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# Endocrinology NOW

*Penn Highlands Healthcare*



**Penn  
Highlands  
Healthcare**

Referrals are required to  
schedule an appointment.

To cancel or reschedule an  
appointment, call 814-375-4089.

## **PENN HIGHLANDS ENDOCRINOLOGY**

Medical Arts Building  
145 Hospital Avenue, Suite 101  
DuBois, PA

Moshannon Valley Community Medical Building  
271 Railroad Street  
Philipsburg, PA

**814-375-4089**

**[www.phhealthcare.org/endonow](http://www.phhealthcare.org/endonow)**



**Penn  
Highlands  
Healthcare**

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# EndocrinologyNOW

At Penn Highlands Healthcare, providing you with exceptional care is our top priority. We strive to offer services and technology that allow all patients to stay close to home.

**Penn Highlands Healthcare is proud to offer telemedicine services for Endocrinology through our new service, EndocrinologyNow.**

Endocrinology is the care of your body's endocrine system, which is made up of a network of glands that produce and release hormones. These hormones control everything from how your body uses energy from food to your immune system to your sexual health. When not functioning properly, they can cause thyroid problems, adrenal disorders, pituitary gland disorders and diabetes.

The staff at Penn Highlands Endocrinology can help patients who are managing an endocrine disorder stay on the right track. Gland- and hormone-related illnesses not only make you feel bad — with symptoms ranging from fatigue and weight loss/gain to weakness and upset stomach — they can cause damage to other organs, such as the heart, eyes and reproductive system.

## WHAT IS TELEMEDICINE?

Telemedicine allows you to see a provider that is located at another facility without requiring you to travel to the provider's location for an appointment. This visit is made possible by a computer and special cameras. During an EndocrinologyNow examination, you and the doctor will see and hear each other, creating an opportunity to discuss health concerns and care plans.

## HOW DOES THE ENDOCRINOLOGYNOW SERVICE WORK?

- Once you are checked in for your appointment you will be taken back to the exam room by office staff.
- A telemedicine presenter will bring the equipment into your room and the video exam will begin.
- The telemedicine presenter will stay with you during the entire exam. He/She will assist the provider with the physical exam by utilizing special cameras to complete the assessment and listen to your heart and lungs.

## ABOUT OUR EXPERT

Using EndocrinologyNow, the patient will be evaluated and treated by a board certified endocrinologist.



**Jessica Lundgren, MD**, is triple-board-certified in Endocrinology, Internal Medicine and Obesity Medicine. She completed her endocrinology training at the University of Virginia, Charlottesville, VA.