

Cheers to a Healthier New Year!

As we close 2024, we remain committed to advancing healthcare for our community as we invested in:

- **New Interventional Radiology Suite:** The fully renovated Andrus Pavilion featuring state-of-the-art diagnostic equipment, now serving more patients than ever.
- **Advanced Diagnostic Tools at the Dobbs Ferry Pavilion:** New stereotactic breast biopsy table and CT scanner ensure more precise results

In addition, we are proud to have achieved Level 2 Age-Friendly Recognition and to be among 30 national hospital systems in an 18-month collaboration with the Institute for Healthcare Improvement—a testament to our commitment to patient care.

Looking ahead to 2025, we are set to break ground on our new Emergency Department mid-first quarter and upgrade Andrus Pavilion with two new MRIs, including a wide-bore option, and an additional CT scanner.

Explore our articles to learn more about weight management and orthopedic care from our expert physicians. **Together We Are Community Strong.**


Ronald J. Corti
CEO
St. John's Riverside Hospital



[Link to Riverside Reflections Playlist](#)
to hear Alexandra Woodruff, BSN, RN | Nurse Manager to learn more about our Age Friendly Program

SECRET GARDEN GALA 2024: HONORING EXCELLENCE IN HEALTHCARE & COMMUNITY LEADERSHIP



From left to right: Ammir Rabadi, MD, Chief of Medical Staff; Ronald Corti, President & CEO; Shahid Sheikh, MD, Gala Honoree; James R. Letsen, Chairman of the Board of Trustees

On October 25th, the 2024 "Secret Garden Gala" for St. John's Riverside Hospital took place at Glen Island Harbour Club in New Rochelle. The event celebrated two individuals whose contributions have profoundly impacted the hospital and its community.

Dr. Shahid Sheikh, a world-renowned cardiologist, received the *Physician Distinguished Service Award* for his compassionate care and expertise, which have transformed the lives of thousands across the region, earning him deep respect from patients and colleagues alike.

Wm. Lee Kinnally, Jr., Esq., former Chairman of the Board, was honored with the *Chairman's Award* for his visionary leadership that advanced the hospital's mission and strengthened its role as a community cornerstone. His steadfast commitment to excellence in healthcare remains a cornerstone of the hospital's enduring legacy.

The evening highlighted the honorees' dedication and passion, which continue to inspire and shape a bright future for St. John's Riverside Hospital and the communities it serves.



[Listen to Shahid H. Sheikh, MD | Physician Distinguished Service Award recipient and WM. Lee Kinnally, Jr., ESQ. Chairman's Award recipient](#)

Comprehensive Weight Management at St. John's Medical Group

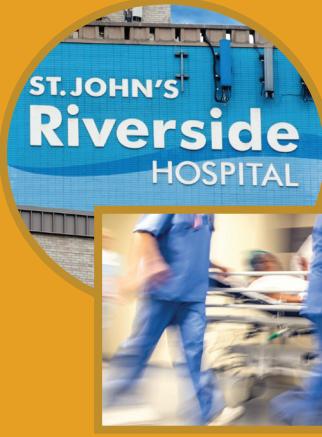
At St. John's Medical Group, weight management focuses on prevention and holistic care. Ana Androne, MD board certified in Obesity and Internal Medicine, offers a comprehensive program to address the challenges of obesity, which can lead to issues like sleep apnea, heart disease, diabetes, and osteoarthritis with chronic joint pain. Dr. Androne's three-step approach to healthy weight loss includes:

1. **LIFESTYLE MODIFICATIONS**
 - Balanced diet with lean proteins and high fiber
 - Stress reduction and 7-8 hours of sleep nightly
 - Daily exercise (30 minutes) and proper hydration (1.5-2 L)
2. **MEDICATION MANAGEMENT**
 - Including GLP-1 (Ozempic, Wegovy, Mounjaro) and off-label options like Metformin, Topamax, Wellbutrin
3. **SURGICAL SUPPORT**
 - Collaboration with Montefiore's board-certified bariatric surgeon, Joseph Vazzano, MD
 - Multidisciplinary team support for pre- and post-surgery success including primary care physicians, psychologists, and nutritionists



"As a Primary Care physician, I believe prevention is easier than treatment, and the unity of the mind, body, and soul in harmony is essential for health."

— ANA ANDRONE, MD



SUPPORT OUR NEW ER: END-OF-YEAR GIVING OPPORTUNITY

Help enhance the Andrus Pavilion Emergency Department by contributing to our naming rights initiative this holiday season. Honor a loved one while supporting critical healthcare services.

For details, contact Denise Mananas at Dmananas@riversidehealth.org or call **914.798.8990.**

REVOLUTIONIZING JOINT CARE WITH ROBOTIC PRECISION



VISHAL A. MEHTA, DO

Link to Riverside Reflections Playlist to hear Vishal Mehta, DO, Director of Orthopedics | St. John's Medical Group to learn more about Sports Medicine and MAKOplasty®



- Custom surgical planning with pre-operative CT scans
- Real-time adjustments during surgery
- Precise implant placement with fewer cuts
- Longer-lasting results

“The precision and balance achieved with MAKOplasty®, has transformed joint replacement surgery.”

— PAUL RAGUSA, DO

For an appointment with Drs. Mehta or Ragusa call

914.904.4036.



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.



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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.



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COMMUNITY
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