

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME THREE • WINTER 2011

INTRODUCING THE "HEALTHY DAY" TV SERIES



RON CORTI
PRESIDENT AND CEO

KEEPING IN TOUCH

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!

KEEPING OUR PROMISE. KEEPING YOU INFORMED.

Did you know the recent introduction of Hyperbaric Oxygen Therapy at St. John's Riverside Hospital represents the latest in advanced healing technology as Oxygen Therapy is one of the most versatile and powerful agents available to the modern medical practitioner?

Were you aware that St. John's Riverside Hospital currently conducts the most successful bariatric procedures annually of all hospitals within Westchester, Rockland, Dutchess and Putnam counties?

Have you heard we have the latest techniques in breast cancer treatment that allow patients to forgo follow-up radiation in some cases or allow them to obtain a better cosmetic result through mastectomy and reconstructive surgery?

St. John's Riverside Hospital's *Riverside* publication has promised that we are getting better for both our community and you. We promised to keep you informed and now we have taken that effort to TV.

Healthy Day is a new TV series designed to elaborate on these and other need-to-know topics happening at the hospital. Meet the Board Certified and award-winning doctors in up-close conversations about where their medical specialty is headed and how St. John's Riverside Hospital supports their efforts.

See how St. John's Riverside Hospital's doctors are leading their fields with support from our own highly skilled nursing staff and key investments in advanced medical technology.

The *Healthy Day* series TV campaign launched this October and can be viewed on Cable 12 News, MSNBC and Fox News daily. The TV series features a different topic each month and a link to an extended segment on cable that allows for more in-depth discussions on each subject.

You can also view all our current videos at RiversideHealth.org.



GIVE YOURSELF A HEALTHY HEART FOR THE HOLIDAYS

Having a healthy heart may be as easy as these simple lifestyle changes: **eat smart, exercise regularly and don't smoke.**

So this holiday take a closer look at your eating habits. To eat healthier, limit saturated fats and eat plenty of fruits, vegetables, and whole grains. Also be sure to limit eating simple sugars, desserts, 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

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.



MEET THE SJRH CARDIOLOGY TEAM

Photo l to r, Doctors: Sanyal, Francescone, Sheikh - Department Chief, Gitig, Chaudhry, Sherzoy, Stathopoulos, Malendowicz, Kim, Shih and Mascitelli

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.

If over the holidays you deviate from your heart healthy plan, you shouldn't panic. If you eat a heart-healthy diet the rest of the month, an occasional fatty meal will not have a long-term effect on your overall heart health. So enjoy the holidays but try to keep it heart healthy.

Be sure to work with your doctor on these lifestyle changes. Good luck!

For more information regarding Cardiology Services visit our website or call our **Physician Referral Service** at **914.964.4DOC (4362)**.



THE POWER OF TOUCH GIVE THE GIFT OF HEALTH

This holiday find time to relax, as stress increases your risk of heart disease or even a heart attack. Stress can create and/or exacerbate many physical and emotional conditions such as chronic fatigue, digestive upset, headaches, back pain, high blood pressure and risk of stroke. 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.

“Be sure to take time out for yourself during the holidays. A massage or reflexology treatment will not only feel magical but will also do your health a world of good.”

- Ellen McMahon, R.N. Holistic Services

The Holistic Care Services department provides several stress reducing holistic therapies:

MASSAGE THERAPY benefits include the relaxation of muscles, an increase in circulation and a reduction in stress related pain. Once your stress level is reduced, you can reclaim the energy you once enjoyed, and experience a refreshed body and mind.

REFLEXOLOGY uses gentle pressure to the specific zones, called reflex points on the hands and/or feet that reflect back to every gland, organ and part of the body. Benefits include a decrease in muscle tension, a decrease in anxiety, and a decrease in the swelling from injuries and illness.

ACUPUNCTURE is the gentle use of very fine, small needles strategically placed on the body to restore and influence the body's natural energy flow. It is proven to reduce pain and is successfully used to treat many chronic and acute medical problems.

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 schedule appointments contact the Holistic Care Services Department at **914.964.7396**



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 fill you up so you can enjoy plenty of food without excess calories, and they 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 Top 10 Super Food list. The key to enjoying nuts is portion control. Nuts add texture 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 lead the pack in Vitamin A content. Substitute a baked sweet potato (also loaded with vitamin C, calcium, and potassium) instead of a baked white potato. And before you add butter or sugar, taste the sweetness that develops when a sweet potato is cooked. Other dark orange vegetable standouts include pumpkin, 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. They can help lower cholesterol and prevent heart disease. They act as a strong antioxidant that cures certain cancers and help protect the brain from neurological damage. So throw them on your oatmeal, in salads, cookies, and champagne—then make a toast to the season's most recognized and heart-healthy fruit.

For information on Nutrition Services contact Edith Soroker, Ph.D., RD, CDN at **914.559.1313**.

Cranberry Hootycreeks Festive Cookie in a Jar!

- 5/8 cup all-purpose flour
- 1/2 cup rolled oats
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup packed brown sugar
- 1/3 cup white sugar
- 1/2 cup dried cranberries
- 1/2 cup white chocolate chips
- 1/2 cup chopped pecans



(Courtesy of Allrecipes.com)

1. Layer the ingredients in a 1 quart or 1 liter jar, in the order listed.
2. Attach a tag with the following instructions:

CRANBERRY HOOTYCREEKS

- Preheat oven to 350 degrees F (175 degrees C). Grease a cookie sheet or line with parchment paper.
- In a medium bowl, beat together 1/2 cup softened butter, 1 egg and 1 teaspoon of vanilla until fluffy. Add the entire jar of ingredients, and mix together by hand until well blended. Drop by heaping spoonfuls onto the prepared baking sheets.
- Bake for 8 to 10 minutes, or until edges start to brown. Cool on baking sheets, or remove to cool on wire racks.

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



“YOU'RE GOING TO
**FEEL THE
DIFFERENCE**”

- Donna Pascarelli-DellaMedaglia, RN

FOR ME IT'S ALL ABOUT FAMILY...

As far back as I can remember I have wanted to be a nurse. I started working in healthcare at a convent helping the elderly, at 14. Becoming a nursing assistant at 16 reinforced my decision that this role was for me. Attending Cochran School of Nursing allowed me to practice my studies on the floors of St. John's Riverside Hospital. This training eventually led to my being hired as an RN in the medical/surgical unit where I have worked for about 12 years.

It is my pleasure to help others overcome obstacles which really benefits my patients. This passion has been recognized most recently with a promotion to the position of Clinical Nurse Manager.

St. John's Riverside Hospital has always been like a family to me and I strive with my colleagues to make it the best hospital ever. Together we want our patients to feel welcomed, comforted and healed—because they are part of our family.



AFFILIATED WITH THE MOUNT SINAI HOSPITAL
HOME OF THE COCHRAN SCHOOL OF NURSING

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 Ebrahim, Pathology | "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 the other side of the slide and know that I made a difference in a woman's life."

2 Dr. Suzanne Greenidge, Obstetrics & Gynecology | "We personalize woman's care. Many women come to us because they have fibroids and want to get pregnant. We evaluate her, preserve fertility, help her get pregnant 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. Rukhshinda Hameedi, Internal Medicine | "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-Lesnack, Gastroenterology | "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. Tina Mathews, Internal Medicine | "In primary care we look at prevention and annual screening. We take aim at cardiac disease by controlling cholesterol and blood pressure while we look at other risk factors such as family history. Our female patients tend to be sensitive yet open up to me easily because I am female. As a doctor and a mother I know how to make a woman comfortable discussing family issues."

6 Dr. Bonnie Silverman, Ophthalmologist | "I have always been sensitive to eye problems that affect women. These include irritations both in the eye and surrounding eyelids that restrict wearing makeup and contact lenses. Another frequent eye problem is symptoms of dry eye that increase with age, particularly after menopause. Being a woman in medicine allows me to understand the concerns of my female patients and allows me to befriend my patients."

7 Dr. Judy Fried Siegal, Urology | "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."

8 Dr. Jennifer Scherer, Nephrology | "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 patient's world and their emotional needs, you can empathize and start the healing process."

9 Dr. Radhika Hariharan, Infectious Disease | "In my specialty I spend most of my time caring for patients in the hospital. I see patients when they are at a very high stress level. Many of my patients are working mothers or caretakers who need to get back home to their responsibilities. I bring to my female patients a natural understanding of the complex roles women have today and I am aware of their challenges because I am also a working mother."

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)**.



"My doctor was compassionate and took the time to get to know me and my family. Because she practiced 'on the safe side,' they found the cancer in the early stages. My doctor was very empathetic, attentive and always pointed me in the right direction. I did not feel alone during my journey and my recovery. That meant so very much."

Thyroid Cancer Survivor



MAKING OUR COMMUNITY HEALTHIER ONE WOMAN AT A TIME

To help support women's health, St. John's Riverside Hospital provides services specifically designed for women that make staying healthy easier.

For example, we have continued to set the standard in Maternity Care for more than a century. St. John's Riverside Hospital's Obstetrics and Gynecology Services cater to women with a beautiful, high-tech facility that has delivered more babies than any other hospital in Westchester.

We take aim at diseases that are prevalent in women's health; from cardiac care and oncology through internal medicine we will be here when you need us. You will see from our medical staff that preventative medicine is our number one priority before treatment.

We make it our goal to understand women and their health needs so that we can take better care of them and we can inform them to further improve their well-being. Some of our leading doctors are also mothers, and this makes discussing family health issues a little easier.

These are just a few of the many ways we are dedicated to keeping women healthy. We are leading the way by working in partnership with our doctors and by helping women educate themselves on important health issues.

St. John's Riverside Hospital's women's health experts are here for you.

Ronald J. Corti

Ronald J. Corti
President and CEO

ST. JOHN'S RIVERSIDE HOSPITAL'S CANCER PROGRAM

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

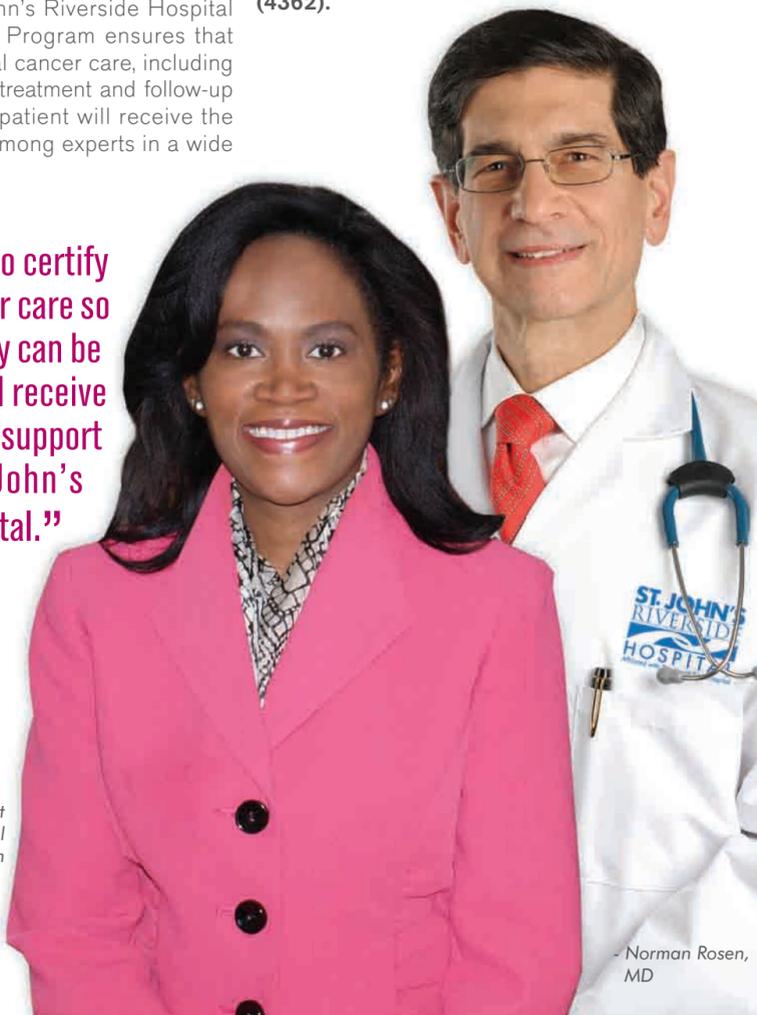
This accreditation sets quality-of-care standards for cancer programs and reviews the programs to ensure they conform to their standards. Accreditation by the Commission on Cancer is given only to facilities that have voluntarily committed to provide the highest level of quality cancer care and that 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 patients are receiving total cancer care, including state-of-the-art diagnosis, treatment and follow-up care. This also means a patient will receive the benefit of collaboration among experts in a wide range of disciplines.

“We have worked to certify the quality of cancer care so that our community can be reassured they will receive only quality care & support services at St. John's Riverside Hospital.”

- Cheray Burnett, Vice President
St. John's Riverside Hospital
Cancer Care Accreditation Team



- Norman Rosen, MD

Comprehensive care includes a wide range of state-of-the-art services and equipment, information about ongoing clinical trials and new treatment options, and access to cancer-related information, education, and support. St. John's Riverside Hospital has access to a cancer registry that collects data on types and stages of cancer and treatment results offering lifelong patient follow-up, ongoing monitoring and improvement of care.

“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 914.964.4DOC (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.

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

-Fran Davis, RN, 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 Fran Davis.

St. John's Riverside Hospital has developed a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to 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 risks.

For more information regarding Stroke Related Services call our **Physician Referral Service at 914.964.4DOC (4362).**

ST. JOHN'S RIVERSIDE HOSPITAL'S ER

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

Frank Campana has spent 24 years as a Yonkers 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 knew this was an emergency situation. *“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.



“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

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 over 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 barbeque when a young woman came up and gave her a hug. *“I am so glad to see you...oh 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.

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



ANDREW FADER, M.D.
Internal Medicine

Dr. Fader is the sought after internal medicine physician specializing 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”*. His motivation is to enhance people's lifestyles and keep his patients moving and independent.

914.693.7922 | 128 Ashford Avenue, Dobbs Ferry



CHARLES EDELSON, M.D.
Orthopedic Surgery

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



VICTOR MASCITELLI, M.D., F.A.C.C.
Cardiovascular Care

Dr. Mascitelli is a Board-Certified cardiologist who works as an attending physician 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 valvular 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

AT ST. JOHN'S RIVERSIDE HOSPITAL
**LIFE IS GETTING
BETTER**

**“DOOR-TO-DOCTOR
IS NOW
FASTER”**

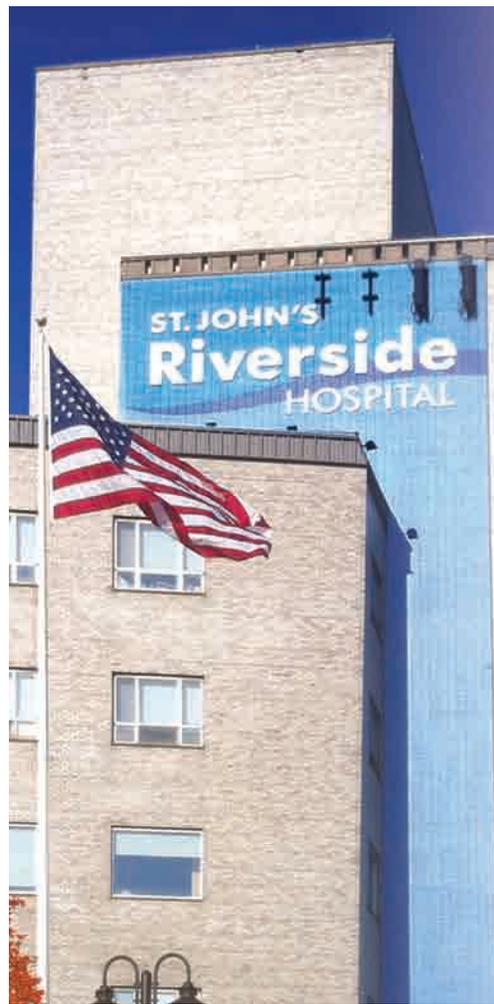
- RICHARD MARINO, MD
EMERGENCY DEPARTMENT



**ST. JOHN'S
RIVERSIDE
HOSPITAL**

AFFILIATED WITH THE MOUNT SINAI HOSPITAL

914.964.4DOC | RiversideHealth.org



SEE OUR NEW
LOOK!

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...

914.964.4DOC | RiversideHealth.org

**ST. JOHN'S
RIVERSIDE
HOSPITAL**

Affiliated with The Mount Sinai Hospital

St. John's Riverside Hospital
967 North Broadway
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