

IRMC Physician Group: Patient Newsletter

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## Mammograms: Dr. Nazneen Billimoria

Indiana Regional Medical Center Physician Group general surgeon, [Nazneen Billimoria, M.D.](#), addressed an audience about [IRMC's Women's Imaging Center](#) Aug. 25, 2016.

The IRMC Women's Imaging Center opened in 2005 and performs approximately 7,000 mammograms a year, such as breast ultrasounds, image biopsies, and 3-D mammograms, which became available at IRMC in May 2016. Breast cancer is the most common cancer diagnosis of women in the United States.

"We've made leaps and bounds in the way we treat breast cancer," Billimoria said.

The center is available for all women in and has helped thousands in and around Indiana County.

"The Women's Imaging Center is so valuable to a community like ours," Billimoria said. "We have an outstanding team of doctors, nurses, and ancillary staff to care for our patients."



### Conducting a Pulse Reading

Conducting a pulse reading is simple and can be done in one minute.

A pulse is the expansion of arteries caused by blood pressure fluctuations. With each heartbeat, blood pressure rises and falls in the body. A pulse can be felt easier in arteries that are closer to the skin.

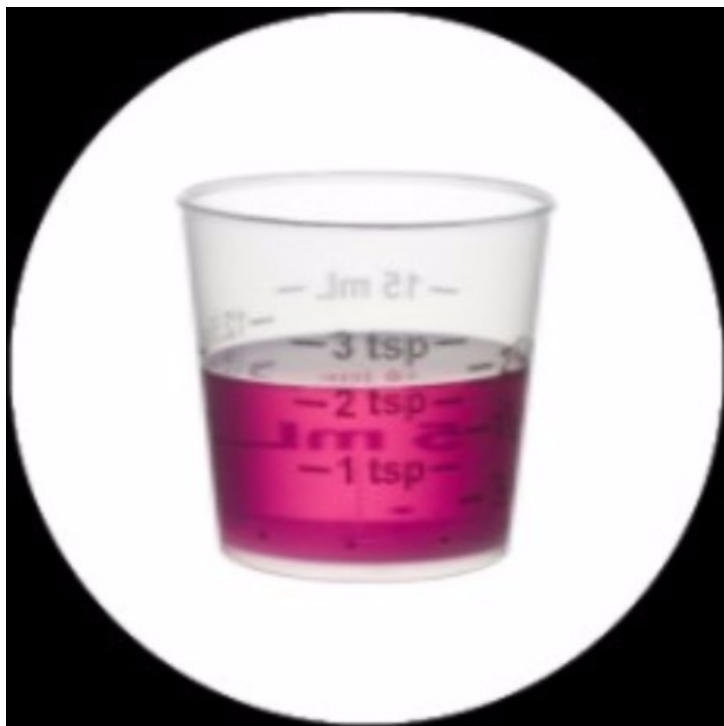
A pulse can be found on either wrist or on either side of the trachea (windpipe). Follow the steps below to conduct a proper pulse reading.

1. **Turn one hand so the palm is facing upward.**
2. **Next, place two fingertips from the opposite hand on the wrist, roughly one inch below the base of the thumb.**

All women should utilize the resources the center has to offer, especially women who are due for a mammogram.

“We can’t treat it (breast cancer) if we don’t know about it.” Billimoria said. “I encourage all women to make use of our imaging center.

“It’s here for a reason and we’re here for you.”



## Misleading Measurements

Parents administering liquid medication to their kids should use more accurate measuring tools.

New York University researchers discovered that parents may be accidentally giving their kids more than double the recommended amount of liquid medication. Researchers found that four out of every five parents make at least one dosing error when filling a dosing cup with the correct amount of liquid medicine based on a child’s weight.

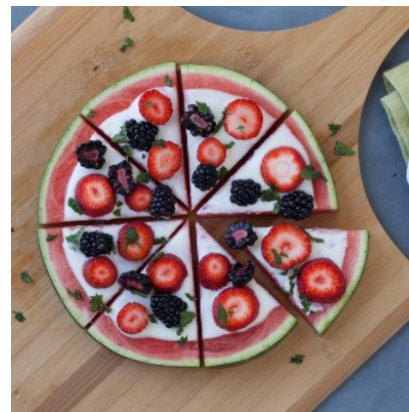
A dosing cup is a small cup given with liquid medication for measuring purposes. Dosing cups, although helpful, are not accurate tools for measuring liquid medication and can potentially lead to medical complications for children due to an overdose.

Oral dosing syringes are recommended for measuring liquid medication. An oral dosing syringe provides a more accurate liquid measurement compared to dosing cups. For an accurate measurement, pour the recommended liquid medication dose into a dosing

3. Once the fingertips are in the correct position, feel for a pulse.
4. (Repeat steps two and three if the pulse is taken from the neck.)
5. Find a stopwatch or a clock with a second hand.
6. Stay still and watch as one minute passes while counting the number of beats felt.
7. Record the number of beats.

The average resting heart rate is between 60 to 100 beats a minutes.

For cardiovascular questions, call 888-452-IRMC (4762) to schedule an appointment with a member of the [IRMC Physician Group Cardiology](#) team today!



## Watermelon Fruit Pizza

### Ingredients

- 1/2 cup low-fat plain yogurt
- 1 teaspoon honey
- 1/4 teaspoon vanilla extract
- 2 large round watermelon slices (about 1 inch thick),

cup and then use an oral syringe to take the liquid out of the cup to see if the measurements match.

For questions about medication doses, call 888-452-IRMC (4762) to make an appointment with an [IRMC Physician Group Family Medicine provider!](#)



[Melissa Duncan](#) is a physician assistant who is originally from Homer City, PA. She received her Masters of Physician Assistant from Duquesne University in Pittsburgh.

Throughout her education, Melissa developed a strong and comprehensive medical background. She has clinical experience in several specialty areas, including internal medicine, behavioral health, pediatrics, cardiology, obstetrics/ gynecology, emergency medicine, and surgery.

Melissa Duncan practices at [15 South Eighth Street, Suite 301, Rose Building, Indiana, PA 15701.](#)



Beginning **October 1, 2016**, [Jennifer Stirling's](#) schedule will be as follows:

cut from the center of the watermelon

- 2/3 cup of sliced strawberries
- 1/2 cup halved blackberries
- 2 tablespoons torn fresh mint leaves

## Directions

*Takes approximately 10 minutes to prepare.*

1. Combine yogurt, honey, and vanilla extract in a small bowl.
2. Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges, Top with strawberries, blackberries, and mint.

## Nutrition

*Serving size: 2 slices*

- **Calories:** 64 grams
- **Fat:** 1 gram
- **Carbohydrates:** 15 grams
- **Protein:** 2 grams
- **Cholesterol:** 1 milligram
- **Sugars:** 12 grams
- **Added Sugars:** 0 grams
- **Vitamin C:** 46 milligrams
- **Calcium:** 46 milligrams
- **Iron:** 1 milligram
- **Sodium:** 13 milligrams
- **Potassium:** 237 milligrams

**Plumville**

Monday - Thursday: 7:30 a.m. - 2:30 p.m.

Friday: 7:30 a.m. - 10:30 a.m.

**Office Hours**

Monday - Friday: 7:00 a.m. - 3:30 p.m.

*\*\*\*Jennifer Stirling will no longer be practicing at Mahoning  
Medical Center*

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