



Dr. Mihaela Nowak Receives 2016 Physician Excellence Award

[Dr. Mihaela Nowak](#), IRMC Physician Group neurologist, is the winner of the 2016 IRMC Physician Excellence Award.

She received the award December 6, 2016, at the IRMC Annual Staff Meeting. The award was established by the IRMC medical staff in 2006 and recognizes physicians who excel in performance, leadership, clinical expertise, patient care, and serve as a role model for IRMC and the Indiana, Pa., community.

Dr. Nowak was nominated by her peers for this award because of her extensive work developing the IRMC Stroke Program. In July 2014, IRMC became an accredited Primary Stroke Center. As the program's chair, Dr. Nowak educated IRMC staff and physicians about stroke protocols, including thrombolytics for brain preservation.

Congratulations, Dr. Nowak!



Concussion Symptoms

A concussion is a traumatic head injury.

This head injury is usually caused by a blow or jolt to the head and affects the brain's function. Since concussions have been a recent topic for contact sports and physical activity, it is important to know the signs and symptoms.

Concussion symptoms include:

- Frequent headaches or neck pain
- Difficulty remembering, concentrating, or making decisions
- Slowness in thinking, speaking, acting, or reading
- Confusion
- Feeling tired all the time and having little energy or motivation
- Mood swings (feeling sad or angry for no reason)



IRMC
PHYSICIAN GROUP
THE COMMUNITY'S CHOICE

ANNETTE KUBALEK, CRNP

ENDOCRINOLOGY

Welcome Annette Kubalek

Annette Kubalek is a certified registered family medicine nurse practitioner from Indiana, Pa. She received her Bachelor of Science degree from Indiana University of Pennsylvania and earned her Master of Science degree in nursing from Wheeling-Jesuit University in Wheeling, W.V.

Annette has been in the nursing field for six years, which includes her time as a member of the fourth surgical department staff at Indiana Regional Medical Center.

Annette prides herself in patient and staff education and has expanded her clinical knowledge by completing clinical rotations in specialties in internal medicine, pediatric medicine, obstetrics, gynecology, cardiology, and urology. She has also served on the planning committee for the Western Pennsylvania National Multiple Sclerosis Society and is a member of the American Association of Nurse Practitioners (AANP).

In her spare time, Annette enjoys spending time with her husband, friends, family, hiking with her two dogs, and watching and participating in drag racing events.

Annette will be located at The Overlook building with endocrinologist, [Mushtaq Syed, M.D.](#)

- Changes in sleep patterns (sleeping more or having a hard time sleeping)
- Feeling light headed, dizzy, or loss of balance
- Nausea
- Increased sensitivity to lights, sounds, or distractions
- Blurred vision or tired eyes
- Loss of taste or sense of smell
- Ringing in the ears

Recent studies report that concussions can cause damaging long-term effects on children and adults. Always seek medical advice if you think you have a head injury.

If you or someone you know exhibits concussion-like symptoms, please call 888-452-IRMC (4762) to schedule an appointment with IRMC Physician Group [sports medicine](#) specialist, [Dr. Eric Bohn!](#)



Rheumatoid Arthritis

Rheumatoid Arthritis is an autoimmune disorder that causes chronic joint inflammation. Symptoms usually occur on both sides of the body and tend to come and go periodically.

Signs of rheumatoid arthritis usually include:



2016 Turkey-Thon Winners

IRMC Physician Group is proud to announce its second consecutive Indiana Regional Medical Center Turkey-Thon victory.

IRMC hosts a yearly fundraiser for Indiana families and veterans who might not be able to afford to buy a turkey for Thanksgiving. The IRMC department or subsidiary that raises the most money gets to keep the Turkey-Thon trophy in the office for a full year.

IRMC Physician Group took first place by donating 72 turkeys that cost \$15 each. The IPG staff's donations will help less fortunate Indiana community members have a Thanksgiving meal this year. Thank you to everyone in the IPG family for your generous donations.

Altogether, Indiana Regional Medical Center donated 446 turkeys totaling \$6,690 for the 2016 United Way Turkey-Thon.

- Unusual fatigue
- Morning stiffness
- Joint stiffness
- Joint pain
- Minor joint swelling
- Slight fever
- Numbness and tingling sensation
- Decrease in range of motion

The severity of these symptoms can change daily and can vary for everyone.

If you believe you're experiencing arthritis-like symptoms, call 888-452-IRMC (4762) to schedule an appointment with IRMC Physician Group rheumatologist, [Dr. Amit Ladani!](#)



IRMC Jobs

Indiana Regional Medical Center and IRMC Physician Group are always looking for friendly and reliable staff to join our team.

[Click here](#) to see what job opportunities are available!



Weight Management Services

Journey to LEAN \$200 (one-time fee)

- 12 week weight management group based course
- Pre and post biometric screenings
- 60 minute sessions including nutrition, behavior change, and exercise
- 30 minute customized group based workouts each week
- Weekly weights

Nutrition Counseling (may be covered by insurance)

- One-on-one meeting with a registered dietitian
- One hour initial consult with the registered dietitian with three 30 minute follow up sessions
- Focus on nutrition, behavior change, disease management, and exercise
- Personalized eating plan/calorie, fat and carbohydrate controlled

Why Weight \$350 (one-time fee)

- Six weeks of group based education with a focus on nutrition, behavior change and exercise
- Low calorie diet with meal replacements
- Three hours of one-on-one sessions with the registered dietitian
- 30 minutes of group based exercise each week with a free S&T Wellness membership for six weeks
- Food records with review and weekly weights

Bariatric Surgery (may be covered by insurance)

- Six months of visits with Dr. Guddeti and a registered dietitian
- In coordination with Conemaugh Health System but with the convenience of staying close to home
- Featuring gastric bypass and the gastric sleeve
- All testing can be done at IRMC
- Surgery completed at Conemaugh Health System-Center for Excellence

Dietary Consult (may be covered by insurance)

- One hour initial consult with the registered dietitian
- Focus on nutrition, disease management, and exercise
- Generalized eating plans

S&T Wellness Center \$40 per month; covered by Silver and Fit

- Medically-based exercise
- Exercise prescribed and supervised by exercise physiologists
- Offers individual exercise programs with a focus on chronic health conditions



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