To get the best care when you or a loved one is having a stroke, you need to have speed, expertise and experience on your side. Our primary stroke center is certified to provide all three.

Butler Health System was awarded stroke center certification by the Healthcare Facilities Accreditation Program (HFAP), the nation’s original, independent accreditation organization recognized by the Centers for Medicare & Medicaid Services. Certification confirms that Butler Health System is providing high-quality care as determined by an independent, external process of evaluation.

“Butler Health System clearly demonstrates a commitment to quality and patient safety,” says Lawrence Haspel, DO, Chairman of the Bureau of Healthcare Facilities Accreditation for HFAP. “We base our decision on the findings of an extensive and thorough on-site review of Butler Memorial Hospital against recognized national standards for patient safety, quality improvement and environmental safety. Butler Memorial Hospital has earned the distinction of HFAP certification by successfully meeting those standards.”

**Rapid diagnosis and treatment**
Stroke is a leading cause of serious long-term disability in U.S. adults. It’s the fifth leading cause of death. Two keys to reducing stroke-related disability and death are rapid diagnosis and treatment. As a primary stroke center, we focus on just those.

Among other things, our stroke center offers:

- A 24/7 acute stroke team. The team includes a physician and others experienced in stroke diagnosis and treatment.
- Excellent coordination with emergency medical services personnel. This allows care to start before the patient reaches our door.
- Fast access to brain imaging services. That cuts the time it takes to diagnose a stroke. The sooner a diagnosis is made, the sooner treatment can begin.

**Sudden signs of a stroke**

**FAST:** An easy way to remember the sudden signs of stroke.

- **FACE.** One side droops.
- **ARM.** One drifts downward when both are raised.
- **SPEECH.** Is slurred or unusual.
- **TIME.** Call 911 immediately.

Read about our stroke services at butlerhealthsystem.org. Go to “Services” and click on “Stroke.”
People: The heart of what we do

People. I think about them all the time. Health care organizations—systems and hospitals—are fundamentally people taking care of people. While technology, facilities and equipment are important, health systems are only as good as their people. We want nothing but the best people on the BHS team. The issue of BHS Health Link in your hands highlights some of our fine people. The question that the leadership team and the medical staff at BHS ask themselves on a regular basis is, “Would I send my family to this doctor?” We only proceed with recruitment when the answer is a resounding “Yes.”

We have substantially (and once again) elevated our cardiology services. On page 5 you’ll meet four new cardiology physicians who are exceptionally well-trained and deeply experienced. They are available to see you now, and their contact information is provided.

On page 6 of this issue, we talk about cancer care, specifically about the various types of cancer doctors, or oncologists, who provide care. For a number of years now, Butler Health System has been in partnership with UPMC Hillman Cancer Center. Physicians from BHS and UPMC work as a team, providing you with world-class cancer care. We have offices and outpatient facilities at the Crossroads Campus and at the Benbrook Campus.

I have also been spending time recruiting people for a few key leadership positions. We will introduce you to these folks over the next year, beginning with Jason Sciarro, BHS’s Chief Operating Officer, who you see on this page beside me. Jason is a Western Pennsylvania native. After years of gaining health care experience in other parts of the country, he is returning home, and we are very pleased to have him here. It is exciting to add new talent with different perspectives and experiences to our remarkable management team.

Lastly, at Butler Health System, we have stayed out of the health insurance confusion and competition coming out of Pittsburgh. But the insurance you choose does matter. While Butler participates in just about all insurance offerings, make sure that your doctor and the facilities of Butler Health System are available to you. There is a nice summary of insurance considerations on page 7. This should help you as you navigate the health insurance environment. Be sure to get your questions answered, and feel free to call us if we can assist you in any way.

As always, thank you for choosing Butler Health System for your care.

Jason Sciarro, Chief Operating Officer

Filling a vital role

Get to know our new COO

Jason Sciarro comes to Butler Health System with a wealth of experience, most recently serving as president and chief operating officer of Centegra Health System for the northern Chicago and southern Wisconsin region. His work experience includes other administrative roles, such as the COO position at University Hospital/SUNY Upstate Medical University in Syracuse, NY.

He holds a bachelor’s degree in business from Geneva College and a master’s degree from LeMoyne College in Syracuse. In addition to having responsibility for a number of clinical and support areas at BHS, he has a strong focus on business development and the ongoing growth and performance of the BHS physician network.

Numbers to know

Butler Memorial Hospital Main . . . 724-283-6666
Central Scheduling ................. 1-877-247-2717
A hole in one for community health

Golf outing
The Tee Off Fore a Healthier Community Golf Outing was held on June 18 at Butler Country Club. One hundred forty-four golfers participated in the event, which included lunch, dinner, golf and prizes. Over $98,000 was raised to support programs and services at Butler Health System.

Join us for these upcoming events

➜ Caring Angel Basket Auction
Tuesday, Dec. 4, through Thursday, Dec. 13
Nixon/Sarver Classrooms, Butler Memorial Hospital

Weekday hours: 7 a.m. to 7 p.m.
Weekend hours (Dec. 8 and 9): 11:30 a.m. to 3:30 p.m.

➜ Crystal Ball: “Black, White and City Lights”
Saturday, March 9, 2019, 5 to 11 p.m.

Pittsburgh Marriott North, Cranberry Township
The event will include dinner, raffles, a silent auction and entertainment by Tuesday Night Big Band.

Thank you to our 2018 event sponsors!

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MSA Safety Incorporated
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Ogletree Deakins Nash Smoak & Stewart
PA Brain and Spine Institute
Pittsburgh Marriott North
Quality Life Services
SEI
Special T Electronics
Three Rivers Cardiac Institute, Inc.
The Tomayko Group
UPMC Health Plan
VEBH Architects
Vision Benefits of America
Vitas
Western PA Electrical Labor Management Cooperation Committee

Want to support health care in your community?
Visit BHS-foundation.org or call 724-284-4716.
Improving your heart’s health may seem like a big project. But even small changes in your daily habits can make a difference. Here are five simple steps you can get started on right away.

1. **Bring a piece of fruit to work.** Eating more fruits (and veggies) is a heart-healthy choice. Plus many fruits are portable (think apples, oranges and bananas), which makes them an easy snack option. When hunger hits, having a piece of fruit at your work area will help you avoid less-healthy options from the vending machine.

2. **Take a 10-minute walking break.** If you sit behind a computer most of the time, get up for a quick stroll several times a day. Sitting less and moving more is good for your heart and your body overall. Keep in mind it’s easier to fit in the recommended 30 minutes of movement every day if you divide the time into shorter bouts.

3. **Give your screens an earlier bedtime.** Too little sleep can hurt your heart and increase your risk for other diseases, such as obesity and type 2 diabetes, which can also affect heart health. Watching TV or using your smartphone or computer close to bedtime can keep you awake. Try giving yourself a deadline for turning off your screens an hour before bedtime every night. Relaxing to music or a book may help you doze off.

4. **Have a hearty laugh.** Laughter eases stress, which is a good thing because too much stress may boost your risk for heart disease. For a regular dose of mirth, set aside time to watch some laugh-out-loud videos.

5. **Compare food labels for sodium content.** Too much sodium can boost blood pressure, which is hard on your heart. Different brands of foods can have different sodium amounts. It only takes a moment to read food labels and to choose the brand with the least amount of sodium. You might be surprised to learn that some foods that don’t have really high levels of sodium, like bread, are among the top sources of the mineral in the American diet—simply because we may eat several servings of them a day.

Sources: American Heart Association, Centers for Disease Control and Prevention, National Heart, Lung, and Blood Institute
Knowledge is power
Learn to spot symptoms of a heart attack.
You could have one or more of these:

- **Head:** dizziness; light-headedness
- **Neck or jaw:** pain or discomfort
- **Shoulders or arms:** pain or discomfort in one or both
- **Chest:** pain or discomfort
- **Back:** pain or discomfort
- **Lungs:** shortness of breath; coughing
- **Stomach:** pain or discomfort; nausea; vomiting
- **Body:** breaking out in a cold sweat; fatigue or weakness

Call 911 if you’re having symptoms of a heart attack.

Sources: American Heart Association; National Institutes of Health

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Welcome new providers
Expert care from the heart

**Richard J. Begg, MD, FACC, FSCAI**
Interventional cardiology
Medical Director,
BHS Cardiovascular Service Line
Dr. Begg earned a medical degree from the Royal College of Surgeons in Dublin, Ireland. He completed an internal medicine residency at Shadyside Hospital in Pittsburgh, PA, and a cardiology fellowship at Allegheny General Hospital, also in Pittsburgh. He sees patients at 127 Oneida Valley Road in Butler and at 647 N. Broad St. Extension in Grove City. To schedule an appointment, call 1-866-620-6761.

**Marco Cavagna, MD, PhD**
Cardiac electrophysiology
Dr. Cavagna earned a PhD in biochemistry and molecular biology and a medical degree cum laude from University of Maryland School of Medicine in Baltimore, MD. He completed an internal medicine residency at University of Virginia Health System in Charlottesville, VA; a cardiology fellowship at Georgetown University Hospital in Washington, DC; and a cardiac electrophysiology fellowship at George Washington University. He sees patients at 1 Hospital Way in Butler. To schedule an appointment, call 724-431-0550.

**Angel Flores, MD, FACC**
Cardiology
Dr. Flores earned a medical degree from Pedro Henriquez Urena National University in Santo Domingo, Dominican Republic. He completed an internal medicine residency at Columbia University College of Physicians & Surgeons, Harlem Hospital, in New York, NY. He completed a cardiology fellowship at VA Medical Center in West Roxbury, MA, and Massachusetts General Hospital. He sees patients at 127 Oneida Valley Road in Butler; at 300 Northpointe Circle, Suite 104, in Seven Fields; and at 24 Doctors Lane in Clarion. To schedule an appointment, call 1-866-620-6761.

**J. Jeffrey Rich, MD, FACC**
Interventional cardiology
Dr. Rich earned a medical degree from the Royal College of Surgeons in Dublin, Ireland. He completed an internal medicine residency at Shadyside Hospital in Pittsburgh, PA, and a cardiology fellowship at Pittsburgh Heart Institute in Pittsburgh. He sees patients at 127 Oneida Valley Road in Butler; at 2 Parkway in Seneca; and at 300 Northpointe Circle, Suite 104, in Seven Fields. To schedule an appointment, call 1-866-620-6761.
Cancer is a complex disease. That’s why people who have it may see more than one cancer doctor, each with a specific area of expertise. These doctors are called oncologists. They help people with cancer understand the disease and their treatment options. They also lead the patient’s health care team in delivering high-quality, individualized cancer therapy.

Oncologists generally fall into one of three categories:

- **Surgical oncologists.** They specialize in removing cancerous tissues and performing biopsies when cancer is suspected.
- **Radiological oncologists.** They are in charge of any radiation therapy that may be needed.
- **Medical oncologists.** They are experts in chemotherapy and oversee any hormonal or biological therapies. A medical oncologist may also coordinate a patient’s overall cancer care.

**Oncologists are cancer experts**

Since effective cancer treatment may require a combination of surgery, chemotherapy and radiation, many people with cancer require services from more than one oncologist. In addition, some doctors are further trained to specialize in treating certain types of cancer. For instance:

- **Gynecological oncologists** treat women with cancers of the reproductive system, including cervical and uterine cancers.
- **Pediatric oncologists** treat children and teens with cancer.
- **Hematologist oncologists** specialize in treating people with leukemia or other blood-based cancers.

Of course, oncologists aren’t the only ones who help people with cancer. Nurses, social workers, physical therapists, radiation technicians, laboratory specialists and many others may all be involved with patients during and after cancer treatment.

Sources: American Academy of Pediatrics; American Society for Radiation Oncology; American Society of Clinical Oncology; National Cancer Institute

Read about our cancer services at BHScancercenter.org.
What’s your health insurance IQ?

Know the lingo

Sometimes, health insurance policies feel like they’re written in a foreign language. You read them and wonder, “What in the world does that mean?” Understanding basic medical insurance terms is important—especially if you’re shopping for a new policy. That knowledge can help you pick the plan that best fits your needs and may save you money.

Healthcare.gov provides plain-language definitions of many health insurance terms. You’ll find a list of terms at healthcare.gov/glossary.

You can also read definitions of some basic terms below.

- **Premium.** The monthly amount you pay for insurance.
- **Coverage.** The health services your plan will pay for.
- **Deductible.** The amount you’re required to pay for medical care each year before your insurance begins to pay. If you have a deductible of $1,000, you’ll pay $1,000 out of pocket for covered health services before your insurance pays anything. The deductible may not apply to all services.
- **Co-pay.** This is short for co-payment. It’s a set dollar amount ($15, for example) you pay each time you see a provider, get a prescription or use another covered health service. Your co-pay can vary, depending on your plan and the type of service you get. Your insurance company pays the rest of the bill, up to the amount allowed by your plan.
- **Allowed amount.** The most your plan will pay for certain health care services. If your health care provider charges more than your insurance will pay, you may have to pay the difference.
- **Co-insurance.** The percentage of the cost of a service that you must pay after you’ve met your deductible. A common co-insurance ratio is 80-to-20. In other words, insurance pays 80 percent of the allowed amount for the service and you pay 20 percent.
- **Formulary.** A list of prescription drugs that your health plan or prescription plan will cover. It’s also called a drug list.
- **In-network/out-of-network.** Providers—hospitals, doctors, specialists and therapists, for example—who accept your health insurance are called in-network providers. Ones that don’t are called out-of-network providers. It typically costs you more to see out-of-network providers, so check carefully to see if the health care providers you use or are considering using are in-network or out-of-network.

Sources: AARP; Centers for Medicare & Medicaid Services

Shopping for health insurance?

Ask these 5 key questions

**Good health** may be the most important thing anyone can possess. And good health insurance can play an important role in helping you achieve it.

When selecting a plan, there’s a lot to consider—and cost shouldn’t be the only one. It’s also to your advantage to find coverage that meets your needs.

Here’s a checklist of questions to ask yourself as you weigh your options:

1. **Am I clear about what health services the plan will cover?** Coverage can vary, and it’s important to know the specific details of different plans.
   - Because of the Affordable Care Act, most traditional health care plans must cover the same basic services—such as preventive care, hospital care, mental health care and maternity care. But some services, like chiropractic, dental and vision care, may not be fully covered.
   - In contrast, short-term health insurance plans—those that limit coverage to less than a year—aren’t required to be as comprehensive as standard ones. For example, short-term plans might not cover maternity or mental health care. And while all standard plans must cover pre-existing conditions, short-term ones might not cover them.

2. **Will the plan cover all the medicines my doctor prescribes?** Some may not.

3. **Will I be able to keep my current doctor or hospital?** Make sure they’re in your plan network. If not, see how much more you need to pay to see an out-of-network provider.

4. **What are the premiums, co-pays and deductibles?** Premiums are the amount you pay for health insurance, no matter what services you use. You might pay it monthly. Deductibles are what you must pay before your insurance company pays anything for a claim. Co-payments are what you pay when you receive a medical service or fill a prescription.

5. **What is the most I’ll have to pay out of pocket?** You may have to pay a certain amount before a plan starts to pay for your care.

Sources: America’s Health Insurance Plans; Centers for Medicare & Medicaid Services; National Institutes of Health; USA.gov
Cranberry sweet potato bread

Makes 16 servings.

**Ingredients**
- Canola oil spray
- 2 large eggs
- 3/4 cup light brown sugar, firmly packed
- 1/3 cup canola oil
- 1 cup mashed sweet potatoes, fresh baked or canned without syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon orange extract
- 1 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice or mace (optional)
- 1/4 teaspoon salt
- 1 cup chopped, dried unsweetened cranberries
- 1 teaspoon baking soda

**Directions**
* Preheat oven to 350 degrees. Lightly coat a standard loaf pan (8-inch-by-4-inch or 9-inch-by-5-inch) with canola oil spray and set aside.
* In a medium bowl, whisk eggs, sugar, oil, sweet potatoes and extracts until well-combined.
* In a large bowl, sift together flour, spices, salt and baking soda. Make a well in the center of the dry mixture and add the sweet potato mixture. Mix until just moistened; do not overmix or beat batter until smooth. Gently stir in cranberries. Transfer batter to prepared pan.
* Bake 50 to 60 minutes, or until tester comes out clean.
* Remove bread from oven and allow to cool 10 minutes on rack.
* Remove bread from pan and set back on rack to completely cool. Seal bread tightly in plastic wrap, then foil. Tightly wrapped in both, it can be refrigerated up to 1 week or frozen for up to 1 month.

Source: American Institute for Cancer Research

**Nutrition information**

Amount per serving:
- 160 calories, 5g total fat (less than 1g saturated fat), 26g carbohydrates, 2g protein, 1g dietary fiber, 130mg sodium