Welcome, Summer!

Cucumber & Black Bean Salsa Salad

Start summer off in style with a fresh and tasty salad to welcome the season.

1 large cucumber (diced)
1 cup sweet grape tomatoes or cherry tomatoes (halved)
1 15 oz can black beans (drained, rinsed)
¼ cup chopped red onion
1 medium green bell pepper (seeded, finely chopped)
1 medium jalapeno pepper (seeded, minced, optional)
¼ cup chopped, fresh cilantro leaves
1 medium lime (zested, juiced)
2 tsp cider vinegar
1 tbsp canola oil
¼ tsp black pepper

In medium bowl, combine cucumber, tomatoes, beans, onion, peppers, cilantro, lime zest and juice, vinegar, canola oil and pepper. Toss gently, yet thoroughly, to blend. Serve immediately or cover and refrigerate up to 4 hours to blend flavors. Makes 10 servings.

Nutrition Information
Per serving size: 70 calories; 1.5 g fat (0 g sat fat); 3 g protein; 11 g carbohydrates; 2 g sugar; 0 mg cholesterol; 10 mg sodium

*Recipe from the American Heart Association and CanolaInfo.
Men, Take Action for Your Health

“It is important for men to make their health a priority and understand the negative impact that ignoring health concerns can have, not only on their lives, but on the lives of their loved ones,” says James Dewart, MD, a primary care physician with Conemaugh Health System. “Since June is Men’s Health Month, now is the perfect time for men to take an active role in their health by scheduling wellness exams and screenings, discussing their health with loved ones and making necessary lifestyle changes.”

In celebration of Men’s Health Month, here are some simple things that men can do to achieve a higher quality of life and ensure their overall health and wellness.

Schedule regular check-ups and exams

While many men may not see a pressing need to proactively visit the doctor, a number of medical conditions common in men may not have obvious symptoms. Having regular check-ups with a primary care physician, as well as recommended screenings – including blood pressure and cholesterol checks, prostate exams and colonoscopies – can help you stay on top of your health and flag any issues before they become a real problem. Have your doctor help you assess your risk factors for heart disease and vascular problems and work to keep them low. If you don’t have a primary care doctor, call 800.424.DOCS and get connected with one today.

Commit to an exercise routine and keep it fresh

Regular exercise can help lead to longer life expectancy; lower the risk for many common health issues; promote healthier muscles, bones and joints; ensure better work performance; support mental health and provide more energy. Men typically need three types of exercise at least three times per week, including resistance training to strengthen and tone muscles, stretching to enhance flexibility, balance and coordination, and aerobic exercise to improve heart and lung health. Try a variety of activities that you enjoy so your exercise routine doesn’t get stuck in a rut.

Eat smart

A healthy and balanced diet leads to optimum performance and health. Veggies and fruits should be your primary sources for vitamins, minerals and fiber. Foods and drinks high in calories, sugar, salt, fat and alcohol should be limited. And don’t forget to jumpstart your metabolism with a healthy breakfast in the morning.

Get enough sleep

Getting the right amount of sleep is essential to being your best, both physically and mentally. Sleep deprivation is associated with a number of medical conditions, including heart disease, diabetes and depression, and it increases your risk of accidents in the workplace and on the road. Take stock of your sleep habits and ensure that you’re getting the right amount. When you sleep better, you live better.

Find balance

Strive to create a healthy work/life balance. Take time to organize your priorities, decide what’s really important to you and focus on effectively managing your stress. Your mental well-being directly impacts your physical health.

More information about men’s health issues and Men’s Health Month can be found at MennsHealthMonth.org. For more information about Conemaugh Health System and the services it provides for men, visit Conemaugh.org.

C O M M U N I T Y C A L E N D A R

Support Groups

Conemaugh Health System offers a number of support groups, including:

- ALS
- Alzheimer’s
- Bariatric/Weight Loss
- Bereavement
- Brain Injury
- Cancer
- Chronic Pain
- Charcot-Marie-Tooth (CMT)
- Diabetes
- Epilepsy
- HIV/AIDS
- MS
- Osteomy
- Parenting by Choice (relatives of drug addicted individuals)
- Parkinson’s Disease
- Sleep Disorders

For a full calendar of events, visit Conemaugh.org/calendar.

July

07/10: Vascular Disease

Learn about treatments, surgical options, new TCAR procedure, and registering for free vascular screens. 6 p.m. at the Conemaugh East Hills Outpatient Center, in the Community Room. Presented by Daniel Pyle, Vascular Services Manager, Conemaugh Memorial. Register by calling 814.534.3654.

August

08/06: Stop the Bleed

Learn how to assist an injured individual with life-threatening bleeding until first responders can arrive. Quick action could save a life! Join us at 6 p.m. at the Conemaugh East Hills Outpatient Center, in the Community Room. Presented by members of Conemaugh Memorial’s Trauma Services Team. For questions, call 814.534.9045.

Spotlight on Quality

Conemaugh Memorial Medical Center, the flagship facility of Conemaugh Health System, has earned its second consecutive ‘A’ rating for its efforts in protecting patients from harm and meeting the highest safety standards in the U.S. The recognition comes from The Leapfrog Group, a Washington D.C.-based organization aiming to improve health care quality and safety for consumers and purchasers. Conemaugh Memorial also earned an ‘A’ for Fall 2017. The Safety Grade assigns an A, B, C, D or F grades to hospitals across the country based on performance in preventing medical errors, infections and other harms among patients in their care. Conemaugh Memorial was one of only 750 U.S. hospitals to receive an A grade. In the Spring 2018 Leapfrog Hospital Safety Grades, to see Conemaugh Memorial’s full grade details, visit hospital.safetygrade.org.

Meet Boutros Zeidan, MD

Conemaugh Health System welcomes board-certified pulmonologist Boutros Zeidan, MD to its team after several years of private practice. Zeidan specializes in inpatient and outpatient pulmonary and sleep care, asthma and COPD. Appointments may be made by calling 800.424.DOCS.

Community

A note from the CEO

One of our greatest privileges at Conemaugh Health System is being able to serve this wonderful community we call home. While our most important contribution is providing high quality care close to home, we are also honored to be an economic and philanthropic leader in the region.

We’re proud to be able to support our community in a number of ways, including creating excellent workplaces and fulfilling jobs for our employees, the taxes we pay, delivering healthcare services to all of our neighbors – regardless of their ability to pay – and supporting local organizations and events.

Each year, we publish a Community Benefit Report that tells the story of the positive impact we’re making every day in our community. I encourage you to visit Conemaugh.org/CommunityBenefit and discover how we are improving the overall well-being of our region – both inside and outside our hospital walls.

You are at the core of our commitment to Making Communities Healthier, and on behalf of everyone at Conemaugh Health System, thank you for continuing to choose us for your health care needs.

May you have a safe and healthy summer.

Steve Tucker, CEO

Steve Tucker, CEO

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