned a medical degree from the University of Athens Medical School in Greece. She completed a residency in general surgery at Western Pennsylvania Hospital in Pittsburgh, a fellowship in surgical critical care at the University of Pittsburgh Medical Center, and a fellowship in acute care surgery and trauma from Brigham and Women’s Hospital at Harvard Medical School. Dr. Savopolou sees patients at Butler Memorial Hospital.

**Uzma Shahzad, MD, FACP**
Infectious disease
Dr. Shahzad earned a medical degree from Dow University of Health Sciences in Pakistan. She completed her residency at St. Joseph Hospital Northwestern University in Chicago, and a fellowship at Strong Memorial Hospital in Rochester, NY. Dr. Shahzad sees patients at Butler Memorial Hospital.

**Peter Sylves, DO**
Primary care
Dr. Sylves earned a medical degree from Lake Erie College of Osteopathic Medicine in Erie, PA, and completed an internal medicine residency at Mercy Hospital of Pittsburgh. Dr. Sylves sees patients at 116 Woody Drive, Butler. To schedule an appointment, call 724-287-8500.
Do you have a primary care provider (PCP)?

Here's why you need one

**When it comes to good health**, there's one medical professional you simply can't do without: a primary care provider (PCP).

This is your main provider—the person who will see you through nonemergency illnesses, from an aching back to a cough that won't go away. He or she can treat most medical problems. And if not, this provider will get you to a specialist who can.

**Your PCP helps you stay healthy**

But a PCP does more than help you feel better when you are sick. He or she will help keep you healthy. And that means, among other things, partnering with you to catch small health problems before they become serious and making sure you're up-to-date on potentially lifesaving screening tests.

Over time, your PCP will also get to know you as a person. That way you can feel comfortable talking about anything that's bothering you—physically or emotionally. Studies show that people who have an ongoing relationship with a PCP are less likely to die prematurely than those who don't.

**Improving your access to health care**

"It is more important than ever to establish an ongoing relationship with a PCP," says Elliot Smith, MD. "Patients who do not have a PCP in 2018 are termed 'medically homeless' (not having a care location where one is known or where the medical information is accurate). A PCP's office has a care team that focuses on the total picture as it relates to your health care needs. They coordinate your access to specialists, while also supporting you in your need for both disease prevention and care after developing an illness or chronic medical condition. Individuals managing their own care by self-referring to physicians and seeking support from multiple locations are fragmenting their care and missing the attention of a PCP connecting the dots and keeping your health care on track."

**Different types of primary care providers**

You and your family have a lot of choices when it comes to what type of PCP to see. There are many different kinds of PCPs, including:

- **Family medicine practitioners.** These providers care for people of all ages, from newborns to seniors. In fact, they often see members of the same family.
- **Internists.** These providers care for adults of all ages with many different medical problems. Their expertise allows them to manage complex medical situations, especially in adults with multiple conditions.
- **Pediatricians.** These providers care for newborns, infants, children and adolescents.
- **Nurse practitioners (NPs).** These providers complete a different training and certification process than doctors but also provide excellent primary care and are an important part of the health care team. They provide a number of health care services, such as prescribing medications and diagnosing and treating a variety of illnesses and injuries.
- **Physician assistants (PAs).** These providers care for patients under the supervision of a doctor. A PA is trained to provide many of the same health care services a doctor performs, including doing physical exams, prescribing medications, and ordering and interpreting lab tests and x-rays.

Butler Health System has a strong and talented network of primary care physicians, dedicated to bringing our community the highest quality care. Please don't delay your care another day. Start building your PCP relationship today.

*Why I became a primary care physician: See why Kathryn Szabo, MD, became a PCP and how she helps families like Jessica's stay healthy at butlerhealthsystem.org/jessica.*

Looking for Dr. Right? Try the physician finder at butlerhealthsystem.org.
**VALUE-BASED CARE**

A new, patient-centered approach to health care

It’s a given that most of us would prefer to stay healthy, with less visits to the doctor, urgent care or hospital. We’d like to prevent as many diseases as we can or find them early when they are often easier and less expensive to treat.

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**My DOCTOR VISIT checklist**

This checklist can help you communicate better with your doctor. Fill it out and take it with you to your appointment. You might also use it to prepare for calls to your doctor’s office about your care.

**The reason for my visit**

I am most concerned about _________________________.

**What the doctor needs to know**

I have these new or worsening symptoms:

_________________________________________________.

My health has changed recently (taking new medications, recovering from surgery, etc.):

_________________________________________________.

I have these limitations (poor vision, difficulty walking, memory problems, etc.):

_________________________________________________.

**Your health/treatment Questions to ask**

- Do you have any follow-up instructions for me? Can I get these in writing?
- When will I get the test results from my visit?
- When should I schedule my next appointment?
- When should I expect to see improvement?
- If there is no improvement, what should I do?
- How should I contact you if I have questions after this visit?

**Staying well**

Questions to ask

- Does my family health history raise my risk for any health problems?
- What vaccines, screenings or medical tests do I need?
- What are some steps you think I should take to stay healthy?

**I feel**

- [ ] good
- [ ] not so good
- [ ] getting worse
- [ ] seriously ill

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**What is value-based care?**

The focus of value-based care is to improve the quality of care a patient receives while lowering health care costs. It is a long-term goal focusing on wellness and prevention.

In order to reach this goal, the ways in which a patient receives care become proactive instead of reactive—preventing problems before they start. Instead of calling your doctor when you are sick, your doctor may contact you regarding programs or information to get you healthy or ways to keep you healthy. Better outcomes such as quicker recoveries, lower infection rates and fewer readmissions are achieved through overall patient wellness, preventive screenings and a higher quality of care.

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**Value-based care saves you money**

As health insurance deductibles increase each year, so do out-of-pocket costs. Patients often question why a test at one center is less expensive than a test at another facility. Higher quality care is not necessarily the most expensive.

In fact, in a value-based care organization such as Butler Health System, doctors, hospitals and other health care providers work as a connected team to deliver the best possible care at the lowest possible cost. These high-quality providers are sought out and rewarded for their lower cost of care.

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**A coordinated approach to health care**

Providers in a value-based care system focus on a coordinated approach to care. For example, if you have a chronic condition such as diabetes, value-based care can help you avoid complications of the disease. Instead of spending your time coordinating with many different providers to get the care you need, you are able to work with one integrated team. This team may include your primary care provider, specialists, nutritionists and other health care professionals who already know you and are aware of your health history. These teams of health care providers communicate with one another about your care through the help of care coordinators. This process aims to eliminate repetitive and unnecessary tests and procedures, enabling you to receive high-quality care with more efficiency and less wasted time, effort and expense.

Value-based care is designed to benefit patients, providers and payers:

- Patients spend less money to achieve better health.
- Providers become more efficient and enjoy greater patient satisfaction.
- Communities become healthier while reducing the expense of health care.

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Sources: Cleveland Clinic; Epidemiology and Health, 2015, No. 37; EJM Catalyst; National Institutes of Health; Value-Based Care, 2018

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Laxman Prajapat, MD, BHS Cardiology, with Richard Kennedy of Butler, PA.

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Need emergency care? Call 911.

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butlerhealthsystem.org | 5
Crystal Ball raises over $130,000 for BHS Women’s Imaging Center

Butler Health System Foundation’s annual Crystal Ball was held on Saturday, March 10, at the Pittsburgh Marriott North in Cranberry Township. Larry Richert, host of the KDKA Morning News, served as the master of ceremonies.

More than 400 guests enjoyed the sunset safari theme gala. Event proceeds are supporting the purchase of a stereotactic biopsy table for the BHS Women’s Imaging Center. The new table will complement other state-of-the-art technology for improved image resolution, faster procedures and less discomfort to patients.

“The event would not be possible without the continued support of our business community and the hard work and dedication of our committee and volunteers,” says Kris Bowser, BHS Foundation Event Planner.

The Women of Legacy Award

The Women of Legacy Award honors those who have notably contributed to the health and well-being of our community through excellence in patient care, overcoming personal illness or crisis, or improving some aspect of our community’s health.

This award was made possible through a donation from William A. DiCuccio, MD, in memory of his mother, Catherine Mae DiCuccio. Catherine had an intense desire to see that medical care in Butler was the best it could be.

The Women of Legacy award was presented posthumously to Laura J. Ristity, who was a beloved employee of BHS for 39 years. She was a pharmacy technician and led many initiatives within the pharmacy that resulted in improving the quality of patient care and the overall safety of patients.

Outside of work, Laura donated her time to volunteer for the organizations she loved. She was a lifelong volunteer at Butler Farm Show, a CCD teacher and a youth group leader at St. Andrew Roman Catholic Church, and a volunteer for the BHS Foundation’s Caring Angel Program basket raffle. She greeted every customer with a warm hello and had a smile that lit up the room.

Laura’s daughter, Elizabeth Ristity, says: “I’m truly blessed to call this woman my mom. She gave freely of her time to volunteer for the organizations she loved, all the while helping others in any way she could. We were not wealthy, but she showed my brother and I that you do not need to be rich to give to others; you can give of your time, which is often more valuable.”

Laura passed away on April 8, 2017. She is deeply missed by all who knew and loved her. She left behind a legacy of helping others, which her family is continuing by taking over Laura’s volunteer roles.

Laura was honored for all of the contributions she made to the Butler community during her lifetime. Her children, Dan and Elizabeth, accepted the award on her behalf.

Thanks to our sponsors

A big thank-you to the lead sponsors and business partners for the Crystal Ball event: » International Quality Consultants, Inc. » SEI » BB&T » Metz Culinary & Environmental Management » MSA Safety Incorporated » UPMC Health Plan » Butler Eagle » Highmark Blue Cross Blue Shield » Nextier Bank » Fox Rothschild, LLP » The Hampson family

Another big thank-you to the many other sponsors that contributed to this event’s success.

2017 Caring Angel Program a success

The Caring Angel Program had a very successful year, raising over $115,000. This is an increase of over $11,000 from last year and is attributed to the fundraising success of the basket raffle.

The Caring Angel Program continues to grow, and the support from the community and employees has been outstanding. The BHS Foundation is grateful to everyone who supported this campaign.

2018 Tee Off Fore a Healthier Community Golf Outing

Monday, June 18, 11 a.m.
registration, 12:30 p.m. tee off
Butler Country Club
To register or for more information, visit BHS-foundation.org or call 724-284-4716.

Save the date!

Crystal Ball Committee 2018: from left, Kim Patterson, LouAnn Rosellini, Jocelyn Shetter, Kim Astbury, Kris Bowser, Audray Muscatello Yost, Carrie Bessor-Foreman, Sue Ellen Walters, Alicia Palmiero and Ann Baglier at the annual BHS Crystal Ball at the Pittsburgh Marriott North on March 10.

BHS Crystal Ball 2018: from left, William C. DiCuccio, MD; Dan and Elizabeth Ristity, children of Women of Legacy Award winner Laura Ristity; Paula Hooper; Ken DeFurio; and William A. DiCuccio, MD.
BREAST CANCER PREVENTION

Stereotactic breast biopsy, explained

If a mammogram or other tests show something unusual in your breast—such as a suspicious mass, an abnormal change in your breast tissue or microcalcifications, a tiny cluster of small calcium deposits—your doctor might refer you for a stereotactic breast biopsy. Here is what you need to know about this procedure.

What is stereotactic breast biopsy?

A. Breast biopsies, in general, involve removing cells that are examined under a microscope for signs of cancer.

During a stereotactic breast biopsy, a radiologist uses a special mammography machine to guide a biopsy needle to the site of the suspicious area in your breast.

A stereotactic breast biopsy is less invasive and usually less costly than a surgical biopsy—in which all or part of a lump is removed for testing—and it’s done on an outpatient basis.

How is it done?

A. You’ll undress from the waist up. In most cases, you’ll be asked to lie face down on a table. Your breast will hang freely through an opening in the table. The table will be raised and the biopsy performed underneath it. In some cases the biopsy may be done while you sit in a chair. Your breast will be compressed to hold it in position. The radiologist will numb your breast with a local anesthetic.

Guided by mammographic images, the radiologist will insert a needle into the suspicious area in your breast and remove multiple tissue samples. He or she may place a small metal clip in your breast at the biopsy site so that it can be located, if needed, for a surgical biopsy in the future. The tissue samples are then sent to a laboratory for analysis.

The biopsy itself shouldn’t be too painful. The entire process takes about an hour. You may have some bruising and swelling afterward, and you should avoid strenuous activity for at least 24 hours after the biopsy.

It’s important to keep in mind that having a biopsy doesn’t automatically mean you have breast cancer. In fact, most biopsy results are not cancer. But a biopsy is the only way to find out.

Sources: American Cancer Society; National Institutes of Health; Radiological Society of North America

Ruthane Reginella, MD, of the BHS Women’s Imaging Center.
Chicken and potato fiesta grill

Makes 4 servings.

**Ingredients**
- ½ cup prepared low-sodium Italian dressing
- 2 tablespoons lime juice
- 1 tablespoon chili powder
- 4 whole chicken legs with thighs, skin removed
- 5 medium potatoes, cut into 1½-inch cubes
- 2 tablespoons water
- 1 red bell pepper, cut into 1½-inch pieces
- 2 medium zucchini, cut into ¾-inch-thick slices
- 4 to 8 flour or corn tortillas, warmed (optional)*
- Prepared salsa (optional)*

**Directions**
» In a small bowl, combine first 3 ingredients for marinade.
» Remove ¼ cup and combine with chicken in resealable plastic bag.
» Turn to coat.
» Marinate in refrigerator 30 minutes or up to 2 hours, turning occasionally.
» Meanwhile, in microwave-safe dish, combine potatoes and water.
» Cover and microwave on high 9 to 10 minutes, or until just tender. Let cool.
» When potatoes are cool enough to handle, alternately thread with bell pepper and zucchini onto eight 10- to 12-inch skewers.
» Brush with remaining marinade.

» Remove chicken from plastic bag, and discard marinade from chicken.
» Grill chicken over medium-low to medium heat for 30 to 40 minutes, or until juices run clear, turning occasionally.
» About 10 minutes before chicken is done, add vegetables to grill, and reserve marinade.
» Grill until tender and lightly browned, turning and basting occasionally with reserved vegetable marinade.
» Serve chicken and vegetables with tortillas and salsa, if desired.

**Nutrition information**
Serving size: ¼ of recipe. Amount per serving:
- 482 calories (27 percent of calories from fat), 14.4g total fat (2.8g saturated fat), 118mg cholesterol, 56g carbohydrates, 33g protein, 8g dietary fiber, 157mg sodium.
*Nutrition information does not include optional ingredients.

Source: Produce for Better Health Foundation