SPRING INTO A NEW YOU!

At St. John’s Riverside Hospital we embrace the renewed spirit that springtime brings. We are thriving by investing in advanced technology, leading doctors and the best nurses. All of our efforts come together to help you live healthy and pain-free while enabling you to enjoy an active lifestyle.

Today medicine, surgery, and new procedures are being developed to enhance your lifestyle. People are now able to stay active longer. Open surgeries are being replaced with less invasive out-patient procedures that allow for faster healing and less risk of infection. Medicine enables patients to renew what they loved about life. Live pain-free and stay healthy— that is our goal.

Springtime is coming soon. Now is the time to renew your body and soul. Enjoy all that life has to offer.

Inside this issue is a collection of patient stories from people in our community that have overcome and are managing their lives better with the help of St. John’s Riverside Hospital. The results are people walking in the park pain-free, returning to the tennis courts later in life and returning to their everyday lifestyle, healthier and with a renewed spirit.

Read about how Life is Getting Better with the help of St. John’s Riverside Hospital.
St. John’s Riverside Hospital’s own Lisa McGrath has been an Oncology Nurse for the past nineteen years. When asked if she incorporates the power of the human touch in her day-to-day responsibilities, her answer was an emphatic “yes!” Lisa knows the importance of establishing a sense of trust immediately to touch the soul and help healing both physically and emotionally. Lisa’s own words on the power of the human touch were so thoughtful and heartfelt, we decided to share them:

“When we are born, physical comforting is the foundation in our lives to create and understand a bond. Throughout our lives, touch is a manifestation of something you can’t see, our emotions. The importance of a healing touch is that it is a shorthand version of communication. A touch could mean many things, but most of all it says I am invested in you. In a culture of differences, a caring touch is the common denominator between the patient and the caregiver. In a medical issue with many angles, a healing touch is the key to peace. Touch establishes trust and commitment and confirms a personal responsibility to advocate for our patients in their time of need.”

- Lisa McGrath, RN, BSN, OCN

Demonstrating a commitment to the power of the human touch—that is the St. John’s Riverside Hospital difference.

At St. John’s Riverside Hospital, we hold firm in the belief that all of our patients should be free of pain when it comes to every day movement and activity.

For example, patients who experience a weakening of the spine, or a collapse of a vertebra, now have a new option to consider. There is a relatively new technique that enables the surgeon to insert a cement-like substance into deteriorated areas of the spine to reinforce the bone.

Dr. Chong Oh is also on the forefront with his approach to spinal fusion. A spinal fusion is needed when patients require an implant to help support the spine. Dr. Oh does this procedure by entering from the patient’s side. “With new smaller technology, we can spread muscles to gain access to the spine from the side; the traditional way is to cut the muscles from the back, less cutting means less pain and a faster recovery.”

St. John’s Riverside Hospital’s Orthopedic Specialists use the latest in innovative technology combined with minimally invasive techniques to focus on our patients’ wellness, mobility, and recovery. “There are many procedures that are available now that enable the patient to be free-of-pain. Most are done with minimally invasive techniques so there is less scarring and a much shorter recovery time required,” says Dr. Doron Ilan.

Dr. Ilan is a hand specialist at POWR and is leading the way in minimally invasive endoscopic hand surgeries for carpal tunnel. “The hand is so crucial for the patient, we needed to adapt our surgery techniques so a patient could return to normal function as soon as possible,” Dr. Ilan said.

“The orthopedic care here at St. John’s Riverside Hospital is second to none. Orthopedic care is rapidly evolving and we continue to pursue the latest technology available,” says Dr. Nick Bavaro of POWR.

FOR AN ORTHOPEDIC SURGEON CALL
914.964.4DOC (4362)
YOU’RE GOING TO FEEL THE DIFFERENCE

Dr. Chong Oh | Orthopedic Spine Specialist | POWR Orthopaedics | Dobbs Ferry
With juice bars springing up in cities throughout North America, it might be tempting to think that juicing is a new trend. But it is really just the latest manifestation of a centuries-old health practice. In this new age of genetically modified and over-processed food, this “rediscovery” of juicing has never been more appropriate.

Research consistently shows that people who eat the greatest quantity of fruits and vegetables are about half as likely to develop cancer than those who eat little or no fresh fruits and vegetables. So it is not surprising that the United States Cancer Institute recommends eating 5 servings of fresh vegetables and 3 servings of fresh fruit each day. In fact, the phytochemicals in fruit and vegetables hold the keys to preventing many other modern diseases, such as heart disease, as well as debilitating conditions such as asthma, arthritis and allergies.

FRESH SPRING OUTBREAK

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SPRING ENERGIZER TEA

BREAK FREE FROM THE LAST REMNANTS OF WINTER

1. Crush a small amount of blend to a fine powder and measure 1 tsp per 1 cup water
2. Place in a warmed teapot, add 1 tsp “for the pot” and pour boiling water over herbs
3. Cover the pot and put a cork in the spout
4. Steep for about 15 minutes and strain into cups
5. Save remaining ingredients in an airtight tin or a dark colored jar

[Courtesy: The Juicing Bible, Second Edition by Pat Crooker]
LEADING THE WAY FOR TODAY’S ONCOLOGY PATIENT

After having breast cancer over eight years ago, Ida DeLeo took it upon herself to schedule a CAT scan to make sure she was in good health. The results of that test prompted Dr. Rosen to schedule a PET scan, which showed Ida had early stage lymphoma. Under Dr. Rosen’s care, she began treatment for the lymphoma with chemotherapy. It was then that Ida first met Oncology RN Marilyn Whitley.

Marilyn immediately became a source of support for Ida. “She explained everything to me; how the chemo would work and what kind of medicine I would be taking. After I had a bad reaction to my first treatment, Marilyn stayed with me and she was very supportive.”

Ida’s experience with the other Oncology nurses was similar to her relationship with Marilyn. “They would ask me how I was doing. They were constantly supervising me.” Even with the physical challenges that came with her initial chemo treatment, Ida was able to attend her granddaughter’s wedding one day after being released from the hospital. “They took excellent care of me after that first round of chemo so I was able to go to her wedding.”

After a year of chemotherapy, Ida is now in remission and still remembers her positive experience with the Oncology staff. “I go and visit Marilyn and the nurses on the 7th floor whenever I get a chance, especially during the holidays. I keep in touch. The nurses are just great. They are wonderful.”

GAME ON - THANKS TO MAKOplasty

Seventy-three year-old retired teacher Ignacio “George” Febles is a track and field coach and avid tennis player. When sudden knee pain began to set him “off-track,” he found himself taking daily doses of Ibuprofen to maintain his lifestyle. As the effectiveness of the Ibuprofen declined, George made a life-changing decision to go to his trusted Orthopedic Specialist, Dr. David Lent.

Dr. Lent recommended that George consider a more effective long-term solution for the pain and to regain his quality-of-life. He felt George would be an excellent candidate for a partial knee resurfacing called MAKOplasty. This minimally invasive procedure is powered by a highly advanced robotic arm technology that saves as much of the patient’s original knee as possible while delivering a more natural feeling and rapid recovery.

George’s surgery was performed on October 23, 2012 and already it’s “game-on” for this active senior. This innovative procedure returned George to an even better version of his former self. He’s playing double sessions on the court and no longer needs Ibuprofen. George continues his physical therapy and is back to 98% range of motion. “I can now run, jump, and do everything I did before any of this pain started.”
WEIGHT LOSS SUCCESS WITH LAP BAND SURGERY

Tami Urban was 223 lbs. when she first met Dr. Artuso. Her weight caused her health to decline. She was dependent on pain medication for her acute asthma, suffered from Restless Leg Syndrome and was undergoing spine injections for back relief. After trying unsuccessfully to lose weight thru Weight Watchers, Jenny Craig, Atkins, The Grapefruit Diet, South Beach Diet, as well as working out at a gym every day, Tami got to the point where her “skin hurt.” It was then she researched online about the benefits of Lap Band surgery and attended an informational seminar hosted by Dr. Artuso.

After surgery in May 2009, Tami found the post-op program easy to follow and the weight just seemed to fall off. She received great support at home from her family and through Dr. Artuso’s friendly office staff. Tami returns to Dr. Artuso for adjustments in her program to help her maintain her weight and is thrilled to have her life back. She is no longer dependent on pain medication and works currently as a Kindergarten teacher’s assistant. At a healthy weight between 140 and 150 lbs., Tami is happier than ever. “There is no way I could have done this job if not for my weight loss. Lap Band was the tool that made me successful.”

WOUND HEALERS

Mary O’Sullivan was in a wheelchair as a child after suffering from a unique strain of Polio. However her time of immobility did not last long and she was back on her feet sooner than expected. Her sister Anna explains: “We Irish are stubborn, and as fate would have it that stubbornness would not keep Mary from walking.”

Mary continued to walk freely until later in life when a tumor on her spine left her partially paralyzed. As a side effect of the spine surgery, her right leg was permanently straightened to help support her weight. This unfortunately led to poor circulation in both legs. Over the years that poor circulation resulted in sores and ulcers that defied healing.

Mary’s primary care doctor sent her to Dr. Tannenbaum at the St. John’s Riverside Hospital Wound Healing Center. Anna, who has been at Mary’s side throughout her treatments, will smile when she talks about the “care and affection” they received during their visits at the Wound Healing Center. “My sister and I love those girls” as she affectionately refers to the Wound Healing Team. “Pat, Tara, Corrine, Marijka are second to none. We love it every time we are there,” she said.

Mary has needed the ER a few times recently for other medical needs; and every time Dr. Tannenbaum is there by Mary’s side. “Dr. Tannenbaum says Mary’s legs are important to him and he needs to keep them safe,” explains Anna. “There are no words to describe the Wound Healing Team. Today Mary’s legs are 100% healed from wounds because of him,” she adds with a smile.

PROUD MOM FROM WESTCHESTER’S WOMAN’S CARE

“We have a healthy five year-old but we were unsuccessful in trying to get pregnant a second time. I suffered with this problem and had been going for IVF treatments for three years. After being evaluated and examined by many New Jersey doctors in the process, there was still no explanation for why I could not get pregnant.

I came to Westchester Woman’s Care LLP last year after a recommendation from a friend of mine. Under Drs. Bhattacharya & Cocucci’s care they immediately identified, through the use of ultrasound that my fibroids were in the way and needed to be removed. I had them surgically removed last November and I am happy to report that I got pregnant in January with our second child. We admire both Drs. Bhattacharya & Cocucci for their expertise and professionalism. They were very methodical in their approach. As a result we are very relieved and thrilled to expand our family!”

Ronald J. Corti
President and CEO
ST. JOHN’S RIVERSIDE HOSPITAL
KIDNEY HEALTH FOR BETTER HEALTH
THE IMPORTANCE OF EARLY DETECTION

St. John’s Riverside Hospital is recognized as one of the Top Hospitals in the country for Nephrology by US News & World Report.

When we asked Dr. Jolly Mathew why that was, he confidently replied, “because we are focused on prevention.” The goal at St. John’s Riverside Hospital is to increase awareness of Kidney Health. Early detection will enable a doctor like Nephrologist, Jolly Mathew to potentially remedy the problem with diet and lifestyle changes.

There is a direct connection between Hypertension (High Blood Pressure) and Diabetes as they are both major causes for kidney disease. In fact, it is the kidneys, not the heart that controls your blood pressure. The Nephrologist focuses on what is causing your high blood pressure before just treating the symptoms. Their approach is on a more comprehensive level rather than at a single problem approach. So prevention is a major factor.

That was the case of an 18 year old patient who had abnormally high blood pressure at a very young age. “I was determined to find out what was causing this high blood pressure,” Dr. Mathew said. He ordered a Renal MRI and found out the teen had a blocked artery in her kidney. It was that restricted blood flow that was causing the high blood pressure. He arranged for a Renal Angioplasty procedure to unblock the artery and the pressure dropped back to normal immediately. The patient was taken off her previous medication and returned to her normal life. “In addition, we were able to prevent a potentially serious kidney problem in her future,” said Dr. Mathew.

High blood pressure, microscopic blood in the urine, and protein in the urine are all possible signs of significant kidney problems. “It is important that you discuss any of these potential issues with your primary care physicians, since kidney failure may not cause any major symptoms until the percentage of kidney function is well below 15%,” advises Dr. Mathew. He wants patients to know that even many of the kidney stones issues are preventable.

If you are diabetic, obese, or have any of these symptoms, ask your doctor if a urine protein test is right for you.

The Nephrology and Hypertension Specialists of Westchester is celebrating its 40th year. Their medical team consists of Jolly Mathew MD, Michael Digiorino DO, Anil Joshi MD, Jennifer Scherer MD, Bindi Patel MD, and Jophy Palappillil, PA.

To contact a Nephrologist call (914) 964-4DOC (4362) or for more information visit RiversideHealth.org | You’re going to feel the difference.
Linda Stahl arrived in an ambulance at St. John’s Riverside Hospital Emergency Room. Her bronchitis was developing into pneumonia and her lungs were quickly filling up with fluid. “The ER doctors were by her side the minute we came in. They were great; they told me everything they were doing for her. They kept me informed every step of the way.” Harry, her husband solemnly recalled.

Linda was moved to the ICU and lay in a coma for over a week. Harry, feeling at a loss asked the doctors what he could do to help. To his surprise they said “sing to her, sing her favorite song.” After 47 years of marriage, Harry knew exactly what song she would want to hear. I sang, “I am women hear me roar, then I added a part about ‘how she was going to stand up and walk right out of here’,” Harry said with a smile.

Harry came to the hospital every morning and every person he passed from the front door up to Linda’s room asked him how she was doing. “People here care, I have been to other hospitals in the area and we would have to wait for a wheelchair for an hour, or no one would know your name. It’s not like that here at St. John’s. Chris and Joe in Security became my friends. I would buy Chris a cup of tea and then my other friend Angel from the coffee shop would have me sit and relax while he would walk Chris over the tea. Friends do that,” Harry said.

Harry told Joe he wanted to tell someone how good he was being treated by all of his new friends during his time at the hospital. So Joe from Security had Janet from the Executive Team come see him. Then Tara from Patient Relations came to see him. Then Ron Corti, the President talked to him. “Everyone from the front door at the ER, to the top came to see me. They were all so nice. They all were concerned for Linda. I said thank you over and over.” Harry said with a sense of pride. “You need to tell them all at the top when people are doing good things; they need to know.”

After 10 days of treatment and good singing, Linda woke up and did walk right out of St. John’s Riverside Hospital. Harry then took the time to make sure he said goodbye to a long list of new friends on his way out.

At any location of St. John’s Riverside Hospital you should expect doctors with multiple board certifications in our ERs and the best medical staff available at your bedside. What you will also find comforting is that you will also be surrounded by people who really care.
Save the Date!

THE MARTY & IRIS WALSHIN MEMORIAL GOLF OUTING
Monday, June 10, 2013

DOBBS FERRY PAVILION GOLF OUTING
Tuesday, September 10, 2013

31ST RIVERSIDE GALA
Friday, October 25, 2013

BE SURE TO SIGN UP FOR THE RIVERSIDE EMAIL AT RIVERSIDEHEALTH.ORG TO KEEP UP TO DATE ON THE LATEST INFORMATION

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