

# M.D. NEWS

A BUSINESS AND LIFESTYLE MAGAZINE FOR PHYSICIANS

Feature  
**Diabetes: New Treatment  
Options for Clinicians**

Women's Health  
**Battling HPV**



**Beaver Valley  
Foot Clinic**

# contents

VOL. 3, NO. 1

FIRST QUARTER 2007

## 4 COVER STORY

### BEAVER VALLEY FOOT CLINIC

Beaver Valley Foot Clinic is a unique resource for diabetics and other patients with foot and ankle ailments. They use conventional treatment options combined with state-of-the-art noninvasive techniques and even expert surgery to deliver the best possible results for each patient. They have seven Pittsburgh area locations, some of which even have mini-medi spas to deliver aesthetic podiatry and more.

## 12 FEATURE

### DIABETES: NEW TREATMENT OPTIONS FOR CLINICIANS

New pharmacologic agents that are in the pipeline for the treatment of diabetes offer patients new hope for diabetes control.

## 18 SPECIAL FEATURE

### CARILION CONVERSION

Hospital System Focus on Efficiency and Quality Patient Care as It Switches to Physician-Run Endeavor

## DEPARTMENTS

2 from the publisher

3 finance

11 women's health

15 spotlight on excellence

22 local news



4



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## ON THE COVER

Dr. Christina Teimouri and Maria Kasper of Beaver Valley Foot Clinic



18



12



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# Beaver Valley Foot Clinic

By Kevin Ritchart

Beaver Valley Foot Clinic is a one-stop shop when it comes to foot pain relief.

Actually there are seven stops conveniently located in Allegheny, Beaver, Butler and Mercer counties.

And no matter which office patients choose to visit, Drs. Christina Teimouri and Maria Kasper will be eager to help.

**Dr. Maria Kasper is uniquely qualified to treat foot and ankle ailments.**



PHOTO BY SARAH HINDMAN

**D**iabetics should get their feet checked at least once a year. We're big on prevention here. We educate our patients on how to prevent problems.

Dr. Teimouri is certified by the American Board of Podiatric Surgery. She is a certified Cryostar surgeon and conducts lectures about the Cryostar Cryoanalgesia System.

Dr. Teimouri is also a certified instructor in extracorporeal shock wave therapy (ESWT) for the treatment of plantar fasciitis, also known as heel spur syndrome. Sharing medical knowledge is part of her lifelong plan. She first knew she wanted to be a doctor when she was 5 years old. She diligently worked toward that goal by graduating from high school at the age of 15 so she could earn her B.S. degree in Elementary Education at 19 years old before going on to medical school. She did her residency at The Medical Center in Beaver.

Dr. Kasper's expertise lies in foot and ankle surgery. She received a Doctorate of Podiatric Medicine from Temple University, where she ranked third out of 104 students. She is also certified by the American Board of Podiatric Surgery.

Though she's been with the practice less than a year, Dr. Kasper has brought a great deal of talent and expertise to the Beaver Valley Foot Clinic.

"I looked for the right associate for 10 years," Dr. Teimouri said. "We complement each other.

"We get referrals from other podia-

trists for Dr. Kasper's services."

Dr. Kasper joined the Beaver Valley Foot Clinic in July 2006. Prior to that, she had been practicing in Altoona, PA, and Rhode Island for six years.

In Rhode Island, Dr. Kasper was trained in the use of noninvasive cold lasers for the treatment of nerve and muscle conditions in the foot. She also participated in a diabetic limb salvage fellowship at Georgetown University.

Last year, Dr. Kasper spoke about cold laser therapy at the APMA's national conference.

"Speaking at the conference was a great experience," Dr. Kasper said. "It was exciting to be able to present information (about cold laser therapy) to other podiatrists so their patients may also benefit from this new technology."

Proper foot care is vital for patients with diabetes. The Beaver Valley Foot Clinic is well-equipped help.

"Diabetics should get their feet checked at least once a year," Dr. Teimouri said. "We're big on prevention here. We educate our patients on how to prevent problems."

In an effort to remain on the leading edge in the treatment of diabetic patients, the Beaver Valley Foot Clinic has been selected as one of 24 research sites in the country to participate in a clinical trial for patients with diabetic foot ulcers.

The objective of the study is to determine the effectiveness of a new kind of wound dressing when applied to a diabetic foot ulcer. The KC-002 dressing will be used and compared with conventional wound therapy in patients with type 1 or 2 diabetes.

Neither patients nor their insurance companies will be charged for participating in the study. Patients may even be eligible for monetary



**Dr. Christina Teimouri performs extracorporeal shock wave therapy (ESWT).**

reimbursement.

The Beaver Valley Foot Clinic also does in-office skin grafts as a method of wound care. They arrive at the office in dry ice and are preserved that way until they're needed.

In addition to their work with diabetic patients, the staff

**Speaking at the conference was a great experience. It was exciting to be able to present information (about cold laser therapy) to other podiatrists so their patients may also benefit from this new technology.**



PHOTO BY SARAH HINDMAN

**Prior to the procedure, ESWT technician Richard Fleis explains the procedure to the patient.**

of the Beaver Valley Foot Clinic can treat all kinds of foot ailments — sprains, breaks, hammer toes, bumps, bunions, corns, calluses, cysts, warts, ingrown toenails, fungus nails, athlete’s foot and many arthritic conditions.

No matter the ailment, odds are the Beaver Valley Foot Clinic has a state-of-the-art method of treatment.

Plantar fasciitis (commonly referred to as a heel spur) affects about 2.5 million people in the U.S. each year.

For the small percentage of people for whom conventional therapies such as ice, orthotics, physical therapy, medications and cortisone fail, the Beaver Valley Foot Clinic uses an 18-minute, in-office treatment known as ESWT in favor of surgery.

Originally developed for Dornier MedTech to break up

kidney stones, shock wave therapy was approved by the FDA in 1980 and is still the standard treatment of choice for urinary stones.

Not only does ESWT offer less risk than surgery, the shock waves actually stimulate the body’s own repair mechanisms.

With ESWT, the site of the pain is identified by the patient and confirmed by ultrasound imaging. The affected area is lightly numbed, and with the patient seated or lying down, a gel is applied to the foot and therapy head.

The therapy head’s water-filled cushion is placed against the foot, and shock waves are released while Dr. Teimouri positions the foot.

“It allows us to aim right where the pain is,” Dr. Teimouri said.

## Aesthetic Podiatry and More

Are you looking for a special gift for Valentine's Day, birthdays or upcoming nuptials? Perhaps interested in a way to treat yourself? People who want to improve the appearance of their feet and the rest of their bodies now have the option of doing so in a safe, medically advanced, spa-like environment. Select Beaver Valley Foot Clinic locations throughout the Pittsburgh area now offer whole body aesthetic services in their new mini-medi spas. They also have one full-service location in Beaver.

Beaver Valley Foot Clinic has partnered with European Flair by Constantina to deliver spa treatments like facials, manicures, pedicures, sauna, massage, waxing and tanning, as well as those treatments that are better administered with medical supervision, such as dermal infusion and laser therapy.

SilkPeel Dermalinfusion System is similar to microdermabrasion. It exfoliates the skin using a diamond-head treatment tip while infusing topical treatments for hyperpigmentation, dehydration and photoaging. The result is even-toned, smooth, soft skin from head to toe.

Laser therapy is delivered through Palomar's light-based aesthetic systems. Treatments include:

- Permanent hair reduction
- Treatment for pigmented lesions
- Temporary relief from minor muscular and joint pain and stiffness
- Collagen production remodeling to provide smoother, tighter skin with long-lasting results
- Treatment for vascular lesions
- Leg vein treatment
- Wrinkle reduction

The melanin and hemoglobin content of patients' skin is measured prior to light-based aesthetic treatment to deliver the safest and best results for the individual.

Safety and comfort is as important in the delivery of these procedures as they are in more traditional podiatric treatments. Aesthetic podiatry is just one more way the Beaver Valley Foot Clinic caters to its patients' needs, head to toe.

For more information about the Beaver Valley Foot Clinic, call 1 (800) 807-1487 or visit [www.bvfootclinic.com](http://www.bvfootclinic.com). For more information about European Flair by Constantina, call (724) 774-7022 or visit [www.europeanflair.net](http://www.europeanflair.net).



PHOTO BY SARAH HINDMAN

**Constantina Hahn has been pampering her clients for 25 years as a licensed aesthetician.**

**Treatments are delivered in a safe, medically advanced, spa-like environment.**



PHOTO BY SARAH HINDMAN

**Alar vessels on nose before and after**



**Before RejuveLux and after RejuveLux**



**Before hair reduction and after hair reduction**



PHOTO PROVIDED BY PALOMAR



**Dr. Christina Teimouri performs ESWT.**

Shock wave therapy relieves pain and offers a short recovery period with few risks or side effects. Most patients are able to resume normal activity the next day.

The in-office foot ultrasound used by Beaver Valley Foot Clinic doctors is the only one of its kind in the Pittsburgh area. The clinic also has a Doppler in the office, which allows the doctors to check the circulation in the foot.

An in-office X-ray machine also eliminates the need for patients to spend long hours in an emergency room waiting for a bone break to be identified.

“We’re able to diagnose the problem immediately in the office and get the patient better faster,” Dr. Teimouri said. “With an X-ray machine right in the office, we can

identify the need for a cast or splint immediately.”

In addition to her work with ESWT, Dr. Teimouri is also setting the bar in the Pittsburgh area in the field of cryosurgery as it relates to podiatry. She is one of only 40 podiatrists in the country to receive advanced training and certification in cryosurgery for use on the foot.

Cryoanalgesia, as the procedure is also known, has been around since the 1960s. It has been used for the treatment of prostate cancer, ophthalmic surgery and spinal nerves, but use in the foot came about just five years ago.

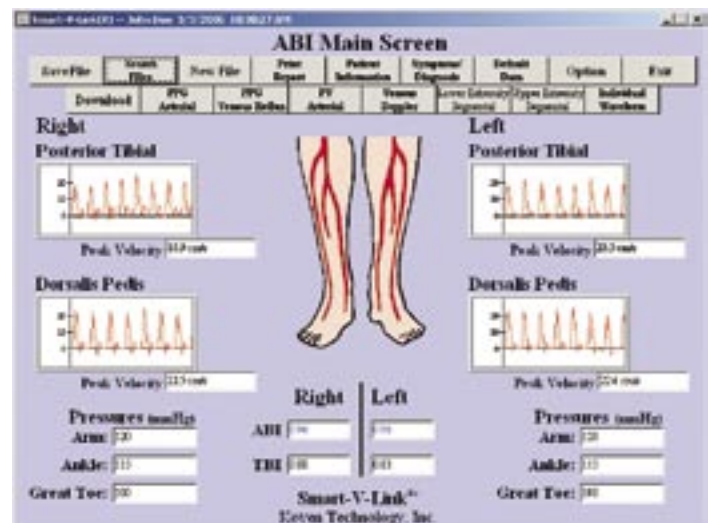
The procedure involves locating and freezing the nerve associated with the pain.

A Cryopac machine uses medical-grade nitrous oxide and extremely cold temperatures to cause demyelination of the sheath around the nerve.

The epineurium and perineurium remain intact, preventing the formation of a stump neuroma.

A new sheath grows around the nerve independent from the damaged one, resolving the pain and decreasing

**Doppler technology allows Beaver Valley Foot Clinic physicians to measure circulation in affected areas.**



the need for surgery.

Cryosurgery, a six-minute, in-office procedure, can be used in the treatment of pain caused by plantar fasciitis, Morton's neuroma, fibromas, plantar warts and other peripheral nerve applications.

The success rate of cryosurgery is 92 percent.

In yet another move that makes the Beaver Valley Foot Clinic a truly 21st century operation, the six locations have done away with the old-fashioned paper charting system.

Though computer charting will be required of all doctors

**When your feet hurt, it can make you miserable and affect your enjoyment of daily activities. It's nice to know that I can help people enjoy life and activities more by helping to relieve their foot pain.**

and hospitals eventually, the Beaver Valley Foot Clinic staff began implementing the system in the fall of 2006.

The computer charting system will allow for more efficient and effective communication with patients' primary physicians.

"This will be a benefit to primary doctors," Dr. Teimouri said. "We're very consistent and emphatic about communicating with referring doctors."

After seeing a patient, the computer charting system will send a letter (either via fax or e-mail) to the primary physician detailing the visit — the problem(s) that were identified, recommended courses of treatment and how the patient and the specialist decided to proceed.

The computer charting system will also send prescriptions to pharmacies automatically.

"It's a new world," Dr. Teimouri said. "It's all about the ease of communicating. All of our offices will be networked."

The Beaver Valley Foot Clinic treats a wide variety of patients, including children.

"We pride ourselves on being kid-friendly," Dr. Teimouri said. "(Dr. Kasper and I) both have kids. We know what it's like for a child in the doctor's office."

In cases where patients (children or adults) are afraid of shots, the Beaver Valley Foot Clinic staff pulls out one of the new "toys" in the office, known as a Madajet.

The Madajet expels a puff of air treated with novocaine onto the skin, numbing the area so the patient won't

**Dr. Christina Teimouri is one of only 40 podiatrists in the U.S. to receive advanced training and certification in cryosurgery for use on the foot.**



PHOTO BY SARAH HINDMAN





PHOTO BY SARAH HINDMAN

**Dr. Maria Kasper is dedicated to helping relieve foot pain.**

feel the needle.

“Anything to make the patient’s life easier,” Dr. Teimouri said.

And it’s important to Drs. Kasper and Teimouri that patients understand the reasons for their pain and are actively involved in selecting a course of treatment.

That’s where Dr. Teimouri’s background in elementary education comes in handy. She keeps a flip chart in every exam room to help patients see what’s going on inside their foot.

Depending on the ailment, Dr. Teimouri can turn to the correct page and explain the problem with words as well

as pictures.

Patient Linda St. Claire of Stowe Township, a diabetic who was apprehensive about finding a new podiatrist when hers retired, appreciates the extra touch. “If I hadn’t found these doctors I don’t know what I would have done. They are very gentle and efficient,” she said.

And when more conservative methods of treatment are exhausted, Dr. Kasper’s surgical expertise comes into play. Her unique training allows her to treat patients with virtually any foot or ankle problem. She is able to help those with sports injuries and fractures in addition to ailments commonly seen in a podiatrist’s office. She can perform “simpler” surgery on bunions and hammer toes, as well as more complex surgeries like bone fusion and flat foot reconstruction.

She is excited about a new development in flat foot correction, “There is a new technique that involves an implant that makes flat foot correction in children a lot easier with minimal recovery time,” she said.

No matter the method used by Drs. Teimouri and Kasper to help alleviate foot pain in their patients, the goal is always the same.

“When your feet hurt, it can make you miserable and affect your enjoyment of daily activities,” Dr. Kasper said. “It’s nice to know that I can help people enjoy life and activities more by helping to relieve their foot pain.”

“These people really need the care,” Dr. Teimouri said. “That’s why we do this.

“We hear it all the time from patients who are suffering. If I’d have known it was this easy to relieve my foot pain, I’d have done it 20 years ago.”

*For more information about the Beaver Valley Foot Clinic, call 1 (800) 807-1487 or visit [www.bvfootclinic.com](http://www.bvfootclinic.com). ■*