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FOCUS ON HEALTHCARE

PMA Medical Specialists' Improving Medicare Patient Outcomes with Chronic Care Management

Today's Medicare population is typically in one of two subsets — one third of those enrolled have four or more chronic conditions, and the other two thirds have two or more chronic conditions. A chronic condition is defined a significant on-going ailment such as arthritis, Alzheimer's Disease, diabetes, cancer, COPD, hypertension, cardiovascular disease, etc. PMA Medical Specialists has implemented a Chronic Care Management (CCM) program in response to the escalating growth of chronic illnesses of those enrolled in Medicare, and the need to treat and monitor them. Positive patient outcomes are evidenced by fewer hospitalizations and ER visits, and reduced costs to patients. As of the end of the third quarter in 2017, PMA was able to keep their patients out of the ER 212 times. PMA patients were also saved 117 inpatient admissions to the hospital.

Providing 24/7 Access to Care!

The PMA Chronic Care Management team, comprised of RN's and Chronic Care Management Coordinators typically provides Medicare patients with non-face to face services such as telephone check-in calls, and development of comprehensive care plans. Working as Patient Advocates, the Care Managers coordinate care between patients and their physicians, pharmacies, specialists, hospitals and families. As a multi-specialty Physicians Network, PMA understands the value of providing coordinated care to ensure that a patient's wellbeing and healthcare needs are being met. A new initiative of the CCM program provides patients the opportunity to meet their Care Manager while at an in-office appointment. This face time allows patients to form and even stronger bond with their Care Manager and it also provides the Care Manager a platform open a dialogue with the patient and family to build a trusting relationship.

PMA's CCM program helps patients avoid the need for costly services that entail greater cost-sharing. When applicable, a minimal copayment is due for months in which PMA Chronic Care Management is provided, and deductibles may apply. In most cases, a secondary insurance covers this cost. If patients do not have a secondary insurance coverage, our Chronic Care Managers are able to provide information on how to obtain the coverage.

Comprehensive Care in Your Neighborhood

Don't go it alone! Trust PMA to surround you with a team of caring and expert physicians, medical professionals and support staff who always go the extra mile in guiding you to optimum health. We offer comprehensive care in your neighborhood, with offices in Audubon, Colledgeville, Limerick, Phoenixville, Pottstown and Schwenksville. Visit our website to learn more: www.pmadocor.com

Keeping hearts healthy.



Atif Z. Shaikh, MD
 CARDIOVASCULAR DISEASE

I believe in a collaborative approach to patient care, and that communication between physician and patient is key to successful outcomes. My mantra is "Keeping Hearts Healthy," and in order to do that, I ask questions about a patient's social history, as well as their medical history to develop individualized care plans. In addition to the prescribed treatment options, patient education is imperative to helping individuals reach the highest degree of wellbeing."

Welcome!

pmadoctor.com

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Comprehensive Care...In Your Neighborhood.

Pottstown Hospital Earns the Outstanding Achievement Award from the American College of Surgeons Commission on Cancer

This award recognizes cancer programs that achieve excellence in compliance to the CoC Standards and providing the highest quality care to cancer patients.

Pottstown Hospital was recently awarded the 2017 Outstanding Achievement Award by the Commission on Cancer (CoC) of the American College of Surgeons (ACS) for a 5th consecutive cycle (15 years).

Pottstown Hospital is one of a select group of U.S. accredited cancer programs to receive this national honor. "This is truly a remarkable accomplishment," says Rich Newell, CEO. "There have been very few hospitals to earn this award 5 consecutive times; we are in an elite group."

The purpose of the award is to encourage cancer programs to raise the bar on quality cancer care, with the ultimate goal of increasing awareness about high quality, patient-centered care. In addition, the award is intended to:

- Recognize those cancer programs that achieve excellence meeting the CoC Standards.
- Motivate other cancer programs to work toward improving their level of quality cancer care.
- Facilitate dialogue between award recipients and health care professionals at other cancer facilities for the purpose of sharing best practices.
- Encourage honorees to serve as quality care resources to other cancer programs.

Pottstown Hospital's cancer program was evaluated on 34 program standards categorized within five cancer program activity areas: program management, clinical services, continuum of care services, patient outcomes, and data quality. The cancer program was further evaluated on seven commendation standards. To be eligible, all award recipients must have received commendation ratings in all seven commendation standards, in addition to receiving a compliance rating for each of the 27 other standards.

Pottstown Hospital: Located in Pottstown, Pa., and a member of Tower Health, Pottstown Hospital is a 232-bed hospital that offers a full range of health services, including inpatient and outpatient, medical and surgical, and diagnostic and emergency care. Pottstown Hospital is accredited by The Joint Commission and has been recognized for its quality outcomes and clinical expertise across many service lines. Its cancer program is nationally recognized. The hospital also is a Primary Stroke Center; Joint Commission-certified for hip and knee replacement; and Heart Failure and Chest Pain certified. For more information, visit www.towerhealth.org

About the American College of Surgeons Commission on Cancer: Established in 1922 by the ACS, the CoC is a consortium of professional organizations dedicated to improving patient outcomes and quality of life for cancer patients through standard-setting, prevention, research, education and the monitoring of comprehensive quality care. For more information on the CoC, visit: <https://www.facs.org/quality-programs/cancer/coc>.

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Sensory Concepts Introduces UltraShape®

**An FDA-cleared
non-surgical procedure for
fat cell destruction.**

Wyomissing, PA, – There are two types of fat in the body – visceral and subcutaneous. Visceral fat, which surrounds the organs, increases your risk of chronic conditions such as diabetes and heart disease. Visceral fat can be reduced with diet and exercise.

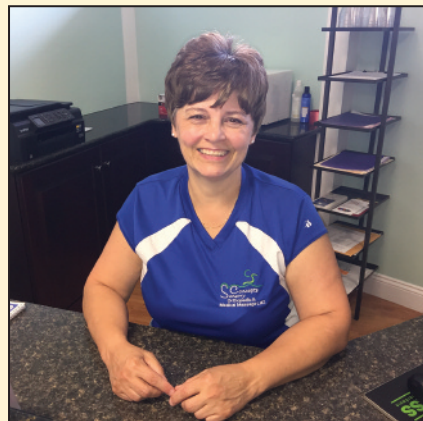
Subcutaneous fat, which is found just below the layers of your skin usually around your abdomen and thighs, isn't harmful. However, for those who want to look slim and trim, subcutaneous fat can be extremely frustrating because often diet and exercise alone won't reduce this fat.

For years, people with subcutaneous fat who want to look slim and trim have turned to surgical methods to remove this unwanted fat, which involves an incision, swelling, discomfort, and up to six week recovery time. And it is quite expensive.

A few years ago the world was introduced to a non-surgical procedure called CoolSculpt®, which uses cold energy to freeze the fat cells which then die and are absorbed by your body over time. It is similar to a mammogram in that the fatty area is squeezed between two metal plates. This body sculpting method eliminated many of the drawbacks of surgical procedures; however, it may be uncomfortable and painful.

Looking to bring something new and unique to Berks County, Sandy Wagner, L.M.T., owner of Sensory Concepts in Wyomissing, began researching non-surgical fat reduction options and discovered UltraShape®. Wagner and her team are currently the only certified UltraShape® technicians in Berks County.

UltraShape® is a non-surgical FDA-approved procedure, but instead of freezing the subcutaneous fat cells, UltraShape® uses focused ultrasound waves that don't generate heat or cold to remove the fat cells. Pulse points are delivered to each individ-



ual fat cell without touching the tissue – e.g., blood vessels or nerves – around the fat cells. The fat cells die and are absorbed into your body and eventually passed out. Your skin is left smooth, without any capillary damage or rippling.

With UltraShape®, clients require three sessions spaced out over approximately four weeks. Each session lasts 45 - 60 minutes. There is no prep time and no recovering time. There are no incisions, anesthetics, pain, swelling, numbness, or bruising during or after the session.

UltraShape® is most effective for men and women with a BMI of 30 or less. A higher BMI may require more sessions. Wagner says, "UltraShape® is perfect for anyone who has that one area of stubborn fat and/or who struggle to take off that extra weight that has crept up on them." Women who are nursing or pregnant or have any type of liver disease are prohibited from using UltraShape®.

Wagner reminds women that none of these procedures are a replacement for a good diet and exercise, and they will not remove visceral fat. They are meant to help shape or contour your body. She says, "If you don't maintain a healthy lifestyle after any of these procedures, new fat will replace the fat that was removed."

Sensory Concepts Orthopedic & Medical Massage is located in Wyomissing and offers orthopedic and therapeutic massages, reflexology, esthetics/facials, waxing, and UltraShape®.

If you would like more information about this topic, please contact Sandy Wagner L.M.T. at 484-509-5505 or email at SensoryConcepts@aol.com.

Limerick Generating Station



Providing Safe and Reliable Power

Limerick is a safe and reliable 'always-on' source of electricity for the regional power grid. According to a 2010 Continental Economics report, Limerick reduces wholesale energy costs in Pennsylvania by approximately \$880 million per year, which results in significant consumer savings.

Supporting Our Community

Limerick provides more than 800 well-paying jobs and contributes approximately \$600,000 to community organizations each year. Limerick contributes \$113 million annually in direct economic contributions to Pennsylvania, including \$75 million in employee wages and salaries, \$35 million in purchases of goods and services from other Pennsylvania businesses and \$2.9 million in property tax payments.

Protecting Our Environment

Limerick generates enough carbon-free electricity to power more than two million homes. According to the Continental Economics report, if Limerick were retired from service, annual carbon dioxide emissions would increase by 13.2 million tons, equivalent to putting more than 2.5 million cars on the road.

To learn more about Limerick Generating Station visit www.exeloncorp.com/limerick. Join us on [Twitter](#) and [YouTube](#).

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