

RIVERSIDE

COMMUNITY STRONG

ST. JOHN'S RIVERSIDE HOSPITAL | VOLUME NINETEEN | SPRING 2018



Haroon Choudhri, MD, Advanced Orthopedic Spine and Neurosurgeon and his patient Soyica

“NOW I CAN WALK”

Soyica, an employee at Sing Sing Correctional Facility started feeling pain that radiated through her legs and over time the pain partially paralyzed both of her legs.

Determined to find the cause, Dr. Choudhri, a renowned Advanced Orthopedic Spine and Neurosurgeon, sat with Soyica and listened to her entire history. Asking many questions, he was able to make connections where others had not. Dr. Choudhri said he could repair this with a surgical procedure the next day and she would no longer have any pain. Soyica was able to go from a wheelchair to walking out of the hospital the very next day.

This is another example of how our team of leading physicians is focusing their expertise on one patient at a time.

At St. John's Riverside Hospital we have built an environment that attracts top talent from around the world. Team St. John's is a group of innovative and high caliber physicians who take their time to listen and provide the necessary patient care to make you or your family members well. These

Team St. John's provides exceptional patient care close and convenient to home, right here in your backyard.

exceptional physicians are introducing new techniques and approaches to treat a wide range of health issues. Our surgeons provide a level of personal care unmatched by any other hospital in Westchester. More renowned physicians are choosing to join St. John's to provide positive patient experiences, right here in our community.

Our community deserves to be treated with care and a high level of patient service. You deserve to have a team of medical professionals whose mindset is to work together, one patient at a time. And, isn't it nice you don't have to trek to New York City for this level of care?

Read more about Soyica's amazing journey on page five, along with several other successful patient stories in this issue.

INNOVATION HIGHLIGHTS

P2 TEAMWORK
BUILDS SUCCESS

P4 FREEDOM
FROM PAIN

P6 EARLY
DETECTION
SAVES LIVES

DOBBS FERRY EMERGENCY

NO WAIT

Every second counts during a medical emergency. When the need arises, take comfort in knowing you have the highest quality Emergency Care just minutes away. St. John's Riverside Hospital in Dobbs Ferry provides our community the safety of a full-service hospital and rarely has a wait.

TOP RATED DOCTORS

The Emergency Department is under the direction of Mark Silberman, MD, Chief of Emergency Medicine. Dr. Silberman completed his residency at Columbia University Medical Center and is uniquely qualified with four board certifications.

NO WAIT AND A MULTIPLE BOARD CERTIFIED TEAM MAKES ST. JOHN'S RIVERSIDE HOSPITAL A BETTER CHOICE

**CALL IN ADVANCE
914.693.5187**



Patients are welcome to call to further expedite their care upon arrival.
If you are having a medical emergency, call 9-1-1.

Innovation through Partnerships



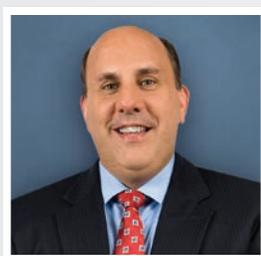
Orthopedic Pioneers, David Shein, MD, and partner and son, Daniel Shein, MD

We all know the big city hospitals are good, but they are large and often not very personable. You travel all the way into the city only to get rushed in and right back out. Sometimes you feel like a number rather than a person. That's why St. John's Riverside Hospital is building a team of renowned surgeons that take the time to provide the personal care that you deserve right here, in your neighborhood.

Renowned orthopedic surgeons, Drs. David and Daniel Shein, from South Africa, could work at any hospital in the world. They chose St. John's Riverside Hospital because their expertise when combined with the quality of personal care at our hospital, is unmatched. Dr. Haroon Choudhri, a leading Neurologist and Advanced Orthopedic Spine Surgeon, has patients come up from Georgia and also performs procedures on prominent leaders and citizens from halfway around the world right here at St. John's Riverside Hospital.

We continue to attract leading surgeons to St. John's because we have created an environment where they can do great things. These surgeons are leaders in their field, but here they take the time to focus their expertise on one patient at a time. A Team St. John's physician is committed to partnering with a patient to help them achieve their healthcare goals.

Partnerships with renowned surgical teams are what make us Community Strong.

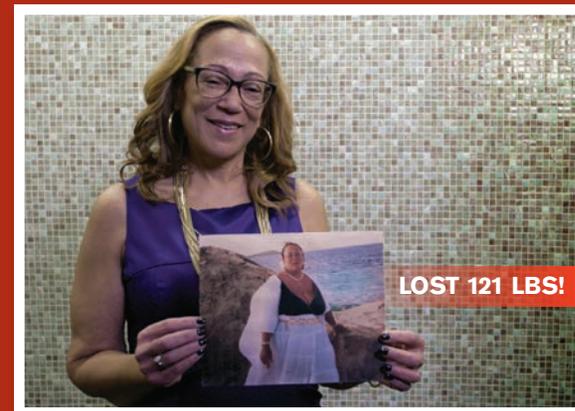


Ronald J. Corti
Ronald J. Corti
President and CEO



EAT WELL...
Live BETTER

TRANSFORM YOUR LIFE



Gayle W., bariatric patient

Bariatric surgery enables overweight and obese people the chance to achieve significant and long term weight loss leading to a happier and healthier you.

Of the many benefits to bariatric surgery, some of the most notable include:

JOINT PAIN RELIEF | Excessive weight puts a lot of stress on your joints and causes damage over time which leads to pain. Significant weight loss could alleviate pain, allow people to stop using pain medications and become more mobile.

BLOOD PRESSURE | Reduced weight can improve your risk of heart disease and stroke. Blood pressure and cholesterol levels are usually reduced after weight loss helping patients return to better overall health.

DEPRESSION | People with excess weight may find it difficult to participate in certain activities. Losing excess weight leads to increased activity as well as helping improve a person's emotional health.



"Bariatric surgery gives patients the best chance at maintaining their weight loss over time, and that plays a significant role in a patients overall health."

- Dominick Artuso MD, Leading Bariatric Surgeon.

Improved sleep, better outcomes from Type 2 diabetes and reduced risk of many other medical conditions are all additional benefits of bariatric surgery.

For more information go to: [RiversideHealth.org/SpecialtyServices/Bariatric Surgery](http://RiversideHealth.org/SpecialtyServices/BariatricSurgery) or call **914.964.4DOC** to make an appointment.

The Menu to Fight High Blood Pressure

The days are getting longer and the temperature is finally rising, but that doesn't mean your blood pressure should too! High blood pressure or hypertension has been called a "silent killer" and according to the CDC affects 29.5% of adult Americans. Even for those of us who feel we've done our best trying to maintain a healthy lifestyle, factors such as heredity, stress, diet and a history of smoking can cause an increase in blood pressure. Living with hypertension can lead to serious complications, including kidney failure, stroke and heart attack.

Only half of those with high-blood pressure have it under control. However, there's a game plan to reverse and prevent the progression of hypertension and it starts at the dining table. This list is easy to remember if you keep two things in mind: high protein and high fiber. Some examples of heart-healthy foods include:

- Dark Chocolate
- Bananas
- Oatmeal
- Leafy Greens
- Pistachios
- Olive Oil
- Salmon

In addition, if you've been diagnosed with high blood pressure, talk to your doctor about the DASH Diet. DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension and is promoted by the US based National, Heart, Lung and Blood Institute to prevent and control hypertension. Studies have shown the DASH Diet has been successful in reducing high blood pressure by one point each week.

As always, check with your doctor before making any sudden changes to your diet.



**WORK
AGAIN**

“Three weeks since surgery, and I’m ready to go back to work.”

Mitchell P., MAKOplasty® knee replacement patient

**LIVE
AGAIN
PAIN FREE**

PERFECTING JOINT REPLACEMENTS

St. John’s Riverside Hospital is perfecting the joint replacement experience right here in your own backyard.

Team St. John’s at the Westchester Orthopedic Center in Dobbs Ferry has perfected a unique approach for joint replacements that has among the nation’s best patient outcomes. Our patients walk the same day as surgery, require less pain medication and have shorter hospital stays overall.

Our orthopedic team is looking at the relationship between neck, back, hip and knee pain differently. All patients undergo comprehensive skeletal diagnostics, beginning with a thorough clinical assessment. Carefully selected imaging studies are obtained. Our team puts all of these pieces together to provide a personalized, patient-specific treatment plan.

Internationally renowned orthopedic surgeon, David Shein, MD, carefully examines each joint in relationship to the total body. *“The relationship between the spine, the hip, and the knee is unique for every patient. For instance, if a patient needs a hip replacement, the health of the spine and knee must also be taken into consideration to produce the most successful patient outcome.”*

If the spine is misaligned, or the knee is arthritic, the patient may stand crooked or walk abnormally. If these factors are overlooked, a hip replacement might not be placed in the best position for that patient. This can lead to compensations, body aches, muscle pains, and an unhappy patient. This unique total body approach results in new joints healing and working in harmony with your body. *“It’s like the old song goes: the hip bone’s connected to the thigh bone, the thigh bone’s connected to the knee bone. It’s all connected.”*

Daniel Shein, MD, – David Shein, MD’s partner and son is a spine and joint replacement surgeon also practicing this holistic approach. He is pioneering a muscle sparing joint replacement surgery whereby he does not cut any muscles during a knee replacement, and often only cuts one muscle during a hip replacement. Dr. Shein utilizes the Direct Superior approach for hip replacements, and is one of only a handful of surgeons nationwide doing so. This ground breaking, minimally invasive procedure avoids cutting muscles and other structures that are critical to the proper function of your hip and leg after a new hip replacement. Patients need less pain medication and rapidly return to active, pain-free lifestyles without the need for crutches or a cane. *“The Direct Superior approach is a total game-changer for hip replacements,”* Dr. Shein says. *“Patients report that a Direct Superior hip feels more natural than with any other hip replacement approaches or techniques that I’ve seen.”*

ST. JOHN’S RIVERSIDE HOSPITAL IS COMMUNITY STRONG

914.964.4DOC
RiversideHealth.org

ST. JOHN'S RIVERSIDE HOSPITAL, THE FIRST HOSPITAL TO OFFER FULL MAKOPLASTY® ROBOTIC-ARM TECHNOLOGY IN WESTCHESTER.

During surgery, the surgeon guides the robotic-arm based on your patient-specific plan. *"We carefully remove only the damaged part of the bone, helping preserve healthy bone, and the robotic GPS positions the joint in the precise location based on your anatomy,"* says David Lent, MD. Dr. Lent is a leading robotic orthopedic surgeon with over five hundred robotic surgeries.

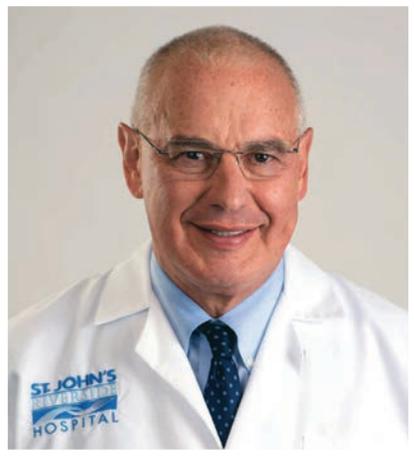
The Westchester Orthopedic Center is the clear leader when it comes to advanced orthopedic care, and from the moment you arrive, our patient navigators provide the highest level of customer service; only found at our community hospital. Our 99% patient satisfaction scores prove it.

- Comprehensive skeletal and radiological diagnostics
- Precise robotic-assisted implant alignment
- Joints that work in harmony with your entire body
- 99% patient satisfaction

RENOWNED ORTHOPEDIC TEAM



David Lent, MD



David Shein, MD



Daniel Shein, MD



James Joseph, MD

Not pictured: Eric Spencer, MD, Jason Hochfelder, MD

TEAM ST. JOHN'S IS 99% PATIENT RECOMMENDED ORTHOPEDICS WITH PERSONAL CARE ONLY AVAILABLE AT ST. JOHN'S RIVERSIDE HOSPITAL.



Haroon Choudhri, MD | Neurosurgeon & Advanced Orthopedic Spine Surgeon
Soyica G., Yonkers | Sing Sing Correctional Facility

Freedom from Pain!

Soyica G., who works at Sing Sing Correctional Facility, started feeling a pain that radiated through her legs. The pain had made her so weak she eventually could not hold herself up and became partially paralyzed in both legs.

The first hospital emergency room she visited sent her home without any tests and recommended bed rest. After weeks lost from work and getting worse, she contacted her brother who in turn called an ambulance that took her to St. John's Riverside Hospital. She began to believe she would never be able to walk again.

Determined to find the cause, Dr. Choudhri, a world-renowned neurosurgeon, sat with Soyica and listened to her entire history. He asked many questions. He was able to make connections where others had not. He connected her past back problems; he was inspired to look closer at a few more images when he learned she was traveling in the back of a small car for many hours on her recent vacation. By taking the time to listen to her history he became certain her spinal cord was pinched and was cutting off the signals to her legs. The second set of images he ordered, from a different view, clearly showed what he suspected.

"Dr. Choudhri listened. Now I can walk."

- Soyica G.

"After listening, I knew I had to get images from the front," said, Dr. Choudhri. Most doctors would stop looking after not seeing anything on the x-ray; this is not the case with Dr. Choudhri. Dr. Choudhri said he could repair this with a surgical procedure the next day and she would no longer have any pain.

"I could not believe, as soon as I opened my eyes I was capable of lifting my legs off the bed and moving my toes. I was able to go from a wheelchair to walking out of the hospital the very next day," Soyica said with a big smile.



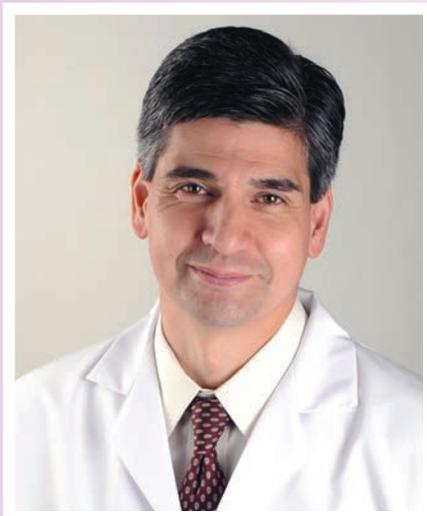
3D MAMMOGRAMS

Clear, highly focused 3-dimensional images make breast cancer easier to see.

Three-dimensional mammography (also called digital breast tomosynthesis) creates a three-dimensional picture of the breast using x-rays. Several low-dose images from different angles around the breast are used to create the 3D picture. A conventional mammogram creates a two-dimensional image of the breast from two x-ray images of each breast.

Several studies have found that 3D mammograms find more cancers than traditional 2D mammograms and also reduce the number of false positives. *“These studies continue to confirm that 3D mammography is a better mammogram for breast cancer screening,”* said Andrew Ashikari, M.D.

3D mammography is relatively new and is not available at all hospitals and mammogram facilities. However at St. John’s Riverside Hospital, we continue to pursue innovative procedures and make investments in cutting edge technology that keep at the forefront of superior healthcare and create a new line of defense against the threat of breast cancer. Breast care patients now have their choice to schedule their next mammograms as 3D or 2D.



Andrew Ashikari, MD | Breast Surgeon

- FIRST NATIONALLY ACCREDITED BREAST CARE CENTER IN WESTCHESTER
- FIRST TO PERFORM TARGETED INTRAOPERATIVE RADIATION FOR BREAST CANCER
- PIONEER IN PROPHYLACTIC BILATERAL MASTECTOMY WITH IMMEDIATE RECONSTRUCTION
- WOMEN’S CHOICE AWARD WINNER 2015, 2016, 2017 & 2018
- Early Detection Saves Lives | 914.964. 4DOC**

St. John’s Riverside Hospital and the award winning Ashikari Breast Center continue to provide the same great healthcare as big city hospitals but offer the relaxed atmosphere and close to home proximity that makes breast exams much less stressful. Breast Care is available at the Yonkers and Dobbs Ferry locations. St. John’s Riverside Hospital and Team St. John’s is keeping the Community Strong.

Schedule your 3D Mammogram today at 914.964.4329.

A COMPREHENSIVE PREGNANCY GUIDE FOR TODAY’S WOMAN OF COLOR



The Only Month-By-Month Pregnancy Guide for Black Women

Let’s face it: not all pregnancies are created equal. African American women are at a higher risk for complications such as hypertension, asthma and preterm birth. That’s why Dr. Suzanne Greenidge and Yvette Allen-Campbell wrote this must-have pregnancy guide for women of color.

Dr. Greenidge has over 26 years of experience as a board-certified obstetrician and gynecologist, and Yvette is a leader in education. Together they walk you through the multiple stages of pregnancy, advice on how to best avoid common health issues and dispel rumors, all with authority and personality. With month-by-month overviews, cultural recipes beneficial to pregnant women, checklists for doctor visits, a play-by-play of delivery options and even tips for keeping the romance alive, this book has everything you’ll need for the next 9 months and beyond.

Dr. Greenidge is the founder and director of Woman To Woman OB/GYN, a comprehensive medical practice for woman based in Yonkers (across the street from St. John’s Riverside Hospital) and in Riverdale.

Under Dr. Greenidge’s skilled management, Woman To Woman employs a staff of 20 women who provide superior quality, personalized OB/GYN care. The practice offers an all-inclusive approach to women’s gynecological and obstetrical care to the community.

Suzanne Greenidge, MD OB/GYN and Author, Trained at Columbia University College of Physicians and Surgeons



To make an appointment call 914.964.4DOC.



HERNIA HEALTH

The anatomy of the area we refer to as our stomach, is made up numerous muscles that keep the various organs in the abdomen where they belong. If one of these organs starts to push through a weakness or a hole in the muscle, it's called a hernia.

Hernias tend to develop later on in life. Weight gain, lifting heavy objects even coughing and sneezing can lead to a hernia. Hernias are not always painful, but should be repaired to avoid future intestinal problems.

There are several types of hernias and treatment of every hernia is individualized. A discussion of the risks and benefits of treatment options needs to take place between the doctor and patient.

The Hernia Center at St. John's Riverside hospital features Minimally Invasive and Robotic-assisted procedures that enable our surgeons to repair hernias through a few small incisions. The technically advanced center offers several approaches that result in very precise and customized hernia repairs. Minimally Invasive and Robotic-assisted hernia surgery requires less anesthesia, has less pain, results in less risk and minimal scarring. So patients are able to return to their normal activities quickly.



Har Chi Lau, MD | Board Certified Minimally Invasive Surgeon

**TEAM ST. JOHN'S...
20,000 MINIMALLY
INVASIVE HERNIA
SURGERIES TO DATE!**

Dr. Har Chi Lau's minimally invasive hernia technique provides additional reinforcement that adds extra strength to a hernia repair. This unique approach to hernia repair is stronger, leads to faster recoveries and will have you back to work in no time.

The first Minimally Invasive Hernia Center in Westchester with the experience of more than 20,000 hernia surgeries combined with personal care is only available at St. John's Riverside Hospital and with Team St. John's.

FOR MORE INFORMATION CALL ST. JOHN'S AT 914.964.4DOC.

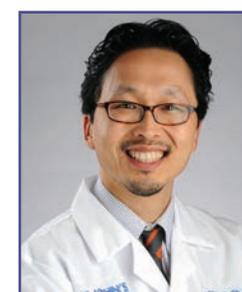


NIRAV PATEL, MD
Vascular Surgeon

Dr. Nirav Patel is the Chief of Vascular Surgery and Wound Healing at St. John's Riverside Hospital. He attended New York College of Osteopathic Medicine and completed his residency at Wyckoff Heights Hospital.

Why you will love him: Dr. Patel has helped build one of the foremost vascular and wound healing centers in New York. He is a champion of hyperbaric oxygen therapy at St. John's Riverside Hospital and has very successful results when combining oxygen as part of wound healing treatments.

914.964.4631 | 967 N. Broadway, Yonkers



CHONG K. OH, MD
Orthopedic Spine Surgeon

Dr. Chong K. Oh is a board certified orthopedic and spine surgeon. His residency training was completed at NYU Langone. He received his medical degree from the NYU School of Medicine.

Why you will love him: Dr. Oh specializes in various minimally invasive procedures that result in his patient's quick recovery. He is a leader in his field and is an active member of the North American Spine Society.

914.963.2665 | 128 Ashford Avenue, Dobbs Ferry



EVAN BERMAN, MD
General Surgeon

Dr. Berman has 37 years of diverse experience in General Surgery. He completed his fellowship at New York Medical College and did his residency at Nassau University Medical Center.

Why you will love him: Dr. Berman is very accessible. He is adept at providing comprehensive surgical services for a wide variety of conditions. Both his availability and attentiveness to his patients make him an excellent choice for surgery.

914.207.0004 | 1088 N. Broadway, Yonkers

SUPPORT ST. JOHN'S RIVERSIDE HOSPITAL MAKE A DONATION TODAY!



5 STAR MATERNITY AWARD

WITH YOUR HELP WE CAN CONTINUE TO KEEP PROVIDING THE MOST
ADVANCED HEALTHCARE WITH THE PERSONAL CARE YOU EXPECT FROM A
COMMUNITY HOSPITAL CLOSE TO HOME.

NAME: _____

AMOUNT: \$ _____

RETURN THIS COUPON WITH YOUR DONATION TO
ST. JOHN'S RIVERSIDE HOSPITAL | 967 NORTH BROADWAY | YONKERS, NY 10701
OR GO TO RIVERSIDEHEALTH.ORG/SUPPORTSJRH TO MAKE A CREDIT CARD DONATION.



LIKE US ON FACEBOOK!
TO GET THE LATEST ON ST. JOHN'S
RIVERSIDE HOSPITAL

**COMMUNITY
STRONG**

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