Keeping the pace

Doug Kriley put his heart in the hands of Butler Health System's expert cardiologists.

Doug Kriley, transcatheter aortic valve replacement (TAVR) and pacemaker recipient, and his wife, Tina.
You may have noticed that there is a lot of competition among health care providers in Western Pennsylvania. This competition continues to intensify as time goes by. Competition is good. It makes everybody "up their game," ensuring that service and quality are at a high level.

In terms of competition, I ask you to consider this: What does your local health care provider mean to you? Butler Health System, despite the odds, has not only remained independent and locally controlled over the years, it has thrived. It has grown by any measure—breadth of services, geographic presence and ever-improving quality. All of these things have resulted in BHS being one of the largest health care providers in Pennsylvania and the largest employer in Butler County.

Not only is BHS that ever-present community safety net and resource for care during difficult times, BHS is a critically important economic engine in the community and in the region. When you support BHS, you support the jobs and livelihoods of family, friends and neighbors. When you choose BHS, you are supporting our community. I respectfully ask you to consider these things when competitors who are not based in our community try to attract you to their facilities.

Some competitors are in the hospital and health insurance business, and they may make it difficult or confusing for you to know what choices you have. The fact is that all services of BHS have long-term contracts in place with every major health insurance company in our market. You can come to BHS for your care, regardless of what that care may be. If you have any questions, just give us a call.

Don't take just my word for it regarding which health system you should choose. Take a look at the doctors featured in this issue of Health Link. These physicians include the doctors of BHS Benbrook Gastroenterology Associates, physicians of the Butler Cancer Center, the BHS partnership with University of Pittsburgh Medical Center Hillman Cancer Center, and the doctors of BHS Urological Associates. Each of these doctors has served our community for years, and all of them are now a part of Butler Health System. It is always gratifying when doctors who have been in the community for a long time choose to become fully employed physicians on the BHS team. And, of course, there are always doctors who are new to our community and to BHS. Among them are Brian Carey, MD, FACC, FSCAI, and Richard Begg, MD, FACC, FSCAI, excellent cardiologists who you will meet in this issue.

Lastly, you have probably heard that Clarion Healthcare System, including Clarion Hospital, has decided to join BHS. For the first time in BHS’ 120-year history, we will become a multi-hospital organization. The good folks at Clarion came to this decision because they know that the values that are important to them are the values of Butler Health System. We will provide high-quality, affordable care in the Clarion community, close to home. This is another excellent example of keeping the community strong, with a sound employer firmly in place, supporting its neighbors and acting as a good corporate citizen. Please consider BHS’ community support and commitment when you choose your health care provider. And thank you, as always, for choosing Butler Health System.
Crystal Ball raises over $145,000

Butler Health System Foundation’s annual Crystal Ball was held on Saturday, March 9th, at the Pittsburgh Marriott North in Cranberry Township. Larry Richert, host of KDKA’s “Morning News,” served as the master of ceremonies. A crowd of more than 400 guests enjoyed food and festivities, inspired by a night in the city, at the “Black, White and City Lights” gala.

This year’s proceeds will be directed toward the Pathology Laboratory at Butler Health System to support the purchase of a new robotic biopsy staining workstation. This new technology will enhance the ability to diagnose cancer by taking a historically manual process and incorporating robotics. This will improve specimen turnaround time and overall information, leading to a more accurate cancer diagnosis.

Thanks to our sponsors

Lead sponsors and business partners for the event included: International Quality Consultants, Inc.; SEI; BB&T, UPMC Health Plan; Butler Eagle; Highmark Blue Cross Blue Shield; MSA Safety Incorporated; NexTier Bank; Fox Rothschild LLP; and the Hampson family. Many other sponsors contributed to the event’s success. “The event would not be possible without the continued support of our sponsors and the hard work and dedication of our committee and volunteers,” says Kris Bowser, BHS Foundation Events Manager.

Dr. Kathy Selvaggi receives 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.

The Women of Legacy Award was presented to Kathy Selvaggi, MD. After 12 years as Oncology Medical Director of the Richard G. Laube Cancer Center in Kittanning, PA, Dr. Selvaggi pursued her interest in palliative care. She applied for and was accepted into the palliative care fellowship at Dana-Farber Cancer Institute (DFCI) in Boston. After completion of her fellowship, she returned to Pittsburgh to develop the Division of Palliative Care for the West Penn/Allegheny Health System, where she served as Chief of the Division.

Dr. Selvaggi was recruited back to Boston in August of 2010 to direct the Intensive Palliative Care Unit at Brigham and Women’s Hospital/DFCI. In 2013, Dr. Selvaggi, an Assistant Professor of Medicine at Harvard Medical School, was promoted to Clinical Director for the Division of Adult Palliative Care at DFCI, overseeing the daily workings of the unit, three palliative care consult clinics and an ambulatory outpatient palliative care clinic.

Dr. Selvaggi, who is board certified in internal medicine and palliative care, is currently the Director of the Palliative Care Program for Butler Health System and has built an amazing program. She helps patients with terminal illnesses manage their symptoms so they can improve their quality of life. She and her dedicated team spend time with patients and families and help them make difficult, life-impacting decisions.

Dr. Selvaggi and her team have worked to implement many great programs for patients and their families, which include an Aging Symposium, Navigating the New Me and an annual memorial service for those families who have lost loved ones throughout the year. The families have commented on how much this memorial service has meant to them in helping them deal with their loss. She also spends her time speaking at both a local and national level, at venues including churches, synagogues, local radio and national conferences.

Dr. Selvaggi has lived in Sarver for the past 26 years, with some of that time spent commuting to Boston. She and her husband, Dr. Don Vigliotti, have been married for almost 34 years. They have two children and one granddaughter.

Dr. Selvaggi’s compassion and dedication to her patients are unmatched. Butler Health System would like to thank her for all of her accomplishments in developing a high-quality palliative care program for the patients of this community.

Celebrating with Dr. Kathy Selvaggi, 2019 Women of Legacy Award recipient (center), at the 2019 BHS Foundation’s Crystal Ball are (from left) Jason Sciarrino, BHS COO; Ken DeFurio, BHS President and CEO; Selvaggi’s daughter, Alyssa Vigliotti, and husband, Dr. Donald Vigliotti; Dr. William DiCuccio and Marge DiCuccio; and Tina Baptiste and Ryan Baptiste.

Crystal Ball Committee members, from left: Louann Rosselini, Kim Astbury, Audray Muscatello Yost, Kris Bowser, Jocelyn Shetter, Alicia Palmiero and Kim Patterson.
A rise in rates of colorectal cancer among young and middle-aged adults has spurred the American Cancer Society (ACS) to change its guidelines for when people should start screening for the disease.

The ACS now recommends that people at average risk for colorectal cancer begin screening at age 45, five years earlier than the previous recommendation of 50. People who are at increased risk for the cancer may want to start colorectal cancer screening before age 45 or be screened more often.

What prompted the change?
A study led by the ACS and published earlier this year found that, overall, rates of new colorectal cancer cases in the U.S. have been dropping since the mid-1980s. The decline has been even steeper during the past decade—for which the ACS credits screening tests. Some screening tests, such as colonoscopies, can find and remove suspicious growths before they have a chance to become cancer.

However, the decline in rates of newly diagnosed cases of colorectal cancer has been led by older adults. Incidence rates have actually been rising for adults younger than 50.

In addition, the ACS study found that people younger than 55 are more likely than older people to be diagnosed with late-stage colorectal cancer. The study’s authors theorized that younger people are delaying diagnosis because they don't recognize symptoms of the disease.

Check your insurance
There are multiple screening tests available for colorectal cancer, including noninvasive stool tests. The new guidelines from the ACS don't endorse a particular test, but they do stress regular screening and they recommend a follow-up with a colonoscopy if the results from another test are suspicious.

The new ACS guidelines don't quite match up with those of the U.S. Preventive Services Task Force, which still recommends screening for colorectal cancer at age 50. Many insurance providers offer coverage based on the Task Force’s recommendations, so check your coverage in advance of any testing.

Watch for these warning signs of colorectal cancer
Colorectal cancer usually starts silently—with no signs or symptoms at all. But over time it can cause:

- Rectal bleeding
- Blood in your stool—bright red, very dark or black
- Frequent cramping or pain in your lower belly
- The urge to move your bowels without having a bowel movement
- A change in your bowel habits—such as constipation, diarrhea or a narrowing of the stool—that lasts for more than a few days
- Weakness and fatigue
- Weight loss without dieting

These symptoms are often something other than cancer. But don't take chances: If you have any of them, tell your doctor.

Sources: American Cancer Society, American Gastroenterological Association
BHS Benbrook Gastroenterology Associates

Benbrook II Medical Office Building
104 Technology Drive, Suite 202, Butler

To schedule your colorectal cancer screening, call BHS Benbrook Gastroenterology Associates at 724-482-6062.

TAKE THE TEST

About one-third of U.S. adults who should be screened for colorectal cancer skip the test. Don’t be one of them. Lower your chances of getting the disease by getting screened.

BHS Benbrook Gastroenterology Associates physicians, from left: Krysia Zancosky, DO; Donald Walters, DO; and Peter Molloy, MD.

Hillman is Right Here at Butler Health System

World-renowned UPMC Hillman Cancer Center care is available to you, right in Butler County. For five years, our comprehensive team at Butler Health System has been delivering world-class care to our community as part of the UPMC Hillman Cancer Center network. New advances in cancer prevention, diagnosis, and treatment are being developed every day and brought to you close to home. Why travel for world-class cancer care when you don’t have to?

Learn more at UPMCHillman.com/Butler.

Accepting most insurances including Highmark and UPMC health plans.
What’s your **AFib risk?**

**A steady heartbeat** drives good health. But sometimes, that steady beat can get thrown off rhythm. That’s what happens with atrial fibrillation (AFib).

Certain cells in the heart create electrical signals. These signals then cause the heart to contract and pump blood. But with AFib, the heart’s two upper chambers—the atria—don’t beat like they should. Instead, they beat irregularly and way too fast.

Anyone can develop AFib. But some conditions and habits can put you at a higher risk:

**Advanced age.** Kids can get AFib, but it’s more common as we age.

**High blood pressure.** A history of uncontrolled blood pressure can cause problems.

**Heart disease or a history of heart attack.** AFib is a common complication after heart surgery.

**Drinking alcohol.** Bingeing or drinking large amounts can definitely increase your risk. But keep in mind that drinking even modest amounts can trigger AFib in some people.

**Family history of AFib.** If someone in your family has AFib, you’re at risk too.

**Sleep apnea.** Sometimes treating apnea can improve AFib.

**Chronic conditions.** These include thyroid problems, diabetes and asthma.

Not everyone who has AFib needs treatment. It’s a worrisome condition, but AFib doesn’t always call for medication or other therapies. Sometimes, heart rhythm can return to normal on its own. Even if you and your doctor decide treatment isn’t needed, you should work together to monitor your heart. Repeat episodes can lead to persistent or permanent AFib.

To schedule a cardiology appointment, call BHS Cardiology at 1-866-620-6761.

**Watch for these symptoms of AFib**

Heart palpitations, racing or fluttering heart

Shortness of breath, anxiety

Lightheadedness, dizziness, fainting

AFib doesn’t always have symptoms, and they can vary, so you’ll need an exam to get a diagnosis.

6.1 MILLION

Up to 6.1 million Americans have AFib.

5x

If you have AFib, your risk of stroke is five times higher than someone without it.

Meet our new cardiologist

**Brian C. Carey, MD, FACC, FSCAI**

Interventional cardiology

Dr. Carey earned his medical degree from the Medical College of Pennsylvania and Hahnemann University School of Medicine in Philadelphia, PA. He completed his internal medicine residency at Allegheny General Hospital in Pittsburgh, PA, and both a cardiology fellowship and an interventional cardiology fellowship at Geisinger Medical Center in Danville, PA. He sees patients at 127 Oneida Valley Road in Butler and 100 Innovation Drive in Slippery Rock. To schedule, call 1-866-620-6761.
Doug Kriley woke up on March 16, 2016, struggling to breathe. Sick with persistent, severe influenza, his wife, Tina, was preparing to drive him to the emergency room when he collapsed. “The last thing I remember is the ambulance ride,” he says.

Doug was admitted to Butler Health System for respiratory failure. While doctors were intubating him to help him breathe, he went into cardiac arrest. Doctors then made the immediate decision to place Doug on ECMO, or extracorporeal membrane oxygenation, a machine that oxygenates the blood of patients who are unable to breathe on their own.

A hidden concern
He spent the next 28 days on life support under the close watch of the Pulmonary Critical Care team. But Doug’s challenges weren’t over. While he was on life support, doctors had found a second problem—a hereditary heart condition that resulted in the hardening of his aortic valve. After a period of recovery and physical therapy, Doug was back at BHS and in the capable hands of Dr. Hazem El-Khatib, cardiothoracic surgeon who replaced the valve in a TAVR procedure, or transcatheter aortic valve replacement, a minimally invasive procedure done through a catheter inserted in the patient’s groin. Amazingly, Doug was walking and discharged the next day. A month later, in December of 2017, cardiac electrophysiologist David Schwartzman, MD, implanted a pacemaker—the final step to getting Doug back to his family on their small farm, enjoying his carpentry projects and spending time with his grandchildren and dog, Samson.

From the doctors to the nursing staff, Tina says the BHS medical team helped her family get through the ordeal. “I just can’t express how caring they were,” she says. “From the physicians, respiratory therapists, nurses, unit desk staff and the environmental service staff, they treated Doug like a very special person, not a patient.” Doug adds, “I believe in BHS wholeheartedly. It’s the only place to go.”

“I just can’t express how caring they were... they treated Doug like a very special person, not a patient.”
—Tina Kriley

To schedule a cardiology appointment, call BHS Cardiology at 1-866-620-6761. We accept most insurances, including Highmark and UPMC health plans.

“I am so pleased to be back in Western Pennsylvania and to be a part of the BHS Heart Team. Butler is a community hospital providing extraordinary care. We are extremely privileged to have a comprehensive cardiac program that includes state-of-the-art technology and treatments that formerly were not available in Butler. Our BHS Heart Team is honored to have highly trained cardiologists, electrophysiologists and cardiac surgeons that consider BHS home. Patient stories like Doug’s are what makes Butler stand apart from other organizations. We treat everyone the way we would want our family treated.”

Richard J. Begg, MD, FACC, FSCAI
Interventional Cardiology Medical Director, BHS Cardiovascular Service Line
Butler Health System welcomes Dr. Kevin Traub, Dr. Anthony DiMatteo and their team. We congratulate Dr. Mark Musmanno and Dr. Stephen Campanella, who both provided great care in our community for many years, on their retirements.

Now accepting new patients!
104 Technology Drive, Suite 204, Butler
To schedule, call 724-482-4257.

Your online guide to finding highly trained doctors, the latest treatments, cutting-edge technology, trustworthy health information, community events and more.

ButlerHealthSystem.org