



Caring for the Hearts of our Patients ...

Atrial Fibrillation Ablation

We have exciting news from the Heritage Valley Health System Electrophysiology Lab! Dr. Glen Miske, one of our three Board Certified Electrophysiologists, recently performed the first Atrial Fibrillation Ablation in the Heritage Valley Beaver Electrophysiology Lab!



Atrial fibrillation (AFib) is an irregular heart rhythm that affects the upper chambers (atria) of the heart. This arrhythmia prevents blood from being pumped efficiently to the rest of your body. As a result, AFib may affect your ability to perform daily activities, cause you to feel tired and impact your overall quality of life.

The AF ablation is a minimally invasive procedure that uses hot or cold energy to create scars in your heart tissue where the arrhythmia, or irregular/abnormal heart rhythm, is occurring. At Heritage Valley Beaver, we use Cryoablation (cold) and Radiofrequency (hot) ablation methods. The scars help to block the transmission of the electrical signals that cause the atrial fibrillation.

In most cases, a catheter is inserted into a large vein or artery in your groin, although sometimes a vein in your arm or neck might be used. The procedure typically takes between one - two hours, and you either return home the same day or have a short overnight stay. Afterward, you may experience some soreness or bruising at the procedure site, and you will need to avoid strenuous activities and heavy lifting for at least a week.

By re-establishing normal heart rhythms in people with certain arrhythmias, AF ablation can help to control the heart rate in people with rapid arrhythmias and reduce the risk of blood clots, strokes, heart failure or other health complications.

Heritage Valley Offers the World's Smallest Wireless Pacemakers

Heritage Valley Beaver is offering the world's smallest pacemaker to patients! Dr. Maninder Bedi recently inserted Heritage Valley's first wireless and leadless pacemaker, the Micra™ AV Transcatheter Pacing System. This pacemaker provides an option for those patients who require pacing in the right ventricle.

Comparable in size to a large vitamin, this pacemaker is less than one-tenth the size of traditional pacemakers, yet delivers advanced pacing technology to patients via a minimally invasive approach. During the implant procedure, the device is attached to the heart with small tines and delivers electrical impulses that pace the heart through an electrode at the end of the device.

Unlike traditional pacemakers, this pacemaker does not require leads or a surgical "pocket" under the skin, so potential sources of complications related to leads and pockets are eliminated. The miniaturized size and minimally invasive approach leave no visible sign or physical reminder of a medical device under the skin. This can mean fewer post-implant activity restrictions and no obstructions to shoulder movement, allowing patients to get back to living their lives more quickly.

For more information on Atrial Fibrillation Ablation, the Micra™ Transcatheter Pacing System or to schedule an appointment with Electrophysiologists Dr. Maninder Bedi, Dr. Christopher Kolibash or Dr. Glen Miske, please call 724-773-4502.

Talking with CEO Norm Mitry



We are pleased to share with you some of the exciting advancements taking place at Heritage Valley Health System! Our Electrophysiologists, who are trained to treat heart arrhythmias or AFib caused by disruptions in normal heart

rhythms, are making great strides in the fight against heart disease. As you will read, our physicians are now performing Atrial Fibrillation Ablations in the Heritage Valley Beaver Electrophysiology Lab. We are also offering the WATCHMAN FLX™ Left Atrial Appendage Closure Implant, which has been proven to reduce stroke risk in people with AFib not caused by a heart valve problem. In addition, you will read about the Micra™ AV Transcatheter Pacing System. This wireless and leadless device is actually the world's smallest pacemaker! Each of these innovations is designed to allow patients to return to their normal routines as quickly as possible.

The Heritage Valley Senior Living Community (formerly The Willows) is now being managed by Lutheran SeniorLife. We know that we are in good hands, as Lutheran SeniorLife has been providing services for seniors throughout western Pennsylvania for over a century! We invite you to read about our Independent Living, Personal Care and Memory Care communities on page 3. If you are considering a move for yourself or a loved one, please call 412-331-6139 for more information or to schedule a personal tour.

To keep up with all that Heritage Valley has to offer, I encourage you to visit our updated website (heritagevalley.org). While there, click on "Contact" at the top of the screen to sign up for E-Connections, our bi-weekly electronic newsletter. For added convenience, please download the Heritage Valley app.

As always, thank you for entrusting us with your healthcare needs as we remain **Uniquely Connected. For Life.**

Norman F. Mitry
President & CEO, Heritage Valley Health System

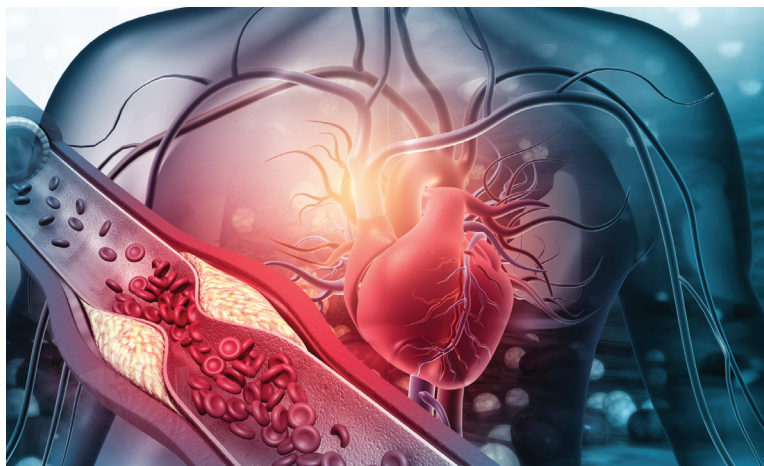
WATCHMAN FLX™ Technology Available for A-Fib Patients

Blood thinners may not be your only option to help prevent Atrial Fibrillation (AFib) stroke risk. Heritage Valley is pleased to offer non-valvular (AFib) patients an alternative to long-term blood thinning medications. The latest-generation WATCHMAN FLX™ Left Atrial Appendage Closure (LAAC) Implant device has been proven to reduce stroke risk in people with AFib not caused by a heart valve problem. According to Boston Scientific, manufacturer of the device, this technology has been implanted in more than 200,000 patients worldwide and is the most implanted device in the United States for stroke risk reduction!

The WATCHMAN FLX™ Implant is designed to keep harmful blood clots from entering your blood stream, potentially causing a stroke, by closing off an area of the heart called the Left Atrial Appendage (LAA), which is a pouch-like bulge in the Left Atrium, or left upper heart chamber. By closing off the LAA, the risk of stroke may be reduced and, over time, patients may be able to stop taking their blood thinners. According to the National Center for Biotechnology Information, it is estimated that about 90% of the blood clots that cause strokes develop in the Left Atrial Appendage.

The WATCHMAN FLX™ Implant procedure is performed under general anesthesia and typically takes about an hour. Patients normally stay in the hospital overnight and leave the next day. The WATCHMAN FLX™ Implant is made of materials that are common to many medical devices, is about the size of a quarter and cannot be seen outside the body. It is also a permanent device that does not need to be replaced. This latest-generation technology has a new design to help treat more patients safely and effectively and ensure the best long-term outcomes.

If you have been diagnosed with non-valvular Atrial Fibrillation, please call our Heritage Valley WATCHMAN Clinic at 724-773-8224 to discuss treatment alternatives. The WATCHMAN FLX™ Left Atrial Appendage Closure Implant might be an option for you!

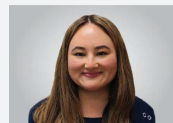


Heritage Valley Health System Welcomes New Physicians

Heritage Valley Health System is pleased to announce the addition of 11 physicians who bring additional expertise in a variety of specialties. To learn more about these physicians and others on staff at Heritage Valley Health System hospitals, please visit heritagevalley.org/doctors/ or call 1.844.769.DOCS (3627).



Maninder Bedi, MD
Cardiac Electrophysiology
HVMG Heart & Vascular Center
724.773.4502



Bridget Cheng, MD
Emergency Medicine
Emergency Department



Christopher Kolibash, MD
Cardiac Electrophysiology
HVMG Heart & Vascular Center
724.773.4502



Amit Ladani, MD
Cardiology & Cardiovascular Disease
HVMG Heart & Vascular Center
724.773.4502



Matthew McCaffery, DO
Emergency Medicine
Emergency Department



Glen Miske, DO
Cardiac Electrophysiology
HVMG Heart & Vascular Center
724.773.4502



Ashka Patel, DO
Family Medicine
HVMG Associates in Family Medicine
412.749.6806



Ryan Ridenour, MD
Orthopaedic Surgery
Greater Pittsburgh Orthopaedic Associates
412.262.7800



Michael Sybert, MD
Orthopaedic Surgery
Tri-State Orthopaedics
412.369.4000



Perry Tiberio, MD
Pulmonary Medicine & Internal Medicine
HVMG Pulmonology & Sleep Medicine
724.773.6403



Jason Venet, DO
Emergency Medicine
Emergency Department

Lutheran SeniorLife Now Managing the Heritage Valley Senior Living Community



We are pleased to announce that, as of August 1, 2022, Lutheran SeniorLife is providing management services to the residents of the Heritage Valley Senior Living Community (formerly The Willows). For more than 100 years, Lutheran SeniorLife has helped seniors throughout western Pennsylvania thrive. As a faith-based provider, Lutheran SeniorLife provides quality care in residential living and personal care facilities, home health, rehabilitation, Alzheimer's memory support and more. The mission and organizational values of Lutheran SeniorLife align with those of Heritage Valley Health System, and we look forward to working together to elevate the health and wellness of our residents and provide a safe and enjoyable place to live.

The Heritage Valley Senior Living Community consists of Independent Living, Personal Care and Memory Care residences, and is conveniently located across the street from Heritage Valley Kennedy hospital.

Independent Living is perfect for seniors in good health who are looking for a comfortable, attractive maintenance-free setting. Inside our residence, seniors will find activities and amenities designed to suit their active lifestyles, all in an inviting home-like atmosphere. Residents will enjoy engaging in a wide range of social and educational activities, making new friends, and entertaining visiting family and friends. Our Independent Living Community brings new meaning to senior living and is an affordable option for seniors.

For seniors needing assistance with caring for themselves and managing daily routines, our **Personal Care** residence is the right choice. We combine all the comforts of home with the activity and security of a small community, and we will create a plan tailored to fit each resident's individual needs. Our Personal Care Community maximizes our residents' independence, and provides reassurance to their loved ones that they are being cared for with respect and dignity.

We also offer a neighborhood designed for the specific needs of seniors with Alzheimer's or dementia. Our **Memory Care** residence is designed to create meaningful and personal routines based on each resident's life story, and offers a cozy environment conducive to both emotional health and physical well-being. Our residence provides maximum comfort for residents, and peace of mind for families.

Our communities and comprehensive care options are designed to enhance our residents' lifestyles, improve their outlook on life and allow them to live their lives to the fullest!

For information on the Heritage Valley Senior Living Community, or to schedule a personal tour, please call 412-331-6139 or visit our website at heritagevalley.org/services/senior-living/.

Support Heritage Valley

When you donate to the Heritage Valley Foundation, your gift goes directly to work helping to improve patient care within the health system and supporting community health initiatives. The Foundation was created with community support and depends on the generosity of our local communities, associates, patients and friends. The Foundation supports the mission of Heritage Valley Health System: *To improve the health and well-being of all people in the communities we serve.*

A donation of any amount is greatly appreciated. You may make your gift online by clicking on the Foundation tab at heritagevalley.org; donate through the iHVHS/aHVHS app; or mail your gift to: Heritage Valley Health System Foundation, 420 Rouser Road, Suite 102, Moon Township, PA 15108.



Connect with Us!

There are several great ways to connect with Heritage Valley! We encourage you to visit our website (heritagevalley.org); sign up for our bi-weekly electronic newsletter, E-Connections, by going to heritagevalley.org/contact/contact-information/; and download the iHVHS/aHVHS app, where you will be able to:

- See a complete listing of all Heritage Valley physicians.
- Click on "Activity" to see real-time patient activity at Heritage Valley's Emergency Departments, ConvenientCare locations and outpatient diagnostic facilities. By viewing how busy each location is, you can head to the facility with the fewest patients.
- Create a "Health Link" account to securely view all of your health information and results.
- See a complete listing of all Heritage Valley Services.
- Create a "My Care Link." Here you can schedule a drive-through flu shot; schedule a Covid-19 test and see results; access your SMART Health Card if you received Covid-19 vaccines through Heritage Valley; and schedule appointments with Park Manor Medical Associates and Heritage Valley Pediatrics.
- Store your Heritage Valley Care Card to register quickly at our kiosks.

If you need assistance, please contact us at iHVHS@hvhs.org.



We Are Hiring!

HeritageValley.org



Heritage Valley Health System has a number of opportunities available, both clinical and non-clinical, where you can be part of a caring team serving members of your community and making a difference, every day. If you would like to be considered for employment with us, please visit the Careers section of our website. We offer a competitive salary, excellent benefits package, generous paid time off, onsite parking and more!



APPLY NOW!

Heritage Valley Surgery Centers

Did you know that, in addition to our hospitals in Beaver, Kennedy Township and Sewickley, Heritage Valley Health System offers a complete line of high-quality outpatient surgical services at the locations listed below?

The **Beaver Valley Ambulatory Surgery Center** and the **Surgery Center at Edgeworth Commons** provide safe, comfortable and convenient settings for many types of outpatient surgeries. Both centers are open Monday – Friday, beginning at 6:00 am, and patients return home on the same day as their surgery. Consult with your physician or surgeon to find out if treatment at one of these two centers is right for you.

Beaver Valley Ambulatory Surgery Center

79 Wagner Road
Monaca, PA 15061
Tel: 724-624-9901

Surgery Center at Edgeworth Commons

301 Ohio River Boulevard, Suite 100
Sewickley, PA 15143
Tel: 412-741-1170

Park Manor Medical Associates



We are pleased to announce that HVMG Family Practice Robinson & Primary Care West recently joined to form Heritage Valley Multispecialty Group Park Manor Medical Associates! While we have a new name, our dedicated and

compassionate physicians remain the same and we are still located in the Heritage Valley Robinson Township Medical Neighborhood (2201 Park Manor Boulevard).

To schedule an appointment with Dr. Lauren Ayersman, Dr. Bradley Heiple, Dr. Kehkeshan Shah, Tara Degnan, PA-C or Collin Wurst, PA-C, please call 412-749-6920 or schedule through the Heritage Valley app. We now have greater capacity for *same-day sick visits* and new patient appointments!



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HERITAGE VALLEY
HEALTH SYSTEM

1.877.771.HVHS (4847)
HeritageValley.org