

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME ELEVEN • FALL 2013



RON CORTI
PRESIDENT AND CEO

KEEPING IN TOUCH

It's hard to believe that we are already looking forward to the upcoming holidays. What is not so hard to believe is all the awards and accolades that the hospital has received over the summer. One word comes to mind when I think of St. John's Riverside Hospital, "outstanding."

I have believed all along our physicians, nurses and staff are the best, and now awards from *US News & World Report*, *Consumer Reports* and The Commission on Cancer confirm it. When we receive an award for Best in Orthopedic or Best in Nephrology from a prestigious group like *US News & World Report*, we are reminded again of what is really outstanding about our hospital: our employees.

These awards are the result of the hard work and dedication of our employees. To show our appreciation to our employees, we have added the word "outstanding" to the side of our trucks. Every day, all around town it will serve as a reminder of how outstanding the team at St. John's Riverside Hospital is.

Thank you for making St. John's Riverside Hospital one of the best hospitals in Westchester.

Whether you are faced with an unexpected emergency or considering something like a joint replacement, you can be confident in the quality-of-care you will receive at St. John's Riverside Hospital, I hear it's *outstanding!*

You're going to feel the difference.

OUTSTANDING CARE!

St. John's Riverside Hospital—Best in Westchester!

What a difference a year makes. You hear that expression often from parents, caregivers and teachers when significant growth and achievement is recognized. Well, we've had quite a year at St. John's Riverside Hospital and our recent advances in healthcare have been noticed in many areas on the state and national levels. It always has and always will be our commitment to stay at the forefront of technology and treatment to make life better for our patients and our community. These recent awards, new technologies, as well as our own patients' success stories are a testament to a year of growth and innovation.

Investments in robotic and computer-guided joint replacement technology helped earn St. John's Riverside Hospital a Best Hospital Award from *US News & World Report*. This is a distinction that only a few other hospitals can claim and it verifies that we have one of the best joint replacement centers available. St. John's Riverside Hospital is the only hospital in Westchester to offer MAKOpasty®, a revolutionary surgeon-controlled robotic arm, that enables our surgeons to achieve a new level of precision in partial knee and full hip replacements.

US News & World Report has also acknowledged St. John's Riverside Hospital for the third year in a row with Best in Nephrology. This is important for our aging community as well, as advancements in



Outstanding performance from our exceptional team makes it clear that St. John's Riverside Hospital is one of the top hospitals in Westchester.

Nephrology continue to help patients with diagnostic and treatment options for diabetes and hypertension. In addition, *Consumer Reports* has identified St. John's Riverside Hospital as the top hospital in Westchester for surgery. Investments in our operating rooms, the finest surgeons, and a detail-oriented compassionate staff all contribute to our many accomplishments and impressive awards.

In the area of breast care, St. John's Riverside Hospital is home to the first Nationally Accredited Breast Center in Westchester as well as a pioneer in introducing the innovative intraoperative radiation treatments and immediate one-step breast reconstruction. Our Commission on Cancer's Outstanding Achievement Award symbolizes our breast surgeon's expertise and enduring commitment to beating cancer. Our team of superior breast surgeons offer our patients two convenient location options for breast care.

These locations also feature the Avon Mammography Center in Yonkers and the Ashikari Breast Center in Dobbs Ferry.

All of this would not be possible without the support of our community and our patients. A new season is upon us and a year of innovations and continued advances in healthcare are on our agenda.

At St. John's Riverside Hospital, life is getting better!



WE CARE
IMPROVING FOR YOU

RATED #1 FOR SURGERY

St. John's Riverside Hospital has been rated highest in Westchester County and one of the Top Hospitals in New York State for Surgical Services by *Consumer Reports*.

The *Consumer Reports* team analyzed federal government data to assess patient outcomes after surgery at nearly 2,500 hospitals. They looked at results for surgeries including: back surgery, replacements of the hip or knee, and procedures to remove blockages in arteries in the heart (angioplasty) or neck (carotid artery surgery).

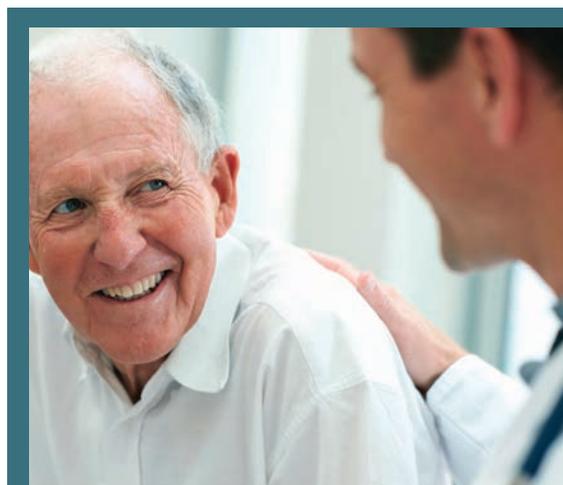
When it came to ratings based on positive measures of quality-of-care, St. John's Riverside Hospital came out on top.

WHAT IT TAKES TO BE RATED THE BEST FOR SURGERY

Quality health care is the result of specialized teams all working together that are directly involved in your care before, during, and after surgery. These highly skilled teams are dedicated to providing safety and delivering the quality of care a patient needs to successfully recover from surgery.

OUTSTANDING OPERATING ROOM & RECOVERY ROOM

"To become number one you have to start with having highly skilled and experienced surgeons and technology," says Dr. Gary Tannenbaum, Director of Surgery. "Today we have advanced technology that allows us to perform procedures with the most



"We believe this is an important first step in giving patients the information they need to make an informed choice"

Consumer Reports

overall experience," said Dr. Tannenbaum. Most of the time, the patient won't even realize how many teams are providing critical functions, but rest assured you have an award winning surgical team by your side making sure your health and safety is in great hands at all times.

up-to-date technologies and monitor critical vital information; this enables us to see a new level of detail.

Add to that St. John's Riverside Hospital continues to invest in the latest computer assisted technology providing surgeons precise control with only minimal incisions in some cases, all working to minimize risks."

St. John's Riverside Hospital also has the area's best anesthesiology team in the operating room. The anesthesiology team provides continual medical assessment of the patient while monitoring and controlling the patient's conditions for a safe and successful surgery.

"Attention to detail has led to dramatic improvements in recent years. Our patients are having fewer complications, and they're having a better



The POWER OF TEAMWORK

WORKING TOGETHER TO BE THE BEST...

At St. John's Riverside Hospital our consistent team approach to healthcare is the key to our quality patient care.

Every member of our team is the best at what they do, but what makes St. John's Riverside Hospital outstanding is our commitment to teamwork that enables us to go beyond individual accomplishments.

Teamwork at St. John's Riverside Hospital is about creating a unified results-driven environment that harmonizes all of the contributions of our highly qualified individuals, all working toward the common goal of patient satisfaction.

"There is a clear relation between our approach to teamwork and the caliber of awards we receive acknowledging our team for outstanding care and patient safety."

Fran Davis, VP of Nursing

Medical issues can sometimes be complex. These situations call for a collaborative setting which enables any problem to be addressed by multiple team members. Quality patient care is achieved when doctors, nurses and other members of the team with multiple skills communicate and coordinate in a cohesive manner to reach a common goal.

At St. John's Riverside Hospital, you will receive swift medical attention in a place where friendly faces reassure our patients.

You're going to feel the difference our award winning staff makes.

FOR A SURGEON CONVENIENTLY LOCATED IN YOUR AREA CALL
914.964.4DOC (4362) OR VISIT **RiversideHealth.org**

EAT WELL....

live BETTER

HERE COMES THE SUN!

Your body makes its own Vitamin D from sunlight, but now that the days are shorter it is important you get your Vitamin D from other sources besides the sun.

Vitamin D is needed for good overall health and strong and healthy bones. It's also an important factor in making sure your muscles, heart, lungs and brain work well and that your body can fight infection.

Recent research available from the Vitamin D Council is now showing that Vitamin D may be important in preventing and treating a number of serious long term health problems. A lack of Vitamin D has been linked to conditions such as cancer, asthma, Type-II diabetes, high blood pressure, depression, Alzheimer's and autoimmune diseases like multiple sclerosis, Crohn's and Type-I diabetes.

You can get Vitamin D from a few foods you eat. Here are some of the best sources:

- Salmon (especially wild-caught)
- Cod Liver Oil
- Canned Tuna
- Sardines canned in oil

Also nearly all milk in the U.S. is fortified with Vitamin D (so are many brands of orange juice, yogurt, margarine, and ready-to-eat breakfast cereals).

Be sure to continue including fish as part of your diet in the winter and be sure to get about 15 minutes of sunlight a day to keep your Vitamin D levels up in the winter. You may also want to consider Vitamin D supplements if your doctor agrees you need them.

As always, consult your physician before incorporating any dietary changes to your health regimen.

MAPLE GLAZED SALMON

INGREDIENTS:

- 1 tbsp maple syrup
- 1/4 tsp ground pepper
- cooking spray
- 1 tbsp hoison sauce
- 2 (6oz) salmon fillets (1" thick)
- 1 tsp Dijon mustard

PREPARATION:

- Preheat broiler.
- Combine first 4 ingredients in a small bowl; stir with a whisk.
- Place salmon, skin side down, on a broiler pan coated with cooking spray. Brush with maple mixture. Broil 10 to 12 minutes or until fish flakes easily when tested with a fork, brushing with maple mixture after 5 minutes and again after 10 minutes



GOOD TO KNOW

Salmon tops the list of fish with the most omega-3 fatty acids.

Courtesy of MyRecipes.com

THE COCHRAN SCHOOL OF NURSING SETTING THE STANDARD FOR CARE



YOU WILL ALWAYS BE SURE TO HAVE A GREAT NURSE AT ST. JOHN'S RIVERSIDE HOSPITAL.

We don't just expect compassionate care, we teach it. The Cochran School of Nursing is accredited by the National League for Nursing. It is the only school in Westchester that combines use of a Human Patient Simulator in a classroom setting with valuable clinical training at the bedside.

Pursue your dream of helping people and serving the healthcare needs of your community. An integral part of St. John's Riverside Hospital, Cochran focuses on clinical practice experience and preparing our graduates for employment. Computerized learning is integrated into all aspects of your education to enrich and expand your knowledge.

Now accepting applications for Fall 2014.

COCHRAN SCHOOL OF NURSING

START TODAY!

CALL FOR OPEN HOUSE SCHEDULE

914.964.4296

admissions@cochranschoolofnursing.us

**ST. JOHN'S
RIVERSIDE
HOSPITAL**
Affiliated with The Mount Sinai Hospital

967 North Broadway | Yonkers | NY | 10701
cochranschoolofnursing.us

ONWARD AND UPWARD

A new optimism is inspiring patients facing knee and hip surgery to seek the help they need at St. John's Riverside's Orthopedic Center.

St. John's Riverside Hospital's recent advances in Orthopedic Care have not only brought patients' mobility back, but they have been recognized by *US News & World Report* as Best in Orthopedic Care.

Last year, St. John's Riverside Hospital was the first and only hospital in Westchester County to introduce a new patient-centered technique called MAKOplasty®. This procedure is an innovative partial knee resurfacing whereby patients can have the damaged area of the knee restored without the need for a complete joint replacement. This results in an unprecedented recovery time and restoration of mobility.

In 2013, St. John's Riverside Hospital's treatment options have evolved: they now offer MAKOplasty for the hip. With MAKOplasty's highly-advanced, surgeon-controlled robotic arm technology, surgeons are able to place hip implants in the desired location with more accuracy thus reducing the risk of future dislocation or loosening. In addition, they are one of the few in Westchester to offer Anterior Hip Replacement Surgery which allows the surgeon to reach the hip joint from the front of the hip as opposed to the side or the back. The Anterior approach enables the hip to be replaced without detachment of muscle from the pelvis or femur during surgery. This enables patients to immediately bend their hip freely and bear full weight when comfortable, resulting in a more rapid return to normal function.

"These new minimally invasive procedures are changing the lives of our patients. These advancements result in delivering rapid recovery as well as restoring natural feeling and mobility. We will have you out of the hospital and back on your feet within a few days."

NICK BAVARO, MD | ORTHOPEDIC SURGEON
 One of the select few to perform Computer-Assisted Anterior Hip Procedures in addition to other orthopedic surgeries



STRENGTH IN MOVEMENT WITH ST. JOHN'S RIVERSIDE HOSPITAL'S AWARD WINNING ORTHOPEDIC CENTER



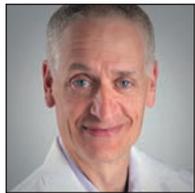
NICHOLAS BAVARO, MD



DAVID LENT, MD



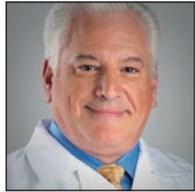
MICHAEL CUSHNER, MD



HOWARD LUKS, MD



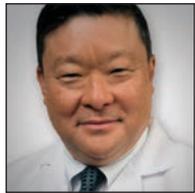
CHARLES EDELSON, MD



ANTHONY MADDALO, MD



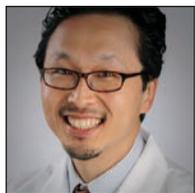
EVAN GAINS, MD



JOHN MITAMURA, MD



DORON ILAN, MD



CHONG OH, MD



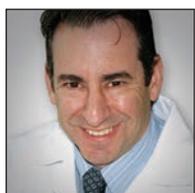
JAMES JOSEPH, MD



ERIC SPENCER, MD



MARK KRAMER, MD



RICHARD WEINSTEIN, MD

Readers of the St. John's Riverside Hospital newsletter may remember a story about seventy-three year-old retired teacher Ignacio "George" Febles, a track and field coach and avid tennis player. When sudden knee pain became debilitating for this active senior, he consulted with his Orthopedic specialist, Dr. David Lent. "After examination we knew that Mr. Febles was an excellent candidate for MAKOplasty," explains Dr. Lent. "I told him we'd get him back to doing what he loves when his surgery was performed in October, 2012. Soon after the procedure, Mr. Febles was back to his game and back on the courts. He has 98% range of motion, can run, jump and do everything he used to do before the pain began. That was our plan; to restore our patient and get him back to his active life."

"That was our plan; to restore our patient and get him back to his active life."

DAVID LENT, MD | ORTHOPEDIC SURGEON
One of the select few to perform both MAKOplasty®
Knee and Hip Replacements in addition to other
orthopedic surgeries

St. John's Riverside Hospital Orthopedic Center's latest developments combined with patient success rates have triggered national attention. As they continue to leverage technological advances in superior orthopedic healthcare, they remain the leader in restoring and renewing patient's mobility and orthopedic health.

St. John's Riverside Hospital holds firm in the belief that all patients should be free of pain when it comes to every day movement and activity. They also believe that innovative technology and expertise is crucial to effectively addressing the needs of all of their patients and to cure the orthopedic and musculoskeletal ailments that often disrupt busy lives. Whatever your healthcare needs may be, their patient-centered approach with Westchester's top specialists uniquely position St. John's Riverside Hospital with the ability to offer you the best in orthopedic treatment.

When it comes to superior Orthopedic Care, St. John's Riverside Hospital is moving onward and upward, and so are their patients.

That is the St. John's Riverside Hospital Difference.

NOT PICTURED: GREG CAVALIERE, MD | JEFFERY COHEN, MD | GEORGE GOLDMARK, MD | HARRY GOLDMARK, MD
JONATHAN GORDON, MD | JEAN KALACHE, MD | RICHARD KUBIK, MD | ROBERT MYERSON, MD | GEORGE PIANKA, MD



ONLY THE BEST

My promise to you.

Physical activity is the cornerstone of healthy living as we age. Increased mobility helps to strengthen your bones as well as your heart. Regular exercise will keep you strong to help prevent you from falls and injuries as you get older.

St. John's Riverside Hospital has once again set the standard in orthopedic care by investing in cutting-edge advancements in robotic surgery that will help you stay active longer, because people are designed to be physically active throughout their lives.

MAKOplasty® does more than offer knee and hip replacements; it offers patients a new sense of optimism. It provides patients the chance to bring physical activity back into their lives. George Febles reminds us that getting back to tennis at age seventy three without pain is not only possible, but inspirational as well.

St. John's Riverside Hospital continues to invest in leading technology to provide the community with the latest in orthopedic care. We are committed to helping our patients remain active.

Setting the standard in orthopedic care, with locations in Dobbs Ferry and Yonkers, that is the St. John's Riverside Hospital difference.

The Best is Getting Better!

Ronald J. Corti
President and CEO



ST. JOHN'S RIVERSIDE HOSPITAL INNOVATIVE TREATMENT EMOTIONAL STRENGTH

St. John's Riverside Hospital's Nationally Accredited Breast Center Leads the Way in Breast Cancer Treatment

A woman's reflection in the mirror can easily influence her mood and spirit. That's why the physicians and surgeons at Westchester's first Nationally Accredited Breast Center focus on addressing both the physical and emotional needs of their patients. To conquer every hurdle once a diagnosis is made, St. John's Riverside Hospital's Breast Center treats all that encompasses a woman: emotionally, cosmetically, as well as physiologically.

The emotional toll breast cancer can have on today's woman has driven the need for new patient-centered technologies and methods that help preserve and protect the female body. Early detection, immediate reconstruction, and advanced technology are imperative and have made St. John's Breast Center a national leader in Breast Care. Further, St. John's Riverside Hospital leads the field in the most recent advancements like intraoperative radiation and oncoplastic techniques:

*"Kindness when
you need it most.
Restoration to all
that encompasses
you. That is the
St. John's Riverside
Hospital Difference."*

Intraoperative radiation allows the surgeon to administer radiation treatment during the initial operation. This significantly reduces the amount of required radiation post-surgery and allows patients to begin the healing process sooner. In addition, surgeons are able to find and remove the cancer-affected sentinel nodes and thereby avoid the spread of the cancer and future surgeries.

During a lumpectomy, St. John's Riverside Hospital uses the *oncoplastic technique* which utilizes plastic surgical principles to reshape the remaining tissue and restore the natural appearance of the breast.

Our team of superior breast surgeons offers two great convenient location options for our breast care patients. These locations also feature the Avon Mammography Center in Yonkers and the Ashikari Breast Center in Dobbs Ferry. We offer expertise, understanding, and a long record of success from patients who had once been diagnosed with and conquered breast cancer, and still see their natural beauty in the mirror.

Beating cancer is our mission. Maintaining a beautiful spirit is an essential part of recovery.



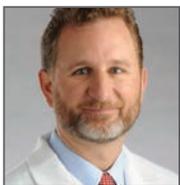
ANDREW ASHIKARI, MD, FACS

"Dr. Ashikari is not only among the most skilled breast surgeons, but one of the most kind, caring, devoted doctors you'll ever meet! I highly recommend this surgeon for breast cancer or preventive surgery."



NIDHI SAHGAL, MD

"This doctor has top-notch skills and the bedside manner of an angel. I went to two surgeons before her who wanted to do radical surgery. Dr. Sahgal was willing to work with me as a person and made the experience wonderful."



POND R. KELEMEN, MD, FACS

"Dr. Kelemen was one of the kindest, most comforting doctors. When I was at my weakest, he was able to give me guidance, support and strength. He is one of the best!"



ROBERT RANILOLO, MD

"Dr. Raniolo is the best. He's caring, thorough, methodical, very down to earth and always takes his time. He is a real human being with true feelings. He cares as a friend would and makes you feel very comfortable."



MARTIN WERTKIN, MD

"Dr. Wertkin saved my sister's life. He is professional and very informative yet is also very caring and puts your mind at ease."



MELITA CHARLES, MD

"Dr. Charles is a gem, a thoroughly excellent doctor. She put me at ease in every single way."



ONE-STEP PROCEDURE

St. John's Riverside Hospital: a Pioneer in Immediate Breast Reconstruction

Dr. C. Andrew Salzberg is a New York Board Certified Plastic Surgeon who specializes in cosmetic surgery and breast surgery, including breast reconstruction.

Dr. Salzberg is best known as the pioneer of Direct to Implant Breast Reconstruction. This type of breast reconstruction is replacing the traditional method, which required two surgeries with in-office biweekly expansion for several months in between. This technique allows him to put in a permanent breast implant with no need to expand or have a second surgery.

Dr. Salzberg pioneered the direct to implant, or "one step," breast reconstruction procedure using a special support material. He performed the first ever direct to implant reconstruction in December 2001, and has since reconstructed more than 900 breasts (more than 500 patients). This procedure is part of breast cancer treatment, or prevention for women at high risk due to BRCA mutations or family history.

Innovative breast reconstruction using the "one-step" direct to implant technique has been embraced by all of our expert plastic surgeons. Our team's ability to be the early adopters of such a sophisticated procedure has gained national attention. At St. John's Riverside Hospital, we continue to pursue innovative procedures that keep us at the forefront of superior healthcare and help create a new line of defense against the threat of breast cancer.

To contact a leading doctor call 914.964.4DOC or visit RiversideHealth.org

Leading St. John's Riverside Hospital Plastic Surgeons:

Andrew Salzberg, MD | Michael Koch, MD
NY Group for Plastic Surgery | Tarrytown, NY

Scott Newman, MD
Advanced Plastic Surgery & Laser Center | Yonkers, NY

Neil Goldberg, MD
128 Ashford Ave | Dobbs Ferry, NY

YOU'RE GOING TO FEEL THE DIFFERENCE!

ST. JOHN'S RIVERSIDE HOSPITAL **PARKCARE**

“...THEY GAVE ME BACK MY LIFE”

- ADRIENNE

Hailing from Mount Pleasant, Adrienne was a talented athlete and National Honor Society student at a local Catholic high school when she first started experimenting with pot. During her first couple of years at college she became more dependent on drugs like ecstasy, cocaine and eventually heroin. By 19, she had dropped out of college, been arrested multiple times and demolished three cars.



But today, that is all history. After five years she is drug-free and focused on her goal of heading to law school after graduating from a leading NYC university with her Masters in Criminology.

When Adrienne speaks about this experience she recalls it was not easy nor did she have success on her own. She tried other treatment facilities in Westchester multiple times before she found St. John's Riverside Hospital's ParkCare facility. Once she arrived she felt she was with the right "family" for working her program. Some might think that odd coming from a middle class, well educated honor student from Westchester, but there was something of a true kinship or "Brothers-in-Arms feeling that we were all in this together" as she describes it at St. John's Riverside Hospital.

“At St. John's Riverside Hospital I really fit in. They got me; I mean truly got me and the problems I was struggling with.”

From the administrators to the security guards, Adrienne was always respected as a person who could get better with time and help. She was never dismissed as an addict incapable of recovery. As a group they are non-judgmental and they completely respected patient confidentiality under all circumstances. She especially credits her amazing counselors and mentors for genuinely understanding her plight because they had been there and had risen above their addiction to receive an education and accreditations in order to guide and inspire others. This was a major difference she found at St. John's Riverside Hospital versus other treatment centers. "At St. John's Riverside Hospital I really fit in. They got me; I mean truly got me and the problems I was struggling with."

“Five years ago I had compiled mounds of regrets and bad decisions. I was no longer the athletic and smart girl or daughter and friend I had once been. Today I am most grateful to St. John's Riverside Hospital for not only saving my life (as I would surely be dead if I had not come here) but for giving my family back their daughter and granddaughter. For that I am forever indebted and it inspires me to work on my recovery wholeheartedly. Once I complete my law degree I plan on giving back to those in similar situations headed from central booking on drug charges and clueless about how to get their lives back on track. I hope to be every bit the inspiration my counselors were to me.”

For Adrienne, there is no doubt life is getting better at St. John's Riverside Hospital.

For more information on Behavioral Health Services call **877.944.CARE** or visit RiversideHealth.org



AIDA CRUZ-SOTO, MD
Primary Care

Dr. Aida Cruz-Soto is a seasoned primary care physician that is available to the diverse community in Tarrytown. Dr. Cruz-Soto takes the time to understand her patient's concerns and needs while creating a personalized approach to healthcare for each patient.

Why you will love her: Dr. Aida Cruz-Soto cares about families. Patients feel secure that she understands their lives and helps teach how to maintain the best health possible. Patients are very comfortable referring her as a resource to their friends and family.

914.631.1535 | 200 Broadway, Suite A, Tarrytown



TAMIR KHAROUBA, MD
Primary Care

Dr. Kharouba is an inspiring doctor who is focused on motivating his patients to be top of their personal game. His enthusiastic and encouraging style in his treatment approach is upbeat and reaffirming for the connections he makes with his patients.

Why you will love him: Dr. Kharouba is an inspiring doctor who uses many tools to help patients become successful at managing their health. Dr. Kharouba is genuinely caring and strives to help you achieve long lasting results.

914.207.7600 | 880 Mile Square Rd., Suite 2, Yonkers



KATARZYNA JANKOWSKA, MD
Primary Care

Dr. Jankowska brings a fresh modern perspective on primary care that acknowledges cultural differences and holistic solutions as part of her recommendations. Dr. Jankowska is board certified in Primary Care and schooled in holistic medicine which allows her to develop balanced wellness plans for her patients.

Why you will love her: Her fresh pragmatic approach to wellness encourages patients to maintain the healthiest lifestyle they are capable of. Her critical listening skills and curious personality allow her to prescribe the best custom health solution just right for each patient's needs.

914.375.2300 | 472 Palmer Rd., Yonkers

SUPPORT ST. JOHN'S RIVERSIDE HOSPITAL IN CELEBRATING THE 50TH ANNIVERSARY OF THE ANDRUS PAVILION

Proceeds will benefit the St. John's Riverside Hospital Emergency Department

For more information or to make a donation, call **914.964.4648**
or visit us at RiversideHealth.org

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