

PeakHealth

A Community Magazine from Mountains Health

THE WARNING SIGNS OF
Stroke
AND HOW TO
RESPOND

SEASONAL
Allergies:
Q & A

Home,
**Safe
Home**
SAFETY TIPS




Mountains

HEALTH



View us in Action!



Scan the QR code to watch a video of Mountains Health staff share their vision of care.



Mountains Health consists of three partner hospitals: ACMH, IRMC, and Punxsutawney Area Hospital. Together, we provide exceptional healthcare across Armstrong, Indiana, and Jefferson counties and beyond.

Mountains Health is a trusted leader in community healthcare - advancing rural health through patient-centered care, collaboration, innovation and a passion for excellence. Across our partner hospitals, care is guided by shared values and delivered with HEART - Honesty, Empathy, Accountability, Respect, and Teamwork.

Mountains Health is working to strengthen the capabilities of the independent hospitals that serve smaller communities and keep access to quality healthcare local. This unique approach unifies doctors, nurses, surgeons and specialists, and provides a collaborative environment where shared experiences, ideas, critical resources and advanced technologies give patients their greatest opportunity for healthy outcomes in places close to home and family.

Through this partnership, our unified group of hospitals is able to continue the important role we play as community leader supporting local initiatives, being visible, being heard, and ensuring our communities remain vibrant places to live, work, and call home. It provides our healthcare teams a place to deliver advanced care with the tools, equipment, and technologies needed to perform at their highest level, and it keeps access to healthcare available for our communities and the patients we care for.



IRMC



ACMH



PUNXSUTAWNEY
AREA HOSPITAL

BETTER HEALTH: On the Horizon

As summer begins to wind down and we look ahead to a new season, we are pleased to share the latest edition of Peak Health. Fall is a time of transition, making it a fitting opportunity to focus on health, safety and the ways Mountains Health is continuing to grow and evolve to meet the needs of the communities we serve.

Across our health system, innovation remains at the heart of the care we provide. On page 3, learn more about our surgical innovations and the gold standard in knee replacement options available through Mountains Health. It is one example of how our teams across IRMC, ACMH and Punxsutawney Area Hospital are bringing advanced care closer to home.

A new school year and changing seasons also bring important reminders about everyday health and safety. From managing seasonal allergies with guidance from our Allergy & Immunology team to simple steps for preventing injuries at home, this issue offers practical information to help you and your family stay healthy and safe. You will also see the continued investment in our communities, including the newly renovated laboratory and outpatient registration areas at Punxsutawney Area Hospital.



Colorectal cancer and stroke are two important focus areas across Mountains Health, and both are featured throughout this issue. From the depth of expertise available for colorectal cancer screening and care to the services and providers focused on recognizing and treating stroke, these stories highlight the range of care available close to home.

This issue offers just a glimpse into all that is happening across Mountains Health, with many more stories, people, services and innovations to come in future editions.

Steve Wolfe

A handwritten signature of Steve Wolfe in black ink.

President & CEO



Nichole Geraci, ACMH President and CEO

Steve Wolfe, IRMC and Mountains Health
President & CEO

Dr. Clark Simpson, Punxsutawney Area
Hospital President and CMO

IRMC

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HEALTH

**SURGICAL
INNOVATION:**

The Gold Standard in Knee Replacement



IRMC has successfully performed its first gold knee replacement procedure, making it one of the first hospitals in western Pennsylvania to offer this advanced option for patients.

The procedure, completed late this spring, used Mako SmartRobotics™ technology to assist in precise implant placement and surgical planning.

Gold knee implants (titanium nitride, not “real gold”) are designed specifically for patients with nickel sensitivities or allergies, offering a safer alternative while maintaining the durability and function of traditional implants.

“This milestone represents an important step forward in expanding personalized care options for our patients,” said Dr. Matthew Mathos, orthopedic surgeon at IRMC, who performed the procedure. “By combining robotic-assisted technology with specialized implants, we’re able

to better meet individual patient needs and improve overall outcomes.”

Lisa, a Gold Knee patient from Punxsutawney, PA, says her recovery has gone well so far. Before surgery, everyday activities like walking for extended periods, standing too long, or getting down on the floor were difficult. Now, she’s looking forward to walking more and being able to get back down on the floor to clean and play with her grandchild.

Lisa underwent robotic-assisted knee replacement surgery and described her experience with the care team as very good, noting that everyone was helpful throughout the process. After delaying surgery for nearly two years due to hesitation about moving forward with the procedure, she says she is “thrilled” she made the decision. She also shared that she has only needed Tylenol for pain management and has been pleasantly surprised by her progress. Lisa encourages others considering knee replacement not to wait.

IRMC plans to continue offering gold knee implants as an option for eligible patients moving forward. In addition to Dr. Mathos, IRMC orthopedic surgeons providing joint replacement care include:

- **Dr. David Bizousky**
- **Dr. Brandon Trale**
- **Dr. David Wilson**

Patients can access orthopedic care at IRMC’s outpatient locations in Indiana, Richland, and Ligonier, making advanced joint replacement options available close to home.



Dr. Matthew Mathos, IRMC Orthopedic Surgeon

Allergist/Immunologist Dr. Deborah Gentile answers your questions and provides support

SEASONAL Allergies

What exactly causes seasonal allergies in the summer months?

Seasonal allergies (hay fever) are caused by the immune system overreacting to airborne particles, primarily pollen from trees and grasses and/or mold spores. These particles trigger the release of histamine and other chemicals, causing symptoms like sneezing, itchy eyes, and nasal congestion.

What are the most common summer allergens people react to?

The most common cause of seasonal allergies is tree pollen and then mid-spring to early-summer, the most common cause is grass pollen. Mold spores can also cause seasonal allergies anytime the ground is not frozen.

What are the most effective over-the-counter treatments for seasonal allergies?

The most effective over-the-counter treatments for seasonal allergies are second-generation oral antihistamines (cetirizine/Zyrtec, loratadine/Claritin, fexofenadine/Allegra) and nasal steroid sprays (fluticasone/Flonase, triamcinolone/Nasacort and budesonide/Rhinocort). For immediate targeted eye relief, drops like olopatadine/Pataday or ketotifen/Alaway/Zaditor are highly effective, while nasal sprays are best for congestion. Second-generation oral antihistamines are best for daily management of sneezing, runny nose and itching. Nasal steroid sprays are the most effective for nasal congestion, swelling, and runny nose. Nasal steroid sprays need to be started at least a week prior to the allergy season and then continued daily during the season.

Deborah Gentile, MD *Allergist and Immunologist*

Office hours in Indiana and
Johnstown – 724-357-7075



When should someone consider seeing an allergist instead of self-treating?

See an allergist for seasonal allergies if symptoms are severe, unresponsive to over-the-counter medications, or last more than a few weeks. Key indicators include disrupted sleep, significantly reduced quality of life, recurring sinus infections, or symptoms of allergic asthma like wheezing and chest tightness.

What are simple ways people can reduce pollen exposure at home?

To decrease pollen exposure at home, keep windows closed during high-pollen days, use air conditioning, and run HEPA air purifiers. Immediately shower and change clothes after being outside to wash off pollen. Other key steps include vacuuming with a HEPA filter vacuum and avoiding drying laundry on outdoor lines.

When should someone worry their “allergies” might actually be asthma or something else?

You should worry that your allergies might be asthma if you experience wheezing, chest tightness or persistent cough, especially at night or with exercise. Other red flags include shortness of breath after pollen or mold spore exposure, or if your typical hay fever medicines fail to relieve breathing difficulties. Seek immediate care if breathing issues significantly restrict your daily activities.

Home, Safe Home

Simple Steps to Prevent Injuries and Protect Your Family

Creating a safe home environment is one of the most important steps you can take to support your health and well-being. Many injuries - especially falls and accidental exposures - happen right at home, but the good news is that most are preventable with a few thoughtful adjustments.

Preventing Falls: Small Changes, Big Impact

Falls are one of the leading causes of injury for people of all ages, particularly older adults. Fortunately, simple home modifications can significantly reduce risk.

Start by taking a close look at walking paths throughout your home. Remove clutter from hallways and stairs, and ensure that frequently used items are within easy reach to avoid unnecessary climbing or stretching. Lighting also plays a critical role—install bright, consistent lighting in stairways, entryways, and bathrooms, and consider using nightlights to improve visibility after dark.

Floors should be stable and slip-resistant. Secure area rugs with non-slip backing or double-sided tape, or consider removing them altogether if they pose a tripping hazard. Pay special attention to transitions between flooring surfaces, where uneven edges can increase fall risk.

Bathrooms are a common location for falls due to wet, slippery surfaces. Installing grab bars near toilets and

inside showers or tubs can provide essential support. Non-slip mats in showers and tubs are also highly recommended. In stairways, sturdy handrails on both sides can improve balance and confidence when going up or down.

Carbon Dioxide (CO₂) and Carbon Monoxide Awareness

Air safety inside the home is just as important as physical safety. While carbon dioxide (CO₂) is naturally present in the air, elevated levels in enclosed spaces can cause symptoms such as headaches, dizziness, and fatigue. Poor ventilation - especially in tightly sealed homes - can contribute to higher CO₂ levels. Opening windows periodically and ensuring proper airflow can help maintain healthy indoor air quality.

More critical, however, is awareness of carbon monoxide (CO), a colorless, odorless gas produced by fuel-burning appliances such as furnaces, gas stoves, fireplaces, and generators. Carbon monoxide exposure can be life-threatening.

To protect your household:

- Install carbon monoxide detectors on every level of your home and near sleeping areas
- Test detectors monthly and replace batteries regularly
- Have heating systems, chimneys, and appliances inspected annually
- Never run generators or grills inside the home, garage, or near windows





Walking on Sunshine!

Late summer and autumn are the perfect time to get outside, stay active, and enjoy everything our communities have to offer. Whether you're walking neighborhood trails, gardening, traveling, or spending time with family, healthy feet and ankles play a critical role in keeping you moving. Unfortunately, foot and ankle pain can make even simple activities difficult, limiting mobility and affecting overall quality of life.

Many people assume foot or ankle discomfort is simply part of getting older or living an active lifestyle. In reality, persistent pain should never be ignored. Conditions such as arthritis, bunions, heel pain, Achilles tendon injuries, ankle instability, diabetic foot complications, and sports-related injuries can worsen over time if left untreated.

Foot and ankle surgeons specialize in diagnosing and treating a wide range of conditions that affect mobility. These highly trained specialists offer both surgical and non-surgical treatment options designed to relieve pain, restore function, and help patients return to the activities they enjoy. From custom treatment plans and advanced therapies to minimally invasive procedures and complex reconstructive surgery, today's foot and ankle care focuses on helping patients achieve the best possible outcomes.

Early evaluation is often the key to successful treatment. If you experience persistent foot or ankle pain, swelling, numbness, difficulty walking, or an injury that doesn't seem to be improving, seeking professional care can help prevent further complications and get you back on your feet sooner.

At Mountains Health, patients have access to experienced foot and ankle surgeons across our three-hospital system. With specialists practicing in locations throughout the

region, expert care is available close to home. This convenient access means patients can receive comprehensive evaluation, treatment, follow-up care, and rehabilitation without having to travel far from their community.

This summer, don't let foot or ankle pain keep you on the sidelines. Whether your goal is to walk more, stay active with your family, enjoy outdoor recreation, or simply move comfortably through your day, taking care of your feet and ankles is an important step toward better health.

Take the first step toward a healthier you this summer by connecting with one of Mountains Health's foot and ankle specialists today.

FOOT AND ANKLE *Surgeons*



INDIANA

Nihar Ghatе, DPM

Brooke Fairman, DPM

Howard Miller, DPM

Schedule: 724-357-7075



KITTANNING

Kristin Strannigan, DPM

Schedule: 724-545-2205



PUNXSUTAWNEY

Bradley J. Magill, DPM

Schedule: 814-938-4504



PUNXSUTAWNEY AREA HOSPITAL

A PARTNER OF  **Mountains**
HEALTH



Punxsutawney Area Hospital Celebrates Opening of New Laboratory and Outpatient Registration Entrance

Punxsutawney Area Hospital (PAH) is proud to announce the completion and opening of its newly renovated Laboratory, Outpatient Registration area, and portions of Women's Imaging, marking a significant milestone in the hospital's ongoing commitment to improving patient care and access. Completed in January 2026, this project introduces a modern, state-of-the-art entrance designed with patient comfort, safety, and efficiency in mind.

The new outpatient entrance offers a welcoming environment and a streamlined arrival process. With advanced registration and check-in technologies on the horizon, patients can expect reduced wait times and a more seamless experience from the moment they enter the facility. This enhancement reflects PAH's dedication to delivering high-quality care while continually improving the patient journey.

PAH's laboratory services remain a cornerstone of its clinical offerings. This medically necessary service operates 24 hours a day, seven days a week for inpatient care, while also providing outpatient

laboratory services to the community. Staffed by certified medical technologists, technicians, and phlebotomists, the laboratory delivers comprehensive clinical testing based on physician orders. Services include microbiology, chemistry, hematology, urinalysis, and blood bank testing. The skilled laboratory team is equipped to analyze a wide range of clinical specimens and perform complete blood counts (CBCs), blood films, and other specialized diagnostics. Additional testing capabilities include toxicology and endocrinology analyses, as

well as urinalysis to detect conditions ranging from urinary tract infections (UTIs) to kidney disease and diabetes.





As patients and visitors adjust to the updated layout, PAH encourages staff to continue offering guidance, patience, and support to ensure a smooth transition.

Helping Patients Navigate the New Space

Staff and community members can assist by sharing the following important information:

- Patients registering for outpatient services—including Laboratory, Cardiopulmonary Testing, Nuclear Medicine, Neurology procedures, and Radiology services—should use the new Outpatient Entrance.
- Patients arriving for Short Procedure services should continue to enter through the Main Entrance.
- The Emergency Department entrance is now fully open, with the general public directed to use this front entrance.

PAH extends its sincere gratitude to its staff and the community for their flexibility, patience, and continued support throughout this transition. Special recognition is also given to Rosebud Mining Company for their generous donation, which played a vital role in making the Laboratory and Outpatient Entrance project possible.

As the hospital looks ahead, excitement continues to build for the additional phases of the project. PAH remains committed to enhancing access, safety, and the overall patient experience as it moves forward with the next stage of development.

Punxsutawney Area Hospital is excited to begin Phase 4 of 4 of our campus transformation project—the final stage of our multi-year investment in healthcare for our community.

This phase focuses on completing our advanced Radiology Department and continuing construction of the new Women's Health Center, furthering PAH's commitment to exceptional, patient-centered care close to home.

The expanded Radiology Department will offer comprehensive inpatient and outpatient imaging, including digital X-ray, a new MRI, CT, ultrasound, nuclear medicine, and bone densitometry. Expected to be completed in early 2027, the department will provide faster diagnoses, greater precision, and improved access to advanced imaging.

Women's Health also remains a priority. PAH performs approximately 1,900 screening mammograms each year, contributing to early detection—including 15 breast cancer diagnoses in the past year. The new Women's Health Center will bring preventive care, diagnostics, advanced technology, and specialized services together in one convenient location.

Phase 4 is the final step in a transformation that has already brought a new Emergency Department, Outpatient Registration and Laboratory, and numerous facility and technology improvements. Through these investments, PAH continues building a healthier future for our community.



SCREENING SAVES LIVES

Colorectal Cancer and You

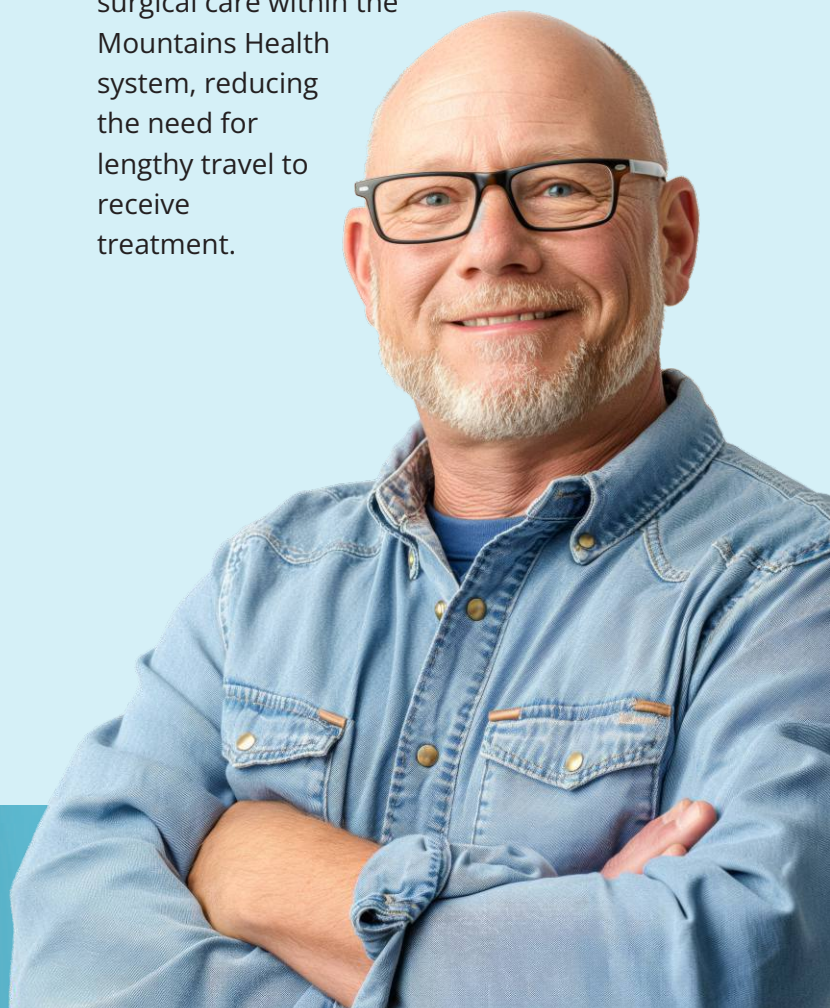
Colorectal cancer remains one of the leading causes of cancer-related illness and death in Pennsylvania, but it is also one of the most preventable and treatable cancers when detected early. Across Jefferson, Indiana, and Armstrong counties, Mountains Health partners are working together to turn awareness into action.

While rural communities often face challenges related to screening and access to care, there is also strong collaboration, education efforts, and community engagement aimed at improving outcomes. With approximately 6,900 new cases and 2,600 deaths annually in Pennsylvania, the need for continued awareness is clear, but so is the opportunity to save lives through prevention and early detection.

Colorectal cancer is unique in that routine screening can often prevent the disease altogether by identifying precancerous growths before they become cancer. When cancer is found, screening also allows for earlier diagnosis and treatment, when outcomes are generally better.

Across all three Mountains Health hospitals, efforts focus on making screening more accessible and less

intimidating. Colonoscopy remains the gold standard, while noninvasive options such as FIT and stool DNA testing provide effective alternatives for patients who may not be ready for or able to undergo a colonoscopy. The goal is to make screening more approachable and help more people take that first step. Colonoscopy services are available at all three Mountains Health hospitals, allowing patients to receive this important screening close to home. If a concerning finding is identified, patients also have access to surgical care within the Mountains Health system, reducing the need for lengthy travel to receive treatment.



Talk to your doctor about your colorectal screening options today!

Primary care providers play a key role by starting conversations about screening at age 45. In 2021, the recommended age to begin average-risk colorectal cancer screening was lowered from 50 to 45, making it important for patients to understand that screening may be recommended earlier than they expect. Providers reinforce guidelines and help patients choose the option that best fits their needs. Improved care coordination helps patients who require follow-up testing access services in a timely manner, while outreach and education efforts connect with populations that may be at higher risk or less likely to be screened.

Barriers such as transportation, awareness, and access still exist in rural communities, but the coordinated efforts of Mountains Health partners demonstrate a strong commitment to overcoming them. Through community education, local events, expanded screening options, and collaboration across the health system, we are helping residents take proactive steps toward better health.

The message is clear: colorectal cancer does not have to be a leading cause of death. With continued collaboration and community engagement, Mountains Health hospitals are making meaningful progress toward a future where more cancers are prevented, detected early, and successfully treated.



For a comprehensive list of Mountains Health providers, visit:
mountainshealth.org

INDIANA (IRMC) PROVIDERS



Khiem Nguyen, MD
Gastroenterologist
724 463-1414



Andrew Billion, MD, FACS
Endoscopist
724-349-3170



Dan Clark, MD, FACS
General Surgeon
724 349-3170



Muralidhar Guddeti, MD, FACS
Endoscopist/General Surgeon
724-349-3170



Sam Kociola, DO
Endoscopist/General Surgeon
724-349-3170



Brian Walkowski, MD, FACS
Endoscopist/General Surgeon
724-349-3170

PUNXSUTAWNEY PROVIDERS



Kyle Lingenfelter, MD, FACS
General Surgeon
814-938-4121



Olga Zhadan, MD
General Surgeon
814-938-4121

KITTANNING (ACMH) PROVIDERS



Hossam Kandil, MD, PhD
Gastroenterologist
724-548-3881



Venkata Tammana, MD
Gastroenterologist
724-548-3881



Ricky Clay, MD
Endoscopist/General Surgeon
724-543-4942



Sarun Suwan, MD, FACS
Endoscopist/General Surgeon
724-543-4942



Kelly Zbanic, DO
Endoscopist/General Surgeon
724-543-4942



Bringing Expert Neurological Care Closer to Home

What does a neurologist do, and when might you need one?

A neurologist is a physician who specializes in diagnosing and treating conditions that affect the brain, spinal cord, nerves, and muscles. From headaches and memory concerns to stroke, seizures, Parkinson's disease, and other neurological disorders, neurologists help patients understand complex symptoms and develop treatment plans that support their health and quality of life.

Residents throughout the Mountains Health service area now have expanded access to specialized neurological care with the addition of Dr. Mohammad Ali, who recently joined the ACMH Medical Staff. For many patients, receiving specialty care close to home can make a significant difference. Neurological conditions often require ongoing evaluation, monitoring, and collaboration between specialists, primary care providers, therapists, and families. Having access to a neurologist within the local healthcare system helps reduce travel burdens while improving continuity of care and access to timely treatment.

Dr. Ali brings extensive experience in neurological diagnosis and treatment and is committed to helping patients navigate often challenging and life-changing conditions.

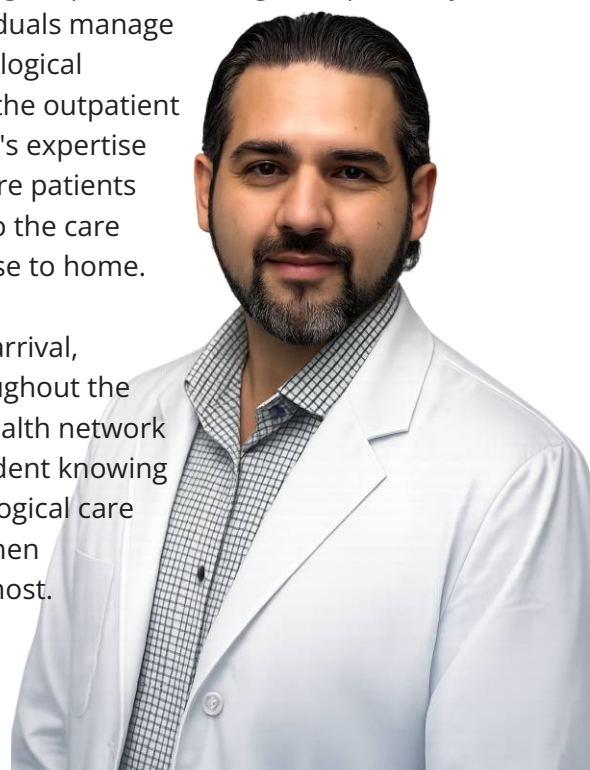
"I believe one of the most important parts of neurology is being an advocate for patients and their families," said Dr. Ali. "Neurological symptoms can be frightening and confusing. My goal is to listen

carefully, provide answers, and help patients feel supported throughout their care journey."

Dr. Ali is also excited about expanding access to advanced neurological services in the region. "I look forward to bringing additional diagnostic capabilities and evidence-based neurological care to our communities," he said. "Patients deserve access to high-quality specialty care close to home, and I am pleased to be part of that effort."

The addition of Dr. Ali further strengthens the Mountains Health commitment to providing comprehensive specialty care throughout the region. Whether caring for patients during a hospital stay or helping individuals manage chronic neurological conditions in the outpatient setting, Dr. Ali's expertise will help ensure patients have access to the care they need close to home.

With Dr. Ali's arrival, patients throughout the Mountains Health network can feel confident knowing expert neurological care is available when they need it most.



BEHAVIORAL HEALTH PROFILE:

Healing Through Art

How two artists transformed walls within the ACMH Behavioral Health Unit - and played a creative role in transforming the lives of those who work and receive care there.



A vibrant transformation is taking place inside the ACMH Behavioral Health unit. Through the artistry of local talents Holly Jo Wood and Becky Furst, the walls now come alive with blooming flowers, buzzing bees, and scenes of nature that inspire a sense of peace. What started as a simple beautification project has evolved into a meaningful part of the care environment - bringing comfort to patients and fostering moments of therapeutic connection.

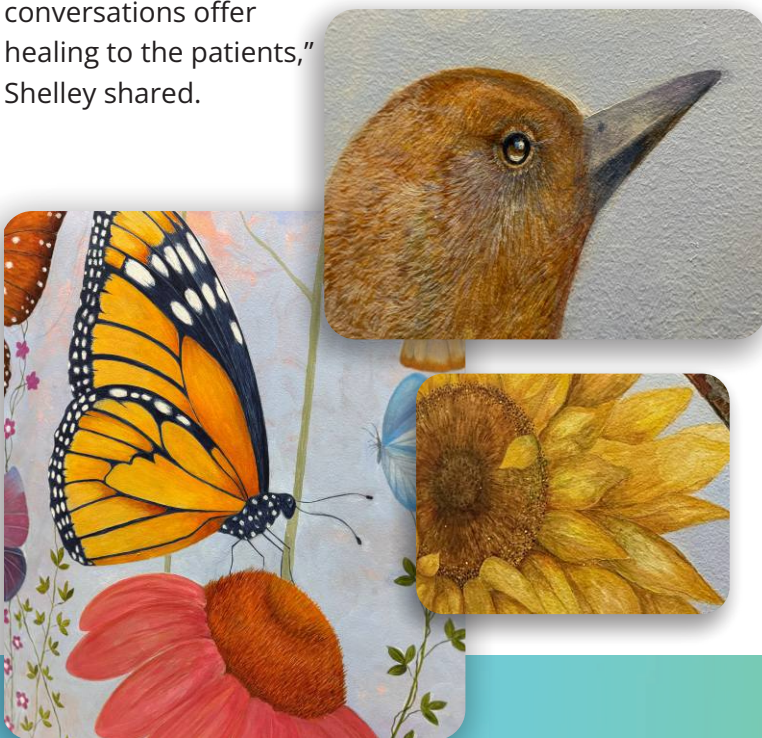
Shelley Askew-Floyd, Director of the Behavioral Health program at ACMH, shares her thoughts on the ongoing installation. "This mural has let the patients reflect and also start a conversation with not only our staff, but the painters too; and these conversations offer healing to the patients," Shelley shared.

What began in the fall of 2025 as one mural has grown to encompass four areas within the unit. Both artists see their contribution as an act of faith and a way to show their support for the mental health community.

"I believe my presence there, and the act of creating art in their midst, provides patients with a way to focus their attention on something that lifts them out of the immediate crisis they may be experiencing," said Artist Holly Jo Wood as she reflected on the project and the education and therapeutic impact it is making on patients.

Michael Jacobson, MD, explains that patients entering into behavioral health are often in a state of anxious distress, in part, informed by popular misconceptions about what to expect on a mental health unit. "From the very first step across the threshold, it begins to feel different (here): safe, welcomed, unthreatened, listened to, comforted, and gently engaged in the process of trying to make sense out of their uniquely personal struggles and symptoms."

The mural has become more than a work of art - it has evolved into an ongoing source of connection and communication among residents, caregivers, and medical staff. It also serves as a daily reminder to pause, appreciate life's simple moments, and make mental health a priority.



STAY INFORMED - STAY HEALTHY:

Stroke **ALERT!**

*Know the
Signs and
Symptoms and
Act FAST!*

When it comes to stroke, every second counts. A stroke occurs when blood flow to part of the brain is interrupted, depriving brain cells of oxygen and nutrients. The faster treatment begins, the greater the chance of reducing long-term disability and improving recovery outcomes. That's why recognizing the warning signs and calling 911 immediately can make all the difference.

Many people hesitate, hoping symptoms will go away on their own. Others may choose to drive themselves or a loved one to the hospital. However, calling 911 is one of the most important steps you can take.

Emergency medical professionals begin evaluating and treating stroke patients as soon as they arrive. During transport, they gather critical information, assess symptoms, monitor vital signs, and communicate directly with the hospital. This early communication allows emergency and stroke care teams to prepare before the patient arrives, helping reduce delays in diagnosis and treatment.

At Mountains Health, our emergency and stroke care teams work closely with local EMS providers to ensure patients receive timely, coordinated care when every minute matters.

Take a moment today to learn the signs of stroke and share them with family and friends.

Remember: BE FAST. Recognize the signs. Call 911. Save precious time—and potentially a life.

A simple way to remember the signs of stroke is the acronym BE FAST:

B – Balance

Sudden loss of balance, coordination, or dizziness.

E – Eyes

Sudden trouble seeing in one or both eyes, including blurred or double vision.

F – Face

Facial drooping or numbness, especially on one side. Ask the person to smile and see if one side appears uneven.

A – Arms

Weakness or numbness in one arm. Ask the person to raise both arms and watch if one drifts downward.

S – Speech

Slurred speech, difficulty speaking, or trouble understanding others.

T – Time

Time to call 911 immediately.

B



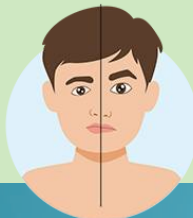
Balance

E



Eye

F



Face

A



Arm

S



Speech

T



Time

Stay Connected to Quality Care

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Armstrong County Memorial Hospital
One Nolte Drive, Kittanning, PA 16201
Phone: 724-543-8500
www.acmh.org



Indiana Regional Medical Center
835 Hospital Road, Indiana, PA 15701
Phone: 724-357-7000
www.irmc.org



Punxsutawney Area Hospital
81 Hillcrest Drive, Punxsutawney, PA 15767
Phone: 814-938-1800
www.pah.org



A Team Approach

Mountains Health partner hospitals and clinics have access to a wider range of services, technologies, and support systems. This ensures that you have access to comprehensive care that meets your needs.

Scan to discover the wide variety of physician services available through **Mountains Health.**



mountainshealth.org



Mountains Health Employment Opportunities

IRMC, ACMH, and PAH each offer a wide range of career openings for positions spanning from entry-level roles to advanced medical specialties.

Visit our employment web pages for more information:

- www.acmh.org/careers
- www.irmc.org/careers
- www.pah.org/employment

Better Together



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Armstrong County Memorial Hospital



Indiana Regional Medical Center



Punxsutawney Area Hospital