RIVERSIDE
YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME TWO • FALL 2011

CONNECTING THE COMMUNITY TO THE BEST DOCTORS

WELCOME TO DOCTOR CONNECT...

St. John’s Riverside Hospital provides a service to the community that makes it easy for you to get connected to a doctor. If you are in need of a specialist or simply looking for a primary or family care doctor, we can help.

St. John’s Riverside Hospital can connect you to over 450 of the best doctors in the area. We feature doctors in almost every medical specialty. To make finding the right doctor easy for you we have developed two ways to help you connect to the best doctor.

One way to Find a Doctor is to simply call the Doctor Connect phone number at 914.964.4DOC.

In the late fall you will also be able to Find a Doctor online at the St. John’s Riverside Hospital website at RiversideHealth.org.

On the website you will find helpful information on all of our specialty services as well as have the ability to search through our wide selection of doctors by name or by specialty. Simply click on the Find a Doctor tab at the top.

Doctor Connect is just another part of St. John’s Riverside Hospital’s ongoing commitment to deliver the best care possible to our community.

RON CORTI
PRESIDENT AND CEO

KEEPING IN TOUCH

I am approaching my one year anniversary as CEO of St. John’s Riverside Hospital.

When I took office last year I told our staff that we needed to get better. Today, I am pleased to present a team that accepted the challenge. Our entire staff no longer accepts just being good.

Today, we are better.

Getting Better means a vastly improved patient experience including the addition of staff and hospital wide renovations that make our patients feel more comfortable.

Our newly updated ER now results in a faster door-to-doctor experience.

We are better due to a $4.3M investment in IT infrastructure to support electronic medical records. And, we are proud to say that currently 90% of the National Quality Scores at our hospital are above average.

Getting Better also includes the financial stability of this great institution, ensuring that generations to come will have the advantage of the best health care available.

We look forward to getting better for you.

KEEpING IN TOUcH
Did you know that St. John’s Riverside Hospital was the first hospital in all of New York to incorporate a state-of-the-art tracking system on all prescriptions? This system insures the proper medication gets to each patient, in the proper dosage, every time, providing the ultimate level of safety for our patients.

“As a Primary Care Physician, technology gets more information to us faster, with more accuracy and enables us to make better decisions and diagnose sooner.” - Fadi Annabi, MD

This proactive preparation enhances our electronic medical record keeping system resulting in tremendous benefit to the patients. Once a patient’s records are on file, doctors will be able to preview their medical history BEFORE the patient arrives, eliminating the need to restate their entire history over and over. The benefit is tremendous to the patients. Once a medical record keeping system resulting in a patient friendly environment.

In an effort to make the patient’s experience better, we have combined the most advanced technology available today with our patient friendly environment.

In addition to the improvements in the Emergency Departments, St. John’s Riverside Hospital has also made some significant investments in technology throughout the hospital.

St. John’s Riverside Hospital is ahead of schedule in updating IT services as a first step to upgrading electronic record keeping for their patients.

St. John’s Riverside Hospital integrates leading technology as part of providing the most advanced care— but rest assured we are still about people helping people. You’re going to feel the difference!

HOSPITAL WIDE IMPROVEMENTS MAKE OUR PATIENTS MORE COMFORTABLE

Oxygen is one of the most versatile and powerful agents available to the modern medical practitioner. The therapeutic use of oxygen under pressure is known as Hyperbaric Oxygen Therapy and is used to assist wound healing among several other illnesses.

During Hyperbaric Oxygen Therapy, patients are placed in a pressurized chamber of 100 percent oxygen. The treatment specialty delivers high concentrations of oxygen to your bloodstream. This helps increase your own body’s natural healing abilities. The oxygen stimulates the growth of new blood vessels to locations with reduced circulation, improving blood flow to areas with unusual hiccups. Another important benefit is that it aids the treatment of infection by eliminating white blood cell action.

The recent introduction of a Hyperbaric Oxygen Therapy chamber at St. John’s Riverside Hospital, represents the latest in advanced healing technology. There are single units which allow for privacy and are located in a comfortable treatment area equipped with TVs and videos. The clear sided chamber has a technician that remains at bedside, available for questions this entire session.

“My doctor said he would do everything he could to heal me.”  - Susan J.

“The amazing healing power of oxygen represents the latest in advanced healing technology. There are single units which allow for privacy and are located in a comfortable treatment area equipped with TVs and videos. The clear sided chamber has a technician that remains at bedside, available for questions this entire session.” - zoom J.

St. John’s Riverside Hospital has a highly qualified, multi-disciplined team of physicians on staff along with nurse practitioners who have extensive training in wound management and administering Hyperbaric Oxygen Therapy.

For more information regarding Hyperbaric Oxygen Therapy call (914) 964-4630.

ENJOY THE YEAR’S MOST COLORFUL SEASON

Autumn brings warm sunny days and cool evenings with picture perfect views. Soon the foliage will be in full color. Deep reds and bright yellow leaves prevalent through the Hudson region, making it one of the most beautiful places to experience nature. Be sure to get outside and enjoy the season by bicycling, walking, and hiking.

It is also time to harvest the last of your herbs. Did you know herbs are rich in nutritional value and also provide other benefits:

Basil leaves are an excellent source of iron. Iron, being a component of hemoglobin inside the red blood cells, determines the oxygen carrying capacity of the blood.

Rosemary has calming effects that work against fatigue, sadness, anxiety, muscle soreness, digestive pains and also, indigestion caused by stress.

Adding Thyme to tea is good for those suffering from a sore throat or cold. It is a natural expectorant, clearing congestion from the airways. Be sure to add to a hot bath as an effective pain reliever for body aches after your stroll through the autumn leaves.

Lastly be sure to get out and enjoy the harvest moon as it is bigger and brighter and more colorful than other full moons. The warm color of the moon shortly after it rises is caused by light from the moon passing through a greater amount of atmospheric particles.

Since nursing school in the Philippines, I have worked in the Middle East, UK & US. St. John’s Riverside Hospital is one of the most rewarding because of the satisfaction I get from helping sick people. The dedicated professionals I work with are focused on ensuring that patients receive the best care possible.

About 4 years ago the ER was updated and expanded. Today, seeing the hospital continuing to provide state-of-the-art capital improvements to the ER (transforming old EMT bay to the nurses and staff but to the patients. This new ER recognizes the need of the community and is a necessary component of our future which will improve our ability to serve the Yorkville and Rivertown communities.

Autumn is the best time to not only harvest your herbs, but enjoy the harvest moon!
THE NEXT GENERATION...
IS IN THE HANDS OF SOME VERY COMPETENT NEW PHYSICIANS

The knowledge behind any one set of these extremely skilled hands is comforting. The combined knowledge behind all ten of these hands is astonishing. Although their expertise and selected fields of medicine vary, what drives them to excellence is the same — their relentless passion and pursuit of perfection.

St. John’s Riverside Hospital is extremely lucky to be home to these elite doctors. These doctors all selected St. John’s Riverside Hospital because, as a community hospital, we provide the best care available. These doctors also all put the emphasis on “community” as their priorities are centered on the desire to know their patients and their patients’ families. They believe that a personal understanding of their patient enables them to provide the best possible medical care.

These leading doctors also bring extensive knowledge and experience in the latest technologies to St. John’s Riverside Hospital. The fact that St. John’s Riverside Hospital is continually investing in leading edge technologies is an advantage for them and more importantly for you.

These doctors approach everything as the start of something great. They are dedicated to taking their specific areas of medical expertise to the next level and in turn are helping to make St. John’s Riverside Hospital top-notch as well. The Stroke Center has just received a Bronze Award and the Gold Award is on the horizon. Nephrology and Urology have been awarded a High Performance Designation for America’s Top Hospitals by U.S. News and World Report and St. John’s Sleep Center has also been accredited by the American Academy of Sleep.

They are part of elevating every aspect of medical care to the next level; they are skillfully redefining medical care for the future. Rest assured that the future of St. John’s Riverside Hospital is advancing to yet another level.

INTRODUCING THE NEXT GENERATION

Dr. Dhallu – Neurology
“Focused on elevating St. John’s Stroke Care to a Gold standard.”

Dr. Ramesh Peris – Pulmonary, Critical Care, Sleep Center
“Proud to be at a hospital that utilizes real-time ultrasound visual guidance for all ICU cases, not the norm for community hospitals.”

Dr. Anthony Suh – Cardiology
“St. John’s provides the most advanced technologies allowing me to bring what I learned in big medical centers to the community hospital level.”

The communities of Yonkers and the Rivertowns are extremely lucky as these doctors had the opportunity to continue their journey in medicine at practically any medical institution of their choice. They selected St. John’s Riverside Hospital. Their knowledge is already on or above par with any medical professional in the industry. Their passion for their work and compassion for their patients has become the benchmark for the entire hospital.

Ronald J. Corti
President and CEO
Meet Jamie. She clearly represents the new optimism women have towards breast cancer. Jamie is optimistic, confident and just plain beautiful. What is not so obvious is that she is a breast cancer survivor.

Today, not only do women have much better odds of beating breast cancer, they also can rest assured that the procedures and outcomes are now, more than ever, designed to consider their emotional and physical well-being.

St. John’s Riverside Hospital is clearly a leader in advances in breast care technology but what you are probably not aware of is that they are also the leaders in understanding that the patient is a person. St. John’s doctors make it their priority to know their patients.

Jamie’s doctor, Dr. Andrew Ashikari can recite this same level of detail for every one of his other patients as if they were a dear friend.

Dr. Ashikari is a breast cancer survivor. In addition, St. John’s Riverside Hospital’s breast care doctors have pioneered cosmetic reconstruction during surgery.

The results are both life changing, and as you can see, beautiful.

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At St. John’s Riverside Hospital we are committed to continually elevate the quality of care we provide. Our goal is to improve the quality of life in our community.

Do you have a story from St. John’s Riverside Hospital that you think should be in the Riverside?

Send your story to:
Director of Public Relations
St. John’s Riverside Hospital
967 North Broadway
Yonkers, NY 10701

or email us at info@riversidehealth.org

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