

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME FOURTEEN • WINTER 2015



COMMUNITY STRONG

WHAT MAKES OUR COMMUNITY STRONG?

Thriving local businesses, healthy and involved citizens and a great community hospital. St. John's Riverside Hospital remains committed to making our community stronger with unmatched personalized care, an elite team of innovative physicians trained at leading medical centers, and the continuous introduction of new technologies and life-improving procedures.

Nurses and doctors who grew up and live here take the time to get to know and understand what's important to you because the St. John's Riverside Hospital team is part of your community. Unlike larger, impersonal healthcare institutions, St. John's Riverside Hospital treats patients as individuals not as a number on a chart. Physicians take the time to listen and recommend treatments based on your lifestyle and your personal needs.

Strong is about attracting the best physicians for our patients. St. John's Riverside Hospital has created an environment that attracts and empowers outstanding physicians from leading medical

institutions around the nation. St. John's Riverside Hospital is home to innovators in robotic orthopedic surgery, one-step breast reconstruction and single incision minimally invasive surgeries to name a few. These award-winning physicians continue to make the latest in healthcare available for our community.

St. John's Riverside Hospital has been recognized with a *Women's Choice Award - America's Best Breast Center* for meeting a higher standard of care for women and their families. This

highly coveted award validates our commitment by empowering women in our community to make smart healthcare decisions. In addition, we have once again earned the Commission on Cancer Award and the Five Star Maternity Award.

St. John's Riverside Hospital is committed to providing the most advanced technology in healthcare. By introducing procedures that result in faster recoveries and by providing you the best outcomes, St. John's Riverside Hospital is keeping the Community Strong.

At St. John's Riverside Hospital...We are Community Strong.



ST. JOHN'S RIVERSIDE HOSPITAL RECENTLY RECEIVED THE WOMEN'S CHOICE AWARD IN RECOGNITION OF THE ASHIKARI BREAST CENTER



The Women's Choice Award is a timeless symbol of empowerment for all women and symbolic of the strength and power of today's female consumer. The award seal represents the extraordinary power and significance of today's female consumer through their collective voice in determining the most recommended brands, products and services.

St. John's Riverside Hospital will work in partnership with the Women's Choice Award partner program to continue to empower women in our community to make smart healthcare decisions.



HOSPITALISTS ARE IMPROVING PATIENT CARE

Patients admitted to St. John's Riverside Hospital may have noticed something new. There is a physician at their bedside several times a day who is more involved, following up on tests and administering treatments quicker than before.

These attentive doctors are called Hospitalists. They are specialty trained at caring for patients while they are in the hospital. The hospitalist collaborates seamlessly between the patient and physicians as well as all of the healthcare personnel at the hospital. "Hospitalists are like the quarterback on the medical team, they coordinate care and streamline communications leading to better care for our patients," says Dr. Michael Corvini, the Director of the new hospitalists group at St. John's Riverside Hospital.

They are dedicated to provide prompt and complete attention to a patient's needs. These hospitalists are an extension of your primary care physician with the added benefit of being on-site at all times while you are in the hospital. Best of all, they are available to see you several times a day if needed and they can adjust your treatments throughout the day as necessary.



Hospitalists; Mara Berta, NP, Garine Kalaydjian, MD, Alysha Koorji, NP, Michael Corvini, MD Director, Jordan Collier, MD, Natalie Asborn, NP, Anthony Darmiento, MD Lead Hospitalist, Monica Shah, MD and Erica Sgroe, NP

Dr. Corvini has extensive leadership experience. He is board certified in both Internal Medicine and Emergency Medicine and has a sincere dedication to patient care. "This new level of patient care not only elevates the quality-of-care but also reduces a patient's length of stay in many cases," says Dr. Corvini who was trained at Yale New Haven Hospital.

At St. John's Riverside Hospital you can rest assured you are getting the personalized medical service you need and the quality-of-care you deserve right here in your own community.

To contact a Hospitalist at St. John's Riverside Hospital call (914) 964-4DOC (4362).



KEEPING Healthy

There are some easy steps that can make a big difference in keeping healthy. Take control of your health by following this guide and you will be on your way to a healthier lifestyle.

EAT HEALTHY

Research shows good nutrition is critical to maintaining optimal health. Start small, add some greens every day and replace a sugary snack with fresh fruit. Switch out your soft drinks for water as often as you can. Healthy living also tastes really good.

BE ACTIVE

Small steps count. Staying active has been proven to reduce the risk of various illnesses. Just add 20 minutes of walking to each day and you will be doing yourself a big favor. Ask a friend to join or create a group and you will be surprised how energized you will feel.

"We offer a partnership emphasizing patient education and adoption of a healthy lifestyle."

– Dorian Tergis, MD
Trained at Columbia School of Medicine

GET REGULAR CHECK-UPS

Early detection is key. We know more than ever before about treating disease. Discuss any signs or symptoms at your regular check-ups with your Primary Care Doctor. Between your family history and ongoing communication with your doctor, they will recommend tests that will help see what's going on.

DON'T SMOKE

It's deadly. Need help quitting? We can help you find a way.

Be sure to take control of your health and call us if you are in need of a great Primary Care Physician at (914) 964-4DOC (4362) or email: findadoc@RiversideHealth.org.

EAT WELL...

Live BETTER

A low-salt diet can help you keep more calcium to strengthen your bones. Choose the unsalted variety of your favorite "health nut!"

Strong Bones START WITH HEALTH NUTS

Healthy eating has folks going (for) nuts these days. Nuts vary in all shapes, sizes and flavors, yet they have one common attribute: they are all good for you! Nuts are naturally a monounsaturated fat, making them a low-carbohydrate, heart-healthy snack option between meals. They can help lower cholesterol levels, reducing risk for heart disease and stroke, and they lower insulin for people with diabetes.

However, they win the role of best supporting snack when it comes to your bones. It's been widely documented that nuts contain bone-healthy nutrients like Omega-3 fatty acids and protein that play a role in building strong bones. For example, a quarter of a cup of walnuts yields over 2.25 grams of Omega-3 fatty acids, almost 95% of the recommended daily value. All those Omega-3s can increase calcium absorption and improve bone strength. In addition, if you have arthritis, these Omega-3 fatty acids have also been found to help control inflammation (almonds, sunflower seeds and hazelnuts all contain anti-inflammatory properties). Peanuts also play a role in supporting our bones: they contain potassium which protects against the loss of calcium in the urine.

As if all this wasn't enough for you to run to the pantry, nuts, like the popular almond also contain calcium. In fact, a one-ounce serving of almonds contains 80 milligrams of calcium, and nearly 80 milligrams of magnesium, another great supporting nutrient for strong bones. With all the data we know about healthy eating, we've learned one of the best ways to protect our quality-of-life: Go nuts! Add them to your salads, muffins, pasta dishes and snack time. Your bones will thank you for it!

GLAZED NUTS

- 1 egg white
- 1/2 cup packed brown sugar
- 2 tbs ground cinnamon
- 1 tsp ground cloves
- 1 tsp ground ginger
- 1 tbs vanilla extract
- 1 lb walnut halves

1. Preheat oven to 300 degrees. Coat baking sheet with cooking spray.
2. In large bowl, beat egg white until foamy. Stir in brown sugar, cinnamon, cloves, ginger, and vanilla. Add nuts, and stir to coat. Spread evenly onto prepared pan.
3. Bake for 30 minutes, stirring occasionally, until well toasted and golden brown. Remove from oven, & cool. Store in airtight container.

Glazed nuts are a favorite snack, and are very simple to make. Use walnuts, pecans, almonds, or a mix. Great to throw on salads too!

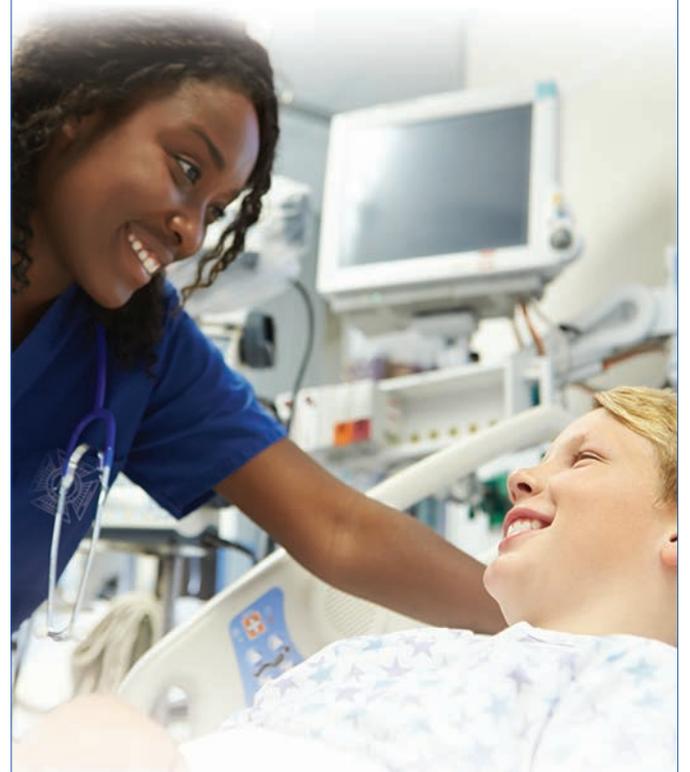


Recipe Source: Allrecipes.com

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.



**NOW ACCEPTING
APPLICATIONS
FOR 2015**

OPEN HOUSE
THURS, JUNE 11, 2015, 7PM
914.964.4296

admissions@cochranschoolofnursing.us

We don't just expect compassionate care, we teach it. The Cochran School of Nursing is accredited by the Accreditation Commission for Education in 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.

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

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

BACK ON COURSE



**GROUND BREAKING
ADVANCES IN
ROBOTIC TECHNOLOGY
REVOLUTIONIZES
HIP REPLACEMENT
SURGERIES**

DR. HOWARD ROSAS WAS ON THE GOLF COURSE THIRTY DAYS AFTER HIS ANTERIOR HIP REPLACEMENT WITH MAKOpasty®.

What happens when the diagnosis of a necessary hip replacement threatens your mobility and your ability to feel strong again? Dr. Howard Rosas, an avid golfer and busy podiatrist, was very concerned when he heard the words “hip replacement.” His perception of his post-surgery life was daunting and not conducive to his active lifestyle. He was surprised to find out the practice of hip replacement surgery has dramatically improved for patients in the Westchester area.

Dr. Rosas sought the expertise of Dr. James Joseph of Southern Westchester Orthopedics. After a thorough examination, Dr. Rosas was informed that he qualified for Anterior Hip Replacement with MAKOpasty®. Dr. Joseph is one of a few surgeons in the Westchester area who specializes in this revolutionary surgical technique. MAKOpasty, a new robotic technology pinpoints the hip at the precise angle required. Combine this with an anterior approach that enables Dr. Joseph to push aside the muscles instead of making multiple incisions results in the best possible outcome and a significantly quicker recovery time for Dr. Rosas.

As a result of this ground-breaking advancement in hip replacement surgery, Dr. Rosas returned to his medical practice and was back on course leading the life he was always meant to live.

“In just a few short weeks, MAKOpasty® had me back in the swing of things.”

- Dr. Howard Rosas, MAKOpasty® Patient



Patient Dr. Howard Rosas receiving personalized care from Dr. James Joseph



MAKOpasty® Robotic Technology featuring pinpoint precision placement

Dr. Joseph is yet another example of the exceptional specialists affiliated with St. John's Riverside Hospital. He completed his Orthopedic and Oncology studies at Memorial Sloan-Kettering Cancer Center in New York and his Arthroplasty Fellowship at the Rubin Institute for Advanced Orthopedics, Sinai Hospital of Baltimore, MD. His other areas of expertise include:

- Primary and Revision Hip and Knee Replacement Specialist
- Partial Knee Replacement – MAKOplasty® Specialist
- MAKOplasty® Robot-Assisted Direct Anterior Approach Hip Replacement Specialist
- Trained in Complex Reconstruction of Failed Hip and Knee Arthroplasties

“Dr. Joseph is not only a specialist in ground-breaking technology, but he also understands patients and their lifestyles. He’s another example of the type of physicians you find here at St. John’s Riverside Hospital—innovators bringing ground-breaking technology who offer big-city expertise with the personal care and understanding of a community hospital.”

- Ron Corti, CEO

Please speak with one of St. John's Riverside Hospital's dedicated surgeons to determine if MAKOplasty® may be the right treatment option for you (914) 964-4DOC (4362).

Stay Community Strong with St. John's Riverside Hospital.

WHAT IS MAKOPLASTY®?

MAKOplasty® is a minimally invasive replacement procedure guided by a computerized navigation system. MAKOplasty® utilizes RIO® Robotic Arm Interactive System: an interactive robotic arm and visualization technology that allows the surgeon to create a surgical plan tailored specifically for that patient placing the new hip replacement at precisely the exact angle ensuring the best possible outcome.

This new procedure is available exclusively at St. John's Riverside Hospital in Westchester County.

MEET OUR ORTHOPEDIC ROBOTIC SURGEONS



SOUTHERN WESTCHESTER
ORTHOPEDICS & SPORTS MEDICINE

Charles Edelson, MD
David Lent, MD
Eric Spencer, MD
James Joseph, MD



POWR® PREMIER ORTHOPAEDICS OF
WESTCHESTER

Nicholas Bavaro, MD
Evan Gaines, MD



STRENGTHENING OUR COMMUNITY

At St. John's Riverside Hospital we partner with leading physicians who are passionate about improving the quality-of-care for our community. Our Physicians have trained at the best medical institutions in the nation and are introducing some of the most advanced healthcare to Westchester. As one of the last independent community hospitals in Westchester we are able to attract and inspire physicians with more entrepreneurial spirit who thrive on introducing new and exciting healthcare technology and procedures.

Unlike the large and impersonal healthcare systems entering Westchester, we are a “community” hospital with an emphasis on community. Our physicians and nurses grew up, live and work here; our board members live in your neighborhood. They are all dedicated to deliver the highest quality medical services along with the most personalized care available to our community.

Their commitment to the community also continues beyond the hospital walls. For example, our physicians and medical staff are educating people on care and wellness at local shopping malls. They are also informing families at senior centers on new advances to preventing illness.

We persevere in our commitment to provide you the best physicians, the best outcomes and full patient satisfaction, all with the unmatched personalized care you expect from a community hospital. At St. John's Riverside Hospital, we are 100% dedicated to keeping our Community Strong.

Ronald J. Corti
President and CEO



5 Star Maternity Designation for St. John's Riverside Hospital

The Maternity Department was recognized once again with a 5 Star Award for Excellence from Healthgrades for an unprecedented ninth year in a row. Leading Board Certified OB/GYN physicians and dedicated nurses provide exceptional personal care for our new moms and our newest members of the community.

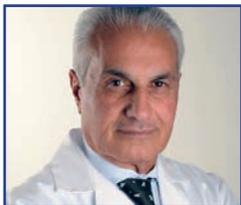
Expectant mothers are our special guests at St. John's Riverside Hospital and are treated to first-class private suites in a hotel like setting, most featuring spectacular and comforting views of the Hudson River. These private maternity suites are equipped with the latest in hospitality creature comforts including flat screen TVs, mini-refrigerators and lay-flat accommodations for guests.

The seasoned staff continuously delivers the latest and most advanced care in a comfortable environment that includes updated labor, delivery and recovery rooms. And once your baby is delivered, you can rest assured that the onsite state-of-the-art, Level II Neonatal Intensive Care Nursery is equipped to provide comprehensive medical services if needed.

“In addition to great medical care, the maternity department offers personalized prenatal education program enhancing the birthing experience by providing comprehensive classes from Lamaze to breastfeeding.”



*- Suzanne Greenidge MD
Trained & teaches at Columbia Presbyterian
Featured on the Dr. Oz show*



SHAHRAM RAZMAN, MD
CHIEF OF OB/GYN



DMITRY GERBER, MD



ROSALIE ALVARADO, MD



EVELYNE EUSEBE-CARTER, MD



LAURRE LAURISTON, MD

5 Star Awards, a leading OB/GYN medical team and first-class suites; it's no wonder that St. John's Riverside Hospital is the place where over 100,000 babies have been born.

For a private tour of our Maternity Department call (914) 964-4530 or to find an OB/GYN call (914) 964-4DOC (4362).



JACOB GEBRAEL, MD

HIGHLY EFFECTIVE UTERINE FIBROID TREATMENT NOW AVAILABLE

For many years, surgery was the only treatment available for many conditions. Today, interventional radiology treatments are first-line care for a wide variety of conditions.

Uterine fibroids are very common noncancerous (benign) growths that develop in the muscular wall of the uterus. Although a hysterectomy performed by a gynecologist is the most common treatment for symptomatic uterine fibroids, most women are candidates for the uterine fibroid embolization (UFE), a widely available nonsurgical option. UFE, also known as uterine artery embolization, blocks the blood flow to the fibroid tumor, killing it and causing symptoms to subside.

Women typically undergo an ultrasound at their gynecologist's office as part of the evaluation process to determine the presence of uterine fibroids. Interventional radiologists go one step further and use an MRI due to its increased imaging quality. By working with a patient's gynecologist, interventional radiologists can use MRIs to enhance the level of patient care through more in-depth diagnosis, increased education, additional treatment options and potentially better outcomes.

“ON AVERAGE, 85-90 PERCENT OF WOMEN WHO HAVE HAD THE PROCEDURE EXPERIENCE SIGNIFICANT OR TOTAL RELIEF.”

JACOB GEBRAEL, MD VASCULAR INTERVENTIONAL RADIOLOGY DIPLOMATE
ST. JOHN'S RIVERSIDE HOSPITAL
CLINICAL ASSISTANT PROFESSOR MT. SINAI & NYCOM

Patients considering a fibroid surgical procedure should consider getting a second opinion from an interventional radiologist, who is most qualified to interpret an MRI and determine if the patient is a candidate for the interventional procedure.

Ask your doctor for a referral, or call St. John's Riverside Hospital and ask for the Interventional Radiology Department at (914) 964-4DOC (4362) or email: findadoc@RiversideHealth.org.

Stay Community Strong with St. John's Riverside Hospital.



NIRAV PATEL, DO



TARA AMERINO CLINICAL NURSE MANAGER

HYPERBARIC OXYGEN THERAPY IS BECOMING THE STANDARD OF CARE

In a hyperbaric oxygen therapy chamber, the air pressure is increased to about three times higher than normal air pressure allowing hyper-oxygenated blood to circulate throughout the body promoting healing. Blood carries large doses of dissolved oxygen throughout your body. This helps fight bacteria and stimulates the release of substances called growth factors and stem cells, which promote healing.

During the past several decades, hyperbaric oxygen therapy has evolved from a therapeutic curiosity into a standard mode of care for conditions including diabetic ulcers to hard-to-heal-wounds. Dr. Nirav Patel, Vascular Surgeon at St. John's Riverside Hospital, notes that hyperbaric oxygen therapy not only is "more available" than it was just a few decades ago, but that continuing research has led to it to becoming the "standard of care" for these medical conditions.

"Dr. Patel knew hyperbaric oxygen therapy would be the most effective treatment for my wound. The staff called my insurance company and had me in the chamber the very same day."

- Rebecca L, Yonkers

Dr. Patel says "When wounds will not heal often due to the lack of blood flow to the area, the best course of action is to determine the underlying vascular problem and then provide the best medical treatment to address the matter. When it comes to wound healing, the best course of action is to increase blood flow to the area and then increase the levels of oxygen in the blood, providing for a very effective treatment plan to get patients back into better health. We have seen success rates over 80% when using this treatment approach."

Dr. Patel specializes in vascular and endovascular surgery, providing his patients with the most advanced technological surgical experience. His residency includes years of training at Memorial Sloan Kettering Cancer Center and NY Presbyterian Hospital of Weill Cornell Medical College. Dr. Patel is board certified in both General Surgery and Vascular Surgery

For more information or to see if you are a candidate for Hyperbaric Oxygen Therapy Treatments call (914) 964-4DOC (4362) or email: findadoc@RiversideHealth.org.



SHERIF EL-MASRY, MD

Urology

Dr. Sherif El-Masry is a highly trained urologist who studied at Mount Sinai School of Medicine. Dr. El-Masry's superior medical expertise includes treatments for bladder conditions, kidney diseases and prostate disorders in addition to many other urology related conditions.

Why you will love him: *Dr. El-Masry is a personal physician who listens to his patients and forms a partnership with them. His educational background and individualized attention to patients have made him a well-respected member of the community.*

914.375.5700 | 1034 N. Broadway, 2nd Flr, Yonkers



POND KELEMEN, MD

Breast Cancer/Oncology

Dr. Pond Kelemen, is a highly experienced breast surgeon and the director of clinical research at The Ashikari Breast Center. Dr. Keleman has a medical degree from State University of New York at Stony Brook. He did his residency at The University of Illinois at Chicago and a general surgical residency at The University of Chicago Hospitals.

Why you will love him: *Dr. Kelemen has participated in groundbreaking research in intraoperative radiotherapy and sentinel node biopsy for early breast cancer. These pioneering procedures provide the best possible cancer care to women in our community.*

914.693.5025 | 128 Ashford Avenue, Dobbs Ferry



RAFFAELE MILIZIA, MD

Emergency

Dr. Raffaele Milizia joins us from New York Presbyterian Hospital with an expertise in Emergency Medicine, Trauma, and Acute Care.

Why you will love him: *Our Rivertowns community is assured the best possible care in an emergency. Educated and trained in one of the best hospital environments, Dr. Milizia brings big city experience with the added benefit of personalized care you expect from a community hospital.*

914.693.5187 | 128 Ashford Avenue, Dobbs Ferry



KEEP OUR COMMUNITY STRONG & SCHEDULE YOUR MAMMOGRAM TODAY

914.964.4329

St. John's Riverside Hospital has the award winning Ashikari Breast Center, high resolution ultrasound, a new state-of-the-art MRI that allows MRI-guided biopsy procedures with a dedicated breast coil providing enhanced imaging, as well as mammography suites for patients' comfort and privacy. Breast Care is available at the Yonkers and Dobbs Ferry locations.



© 2015 St. John's Riverside Hospital. All Rights Reserved.

LIKE US ON FACEBOOK!



914.964.4DOC | RiversideHealth.org



St. John's Riverside Hospital
967 North Broadway
Yonkers, NY 10701

NON PROFIT ORG.
US POSTAGE PAID
WHITE PLAINS, NY 106
PERMIT NO. 7701