Ron Corti
President and CEO

Summer always reminds me of how lucky we are to be part of the Hudson River Community. The views from the patient rooms at Andrus are spectacular this time of year. Just this morning, I noticed a few sailboats on the river while visiting the maternity suites.

The Rivertown communities hold special meaning to me. When the Community Hospital at Dobbs Ferry joined the St. John’s Riverside Hospital family along with the Park Care Pavilion, I was fortunate to be in a position to clearly see how we would grow into one great hospital. This issue of Riverside is dedicated to our “Jewel on the Hudson” in Dobbs Ferry for all they have done to help make St. John’s Riverside Hospital better than the rest.

This summer our vision to be the best continues as we have accomplished yet another significant milestone for St. John’s Riverside Hospital. We are setting the standard once again having been selected by the very prestigious Lake Erie College of Osteopathic Medicine and the equally renowned Lincoln Hospital Surgical Residency Program to provide onsite training.

Our Cochran School of Nursing has always been synonymous with producing the best nurses, now we can proudly say we have extended that legacy to training the next generation of leading surgeons and physicians. Teaching Nurses. Teaching Physicians. That is the St. John’s Riverside Hospital difference.

“Life is Getting Better”.

At St. John’s Riverside Hospital, we are the one hospital that prides itself on treating the whole person. We treat your illness but rest assured we are focused on something even more important—you. That is the essence of a community hospital. St. John’s Riverside Hospital has grown over the years to service many communities, but we have never lost sight of our commitment to what community really means.

As part of our growth over the years, Community Hospital at Dobbs Ferry joined the St. John’s Riverside Hospital family in 2002 and we have been evolving ever since. We have the most advanced technology offered, nationally acclaimed physicians and surgeons, and nurse teams that will not only treat you but are there for you. We are committed to continue to grow closer to our patients, in our quest to constantly go beyond the expectations of a community hospital.

We want to take a moment to thank the team at Dobbs Ferry for raising the standard of care in what a community hospital offers. The Dobbs Ferry Pavilion, like our other locations is an important piece of what makes up the one hospital that cares, St. John’s Riverside Hospital. After reading this issue of Riverside you will realize how truly special the Dobbs Ferry facility really is.

Dobbs Ferry has inspired St. John’s Riverside Hospital to raise the bar in patient care and continues to remind us that no matter the size of a hospital, no matter how many buildings you have, caring is about one person at a time.

In addition to what you have come to expect from a community hospital you will be astonished by why others refer to St. John’s Riverside Hospital at Dobbs Ferry as the “Jewel on the Hudson.”

Read about how Life is Getting Better with the help of St. John’s Riverside Hospital.
At St. John's Riverside Hospital, our patients have come to expect a personalized care that is synonymous with a great community hospital. But here we take compassion to the next level. We listen to each individual’s concern and we evaluate and respond instantly. The Dobbs Ferry ER strives for perfection even in an emergency situation. Kathleen Callahan, Administrator of Dobbs Ferry, is working hard with her team to not only get patients well, but also to make sure they are comfortable. The Dobbs Ferry ER is about people and getting all patients in need to a healthcare provider ASAP.

"With a typical emergency case the individual is directed to a healthcare provider immediately and the admission process happens after the doctor or nurse evaluates the concern. We definitely put the person before the paperwork here," Kathleen says with a smile.

"On average the time you spend at the Dobbs Ferry ER will be a fraction of the time you will spend in the other area hospital’s ERs. That’s for sure."

Along with our dedicated nurses and administrators, St. John’s Riverside Hospital’s renowned physicians and surgeons offer the comfort and familiarity found only in a devoted community hospital," says Dr. Marc Silberman, the only quadruple board-certified ER doctor in Westchester.

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At St. John’s Riverside Hospital, you will receive swift medical attention in a place where friendly faces reassure our patients.

You’re going to feel the difference our community hospital makes.
Ah honey! It’s a familiar home remedy that generations have relied on to help heal sore throats and the common cold. Word is getting out, however, that raw honey (unprocessed, unheated) combined with organic cinnamon can have significant medicinal and nutritional value. Those benefiting the most from this unique combination are patients suffering from varying degrees of arthritis.

Unlike the data available for over-the-counter and doctor-prescribed medicines, these findings are not based on FDA-mandated scientific studies but instead on actual patient experiences. In a recent study conducted at the Copenhagen University in Denmark, it has been documented that when doctors treated their patients with a mixture of one tablespoon raw honey and half a teaspoon of cinnamon powder before breakfast, they found surprising results. Within a week, seventy-three out of the two hundred people treated were totally relieved of pain. Within a month, most all the patients who previously could not walk or move around because of arthritis started walking without pain.

Besides arthritis, new studies are showing that by incorporating one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder into a daily diet plan boosts the immune system, regulates blood sugar, as well as combats other health conditions including influenza, bladder infections, high cholesterol, heart disease, and even cancer.

What’s even more exciting? A little bit of honey and cinnamon has also been known to slow down the aging process and increase longevity. Now that’s sweet!
When faced with a medical condition, “I want the best-of-the-best” is the most common request from patients and their family members. No one asks for second best. That’s why at St. John’s Riverside Hospital, we make it our mission to provide every patient with the superior healthcare of the big-city, right here in the communities in which we all live. Dobbs Ferry’s elite group of renowned physicians and groundbreaking technology sets a new standard of excellence for the St. John’s Riverside community. We are proud to introduce to you the Dobbs Ferry hospital of St. John’s Riverside Hospital and how it has attracted the region’s best-of-the-best.

Dr. Jonathan Bauman is Chief of Anesthesia in the Operating Room at Dobbs Ferry. With a reputation as “the best anesthesiologist,” he is often the first choice of physicians and surgeons. With his extensive experience and knowledge, Dr. Bauman assures patient comfort before, during and after surgery, even with those who may be sensitive to anesthesia.

Taking a patient-centered approach to healthcare is also the promise of Dr. Robert Raniolo. Dr. Raniolo has helped the practice of general surgery evolve with the latest in minimally invasive techniques for conditions involving the abdomen, thyroid, colon and rectal, and breast. A lifelong resident of Tarrytown, Dr. Raniolo’s reputation is one of expert in surgery and availability to all patients in a community that have come to know him well. “Patients come to us because they know we listen. They trust us.”

Providing superior specialty care that one would find in a big-city hospital is the mantra and mission of Orthopedic Surgeons like Dr. Doron Ilan and Dr. Nick Bavaro. Dr. Ilan is the area’s leading orthopedic hand and upper extremity specialist. Dr. Bavaro, known as the go-to surgeon for sports medicine, is one of a few surgeons who performs anterior hip replacement using the latest computer-assisted technology. Both are part of Dobbs Ferry’s POWR Orthopedics (Premier Orthopedics of Westchester and Rockland), a place described by patients as “exceptional” and offering the “highest level of care.” Dr. Ilan and Dr. Bavaro have their choice of hospitals and medical centers to work from, yet they chose St. John’s Riverside Hospital at Dobbs Ferry because of the benefits of a great staff, the best equipment, and great physicians.
FERRY ELITE TEAM

WE WANT THE BEST
And we want the best for you too.

The Rivertowns offer small town charm that makes it a perfect place to live. But be certain, St. John’s Riverside Hospital, Dobbs Ferry Pavilion is home to the most prestigious and renowned physicians and surgeons—nationally accredited specialists in their fields, who provide the highest level of care.

Featured here are just some of the many great physicians that call the Dobbs Ferry Pavilion home and make St. John’s Riverside Hospital the best.

With such expertise and vast knowledge, their reputations are second to none in Westchester County. If you have a medical concern and want the “best of the best,” make your appointment today and begin your journey with this elite team of professionals.

We offer superior healthcare in the heart of our community; that is the St. John’s Riverside Hospital difference.

Ronald J. Corti
President and CEO

Nationally acclaimed breast surgeon Dr. Pond Keleman joined Dobbs Ferry’s Ashikari Breast Center in 2003. He is currently the Director of Clinical Research and has participated in groundbreaking research in Intraoperative Radiotherapy (part of an International Study called the Targit Trial), which is an innovative technique that involves administering radiation to breast cancer patients during a lumpectomy. This not only preserves the breast, it also lessons the need for post-op radiation therapy. “Our breast center here at Dobbs Ferry is perfect for our patients because it is a community hospital where they will receive expert care from friendly faces.”

Dr. Dominick Artuso is Westchester and Dutchess counties’ leading Lap-Band Surgeon. His New Image Surgical Weight Loss Center, located at St. John’s Riverside Hospital at Dobbs Ferry, is the leading bariatric surgery center with a proven track record for the most bariatric surgeries. Dr. Artuso and his unique team offer the community a patient-centered approach to weight loss that incorporates state-of-the-art technology and a family of compassionate individuals.

St. John’s Riverside Hospital—You’re going to feel the difference!

To contact a leading doctor call 914.964.4DOC or visit RiversideHealth.org

DOMINICK ARTUSO, MD | BARIATRIC SURGEON
Dedicated to the one thing that matters most:
 improving your life

POND KELEMAN, MD  | BREAST SURGEON
Nationally acclaimed and driving innovation

DOMINICK ARTUSO, MD | BARIATRIC SURGEON
Dedicated to the one thing that matters most:
 improving your life

DORON ILAN, MD | ORTHOPEDIC SURGEON
The area’s leading hand and upper extremity specialist

ST. JOHN’S RIVERSIDE HOSPITAL’S DOBBS FERRY ELITE TEAM
SETTING THE STANDARD FOR EXCELLENCE

914.964.4DOC | RiversideHealth.org
THE CHANGING LANDSCAPE OF MEDICINE....FINAL PART OF IV

Orthopedic Interventional Radiology offers safe, nonsurgical treatments that have proven to be extremely effective in reducing or eliminating the pain caused by Vertebral Body Fractures, Osteoporosis, Herniated Disk or Spinal Tendonitis. Two noteworthy non-surgical procedures available today for chronic back pain sufferers are:

Vertebroplasty | a treatment performed using imaging guidance that injects medical-grade bone cement into the spine preventing further collapse and height loss, and spinal curvature commonly seen as a result of osteoporosis and other spinal issues.

Kyphoplasty | a treatment for a fractured vertebra to return it to its normal position. Medical-grade bone cement is administered with small injections that create an internal cast that holds the vertebra in place and stabilizes the fracture.

Both procedures eliminate the need for open surgery enabling the patient to recover faster and with less risk of complications from surgery.

St. John’s Riverside Hospital opens New Interventional Radiology Center, the first of its kind in Westchester.

The New Interventional Radiology Center provides treatments in Oncology for cancer tumor suppression, Women’s Health for fibroid removal, and Orthopedics for chronic spine sufferers.

Ask your doctor if non-surgical Interventional Radiology is right for you. Make an appointment at our new center at (914) 798-8998 or visit RiversideHealth.org for more information.
On Sunday May 19th, I woke up at 6am with difficulty breathing and terrible pain. I thought it was my lungs since I stopped smoking a few months prior.

Since I live in Dobbs Ferry, within two minutes I was able to take myself to St. John’s Riverside Dobbs Ferry Hospital but I barely made it in. The woman at the receptionist guided me right to the ER. At this point I couldn’t even speak. I was able to ‘thumb up’ when they asked if I thought I was having a heart attack.

The team at Dobbs Ferry hooked me up to a monitor and defibrillator which went off as soon as I was hooked up. Within seconds it seemed like a team of 10 surrounded me and were working on me. One of those team members, Dr. D’Ambrosia made the decision to send me to Mt. Sinai as he recognized that it wasn’t a heart attack but heart failure. This was a critical decision. A doctor and nurse from St. John’s Riverside Hospital traveled with me to Mt. Sinai. But if I hadn’t gotten to St. John’s Riverside Hospital in the first place it likely would have been too late. We made it to 98th street in 21 minutes from Dobbs Ferry (28 miles away) while they defibrillated me four times on the way.

When we arrived my family was waiting with a priest who anointed me with last rights as I am a Catholic. I had surgery for 10.5 hours and stopped breathing for 16 minutes once surgery was complete, but I eventually pulled through.

For 7 days I was intubated and on life support and we were told I was functioning on only 10% of my heart by Dr. Ani Anyanwu my surgeon.

On Father’s Day my daughter and son came with me to the St. John’s Riverside Hospital at Dobbs Ferry ER to thank the team that saved my life. If it weren’t for my access to them and their quick, skilled decision making, we would not have any reason to celebrate Father’s Day this year.

The importance of a good Primary Care Physician can never be understated. Your primary care doctor knows your medical history better than anyone and is the one trusted source for all your healthcare needs. The ongoing relationship with your Primary Care Physician is the best plan towards a healthier lifestyle.

Selecting the right primary care physician is important. Here is a quick summary to how a Primary Care Physician will help you maintain your health:

- Provide preventive care and teach healthy lifestyle choices
- Identify and treat common medical conditions
- Recommend tests to support early detection of potential illness
- Assess the urgency of your medical problems and direct you to the best place for that care
- Make referrals to medical specialists when necessary
- Help manage your chronic medical conditions

Also, be sure to contact your Primary Care Physician if you are admitted to the hospital, your Physician may be able to assist in or direct your care, depending on the circumstances. Many Primary Care Physicians have easy access to our network of Specialty Physicians, on-site laboratory and diagnostic imaging, physical and occupational therapy and urgent care needs.

St. John’s Riverside Hospital has several Primary Care Physicians who are currently accepting new patients.

Here are some of the best Primary Care Physicians in the Rivertown areas:

- **Andrew Fader, MD**
  - Dedicated to keeping seniors moving and independent
  - 128 Ashford Avenue
  - Dobbs Ferry, NY
  - 914.693.6500

- **Andre Outon, MD**
  - Determined to find medical solutions for patients
  - 128 Ashford Avenue
  - Dobbs Ferry, NY
  - 914.693.6500

- **Oxana Popescu, MD**
  - Practicing modern medicine in an old-fashioned way
  - 579 Warburton Avenue
  - Hastings-on-Hudson, NY
  - 914.478.5121

- **Dorian Tergis, MD**
  - Thorough and interested in all things medicine
  - 28 Main Street
  - Hastings-on-Hudson, NY
  - 914.693.1982

- **Brian Gair, MD**
  - Continuing a family legacy of excellent physicians
  - 18 Ashford Avenue
  - Dobbs Ferry, NY
  - 914.693.8211

- **Wei Cheng, MD**
  - Fluent in Mandarin Chinese
  - 200 South Broadway
  - Sleepy Hollow, NY
  - 914.631.1535
DOBBS FERRY PAVILION GOLF OUTING
Tuesday, September 10, 2013

Now you can find us on Facebook
STAY ON TOP OF THE LATEST HEALTH TIPS AND EVENTS
LIKE US ON FACEBOOK!

“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
DOBBS FERRY | YONKERS
SAME GREAT SERVICE