Five years ago we made a commitment to become a better hospital for our community. We have made vast investments in technology, physicians, nurses, training and our facilities, for you.

We established a leadership role in healthcare and technology when we introduced MAKOplasty®, the first Orthopedic robotic system in Westchester, followed by the da Vinci robotic system and the first Hernia Center in Westchester. These offerings elevated St. John’s Riverside Hospital by offering the latest advances in surgery.

Our pursuit of excellence includes renovations to several areas of the hospital which cover updated surgical operating rooms, private maternity suites and the on-going upgrade of patient rooms to private rooms.

Since the establishment of The Cochran School of Nursing in 1893, St. John’s Riverside Hospital leaders have understood and respected the value of training the next generation of nursing and medical staff. Over the past few years, Cochran has been restructured to be more competitive and produce nursing students of higher quality for modern clinical practice. Additionally, St. John’s Riverside Hospital has established an educational affiliation with the Lake Erie College of Osteopathic Medicine. We are also expecting to launch our own Internal Medicine Residency program beginning in July, 2016. These are the ways St. John’s Riverside Hospital is working to secure the healthcare of our community for generations to come.

All of these investments, along with our focused medical team have improved quality scores across every area of patient care. When looking at Quality Measures, St. John’s Riverside Hospital is now regularly in the top quartile across the board. Patient satisfaction scores have also been consistently above the national average.

We also continue to be recognized by the most prestigious and respected organizations in healthcare. Over the past five years, our achievements included Commission on Cancer® Outstanding Achievement Award, U.S. News and World Report Best in Orthopedics, Nephrology, and Urology Recognition, Stroke Award and our latest 2015 and 2016 Women’s Choice Award® for America’s Best Breast Center. We are also accredited through the Accreditation Council for Graduate Medical Education which is the nation’s premiere medical education organization.

It is with these world class achievements that we are able to attract leading specialists to join our family. Progress continues and the future is bright with our commitment to the community.

“This collaboration will increase healthcare services for our patients,” said Ronald J. Corti, president and CEO of St. John’s Riverside Hospital. “A collaboration with the Montefiore Health System, which is among the finest medical institutions in our region, enhances our ability to provide the highest quality medical care not readily available in our community.”

Michael Schreiber, MD, Chief of the Medical Staff
ST. JOHN’S RIVERSIDE HOSPITAL IS EXPANDING WITH STATE-OF-THE-ART UPGRADES

St. John’s Riverside Hospital is more accessible, efficient and a more satisfying experience overall.

Over the past five years, St. John’s Riverside Hospital has focused on the upgrading and modernization of the hospital’s facilities. Our mission is to provide accessible, efficient and technologically advanced healthcare services.

The entrances and lobbies have been upgraded to be made more accessible and serene with tropical aquariums and furniture upgrades. The front lobby at St. John’s Riverside Hospital’s, Andrus Pavilion features not only sweeping views of the Hudson, but overlooks the newly installed Green Roofs. These Green Roofs will not only reduce carbon dioxide emissions but they help to add to the serene feeling.

Considerable investments have been made in operating rooms assuring our patients and physicians have access to state-of-the-art technology. With new operating rooms, St. John’s Riverside Hospital’s Dobbs Ferry Pavilion now features a hospital based Orthopedic Center. The center will work in coordination with the emergency room to efficiently handle emergency orthopedic cases.

Lastly, St John’s Riverside Hospital is constructing a new outpatient healthcare services building on the corner of North Broadway and Executive Blvd., at the Boyce Thompson Center development. It will provide outpatient diagnosis and treatments to improve access for the community. We continue to upgrade and expand throughout the community for the benefit of those we serve.

At St. John’s Riverside Hospital, we are Community Strong.

The newly-acquired da Vinci robot, at St. John’s Riverside Hospital, enables our surgeons to offer state-of-the-art minimally invasive options to their patients. This sophisticated robotic platform delivers scarless or nearly scarless surgical results in areas such as colon-rectal, bariatric, gallbladder, gynecological, and general surgeries.

A multi-dimensional system, the da Vinci robot allows surgeons to perform complex surgeries with unprecedented precision and accuracy. St. John’s Riverside Hospital recognizes the benefits of investing in technology allowing for better patient outcomes.

The patient benefits of da Vinci single-incision minimally invasive surgery over traditional “open” surgery are many and include:

- Minimal to zero scarring at the incision site
- Significantly improved “pain threshold”
- Shorter hospital stays
- Improved recovery times
- Decreased risk of infection

St. John’s Riverside Hospital remains true to the tradition of offering patient-centered care. With the da Vinci Single Incision Robot System we are improving patients’ surgical experience and getting them home to their families faster.

These investments make the St. John’s Riverside Community Stronger.
INTRODUCING
THE ST. JOHN’S MEDICAL GROUP

The St. John’s Medical Group consists of Preferred Primary Care Physicians who provide a range of services from adolescent medicine to geriatrics. Our Preferred Primary Care Physicians promote good health through preventative medicine, women’s health screenings, management of chronic conditions and education.

St. John’s Riverside Hospital’s Preferred Physicians are available in the following locations: Tarrytown, Dobbs Ferry, Hastings-on-Hudson and Yonkers. They provide extended hours including, Saturday and evening hours.

With highly skilled Primary Care Physicians (PCP) across the community, St. John’s Riverside Hospital is your partner for staying healthy and offers you the best PCP choice.

AIDA CRUZ-SOTO, MD | FAMILY MEDICINE | 200 S. BROADWAY, TARRYTOWN
Dr. Aida Cruz-Soto takes the time to understand her patients’ concerns and needs while creating a personalized approach to healthcare for each patient. Dr. Cruz-Soto also speaks Spanish.

EVELYN SANTAMARIA, FNP | FAMILY MEDICINE | 200 S. BROADWAY, TARRYTOWN
Family Nurse Practitioner, Evelyn Santamaria is easy to relate to and has a caring approach toward her patients and their families’ needs. Nurse Practitioner Evelyn Santamaria also speaks Spanish.

ROLANDO CHUMACEIRO, MD | FAMILY MEDICINE | 1034 N. BROADWAY, YONKERS
Dr. Rolando Chumaceiro is fluent in Spanish and for many in the Hispanic communities within Yonkers, Hastings-on-Hudson and Ardsley, he is the go-to resource for prevention and health concerns.

ANDREW FADER, MD | GERIATRIC MEDICINE | 128 ASHFORD AVE., DOBBS FERRY
Dr. Andrew Fader’s compassion and medical prowess combined with his pragmatic approach to wellness motivates his elder patients to embrace the Golden Years and maintain the healthiest lifestyle possible. Dr. Fader also speaks Spanish.

ANDRE OUTON, MD | FAMILY MEDICINE | 128 ASHFORD AVE., DOBBS FERRY
Dr. Andre Outon is an inspiring Primary Care Physician with a unique connection within his community. He specializes in chronic issues including pain management, diabetes, cardiology and weight loss. Dr. Outon also speaks Spanish.

DORIAN C. TERGIS, MD | FAMILY MEDICINE | 28 MAIN ST., HASTINGS-ON-HUDSON
Dr. Dorian Tergis has been a PCP in Hastings-on-Hudson for over twenty-eight years. Dr. Tergis encourages compliance of a healthy lifestyle and overall wellness. Dr. Tergis also speaks Greek.

To find more information about a St. John’s Riverside Hospital Physician use our Doctor database at: RiversideHealth.org and go to the Find a Doctor section.

RIVERSIDE HEALTH | WE ARE COMMUNITY STRONG

914.964.4DOC | RiversideHealth.org

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Introducing the New Westchester Orthopedic Center

St. John’s Riverside Hospital’s Top Orthopedic physicians have built a comprehensive Orthopedic Center that will be able to service all patients in the region.

The new orthopedic center offers comprehensive care all in one location. Conveniently located in St. John’s Riverside Hospital’s Dobbs Ferry Pavilion, the Westchester Orthopedic Center features the latest in joint replacement technology along with the area’s best orthopedic surgeons.

St. John’s Riverside Hospital holds firm in the belief that all patients should be free of pain when it comes to every day movement and activity. They also believe that innovative technology and expertise is crucial to effectively address the needs of all patients and to cure the orthopedic and musculoskeletal ailments that often disrupt busy lives. This comprehensive center will provide patients with care unmatched at any other area hospital.

WESTCHESTER ORTHOPEDIC CENTER OF ST. JOHN’S RIVERSIDE HOSPITAL FOUNDING PHYSICIANS:

David Lent, MD
Nicolas Bavaro, MD
Howard Luks, MD
Charles Edelson, MD

Thankfully, Westchester Orthopedic Center of St. John’s Riverside Hospital offers big-city expertise right here in the community by offering leading Robotic Orthopedic Surgery for partial knee replacements.

Two years ago, St. John’s Riverside Hospital was the first and only hospital in Westchester County to introduce a new patient-centered technique called MAKOplasty®. This procedure is an innovative partial knee resurfacing whereby patients can have the damaged area of the knee restored without the need for a complete joint replacement. This procedure results in a faster recovery time and restoration of mobility. You can now have a partial knee replaced earlier and it will last longer with minimal scarring and much less recovery than traditional knee replacements.

As a team we continue to leverage technological advances and a strong legacy in superior orthopedic healthcare and patient success rates. Westchester Orthopedic Center of St. John’s Riverside Hospital remains the leader in restoring and renewing patient’s mobility and orthopedic health.

That approach is how Westchester Orthopedic Center of St. John’s Riverside Hospital is Community Strong.

For more information about the new Westchester Orthopedic Center at St. John’s Riverside Hospital please call 914.559.1084.
On October 18th, the City Of Yonkers, NYCRUNS & St. John’s Riverside Hospital came together as the historic Yonkers Marathon turned 90 and kicked off a brand new era with new courses, an expanded post-race party, and world-class amenities, as the rechristened City Of Yonkers Marathon, Half Marathon and 5K!

The Yonkers Marathon is not only one of the oldest marathons in the world, it’s one of the oldest road races period. The new one loop marathon course took runners all over the city. The revamped half marathon course maximized the downhill and the brand new 5K allowed runners of all ages and abilities to test their fitness. The fun didn’t stop when you crossed the finish line either – the expanded post-race festival centered around Van der Donck Park. Our orthopedic team was on hand to offer support to the runners and promote the benefits of a healthy and active lifestyle.

If you are ready for a challenge, to start training for a Marathon, why not choose the Yonkers Marathon, presented by St. John’s Riverside Hospital? It is the oldest marathon in the US and since Yonkers is known as the city of hills – it is certainly one of the most challenging.

Yonkers has been getting rave reviews on sites like Marathon Guide for years. It’s a one-of-a-kind running event with the very best amenities – if you’re looking for a full, half marathon or 5K in the New York metropolitan area, sign up early next year or just join us for the festivities. Either way you won’t be disappointed.

We look forward to continuing support of this community event in the future.

ST. JOHN’S RIVERSIDE HOSPITAL SPONSORS OLDEST MARATHON IN THE US!

PATIENT STORIES

- Ignacio “George” Febles, patient

PHYSICIAN PERSPECTIVES

Readers of the St. John’s Riverside Newsletter may remember a story about seventy-three year-old retired teacher Ignacio “George” Febles, a track and field coach and avid tennis player. When sudden knee pain became debilitating for this active senior, he consulted with his Orthopedic specialist, Dr. David Lent. “After examination we knew that Mr. Febles was an excellent candidate for MAKOplasty®,” explains Dr. Lent.

“I told him we’ll get him back to doing what he loves.”
- David Lent, MD

George’s surgery was performed in October, 2012 and soon after the procedure, Mr. Febles was back on his game and back on the courts. He has 98% range of motion. He can run, jump and do everything he used to do before the pain began. Three years later George is still going strong. “That was our plan; to restore our patient and get him back to his active life,” said Dr. Lent.
“With 30+ years of experience as a pulmonologist at St. John’s Riverside Hospital, many doctors trust me with the care of their families and themselves. When one of our leading Critical Care physicians, Dr. Rampersaud requested that I see his father Ramnarine because he just didn’t feel right, I gave him a good work-up as I would with any of my patients. Ramnarine was reluctant to do a CAT scan as he felt he had one not long prior but with my insistence he conceded. We were able to identify a 2cm tumor in his chest.

Because St. John’s Riverside Hospital is my hospital, we were able to complete all the required diagnostic testing required for surgery including his blood work-up, stress test, MRI of his brain, pulmonary function test and others within one week. This was critical preparation for a video assisted lobectomy. Typically you would wait three or so weeks to complete that process elsewhere. Ramnarine’s surgery was successful and I am happy to say six years after the fact Ramnarine still remains healthy. That is the ideal outcome we strive for when a patient is diagnosed with lung cancer.

I believe that St. John’s Riverside Hospital is able to provide physicians with the tools we need to solve health problems expeditiously. That is why I am proud to practice here.”

- Robert DeMatteo, MD.

with Ramnarine Rampersand, patient

**OUTSTANDING ACHIEVEMENT AWARD FOR CANCER CARE**

St. John’s Riverside Hospital’s high-quality standard in cancer care sets us apart from the competition. This is another example of how the pursuit of perfection has offered the community outstanding service in oncology.

The American College of Surgeons provides their accreditation only to a select group of cancer programs across the United States. St. John’s Riverside Hospital has received not only its accreditation but the Commission on Cancer’s® Outstanding Achievement Award for the second consecutive term. These are some of the most exclusive national organizations and awards in the medical profession.

Why St. John’s Riverside Hospital? The answer goes back to the basic mission of making the community stronger. We have been acknowledged for achievement on a national level. Comprehensive patient care, exceptional Hematologists, Oncologists, Internists and dedicated nursing teams have set the bar for the highest level of cancer treatment in Westchester County, providing the highest quality care.

“This meaningful award is recognition that a community hospital like St. John’s Riverside Hospital can deliver the highest quality care,” says, Dr. Norman Rosen, M.D. Chief of Hematology/Oncology and Chairman of the Cancer Program Committee at St. John’s Riverside Hospital.

The Commission on Cancer’s® Outstanding Achievement Award is designed to recognize only those cancer programs that strive for excellence in demonstrating compliance with their standards and are committed to ensuring high quality cancer care. Programs must receive commendation ratings for the seven commendation level standards and have no deficiencies for the remaining 27 standards.

For more information about Oncology Physicians, contact 914.964.4DOC or to find out more information about St. John’s Riverside Cancer Services visit RiversideHealth.org.
WESTCHESTER’S LEADING WEIGHT LOSS SURGERY GROUP

If you are looking for the most experienced weight loss surgical group in Westchester look no further.

St. John’s Riverside’s New Image Surgical Weight Loss Center is the leading bariatric surgery center in Westchester, Dutchess, Rockland, and Putnam counties with a proven track record for the most bariatric surgeries for the past 10+ years.

Dr. Dominick Artuso and his team have taken a unique patient-centered approach to weight loss that incorporates state-of-the-art technology and a family of compassionate individuals dedicated to the one thing that matters most: your life. Most of the success is due to the long-term follow-up/maintenance program they advocate with each patient. Many members of the New Image team pride themselves on their commitment to stay with patients every step of the way as they reach their weight-loss goals. Joining the team is general and robotics surgeon, Dr. Jonathan Arad who brings his robotic expertise to bariatric surgery.

The New Image Team of medical professionals continues working with you on lifestyle changes and medical issues long after surgery for lasting success with:

- On-going nutritional counseling
- Peer Support Groups
- Psychological Counseling
- Medical Consultations

Welcome to the beginning of your new life. Are you ready for a New Image?

- Lasting, substantial weight loss
- Reduction or elimination of weight-related health problems
- Improved self-esteem
- Enhanced quality-of-life
- Hands-on approach to patient care

“MY NEW IMAGE IS CONFIDENCE.”
- Kristen P. Lap-Band® patient

Kristen was miserable with her weight and finally had enough. She saw the success her mother had after Lap-Band® surgery with Dr. Artuso (her mother lost 130 lbs) and wanted the same results for herself. With New Image Weight Loss, Kristen is finally comfortable in her own body, loves life, and has been given a new boost of confidence.

In addition, the New Image Weight Loss physicians are a couple of only a handful of surgeons in the US trained to perform the newly approved ORBERA Intragastic Balloon procedure.

The ORBERA balloon is part of the ORBERA Managed Weight Loss System, a two-part program consisting of a non-surgical procedure and dietary counseling, developed for adults with a body mass index of 30 to 40.

The first portion of the program consists of a thin and deflated ORBERA balloon placed into the patient’s stomach endoscopically by a specially-trained surgeon, while the patient is under a mild sedative. The balloon is then filled with saline until it is approximately the size of a grapefruit. In most cases, the procedure takes 20 to 30 minutes and the patient can go home the same day. Six months later, another non-surgical procedure is done to deflate and remove the balloon.

The ORBERA weight loss device has been used in more than 200,000 patients in 80 countries, and received FDA approval for use in the US following clinical trials which showed the average person lost 3.1 times the weight as compared with diet and exercise alone within six months. It was designed as a non-surgical method to help fight obesity and treat patients before their disease progresses and requires more invasive treatments.
St. John’s Riverside Hospital’s Nationally Accredited Ashikari Breast Center in Dobbs Ferry leads the way in pioneering breast cancer treatments. Dr. Ashikari, Dr. Pond Kelemen, Dr. Melita Charles and their team have the honor of receiving the 2015 Women’s Choice Award for America’s Best Breast Center.

Early detection, immediate reconstruction, and advanced technology are imperative and have made the Ashikari Breast Center a national leader in Breast Care. They also lead the field in the most recent advancements such as intraoperative radiation and oncoplastic techniques:

Intraoperative radiation allows Dr. Ashikari and his team to administer radiation treatment during the initial operation. This significantly reduces the amount of required radiation post-surgery and allows patients to begin the healing process sooner. In addition, surgeons are able to find and remove the cancer-effected sentinel nodes and thereby avoid the spread of the cancer and future surgeries.

During a lumpectomy, the Ashikari Breast Center team of expert surgeons use the oncoplastic technique which utilizes plastic surgical principles to reshape the remaining tissue and restore the natural appearance of the breast. This means that within the confines of safely removing the cancer, all surgical decisions are made with the woman’s physical appearance in mind.

Dr. Andrew Ashikari is the leading expert on nipple-sparing, risk-reduction mastectomies with immediate implant reconstruction in the country. He regularly gives lectures on his technique throughout the country and visiting surgeons (even those from big city institutions like Sloan Kettering) often visit The Ashikari Breast Center to observe Dr. Ashikari’s operations and expert technique. Dr. Ashikari’s reputation and his groundbreaking procedures are renowned internationally and have been adopted by the country’s top breast cancer surgeons.

Innovative breast reconstruction using the “one-step” direct to implant technique has been embraced by all of St. John’s Riverside Hospital expert plastic surgeons. This team’s ability to be the early adopters of such a sophisticated procedure has gained worldwide attention. As a result, St. John’s Riverside Hospital’s surgeons have become internationally renowned speakers in the field of plastic surgery and recipients of such prestigious awards including Top Doctors for Women from Coast to Coast and Top Doctors in the New York Metro Area.

However, the best news of all comes from patients themselves. This relentless pursuit from the team at the Ashikari Breast Center has created a new sense of well-being and optimism for patients and their families.

At St. John’s Riverside Hospital, we continue to pursue innovative procedures that keep at the forefront of superior healthcare and help create a new line of defense against the threat of breast cancer. St. John’s Riverside Hospital has the award winning Ashikari Breast Center, high resolution ultrasound, a new state-of-the-art MRI that allows MRI-guided biopsy procedures with a dedicated breast coil providing enhanced imaging, as well as mammography suites for patients’ comfort and privacy. Breast Care is available at the Yonkers and Dobbs Ferry locations.

Get your pink on and SCHEDULE YOUR MAMMOGRAM TODAY 914.964.4329
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Ronald J. Corti
President and CEO

WITH ALL THE CHOICES, OUT THERE WHY WOULD SOMEONE CHOOSE ST. JOHN’S RIVERSIDE HOSPITAL?

ST BREAST CENTER

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A Breast Cancer Survivor’s Journey – Jamie’s Story

Jamie Pleva-Nickerson decided to be proactive about her health and get the genetic testing for BRCA1 Breast Cancer. Her older sister, Tracey had been bravely fighting the disease for years.

Jamie and Tracey both had triple negative breast cancer which tends to be a more aggressive cancer in young women. Sadly, Jamie’s sister, who had been treated elsewhere, succumbed to the disease after a long battle – just three months after Jamie’s diagnosis.

Immediately after her diagnosis, Jamie’s treatment plan was defined and implemented by Dr. Andrew Ashikari. Dr. Ashikari knew the only course of action was a bilateral mastectomy. Dr. Ashikari the leader in prophylactic mastectomies, performed this surgery and directly implanted reconstruction on Jamie.

Today, Jamie is now five years cancer free, is happily married, and the proud mother of one year-old twins. Jamie is actively involved in promoting breast care awareness and continues to help other women in our community remain strong in their fight against cancer.

“My cancer is gone, it’s never coming back. I may not have my sister, but I have a lot to be thankful for and I know she’s going to watch over me. And, I have Dr. Ashikari watching out for me, too. Things are going to be good.”

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WITH ALL THE CHOICES, OUT THERE WHY WOULD SOMEONE CHOOSE ST. JOHN’S RIVERSIDE HOSPITAL?

When I had to choose a hospital for my family, I chose St. John’s Riverside Hospital.

Community hospitals provide the best hands-on care anywhere. However, with the additional investments we have made in the past five years, along with our top tier physician and nursing teams, St. John’s Riverside is the hospital I have built to take care of not only your family but my own. A special congratulations to the many physicians recently recognized in Westchester Magazine for being selected as Top Doctor’s.

Today, I can say without any doubt or reservation that St. John’s Riverside Hospital is the best answer.

When I asked one of our doctor’s, whose father had a serious condition, where he would be treated, without hesitation he said, “here, of course”. Five years ago we set out to build a hospital for the community; we ended up building an award winning hospital for all our families.

Personalized care together with the most advanced healthcare technology is why I have my family cared for here. When it comes to choosing the best hospital for someone you care about, tell them you heard a great patient review from a very satisfied customer. St. John’s Riverside Hospital is Community Strong.

Ronald J. Corti
President and CEO

A Breast Cancer Survivor’s Journey – Jamie’s Story

Jamie Pleva-Nickerson decided to be proactive about her health and get the genetic testing for BRCA1 Breast Cancer. Her older sister, Tracey had been bravely fighting the disease for years.

Jamie and Tracey both had triple negative breast cancer which tends to be a more aggressive cancer in young women. Sadly, Jamie’s sister, who had been treated elsewhere, succumbed to the disease after a long battle – just three months after Jamie’s diagnosis.

Immediately after her diagnosis, Jamie’s treatment plan was defined and implemented by Dr. Andrew Ashikari. Dr. Ashikari knew the only course of action was a bilateral mastectomy. Dr. Ashikari the leader in prophylactic mastectomies, performed this surgery and directly implanted reconstruction on Jamie.

Today, Jamie is now five years cancer free, is happily married, and the proud mother of one year-old twins. Jamie is actively involved in promoting breast care awareness and continues to help other women in our community remain strong in their fight against cancer.

“My cancer is gone, it’s never coming back. I may not have my sister, but I have a lot to be thankful for and I know she’s going to watch over me. And, I have Dr. Ashikari watching out for me, too. Things are going to be good.”

Jamie Pleva-Nickerson, Breast Cancer Survivor

Andrew Ashikari, MD, FACS
Fellowship trained in Cancer Surgery at University of Chicago Hospitals after General Surgery residency at Montefiore Medical Center.

Pond Kelemen, MD, FACS
Fellowship trained in Cancer Surgery at The John Wayne Cancer Center after General Surgery residency at The University of Chicago Hospitals.

Melita Charles, MD, FACS
Fellowship trained in Cancer Surgery at Roswell Park Cancer Institute after General Surgery residency at Long Island Jewish Hospital.
Nine years is a long time to stay consistent and at the top of your game. However, St. John’s Riverside Hospital’s Maternity Department has received a five-star rating in Maternity Services from a leading healthcare company that develops and markets quality and safety ratings of five thousand hospitals across the US for the past nine years.

Our beautifully renovated maternity suites offer patients and their families very comfortable private rooms in a serene, hotel-like setting. This type of environment is crucial for patients who want the comforts of home with best-in-class pre-natal and post-natal care.

This reputation for excellence has long been recognized by the St. John’s Riverside patient community. St. John’s Riverside Hospital has delivered more babies here than any other hospital in Westchester County and is the leading choice for maternity services and pre-natal care.

As of last year, patients admitted to St. John’s Riverside Hospital may have noticed something new. There is a Symphony medical physician at their bedside several times a day that is more involved, following-up on tests and administering treatments quicker than before.

These attentive doctors are called Hospitalists. Hospitalists are specialty trained at caring for patients while they are in the hospital. The hospitalist collaborates seamlessly between the patient and their physicians as well as all of the healthcare personnel at the hospital. “Hospitalists are like the quarterback on the medical team, they coordinate care and streamline communications leading to better care for our patients.” says Dr. Michael Corvini the Director of the Hospitalists group at St. John’s Riverside Hospital.

Hospitalists are dedicated to provide prompt and complete attention to a patient’s needs. They are an extension of your primary care physician with the added benefit of being on-site at all times while you are in the hospital. Best of all, they are available to see you several times a day if needed and they can adjust your treatments throughout the day as necessary.

At St. John’s Riverside Hospital you can rest assured you are getting the personalized medical service you need and the quality-of-care you deserve right here in your own community.

St. John’s Riverside Hospital is Community Strong.
AND SAVING LIVES
ST. JOHN’S RIVERSIDE HOSPITAL

MAKING EVERY MINUTE COUNT

At St. John’s Riverside Hospital, we understand that time is of the essence and we intend to make every minute count. That’s why two years ago St. John’s Riverside Hospital implemented a plan for improving the Emergency Room (ER) experience at both Andrus and Dobbs Ferry. The ER has received tremendous appreciation and recognition from the community for its efforts, and our ER staff continuously strives for excellence. The new ER has been so successful that it has caught the attention of the top physicians and surgeons from well-known teaching hospitals including Columbia Presbyterian, Weill Cornell and Yale to name a few.

The New Emergency Department team of physicians led by Dr. Raffaele Milizia and Dr. Michael Corvini, as well as their experienced team – are now making new changes. These doctors have trained in leading hospitals such as New York Presbyterian Cornell University Medical Center and Yale New Haven Hospital, respectively.

“We respect that your time is valuable and your health is paramount. Re-engineering the hospital ER was critical to us.”

- Michael Corvini, MD

RAPID ASSESSMENT | Upon arrival, patients are quickly assessed by an Emergency Department nurse. They will answer a few simple questions about their symptoms and be transferred to one of three designated areas in the Emergency Department. This allows the physician to get to the patient faster and it ensures better communication among all members of the team.

TEAM ENVIRONMENT | Immediately after assessment, patients are registered and cared for by a designated team which includes a physician, several nurses, one technician, one registrar and a medical concierge. Teams meet regularly to discuss patient care, critical events and additional support that may be needed. The end result is a positive culture that focuses on communication within the Emergency Department.

MEDICAL CONCIERGE | These specialized staff members are trained to be medical documentation assistants for the physicians. The medical concierges accompany physicians to a patient’s bedside and document all notes and information. This allows the physician to spend more time directly with the patient without being constrained by too many steps and no defined roles often found at other hospitals. The medical concierges also provide patients and families with a high degree of personalized attention. This support includes updating patients on the progress of their ER visit, providing blankets and slippers, providing food and beverages when appropriate, and facilitating communication with all members of the ER team. The medical concierges have revolutionized the ER experience and are just one piece of St. John’s Riverside Hospital’s dedication to providing cutting edge emergency department care.

At St. John’s Riverside Hospital, you receive big-city expert care with the attention and compassion you’ve always received from community oriented staff. St. John’s Riverside Hospital’s organizational culture focuses on relationships, teamwork and open communication while attracting the best healthcare staff found in the Northeast.

- Iyad Annabi, MD

PATIENT STORIES

PHYSICIAN PERSPECTIVES

“Weasilos Lyra is a strong 42 year old patient had been seen at my practice for many years along with many members of his family. After he had moved to Long Island, he just felt off and decided rather than find a new doctor he trusted our practice and decided to make the trip back to see me. Vasilios complained of shortness of breath. I found him to be hypertensive and sweaty, and immediately sent him to St. John's Emergency Room. They gave him an Echocardiogram. It showed a large pericardial effusion which meant he was suffering from fluid surrounding the heart, which if untreated quickly, would lead to its collapse.

He required immediate surgery but I am grateful that due to the efficiencies in the Emergency Department we were able to process the required diagnostic prep tests and connect with a top surgeon. Dr. Henry Tannous who practices at St. John’s Riverside Hospital, performed the surgery that evening. He drained the equivalent of two soda cans of fluid from around Vasilios’s heart.

I am grateful to be partnered with a hospital that understands the need for an efficiently run Emergency Department with such a leading and well trained professional team. When families put their trust in me, I have the responsibly to deliver the best care possible.”
Electro Convulsive Therapy – Today’s Treatment for Depression

In the ‘60s and ‘70s if you suffered from depression it was common to be treated with Electro Convulsive Therapy (ECT) as an effective anti-depressive treatment.

Today, advancements in ECT have resulted in an optimized and improved treatment option that can effectively alleviate almost all human error with 70% less electricity passing through the brain. These days ECT uses brief pulses of .3 milliseconds rather than Sinucidal waves which were constant.

ECT is a great alternative for patients who have tried more than two antidepressants with partial or no success, or if a patient has been in and out of the hospital or is old and on other medications. ECT offers the least side-effects of all anti-depression treatments. Typically, anti-depressants will cause weight gain, decrease libido and response rate is usually only 60 – 62%. With ECT, you can be treated as an outpatient at the St. John’s Riverside Hospital at Dobbs Ferry by Venkatesh Sawkar, MD with over 30 years of medical practice in the area of ECT along with a team of other doctors who also practice ECT.

Treatment is typically three times a week for four weeks in the morning. Depending on response rate, the next step is a once a month session of maintenance. With an 80% success rate, ECT is the most effective success rate of all categories of medicine. That certainly is worth considering. This is how St. John’s Riverside Hospital is Community Strong.

If someone you know may be in need of anti-depression treatments, call St. John’s Riverside Hospital at 914 464-4DOC.

INTERVENTIONAL RADIOLOGY
ALTERNATIVE TO HYSTERECTOMY

As a more progressive means of healthcare, St. John’s Riverside Hospital’s Interventional Radiology (IR) Department has expanded in the last three years to supplement traditional procedures with less invasive yet highly effective alternative procedures. IR procedures currently solve many common health issues including uterine fibroids, cardiovascular artery and venous disease, chronic orthopedic back pain, cancer treatments.

NEW ADVANCES IN TREATING FIBROIDS USING INTERVENTIONAL RADIOLOGY | Uterine fibroids are very common non-cancerous growths that develop in the muscular wall of the uterus. They are the most frequent cause for hysterectomies in women. Uterine fibroids have been linked to infertility, pregnancy complications and can hinder a doctor’s ability to diagnose ovarian cancer. Until recently, a hysterectomy was the only option for removing large fibroids. However, new developments in interventional radiology treatments have replaced the need for hysterectomies thereby preserving a woman’s ability to conceive.

UTERINE FIBROID EMBOLIZATION IS “SAFE AND EFFECTIVE” | According to the American College of Obstetricians and Gynecologists. This sentiment is also embraced by our Interventional Radiology team which is led by Dr. Jacob Gebrael. This minimally invasive procedure uses real-time imaging as the physician guides a catheter through the artery and releases tiny particles into the uterine arteries that supply blood to the fibroid tumor. This blocks the blood flow to the fibroid and causes it to shrink and deteriorate. Because this procedure involves less trauma to the body, most patients are able to return home in twenty-four hours and are able to resume normal activities within seven to ten days.

If you are suffering from uterine fibroids, consult with your gynecologist about speaking to an interventional radiologist. If you think Interventional Radiology is right for you, visit RiversideHealth.org or call 914.964.4DOC.

St. John’s Riverside Hospital is Community Strong.
Recently, Kevin Ragan, a 56 year old patient came to me with complications due to diabetes. Unfortunately, due to his lack of regular and proper diabetic treatment we needed to remove a toe on his left foot. Ordinarily the healing process can take many months if left to traditional means. However, because we developed a plan which included both hyperbaric treatment in unison with wound healing, he was completely healed within one month.

Hyperbaric oxygen treatments involve exposing the body to 100 percent oxygen at a pressure that is greater than what you normally experience. Wounds need oxygen to heal properly, and exposing a wound to 100 percent oxygen, in many cases, speeds the healing process.

This past June, Westchester’s first hospital based Vascular & Wound Healing Center was introduced featuring a Hyperbaric chamber. The combination of a seasoned medical team well-versed in wound healing issues and vascular challenges, along with the astute investment in a hyperbaric chamber, proved to be a win-win for St. John’s Riverside Hospital patients.

Many patients with diabetes, smoking related illnesses or other vascular problems suffer with leg pain, while sometimes walking just one block. Very often this pain is due to lack of proper blood flow to their arteries and other vascular blockages. The New Vascular Disease & Wound Healing Center in Westchester helps remedy these and other wound related health issues. The Center is led by Dr. Nirav Patel, Chief of Vascular Surgery and Medical Director of the Vascular Disease & Wound Healing Center at St. John’s Riverside Hospital. His team is trained with an average of 20+ years experience each to take on the toughest vascular and wound healing cases. On a regular basis, Dr. Patel’s team is challenged with complex cases which often require procedures to identify the need for stents or plaque shaving efforts. All these patients are diagnosed utilizing radiology and ultrasound services including CT, MRI and Ultrasound. Dr. Patel’s team helps patients restore their lifestyles. The procedures they can offer, often prevent larger surgeries. They follow patients and keep the success rates up by working as a community within the hospital. The team follows wound care progress and makes sure patients heal. If needed, St. John’s Riverside Hospital’s vascular team is equipped to perform the most complex vascular surgeries.

If you suffer from a wound that will not heal, ask your doctor for more information about New Vascular Disease & Wound Healing Center.

“The therapy benefits we are able to offer patients at our Vascular & Wound Healing Center have a positive impact on their outcomes and significantly decreased recovery times.”

- Nirav Patel, DO
Since its beginning, St. John’s Riverside Hospital has always placed importance on the education of its nurses and having the community take care of their own. For almost two years, St. John’s Riverside Hospital has expanded our teaching role by bringing in medical students from the Lake Erie College of Osteopathic Medicine (LECOM).

Large teaching hospitals have traditionally been the setting for the major portion of educating medical students and resident physicians. In today’s dynamic and outpatient-centered health care system, the best learners are exposed to diverse patient populations and clinical problems in a range of settings.

Today LECOM, one of the nation’s largest medical colleges, sends their 3rd and 4th year medical students for their clinical rotations to St. John’s Riverside Hospital. The process has also begun to bring an internal medicine residency program to St. John’s Riverside Hospital.

St. John’s Riverside Hospital has achieved institutional accreditation from the American College of Graduate Medical Education. This is a major step in launching the goal of building an Internal Medicine Residency Program in July of 2016.

“St. John’s Riverside Hospital serves a diverse patient community across a wide offering of specialties. We know our students will benefit from the experiences they will have with the great number of Board Certified specialists and departments.”

Regan Shabloski, DO, Dean of Clinical Education, LECOM

“With medical students circulating throughout the corridors of St. John’s Riverside Hospital, our patients, physicians and staff benefit from more attentive and involved care.”

Michael DiGiorno, DO, FASN
Director of Medical Education

“The work of an institution in which there is no teaching is rarely first class. It is, I think, safe to say that in a hospital with students in the wards, the patients are more carefully looked after, their diseases are more fully studied and fewer mistakes are made.”

William Osler 1903, pioneer in medical education

The founders of St. John’s Riverside Hospital knew that the investment in teaching health care providers would be an invaluable asset when they established the Cochran School of Nursing. Today, we at St. John’s Riverside Hospital continue to carry that investment to new levels.

“Words cannot describe how grateful I am for the affiliation between St. John’s Riverside Hospital and LECOM. It has given me the opportunity to return home to serve my community and to learn from an exemplary group of physicians and nurses who strive to teach students what it means to be knowledgeable, thorough, and empathetic. St. John’s Riverside Hospital is home.”

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St. John’s Riverside Hospital is the home of The Cochran School of Nursing and is accredited by the Accreditation Commission for Education in Nursing. It is the only school in Westchester that combines use of a Human Patient Simulator in a classroom setting along with valuable clinical training at the bedside.

The Cochran School of Nursing has been a visible presence for well over 123 years and continues their legacy in the community. Cochran joins top schools across the country educating nurses in their pursuit of their nursing careers right here at home.

This year the school graduated 31 students and 8 were hired at St. John’s Riverside Hospital, providing even more exceptionally educated nurses at the bedside. Cochran continues to elevate the quality of the nursing program and now enjoys a stellar 92% pass rate for the Registered Nurse licensing exam!

“We don’t just provide exceptional and compassionate nursing care, we teach it”

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“A new hypertensive and diabetic patient, Robert Plank, came to me a year ago. In the previous two years he suffered from weakness and pain in his thighs, arms and hands and the other primary care doctors could not determine its cause. They just attributed it to his diabetic state. When I see a patient that has been unable to find a solution to health issues, I feel challenged to find a solution where others can’t.

Our office is set up to be able to do a wide range of diagnostic testing in a comfortable setting. The benefit to Robert is that we were able to test immediately and found that his pain and weakness came from having elevated muscle enzymes (polymyositis). I was able to turn his test results around within days and could direct him to a St. John’s Riverside Hospital surgeon for a muscle biopsy and follow-up.

As a physician, you often need to come up with solutions outside of the box and are forced to assess a challenging case from atypical angles. I call it “finding the zebras” and it certainly is rewarding when you solve it.”
St. John’s Riverside Hospital’s story continues to be one of achievement, longevity and evolution. The rich history of St. John’s Riverside Hospital has made it a trusted medical facility right in the heart of the community.

With the challenging healthcare landscape, it has been the unwavering support of so many that has enabled us to thrive. We need your help in keeping St. John’s Riverside Hospital strong.

The committed support of our donors enables the hospital to extend its services to reach those who need us most and enhance the quality of programs offered. With your help St. John’s Riverside Hospital can build the hospital for the future, today. You can join in continuing the tradition of caring for the healthcare needs of the community by supporting the mission of St. John’s Riverside Hospital with a tax deductible charitable donation.

SHOW YOUR SUPPORT
DONATE TO ST. JOHN’S RIVERSIDE HOSPITAL TODAY!

DONATE BY MAIL TO: ST. JOHN’S RIVERSIDE HOSPITAL DEVELOPMENT OFFICE
967 NORTH BROADWAY, YONKERS, NY 10701

OR DONATE ONLINE AT:
RiversideHealth.org/Home/SupportStJohns.aspx

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