

New for You!

Spring has arrived, bringing a sense of renewal and growth to St. John's Riverside Hospital. We're excited to share some updates that reflect our commitment to enhancing your healthcare experience:

- Our new Emergency Department (ED) ground breaking is scheduled for the fourth quarter, doubling our size to better serve you.
- The Radiology department has been renovated and will have new CT scans and a wide MRI.
- We've unveiled a new Interventional Radiology Suite, equipped with the latest technology for streamlined services.
- The Maternity Department's Labor & Delivery rooms will be renovated to create a more serene

and updated environment.

We're also expanding our St. John's Medical Group with the best primary care physicians and specialists, and our partnership with Montefiore continues to provide increased access to advanced surgical expertise.

Thank you for choosing St. John's Riverside Hospital for your care.

Together, we are Community Strong.



To hear more about our many investments for the community tune into Riverside Reflections or go to our website.



Link to "Unique Approach to Substance Use, Care & Recovery"
Eileen Campbell, MBA, RN, Associate Vice President, BHS & John Slotwinski, Senior Director of Clinical & Counseling Training & Development.

WHAT IS YOUR WHY?

WHY DO YOU (OR SOMEONE YOU KNOW) SELF SOOTHE?

We have a highly skilled team supporting recovery with the largest detox/rehab facility in New York State. As a hospital-based program, our healthcare team members engage patients as frequently as possible from detox through the rehab process and then into outpatient rehab and a comforting environment.

In the rehab stage, our team works with patients to identify patterns from their past that have not been successful and design goals for implementation to help carry them into a sober future.

If you or someone you know is suffering from addiction challenges contact our behavioral health team at 877-944-CARE (2273).

TOGETHER WE ARE STRONGER THAN ANY ONE OF US ALONE.

Colorectal Cancer. Early Detection is Crucial.

In 2024, the American Cancer Society estimates that there will be 152,810 new cases of colorectal cancer in the U.S. and 53,010 people will die from these cancers. African Americans are about 20% more likely to get colorectal cancer and about 40% more likely to die from it than most other groups*.

Take preventative action and schedule your screening today by calling St. John's Medical Group at **914.207.0004**.



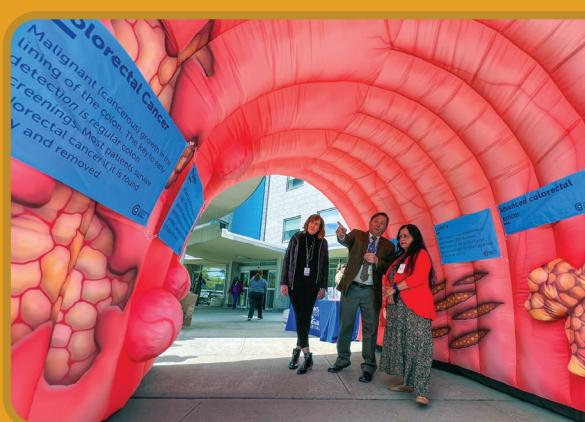
Link to Maria Lufrano, DO
Together We Can Fight Colon Cancer

COMMUNITY EVENTS



Gorton High School PTECH Students Learn Career Pathing

St. John's Riverside Hospital staff recently hosted Gorton High School's PTECH students. These students explored St. John's Andrus Pavilion, broadening their horizons by learning about career paths in radiology, physical therapy, pharmacy, social work, laboratory, the SJRH Residency program, and Cochran School of Nursing. Celebrating our commitment to educational excellence, we are Community Strong.



THE ROLLIN' COLON WALK-THROUGH ON APRIL 25TH

To help raise awareness and educate the community on Colorectal Cancer was a huge success.

Many thanks to all who attended!



Link to Community Strong Store

ST. JOHN'S RIVERSIDE HOSPITAL WILL RECEIVE 20% FROM EVERY PURCHASE MADE THROUGH OUR ONLINE STORE. SHOP THESE QUALITY ITEMS AND GIVE BACK TO YOUR COMMUNITY.



**ST. JOHN'S
RIVERSIDE**
**150+^{YEARS}
STRONG**
HOSPITAL

967 North Broadway
Yonkers, NY 10701



Join us for the Marty & Iris Walshin
Memorial Golf Classic June 25, 2024
St. Andrews Golf Club

HOW DO YOU TREAT A HERNIA?



JOSEPH VAZZANA, MD



COSMAN C. MANDUJANO
BEJARANO, MD

A hernia is a common condition, affecting over five million Americans each year. How would you know if you are one of those affected?

WHAT IS A HERNIA?

In its basic form, a hernia is a defect in the connective tissues that hold the abdomen together. This defect allows for intra-abdominal content to then protrude through, appearing as a bulge. Individuals often experience pain in the abdominal region.

The only treatment for a hernia is surgery. *"Surgery aims at closing the holes created by the hernia. Smaller holes can be closed primarily by sewing them together. But larger holes and holes that result from incisions usually require a prosthetic, a piece of mesh to reinforce the closure,"* explains Dr. Cosman C. Mandujano Bejarano. *"Advances in hernia repair surgery, including laparoscopic and robotic approaches, have really improved patients' experiences—allowing for reduced pain and a faster recovery. While "robotic" surgery does involve mechanical elements, the surgeon is the one guiding the procedure.* - Dr. Joseph Vazzana

"If you're in the position of needing a hernia surgery, you should ask your surgeon their experience and their training level, how many of these they've done, and what their frequency is," advises Dr. Cosman C. Mandujano Bejarano.

To find a world class hernia partner from Montefiore at St. John's Riverside Hospital call

914.964.4DOC.

Sign-up for our future newsletters, e-newsletters, or educational health and wellness webinars by emailing info@riversidehealth.org or link through our QR code.



Link to sign-up for Health & Wellness Communications

WE ARE
COMMUNITY
STRONG



LIKE US ON

