

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME NINE • SPRING 2013



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.

When we talk about the newest technology or innovative procedures, we are really talking about enhancing your quality-of-life. Medicine enables people to benefit from these advancements and live more mobile, more independent, and active lives. Inside, you will meet patients who have minimized their need of medicine because of these advancements. You'll read about actual patients who were once restricted by physical ailments, now living the way they deserve, pain-free and healthy.

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



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.

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.



RON CORTI
PRESIDENT AND CEO

KEEPING IN TOUCH

St. John's Riverside Hospital is thriving and we continue to achieve great things. We have worked hard this winter at successfully elevating Patient Satisfaction Scores across the hospital. Our patient satisfaction scores are getting higher across every area of the hospital each month. This means every patient now benefits from the hard work of the entire staff here at St. John's Riverside Hospital.

We are now better than ever before, especially in the Emergency Room with a team of multiple board-certified doctors. We are applying Minimally Invasive surgical techniques in more ways, resulting in less pain and faster recovery for our patients. We leverage Interventional Radiology techniques that allow our physicians to pinpoint treatments to specific areas and heal patients in a more precise and less invasive way. We offer the best in Oncology as recognized with our Cancer Achievement Award.

Higher Patient Satisfaction Scores plus an increase in performance scores in every major area of the hospital—that's what makes St. John's Riverside Hospital better than the rest.

What better way is there to acknowledge these great achievements than through patients sharing their personal stories of achieving good health again.

Life is Getting Better,



THE POWER OF ORTHOPEDIC CARE

“THE MINIMALLY INVASIVE TECHNIQUE, CALLED KYPHOPLASTY, WILL STABILIZE AND RESTORE THE HEIGHT OF A CRUSHED VERTEBRA, ELIMINATE PAIN AND INCREASE THE PATIENT’S ABILITY TO RETURN TO THEIR PREVIOUS LEVEL OF ACTIVITY.”

Dr. Chong Oh | Orthopedic Spine Specialist | POWR Orthopaedics | Dobbs Ferry

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.



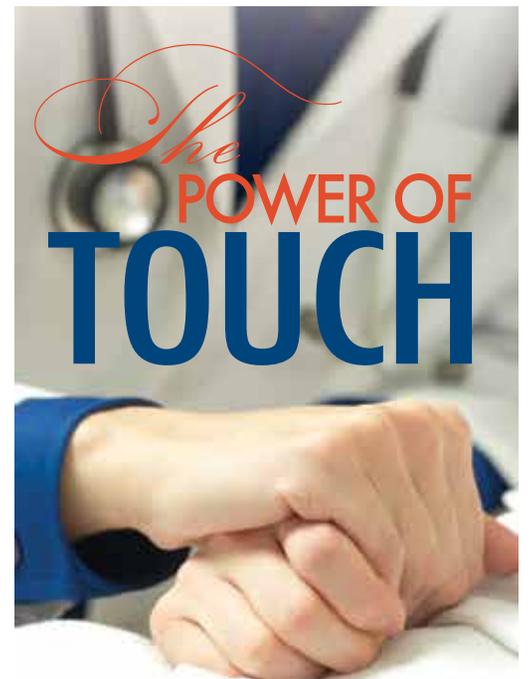
Dr. Chong Oh is also on the forefront with his approach to spinal fusion. A spinal fusion is needed when patients require an implant to help support the spine. Dr. Oh does this procedure by entering from the patient’s side. *“With new smaller technology, we can spread muscles to gain access to the spine 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**



ADVOCATE & HEALER A NURSE’S POWER OF THE HUMAN TOUCH

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.



THE COCHRAN SCHOOL OF NURSING
**A NURSING SCHOOL AS
 OUTSTANDING
 AS YOUR FUTURE**



FRESH SPRING OUTBREAK

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.

SPRING ENERGIZER TEA

BREAK FREE FROM THE LAST REMNANTS OF WINTER

- 1 part sage
- 1 part basil
- 1 part rosemary
- ½ part chopped ginger root (or ¼ part ground)
- 1 part thyme
- ½ part lightly crushed cinnamon stick (or ¼ part ground)

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]

AT THE RENOWNED COCHRAN SCHOOL OF NURSING, PATIENT CARE IS AT THE HEART OF HOW WE TEACH NURSING CARE.

St. John Riverside Hospital is home to the only hospital-based school of nursing in Westchester county. The Cochran School of Nursing, accredited by the National League for Nursing, is the only school that combines use of a Human Patient Simulator in a classroom setting with valuable clinical training at the bedside.

An integral part of St. John’s Riverside Hospital, Cochran’s focus is on clinical practice experience and preparing our graduates for employment. Computerized learning is integrated into all aspects of your education to enrich and expand your knowledge.

COCHRAN SCHOOL OF NURSING

START TODAY! OPEN HOUSE:

THURSDAY, APRIL 11 | 7:00 PM
 THURSDAY, MAY 2 | 10:00 AM
 THURSDAY, JUNE 13 | 7:00 PM

914.964.4296

admissions@cochranschoolofnursing.us

AFFILIATED WITH THE MOUNT SINAI HOSPITAL



967 North Broadway | Yonkers | NY | 10701
cochranschoolofnursing.us

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.

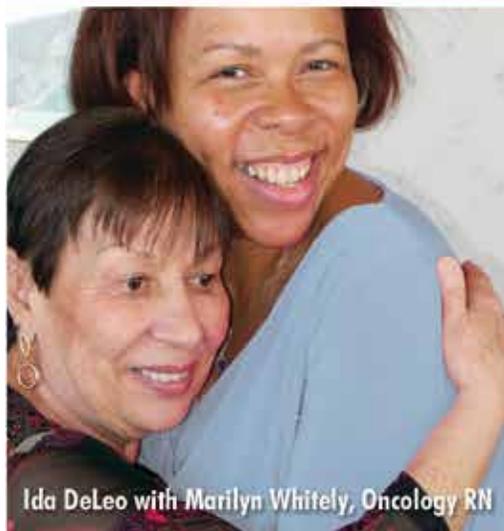
Dr. Lent recommended that George consider a more effective long-term solution for the pain and to regain his quality-of-life. He felt George would be an excellent candidate for a partial knee resurfacing called MAKOplasty. This minimally invasive procedure is powered by a highly advanced robotic arm 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."*



New Beginnings

Real Patients. Real Stories.



Ida DeLeo with Marilyn Whitley, Oncology RN



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.

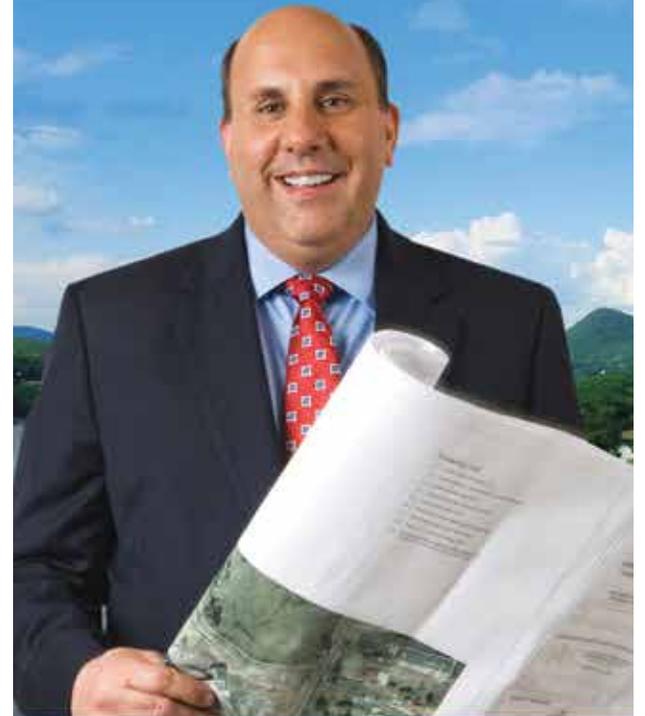
Mary’s primary care doctor sent her to Dr. Tannenbaum at the St. John’s Riverside Hospital Wound Healing Center. Anna, who has been at Mary’s side throughout her treatments, will smile when she talks about the “care and affection” they received during their visits at the Wound Healing Center. *“My sister 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 an 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!”



GOOD HEALTH STARTS HERE!

St. John’s Riverside Hospital’s network offers top-quality physicians that will coordinate care for all your medical needs; from routine examinations by our primary care doctors to our elite group of specialists that treat complex conditions.

Our doctors provide valuable advice and information to help you deal with your illness. Be sure to talk to your doctor about the different treatment options available to you today and discuss a plan that’s right for you.

In addition to the medicines your doctor prescribes, don’t forget to consider lifestyle improvements as part of your overall treatment plan. Warm weather is ahead, so include eating more fresh vegetables and getting outside to exercise.

I discussed a plan with my doctor on adding some exercise to my routine; he suggested I simply take the time to walk in the park at lunchtime and enjoy the scenic views of the Hudson.

Join me by making a goal for better health this spring; visit regularly with your doctor to let him or her know how you’re doing. Before you get started, be sure to talk to your doctor about designing a plan for better health that’s right for you.

At St. John’s Riverside Hospital we are here to help keep you on the path to good health.

Life is Getting Better!

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.



"AS NEPHROLOGISTS, OUR GOAL IS TO KEEP PATIENTS OFF DIALYSIS AND EARLY INTERVENTION IS HOW WE ACCOMPLISH THAT."

Jolly Mathew, MD

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 Digiorno 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.**



THE CHANGING LANDSCAPE OF MEDICINE...PART III OF IV

ALTERNATIVE TO HYSTERECTOMY—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"

- American College of Obstetricians and Gynecologists

St. John's Riverside Hospital's Interventional Radiology team led by Dr. Jacob Gebrael now offers a safe and highly effective option for treating fibroids called uterine fibroid embolization. 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.

WORKING WITH A PATIENT'S GYNECOLOGIST OUR INTERVENTIONAL RADIOLOGISTS WORK TO ENHANCE THE LEVEL OF PATIENT CARE THROUGH BETTER DIAGNOSIS, EDUCATION, TREATMENT OPTIONS AND OUTCOMES.

If you are suffering any symptoms due to uterine fibroids, consult with your gynecologist about speaking to an interventional radiologist to determine whether UFE is a treatment option for you.

For more information on Interventional Radiology call **(914) 964-4DOC (4362)** or visit **RiversideHealth.org**.

ST. JOHN'S RIVERSIDE HOSPITAL ER

A song for a friend

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.



Linda and Harry Stahl

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.

NICHOLAS DONAS, MD

Ophthalmologist



Dr. Donas, board certified in Ophthalmology, knew he wanted to be a doctor early in life. He attended NYU and Mount Sinai Medical School. His father struggled with Glaucoma and blindness in one eye, which was his inspiration in choosing his specialty. *"I knew I could make a difference in the lives of patients like my father."*

Why you will love him: Dr. Donas puts his patients at ease so they feel comfortable talking to him. *"I make a point to speak in terms everyone can understand and I am always honest with my patients. It is important to me that I am available and that I give each the time they need to have their questions answered."*

914.693.8228 | 18 Ashford Avenue, Suite 2M, Dobbs Ferry



CARL GERARDI, MD

Urologist

Dr. Carl Gerardi, worked as an Emergency Medical Tech on an ambulance and with 2 older brothers and cousins already practicing medicine, *"It seemed I was destined to become a doctor. I eventually chose urology because the treatments and surgeries are so varied."* The practice offers minimally invasive surgery and laparoscopic techniques for kidney tumors and other urologic problems.

Why you will love him: Dr. Gerardi joined his practice with other urology practices to form Integrated Medical Professionals, giving him access to best practices and data that benefits his patients. He cares about his patients above and beyond their treatments. He prides himself on being approachable and delivering high quality and personal care.

914.968.0000 | 944 N. Broadway, Suite 103, Yonkers

MARTIN SAYEGH, MD

Family Practice

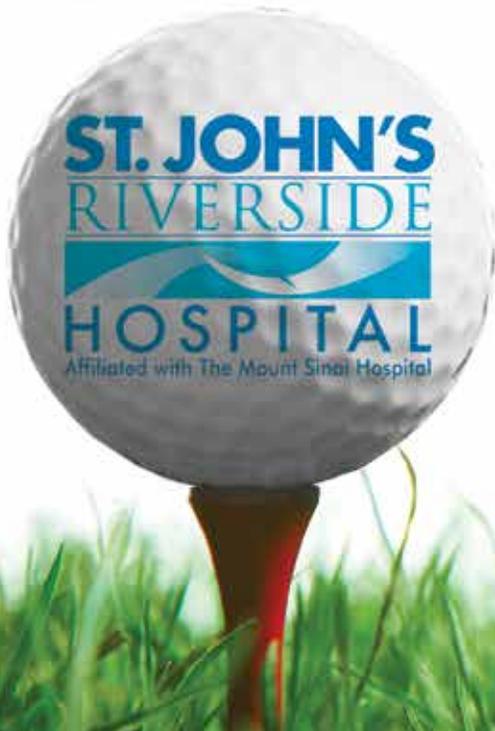


Dr. Sayegh, a family practitioner, was raised in Yonkers from the age of two. Dr. Sayegh is a member of a large family of physicians whom he credits for his early interest in medicine. He completed his studies at NY Medical College and he has maintained his solo practice for just over 18 years.

Why you will love him: *"My goal is to get to know my patients, their families and their concerns. I am able to provide great continuity of care. I'm a great listener and knowing their background and history helps me make an informed diagnosis,"* says Dr. Sayegh. *"I enjoy taking care of patients from 5 years of age through old age. I am fast but thorough and I work to keep waiting time short."*

914.423.5000 | 625 McLean Avenue, Yonkers

Save the Date!



THE MARTY & IRIS WALSHIN MEMORIAL GOLF OUTING

Monday, June 10, 2013

DOBBS FERRY PAVILION GOLF OUTING

Tuesday, September 10, 2013

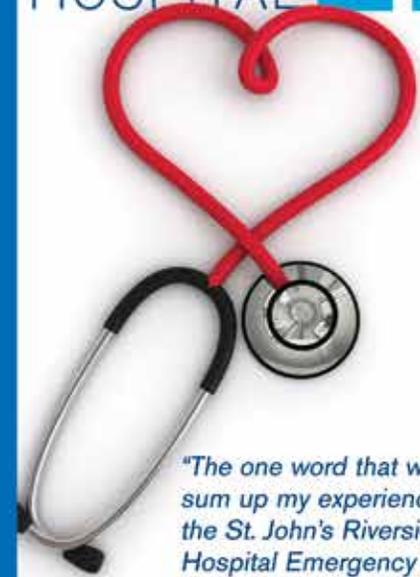
31ST RIVERSIDE GALA

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

914.964.4DOC | RiversideHealth.org

ST. JOHN'S
RIVERSIDE
HOSPITAL **ER**



"The one word that would sum up my experience in the St. John's Riverside Hospital Emergency Room is...trust."

- Harry Stahl, ER patient

TWO GREAT LOCATIONS
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