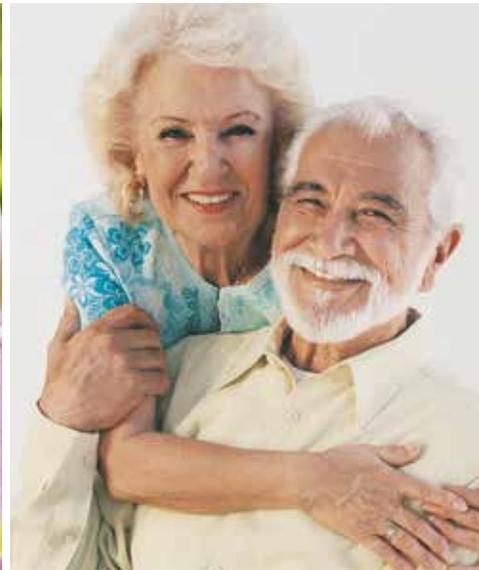


RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME THIRTEEN • FALL 2014



RON CORTI
PRESIDENT AND CEO

KEEPING IN TOUCH NAVIGATING TO BETTER HEALTH

For 145 years, St. John's Riverside Hospital has been a beacon of strength in our community and will continue to provide exceptional care for years to come.

In order for us to remain successful, we must adapt to changes required by the Affordable Care Act. Today, hospitals need to become financially strong to assure their future viability. St. John's Riverside Hospital continues to remain operationally strong even with continued pressure being exerted upon us through Federal and State reimbursement reductions.

Here at St. John's Riverside Hospital we are committed to the community and continue to renovate the hospital including the addition of many new private rooms. We also have plans to expand the Emergency Room to accommodate our growing community.

AT ST. JOHN'S RIVERSIDE HOSPITAL, YOU'RE GOING TO FEEL THE DIFFERENCE.

PROVIDING CARE FOR EVERYONE

St. John's Riverside Hospital is more than a hospital, we are an extension of our community. Our doctors have cared for families for generations and many of our nurses were born and raised here. Our staff is dedicated to serving the needs of our community.

In this issue of Riverside we spotlight one of the hospital's most important assets and the people who are on the front line of healthcare: the Primary Care Physicians. Their medical expertise covers a very broad spectrum, yet they focus their vast knowledge on one patient at a time. They are a trusted confidant and partner in your healthcare.

Your Primary Care Physician establishes a relationship with you that enables them to effectively deliver a diagnosis based on information that goes well beyond your symptoms. Among their clinical strengths is the ability to troubleshoot complex medical issues by investigating every contributing factor to a patient's health including family and social history, environmental conditions and physiological changes.

Our Primary Care Physicians at St. John's Riverside Hospital have developed strong connections with their patients within the St. John's Riverside Community.

Inside you will get to know some of our Preferred Primary Care Physicians a little better.

Also included in this edition is a listing of all our Preferred Primary Care Doctors in the area. From the listing inside, you will notice there is a Primary Care Doctor on just about every corner of our community providing care for everyone.

Be sure to mention to your doctor that you noticed them in Riverside or if you are in need of great Preferred Primary Care in your community give one a call.

**At St. John's Riverside Hospital...
Life is Getting Better.**

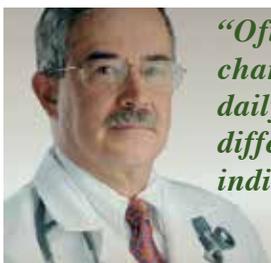


PRIMARY CARE IS HEALTHY CARE

Traditionally when a person falls ill, they go to the doctor and receive medicine to treat their condition. But the practice of primary care has evolved with physicians now taking an analytical, broader approach to wellness. Today's Primary Care Physicians (PCP) are looking at the big picture and asking *"what will keep this patient healthy?"*

This philosophy encompasses a combination of lifestyle and pharmacological solutions. For example, in addition to prescribing medicine to lower a patient's cholesterol, a Primary Care Physician may first prescribe dietary and lifestyle changes to see if that is a viable solution. At St. John's Riverside Hospital, our network of Primary Care Physicians understands that this approach to preventive care is the foundation of good health. Leading by example are two Primary Care Physicians within the St. John's Community:

Dr. Dorian C. Tergis has been a PCP in Hastings-on-Hudson for over twenty-eight years. Dr. Tergis encourages compliance of a healthy lifestyle and overall wellness. Among his clinical interests is preventive medicine which he teaches to his patients in a style similar to the way a coach motivates his athletes. Dr. Tergis incorporates lifestyle modifications with medicine and gets his patients to become more active, and will proactively introduce diet changes. *"Often a simple diet change and twenty minutes of daily exercise can make all the difference in the world in an individual's overall health,"* affirms Dr. Tergis. Dr. Tergis' steadfast and inspiring approach is the main reason he has developed strong connections with all patients, young and old.



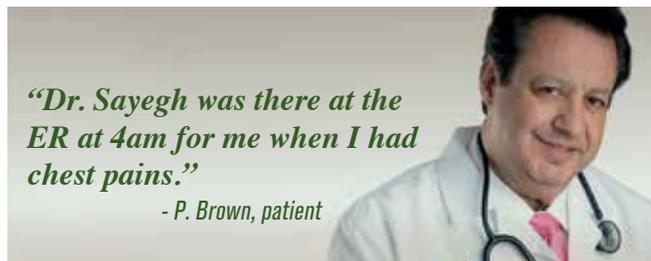
"Often times a simple diet change and twenty minutes of daily exercise can make all the difference in the world in an individual's overall health."

- Dorian Tergis, MD

Dr. Martin Sayegh, located on McLean Avenue, is a passionate, take-charge PCP that believes in the accurate, hands-on treatment of his patients. His thorough approach to primary healthcare leaves no stone unturned.

Dr. Sayegh utilizes his unique listening skills and reviews the patient's entire history through a broader perspective. He incorporates in-office testing as needed (for example an EKG to further investigate a heart problem). His practice offers an extensive array of in-office tests that provide a sometimes life-saving convenience to his patients.

"I thought I had indigestion. I didn't think I needed that EKG but Dr. Sayegh thought otherwise. Turns out I had a mild heart attack - the early stages of the kind my generation calls the 'widow maker.' Had I not received the diagnosis then, I wouldn't be here to talk about it. Thank God Dr. Sayegh insisted on the additional testing."



"Dr. Sayegh was there at the ER at 4am for me when I had chest pains."

- P. Brown, patient

Within the St. John's Riverside Hospital's medical community, proactive preventive care and open-communication is the mantra for every Primary Care Physician. Each Primary Care Physician provides compassionate customized primary care with multi-faceted solutions for today's patients. That is the St. John's Riverside Hospital's Difference.



The key to a successful doctor patient relationship is creating a partnership between the doctor and the patient. A doctor is the expert at providing healthcare, but patients also have a responsibility to improve their own health and well-being. In addition to any medications your doctor may prescribe, patients should make an honest and sincere effort to lose weight, exercise and stop smoking. These lifestyle changes will support an overall healthy lifestyle and may also save you money on visits and prescriptions.



- Lyad Annabi, MD

"We are here to listen to your concerns and work with you to understand your symptoms and address your problems because we care," continues Dr. Annabi. *"Your Primary Care Physician knows your health the best, they know your family and understand how all of these factors relate to your concerns,"* so be sure to keep your doctor current.

In order for patients to make the most of their time with the doctor they need to be prepared, pay attention and ask questions during the visits. Take notes and be proactive with your care once the doctor provides a plan. Consider making multiple appointments if needed so you have the time to discuss different problems until all your concerns are addressed.

If you are in need of a great Primary Care Physician call (914) 964-4DOC (4362).

**To contact a Preferred Primary Care Physician
at St. John's Riverside Hospital call (914) 964-4DOC (4362).**

EAT WELL...

Live BETTER

Some small studies have hinted that apple cider vinegar could help with several conditions, including diabetes and obesity

Apple Cider Vinegar for Healthy Living

For centuries, apple cider vinegar has been used as an ancient folk remedy to help with all sorts of health problems. It's no wonder that today it is being sold in the health supplement aisles of your local grocery store. The most potent form of cider vinegar is unpasteurized or organic which contains the "mother" of the vinegar; a cobweb-like appearing substance that makes the vinegar look slightly congealed.

It is believed that apple cider vinegar enhances the way the digestive and circulatory systems function, making them more effective. Apple cider vinegar contains high concentrations of acetic acid, B Vitamins, Vitamin C and a host of other nutrients. All of these nutrients together seem to help treat sickness and alleviate illness.

Some preliminary research suggests that apple cider vinegar (and other types) may benefit people with diabetes. For example, in a 2007 study published in *Diabetes Care*, researchers found that type 2 diabetes patients who consumed two tablespoons of apple cider vinegar at bedtime showed favorable changes in blood sugar levels the following morning.

Another study (published in *Bioscience, Biotechnology, and Biochemistry* in 2009) found that obese people who consumed one tablespoon a day of acetic acid (apple cider vinegar) daily for 12 weeks experienced significant decreases in body weight.

Apple cider vinegar's effectiveness has not been fully researched by the medical community. Although not a "miracle" or a "cure-all" like some people seem to believe, apple cider vinegar clearly has some important nutritional benefits, is packed with vitamins and can be a safe and nutritious complement to your diet. Try it today in a homemade salad dressing!

OUR EVERYDAY SALAD DRESSING

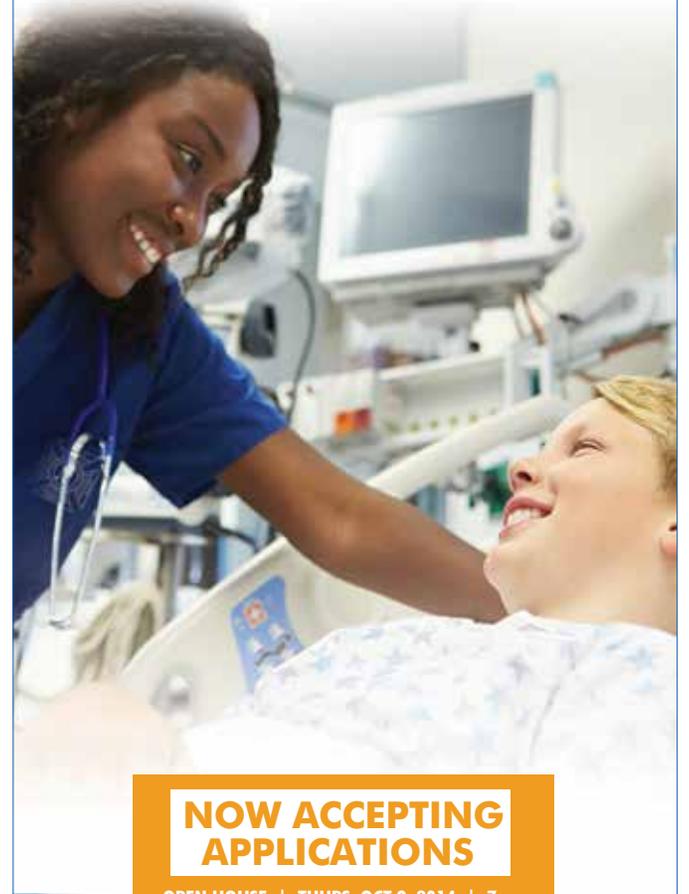
- 1 cup of extra virgin olive oil
- 1/2 cup of unpasteurized or organic apple cider vinegar
- 1 tsp of onion powder
- 2 tbs of whole grain mustard or Dijon type mustard
- 2-3 cloves of garlic minced
- 1/2 tsp of dried thyme
- 1/2 tsp of dried or chopped fresh basil
- 1 tsp salt (sea salt preferred)



Recipe Source: *The Nourishing Gourmet*

THE COCHRAN SCHOOL OF NURSING SETTING THE STANDARD FOR CARE THE COCHRAN DIFFERENCE

You will always be sure to have a great nurse at St. John's Riverside Hospital.



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OPEN HOUSE | THURS, NOV 13, 2014 | 7PM

914.964.4296

admissions@cochranschoolofnursing.us

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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.

At the renowned Cochran School of Nursing, patient care is at the heart of how we teach nursing care.

100% of our 2013 graduates have nursing jobs.

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

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THE FIRST LINE ○

MEET ST. JOHN'S PRIMARY CARE DOCTORS



ANA ANDRONE, MD

WHY DO I NEED A PRIMARY CARE PHYSICIAN?

"Your Primary Care Physician knows your entire medical and family history. They know you. This is the person who knows that certain medications make you dizzy or raise your heart rate. They ask how you've been feeling since your last illness. They know about your struggle to lose weight and your family history of diabetes. They maintain your healthcare records and monitor your cholesterol, blood sugar, and blood pressure. This information is imperative to treat, diagnose and prevent illness."

Dr. Ana Androne of Hudson Medical Group focuses on communicating with her patients the necessary lifestyle changes that serve as the first line of defense to preventing illness.



AMMIR RABADI, MD

CAN'T I JUST GO TO THE SPECIALIST OR SURGEON I KNOW?

"Patients who self-diagnose themselves will often request unnecessary testing which can waste a great deal of time and money as well as provide inconclusive results. We've seen many patients come back to us with no solution or diagnosis to their illness. Your Primary Care Physician can see the big picture, order the appropriate tests and send patients to top-rated, specialized physicians in the area. As the point person in your healthcare network, the Primary Care Physician manages your well-being through our vast network of elite specialists."

Dr. Ammir Rabadi is an inspiring Primary Care Physician with a coach-like energy and connection within his community who specializes in chronic issues including pain management, diabetes, cardiology and weight loss.



PUSHPINDER SINGH, MD

WHAT DOES MY HISTORY HAVE TO DO WITH ON-GOING CARE?

"Because we have our patients' medical backgrounds documented, we have the intimate knowledge and expertise to manage chronic and on-going medical conditions. We provide continuing preventive care and teach healthy lifestyle choices, identify and treat common conditions and recommend tests for early detection of potential illness. When needed, we will refer patients to the proper specialty care within the St. John's Riverside Healthcare Community. We have many patients who have reached the wonderful age of over 100 due to our constant care and long history as their Primary Care Physicians."

Dr. Pushpinder Singh is a seasoned Primary Care Physician whose compassionate and thorough approach to primary care and his long term patient relationships have given him the reputation from peers and patients alike as the 'comfort physician'



SOFIA DIN, MD

SHOULD I BE SEEING A FEMALE DOCTOR?

"Choosing a Primary Care Physician that one is comfortable with is an individual's own decision. All Primary Care Physicians are trained to treat both men and women. However we all understand a patient's need to develop a long-standing relationship with a medical professional you trust. For many, this may be a Primary Care Physician of the same gender. Women relate to other women on all levels, including our mind-to-body connection and the effects our family and careers have on our health."

Dr. Sofia Din has generated respect and acclaim based on her journey from a Middle Eastern upbringing to a modern-day physician. Her tenacity and perseverance is evident from her background as well as her trusting relationships with all patients. She serves as a role model for many.

"Comfort is critical when it comes to Primary Care. For many, this may be choosing a physician of the same gender."

F D E F E N S E

“Always see your Primary Care Physician first. This is the cardinal rule for a preemptive strike against illness.”



ANDREW FADER, MD
WHAT AGE SHOULD I CONSIDER A GERIATRIC PHYSICIAN?

“There is no specific age or timeframe to switch from your current doctor, it’s more a question of ‘how are you doing?’ If you experience age-related medical complexities and frailty, you may want to consider a geriatric physician. Talk to your Primary Care Physician, because having an open relationship with a medical professional who is qualified to address your evolving healthcare needs is an important part of healthy aging. If you decide on a geriatric physician, set up an appointment to begin an open dialogue about your history as well as your current and future wellness goals. A geriatric physician demonstrates compassion with commitment including end-of-day phone calls, and generous appointment times.”

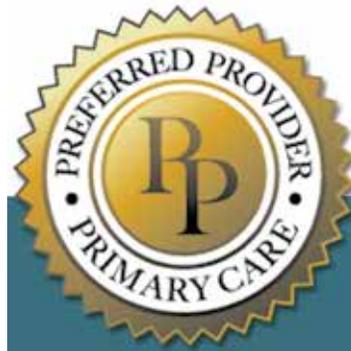
Dr. Andrew Fader’s compassion and medical prowess combined with his pragmatic approach to wellness motivates his elder patients to embrace the Golden Years and maintain the healthiest lifestyles possible



ROLANDO CHUMACEIRO, MD
IS IT TOO LATE TO START WITH A NEW PRIMARY CARE DOC?

“It’s never too late to begin a relationship or reconnect with your Primary Care Physician. Invest the time to meet with your Primary Care Physician for your annual visit, or whenever a health concern arises. As a Primary Care Physician, we provide trusted, reliable and expert healthcare from a person you can count on. A great Primary Care Physician is driven by an innate curiosity to solve health issues and actively keep patients well, accommodate our patients’ busy work schedules, and host preventative events. We guide our patients and offer leadership in their medical needs. That is our mantra.”

Dr. Rolando Chumaceiro is fluent in Spanish and for many in the Hispanic communities within Yonkers, Hastings and Ardsley, he is the go-to resource for prevention and health concerns. Dr. Chumaceiro is committed to giving back to his community in the form of education, guidance and wellness services.



YOUR PRIMARY CARE PHYSICIAN CAN:

- Provide preventive care and teach healthy lifestyle choices
- Identify and treat common medical conditions
- Recommend tests to support early detection of potential illness
- Assess the urgency of your condition and create a plan for treatment
- Make referrals to medical specialists when necessary
- Manage chronic and on-going medical conditions



THE PRIMARY CARE PHYSICIAN... COMMITTED TO YOUR HEALTHCARE

At St. John’s Riverside Hospital, the Primary Care Physicians are one of the most important health care providers in the continuum of care. Their knowledge of medicine extends across a very broad spectrum enabling them to effectively diagnose and treat their patients.

The Primary Care Physician takes the time to know you and your family. They are your partner in health and are dedicated to keeping you healthy. Primary Care Physicians go well beyond medicine, they develop strong connections with their patients. Your Primary Care Physician is the doctor that may show up at your bedside in the ER at 4:00am to be sure the attending physicians know your history.

Your Primary Care Physician listens, empathizes and advises. Consider choosing one of our Primary Care Physicians and work together to take good care of yourself. At St. John’s Riverside Hospital we have the best patients and we continue to provide the best doctors.

Ronald J. Corti
 President and CEO

You can find a Preferred Primary Care Physician on nearly every corner

St. John's Riverside Hospital is home to many great Primary Care Physicians in both Family Medicine and Internal Medicine. Primary Care Physicians who specialize in Family Medicine treat the entire family and Primary Care Physicians who specialize in Internal Medicine focus on caring for adults.

St. John's Riverside Hospital's Preferred Physicians are literally on every corner of the community. Here are some examples of what patients are saying about our Preferred Primary Care Physicians in your community:



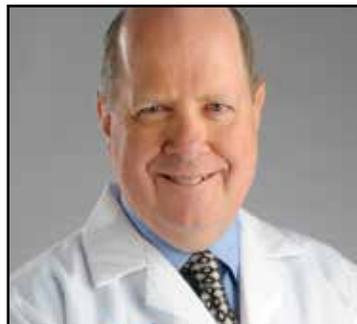
Katarzyna Jankowska, MD
Family Medicine | 970 N. Broadway, Yonkers

"I was pleasantly surprised that Dr. Jankowska also included herbal teas as part of my treatment for migraines."



Tina Mathews, MD | Internal Medicine
970 N. Broadway, Yonkers

"I found Dr. Mathews to be sensitive and she opened up to me easily because she is a mother and knows how to make a woman comfortable discussing family issues."



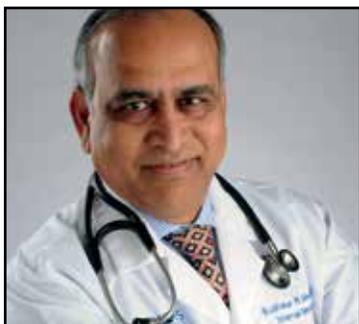
Brian Gair, MD | Family Medicine
Family Medicine, 18 Ashford Ave., Dobbs Ferry

"My entire family gets first rate care from Dr. Gair. He saved my husband's life by quickly diagnosing a dangerous condition!! We have 100% trust in Dr. Gair and his expertise."



Madhu Dagli, MD | Family Medicine
944 N. Broadway, Yonkers

"Dr. Dagli is extremely knowledgeable and helpful. She is also very convenient if you live or work nearby. Her office tends to arrange next day or even same-day appointments."



Sudhukar Mettu, MD | Internal Medicine
1010 N. Broadway, Yonkers

"Dr. Mettu is a brilliant doctor who is truly dedicated to the needs of his patients. Nice manners and really willing to listen."



Aida Cruz-Soto, MD | Family Medicine
200 S. Broadway, 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."



Manuel Tejera, MD | Internal Medicine
Internal Medicine, 1019 Yonkers Ave., Yonkers

"Dr. Tejera is a great doctor. He is very knowledgeable in many areas of medicine. Most importantly-he listens to his patients ...he explains the diagnosis."

To find more information about a St. John's Riverside Hospital Physician use our Doctor database at: RiversideHealth.org go to the Find a Doctor section.



OUR NURSING STAFF... CHANGING ER FOR THE BETTER

The ER at St John's Riverside Hospital has been going through a transformation. Our team has assessed the overall functionality of the ER and optimized many key areas to provide you with one of the best ER experiences in Westchester.

The changes focus on optimizing the overall process allowing the ER staff to be more available to patient needs. These improvements now move patients more fluidly and seamlessly through the department. We are improving the entire patient experience and getting patients the care they need faster.

The ER nursing staff is another area that has excelled. Josiane Hickson, the ER Nursing Director holds several advanced degrees including an Ed.D. from Columbia University. *"We have put added emphasis on our nursing staff and their credentials,"* Josiane said. This overall emphasis on credentials is positively impacting the nursing staff who are continuing to increase their education and pursuing additional certifications.

"WE HAVE A DEDICATED GROUP OF ER NURSES WHO CONTINUE TO RAISE THE BAR ON PATIENT CARE."

-JOSIANE HICKSON, ER NURSING DIRECTOR

The new ER department's nursing team currently holds credentials that rival any big city hospital and we will continue to make it even better. The added benefit is that most of our nurses live in the community and know many of their patients.

According to data from the Center for Medicare and Medicaid Services the changes are working. St. John's Riverside Hospital now has one of the shortest ER wait times in Westchester.

At St. John's Riverside Hospital *"You're really going to feel the difference!"*

ST. JOHN'S RIVERSIDE HOSPITAL

911



- MEREDITH VIEIRA & HUSBAND, RICHARD COHEN

“He is out of the woods thanks to the fabulous docs and nurses at St. John’s Riverside Hospital and Mt. Sinai Hospital. Can’t thank them enough.”*

One of our very own Rivertown neighbors, Meredith Vieira recently experienced a major health scare with her husband and she was very grateful to St. John’s Riverside Hospital for being so well versed in emergency care which led to saving her husband Richard Cohen’s life.

“It was sudden and serious. Very serious. A badly swollen foot and a series of tests revealed a sizable blood clot in a leg. A CT scan indicated a piece of the clot had broken off and reached my lungs, perched on a blood vessel close to my heart. This was dangerous,” the former journalist and husband of TV host Meredith Vieira blogged on his website. Quadruple Board Certified, Dr Mark Silberman, Chief of Emergency Medicine at St. John’s Riverside Hospital Emergency Department said, *“Because of recent changes in St. John’s ER procedures, our teams are able to implement new interventions quickly and communicate thoroughly during complex medical emergencies.”*

“Spent scary weekend in hospital with Richard after we discovered he had a blood clot in his leg that had partially gone to his lungs.”*

Thanks to an Emergency Room staff that is trained beyond the norm including multiple board certified doctors, nursing directors and staff with advance degrees. These optimizations in both of our Emergency Rooms allow us to see success story after patient success story. The ER team is more focused than ever before on patient solutions and split second thinking to solve complex emergency care issues. Those split second decisions are saving lives and making every minute count in our Emergency Rooms today.

Our best wishes go out to Meredith and her husband and we appreciate the kind words about our staff.

Immediate, expert emergency care from a collaborative team of superior healthcare professionals - that is the St. John’s Riverside Difference.

Source: *Twitter@meredithvieira



DMITRY GERBER, MD
OB/GYN

Dr. Dmitry Gerber completed his residency training in Obstetrics and Gynecology at Montefiore Medical Center/ Albert Einstein College of Medicine. He is fluent in Russian and has a special interest in laparoscopic and minimally invasive surgery, contraceptive counseling, and pelvic pain.

Why you will love him: *In addition to expert medical attention, Dr. Gerber believes patient comfort is a key component of OBGYN care. “The hotel-like environment on the maternity floor is important to a new mom’s overall experience,” says Dr. Gerber.*

914.963.0284 | 1022 N. Broadway, Yonkers



CHARLES EDELSON, MD
Orthopedic Surgeon

Dr. Charles 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 35 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 #204, Yonkers



SCOTT NEWMAN, MD
Plastic Surgeon

Dr. Scott Newman is a nationally recognized expert in the field of Breast and Body Surgery. He performs facial and a full range of reconstructive procedures. Dr. Newman’s vast experience performing Cosmetic and Reconstructive Breast surgery makes him one of the most sought after plastic surgeons in New York.

Why you will love him: *Dr. Newman views plastic surgery as an extension of a complete wellness plan. As more people are becoming comfortable to include improved appearance as part of their physical health and wellness, he provides several options to achieve his patients’ goals.*

914.423.9000 | 1 Odell Plaza, Yonkers



ST. JOHN'S RIVERSIDE HOSPITAL ER

Help to expand the Emergency Room for our growing community. Make a difference, donate at RiversideHealth.org/PatientServices/MakeaDonation.aspx or call (914) 964-4648



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