

PENNSYLVANIA HOSPITAL **THE Pennsy Post**

A quarterly publication for the Pennsylvania Hospital community



Matthew Menard
Community Relations Coordinator
Physician Liaison

PENNSYLVANIA HOSPITAL *Celebrates 260 Years*

Pennsylvania Hospital celebrated its 260th anniversary on May 11, 2011. As the nation's first hospital, it has been a pioneer in many areas. Within the historic Pine Building is the nation's first surgical amphitheater. Countless patients underwent surgery here as early as the French and Indian War. In fact, Pennsylvania Hospital has the distinction of caring for American soldiers during every major war since that time. The once rudimentary procedures of the past have given way to the current state-of-the-art surgical center, which provides many minimally invasive surgical options by utilizing robotic and laparoscopic techniques. Pennsylvania Hospital is still at the forefront of medical research.

I encourage you to visit the campus and relive the history of Pennsylvania Hospital. Also, this year, Pennsylvania Hospital is proud to announce that it has been designated a Blue Star Museum. From Memorial Day (5/30/11) to Labor Day (9/5/11) all active military personnel, with valid military-issued identification, will be provided a FREE walking tour brochure and a FREE guided or self-guided tour. The staff at Pennsylvania Hospital thanks all members of the armed forces, retired and active duty, for their service to this country.

If you would like to learn more about the history of Pennsylvania Hospital or if you are interested in volunteering as a tour guide at the hospital, please call 215.829.5434 or email peepless@pahosp.com.

Finally, Pennsylvania Hospital is a proud supporter of the Lancaster Farm Fresh Cooperative. A farmers market is on site at the hospital every Tuesday from 11 am to 2 pm providing fresh organic fruits and vegetables grown by local farmers in Lancaster County. The farmers market is open until the end of October.

If you have any questions about Pennsylvania Hospital please feel free to contact me and I will do the best I can to provide you with an answer or put you in contact with someone who can.

Warmest Regards,

Matthew J. Menard
Community Relations Coordinator
Physician Liaison
Tel: 215.829.5349 | matthew.menard@uphs.upenn.edu



Ronald Kotler, MD was recently filmed for *The Oprah Show* in Pennsylvania Hospital's Historic Library evaluating four viewers' sleeping habits.

DON'T UNDERESTIMATE THE IMPORTANCE OF SLEEP:

A Good Night's Sleep Can Improve Your Health and Life

The inability to get a good night's sleep can have serious consequences on the health and quality of a person's life. Excessive sleepiness may impair work efficiency, affect mood, and increase the risk of injury on the job or while driving. More than 70 million people in the United States suffer from a sleep disorder; however, many disorders are unrecognized by patients and physicians.

Recently, **Ronald Kotler, MD**, medical director of the Pennsylvania Hospital Sleep Disorders Center, appeared on an episode of *The Oprah Winfrey Show* entitled *Turn Back the Clock: Look and Feel 20 Years Younger*. Dr. Kotler, along with Oprah's personal trainer Bob Green and other health experts, discussed the benefits of living a healthy lifestyle that includes proper exercise, skin care, nutrition and sleep. Dr. Kotler highlighted how proper sleep habits and hygiene are essential to good health.

As part of the episode, Dr. Kotler counseled four Oprah viewers, flown to Philadelphia for evaluation and sleep testing. He told the group, "not getting enough sleep can actually shorten your life."

As a result of the sleep study, he diagnosed one of the women with sleep apnea, and recommended weight loss to combat disruptive snore-related arousal for another. Dr. Kotler is co-author of

Greene's new book, *20 Years Younger*, in which he recommends good sleep habits and hygiene, including going to bed at the same time each night and getting a full night's rest. While the average adult requires seven to nine hours of sleep, Dr. Kotler recommends that each individual should try to aim for the correct amount of sleep that makes them feel fully rested throughout the day.

If sleepiness persists, this might suggest the presence of a sleep disorder.

The Sleep Disorders Center at Pennsylvania Hospital offers comprehensive evaluation and treatment for patients with sleep-related complaints. The center uses the most advanced research and techniques to successfully and safely improve the sleep patterns of individuals.

For more information or to schedule an appointment, please call 800.789.PENN or visit PennMedicine.org.



PHYSICIAN SPOTLIGHT



PENNSYLVANIA HOSPITAL WELCOMES

Oren Friedman, MD
Director of Facial Plastic Surgery

Oren Friedman, MD, Associate Professor of Otorhinolaryngology – Head and Neck Surgery, joins Penn Medicine as the Director of Facial Plastic Surgery.

Dr. Friedman received his medical degree and completed his internship in general surgery and his residency in otolaryngology – head and neck surgery at Oregon Health and Science University. He last held the position of Director of Facial Plastic and Reconstructive Surgery in the Department of Otorhinolaryngology at the Mayo Clinic.

Dr. Friedman's clinical practice primarily focuses on facial plastic and reconstructive surgery.

He specializes in surgical cosmetic procedures including facelift, browlift, blepharoplasty (eyelids) and rhinoplasty. Dr. Friedman's practice also offers cosmetic procedures in office, including Botox®, chemical peels, laser skin resurfacing, dermabrasion, and injectable fillers (previously referred to as collagen injections). Dr. Friedman's aesthetician, Linda Buchta, offers expertise in permanent make-up for the face and body.

Dr. Friedman focuses a large part of his efforts in cosmetic facial surgery on utilizing minimally invasive surgical techniques. This allows patients to get the best outcomes possible with the smallest amount of downtime. It also helps to avoid some of the primary complications associated with bigger operations.

"There is a quote that one of my mentors shared with me that has become a practice philosophy that I live by," said Dr. Friedman. Be a minimalist in the operating room and a maximalist in the office. This is the essence of my practice.

"I take pride in taking excellent care of my patients before, during, and after surgery. I like to take time to counsel them, get to know them, and establish an excellent rapport with them."

Dr. Friedman's passions in the field of reconstructive facial surgery include rehabilitating facial function secondary to facial paralysis, reconstructing skin cancer defects, congenital facial deformities including cleft lip and microtia (ear malformations) and managing patients with traumatic facial injuries. He is actively involved in humanitarian medical missions through a number of different organizations, particularly in the fields of cleft lip and palate, and microtia surgery.

"Humanitarian trips such as these are essential parts of my life. Serving patients in places they would otherwise be left untreated is the most rewarding thing I do," he said.

Dr. Friedman welcomes new patients and physician referrals. To schedule an appointment, please call 800.789.PENN (7366).

CALENDAR OF EVENTS

JUNE

Benefits of Good Control (Outpatient Diabetes Education Program)

WHEN: Wednesday, June 22, 2011, 1 pm to 3:30 pm

WHERE: 8th and Spruce Street, Ayer Building, First Floor

TOPICS: Complications, foot health, personal health tips, resources

GUEST SPEAKER: Neil Kanner, DPM

You are invited...

CELEBRATE LIFE! – **National Cancer Survivor's Day**

WHEN: Thursday, June 23, 2011,
5 pm to 7:30 pm

WHERE: Pennsylvania Hospital,
Elm Garden, 800 Spruce Street

REGISTRATION: Free. Please call
800.789.PENN to register by June
14th. *This year we're celebrating Philly
style! Wear your favorite sports team
jersey or walk shirt.*



SEPTEMBER



Herbal Cooking with Sal DiPalma, Executive Chef

WHEN: Wednesday, September 21, 2011, 5:30 to 7 pm

WHERE: Pennsylvania Hospital Cafeteria

REGISTRATION: Free. Please RSVP to Stacey Peeples,
215.829.5434.

This event is part of the Pennsylvania Hospital Historic Collections Exhibition Lecture Series.

For more information on the events listed above,
please visit <http://www.pennmedicine.org/pahosp/events/>

Pennsylvania Hospital

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Penn Medicine