

RIVERSIDE

YOUR HEALTHY LIVING COMMUNITY NEWSLETTER • VOLUME FIFTEEN • SUMMER 2015



JONATHAN ARAD, MD
da Vinci Robot / Chief of Robotics

KEEPING THE COMMUNITY STRONG

The St. John's Riverside Hospital Community has dedicated themselves to staying on the forefront of medical advances guided by outstanding visionary physicians.

That's why St. John's Riverside Hospital is thrilled to share with you two very big announcements that will further enhance the level of care they provide to their patients and community. The first is a newly acquired da Vinci Single-Incision Robot System at St. John's Minimally Invasive Surgery Center.

The da Vinci Robot's state-of-the-art features provide surgeons with an extraordinary range of motion and require small incisions or in some cases only one. Many procedures are done through a single incision through the belly button with virtually no scarring and significantly shorter recovery times. Robotic procedures are available in the following areas: oncological gynecology, colon-rectal, gallbladder as well as bariatric weight loss surgeries.

In addition to this technological advancement, St. John's Riverside Hospital is equally excited to announce a new partnership between St. John's Riverside Hospital and the Montefiore Health System, two institutions with one common goal: offering expert healthcare to the Westchester Community. This

collaboration allows patients quality care close to home offered by the St. John's renowned physicians with easy access to the science-driven medicine at Montefiore.

"The collaboration with the Montefiore Health System will strengthen healthcare services for St. John's Riverside Hospital patients,"

said Ronald J. Corti, president and CEO of St. John's Riverside Hospital. "An alliance with the Montefiore Health System, among the finest medical institutions in our region, enhances our ability to provide the highest quality medical care not only on the community level, but on the tertiary level."

In this issue you will find out more about St. John's Riverside Hospital's visionary physicians, the latest advancements in laser prostate surgery, reconstructive gynecology and our new Vascular Center. As always, St. John's Riverside Hospital is focused on the patient experience and doing their best to keep their community strong.

THE DA VINCI SURGICAL ROBOT, NOW AT ST. JOHN'S RIVERSIDE HOSPITAL

ADVANCED TECHNOLOGY INVESTMENTS CONTINUE.

Dr. Jonathan Arad prepares the da Vinci robot for a single-incision surgery that results in a virtually scarless outcome when accessed through the belly button. These new procedures are now available at St. John's Riverside Hospital for patients seeking less scarring, faster recoveries, less complications and better overall outcomes. Procedures are designed to meet our patient's needs.

Read more on page 4.





WELCOME TO THE NEW VASCULAR DISEASE AND WOUND HEALING CENTER IN WESTCHESTER

Many patients with diabetes, smoking related issues or other chronic weight problems complain of leg pain when they walk even just one block. Very often this pain is due to lack of proper blood flow to their arteries and other vascular blockages.

This June, St. John's Riverside Hospital is pleased to announce the opening of the New Vascular Disease & Wound Healing Center in Westchester to help remedy these and other wound related health issues.

Led by Dr. Nirav Patel, Chief of Vascular Surgery and Medical Director of the Wound Healing Center at St. John's Riverside Hospital along with his team are prepared with an average of 20+ years experience each to take on the toughest vascular and wound healing cases. Dr. Patel has helped build one of the foremost vascular and wound healing centers in the area that include all the cutting edge technology that any big city hospital has including both open and minimally invasive technologies and procedures. The Vascular Disease & Wound Healing Center team includes a Vascular Surgeon, a Podiatrist, a Plastic Surgeon and a team of well-seasoned nurses.

“Advances in wound healing treatment are now helping to improve the quality of patients’ lives. It is very rewarding to see their progress.”

– Nirav Patel, MD



On a regular basis Dr. Patel's team is challenged with complex cases that often require angiogram procedures identifying the need for stents or plaque shaving efforts. We diagnose all these patients with state-of-the-art radiology and ultrasound services that is the best technology you can find including CTA, MRI and Ultrasound. Dr. Patel's team helps patients get their lifestyles back. The procedures they conduct are great first steps prior to full blown open bypass surgery, with 92% success rates following the year after the surgery. They follow patients and keep the success rates up by working as a community within the hospital. The team follows them through the wound care process and makes sure they heal. The Vascular and Wound Healing Center's professional team of nurses is dedicated to a patient's care and well-being both in the hospital and when they go home.

If a visit to the New Vascular Disease & Wound Healing Center is right for you or you suffer from a wound that will not heal please call for an appointment at 914.964.4301.



NEW SEASON.

New You

Shorts and bathing suit season is here and many patients who have been unable to manage their weight through diet and exercise are now consulting the expertise of St. John's Riverside Hospital's, Dr. Dominick Artuso of New Image Weight Loss Center.

Dr. Artuso is one of Westchester's leading surgeons for Lap-Band® Surgery. Laparoscopic Lap-Band surgery offers life-changing benefits:

- Provides lasting, substantial weight loss
- Reduces risk of and eliminates obesity-induced health problems including heart disease, high blood pressure, asthma, diabetes, sleep apnea, and more
- Eliminates need for health-dependent medications
- Minimally invasive, same-day surgery
- Less risk of surgical complications
- Significant improvements in patient's mobility and physical activity

Lap-Band patient Kristen P. was miserable with her weight and finally had enough. She saw the success her mother had after Lap-Band surgery with Dr. Artuso and wanted the same results for herself. With New Image Weight Loss, Kristen is finally comfortable in her own body, loves life, and has been given a new boost of confidence. Kristen lost 131 lbs.!

Lap-Band surgery continues to be one of the most frequently performed options for weight loss surgery and statistically the most effective. Dramatic weight loss begins immediately after surgery with patients losing up to 70% of their excess body weight in one year.

DOMINICK ARTUSO, MD
Bariatric Surgeon
Westchester's Leading Lap-Band Surgeon



EAT WELL

Live BETTER

Adding coconut oil to your diet can:

- Help prevent cardiovascular disease,
- Aid in weight loss,
- Help ward off diabetes,
- Boost immunity as well as
- Keep skin looking young!

Welcome the Summer with Coconut Oil

The swaying palm tree filled with beautiful coconuts is an icon of warm summer breezes, tropical islands and now healthy eating! Word is out that coconut oil isn't just for tanning lotions anymore. It's a key ingredient for many who are looking to get stronger, slimmer and healthier. That's something to go coconut over.

How is all this possible? How does coconut oil contribute to weight loss and healthy living? Well, even though coconut oil is 99% fat, it has a high concentration of medium-chain fatty acids which are easier for our bodies to burn off. There is less stress on the pancreas which increases a person's metabolism, making it easier to shed unwanted pounds. That's great news for those of us who are considering dietary changes as part of a weight loss program. In addition, coconut oil can improve glucose tolerance and reduce body fat accumulation-making it another diabetes-fighting food.

"People living in tropical coastal areas who use coconut oil every day as their primary cooking oil are normally not fat, obese or overweight." - Organicfacts.com

Coconut oil is well known for its antioxidant properties that build up our immunity, prevent premature aging, degenerative diseases, and skin conditions like eczema. It's for this reason that it is a key ingredient in many lotions, creams and shampoos. To reap these health benefits, medicinal uses and weight loss perks that come with regular use of coconut oil, make sure you are using Virgin Coconut Oil. Add to your cereals, cooking oils, smoothies, coffee, etc. and be ready for a new and improved you! Happy summer!

PINA LOGIUDICE'S COCONUT PANCAKES

- | | | |
|---------------------------------|-------------------------|----------------------------|
| ■ 1 cup whole-wheat pancake mix | ■ 1 tsp cinnamon | ■ 1 tbsp. ground flaxseed |
| ■ 1 egg | ■ 1 tbs cardamom | ■ 1/4 cup walnuts chopped |
| ■ 1 tbsp. coconut oil | ■ 1 tps vanilla extract | ■ 1 tbsp. shredded coconut |
| ■ 1/2 cup milk | | |

DIRECTIONS | Combine pancake mix, egg, coconut oil, milk, vanilla, and spices. Mix until well blended. Add flaxseed and walnuts. Pour batter onto greased griddle or skillet. Cook pancakes as you normally would. Garnish with shredded coconut.



Sources: Sources: DrOz.com, Pina LoGiudice a Doctor of Naturopathic Medicine

SETTING THE STANDARD FOR CARE

THE COCHRAN DIFFERENCE

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



"At Cochran, we follow the educational progression of all our nurses and ensure that they evolve and develop to their fullest potential."

- Annemarie McAllister EdD, RN,
Dean, Cochran School of Nursing

NOW ACCEPTING APPLICATIONS FOR FALL 2015

OPEN HOUSE

THURS, OCT, 8TH | 7:00PM

THURS, NOV, 12TH | 7:00PM

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.

The Cochran School of Nursing has been a visible presence for well over 121 years and remains a lasting legacy. Cochran joins top schools across the country educating nurses in their pursuit of their careers right here in our own community.

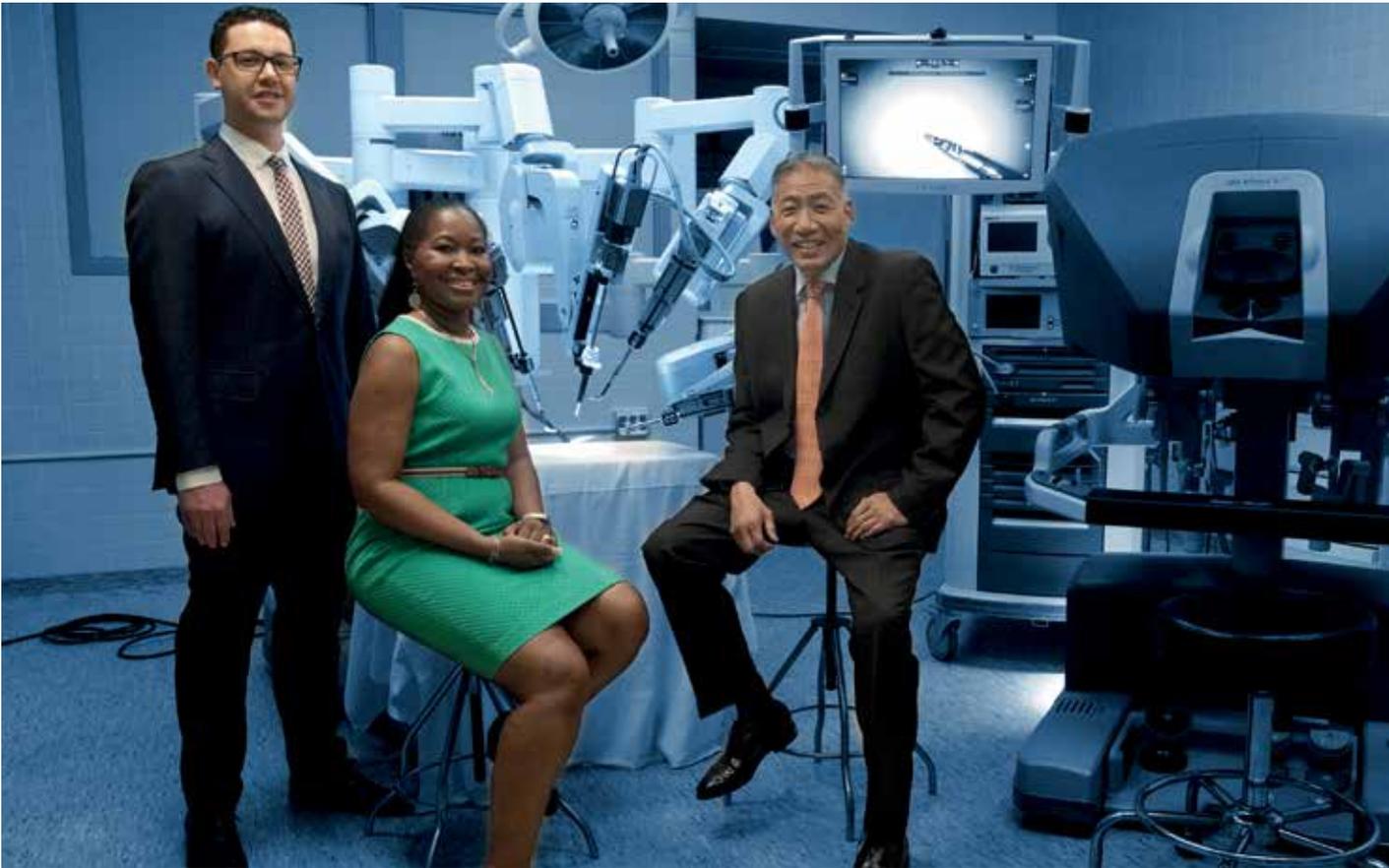
This year the school is graduating 31 students and 8 have been hired at St. John's Riverside Hospital, providing even more exceptionally educated nurses at the bedside. Cochran continues to elevate the quality of the nursing program and now enjoys a stellar 92% pass rate for the Registered Nurse licensing exam!

967 North Broadway, Yonkers, NY 10701

www.cochranschoolofnursing.us

THE DA VINCI CODE

IMPROVING SURGERY AND SAVING LIVES



Jonathan Arad, MD, Suzanne Greenidge, MD, and Har Chi Lau, MD



Jonathan Arad, MD | da Vinci Robotic Specialist



da Vinci Robotic surgery patient

ST. JOHN'S RIVERSIDE HOSPITAL ENHANCES THE COURSE OF MINIMALLY INVASIVE SURGERY WITH THE DA VINCI SINGLE INCISION ROBOT SYSTEM

THIS IS BREAKTHROUGH TECHNOLOGY

Taking residency now at St. John's Riverside Hospital is the groundbreaking da Vinci Single-Incision Surgical Robot System. This state-of-the-art equipment takes surgery to a new level by utilizing the latest in robotic and surgical technologies. A multi-dimensional system, the da Vinci Robot allows surgeons to perform complex surgeries with unprecedented precision and accuracy. Patients receiving da Vinci minimally invasive procedures are now realizing that surgery scars could be a thing of the past.

The da Vinci robot is now at the core of Minimally Invasive Surgery (MIS) and takes MIS to a new level of accuracy and success. It can be used for many complex surgeries including gallbladder, hernia, bariatric, colon-rectal, and general surgical procedures.

Among the da Vinci minimally invasive surgical team are renowned St. John's Riverside Hospital's surgeons Dr. Jonathan Arad (Bariatric

and General Surgery), Dr. Suzanne Greenidge, (Obstetrics and Gynecology), Dr. Linus Chuang, (Gynecologic Oncology) and Dr. Har Chi Lau, (Colon-Rectal, General Surgery).

Dr. Arad was introduced to this new technology a few years ago during his Fellowship in Bariatric, Laparoscopic and Robotic surgeries at Baptist Medical Center in Miami, Florida. He was drawn to the da Vinci system because of the precision and visualization it offered surgeons, and the overwhelming patient satisfaction that quickly followed.

"The da Vinci Robot's reputation went viral. Patients were calling, coming in and asking directly for it." said Dr. Arad.

IT'S NO WONDER. The da Vinci System is an impressive piece of technology comprised of three interlinked components, the tower, the robot, and the console. The tower consists of a monitor that medical technicians and assistants can view during the procedure. The robot itself consists of several "arms" that are controlled by the surgeon. The surgeon sits at the console where he can control the robotic arms with his own hands. For a physician, it doesn't get any better than this technology.

“I feel good again.”

- Erica Sadee, avid dancer and da Vinci Robotic surgery patient



Linus Chuang, MD and patient

St. John's Riverside Hospital's Dr. Linus Chuang, co-director for minimally invasive and robotic surgery at Mt. Sinai Medical Center and Associate Professor in the Division of Gynecologic Oncology at the Mt. Sinai School of Medicine is a pioneer on the subject of da Vinci robotic surgery for patients with gynecological cancers (including endometrial, cervical and ovarian). The da Vinci robot is especially crucial in these procedures because the precision of the robotic technology is dire to work within the intricacies of a women's reproductive anatomy. Dr. Chuang was the first to publish a report of fertility sparing robotic radical trachelectomy for women with early cervical cancers in 2008.

Dr. Chuang's reputation of skill and expertise in robotic surgery for gynecological cancers goes well beyond Westchester County. He's traveled worldwide (including Asia and South America) to perform robotic surgeries on women with cancer and is a frequent national and international speaker on the subject. Dr. Chuang is also working with the World Health Organization's Global Health Workforce Alliance on establishing global standards for robotic gynecological procedures.

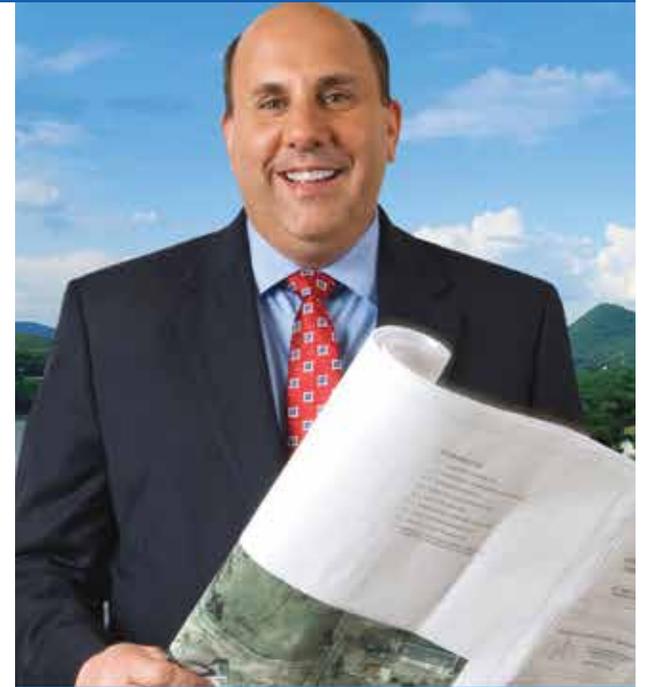
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Dr. Arad is a strong advocate of da Vinci surgery: *“The Robot doesn't replace a surgeon's technique, but it is an extension of the surgeon's arms and eyes, offering unprecedented accuracy, visualization and precision. Patients fare much better with robotic surgery.”* **The patient benefits of da Vinci single-incision minimally invasive surgery over traditional “open” surgery are many and include:**

- Minimal to zero scarring at the incision site
- Significantly improved “pain threshold”
- Shorter hospital stays
- Improved recovery times
- Decreased risk of infection

Twenty-six year-old Erica Sadee is a teacher's aide at a dance studio, so she is used to an active lifestyle. When she was told that she would need to have gallbladder surgery, her first thought was *“will I still have this pain?”* Dr. Arad used the da Vinci robot system to remove her gallbladder. Three and a half weeks later, Erica has no pain, no scar and is back to work at the dance studio. *“I feel good again. You can barely see a scar in my belly button.”*

For more information on Robotic surgery call: (914) 964-4DOC (4362). Together at St. John's Riverside Hospital, we are Community Strong.



INVESTING IN OUR COMMUNITY

St. John's Riverside Hospital continues to invest in the wellbeing of our community. The da Vinci system is the second surgical robotic system we have acquired for our expanding medical surgical department. We continue to invest millions of dollars into our hospital to provide the community with the most advanced healthcare available. The da Vinci Robot, for example, has the ability to provide single incision procedures offering virtually scarless surgeries.

These investments enable us to continue to attract the best surgeons from prestigious healthcare organizations around the nation. We will always provide leading surgeons an environment that enables them to gain access to the latest technology available and expand their skills.

In addition to offering our patients the latest in healthcare, we continue to deliver the unmatched care you expect from a community hospital. Custom treatment plans together with minimally invasive procedures are getting our patients back to what they love sooner.

Personalized care together with the most advanced healthcare technology is what it means to be community strong.

Ronald J. Corti
President and CEO

Men's Health

Did you know eight out of every ten men develop an enlarged prostate. That means 50% of men in their 60s and as many as 90% in their 70s or older will eventually have symptoms of an enlarged prostate (BPH). Each year over 230,000 men will be diagnosed with prostate cancer.

In addition, four out of five kidney stone cases (80 percent) are among men. Symptoms for kidney stones include pain during urination while symptoms of an enlarged prostate include trouble starting or problems urinating freely. If unchecked both can lead to serious, although rare, health problems such as kidney or bladder damage.

Men in their 50s are advised by their doctor to simply get an annual checkup as there are now several minimally invasive treatments available for both enlarged prostates and kidney stone removal that offer several potential advantages over the traditional surgery methods.



“Lithotripsy Ultrasound is ideal at eliminating debilitating pain caused by kidney stones.”

- Sherif El-Masry, MD Urologist



“Laser Prostate Treatments provide immediate results and allow patients to return to their daily lifestyle in a day or so.”

- Carl Gerardi, MD Urologist

Lasers are used to shrink or to remove the excess tissue that is causing the urinary problems in the case of an enlarged prostate. Laser treatments can be performed using local anesthesia or an outpatient setting and provide for favorable treatment outcomes. Kidney stones can now be removed with Lithotripsy Ultrasound, a new procedure that uses ultrasound to dissolve large kidney stones allowing patients to forgo the need for traditional surgery.

St. John's Riverside Hospital offers patients a wide range of prostate treatments and kidney stone removal options by highly trained surgeons, including laser surgery and Lithotripsy Ultrasound as part of our comprehensive Urology Department.

To schedule an appointment ask your doctor for a referral, or call St. John's Riverside Hospital at (914) 964-4DOC (4362) or email: findadoc@RiversideHealth.org.

TOGETHER AT ST. JOHN'S RIVERSIDE HOSPITAL, WE ARE COMMUNITY STRONG.



DR. BASIL KOCUR
ASSOCIATE CLINICAL PROFESSOR IN OBSTETRICS AND GYNECOLOGY
AT THE MOUNT SINAI SCHOOL OF MEDICINE

URINARY INCONTINENCE OR FREQUENT URGENCY TO GO?

Are you suffering from urinary incontinence or the frequent urge to go to the bathroom? Do you leak when you cough or laugh? Do you feel like something has dropped “down below”?

You may be suffering from a pelvic organ prolapse or another pelvic issue that can be solved with the help of Dr. Basil Kocur. Dr. Kocur is a certified fellowship trained Urogynecologist and a Vaginal Reconstructive Surgeon who has been practicing at St. John's Riverside Hospital for over 20 years. He is double boarded in Obstetrics and Gynecology and Female Pelvic Medicine and Reconstructive Surgery specializing in both non-surgical and surgical treatment of female pelvic organ prolapse (dropped uterus, vagina, bladder or rectum), female urinary incontinence and vaginal cosmetic surgery.

Whether you are seeking corrective or cosmetic vaginal surgery, Dr. Kocur will consult with you to find the best option that fits your needs. His philosophy is to provide personalized individual care to patients regardless of age. It is very important to choose a surgeon with the expertise and skills necessary to perform more intricate procedures properly and offer you the level of trust you deserve. When you choose Dr. Kocur you will have the confidence in knowing that he is one of only a couple of doctor's in Westchester that practice this specialty. He focuses on less invasive approaches that allow a patient to get back to their regular life within a couple of days. Most procedures require less than 24 hours in the hospital.

For your convenience, Dr. Kocur has office locations in both Scarsdale and Manhattan.



YONKERS FIREFIGHTERS (L TO R) ANTHONY QUINTANO, JORGE PORTILLO & LT. ROBERT CLARKE



GRATEFUL MOTHER AND DAUGHTER

YONKERS' BRAVEST DELIVER BABY

The Yonkers Fire Department was diverted to a maternity call on the way to an alarm response. Good thing, as it turned out the mom had already started to deliver the baby.

The crew at Fire Station 4 arrived as the baby's head was becoming visible and the crew noticed the umbilical cord was wrapped around the baby's head. The baby was turning blue and not crying. Without hesitation, Lt. Robert Clarke held the baby while firefighter Anthony Quintano removed the cord from around her neck and then proceeded to deliver the baby.

The Maternity Department and Neonatal Intensive Care Unit at St. John's Riverside Hospital was on standby to admit mom and her new baby. St. John's Riverside Hospital's state-of-the-art, Level II, Neonatal Intensive Care Nursery is equipped to provide comprehensive medical services if babies are born prematurely or have special needs.

“You can rest assured that our Level II, Neonatal Intensive Care Nursery is always ready.”

-Rosalie Alvarado, MD OB/GYN

Thanks to the expert training and experience of the crew from Fire Station 4 and the readiness of the St. John's Riverside Hospital's Five Star Award Maternity Department, mom and baby arrived in good health and did not require the Intensive care unit on standby. Because of our great community team, mom and baby are all doing fine.

***Yonkers Fire Department and St. John's Riverside Hospital,
together we are Community Strong.***

***If you are expecting and would like to tour our Maternity Department,
contact us at 914 964 4530 to make an appointment.***

INTRODUCING PREMIER ER LEADERSHIP AT ANDRUS & DOBBS FERRY

In an effort to continually strive at exceeding patients' expectations when it comes to their Emergency Room experience, St. John's Riverside Hospital has just promoted two leading physicians from within to focus on leading both Andrus and Dobbs Ferry ER departments.

Dr. Raffaele Milizia is a Yonkers native, born and raised a short distance from St. John's Riverside hospital. After receiving his medical degree from the Albert Einstein College of Medicine in the Bronx, Dr. Milizia completed his Emergency Medicine residency at New York Presbyterian, a 4-year dual-campus training program based at Columbia Presbyterian and Weill Cornell medical centers. Dr. Milizia joined the faculty of Weill Cornell Medical College as an Assistant Professor and Emergency Department Attending Physician. While at Weill Cornell, he helped develop one of the first Emergency Medicine PA Residencies in the country, directed four national CME conferences, and implemented patient service and ED throughput initiatives that continue to be effective today.



Raffaele Milizia, MD
Director of Emergency Medicine, Yonkers
Trained at Columbia Presbyterian

Michael Corvini, MD
Director of Emergency Medicine, Dobbs Ferry
Trained at Yale New Haven Hospital

In October 2013, Dr. Milizia joined St. John's Riverside Hospital as a full time emergency physician and Director of the Dobbs Ferry Emergency Department. However as of June 1st, 2015 Dr. Milizia will serve as Director of the Andrus Pavilion Emergency Department.

As Dr. Milizia steps out of Dobbs Ferry, Dr. Michael Corvini steps in as the new Director of the Dobbs Ferry Pavilion Emergency Department. Dr. Corvini joined the St. John's Riverside Hospital staff in 2013 as the assistant director of the Andrus Emergency Department while the Emergency Department was undergoing a complete revamping. Dr. Corvini helped introduce new protocols that streamlined the waits and overall patient experience. Dr. Corvini's leadership skills were quickly acknowledged and in 2014 he assumed the role of Director of the Hospitalist Group, Symphony Medical. *“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.

As of June 1st, 2015 Dr. Corvini has been promoted to the role of Director of the Dobbs Ferry Pavilion Emergency Department. Dr. Corvini is board certified in both Internal Medicine and Emergency Medicine and has a sincere dedication to patient care. Dr. Corvini was trained in internal medicine and emergency medicine at Yale New Haven Hospital.



**ST. JOHN'S
RIVERSIDE
HOSPITAL**

**COMMUNITY
STRONG**

SHOW YOUR SUPPORT SJRH GOLF OUTING

— DOBBS FERRY PAVILLION —

SEPTEMBER 15, 2015

*Look for St. John's Riverside Hospital at the
Yonkers Marathon at the end of the summer!*



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