As we approach year end, I am pleased to announce even more outstanding achievements occurring at St. John’s Riverside Hospital. The staff at the hospital has worked hard throughout the year to elevate all of our services. In recognition of this relentless dedication, we have earned a National Accreditation in Cancer Care and a Bronze Award in Stroke Care. We are also now fully accredited by the American College of Radiology, embracing high standards on radiologic imaging and guidelines for quality, education, and patient advocacy.

As the needs of the community increase, St. John’s Riverside Hospital will continue to grow and get better—by offering a vastly improved patient experience, including elevating our Cancer and Stroke Centers—two of our most important areas of service.

Please enjoy this holiday season and remember if you need our services, treatments, or follow-up care we are always here for you. Be sure to read on and see the many other ways we are getting better for you.

On behalf of the staff and your friends at St. John’s Riverside Hospital...

Have a Safe and Happy Holiday!
Finally, did you know smoking increases blood pressure, decreases exercise tolerance, decreases HDL cholesterol, and increases the tendency for blood to clot. It facilitates the process of the buildup of fatty substances in the arteries supplying the heart muscle, brain, and other parts of the body. Even second hand smoke has been proven to increase the risk of heart disease.

Simply, these lifestyle changes of improved diet, increased physical activity and not smoking can slow, or even decrease, your chances of heart disease or having a heart attack.

As you think of that perfect gift, don’t forget to include the gift of health for the ones who matter most, including yourself. To purchase a gift certificate or to find out more about our services, please visit our website at RiversideHealth.org or call our Services Department at 914.964.7396.

For information on Nutrition Services contact Edith Soroker, Ph.D., RD, CDN at 914.559.1253.

Cranberry Hootycreeks

This holiday try these “Super Foods” to make your holiday not only happy but healthy as well. These versatile holiday foods promote wellness while tasting good too. They will not only provide multiple disease-fighting nutrients, but will also see you enjoying plenty of food without excess calories, and that are easy to include in your holiday meals.

In fact, research has shown that adding healthy foods is just as important as cutting back on others.

Nuts with heart-healthy fats, high fiber, and antioxidant content, earn a place on the Top10 Super Food list. The key to enjoying nuts is portion control. Nuts add taste and flavor to salads, side dishes, baked goods, cereals, and entrees. They taste great alone as snacks or mixed in with holiday treats.

Dark Orange Vegetables like sweet potatoes are a delicious member of the dark orange vegetable family which includes the pumpkin and carrots. Substitutes abaked sweet potato (also loaded with vitamin C, calcium, and potassium) instead of a baked white potato. And before you add butter or salt, taste the sweetness that develops when a sweet potato is cooked. Other dark orange vegetable standards include pumpkins, carrots, and festive butternut squash.

Cranberries are more than just a side dish when it comes to good for you benefits. Wrapped up in those shiny red balls is an antioxidant power sure to keep everyone healthy this season. Cranberries are loaded with vitamin C, calcium, and potassium) instead of a baked white potato. And before you add butter or salt, taste the sweetness that develops when a sweet potato is cooked. Other dark orange vegetable standards include pumpkins, carrots, and festive butternut squash.

For those with diabetes, heart disease or having a heart attack. Stress can create and/or exacerbate many physical and emotional conditions such as chronic fatigue, discipline upset, heartache, back pain, high blood pressure and clot of the blood. Stress also creates a motivation problem, you are less likely to exercise and more likely to eat excessively, leading to an increased likelihood of weight gain and other factors related to heart disease. (For more information on Nutrition Services contact Edith Soroker, Ph.D., RD, CDN at 914.559.1253.)

RIVERSIDE HEALTH — WE ARE GETTING BETTER FOR YOU

This holiday feel free to relax, as stress increases your rate of heart disease. To control your risks for diabetes are the same

To eat healthier, limit saturated fats and eat plenty of fruits, vegetables, and whole grains. Also be sure to limit eating simple sugars, refined carbohydrates, and alcohol.

People with diabetes are at elevated risk for heart disease. Fortunately, the healthy lifestyle changes that control your risks for diabetes are the same as those you can make to control your risks for heart disease. In both cases, good blood glucose (blood sugar) control will help you stay healthy.

Congratulations, now you are on your way to lowering your risk for heart disease by simply eating right. You could still do more. Make it a priority to increase your amount of exercise. A healthy goal for everyone should be at least 30 minutes of moderate-intensity exercise (e.g. brisk walking, biking, or swimming) most, if not all, days of the week. You will strengthen your heart, raise HDL—the “good” cholesterol, burn more calories, and no doubt, feel better.

Cranberry Hootycreeks

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IT TAKES A VILLAGE
WOMEN HELPING WOMEN AT ST. JOHN’S RIVERSIDE HOSPITAL

At St. John’s Riverside Hospital, we know that when it comes to the milestones and hurdles in a woman’s life, no one person can go it alone. Though many neglect their own health for the needs of their family, we know what an emotional toll that can take. We also know that “it takes a village” of supporters who are dedicated to offering the best in women’s healthcare. Our medical community has the experience and the compassion to guide patients through all stages of healing.

1. Dr. Amber Ehrabim, Pathology 1 “I work in breast pathology which is a topic near and dear to my heart. When a woman is going through her first biopsy or mammogram, the stress that comes with it is something to which we can all relate. Nothing is more fulfilling to me than letting a patient know that there are no malignancies. I can relate to that person on a personal level. I have been there, done that. I can give them hope and empower her with all the information they need. We cater to women with a beautiful, high-tech facility and emphasize minimally invasive surgery to improve our patients’ quality of life.”

2. Dr. Suzanne Greenidge, Obstetrics & Gynecology 1 “I work in breast pathology which is a topic near and dear to my heart. When a woman is going through her first biopsy or mammogram, the stress that comes with it is something to which we can all relate. Nothing is more fulfilling to me than letting a patient know that there are no malignancies. I can relate to that person on a personal level. I have been there, done that. I can give them hope and empower her with all the information they need. We cater to women with a beautiful, high-tech facility and emphasize minimally invasive surgery to improve our patients’ quality of life.”

3. Dr. Radhika Hariharan, Infectious Disease “In my specialty, I focus specifically on women’s healthcare especially those who may not have the means for good care. Preventative medicine is our number one priority. We perform yearly physicals, diabetes tests and exams for genetic disorders. We strive to educate women about their health so that they can take better care of themselves and their families.”

4. Dr. Beth Schorr-Lesnick, Gastroenterology 1 “The sensitivity I give to the patient discussion and exam definitely comes in part from being a woman. Communication is key to lessen a patient’s anxiety so they can give a complete history and I can improve their care. Keeping an open line of communication makes patients more comfortable before and during procedures. I empathize; I listen, and put my patients at ease.”

5. Dr. Judy Fried Siegal, Urology 1 “One focus of my urology practice is to maximize bladder and pelvic health in women and children. I do this in a caring, nurturing environment. The secret that some people know, from Maimonides to Mother Theresa, is that caring about you makes me be a better person. Every staff member in my office embraces this philosophy. It is important for me to remain at the top of my game, but retain a heartfelt connection to my patients.”

6. Dr. Jennifer Scherr, Nephrology 1 “I make it a priority to understand my patient’s social history. This gives me a three-dimensional portrait of the person who needs my help and tells me about the different hardships and concerns they have. Once you understand a patients’ world and their emotional needs, you can empathize and start the healing process.”

7. Dr. Kukshoinda Hameedi, Internal Medicine 1 “I focus specifically on women’s healthcare especially those who may not have the means for good care. Preventative medicine is our number one priority. We perform yearly physicals, diabetes tests and exams for genetic disorders. We strive to educate women about their health so that they can take better care of themselves and their families.”

8. Dr. Tina Mathews, Internal Medicine 1 “In my specialty, I focus specifically on women’s healthcare especially those who may not have the means for good care. Preventative medicine is our number one priority. We perform yearly physicals, diabetes tests and exams for genetic disorders. We strive to educate women about their health so that they can take better care of themselves and their families.”

9. Dr. Rukshinda Hameedi, Internal Medicine 1 “I focus specifically on women’s healthcare especially those who may not have the means for good care. Preventative medicine is our number one priority. We perform yearly physicals, diabetes tests and exams for genetic disorders. We strive to educate women about their health so that they can take better care of themselves and their families.”

Now that you met the staff who encompass the St. John’s Women’s Health Community, you’ll see that St. John’s Riverside Hospital is part of your village.

To find a doctor to help you manage your health call 914.964.4DOC (4362).
ST. JOHN’S RIVERSIDE HOSPITAL’S CANCER PROGRAM

Accredited by the Commission on Cancer of the American College of Surgeons

This accreditation sets quality-of-care standards for cancer programs and reviews the programs to ensure they conform to their standards. Accreditation by the Commission on Cancer is given only to facilities that have voluntarily committed to provide the highest level of quality cancer care and that undergo a rigorous evaluation process and review of their performance.

The core functions of the now accredited St. John’s Riverside Hospital Cancer Care Program include setting standards for quality, multidisciplinary cancer patient care; surveying facilities to evaluate compliance with 36 standards; collecting standardized and quality data from accredited facilities; using the data to develop effective educational interventions to improve cancer care outcomes at the national, state, and local levels.

What a Cancer Accreditation means to you

Receiving care at St. John’s Riverside Hospital Accredited Cancer Care Program ensures that cancer programs and reviews the programs to ensure they conform to their standards. Accreditation by the Commission on Cancer is given only to facilities that undergo a rigorous evaluation process and review of their performance. Accreditation by the Commission on Cancer is given only to facilities that have voluntarily committed to provide the highest level of quality cancer care and that undergo a rigorous evaluation process and review of their performance. Accreditation by the Commission on Cancer is given only to facilities that have voluntarily committed to provide the highest level of quality cancer care and that undergo a rigorous evaluation process and review of their performance.

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At St. John’s Riverside Hospital, we are committed to outstanding service for cancer patients and their families, providing what they need, want and deserve,” says Dr. Rosen, one of St. John’s Riverside Hospital’s leading oncologists. “It is important for patients to know quality care is close to home.”

For more information regarding Cancer Care Services or for an Oncologist go to our website, or call our Physician Referral Service at 914.964.4000 (4362).

ST. JOHN’S RIVERSIDE HOSPITAL RECEIVES THE BRONZE QUALITY ACHIEVEMENT AWARD

According to the American Heart Association / American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the United States. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes, and 795,000 people suffer a new or recurrent stroke each year.

“When a stroke, time lost is brain lost, and the ‘Get with the Guidelines’ Stroke Bronze Quality Achievement Award addresses the important element of time.”

- Free Davis, MD, VP of Nursing

“The time is right for St. John’s Riverside Hospital to be focused on improving the quality of stroke care as the number of acute stroke patients eligible for treatment is expected to grow over the next decade due to increasing risk factors and a large aging population,” said Davis.

St. John’s Riverside Hospital has developed a comprehensive system for rapid diagnosis and treatment of stroke patients of the right time-window in the emergency department. This includes always being equipped to provide brain imaging scans, having neurologists available to conduct patient evaluations and using clot-busting medications when appropriate. Patient education materials are available at the hospital and at the point-of-discharge, based on patients’ individual risk factors.

For more information regarding Stroke Related Services call our Physician Referral Service at 914.964.4000 (4362).

A FAMILY THAT STAYS TOGETHER...WELL, IS A FAMILY THAT STAYS TOGETHER

Frank Camparina has spent 24 years as a York police officer helping others when they needed it most. This time the call for help was from his dad and it was for someone very special to him.

Frank’s mother, Anna woke up feeling very tired and continued to go downhill quickly. By the time Frank arrived at his mother’s house he feared the worst. “Having been around sick people my entire career, I knew this was bad and my mom needed to get to a good hospital quick,” Frank recalled.

“Frank never left his mother’s side as they sped to the emergency room a few very important minutes away in an ambulance. Within minutes they arrived and Anna’s cardiologist, Dr. Chaudhry, also arrived at St. John’s Riverside Hospital and worked to stabilize Anna.

Dr. Chaudhry took charge of the situation with the Emergency Room staff. He and the nurses were invaluable and immediately gave the family renewed hope and confidence that Anna could be helped. Dr. Chaudhry stayed by my mom’s side for what seemed to be 15 hours. I have never seen a doctor do that before,” Frank tearfully remembered.

A few months following the ordeal, Anna was at a neighborhood barbecue when a young woman came up and gave her a hug. “I am so glad to see you...you probably don’t remember me.” Anna gazed back for a moment “My name is Jackie; I was one of the nurses on staff that took care of you when you came in to the ER,” I am so happy to see you are ok.”

“Besides the medical care, the level of emotional care given to my mom and our entire family was far beyond anything we have ever experienced. It’s like you are part of their family.” Frank said and Anna nodded.

Frank and Anna

To see a video of this story go to RiversideHealth.org

“Anna’s situation was a bit more complex than just a heart attack. Thankfully the family made quick and smart choices that ultimately led to saving Anna’s life.”

- Dr. Chaudhry

Dr. Fader is the sought after internal medicine specialist in senior health care. In addition to keeping up with the latest technology changes and studies in his field, Dr. Fader remains steadfast that the best way to help his patients is to really get to know them and keep strong communication between nursing and other service related staff when relevant to his patients.

Why you will love him: Dr. Fader believes “It is about the person” the melatonic in it enhances people’s sleep and keeps his patients moving and independent.

914.953.7922 | 128 Ashford Avenue, Dobbs Ferry

Dr. Edelson, is a Board-Certified Orthopedic Surgeon and Chief of Orthopedic Surgery at St. John’s Riverside Hospital. He has been treating patients in Westchester County for over 30 years. He is an advocate of minimally invasive surgery techniques and has been listed in NY Magazine as one of Westchester’s “Best Doctors.”

Why you will love him: Dr. Edelson is committed to excellence by pledging to provide the highest quality orthopedic care possible. He strives to help his patients live normal active lives and learn to prevent future difficulties.

914.476.4343 | 970 N. Broadway, Suite 204, Yonkers

Dr. Mascitelli is a Board-Certified Cardiologist and works as an internist in practice at St. John’s Riverside Hospital. He is a distinguished cardiologist with expertise in the diagnosis, management, and prevention of cardiovascular diseases. He specializes in the treatment and management of coronary artery disease, myocardial infarction, chronic heart failure, and vascular heart disease.

Why you will love him: Dr. Mascitelli prefers to treat heart disease by using the best of conventional medicine as well as educate his patients on overall heart wellness therapies— including stress reduction and nutritional programs that enhance better overall heart health.

914.423.8118 | 944 N. Broadway, Suite 102, Yonkers
St. John’s Riverside Hospital has been in the area for 142 years but it sure does look new. Have you been by to see for yourself?

Our new logo is proudly displayed 200 feet high and is beautifully lit at night.

We have added bright banners of our staff to greet you as you enter the parking lots.

Once inside you will also see a big difference and better yet, you will feel the difference.

Come on in and take a look around…