

**The Patricia Hilliard Robertson Center for Aviation Medicine at Indiana Regional Medical Center**

- IRMC Flight Physical Program
- IRMC Flight Academy

*Dr. Patricia Hilliard Robertson, MD*  
**Center For Aviation Medicine**  
 at Indiana Regional Medical Center

**WINGS - The Newsletter of Aviation Medicine**

**Center Launches Newsletter**

The Patricia Hilliard Robertson Center for Aviation Medicine is pleased to unveil *Wings* as its official, quarterly newsletter — providing pilots, aircrews, and the general aviation community with the latest on available programs and services.



“Wings certainly adds to our abilities to communicate with the aviation community and reflects our dedication to making dreams of flight a reality for generations to come” says Scott Rhoades, Founder and

Aerospace Nurse for the Center for Aviation Medicine.

The Center for Aviation Medicine is a division of the Occupational Health Department at Indiana Regional Medical Center and provides pilots and aircrews access to Federal Aviation Administration (FAA) flight physicals, corporate flight physicals, and NASA Reduced Gravity Flight Physicals.

The Center began operations on January 15, 2007 and held an official program dedication on September 27, 2007.

The Center for Aviation Medicine is named in honor of Homer City native, Patricia Hilliard Robertson, M.D. Dr. Robertson, a graduate of Homer Center High School (1980) and the Indiana University of Pennsylvania (1985), served as a flight instructor and family physician in Erie, Pennsylvania

before joining the National Aeronautics and Space Administration (NASA) in 1997, where she was later selected to join the astronaut program. She made significant contributions in the areas of aviation and aerospace medicine through clinical practice and research. Dr. Robertson perished on May 24, 2001 from injuries sustained in a plane crash in Manvel, Texas.



**Flight Physical Program**

At The Patricia Hilliard Robertson Center for Aviation Medicine, you'll receive the best in aviation medical examinations and testing (if required) all at one location of your choice. Cardiovascular, radiological, laboratory, and additional services are available on both the campus of Indiana Regional Medical Center and Indiana at Chestnut Ridge.

In anticipation for your flight physical, our staff will work closely with you, your primary

care physician, and any specialist to assist you in meeting your flight physical requirements; Our goal is to keep you flying healthy and safely!

The Center adheres to all Federal Aviation Administration (FAA), National Aeronautics and Space Administration (NASA), Occupational Safety and Health Administration (OSHA), and/or corporate requirements and policies. Aviators with questions con-

cerning their physicals may call prior to their visit.

**Office Locations:**

Indiana Regional Med Center  
 Occupational Health  
 835 Hospital Road  
 Indiana, PA 15701  
 (724) 357-7493

Indiana at Chestnut Ridge  
 Urgicare/Occupational Health  
 25 Colony Drive, Suite 101  
 Blairsville, PA 15717  
 (724) 459-1700

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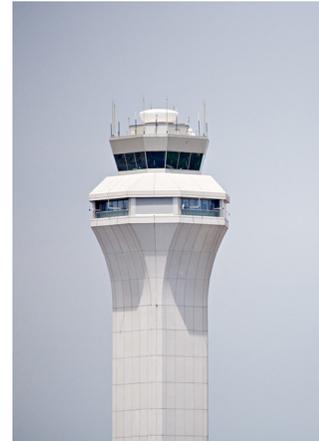
### Aviation Medical Examiner Spotlight: Dr. Anthony Sico

Dr. Anthony Sico is a 1991 graduate of Kirksville College of Osteopathic Medicine, Kirksville, Missouri. He completed his internship at Cuyahoga Falls General Hospital, Cuyahoga Falls, Ohio from 1991-1992, and his residency in Family Practice at UPMC Shadyside in Pittsburgh, Pennsylvania from 1992-1994.

soon joined the staff of the Occupational Health Department where he provides care for employees working in a wide variety of business and industry.

He is board certified in Family Practice, Occupational Health and Aviation Medicine.

Dr. Sico resides with his family in Murrysville, Pennsylvania.



Dr. Sico joined Indiana Regional Medical Center as a physician in the Department of Emergency Medicine in 1995. In addition to providing excellent care for patients in the emergency department, he

**“Life is ten percent of what happens to us and ninety percent of how we react to it.”**  
**- John Maxwell**

### Center Connects Through Technology

Looking for the latest news, events, or announcements from The Center for Aviation Medicine? Thanks to social media and smart phone technology, we're only a click away!

sumer, be sure to join us at The Patricia Hilliard Robertson Center for Aviation Medicine Facebook Page:

<http://www.facebook.com/#!/pages/The-Patricia-Hilliard-Robertson-Center-for-Aviation-Medicine/322757315035>

As the technology explosion continues, we're busy investing our resources to keep you "in the know" !

If you're a Facebook con-



### IRMC HealthAware Risk Assessments for Pilots!

At IRMC, we believe in you! Please take advantage of the free HealthAware tools to find your risk profile. Taking control of your health will provide you with the best defense against disease! Put your health first. Learn, listen, live...moments matter!

learn how to individually modify their lifestyle and become healthier individuals.

To complete your confidential online health screening, go to:

<http://www.indianarmc.org/health-aware.html>

After completing a seven minute questionnaire of your choice, each individual will receive a customized report to



## Flight Academy Announces 2012 Education Programs

The Center for Aviation Medicine's Flight Academy is pleased to announce it has released its *IRMC Flight Academy Program eCatalog 2012!*

This year's Academy offers a wide variety of programs from human factors in flight, altitude physiology, stressors of flight, night vision lab, in-flight medical emergencies and more!

Whether you fly for work or pleasure, we'll prepare you for the environment of flight!

The Center is recognized as a Federal Aviation Administration

Medical Examination Site and a Federal Aviation Administration Authorized WINGS Training Provider.

In addition, The Center for Aviation Medicine staff are members of the Aerospace Medical Association, and The NASA Human Health and Performance Center.

Costs and fees are associated with each Flight Academy program.

Request your copy of our Flight Academy Program eCatalog 2012 today!



## Center Partners With NASA To Improve Health & Performance

The Patricia Hilliard Robertson Center for Aviation Medicine at Indiana Regional Medical Center (IRMC) is pleased to announce its partnership and collaboration with the National Aeronautics and Space Administration's (NASA) Human Health and Performance Center (NHHPC).

The NHHPC is a virtual forum, established to connect organi-

zations worldwide interested in collaborating and advancing human health and performance innovations for space flight, commercial aviation, and challenging environments on Earth.

Partners include NASA centers and partners, government agencies, academic institutions, industry, and other organizations interested in fostering collaborative innovation.

For more information on the NHHPC, visit: <http://www.nasa.gov/offices/NHHPC/index.html>

**"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."**

**-Henry Ford**

## Healthy Aviator Tips

How do you define success? Are you successful? Our outlook on life can certainly play an important part in our personal and professional performance and health. With the beginning of the new year, perhaps it's time to re-evaluate a few things. Here are some helpful tips:

1. Set New Goals. If you reached a goal, it's time to move on!

2. Re-evaluate your definition of success. You've achieved, only to find out it wasn't what you needed...re-evaluate!
3. Praise yourself for a job well done. Recognize those measurable steps!
4. Be time-conscious. Eliminate things that don't fit into the picture and concentrate on those that do.

<http://hope-wilbanks.hubpages.com/hub/Personal-Success-Man->



**We're online!**

[www.indianarmc.org](http://www.indianarmc.org)

#### **EDUCATION SCHEDULE**

Human Factors in Flight  
Thursday, March 15, 2012  
6pm-9pm

Altitude Physiology 101  
Thursday, April 19, 2012  
6pm-9pm

Stressors of Flight Part 1  
Thursday, June 21, 2012  
6pm-9pm

Stressors of Flight Part 2  
Thursday, July 19, 2012  
6pm-9pm

Healthy Aviators 2012  
Thursday, August 16, 2012  
6pm-9pm

In-Flight Medical Emergencies  
Saturday, November 17, 2012  
7am-5pm

**The Center for Aviation  
Medicine**

*Making Dreams of Flight  
A Reality!*



Join our Facebook Page!

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