

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME ONE • SUMMER 2011

LIFE IS GETTING BETTER

ST. JOHN'S RIVERSIDE HOSPITAL IS COMMITTED TO CONTINUALLY ELEVATE THE QUALITY OF CARE WE PROVIDE. OUR GOAL IS TO IMPROVE THE QUALITY OF LIFE IN OUR COMMUNITY



WELCOME TO RIVERSIDE...

Welcome to the first edition of *Riverside*... *Riverside* Health and Wellness Newsletter is brought to you compliments of St. John's Riverside Hospital. The *Riverside* Health and Wellness Newsletter has been developed to keep you and your family informed on health and wellness information that matters most. Through informative topics, suggestions and resources, *Riverside* provides you with valuable health news and will continue to provide relevant health care topics with several issues over the year.

St. John's Riverside Hospital is committed to continually elevate the quality of services offered. *Riverside* Health and Wellness Newsletter will help support St. John's Riverside Hospital in its goal of increasing the overall quality of life in our community.

St. John's Riverside Hospital, with its comprehensive health care network, provides services from Yonkers to the Rivertown communities of Hastings-on-Hudson, Ardsley, Irvington and Dobbs Ferry. These resources provide our community with quality, efficient and patient-centered care.

Riverside is our way to say thank you for choosing us, as we will provide helpful information to get you on your way to a healthier lifestyle. St. John's Riverside Hospital is committed to delivering the most sophisticated care in our area.

See how Life is Getting Better...



RON CORTI,
PRESIDENT AND CEO

Welcome to the first issue of *Riverside*, a publication developed to provide you with information to help keep you healthy - brought to you by St. John's Riverside Hospital.

St. John's Riverside Hospital has been providing quality health care for the communities of Yonkers and southern Westchester since 1869. Our staff of over 350 highly skilled physicians represent almost every medical and surgical specialty possible.

Since my appointment as chief executive officer at St. John's Riverside Hospital six months ago, I have listened to you - the community - and I've heard that you want change. More importantly, you deserve change.

Today, at St. John's Riverside Hospital, the future is all about change.

Providing exceptional patient care for you is my priority and my promise. To keep pace with the growing medical needs of our ever-changing community, St. John's Riverside Hospital is embracing progressive plans for the future.

St. John's Riverside Hospital consistently strives to provide the safest, most superior patient care available. Read through our plan as we strive to promote open communication that fosters partnership and drives excellence within our community.



WE CARE

WE ARE COMMITTED TO PROVIDING YOUR FAMILY A COMFORTABLE & FIRST QUALITY HEALING EXPERIENCE

St. John's Riverside Hospital is there for you throughout your entire lifetime.

From the very onset of life, St. John's Riverside Hospital has been providing exceptional maternity care to mothers and their babies for more than a century and has delivered more babies than any other hospital in the county. Our experienced maternity staff and personalized care offers a unique and comfortable environment even for the newest members of our community. The maternity department features all new and beautiful private suites with views of the majestic Hudson River providing a serene, healing environment.

MAJESTIC VIEWS OF THE HUDSON RIVER PROVIDE A BEAUTIFUL AND SERENE HEALING ENVIRONMENT.

St. John's Riverside Hospital is only minutes away. We are here for you if the need arises for Emergency Care or same day surgery. In addition, we offer Westchester's leading Breast Care program and soon will be introducing Westchester's leading Joint and Orthopedic Rehabilitation Center.

We are expanding other areas, including the Wound Healing Center that has added a hyperbaric treatment unit to its list of services.

In the event you require stroke or cardiac care, you can rest assured some of the best doctors and technology are available. St. John's Riverside Hospital is a Westchester Designated Stroke Center and we have added a new Cardiac Catheterization Lab. These, combined with our other leading medical and surgical services, provide a continuum of care for your entire family.

We also proudly feature the Michael N. Malotz Skilled Nursing Pavilion, celebrating 10 years of Service Excellence. Here, we provide our residents with specialized medical and nursing care, long- and short-term rehabilitation and activity services, as well as support with day-to-day living functions.

Highly skilled medical professionals such as occupational and physical therapists are available on-site. Our facility provides comprehensive care in keeping with our goal of being your extended family home.

This is what we like to call best-in-class healthcare. We are here for you when you need us most.



THE POWER OF TOUCH

The concept of using touch as therapy to control physical and emotional symptoms and speed up the recovery process is not new. However, a hospital providing relief from physical and emotional symptoms by including massage, reflexology and acupuncture in partnership with administering medication is progressive to say the least.

Did you know that St. John's Riverside Hospital was the first hospital in Westchester to include touch therapy services over 12 years ago? As pioneers, St. John's Riverside Hospital was quick to see the benefits of touch therapy as a treatment for the alleviation of pain and general discomfort. In addition, research has proven that touch therapy goes way beyond pain relief. The higher-order benefit to touch therapy includes the reduction of stress, stimulation of the immune system and improvement of circulation. Touch therapy may also increase levels of melatonin and the feel-good hormone serotonin, providing an overall sensation of wellness.

"Touch therapy helped me get to a better place so that I wasn't feeling pulled apart by anxiety, pain or discomfort." John B.

Patients who receive touch therapy experience accelerated overall healing. The benefits of these therapies can be dramatic. In one study a leading hospital found that cancer patients reported a 50 percent reduction in symptoms such as pain and stress after one 20-minute massage session. Today, research is increasingly focused on whether or not touch therapy can impede the progress of a number of diseases, including depression and cancer. What is clear is that touch therapy is a much more sophisticated tool in healing than previously thought and St. John's Riverside Hospital will continue to be on the forefront of these advancements.

For more information or to schedule an appointment for a patient, please call the Department of Holistic Care Services at (914) 964-7396.



Summertime activities are the most effective and enjoyable ways of staying healthy!

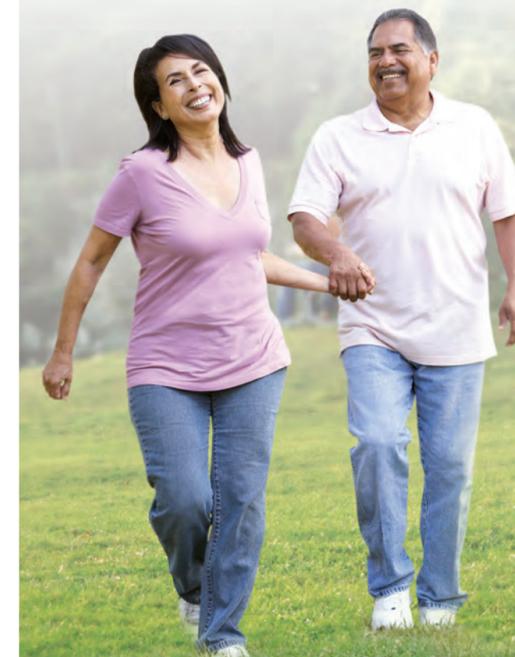
Time to head outside and enjoy the many activities that summer has to offer like playing with grandkids and taking a walk with a loved one. Experts recommend light to moderate activity most days of the week to help you stay mobile and independent. Exercise even has mental health benefits. Walking, for example is a great way to clear your head and also keep your joints active.

Summer is also a great time for the freshest, tastiest foods nature has to offer which makes it easy to follow a healthy diet. Fruits and vegetables are at optimal flavor, quality and abundance this time of year, so they cost less at the grocery store or farmer's market.

Research has shown that the lycopene in tomatoes may even boost immunity and help fight degenerative diseases, as well as reduce the risk of prostate cancer. Broccoli is also a great choice because it's loaded with beta-carotene, which may help prevent arthritis. Strawberries are ripest this time of year, satisfying your sweet tooth and easing inflammation.

Soaking up a little sunshine is the best way to get Vitamin D, an essential component for maintaining strong bones and decreasing the risk of osteoporosis. Vitamin D also plays a key role in the prevention of cancer, cardiovascular disease, diabetes and other ailments.

To get enough Vitamin D from the sun, you need to spend about 5 to 15 minutes outside of the shade, three times each week without sunscreen. Too much sun can cause sunburn and increase the risk of skin cancer, so be sure to limit your exposure.



Summertime is the best time to step outside and start living a little healthier!

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

"YOU'RE GOING TO FEEL THE DIFFERENCE"
Karen Burrowes, RN



HOME OF THE COCHRAN SCHOOL OF NURSING

YOU HAVE BEEN HEARD!

St. John's Riverside Hospital's Emergency Department has been redesigned, making it more efficient and more comfortable. Our staff of qualified registered nurses and leading physicians are committed to excellence in quality patient care. Together, they ensure that each patient receives professional treatment that is not only personalized but patient-centered.

St. John's Riverside Hospital has improved the entire patient experience in the Emergency Department, with the goal of seeing all patients in a more timely manner. The Emergency Department is now making sure the amount of time it takes for a health care provider to see each patient is minimal, which gives you more face time with your physicians and nurses.

Thank you for your patience while we reorganized.

Your Physicians, Nurses and the entire Staff at St. John's Riverside Hospital

The all new ER is Now Open.
Door-to-Doctor is Now Faster.



AT ST. JOHN'S RIVERSIDE HOSPITAL, WE ARE CHANGING THINGS.

WE ARE GETTING BETTER...



convenient

WE ARE RIGHT HERE FOR YOU

St. John's Riverside Hospital is a hospital rich in history. Generations have trusted their care to us. A leading medical facility right in the heart of the community. You don't have to travel to NYC for the finest medical care. We are right here in your neighborhood.

Feel the difference

To express our gratitude, our valet service will handle all of your parking needs. You are St. John's Riverside Hospital's highest priority. From the moment you arrive, you will feel the difference.

faster

EFFICIENT.

We have redesigned our emergency room to be best-in-class. Gone are the long wait times. Gone is the process of a one size fits all approach. Our renovations and additional staff are designed to enhance our patients' experience. Come discover for yourself that St. John's Riverside Hospital is where the patient always comes first.

Advanced care

Today, we are providing personalized health care services that are truly focused on your specific needs when you need it most. Our processes are faster, smarter and better which means you can now experience the most advanced care in the area.

newer

BIG PLANS.

St. John's Riverside Hospital has knocked down walls for you, literally that is. In order to accommodate these big changes, we've moved some rather large obstacles out of the way. You will see those changes in a more efficient emergency department, on our medical and surgical floors, in the addition of new private maternity suites, and more inviting lobbies. All updated to provide a first rate medical environment for you.

A welcome change

Our architects and engineers have designed a more comfortable environment conducive to health care service excellence and a better patient experience.

FOR YOU.



updated

OUT WITH THE OLD.

Be a part of St. John's Riverside Hospital's history as we move into a new era of advanced medicine. We are continuing our journey of creating the most sophisticated hospital in the area by investing in the latest medical technology available.

The future is now

St. John's Riverside Hospital's future is investing in advanced medical equipment designed to support our relentless pursuit of early detection and illness prevention. Having the most sophisticated technology gives us the ability to see sooner and clearer to the benefit of our patients.

more

PEOPLE HEAL PEOPLE.

Today, we have added thirty more caregivers to the bedside to be sure you are comfortable and cared for. We are in the business of care. Compassionate care. Our job is to make you better; your job is to get better. Simple.

Our passion

Our patients are our number one priority. When you need us, we'll be there and you'll be delighted by what we have done for you already. We are in business for one reason only - Getting you better.



PROMISE TO THE COMMUNITY

As CEO, I am committed to service excellence and continuous performance improvement. As a community health care provider, we remain attentive to the health and well-being of those we serve.

As the leader of this organization, I present to you my plan for improving St. John's Riverside Hospital and making sure it offers the most sophisticated care available.

Our staff of highly qualified nurses and leading physicians are committed to exceeding the expectations of those served, ensuring that each patient receives professional care that is personalized and patient-centered. We will invest in new technology as it continues to redefine our ideas about health care.

St. John's Riverside Hospital has acknowledged our potential and things are getting better. Join me on our journey as we provide the community with the highest quality and compassionate health care possible.

Ronald J. Corti
President and CEO



EXERCISE TO A HEALTHY BALANCED LIFESTYLE

Physical activity is necessary as you get older for maintaining your strength, flexibility and overall mobility, it is especially important in maintaining your independence. It keeps the body limber, lessening aches and pains, and reduces the risk of falls and orthopedic injuries. With age, bone mass and density decrease, which increases susceptibility to fractures, joint inflammation and cartilage degeneration that often leads to arthritis.

A safe, effective exercise program can help reduce some of the aches and pains that are a part of getting older. Regular workouts can help slow down the progression of conditions associated with aging. Even if you don't normally exercise, it's never too late to start. Thirty minutes of physical activity a day can help individuals feel good and prevent some medical conditions. Even individuals with chronic conditions, such as osteoarthritis and osteoporosis, can benefit from a balanced fitness program.

Most people are afraid more exercise will worsen conditions such as arthritis and osteoporosis, however, the opposite is actually true.

The St. John's Riverside Hospital Orthopedic Team recommends the repetitive motion of exercise to promote the body's natural process of lubricating joint surfaces. This may help lessen joint stiffness and achiness. Medical research shows that physical activity is both safe and beneficial for people with arthritis, osteoporosis, and other chronic conditions of bones and joints.

Exercise is critical for building stronger muscles as these stronger muscles provide added protection to your joints. Regular exercise may also prevent or delay diabetes and heart trouble, as well as reduce depression, anxiety and arthritic pain.

Working out doesn't have to be a chore. Simple activities that you enjoy such as walking, jogging or swimming will all help slow down the process of aging joints. Taking the dog for a walk, carrying in the groceries from the store and working in the garden are also effective ways to exercise.

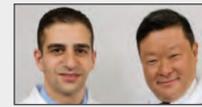
Before starting an exercise program, be sure to talk with a doctor. An orthopedic surgeon can help with a total plan for the treatment or prevention of joint illness and help you be on your way to better health.

ST. JOHN'S RIVERSIDE HOSPITAL ORTHOPEDIC TEAM



Southern Westchester Orthopedics & Sports Medicine
David Lent, M.D.
Charles Edelson, M.D.
Eric Spencer, M.D.

970 North Broadway, Suite 204, Yonkers (914) 476-4343



Beacon Hill Orthopedics
Alex Gitelman, M.D.
John Mitamura, M.D.

20 Beacon Hill Drive, Dobbs Ferry (914) 693-9400



Michael Allan Cushner, M.D.

1915-25 Central Park Ave, Yonkers (914) 961-3437



POWR Orthopedics
Nicholas Bavaro, M.D.
Chong Oh, M.D.
Doran Ilan, M.D.
Lolita Simmons, P.A.

128 Ashford Avenue, Dobbs Ferry (914) 693-2057



Cohen and Kramer M.D., P.C. Orthopedic Surgery
Jeffery Cohen, M.D. (not pictured)
Mark Kramer, M.D.

One Pondfield Road, Bronxville (914) 337-5956



Jean Kalache, M.D. Orthopedics

102 Park Ave, Yonkers (914) 376-3770

BARIATRIC SURGERY

Being overweight ultimately leads to detrimental health effects. Overweight individuals have a much greater risk of a wide range of medical issues. These increased health problems include heart disease, diabetes, several types of cancer as well as an overall reduction in life expectancy. Research has shown that it is very difficult for overweight people to lose weight with diet alone.

There is a solution; bariatric surgery has advanced in the past decade and is now a minimally invasive procedure that leads to significant long-term weight loss. Bariatric surgery is performed on the stomach, causing a reduction of the patient's food intake.

Bariatric surgery leads to significant long-term weight loss and is more permanent than diet alone. The benefits are not only lasting but also significant. Bariatric surgery provides excellent long-term weight loss results and significantly decreases the likelihood of various diseases such as heart disease, type 2 diabetes, sleep apnea, certain types of cancer and osteoarthritis. It is also proven to significantly decrease the risk of mortality.

Weight loss through bariatric surgery increases mobility, improves your ability to participate in physical and recreational activities and gives you an overall sense of well-being.

Although a custom plan needs to be designed for each patient, a person that is approximately 75 pounds overweight with no medical conditions may be eligible for bariatric surgery and with medical conditions, the criteria could be as little as 50 pounds overweight. St. John's Riverside Hospital takes a multidisciplinary approach to bariatric surgery for the best long-term outcomes. They offer everything including pre-surgical education, nutrition and lifestyle counseling and post-surgical support. Patients are treated with compassion and respect in a comfortable and reassuring atmosphere through every stage of the program.

St. John's Riverside Hospital is committed to helping you reach your weight loss goals and is there for you every step of the way.

Bariatric surgery may change your life forever.



Dominick Artuso, M.D.
New Image Surgical Weight Loss Center
128 Ashford Avenue
Dobbs Ferry
(914) 693-0055



ST. JOHN'S RIVERSIDE HOSPITAL'S ER

WHEN IT'S YOUR BEST FRIEND, EVERY MINUTE COUNTS

"Jeanette, you need to go to the ER right now." This was not exactly what I was expecting to hear when I volunteered to drive my dear friend to her regular scheduled doctor's visit.

Jeanette needed to be rushed from her doctor's office to the emergency department at St. John's Riverside Hospital. Diagnosed with hypertension, unprepared and anxious, we were not sure what to expect. The thought of an ER experience was overwhelming. However, I originally drove Jeanette to provide moral support and now it was more important than ever.

Upon our arrival, the ER staff quickly responded to avert a potentially serious situation and also gave us wonderful immediate attention. The attending doctor in the ER was so knowledgeable in so many disciplines, and his staff paid attention to the little things with comforting and upbeat personalities. They were great in coordinating Jeanette's heart monitor, IVs, chest x-ray, CAT scan and ultrasound while I stood by holding her hand. When all initial tests were completed, she was transported to the ICU comfortably where she remained until the following week.

During my visits to the ICU to see Jeanette, she smiled and told me she was being attended to in a timely fashion throughout her entire visit. "I cannot stress enough how exceptional the care I received at St. John's is regardless of the time of day." Jeanette would tell me on my regular visits after work. I am so thankful Jeanette's stay was comfortable.

In a few days, Jeanette was out of the hospital and successfully managing her hypertension under the care of the doctors she met while in the hospital. Bringing your best friend to the hospital is hard enough, knowing they are receiving excellent care makes it seem just a little better.

Yonkers is very lucky to have St. John's Riverside Hospital serving its community in so many ways. Thank you everyone for the personal assistance you gave my dear friend and for always being there as a vital part of our community.

- Diane Skalicky



Richard Marino, M.D.
Emergency Department



GARY TANNENBAUM, M.D.

Vascular Surgery, Endovascular Surgery, General Surgery, Wound Care

Dr. Tannenbaum is at the forefront of the many changes and innovations in both vascular surgery and wound care that have evolved over the past decade. He provides an unprecedented advanced level of care while maintaining a comfortable "community-hospital" atmosphere.

Why you will love him:

Dr. Tannenbaum offers patients with vascular disease a renewed sense of optimism for conditions that were once deemed impossible to treat.

(914) 965-2606

984 North Broadway, Suite 501, Yonkers



**ROBERT E. DEMATTEO
M.D., F.C.C.P.**

Pulmonary Medicine

Dr. DeMatteo has served the community for over 20 years. His knowledge and experience has helped thousands of patients stay healthy and breathe easier.

Why you will love him:

Dr. DeMatteo prides himself in prevention and early diagnosis of lung disease and is committed to providing his patients with cutting edge diagnostic technology and treatment modalities.

(914) 965-3366

970 North Broadway, Suite 209, Yonkers



NORMAN ROSEN, M.D.

Oncology

Dr. Rosen provides a comprehensive treatment plan including both the social and psychosocial needs of his patients. He enhances the overall patient experience and optimizes outcomes.

Why you will love him:

Dr. Rosen believes caring for a cancer patient requires a dedicated team approach and an excellent standard of care treatment.

(914) 965-2060

984 North Broadway, Suite 311, Yonkers

CONGRATULATIONS! LIFE IS GETTING BETTER.

One of the leading hospitals has just moved into the area. Well, sort of. St. John's Riverside Hospital has been in the area for 150 years, but it sure does feel new. We mean new as in new management, new ideas, new equipment and our all new positive outlook.

We eliminated some things too. We knocked down walls, added suites, and affiliated with The Mount Sinai Hospital. Soon you will see our new look and better yet, you will feel the difference.

Come on in and look around. We have a preview of the changes inside.

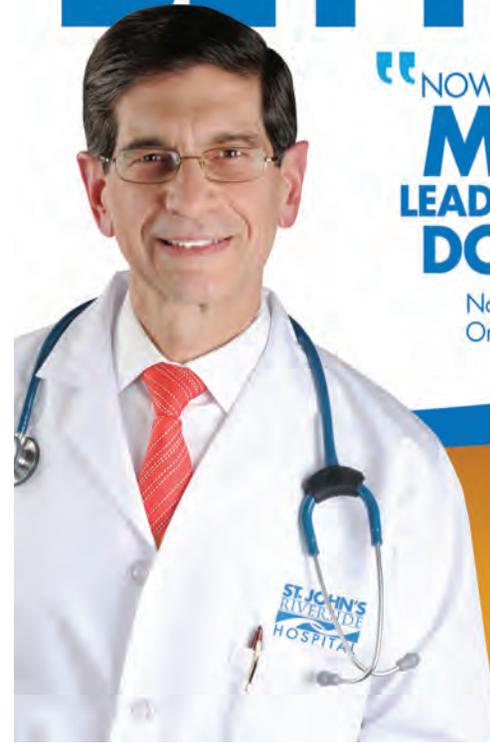


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AT ST. JOHN'S RIVERSIDE, LIFE IS GETTING BETTER

“NOW WITH
**MORE
LEADING AREA
DOCTORS**”

Norman Rosen, MD
Oncology



**ST. JOHN'S
RIVERSIDE
HOSPITAL**

Affiliated with The Mount Sinai Hospital

IMPROVING FOR YOU

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