2017 has been a busy year for St. John’s Riverside Hospital. We have expanded to a new building, invested in advanced technology and added new specialty services across our organization.

The beautiful, new Boyce Thompson Pavilion adds two floors of modern medical offices, expanding our outpatient services. Outpatient care is the fastest growing segment of healthcare due to advances in medical technology. St. John’s Riverside Hospital is committed to meeting the needs of our growing community.

In addition, we have been awarded a Five-Star Award in our Maternity Department for the tenth year in a row. This national recognition for quality and value confirms our excellent maternity services. At St. John’s Riverside Hospital, new moms find it comforting to know they made the best choice for their baby.

Both our Hyperbaric Oxygen and Sleep Service units have expanded as well. We now have four state-of-the-art hyperbaric oxygen chambers and sleep studies are available at both Dobbs Ferry and Andrus locations.

Expanding is another way St. John’s Riverside Hospital is Community Strong.
St. John’s Riverside Hospital recognized the need to offer more outpatient services to meet the demands of the community. Outpatient care is an important trend as it provides vital health care services to community residents without the need to stay in the hospital. Many tests and procedures can be done in just a few hours in these new, comfortable, private offices.

The new St. John’s Riverside Health Boyce Thompson Pavilion is located in the beautiful, new Boyce Thompson development site at the corner of Executive Boulevard and North Broadway. The Boyce Thompson Pavilion is the perfect location away from a busy hospital setting and close enough that patients can access the hospital for services if needed. There is also free parking available at the new pavilion.

The Boyce Thompson Pavilion includes several multidisciplinary specialty providers offering a broad range of outpatient services as well as the St. John’s Medical Group of Primary Care Physicians in Yonkers.

The new Joshi Center for Comprehensive Renal Care is also located at the Boyce Thompson Pavilion and is leading the way with a coordinated approach to kidney (renal) care. The Joshi Center includes Nephrologists, Urologists, Hypertension Specialists and Transplant Physicians. This team approach provides the best possible care to those suffering from kidney diseases and disorders.

Dr. Anil Joshi has been providing renal care for over forty years in our community. St. John’s Riverside Hospital is proud to partner with Dr. Anil Joshi as we move into the future. Michael DiGiorno, DO, FASN, Chief of Nephrology at St. John’s Riverside Hospital is the Director of the new center.

“We offer the most advanced procedures and are committed to providing the best course of treatment for each patient.”
- Michael DiGiorno, DO, Nephrologist, Director of the Joshi Center for Comprehensive Renal Care

The Boyce Thompson Pavilion also provides access to cardiologists and other specialists as there is often a link to heart and several other conditions when patients experience kidney disorders. This multidisciplinary approach provides patients the very best renal care available.

In addition, Maria Lufrano, DO, Gastroenterologist, also has offices at the new pavilion. Dr. Lufrano, DO provides comprehensive gastroenterology (GI) services including colonoscopy and endoscopy diagnostic procedures. “Great progress continues to be made in the detection of colon cancer and other GI issues due to early screenings” says, Dr. Lufrano.

“At our practice, patients are treated with compassion and understanding as if they were part of our family.”
- Maria Lufrano, DO

The new pavilion includes several other specialties including; outpatient physical therapy, Hudson Neurosurgery for brain and spine surgical care and a general surgeon all conveniently located near the hospital. It is also the home of an Internal Medicine Practice which has partnered with Lake Erie College of Osteopathic Medicine (LECOM) to improve community health and ensure quality healthcare for generations to come.
Westchester’s First Robotic Total Knee Replacement

“MAKOplasty® uses GPS technology that provides the most accurate placement of the implant.”
- David Lent, MD

KEEPING OUR COMMUNITY ACTIVE

The Westchester Orthopedic Center at St. John’s Riverside Hospital is the first and only hospital in Westchester to offer the full range of MAKOplasty® Robotics for partial knee, total hip, and NOW total knee replacements.

MAKOplasty uses a computerized navigation system that assists the surgeon in precisely aligning the new orthopedic implants utilizing GPS technology. The surgeon creates a personalized plan for each patient utilizing a three-dimensional image that allows them to determine the exact implant size, position and alignment. The robotic arm technology also assures that surgeons remove only the damaged part of bone during surgery. Most patients recover faster and require shorter hospital stays.

61 year old, Peter Grimaldi, a former triathlete and weekend warrior had hip pain that was restricting his ability to live the lifestyle he loved. When he would hike, cycle or walk, he would feel pain at night. Peter wanted a solution that would allow him to gain his lifestyle back as the pain left him feeling just plain “old”.

Dr. David Lent from St. John’s Riverside Hospital’s Westchester Orthopedic Center recommended MAKOplasty Hip Replacement. After Peter researched the available options, it was clear that this advanced robotic technology for hip replacements was his best choice. He was most impressed by the ability to precisely place the hip for a perfect fit with a GPS locator and that he would be walking pain free in just a few days.

He had a private suite after surgery and the St. John’s Riverside Hospital staff was “incredible”. Peter attended classes before his surgery so he knew what to expect and how best to prepare. Immediately after recovering from surgery, he was walking down the hall. “It is amazing to see patients walking and preparing to go home the next day,” said Kevin Smith, RN who provides patient navigator services from pre-surgery patient education until discharge. “I even call them at home to see how they are doing,” continued Kevin.

A recent survey found that ninety-nine percent of patients would recommend the Westchester Orthopedic Center.

Are you ready to live pain free again?
For more information call: 866.732.9650.

HYPERBARIC OXYGEN HEALING IS AMAZING

Hyperbaric Oxygen Therapy is a treatment in which a patient breathes 100 percent oxygen at above-normal atmospheric pressure. The process increases the delivery of oxygen to the body, enhancing the body’s natural healing process. Oxygen is a powerful treatment when used for wound healing. Wounds need oxygen to heal properly, and exposing a wound to 100% oxygen has been shown to speed up the healing process.

St. John’s Riverside Hospital’s Hyperbaric Oxygen Therapy unit has recently expanded to now include four state-of-the-art hyperbaric chambers. The chambers are private and patients are able to watch TV, sleep or chat with the hyperbaric technologist who sits outside during the treatment.

“We can usually help patients who come to us with a wound that hasn’t healed. Our satisfaction rates are extremely high.”
- Paul Antonecchia, Chief Medical Officer
Director of Hyperbaric Oxygen Therapy

Hyperbaric Oxygen Therapy can be life-changing for diabetics and patients with circulatory issues. The increased oxygen allows more oxygen-rich blood to flow throughout your body. This oxygen-rich blood stimulates the white blood cells allowing them to work where they’re needed. It also stimulates new blood vessel growth and new tissue growth which helps wounds heal faster and more effectively.

Hyperbaric Oxygen is a powerful treatment for acute and chronic wounds, and the results are amazing.

For more information visit RiversideHealth.org or call 914.798.8981.
ST. JOHN’S RIVERSIDE 5-STAR MATERNITY | For the tenth year in a row, St. John’s Riverside Hospital’s Maternity Center has received a 5-Star rating and national recognition for quality and value that confirms our services surpass many maternity centers nationwide.

So what does a Five-Star Maternity Center offer a new parent? COMFORT.

COMFORT is being cared for by an outstanding, award-winning team of caring physicians and nurses who offer obstetrical care through every stage of a woman’s pregnancy. It is a team of doctors who take the time to get to know you and your family and ask questions to understand what is important to you. COMFORT is resting with your baby in your own state-of-the-art luxury suite with majestic views of the Hudson River. Suites have private baths and sleeper chairs to comfortably accommodate partners. During your stay our chefs will provide a gourmet celebration dinner for the new parents. And, every day you can enjoy delicious homemade baked goods and fresh fruit from our afternoon tea cart.

COMFORT is about a staff committed to making your childbirth experience a memorable and personal event. Our board certified physicians and specially trained nurses provide you with the best medical care and support that a new family deserves. From the start, the team is available for private tours of the center before your stay. During your stay, you will receive individual attention as part of our comprehensive education program including lactation consultants that are available to provide instruction and support during your stay.

COMFORT is having a team that works with you throughout your pregnancy and delivery.
COMFORT is the knowledge that our recently expanded Neonatology Program will give you peace of mind. Our Neonatal Intensive Care Unit and specially trained neonatal staff are available if your baby is born prematurely or has other special needs. Comfort is knowing your baby is safe.

COMFORT is a maternity unit that keeps a patient and newborn’s protection top priority. St. John’s Riverside Hospital’s award winning safety program includes security protocols followed by maternity centers nationwide which include electronic tagging for infants. In addition, parents can take advantage of “rooming in” where newborns remain in the same room as their mothers for most of their stay.

COMFORT is the knowledge that as a parent, you have made the first and very best decision for your child; you’ve chosen a hospital that has housed this top-ranking, leading maternity center for over one hundred years.

- Large Private Riverview Rooms
- Award Winning Obstetrical Care
- Nationally Recognized Safety Program
- Neonatal Intensive Care Nursery
- Peaceful Post-Partum Recovery

“With my previous 3 births everyone made me feel like I was their #1 patient. It’s a memory my family and I will never forget.”

- Shahram Razman, MD and Mary Rabadi, soon-to-be-mom

Visit our Maternity Virtual Tour at RiversideHealth.org
Call our Physician Referral Service 914.964.4DOC (4362)
St. John’s Riverside Hospital’s Emergency Department treats almost 50,000 patients each year. That means on any given day a few hundred patients come in for emergency medical services. In order to meet the needs of our expanding community St. John’s Riverside Hospital is planning for the expansion of the Emergency Department.

EMERGENCY MEDICINE RESIDENCY PROGRAM

As part of St. John’s Riverside Hospital’s commitment to the community and the Emergency Department Expansion plans, the hospital has received accreditation from the American College of Graduate Medical Education for our new Emergency Medicine Residency Program. The Emergency Medicine Residency Program is a three-year program that will accommodate ten residents per year. It is yet another historical first in Medical Education for St. John’s Riverside Hospital as well as the City of Yonkers.

Residents will spend time in the classroom, simulation labs, and at bedside in the Emergency Department. Patients will also notice a higher-caliber physician faculty at St. John’s Riverside Hospital. The curriculum includes state-of-the-art technology and new procedures from leaders in the field of emergency medicine. Residents will be at both Dobbs Ferry and Andrus Emergency Department locations.

The program is managed under the direction of Mark Silberman, MD, Chief of Emergency Medicine at St. John’s Riverside Hospital.

Dr. Silberman’s extensive experience provides interns with an outstanding environment for advanced training. Dr. Silberman completed his residency at Columbia University Medical Center and is uniquely qualified with quadruple Board Certifications including; Pulmonary Disease Medicine, Internal Medicine, Emergency Medicine and Critical Care Medicine.

“Patients will immediately notice more doctors in the Emergency Department and have the benefit of additional care at their bedside.”

- Mark Silberman, MD

St. John’s Riverside Hospital continues to expand and create programs that improve the overall Emergency Department experience and increase patient satisfaction. The Emergency Medicine Residency Program is another way that effectively delivers high-quality emergency care while also helping to reduce patient wait times.

St. John’s Riverside Hospital takes their place among leading teaching hospitals to train and guide future physicians who will soon shape and create a lasting foundation of expert healthcare in our community.
OUTPATIENT SPINE SURGERY

Now at St. John’s Riverside Hospital, patients can have Minimally Invasive Microscopic Spine Surgery. Minimally Invasive surgery has been on the forefront of the hospital’s focus in the past few years and this offering is revolutionary.

In just a few hours after spine surgery, Alok Sharan, MD, a pioneer of Awake Spinal Fusion (ASF) has patients walking and on their way home. ASF is conducted under conscious sedation so patients are awake during the procedure.

Since this method requires no general anesthesia or intubation, post-surgical patients show excellent improvement in their pain perception.”

ASF is an innovative, microscopic approach to lumbar fusion spinal surgery performed through a single small incision with local anesthesia. Studies show this to be an alternative to traditional lumbar spine fusion.

In addition to the inherent, minimally invasive benefits such as faster recovery, smaller incisions, less soft tissue injury and reduced blood loss, we can treat pain differently using a non-narcotic approach which improves recovery and diminishes the potential for long-term opioid addiction.

ARE YOU HAVING TROUBLE SLEEPING?

If the answer is yes, you are not alone. The reported cases of sleep deprivation or insomnia, are growing to epic proportions nationwide. More than 60 million Americans suffer from poor sleep quality, and more than 40 million meet the diagnostic criteria for sleep disorders. Americans are sleeping less and consequently are putting their health at risk.

Patients who toss and turn all night will initially complain of lack of energy, irritability, and loss of appetite. Left untreated, inadequate sleep carries with it both short- and long-term consequences including obesity, diabetes, anxiety, stroke or cardiac arrest.

Why are we losing so much sleep? Insomnia could be caused by a medical problem, a side-effect of medicine, psychiatric illness, or lifestyle. Everything from what we eat, what we drink, how often we are on “screen time” to our hectic work schedules can contribute to how well or how poorly we sleep.

If you believe you are suffering from a sleep disorder, insomnia, sleep apnea, or restless leg syndrome, there are things you can do about it.

To meet the growing incidence of sleep apnea and other sleep disorders, St. John’s Riverside Hospital now has Sleep Diagnostic Centers available at both Dobbs Ferry and Andrus Pavilions. Both locations offer a convenient, quiet setting that was created to help restore the connection between a well-rested body and a healthy body.

Having sleep centers in both our pavilions is another way we strive to help patients in their hometowns. St. John’s Riverside Hospital is helping people sleep better and feel better, one wink at a time.

“We now have comprehensive Sleep Centers in both Andrus and Dobbs Ferry.”

- Rajendra Rampersaud, MD, Pulmonologist

For more information or to schedule a consultation with a sleep physician call (914) 964-4337. To schedule a sleep study at the Sleep Diagnostic Center call (914) 559-1010.
WITH YOUR HELP WE CAN CONTINUE TO KEEP PROVIDING THE MOST ADVANCED HEALTHCARE WITH THE PERSONAL CARE YOU EXPECT FROM A COMMUNITY HOSPITAL CLOSE TO HOME.

MAKE A DONATION TODAY!

NAME: ________________________________

AMOUNT: $ __________________________

RETURN THIS COUPON WITH YOUR DONATION OR GO TO RIVERSIDEHEALTH.ORG/SUPPORTSJRH TO MAKE A CREDIT CARD DONATION.

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