

A MAGAZINE PROMOTING GOOD HEALTH

Breathe

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Dream come true

Doctor's vision
realized with new
state-of-the-art facility

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Hello good nights

Sleep center program
helps get it right at night

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Getting it early

Program helps catch lung
cancer before it's too late

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CENTER OF CENTRAL PENNSYLVANIA

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Welcome to Breathe Magazine

Breathe Magazine is just one of many attempts the Lung Disease Center of Central Pennsylvania is making to inform the public about our new facility. It highlights several of the most important services we now offer.

Our Early Detection Program for patients at high risk for lung cancer incorporates the use of our in-house state-of-the-art CT scanner and will soon include advanced antibody testing. This program, based on a large national study, will help us reduce lung cancer mortality by 20 percent.

Our new convenient and comfortable sleep lab continues to get compliments from our patients and referring physicians.

Our growing research program is focused exclusively on lung diseases, offering cutting edge therapies previously available only through university-type studies to our local population.

This magazine is a natural outgrowth of more than 34 years of service and efforts to bring the highest level of pulmonary medicine services to the Central Pennsylvania region. I hope everyone will take just a little time to look through the magazine and, if nothing else, experience the pride I feel in knowing that patients can find these high quality services right in their own backyard.

The staff at the Lung Disease Center of Central Pennsylvania makes up a very important part of our quality service. We could not function without them. So, as you flip through these pages remember that nothing can be done well without the support of a caring and devoted staff. We might have grown, but we continue to strive for that personal attention patients appreciate.

Enjoy Breathe Magazine and keep it for future reference.

Sincerely,
George M. Zlupko, MD, FCCP



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Easy does it

New Lung Disease Center puts patient convenience first and foremost

By Mike McMullen
for BREATHE Magazine

Convenience. It's not a word associated very often with health care. A visit to the family doctor is often followed by a referral to a specialist then visits to several facilities to have tests performed. Receiving special care, in areas like central Pennsylvania that are far removed from large university-based medical centers, has become anything but convenient.

That is why when doctors George Zlupko and Timothy Lucas decided to expand the services of Altoona Lung Specialists, patient convenience was a top priority.

"The thought was to have a building that allowed us to provide a wide range of services to our patients, so they could get everything done here," Zlupko said.

The 15,000-square-foot Lung Disease Center of Central Pennsylvania is the home of Altoona Lung Specialists and a variety of other business entities including the Lung Disease Foundation of

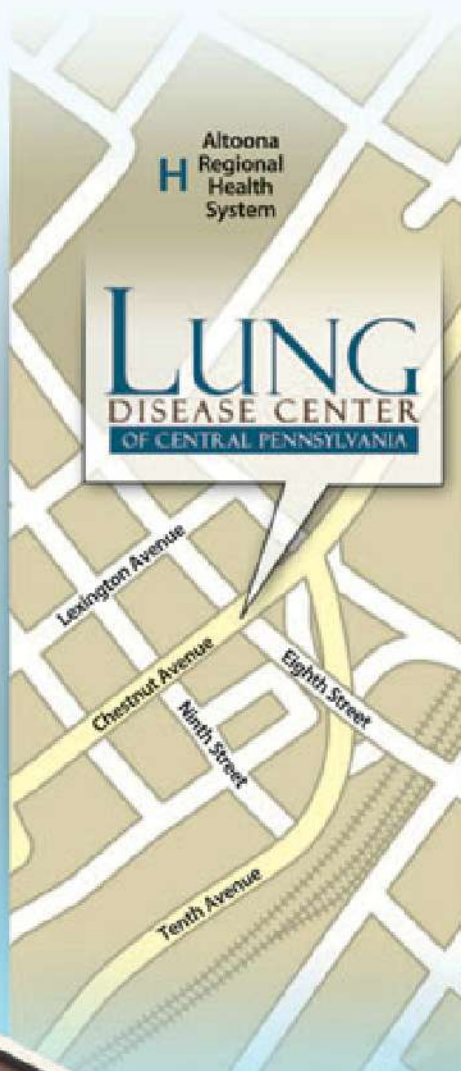
Central Pennsylvania, a nonprofit organization, and the Sleep Disorder Network.

The center was an idea Dr. Zlupko dreamed of about five years ago. Various locations in Altoona were explored, including the old Kauffman's building downtown, but plans fell through and Zlupko was forced to search other parts of the city for viable property. A lot downtown, the former location of the Pepsi Bottling Plant at 800 Chestnut Ave., was chosen to make the doctor's dream a reality.

Dr. Zlupko founded Altoona Lung Specialists in 1977 and the practice has moved several times before settling at its new location.

"The Howard Avenue office was really built for the maximum of three people," he said. "We were starting to get a little crowded, and we decided it may be time to look for property."

Continued on page 8



"Sleep is the golden chain that ties health and our bodies together."

— Thomas Dekker

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Lung Disease Center on cutting edge in emerging field of sleep medicine

By Mike McMullen
for BREATHE Magazine

A good night's sleep — it seems everyone longs for one and can't remember the last one they had. However, for many people, a good night's sleep might be regularly interrupted by obstructive sleep apnea (OSA).

OSA is a common, but often undiagnosed, sleep disorder that affects nearly 20 million adults in the United States. It is caused when a person's airway collapses and obstructs breathing during sleep. OSA is common in people who are obese or have a large neck or crowding of the upper airway but it can occur in men and women of all ages and sizes.

Through the Sleep Disorder Network at the Lung Disease Center of Central Pennsylvania, people who regularly struggle for a good night's sleep can receive diagnosis and treatment for sleep apnea.

"Sleep medicine really didn't come into play until probably the late 1980s, that is when CPAP — the mask that treats sleep apnea — first was implemented," says Dr. Timothy Lucas of Altoona Lung Specialists. "We have known for years that sleep apnea is associated with high blood pressure, but only in the past several years have we realized how sleep apnea overlaps with several other illnesses."

Lucas (below), Blair County's only board-certified sleep physician, says that sleep apnea now is associated with stroke, heart disease, heart rhythm problems, heart failure and even tiredness and weight gain itself.



Lucas says a fair portion of the patients he sees are overweight, but there are patients that fool him, who aren't overweight.

"If you have problems with heart failure, sleep apnea is something that really ought to be thought about," he says. "There have been studies on patients with abnormal heart rhythms and they are at high risk for having sleep apnea as well. The link isn't very clear."

The awareness and push by doctors to have patients undergo sleep studies comes from a combination of factors, according to Lucas.

"It's been a combination of the treatment that is available, awareness among physicians – particularly those coming out of training – and the increased incidence of sleep apnea. There is a much greater public awareness," he says. "As we get a good handle on this, we can find these patients, treat them and make them feel better."

As awareness grows, Dr. George Zlupko is certain that other segments of the population will be required to be tested for sleep apnea as well.

"Many people who drive for a living tend to be overweight. I'm sure somewhere along the line, it will be a requirement for their Commercial Drivers License for them to be tested for sleep apnea," Zlupko says. "I believe managing those people and making sure they are capable of working safely is going to be more and more of an issue."

The Sleep Disorder Network has grown quickly. The facility has the capacity to study six patients per night. Patients are seen by the doctor ahead of time to discuss their problems and then are scheduled for a visit overnight at the sleep lab.

The patient comes to the facility around 9 p.m. and is prepared for the study. Electrodes and monitoring equipment are attached and after a regular nighttime routine, the patient is asked to climb into the queen bed (shown below) around 10 or 10:30 p.m.

Through the control room, the sleep study staff is able to monitor and watch the patient's nighttime sleeping pattern. A staff member wakes the patient around 6 a.m., disconnects the monitoring equipment and sends the patient off for their daily routine.

A tremendous amount of data is collected during the sleep study. The doctor can determine how deep of a sleep the patient achieved, the amount of times awakened, the movement during sleep, the patient's heart rate during periods of sleep and much more.

Doctors Zlupko and Lucas feel that the Sleep Disorder Network helps Altoona Lung Specialists complete a full level of care and diagnosis of pulmonary medicine.

"Being able to offer our patients the convenience of the sleep laboratory, kind of just fills in the gap for us," Zlupko says.

"We can help these patients to live longer and make them live more productive lives," Lucas adds. "That's the reason to do this." ♦

About sleep study

Polysomnography (PSG), also known as a sleep study, is a multi-parametric test used in the study of sleep and as a diagnostic tool in sleep medicine. The test result is called a polysomnogram, also abbreviated PSG. Polysomnography is a comprehensive recording of the biophysiological changes that occur during sleep. The PSG monitors many body functions including brain (EEG), eye movements (EOG), muscle activity or skeletal muscle activation (EMG) and heart rhythm (ECG) during sleep. After the identification of the sleep disorder sleep apnea in the 1970s, the breathing functions, respiratory airflow and respiratory effort indicators were added along with peripheral pulse oximetry. Polysomnography is used to diagnose, or rule out, many types of sleep disorders including narcolepsy, periodic limb movement disorder (PLMD), REM behavior disorder, parasomnias and sleep apnea. It is often ordered for patients with complaints of daytime fatigue or sleepiness that may be caused by interrupted sleep.



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Clinical research trials and studies offer many patients the opportunity to get special help for their problems while advancing the course of treatment for others.

Data derived from these studies is collected in a very specific way to provide the maximum amount of information to the medical community. Needs range from a new drug delivery method or the use of a medication for a different disease process. Volunteers given medication are monitored closely for the safety, tolerability and/or effectiveness.

Volunteers are needed for clinical trials to be successful! Many patients, once they have participated in a trial, say they would participate in another study in the future. Clinical Trials allow one-on-one time with the study nurse, which many patients value.

Study participants receive study-related exams, lab tests and investigational study medication at no charge. Compensation for time and travel is also available when involved in some studies.

The medical world cannot advance without research. The Food and Drug Administration (FDA) oversees all clinical research conducted on prescription medications in the United States. The FDA's job is to enforce government regulations and ensure that research is conducted with patient safety as a top priority. Without this testing and approval process, no new treatments or medications would be approved for use in the United States.

Clinical trials are open to everyone; however, there are specific criteria which must be met for participation in each study. If you are interested in finding out more about any clinical research trials/studies currently taking place at the Lung Disease Center of Central Pennsylvania, please contact Cheryl Monthony, RN, CRC, at 814-946-2845 extension 500 or at cmonthony@altoonalungspecialists.com. ✦

Contact us

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On the web:
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Altoona Lung Specialists




The experienced and caring physicians and staff of Altoona Lung Specialists are dedicated to providing comprehensive assessment, evaluation and treatment to allow patients to control their disease and return to a healthy, active lifestyle. This team is working hard to give their patients peace of mind that they have the best care available.

In order to meet this mission, Altoona Lung Specialists' physicians have made major financial, practice and personal commitments to Blair County. All of the physicians were born in Pennsylvania, were trained in Pennsylvania and reside in the local community in which they practice.

Altoona Lung Specialists was founded in 1977 by Dr. George Zlupko. He was joined by Dr. Craig Hartman in 1979, followed by Dr. Timothy Lucas in 2000. Dr. Alan Kanouff is the newest member of the practice, having joined in 2009. Their continued growth took them from offices located in the Altoona Hospital to shared offices with a walk-in clinic at Wopsononock Avenue and then a move to a new facility they built at 801 Howard Ave. in Altoona.

Today, the offices of Altoona Lung Specialists occupy a portion of the Lung Disease Center of Central Pennsylvania, their new state-of-the-art facility at 800 Chestnut Ave. in Altoona, offering the latest technology and diagnostic tools. This has enabled Altoona Lung Specialists to expand services to their patient base with additional room to grow. Currently, they are serving patients in Blair, Bedford, Cambria, Centre, Clearfield, and Huntingdon Counties.

Altoona Lung Specialists is open Monday through Friday, 8 a.m. to 4 p.m. when all calls are answered personally by staff. Each of the physicians has office hours several days per week for patient visits as well as being on staff at local hospitals. For more information, please visit their website at: www.thelungspecialists.com or call 814-946-2845. 

Speaking availability

The physicians at the Lung Disease Center of Central Pennsylvania are available to speak with the media or in other public settings on topics related to lung diseases and sleep disorders. They can provide insight on various topics, including the latest diagnostic options, treatments, and health issues in the news.

To arrange a speaking engagement, please contact Sherri L. Stayer, Practice Manager, at 814-946-2845 or e-mail to: sherris@altoonalungspecialists.com.



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State-of-the-art building allows doctors to branch into pulmonary research, sleep study

Continued from page 3

Zlupko talked to his partners, Dr. Craig Hartman and Dr. Timothy Lucas, and soon-to-be-partner Dr. Alan Kanouff, and decided to take on the venture to create a new facility.

"We looked at the building and looked at the dollars and cents of it, which is a substantial undertaking, particularly for me at this point in my career," Zlupko said. "I plan to work for a good while yet, but Tim and Dr. Kanouff have a good ways to go. Also my son, Michael, will hopefully join us in 2013."

Michael Zlupko currently is a fellow in pulmonary medicine at the Cleveland Clinic.

"We are looking forward to having him on board and having him bring some new skills with him," Zlupko said.

The new facility provides much needed space for immediate ventures but also has ample room for future endeavors.

"Dr. Lucas is board certified in sleep medicine and although he was seeing patients at the Altoona Regional Health System sleep lab,

we had a lot of our patients that might be candidates to take advantage of those services," Zlupko said. "Dr. Kanouff will receive board certification in the sleep study specialty by early next year."

The new facility offers cutting-edge services while working as a "one-stop shop" for all pulmonary function tests for diseases.

The large first floor of the facility is equipped with state-of-the-art diagnostic equipment including devices in two labs that can be used for specialized testing. In one of the labs, studies can be performed that would be performed on Olympic athletes. The exercise equipment can measure oxygen consumption, CO2 production and anaerobic thresholds.

The second lab is equipped with a diagnostic device that uses impulse oscillometry to look at airway diseases, such as asthma.

"This is testing that is only available in major universities, such as the Cleveland Clinic and UPMC," Zlupko said. "It looks at airway obstruction at various frequencies of airflow and is a great machine to use for young

children. It can show us if there are small or large airway problems."

Along with exam rooms, the first floor is equipped with a large procedure room, which features a battery-powered, fiber-optic bronchoscope. The bronchoscope is used to look at lower airways through the nose and is a painless procedure.

"We have the most modern scope available right now and it allows us to look down your tracheobronchial tree," Zlupko said. "Most of the time this is a test that can only be done at the hospital, but with this equipment, we are able to do it right here."

The first floor also houses a digital x-ray set up that allows the doctors of Altoona Lung to x-ray patients and see results immediately on the computer. The staff also is able to view x-rays that can be brought in on disc by the patient or emailed in from another facility, saving the patient the problem of bringing large x-ray prints along during their visit.

A partnership with Altoona Regional Health System has allowed for the building to be equipped with a CT scanner, which makes for even more efficiency for patients. Most of the patients who have CT scans are Altoona Lung patients, but Altoona Regional can send in overflow when they are unable to fit patients in elsewhere.

"We can schedule a patient to have a CT scan, a pulmonary stress test and a visit with the doctor all in the same visit," said Practice Manager Sherri Stayer. "Outside physicians, as well as patients outside our practice, can also request their CT scans be scheduled at our facility for their convenience."

The CT scanner also is used as a management tool for high-risk patients and allows for early detection of lung cancer.

"We have 92 of our patients in the early detection program,"

Zlupko said. "It is important to mention this is not a screening tool but a way to manage lung disease. We are trying to give them the opportunity to live a longer life."

The first floor of the building is completed with the research department which is the newest entity of Altoona Lung.

"I felt we needed a research presence. We have acquired three research projects, one for asthma and two focused on patients with chronic obstructive pulmonary disease," Zlupko said. "This allows us to offer patients either conventional therapies that just need to be tested a little bit more or therapies that are cutting edge and are not available on the market. For some of our patients who have problems and really want to get that little extra, we will now have this available."

There is plenty of extra room available for the growing research department in the form of an adjacent 500-square-foot room.

"I have reached out to the Penn State Altoona campus and had meetings with Chancellor Lori Bechtel-Wherry," Zlupko said. "We have met with professors and one

of them is interested in sleep research. We plan to sit down and talk about the things he would like to do and maybe apply for some grants and some study opportunities for him."

The second floor of the Lung Disease Center almost resembles a hotel and is made up of the Sleep Disorder Network. There are several exam rooms and six sleep study testing rooms, equipped with queen-sized beds, flat-screen televisions, recliners and more. There also are two shower rooms and restrooms available to the sleep study patients.

"Right now, we are operating four beds all of the time," Zlupko said. "We are looking to move into some pediatric sleep which no one is doing except in major centers across the country. We have the rooms set up so parents can stay in the room with the child. Once we get into the pediatric sleep, we will

use all six beds."

Many people question why a pulmonary specialist would be interested in sleep medicine and Dr. Lucas offers a simple explanation.

"Much of sleep medicine is about sleep apnea, which is when a patient stops breathing during sleep, so it is a natural

connection," Lucas said. "Lung doctors have traditionally comprised about 70 percent of those managing sleep disorders."

Also, some hard facts back that sleep disorders overlap into other illnesses.

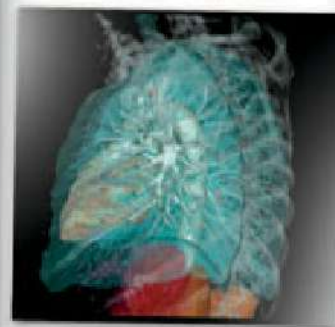
"About 20 percent of patients with chronic obstructive pulmonary disease (COPD) have what we call the overlap syndrome, where they have bad breathing because of cigarette smoking but also have trouble at night sleeping," Zlupko said.

The second floor is completed with the executive suite which is made up of the doctors' offices, a conference room and a kitchen area for staff.

"It really is all about convenience," Zlupko said. "This is the way big universities operate and we're working to create that level of satisfaction." ■

X-ray vision

These are samples of high-tech imagery produced by the Toshiba Aquilion 16-Slice CT scanner utilized in the Lung Cancer Early Detection Program and for diagnostic purposes by physicians at the Lung Disease Center of Central Pennsylvania.



Healthy lungs (above) viewed using specialized color and subtraction techniques.

"This is the way big universities operate and we're working to create that level of satisfaction."

— Dr. George Zlupko

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Individuals might accomplish a few things, but groups of people working together can do the really big things.

That's the philosophy behind the Lung Disease Foundation of Central Pennsylvania, an evolving organization focused on education and the high tech development of pulmonary services in Central Pennsylvania.

This foundation is currently in its infancy, but will be a major supporting element for the Lung Disease Center, as well as a willing partner to other local organizations involved in improving the services for lung disease patients in Central Pennsylvania.

The mission statement of the foundation: *"The Lung Disease Foundation of Central Pennsylvania is dedicated to charitable efforts to inform, empower and educate individuals on the improvement of all aspects of lung health and the quality of air in an effort to reduce lung disease. The foundation itself, and in conjunction with other agencies, is further dedicated to carrying out research efforts relative to all aspects of lung disease and the promotion and development of telemedicine networks and telehealth to provide educational and clinical services."*

As part of the mission to promote development of high tech methods to deliver pulmonary services to rural Pennsylvania, planning for cooperative efforts with local universities and governmental agencies is under way.

We invite any local agencies to contact us for participation in any lung disease related projects. Moreover, the foundation is currently looking for interested individuals to become the "group that does big things".

For information or to participate in the foundation, please contact Sherri L. Stayer, Executive Director, at 814-946-2845 extension 200 or at sherri@altoonalungspecialists.com. ♦

CATCHING A KILLER

Early detection program helps diagnose lung cancer while there's still time to treat it

By Mike McMullen
for BREATHE Magazine

When asked how long she smoked, Patricia DeGennaro says she "smoked while in the womb."

"My mother and father and just about everyone in my family smoked," she says. "Back then, they didn't know a lot about the effects of secondhand smoke."

Mrs. DeGennaro, 70, quit smoking about 15 years ago, but the effects of her smoking continued. She would get bronchitis at least twice a year, the effects worsening each time.

In 2007, at the urging of her oldest son, Joe Jr., and his wife, she began seeing Dr. George Zlupko at Altoona Lung Specialists to address the bronchitis problems.

Dr. Zlupko ordered a CT scan which revealed some scar tissue in the upper left lobe of her left lung. The scar tissue was benign, but because of her smoking history, Dr. Zlupko asked Patricia to be a part of Altoona Lung Specialists' Lung Cancer Early Detection Program, in which yearly CT scans would be performed to keep an eye on her lungs.

Each year, Mrs. DeGennaro had a CT scan. In April of this year, the CT scan showed a tumor beside the scar tissue in her lung.

A PET scan confirmed the worst and showed that the tumor was malignant. A nearby lymph node also was infected.

"We decided that something needed to be done right way," she says.

A biopsy was performed but the tumor was wrapped around the arteries of the heart and required surgery. Dr. Zlupko contacted Dr. Neil Christie of Pittsburgh, a specialist in thoracic surgery.

Mrs. DeGennaro received chemotherapy followed by radiation

treatment before having the upper left lobe of her lung removed. She now is cancer free.

Dr. Zlupko says that Mrs. DeGennaro's story is a success story for the Lung Cancer Early Detection Program.

"Lung cancer is one of the five most common cancers that we have that does not have a good detection program," Zlupko says. "Most times, by the time you see the symptoms, there is little chance to do any type of surgical removal, which is basically the only cure."

In fact, stats show that at the time of diagnosis, only 25 percent of patients are candidates for surgery and after surgery only 25 percent of those 25 percent ultimately are cured, Zlupko explains.

"That's a pretty miserable statistic and those people don't live comfortably for a lot of that time," he says.

A recent nationally published study of more than 50,000 people showed that annual testing of patients who are 55 years of age or older and who smoked for 30 years can reduce the mortality of lung cancer by 20 percent, Zlupko says.

"While 20 percent doesn't sound like a big number, in this particular instance, it is a huge number," he said. "What we decided to do as part of the management of our patients who fall in this category, is to offer an opportunity to allow us to examine them annually with a low-dose spiral CT x-ray."

"If we find something, this allows us to focus in on it and get it taken care of much earlier," he says.

Currently, Altoona Lung Specialists has 92 patients taking part in its Lung Cancer Early Detection Program.

The DeGennaros are very thankful for the program.

"The Early Detection Program and the follow through with treatments saved my wife's life," Joe DeGennaro Sr. says. ★



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800 Chestnut Avenue, Altoona, PA 16601

Meet our physicians



George M. Zlupko, M.D., FCCP

Dr. Zlupko founded the Altoona Lung Specialists practice in 1977. He was educated at Juniata College in Huntingdon and attended medical school at Thomas Jefferson University in Philadelphia. Dr. Zlupko's internship was performed at Misericordia Hospital in Philadelphia and his residency and pulmonary training at Mercy Catholic Medical Center in Darby, Pa.

Dr. Zlupko was born in Chester, Pa., and he and his wife, Sandra, decided to call Altoona home, where they raised their four sons.

Dr. Zlupko is board certified by the American Board of Internal Medicine, the American Academy of Wound Management and the American Board of Preventive Medicine in Undersea and Hyperbaric Medicine. Dr. Zlupko enjoys the distinction of being a Fellow of the American College of Chest Physicians (FCCP).

Dr. Zlupko has privileges at Altoona Regional Health Systems, Tyrone Hospital, HealthSouth Rehabilitation Hospital and the James E. VanZandt

Veteran's Memorial Hospital. He also serves as the medical director for Horizons Hospice.



Craig W. Hartman, M.D.

Dr. Craig Hartman pursued his education at Juniata College in Huntingdon and the Milton S. Hershey Medical Center of The Pennsylvania State University in Hershey, Pa. He

performed his internship and residency at Geisinger Medical Center, in Danville, Pa. Dr. Hartman joined Altoona Lung Specialists in 1979.

Dr. Hartman has been certified by the American Board of Internal Medicine, and in the Pulmonary Disease Subspecialty. Dr. Hartman has privileges at Altoona Regional Health System.

Dr. Hartman was born in Philadelphia, and he and his wife, Janice located in Hollidaysburg, where they raised their children, who are now grown. Dr. Hartman is an avid fly fisherman who enjoys fishing during his free time.



Timothy A. Lucas, M.D., FCCP

Dr. Tim Lucas joined Altoona Lung Specialists in 2000. He received a Bachelor of Science Degree from the University of Pittsburgh at Johnstown. Dr. Lucas attended medical school,

and performed his internship, residency, and fellowship at the Pennsylvania State University College of Medicine in Hershey, Pa.

Dr. Lucas was born in Johnstown and he resides in Hollidaysburg with his wife, Tanya, who is a librarian, and their two young daughters. Dr. Lucas is committed to the community and the education of its youth as a board member of the Altoona Area School District.

Dr. Lucas is certified by the American Board of Internal Medicine, Pulmonary Disease, and Critical Care Medicine, as well as the American Board of Sleep Medicine. He enjoys the distinction of being a Fellow of the American College of Chest Physicians.

Dr. Lucas has privileges at Altoona Regional Health Systems and has served as the Medical Director of the Sleep Study Clinic for Altoona Regional.



Alan Kanouff, D.O.

Dr. Kanouff is the newest physician at Altoona Lung Specialists, joining the group in 2009. He received his education at the Pennsylvania State University in University Park and his medical education at the

Philadelphia College of Osteopathic Medicine. He performed his residency at Conemaugh Valley Memorial Hospital in Johnstown and underwent his pulmonary training at Allegheny General Hospital in Pittsburgh.

Dr. Kanouff is certified by the American Board of Internal Medicine in Pulmonary Diseases. He is also certified in Critical Care Medicine and licensed by the State of Pennsylvania as a Doctor of Osteopathy.

Dr. Kanouff was born in Lock Haven, Pa., and raised in Coalport in Clearfield County. He and his wife, Melody, currently reside in Hollidaysburg with their four young children. Dr. Kanouff enjoys hunting and fishing and he is a loyal Pittsburgh Steelers football fan.

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Meet our staff



Donna – Office Manager/Medical Secretary to Dr. Craig Hartman

Donna has been with Altoona Lung Specialists since its inception and is our office manager. Her duties range from accounting and staff supervision to securing and maintaining accreditation for our physicians. Donna lives in Altoona with her husband, Craig, and is a proud grandmother of two. She enjoys spending time with her family.



Karen – Medical Secretary to Dr. George Zlupko

Karen has been a medical secretary at Altoona Lung Specialists since 1992. Karen's duties are varied and include scheduling patient procedures at our facility and area hospitals as needed. Karen lives in Altoona with her husband, Brian, and their two sons. When not working, Karen enjoys spending time with her family and friends.



Jenice – Sleep Technologist

Jenice is a Sleep Technologist in the Sleep Disorder Network for the Lung Disease Center of Central Pennsylvania. She is a Registered Polysomnographer and has been a respiratory therapist for 20 years and worked in the sleep field for 15 years. Jenice lives in Johnstown with her husband Barry. She has two sons, two male canines and a granddaughter.



Mandee – Receptionist

Mandee is a receptionist at the Lung Disease Center of Central Pennsylvania. Mandee is a graduate of Altoona School of Commerce and lives in Bellwood.



Michele – X-Ray Technician

Michele joined the Lung Disease Center of Central Pennsylvania as an x-ray technician and administers x-rays with the Center's state-of-the-art equipment. She earned her Medical Imaging Associate Degree at Mount Aloysius University and is ARRT Licensed. Michele lives in Altoona.



Sherri – Practice Manager

Sherri is the practice manager for Altoona Lung Specialists. Her duties range from assisting management in overseeing general business operations to human resources, financial reporting, and HIPAA Policy and Procedure overview. She also works with the Lung Disease Foundation of Central Pa, Inc. which is a non-profit organization dedicated to charitable efforts to inform, empower, and educate individuals on the improvement of all aspects of lung health and the quality of air in an effort to reduce lung disease. Sherri resides in Hollidaysburg with her husband, Wes, and enjoys spending time with her daughter and grandchildren, volunteering with the American Cancer Society's Relay For Life, and serving as an Ambassador with the Blair County Chamber of Commerce.



Lori – Respiratory Therapist

Lori is a respiratory therapist with the Lung Disease Center of Central Pennsylvania. She earned her degree as a Registered Respiratory Therapist at the University of Pittsburgh at Johnstown and was certified by CareFusion in April 2011 to do cardiopulmonary stress testing and pulmonary function tests. Lori lives in Altoona with her husband Jim and daughter.



Linda – LPN

Linda is an LPN with eleven years of experience in the pulmonary field. Linda assists the physicians in testing their patients and preparing them for their office visit with the physician. Linda and her family reside in Altoona, where she enjoys spending time with her grandchildren.



Shirley – MA

Shirley has been assisting patients as a medical assistant here since 1999. Shirley assists the physicians with testing of the patients and preparing the patient to be seen by the physician by securing vital information about the patient's health, medications, and symptoms. Shirley resides in Altoona and enjoys traveling.



Rose – X-Ray Technician

Rose has been an x-ray technician here for 13 years. Her duties include performing x-rays on our patients, securing, and maintaining the x-ray records and films of diagnostic studies performed on our patients. Rose resides in Altoona with her husband, Ron. She enjoys reading, shopping, baking, collecting Longaberger baskets, and spending time with her family and friends.



Cheryl – RN

Cheryl is an RN and clinical research coordinator for the Lung Disease Foundation of Central Pennsylvania. She focuses on Clinical Research and assists patients with the Lung Cancer Early Detection Program. Cheryl earned her Associate Degree in Nursing at Penn State and is BLS Certified. Cheryl lives in Hollidaysburg with her two children. She enjoys the outdoors, Steelers football, coaching and playing soccer and spending time with loved ones.



Cindy – Receptionist

Cindy is a receptionist with the Lung Disease Center of Central Pennsylvania and will be one of the team waiting to greet you when checking in for your appointment. She earned her Associate Degree in Accounting at ICM, Pittsburgh and Certified Nursing Assistant Degree at the Altoona Center for Nursing. Cindy lives in Altoona with husband John along with their sons Jonnie and Jeremy.



Toby – Sleep Technologist

Toby joined the Lung Disease Center of Central Pennsylvania in 2011 as a Sleep Technologist. She is a Registered Polysomnographer and has performed sleep studies for ten years. Toby lives in Ebensburg with her husband Rick, daughter Courtney and dog Geno. In her spare time, she enjoys going to Penn State football, Pittsburgh Penguins hockey and Pittsburgh Steelers football games with her daughter.



Andrea – Medical Secretary to Dr. Alan Kanouff and Secretary for Sleep Disorder Network

Andrea has been an employee of Altoona Lung Specialists since 2008 and works with Dr. Kanouff and as the secretary for the Sleep Disorder Network. Andrea coordinates and implements all of the daily activities of the Sleep Disorder Network, and works with Dr. Kanouff to ensure that the medical records of his patients are complete and accurate. Andrea lives in Claysburg with her parents, two sisters, and her dog Bailey. She enjoys dancing and has been a student of dance for many years.

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