ST. JOHN’S RIVERSIDE HOSPITAL HAS RECEIVED TWO OF THE MOST PRESTIGIOUS AWARDS IN HEALTHCARE.

STROKE SILVER PLUS QUALITY ACHIEVEMENT AWARD: The American Heart Association/American Stroke Association’s Get With The Guidelines® Stroke Silver Plus Quality Designation recognizes St. John’s Riverside Hospital’s commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

The American Heart Association and American Stroke Association recognize St. John’s Riverside Hospital for achieving at least 12 consecutive months of 85% or higher adherence to all Get With The Guidelines Stroke Achievement indicators and at least 12 consecutive months of 75% or higher compliance with 6 of 9 Get With The Guidelines® Stroke Quality measures to improve quality of patient care and outcomes.

COMMISSION ON CANCER OUTSTANDING ACHIEVEMENT AWARD: The American College of Surgeon’s Commission on Cancer (CoC) has granted St. John’s Riverside Hospital its Outstanding Achievement Award. This award is given to a select group of 106 currently accredited and newly accredited cancer programs across the United States that were surveyed in 2011. St. John’s Riverside Hospital is the only hospital in Westchester to be included.

The Accreditation Program, a component of the CoC, sets quality-of-care standards for cancer programs and reviews the programs to ensure they conform to those standards. Accreditation by the CoC is given only to those facilities that have voluntarily committed to providing the highest level of quality cancer care and that undergo a rigorous evaluation process and review of their performance.

At St. John’s Riverside Hospital, our goal is to keep improving for you, the community.

KEEPING IN TOUCH

We have been busy improving the quality of care and patient experience in two very important areas: stroke and cancer care.

The number of stroke patients requiring treatment is expected to grow over the next decade due to increasing stroke incidence and our aging population. Cancer, unfortunately has also become an unwanted but unavoidable part of our community. We are dedicated to improving the quality of care for our patients in both of these important areas.

For a stroke patient, this Silver Plus Designation is our commitment to provide the highest standard of care ensuring that patients receive treatment according to nationally accepted standards and recommendations. This is a critical step in saving lives and improving outcomes.

For cancer patients, there is comfort in knowing that the Outstanding Achievement Award is given only to those facilities that have voluntarily committed to providing the highest level of quality cancer care and undergo a rigorous evaluation process. This ensures that we provide a higher level of care throughout a patient’s treatment.

Lastly, remember to join us for the 2nd Annual Summer Concert Series presented by St. John’s Riverside Hospital at the newly renovated Cross County Shopping Center. Concerts take place each Tuesday from June 12 - August 14, from 7pm-9pm. Bring your blankets and beach chairs and enjoy some of the tri-state area’s best bands. I’m certain you will agree—Life is getting better.

On behalf of the staff and your friends at St. John’s Riverside Hospital, enjoy your summer and be well!
Being overweight tends to develop related conditions such as high blood pressure, high cholesterol, respiratory disorders, joint pain, heart conditions, infertility and diabetes. For those who are obese and have tried and failed traditional weight loss methods there is hope. Many people may be eligible for surgical procedures if they meet the requirements.

Dr. Dominick Artuso, Director of The New Image Weight Loss Center located in St. John’s Riverside Hospital, Dobbs Ferry, promotes maintaining a long-term relationship with patients for continued health and weight-loss success through bariatric surgery. Dr. Artuso has done the most lap band surgeries in Westchester. 

There are an estimated 300,000 adult deaths in the U.S. every year because of obesity or problems related to being overweight. 

There are more than 10 million American adults who are obese and have tried and failed medicine or insulin. I exercise improve his health.

Andy almost died due to health problems. Now I’m no longer taking any medication for my diabetes. I exercise and able to enjoy life to the fullest.

The New Image Weight Loss Center offers a patient-centered approach to weight loss that incorporates not only state-of-the-art technology and expertise, but also a team of compassionate individuals dedicated to the one thing that matters most your life. 

In addition to having the best bariatric surgeon on staff, The New Image Weight Loss Center also offers a complete program and follow up support that includes:

- on-going nutritional counseling
- peer support groups
- psychological counseling
- medical consultations

St. John’s Riverside Hospital and The New Image Weight Loss family understand that it is your right to be healthy and able to enjoy life to the fullest.

Contact The New Image Weight Loss Center at 914.693.0055 to attend a FREE Weight Loss Seminar and find out how we can start you on your way to a new image and a new, happier sense of self.

Aromatherapy is the use of essential oils for therapeutic purposes for psychological and physical well-being. Aromatherapists use what they call “essential oils” to boost the immune system and provide relief from the stress associated with chronic illnesses, including cancer, and women’s health issues.

Essential oils are extracted from plants, flowers, roots and citrus peels, usually by steam distillation. When distilled, the essential oil becomes concentrated 100-fold. This high concentration in which makes the essential oil so much more powerful than the plant itself.

Dr. John’s Riverside Hospital uses aromatherapy as a method to treat the body and mind together. The usual method of application is either by inhalation or by topical treatment. A review of just a few studies shows that peppermint oil can reduce abdominal spasms, nausea and headache; lavender oil can help sleeplessness; chamomile can relieve anxiety and pain.

“Essential oils are able to affect and control emotions, because they enter through the nasal cavity and eventually reach the limbic system, which is directly connected to the parts of the brain that control heart rate, blood pressure, breathing, memory, and stress车库.”

- Ellen McMath-R. Chantelle Zimmerman

Essential oils are usually very safe, however, it is recommended that administration of essential oils be done with the guidance of skilled practitioners.

Dr. St. John’s Riverside Hospital was the first hospital in Westchester that acknowledged the benefits of this holistic and integrated approach. Even more amazing, is that those holistic services are available free of charge during your stay. Holistic services are also available for a fee.

For St. John’s Riverside Hospital’s Holistic Care Services Department call 914.964.7301.

Try this great recipe to continue your summer of healthy living!

**SUPEER VEGGIES: THE CUCUMBER AND THE RADISH (REALLY?)**

Is it possible that the cucumber and the radish may actually be super veggies? It’s hard to believe, since many of us were taught by our parents and grandparents that the cucumber is mostly water, and the radish has little nutritional value. We do know, however, that moms and movie stars alike use cucumbers to reduce inflammation under the eyes, and help the skin heal from sunburn and eczema.

Well there’s more to the cucumber than meets the eye; in fact, it is indeed a super food. Cucumbers are rich in fluids and electrolytes that hydrate the skin, joints and tissues as well as provide a natural energy boost. They are considered to be from the same family as melons and squash and therefore are believed to be one of the best foods for the health of the skin, joints, liver and kidneys.

Even more exciting is the fact that scientists are studying unique properties in cucumbers that actually help reduce the risk of cardiovascular disease as well as breast, uterine, ovarian and prostate cancers. Additional research is finding that the cucumbers may have the ability to inhibit the spread and growth of certain cancer cells.

Radishes as well, are now known to help combat cancer. They are rich in Vitamin C, Folic acid and Anthocyanins (these give the radishes their color and antioxidant properties) and therefore may contribute to curing many types of cancers including colon, kidney, intestinal, stomach and oral cancer. In addition, radishes are natural diuretics and help wash away toxins in the kidneys as well as prevent urinary disorders.

Now we know the best reasons to throw cucumbers and radishes in our salads this summer!
The highest level of quality cancer care that is the St. John’s Riverside Hospital’s difference.

The American College of Surgeons has just granted St. John’s Riverside Hospital one of the most exclusive national awards in the medical profession: The Commission on Cancer’s Outstanding Achievement Award, an accreditation given only to a select group of 106 cancer programs across the United States. St. John’s Riverside Hospital is the only hospital in Westchester County awarded this achievement of excellence; a testament to the high quality of service delivered by the doctors, nurses and staff of St. John’s Riverside Hospital.

The only hospital in Westchester County to receive this accreditation.

The Commission on Cancer was founded in 1922 by the American College of Surgeons and is a consortium of professional organizations dedicated to improving patient outcomes and quality of life for cancer patients through standard setting, prevention, research, education and the monitoring of comprehensive quality care. The Commission on Cancer (CoC) Outstanding Achievement Award is designed to recognize cancer programs that strive for excellence in providing quality care to cancer patients. The award is granted to facilities that demonstrate a Commendation level of compliance with seven standards representing six areas of cancer program activity: leadership, cancer data management, clinical management, research, community outreach, and quality improvement.

Improving cancer patient outcomes.

Why St. John’s Riverside Hospital? The answer goes back to our basic mission of striving to make life better for our patients and now the medical community on a national level has acknowledged our achievement. Our 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.

Quality of life for cancer patients.

The CoC Outstanding Achievement Award is an accreditation given only to those facilities that have voluntarily committed to providing the highest level of quality cancer care and that undergo a rigorous evaluation process review of their performance. Currently there are more than 1500 Commission on Cancer-accredited cancer programs in the U.S. and Puerto Rico, representing 30 percent of all hospitals.

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Welcome to St. John’s Riverside Hospital’s newest investment in advanced care serving the Rivertown communities and beyond at our Dobbs Ferry location.

Our new operating suite includes 3 new, state-of-the-art operating rooms, 2 completely renovated ORs as well as the latest in enhanced anesthesia and Post Anesthesia Care Unit (PACU) monitoring equipment.

In addition to the beautiful new surgical services department that offers patients a more personal one-on-one experience, the expansion of the Dobbs Ferry Operating Rooms also offers surgeons more prime-time availability for the convenience of their patients.

With the expansion, the hospital has also benefited from being able to have specific surgical operating room teams with a dedicated staff. This staff offers a “true approach” to care by working collectively, creating the state-of-the-art environment and facility.

NURSES SPECIALIZE. MDs COLLABORATE.

Alongside an excellent anesthesia department led by Dr. John Bauman and offering the latest in regional anesthetic techniques, the Operating Department is focused on offering a Minimally Invasive Center for Surgery to its patients in Westchester. Some procedures or operations are only a short hospital stay or none at all which goes a long way in helping patient recovery.

It’s no wonder leading surgeons choose Dobbs Ferry — the most advanced OR technology and a staff second to none.

RIVERSIDE HEALTH; WE ARE GETTING BETTER FOR YOU

When a patient comes to Dr. Greenidge with an issue, the routine can offer more than just drug therapy or a hysterectomy. Dr. Greenidge represents the new era of surgery embraced by St. John’s Riverside Hospital where the patient comfort and their well-being comes first. For example, options now include Endometrial Ablation a procedure that removes the lining of the uterine. After the procedure, the uterus is like a menstrual cycle and prevents the patient from having more children.

Some of the best benefits of this procedure are that surgery takes just 15 minutes and the patient can be back to work within days as opposed to two months. Minimally Invasive procedures like these make up almost half of all surgical procedures Dr. Greenidge performs annually.

For more information about Minimally Invasive surgery options for gynecological health issues, contact Dr. Suzanne Greenidge at 914.375.2800.

Surgical oncologist
Nationally Acclaimed Breast Surgeon

Dr. Michael Chumaceiro is a Board Certified Orthopedic Surgeon. He came from South Carolina in 2007. He was fascinated by orthopedics because it is “concrete, with a beginning and an end”. A patient has a broken bone, it’s put in a cast and then it heals. Though not every case is always straightforward, he found that he was most intrigued by the complexities of the specialty.

Why you will love him: Dr. Chumaceiro prides himself in developing a strong relationship with his patients and always being available to them. He believes that being affiliated with a good hospital such as St. John’s Riverside Hospital and working with good physicians is the key to maintaining the highest quality of care.

914.837.1480 | 73 Market Place, Yonkers

ROLANDO CHUMACEIRO, MD Internal Medicine

Dr. Rolando Chumaceiro became an internal medicine doctor to make a difference in the under-served Latino community by giving them a voice. He has enjoyed learning all aspects of medicine affording him the opportunity to help.

Why you will love him: Dr. Chumaceiro is a soft-spoken and kind-hearted doctor who believes in a common-sense approach to medicine. It is his goal to communicate with his patients about their health issues and address concerns effectively. Dr. Chumaceiro encourages his patients to follow their prescribed treatments and always call him with any questions.

914.307.0040 | 1040 Broadway, 2nd Floor, Yonkers

JAY ANNABI, MD Family Medicine

Dr. Annabi is board certified in Family Medicine. Inspired to become a doctor by his father, he was also motivated to choose medicine because of the satisfaction you feel in helping people and saving their lives. Dr. Annabi believes that a positive doctor-patient relationship is the foundation of good medical care. The experience he has gained through the years of practice and keeping up with the latest developments in medicine helps him treat and communicate better with his patients.

Why you will love him: Dr. Annabi’s personal experience helps him make a positive difference in the lives of patients of all ages. He takes pride in being part of their lives over a long period of time and being given the chance to really get to know them.

914.375.3200 | 472 Palmer Rd., Yonkers

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ST. JOHN’S RIVERSIDE HOSPITAL OFFERS OUR COMMUNITY THE TWO MOST RESPONSIVE AND HIGH QUALITY EMERGENCY CARE SERVICES AVAILABLE.

Our newly renovated and expanded Emergency Departments at Andrus and Dobbs Ferry Pavilions offer you and your family the best two Emergency Service options in the area - conveniently located when it counts most.

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914.964.4DOC | RiversideHealth.org

RICHARD MARINO, MD
EMERGENCY DEPARTMENT

MARC SILBERMAN, MD
EMERGENCY DEPARTMENT

AT ST. JOHN’S RIVERSIDE HOSPITAL
LIFE IS GETTING BETTER

“DOOR-TO-DOCTOR IS NOW FASTER”