

RIVERSIDE



ST. JOHN'S RIVERSIDE HOSPITAL | VOLUME TWENTY | SPRING 2019



Celebrating 150 Years THE FIRST HOSPITAL IN WESTCHESTER

When the doors opened in 1869, St. John's Riverside Hospital provided the community with unmatched personal care. Our values have never changed since those six women from St. John's Episcopal Church on Warburton Street provided compassionate healthcare to the sick in our community. Almost thirty years later, in 1896, The Cochran School of Nursing graduated their first class, establishing their legacy as one of the premier hospital-based nursing schools in the nation. One hundred and twenty-five years later, the Cochran School has graduated over 3,000 nurses.

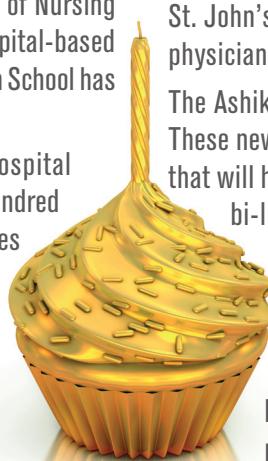
It was a revolutionary advancement in first aid when St. John's Riverside Hospital introduced Westchester's first motorized ambulance in 1918. Over the past one hundred years, more than one million patients have arrived via ambulance. 123,500 babies and counting have been born into our community here at St. John's Riverside Hospital. Thousands of life-saving surgeries, performed by the best surgeons available, have helped people get back to enjoying their life.

Recently, Dr. Lent, a pioneer in orthopedics, performed our 1,000th MAKOpasty® robotic-assisted surgery, establishing St. John's Riverside Hospital as a leader in orthopedic care.

NEW THIS YEAR | Two of the best healthcare networks are partnering to bring our community the best possible healthcare available in southern Westchester. Montefiore, with St. John's Riverside Hospital, will work together on expanding the care available at St. John's Riverside Hospital. Now there will be more specialty services and more expert physician specialists closer to home than ever before.

The Ashikari Breast Center is now providing multigene genetic testing for their patients. These new tests will provide a broader panel to detect disease-associated genetic variants that will help physicians detect cancer sooner. St. John's Riverside Hospital also provides bi-lingual Breast Care Navigators who provide support to our Spanish Community to help make it easier for them to coordinate their cancer care.

The community will feel safe knowing St. John's Riverside Hospital has once again received the Gold Stroke Award reinforcing our commitment to providing fast and effective Stroke Care. And to support our aging population, we are bolstering Geriatric Care. Board Certified Physician, Dr. Andrew Fader has been providing geriatric care for over twenty years at St. John's Riverside Hospital. Continue reading to learn more about managing your health close to home inside this issue.



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STRONG

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YOUR HEALTH

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CARE



PARTNERSHIP VISION

The very first day St. John's Riverside Hospital opened their doors in 1869 their vision was as relevant as it is today.

St. John's Riverside Hospital was, and is, dedicated to providing comprehensive medical and nursing care in a compassionate, professional, respectful and ethical manner to every patient. We are committed to improving the care we provide and the quality-of-life in our community.

Most importantly, and to ensure we continue with our mission, we are open to new ideas, directions and initiatives that most effectively respond to community health care needs.

Our collaboration with the Montefiore Health Network, for example, will expand our specialty healthcare offerings and significantly increase the number of physicians available to our community. Together we will elevate the distinctive hospital experience that makes St. John's Riverside Hospital so unique.

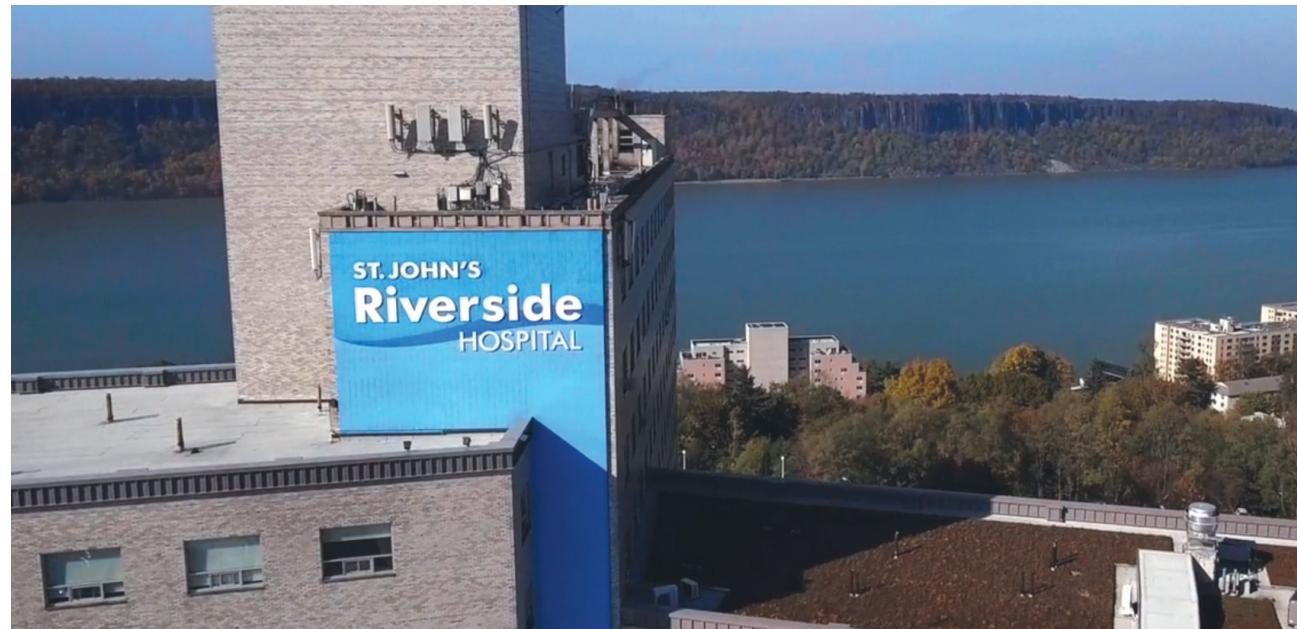
We are excited about writing another great chapter of the St. John's Riverside Hospital legacy, one that will position us to serve future generations for years to come.



Ronald J. Corti
President and CEO



A LEGACY OF INNOVATION 150 years in the making



For a century and a half, St. John's Riverside Hospital has been committed to providing our community access to leading healthcare and unmatched personalized care for the residents of Southern Westchester.

150 YEARS AGO | FIRST IN WESTCHESTER

St. John's Riverside Hospital opened its doors as Westchester's first hospital in 1869.

125 YEARS AGO | COCHRAN SCHOOL OF NURSING

The Cochran School graduated its first class of nurses. They were among the first in the nation, as well as the first in Westchester.

101 YEARS AGO | TECHNOLOGY INNOVATION

A revolutionary advancement in Emergency Care when St. John's Riverside Hospital introduced Westchester's first motorized ambulance.

56 YEARS AGO | ANDRUS MODERNIZED MEDICINE

With help from the Andrus family, St. John's Riverside Hospital built its present 14-story, 273-bed hospital on North Broadway offering the most advanced healthcare services available in the area.

25 YEARS AGO | COMMUNITY NETWORK

St. John's Riverside Hospital partnered with Yonkers General Hospital and then later with Community Hospital at Dobbs Ferry, expanding modern health and life-saving services across our communities.

10 YEARS AGO | ROBOTIC TECHNOLOGY

St. John's Riverside Hospital ushered in a new era of high-precision surgery with the introduction of MAKOplasty® and da Vinci® surgical robotic-assisted technology.

TODAY | MONTEFIORE PARTNERSHIP

St. John's Riverside Hospital partners with Montefiore to expand access to more leading physicians and specialty healthcare services than ever offered previously.



EATING WELL *Living Well*

Nutrition plays a vital role in your health. Many diseases are complicated from a poor diet and are preventable with a healthy diet and active lifestyle. The body requires nutrients to function properly.

Seniors tend to eat less and often have less variety in their diets. Eating less may cause a form of "micronutrient malnutrition" in which a person is deficient in some essential vitamins and minerals. This condition is surprisingly common even in affluent areas according to an article published by Harvard Medical School.

Nutrition can help play a role in preventing or managing many health-related conditions. People with heart disease, diabetes, osteoporosis and cancer for example, should consider adding a nutrition plan as part of their disease management.

Inflammation is linked to many diseases. Many studies show foods with omega-3, vegetables, and turmeric, play a role in strengthening the immune system to help fight inflammation.

SO WHAT CAN YOU DO?

Talk to your doctor about incorporating nutritional changes into your wellness plan. Contact the Nutrition Department at St. John's Riverside Hospital for a custom diet to help manage your health. Call **914.964.4954** for more information.

SUNLIGHT PHARMACY

Now Open!



St. John's Riverside Hospital's convenient new on-site pharmacy is available to patients so they can pick up medications before they leave the hospital.

The new Sunlight Pharmacy is located at St. John's Riverside Hospital's Andrus Pavilion on the S1 floor.

The pharmacy will offer in-room delivery, as well as future plans for local deliveries in the community.

Sunlight Pharmacy is part of our partnership with LECOM (Lake Erie College of Osteopathic Medicine) School of Pharmacy. The pharmacy will be available for students to complete their advanced pharmacy practice experience. Together we will provide efficient services to help patients on their path to health and wellness.

Sunlight Pharmacy accepts most major medical insurance plans.

Sunlight Pharmacy
914.999.3199

PASSION FOR OUR DOCTORS

PAUL / A DIABETIC'S JOURNEY

"I live in Manhattan but come to St. John's Riverside Hospital because the doctors spend more time with me."

- Paul B. wound healing patient



Paul never had type-2 diabetes on his mind. However, his sudden weight loss and recurring sores on his feet sent him to St. John's Riverside Hospital's Wound Healing Center. What you might find surprising is that Paul lives in Manhattan and receives his treatments from Dr. Nirav Patel at St. John's Riverside in Yonkers.



Nirav Patel, DO
Chief of Vascular Surgery
& Medical Director of the
Wound Healing Center

Nirav Patel, DO, Chief of Vascular Surgery, came highly recommended as he was instrumental in introducing innovative wound healing techniques for diabetics at St. John's Riverside Hospital. People with diabetes are prone to have chronic wounds that take a long time to heal and sometimes do not improve. Diabetic related foot wounds are often associated with poor blood circulation.

The Wound Healing Center consists of a multidisciplinary team who work collaboratively to ensure that patients receive the most comprehensive evaluation and treatment. The center's distinct approach to healing wounds consists of several modalities. First, for Paul, ultrasound was used to diagnose blockages in the arteries leading to his foot. Dr. Patel performed vascular surgery to remove plaque, unclog arteries and increase blood flow to his foot. Next, Paul received hyperbaric oxygen therapy as part of his wound healing treatment. Dr. Patel's comprehensive approach enabled Paul's wounds to heal faster, saving his foot from possible amputation.

Hyperbaric oxygen therapy was something Paul never experienced before but with Dr. Patel's assurance, over time the treatments increased the level of oxygen in Paul's bloodstream providing for much quicker healing.

"Dr. Patel was certain with time, he would get my wounds to heal and he saved my foot. That's just amazing," Paul said.
"The doctors at St. John's are committed and that's important."

Today, Paul's wounds are a distant memory. His recovery included a physical therapy regimen to help him get back to his regular activities and active lifestyle, as well as a custom diet plan with one of our nutritionists to help control his diabetes.

For more information about Wound Healing, please contact: 914.964.4630.

WOMAN'S HEALTH MADE EASY



Susan M. patient



Janusz Rudnicki, MD | OB GYN



Maria Lufrano, DO | Gastroenterologist

- TO DO:**
- OB-GYN
 - Check-up
 - Mammography
 - Colonoscopy

For a physician referral, call:
914.964.4DOC

**"I WAS AFRAID
I WAS GOING
TO DIE."**

- Gail, bariatric patient



A MOTHER & DAUGHTER SUCCESS STORY.

Gail was overweight at 272lbs. and suffered from shortness of breath and exhaustion. Feeling overwhelmed, Gail turned to her primary care physician at St. John's Medical Group for a referral to see a bariatric specialist.



LOST 121 LBS

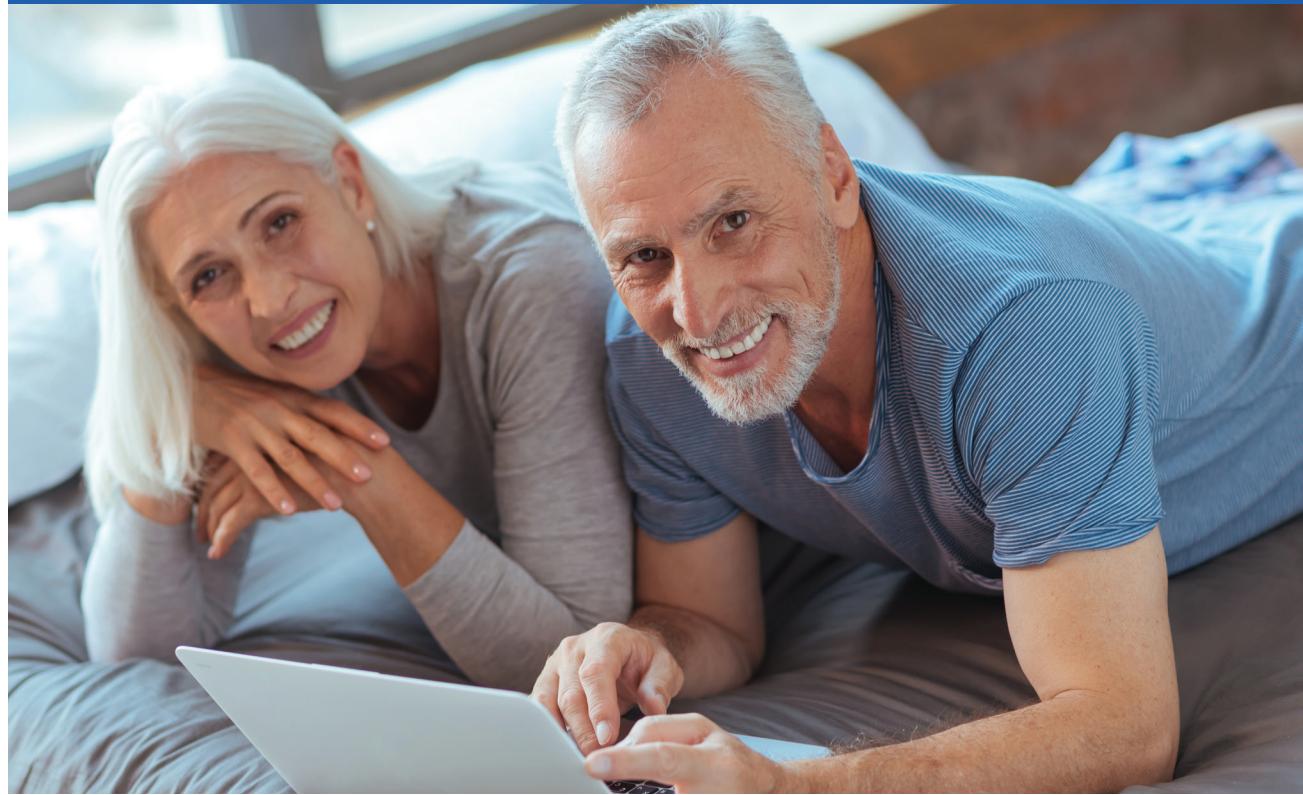
Gail made an appointment with Dr. Dominick Artuso, the most experienced bariatric physician in the Westchester, Rockland, Putnam, and Fairfield county areas. Dr. Artuso is the clear leader in bariatrics. "I looked for an expert, and Dr. Artuso's experience is second to none," said Gail.

Dr. Artuso addressed Gail's overall health, beginning with a sleep study at St. John's Riverside Hospital, Dobbs Ferry Pavilion and an appointment with a cardiology specialist. As a result of the sleep study, Gail was diagnosed with sleep apnea and hypertension; conditions that would have to be addressed by weight management (gastric sleeve surgery). Dr. Artuso arranged the diagnostic tests and appointments before she even left the office. Many of the appointments were conveniently located in the same building and easy to fit in her busy work schedule.

"Dr. Artuso assured me I wasn't going to die and took the time to schedule the tests I needed," Gail said. "He said, we are going to get this excess weight off, and you will have a new lease on life."

Eleven months later Gail is pleased to share she has lost 121lbs. and no longer has sleep apnea or hypertension. "St. John's made the process of getting my life on track so simple. They were able to identify my health issues and connect me with caring doctors that changed my life for the better."

When Gail's daughter struggled with her weight, she knew with her mom's blessing exactly which doctor she could trust to help on her weight loss journey.



IS LACK OF SLEEP MAKING YOU SICK?

People are sleeping less and consequently, they are putting their health at risk. In addition to the problems you could encounter from lack of attentiveness and dozing off during the day, if left untreated, inadequate sleep carries long-term health consequences including obesity, diabetes, anxiety, stroke or cardiac arrest. Quality sleep is the foundation of good health. Getting enough sleep is as important to your health as following a good diet or daily exercise plan.

Do you or your partner suffer from the following?

- Snoring, loud gasping or choking sounds
- Dry mouth or sore throat upon waking
- Daytime tiredness
- Headaches
- Difficulty concentration
- Irritability and mood swings



If you said yes to any of the above medical complaints, it is time to consider a sleep study. Sleep studies aren't the right way to assess every sleep issue. However, for some sleep conditions, these studies are critical to getting you the help you need for your nightly rest—which in turn affects your health, your mood, your relationships, and your performance.

A sleep study is simple. Once an appointment is made you are requested to keep a 2-week sleep diary prior to the arrival at the sleep center. You are welcome to come with whatever makes you most comfortable, comfy sleeping attire, your favorite pillow or blanket. The technician will connect you to the monitor, and you are off to a restful sleep in a hotel-like setting.

To meet the growing incidence of sleep apnea and other sleep disorders, St. John's Riverside Hospital now has Sleep Diagnostic Centers available at both Dobbs Ferry and Andrus Pavilions. Both locations offer a convenient, quiet setting that was created to help restore the connection between a well-rested body and a healthy body. Having sleep centers in both our pavilions is another way we strive to help patients in their hometowns. St. John's Riverside Hospital is helping people sleep better and feel better, one wink at a time.

ARE YOU HAVING TROUBLE SLEEPING? For more information or to schedule a consultation with a sleep physician call **(914) 964-4337**. To schedule a sleep study at the Sleep Diagnostic Center call **(914) 559-1010**.

HEALTHCARE FOR THE AGING BODY & MIND

Geriatric doctors specialize in aging patients. Patients require a different approach to healthcare as they start to get older.

As the body ages, it becomes more vulnerable to illness, injuries and mental function. Older people may have multiple chronic health conditions at the same time. Often an elderly patient is taking several different medications for each of these illnesses. A geriatric doctor is trained in treating an older person with multiple modalities.

Andrew Fader, MD, is a Board-Certified Geriatric Primary Care Physician who is part of the St. John's Medical Group and located in Dobbs Ferry. He has been part of the St. John's Riverside Hospital community for over twenty years. His pragmatic approach to wellness encourages his senior patients to maintain the most healthy lifestyle they are capable of.



ANDREW FADER, MD
Geriatric Primary
Care Physician

“Dr. Fader’s compassion and bed-side manner are unequaled, he treats me with dignity, and respect.”

I really appreciate that.”

- Herta P. patient

St. John's Riverside Hospital is bolstering Geriatric Care to meet the need of our aging population. Contact St. John's Riverside Hospital's Physician referral line and we will help you choose a well-versed Geriatric physician right for you that will support and coordinate your health care as you continue into your golden years.

For a Geriatric Physician referral call

914.964.4DOC.



"This program turned my life around."

- Anthony K., addiction patient

Westchester has an addiction problem

Chemical dependency impacts people from all walks of life. The media has made us aware that the nation is in the midst of an unprecedented opioid epidemic. For families struggling with alcohol or drug addiction, St. John's Riverside Hospital is here to help.

St. John's Riverside Hospital's Behavioral Health Services offers hope to individuals affected by addiction struggles. The center has been a leader in chemical dependency treatment since 1967 and is one of the largest and most comprehensive treatment systems in New York State. St. John's Riverside Hospital offers a full continuum of hospital-based inpatient and community-based outpatient services for people suffering from an addiction.

For those in need of a structured 24/7 setting, St. John's Riverside Hospital provides gender-specific patient rooms staffed with highly trained medical staff, counselors and nurses. An unmatched level of care is made available to help those suffering from chronic chemical and alcohol dependencies.

"Our treatment teams work collaboratively with our client in a caring, professional and highly skilled manner to promote successful recovery."

Kay Scott, PhD | Associate Vice President of Behavioral Health Services

Programs include inpatient and outpatient, day and evening, rehab clinical treatments. The center is located at St. John's Riverside Hospital, ParkCare Pavilion, as well as several other satellite locations throughout Westchester. For more information and a list of our locations visit: RiversideHealth.org.

If you know someone who may be struggling with an addiction, let them know hope begins here.



Congratulations!

Dr. David Lent,
a pioneer in orthopedics
performed our
1,000th MAKOplasty®
robotic-assisted surgery
establishing
St. John's Riverside
Hospital as a leader in
orthopedic care.

**ST. JOHN'S
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150^{YEARS}
STRONG
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Celebrating
—150—
YEARS

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

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.

Go to RiversideHealth.org/SupportSJRH to make a credit card donation.



LIKE US ON FACEBOOK!
FOR DETAILS ON "MEET THE DOCTORS"
THROUGHOUT THE YEAR

**COMMUNITY
STRONG**

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