

Gynecologic Specialties

A Valuable Resource for Treating Complex
Gynecologic Conditions

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A Message from Dr. Robert Edwards

Dear Friends,

It gives me great pleasure to welcome you once again to our Ob/Gyn newsletter. One of the highlights of our year is having the chance to reconnect with our colleagues at Alumni Day.

This year, the event was overseen by Dr. Dick Guido as Dr. Dan Edelstone has retired. We wish Dan all the best in his retirement years. I understand he is a newly converted enthusiastic golfer and is improving his strokes down in Florida.

It was great to see the turnout we had for Alumni Day. Colleagues from California, Texas, Massachusetts, and other areas of the country traveled to Pittsburgh to celebrate.

We welcomed several prestigious alumni who gave presentations, as well as many local alumni who contributed useful insights about how medicine is changing and evolving.

Thank you to Drs. Amy Broach, Jay Goldberg, Richard Legro, David Badway, Stephen Corey and Sarah Taylor for sharing your time and knowledge with us.

In this edition, we feature one of our esteemed physicians and my former resident classmate, Dr. Halina Zyczynski. Halina has been with Magee for more than 30 years and leads our nationally-recognized Urogynecology and Pelvic Reconstructive Surgery division.

The department spotlight features the Gynecologic Specialties team led by Dr. Harold Wiesenfeld. The vast resources and specialties within this division are a great asset to Magee and physicians elsewhere.

Please let us know if you are in town for any sort of business, event or visiting family. We would love to have you come by and talk to you about Magee and how we are expanding to be a national hub for women's health that still provides the highest quality of care to local communities.

I appreciate your continued support of the Department of Ob/Gyn at the University of Pittsburgh School of Medicine and Magee-Womens Hospital of UPMC.

Best regards,

Robert P. Edwards
Milton Lawrence McCall
Professor & Chair
Department of Obstetrics,
Gynecology & Reproductive
Sciences



In the Right Place, Right Time to Start New Subspecialty

Growing up in Brooklyn, New York as the daughter of an immigrant factory worker from Poland, Dr. Halina Zyczynski was taught that the only way to succeed was to rely on personal merit and hard work.

She took that advice to heart and has led an impressive career including being one of the founders of the urogynecology division at Magee.

Dr. Zyczynski knew she would enter the medical field from a young age. "Unfortunately, I spent a lot of time in the hospital as a young child. I had several long stays during which I grew to admire the nurses. They were my heroes," she said.

For an 8th grade school assignment, Dr. Zyczynski wrote an essay about her aspirations to become a nurse. Her teacher gave her high marks but challenged her to consider becoming a doctor. Dr. Zyczynski commented, "Up to that point, I hadn't considered becoming a doctor. All the doctors I had encountered were men. That was the first prodding to look beyond the nursing profession and consider medical school."

Right out of high school, Dr. Zyczynski was accepted into an accelerated six-year medical education program at Albany Medical College in collaboration with Union College. When Dr. Zyczynski ultimately matched in obstetrics and gynecology, faculty members were surprised. "I had a reputation for being the disruptive medical student who fainted in the OR. So, when they learned I was going into a surgical field, the faculty were very amused. The interesting part is that I never fainted subsequently all through

my internship, residency, and thereafter. I guess when the buck stops with you, the adrenaline kicks in," Dr. Zyczynski shared.

Dr. Zyczynski planned to complete her residency somewhere close to New York, but the dean at AMC, encouraged her to consider a program in Pittsburgh where his dear friend, Dr. Terry Hayashi, served as chairman. She had trepidations about moving to "the mid-west" but decided to look. Her interview was on Light-Up Night in 1988. "I loved the program and was charmed by the city and its friendly people."

Dr. Zyczynski feels extremely lucky to have had the opportunity to train with great teachers and mentors. "We had tremendous surgical training from Dr. Jan Seski, who was a masterful surgeon in gynecologic oncology, as well as his partner Dr. Alan Kunschner. Dr. Wayne Christopherson was another generous mentor who taught me the power of kindness and compassion. I learned to love the creative art of surgery as well as its rigor and discipline." Dr. Zyczynski graduated from the program in 1989.

Dr. Zyczynski never intended to stay in Pittsburgh but accepted a one-year faculty position as her husband finished his doctorate in Public Health at the University of Pittsburgh. "It was a tremendous opportunity to grow as a diagnostician and surgeon. The volume and diversity of cases were tremendous. By the time my husband graduated, I loved my job and we decided to stay. I've never regretted making Pittsburgh our home and the 32 years that we have been here."

Career highs came early. Within two months of starting her new position, Dr. Zyczynski had a very special patient – Magee's residency coordinator, Diana Brucha. Dr. Zyczynski recalls the stress she felt outside

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Gynecologic Specialties: A Valuable Resource for Treating Complex Gynecologic Conditions



Harold Wiesenfeld, MD

From pediatrics, adolescents, and all the way to geriatric health, the Magee-Womens Hospital of UPMC's Division of Gynecologic Specialties team cares for women through every stage of their life.

The division treats benign gynecologic conditions and has a wide range of specialty areas not found in many institutions. "Our goal is to provide the best state-of-the-art gynecologic care to women across their entire lifespan," says Dr. Harold Wiesenfeld, director of the Division of Gynecologic Specialties, "We want to be a resource to gynecologists throughout the region and elsewhere to be able to share advances in the field with these providers as well as with their patients."

The division also plays a huge role in molding the future practitioners in gynecology. "It's a major responsibility of ours to train the next generation. Our division does the majority of training in the field of gynecology. Much of

the surgical training is performed by members of my division," Dr. Wiesenfeld says.

With strengths in clinical care, research, and education, the Gynecologic Specialties division is a unique resource. Dr. Wiesenfeld explains, "We're recognized internationally as leaders in gynecologic care and our scope and depth of expertise is unparalleled in the country. We produce outstanding gynecologic clinicians who go on to lead prestigious academic centers and become outstanding clinicians themselves."

With a wide variety of specialty areas of focus, the division has innovative options for common and complicated gynecologic conditions.

Minimally Invasive Gynecologic Surgery

Performing more than 1,000 surgical cases each year, the Minimally Invasive Gynecologic section is one of the busiest programs in the nation. "We are nationally recognized experts in minimally invasive surgery. We have outstanding surgeons who are recipients of national awards

for their operative skills and teaching," Wiesenfeld remarks.

Surgeons address endometriosis, large uterine fibroids, ovarian cysts, and other pelvic masses using laparoscopic and, even, hysteroscopic procedures. With smaller incisions, less scar tissue formation, and faster healing times, patients are able to return to their normal life with shorter hospital stays, reduced pain and fewer complications.

Pediatric and Adolescent Gynecology

The Pediatric and Adolescent Gynecology division is another specialty area and is housed at Children's Hospital of UPMC. This division provides medical and surgical management of gynecologic problems in newborns to patients up to 26 years old.

"There are a variety of conditions this group treats. They take care of patients with higher STD risks, individuals with structural abnormalities, development abnormalities of reproductive organs, and perform surgical correction of reproductive tract anomalies," Wiesenfeld says.

Center for Contraception and Family Planning

The Center is a hub for patients who have challenging issues pertaining to contraception. Wiesenfeld explains, "The goal of the Center is to find the best contraceptive method for women with complex medical conditions like cancer, lupus, tissue disorders and many others."

On the research side, the Family Planning team is conducting a number of studies on novel contraceptive agents including new uterine devices. Researchers are also investigating the impact of hormonal contraception on lower genital tract immunology and its impact on HIV and STD acquisition.

Residents, fellows, and other trainees have a unique opportunity at Magee. "We are probably one of a few programs in the region training future women's health care providers in family planning," says Wiesenfeld.

Reproductive Infectious Diseases

As sexually transmitted disease (STD) rates continue to rise nationally, the Reproductive Infectious Diseases team is devoted to caring for women with infectious diseases of the reproductive tract and lowering those numbers locally and around the world.

"One of our major research agendas is trying to improve STD screening in young women in order to afford them the opportunity for earlier detection and treatment and thus preventing STD complications such as infertility," Wiesenfeld explains.

The team is in the midst of a large community-based study working with local OBGYNs and primary care practices in western Pennsylvania to normalize STD screening by making it part of a routine visit.

Vulvar Clinic

Within the Reproductive Infectious Diseases division, the Vulvar Clinic is a referral source for women with complex chronic and recurrent vulvar conditions and vaginal infections.

"The Vulvar Clinic is special because, often, gynecologists may not have a lot of experience in dermatology and the average dermatologist doesn't do a lot of genital dermatology. So, this is a unique service that we can offer to women," says Wiesenfeld.

Fibroid Treatment Center

The Fibroid Treatment Center was established in 2008 and sees approximately 300 to 400 new patients each year. An expert team of surgeons and interventional radiologists offer the latest surgical and non-surgical treatments for women with uterine fibroids. The partnership between interventional radiologists and gynecologists is special because it allows patients to consult with

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Division Faculty

Sharon Achilles, MD, PhD

Serena His Ju Chan, MD

Judy Chang, MD, MPH

Beatrice Chen, MD, MPH

Nicole Donnellan, MD

Robert Gedekoh, MD

Richard Guido, MD

John Harris, MD, MSc

Heather Hohmann, MD

Amy Imro, MD

Colleen Krajewski, MD,
MPH

Audrey Lance, MD, MS

Ted Lee, MD

Suketu Mansuria, MD

Kathleen McIntyre-
Seltman, MD

Mary Beth Peterson, MD

Noah Rindos, MD

Katherine Scruggs, MD

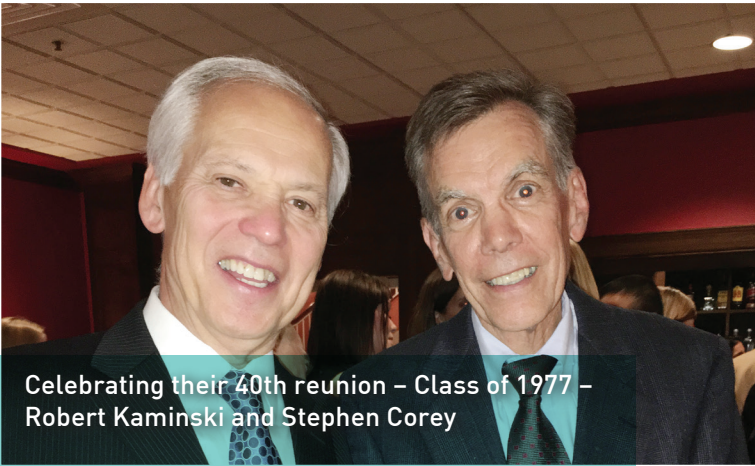
Rebecca Thurston, PhD

Glenn Updike, MD

Judith Volkar, MD

Harold Wiesenfeld, MD

Celebrating their 25th reunion – Class of 1992 – Richard Guido, Maryanne Hugo, Ira Rock and Gilbert Mottla



Celebrating their 40th reunion – Class of 1977 – Robert Kaminski and Stephen Corey

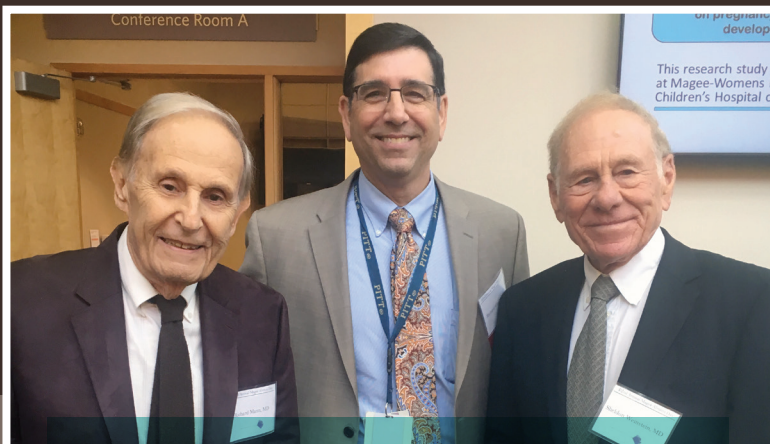


Celebrating their 30th reunion – Class of 1987 – Elizabeth Knepp, Mark Rubino, David Badway, Katherine Goetz

Celebrating their 20th reunion – Class of 1997 – Jay Goldberg, Maryanne McLaughlin, Gretchen Fisher

2017 Alumni Day

The 42nd Annual Alumni Day kicked off on Thursday, October 19, with a reception at the Pittsburgh Golf Club. On Friday, October 20, current faculty and former residents gathered at Magee-Womens Hospital of UPMC for an enlightening day of lectures and reflection on the program's rich history. The event concluded with lunch and tours of the hospital.



Richard Mann, 1955, Richard Guido, 1992, Sheldon Weinstein, 1967 (celebrating his 50th reunion)

Michelle Odrobina, 2007,
Dan Edelstone, 1975



Richard Boulay, Susan Capelle,
1995, Joe Kelley, 1989, Steve
Caritis, 1973, Mark Rubino, 1987



Celebrating their 10th reunion – Class of 2007,
Kristiina Parviainen, Lauren Pray, Amy Broach,
Michelle Odrobina, Suzanne Peterson, Elizabeth
Frankman and Emily Lebovitz

Resident Alumni Spotlight

the delivery room, "I was surprised by my anxiety. I remember Dr. Dan Edelstone was covering labor and delivery that day. He gave me a pep talk like I was going into an Olympic competition. I asked him to stand outside the door and channel his best wisdom to me." She delivered Diana's son Eric and everything went perfectly.

Dr. Zyczynski is most proud of establishing Magee as a leader in Urogynecology, also known as the subspecialty of Female Pelvic Medicine and Reconstructive Surgery. She partnered with Dr. Elizabeth Sagan, a new urologist at Magee. They started a joint clinic for women with urinary incontinence and frequently operated together – teaching each other key principles of urologic and gynecologic surgery. The multidisciplinary program expanded to include collaborators from physical therapy and gastroenterology.

"I'm so proud to be part of the team of clinical investigators that helped contribute the foundational data supporting the standards of care for women with incontinence and prolapse."

Once again, Dr. Zyczynski was in the right place, at the right time, and with the right leadership. "I'm very grateful for the resources and the support of the chairmen and leaders including Drs. Marvin Rulin, Terry Hayashi, Rick Sweet, Allen Hogge, and now Bob Edwards. All of whom appreciated that this subspecialty was important for the women of our community and our residency training program. They were very progressive in supporting the establishment of

the division here at Magee. Other academic programs were 10-15 years behind us in recognizing the subspecialty." Dr. Zyczynski currently serves as the division director of Urogynecology and Pelvic Reconstructive Surgery and as the medical director of the Women's Center for Bladder and Pelvic Health. She is an examiner for the subspecialty FPMRS certification exam of the American Board of Obstetrics and Gynecology.

Spare time is hard to find but when she does Dr. Zyczynski enjoys traveling and spending time with her husband and three children. She looks forward to taking a breath after serving as the 2016-17 president of the American Urogynecologic Society.

Dr. Zyczynski commented on her career, "I really consider myself very fortunate regarding my professional career. It's been a tremendously rewarding experience. I am sure launching my path here at Magee made all the difference."

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Gynecologic Specialties

both disciplines during the same visit.

Researchers are also looking into less invasive treatment options, new techniques, and a better understanding of the pathophysiology of uterine fibroids.

Midlife Health Center

As one of the only Midlife Health programs in the region, Magee's Center provides consultative and

continuing care for women in perimenopause and menopause. The doctors work closely with referring physicians and specialists to coordinate services and provide recommendations for care.

The physicians coordinate with patients and their physicians to avoid and work through some of the medical consequences of menopause like osteoporosis, sexual dysfunction, and other issues with the transition.

Partnerships Benefiting Patients

With such vast resources for patients, Dr. Wiesenfeld hopes his division can help others. "The field of gynecology is complex. There are advances and innovations continuously becoming available to women. When women or other practitioners are dealing with challenging gynecologic conditions, we hope that they will look to us as a partner. We're happy to help and consult with them."

For consults and referrals, please call the number below for the applicable division:

Minimally Invasive Surgery
412-641-6412

Center for Contraception and Family Planning
412-641-6412

Pediatric and Adolescent Gynecology
412-692-7280

Midlife Health Center
412-641-8889

Reproductive Infectious Diseases/
Vulvar Clinic
412-641-6412

Fibroid Treatment Center
412-641-4435

2017 Alumni Day



Richard Mann, 1955,
Saul Berg, 1970,
Kobra Karimkhani, 1971



Katherine McIntyre-Seltman, 1983, Diana
Brucha, Maryanne Hugo, 1992



Celebrating their 5th
reunion – Class of 2012
Michelle Moniz, Sarah
Taylor, Heather Levin,
Lyndsay Turner



Alumni Day Guest Speakers – Stephen Corey, 1977,
Richard Legro, 1991, Richard Guido, 1992, Jay
Goldberg, 1997, Amy Broach, 2007. (Missing from
picture - Sarah Taylor, 2012 who left after speaking
to head to the OR for a procedure).

Alumni Receptions



During the AUGS Annual Meeting in October, the urogynecological faculty, trainees, and alumni gathered in Providence, Rhode Island.



Megan Bradley, 2014, Amy Park, 2006



During the AAGL annual meeting, minimally invasive gynecologic surgeons including current Magee faculty, trainees, and alumni gathered in National Harbor, Maryland.



Jonathan Solnik, 2003, Deborah Arden, 2011, Noah Rindos, 2016, Amy Broach, 2007 & 2009

For more alumni photos, please visit the OBGYN alumni Facebook page @MWHObGynAlumni.

www.mageewomens.org

Conference Room Dedicated to Esteemed Physician and Wife

Dr. Richard Hemphill was honored on November 9 with the dedication of the Dr. Richard W. and Peggy P. Hemphill Conference Room at Magee-Womens Research Institute.

Dr. Hemphill is a 1957 graduate of Magee's residency program and spent his entire career associated with Magee.

He played a large role in developing Magee-Womens Research



Dr. Yoel Sadovsky, Dr. Robert Edwards, Dr. Jim Roberts, and Dr. Richard Hemphill

Institute and helped establish a clinical research wing at Magee-Womens Hospital of UPMC.

Dr. Hemphill made a gift to dedicate the room also in memory of his wife, Peggy, who passed away in 2014. She was a nurse and served on the Volunteer Service Board at Magee. They were married for 60 years.

Alumna Publishes Book on Gynecologic Health

Dr. Denise Howard, 1997 Magee residency graduate, recently published her first book, *The Essence of You: Your Guide to Gynecologic Health*.

Dr. Howard was inspired to write the book to help women and girls learn about their bodies, educate them on ways to maintain good health, and understand common gynecologic problems.

Copies are available at www.drdenisehoward.com, as well as Amazon, Barnes and Noble, and iBooks.

In Memory of Dr. Crozier

Magee mourns the loss of Dr. James Crozier, who graduated from Magee's residency program in 1977. Dr. Crozier was a long-standing resident mentor to Magee's training program and was recognized as Teacher of the Year by his residents. In his 40-year career, he delivered more than 10,000 babies at Heritage Valley in Beaver County.

Dr. Edwards commented on Dr. Crozier's passing, "Jim's contribution to our teaching program, our hospitalist program, and overall clinical excellence in the later years of his career, as well as his dynamic and engaging personality, is recognized by all and he will be sorely missed."





**MAGEE-WOMENS
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2. IRA – Name Magee as a beneficiary on a retirement account.
.....
3. Charitable Remainder Trust – Create an income stream for your life while also making a gift to Magee.



There are many other gift options to choose from including life insurance, gifts of real estate, and gifts of stock. For more information about making a meaningful gift to Magee, contact Colleen Gaughan at cgaughan@magee.edu or 412-641-8978.