

Mather Hospital's

Housecalls

A PUBLICATION OF JOHN T. MATHER MEMORIAL HOSPITAL • FALL 2016

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Mather Names 2016 Community Honoree and Theodore Roosevelt Award Winners

Donald Lippencott, MSFS, of East Setauket was named Mather Hospital's 2016 Community Honoree. Derick George, MD, and the late William Konczynin, MD, will receive the 2016 Theodore Roosevelt Awards for service to the hospital and to the community. The awards will be presented at Mather's One Enchanted Evening gala on Oct. 14 at East Wind Caterers in Wading River.

Mather selects a Community Honoree who has supported the Hospital and its programs over the years. The Nassau-Suffolk Hospital Council created the Theodore Roosevelt Awards more than 50 years ago to honor those who demonstrate exceptional volunteer commitment to a member hospital and its community.

2016 Community Honoree

Donald Lippencott, MSFS

Lippencott joined the JTM Foundation Board in 2014. He has supported the Hospital through its many fundraising activities including the Golf Classic, Building on Excellence Campaign and planned giving. He also secured a \$25,000 grant for the Hospital through New York Life.

A resident of East Setauket, he challenged his daughter's school to do a new stuffed animal drive for Mather's HUGs program, which provides a new plush toy to every child who is a patient in the Emergency Department or Ambulatory Surgery Center. He matched every donation

made with a donation through his family foundation – generating more than 70 stuffed animals. He also is active on the board of Theatre Three.

Professionally, Lippencott is a principal of Lippencott Financial Group, a financial consulting firm. He has more than three decades of experience in the insurance, estate planning and financial services business. Since 1997, he has been a Member Agent of The Nautilus Group®, a resource for estate conservation and business succession ideas that is made available to a limited number of subscribing member agents.

Lippencott has earned numerous industry and company achievements, including Life Member of the Million Dollar Round Table, the National Quality Award, and the 2009, 2011, 2012, 2013 and 2015 Agent of the Year of the New York Life Long Island General Office. He is a member of the Suffolk County Life Underwriters Association, the National Association of Life Underwriters, and former First Vice President of New York Life's North East Agencies five times.

He attended Gordon College in Wenham, MA and Stony Brook University in NY. He holds a Master of Science degree in Financial Services from the American College, Bryn Mawr, PA. He currently



serves on the board of NYLARC, NYLIFE's agent-owned reinsurance company and the New York Life Agents Advisory Council.

2016 Theodore Roosevelt Award Winners

Derick George, MD

Dr. George has served as Director of the Department of Anesthesiology at Mather Hospital since 2011. He is a Founding Member and the Assistant Managing Partner of Long Island Anesthesia Physicians (LIAP), LLP in Rocky Point, NY. LIAP has been a long-term major supporter of Mather Hospital.

Dr. George also serves as Chief of Pain Management, Chairman of the Joint OR Committee, and Member of the Continuing Education Committee. He previously was an Assistant Professor of Anesthesiology at the Stony Brook University School of Medicine. He is certified by the American Board of Anesthesiology and the National Board of Medical Examiners.

Dr. George received a Bachelor of Science degree from the Sophie Davis School of Biomedical Education at CUNY. He received his Medical Degree from New York University



School of Medicine. At Columbia Presbyterian Medical Center in New York, he completed an Internship in General Surgery and a Residency in Anesthesiology. He was a Neurosurgical Anesthesia Research Fellow at Columbia University, College of Physicians and Surgeons, Department of Anesthesiology.

Dr. George lives in Poquott, NY with his wife, Ingrid, and two daughters.

William Konczynin, MD (posthumously)

Dr. Konczynin practiced family medicine in the community for 30 years. He served as a member of a number of Medical Staff committees including Tumor Conference, Credentials Committee, Bylaws Committee, and the Ethics Committee. Most recently he was the physician advisor to the newly formed Back & Neck Pain Center at Mather Hospital.

Dr. Konczynin also served as the Director of Family Medicine at St. Charles Hospital, among other roles, and had served as the chief physician of the Three Village School District. Dr. Konczynin passed away unexpectedly in June 2015.

He and his wife, Barbara met at Mather Hospital while he was an orderly and she was a nurse. The couple, of Setauket, has two children.



Ted Lucki of Belle Terre Joins JTM Foundation Board

Ted Lucki has been named to the JTM Foundation Board, which seeks and secures philanthropic support for John T. Mather Memorial Hospital, announced James Danowski, Foundation Board Chairman.

Along with brother-in-law Leo Sternlicht, Lucki owns and operates Riverhead Toyota, Ford, Lincoln, Mercury. He served 12 years as mayor of Belle Terre, stepping down at the end of June. Prior to that, he was a village

trustee for two years and a member of the Village Zoning Board of Appeals for four years. Lucki also is a former member of the Board of Education for the Port Jefferson School District. He is a graduate of Cornell University with a degree in Industrial Labor Relations. Lucki also has an MBA from Fordham University.

He and his wife, Lori Sternlicht-Lucki, have lived in Belle Terre for 20 years and have three adult children. 🍷

Y-90 Radioembolization Procedure Offers Hope to Patients With Liver Cancer

Benedetto Cotiletta of Holbrook first learned he might have a problem with his liver after a routine colonoscopy several years ago. His doctor at the time recommended that he have a biopsy of his liver.

"I said 'Nothing is wrong with me,' so I waited and waited, probably too long," Cotiletta said. "Finally when I went they discovered my liver was inflamed. There were a



Benedetto Cotiletta's pain is 90% gone.

lot of little tumors and my liver had expanded to twice the size."

His oncologist, Gurmohan Syali, MD, of North Shore Hematology Oncology Associates (NSHOA), recommended he see Mohammad Bilal, MD, of Mather Interventional Radiology Associates (MIRA) for a procedure known as "Y-90 radioembolization". Radioembolization is a cancer treatment in which radioactive particles are delivered to a tumor through the bloodstream.

"I was in pain before and the pain is now 90 percent gone," Cotiletta, 68, said after he had the procedure in early 2015.

The Y-90 procedure, also known as SIRT (Selective Internal Radiation Therapy), is a minimally invasive procedure that combines radiation therapy and embolization (cutting off blood supply to a tumor through the introduction of a catheter into a blood vessel) to treat both primary and metastatic liver cancer. It involves the deposition of microscopic radioactive spheres that are delivered directly to the tumor site through a catheter using radiographic guidance. The microspheres contain the radioactive isotope yttrium-90 (Y-90) and selectively



Radioactive microspheres are introduced by catheter to blood vessels feeding the tumor.

target liver tumors with a concentrated dose of internal radiation up to 40 times higher than conventional radiotherapy while sparing surrounding healthy tissue. "The radiation only goes 10-15 mm, which makes it ideal to radiate short distances in tissues," said Dr. Bilal, who has done more than 50 of the procedures over the past year. "Radioembolization offers a much more long-term effect on tumors. Compared to other types of conventional liver embolization procedures, patients tolerate radioembolization extremely well, with some mild fatigue as the only major side effect that we may hear about," Bilal said. "It's a totally outpatient procedure with no hospital stay involved."

"Our goal is to be as comprehensive as possible for the treatment of liver cancer. We're the only community hospital on Long Island doing the Y-90 procedure. We



Clifford with Dr. Kenny Lien

also do percutaneous (through the skin) ablations (using intense heat and/or freezing to locally destroy tumor tissue) and all types of arterial embolizations," he said. Dr. Bilal now also does the procedure using the radial artery in the wrist as opposed to the traditional method of going through the femoral artery in the groin. "The patient is a lot more comfortable

this way, it's as safe and it results in a quicker recovery time. Also, there's no modesty issue going through the wrist as opposed to going through the groin."

"It was not a debilitating procedure in any way, shape or form," Jean Clifford, 71, of South Setauket, said of the Y-90 procedure she had for a lesion on her liver. "I had it on a Wednesday in January and was back to work on Monday. It was very successful. The most important thing about this procedure is having the trust and confidence in the person doing it, and that makes it a lot less stressful."

Interventional Radiology is a subspecialty of Radiology that specializes in performing minimally invasive procedures using imaging modalities such as X-ray, ultrasound and CT scan guidance.

For more information on Interventional Radiology and the Y-90 procedure, contact MIRA at 631-476-2767.



Mohammad Bilal, MD



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Housecalls

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Life After Brain Tumor



"I'm doing great. I'm doing a lot of walking, three times a day around the neighborhood."

Wendy Young,
Middle Island



Sumeer Sathi, MD examines a patient.

One moment Wendy Young was at a spin class at her Miller Place gym, working up a sweat to the driving beat of the music. The next thing she remembered she was in an ambulance on her way to Mather Hospital.

"I passed out," said the 50-year-old mother of two from Middle Island. "They said I had a seizure and went into cardiac arrest. When I woke up, I was in the ambulance and they were getting ready give me an IV."

A CT scan at Mather revealed a meningioma, a tumor, on the right side of her brain. Neurosurgeon Sumeer Sathi, MD removed the mass on March 30, Young's 50th birthday. "I was released on April 6. It was amazing. They were absolutely great. I had no idea I had it. There was no history of brain tumors in

the family. I'm doing great. I'm doing a lot of walking, three times a day around the neighborhood."

Dr. Sathi recommended a course of treatment at Precision CyberKnife of New York to make sure all the tumor cells are gone. But Young said she is feeling well and is back to building her women's wellness business.


"Wendy Young had a large complicated tumor in her brain with significant amount of brain swelling," Dr. Sathi said. "Because of the tremendous amount of blood flow to the tumor we decrease the blood flow by doing embolization — which blocked off blood supply to the tumor — and were able to completely remove the tumor successfully. She is expected to have an excellent prognosis."

Josephine Perraglia of Mastic also suffered a brain seizure, but it happened to her at work.

"I'm a school bus driver. Someone was looking out after me because I had just dropped off all the students at school," said Perraglia, 59. "I was back at the bus yard when it happened. I didn't even know I had a seizure. I was very confused. I was driving around the bus yard looking for a parking space and I just continued to drive around the yard until someone stopped me. They called an ambulance. For the most part I couldn't remember much for 2 ½ days."

Perraglia, a mother of three, was taken to a local hospital then transferred to Mather for a high resolution MRI, which found a mass in the right frontal part of her brain. Dr. Sathi performed the surgery on March 25. Perraglia, is currently undergoing chemotherapy treatment under the care of her oncologist, Gurmohan Syali, MD, of North Shore Hematology Oncology Associates in Setauket.

"Because of the high resolution imaging available at Mather, concern was raised that this mass was cancerous," Dr. Sathi said. "Successful surgery with removal of the tumor confirmed that this mass was cancerous. With early diagnosis and treatment offered by the team approach at Mather, which combines neurosurgery, medical oncology and radiation oncology, she is expected to have a good prognosis."

"I feel well," Perraglia said. "I'm supposed to be re-evaluated in mid-September. For the moment I cannot drive. The nurses at Mather were wonderful. I was lucky enough to be placed in 3 North. All hospitals should be that way. The nurses went above and beyond. The last place you want to be is a hospital. To be in that wing I didn't feel like I was in a hospital." 

Mather Surgeon Replacement with

Laurie Mullens didn't so much care that on July 20, 2016 she was about to have the world's first total knee replacement using the Navio™ robotic-assisted surgical system. She just wanted the pain to stop.

Mullens, 63, of Farmingdale, who had enduring "excruciating pain" for 10 years in both her knees due to arthritis, had already had her left knee replaced in March 2016 by orthopedic surgeon Brian McGinley, MD, using Mather's computer-navigated knee replacement system. When it was time to replace her right knee in July 2016, Dr. McGinley said he wanted to use the Navio™ surgical system.

"Because he did the first knee and it was so great and I had so much faith in him, I was fine with however he wanted to do the second one," said Mullens, adding that McGinley assured her that he, and not the



"I'm not even using a cane anymore," Mullens said.

Performs World's First Robotic-Assisted Total Knee h Navio™ Surgical System

robot, would be performing the procedure.

"It's the next step in technology. We enter the patient's anatomical data into a computer at time of the surgery. The computer controls the robotic attachment," Dr. McGinley said of the handheld tool used in the procedure. "It allows us to do very accurate placement of our cutting

block so we can cut the surface of bone to restore the patient's normal leg alignment. If you accurately align the leg you will decrease the wear of the knees just like a car tire if accurately aligned using a computer will wear more evenly."

The handheld device is a burr, or cutting tool, that can cut the surface of bone or drill holes in the bone. "If

you try to cut the bone in an area where that's not supposed to be done, it instantly shuts itself off," he said.

This isn't the first time Mather has used state-of-the-art technology to more accurately perform total knee replacements. "Mather has always been at the forefront of navigation, computer-assisted, and robotic surgery," said Michael Fracchia, MD, Director of the Department of Orthopaedics. "This has come about because of the support of the administration, staff, and physicians who have dedicated and volunteered their time to enhance and improve this technology."

Dr. Fracchia said the newest robotic-assisted device allows for smaller incisions with less or no cutting of muscle. Unlike other technologies, there's no pre-operative CT scan. This saves radiation exposure, time, and money. "Faster recovery and earlier return to work, as well as



shorter hospital stays are now becoming routine. Same day surgery is now possible with hip and knee replacement surgery," Fracchia said that new studies have shown that computer-assisted knee surgery has reduced that need for revision surgery, especially for younger patients.

"I'm not even using a cane anymore," Mullens said in mid-August, just a month after undergoing the robotic-assisted knee replacement. "I stopped using a cane and a walker faster than last time with the other knee. My strength came back in one day in the right leg. It was amazing to me that I could stand on it." ❧



Brian McGinley, MD, performs the world's first robotic-assisted total knee using the Navio™ Surgical System.

Fall Calendar of Events

Sept. 24: Joint Replacement Seminar, Mill Pond Country Club, Medford. Info at 631-686-7876.

Sept. 28: Paint Port Pink Tree Lighting, 7 pm, Port Jefferson Village Hall.

Sept. 29: Back & Neck Pain Center Seminar, 6 pm, Mather Hospital. Info at 631-686-7880.

Oct. 1-31: Paint Port Pink, breast cancer awareness community outreach. Paint Port Pink Art Show, Port Jefferson Free Library. Info at paintportpink.org.

Oct. 3: 10th Annual Pink Rock Golf Classic, 1 pm, Baiting Hollow Golf Club. Info at www.thepinkrock.org

Oct. 5: Precision CyberKnife of New York Prostate Cancer Seminar, 6-8 pm, Holiday Inn Express, Stony Brook. Info at 631-686-7878.

Oct. 5: Paint Port Pink Art Show Reception, 6-8 pm, Port Jefferson Free Library. Info at paintportpink.org.

Oct. 14: One Enchanted Evening Gala, "An Evening of Entertainment," 7-10 pm, East Wind Long Island. Info at www.matherhospital.org/oe

Oct. 22: Joint Replacement Seminar, 8:30-11 am, Atlantis Banquets and Events, Riverhead. Info at 631-686-7876.

Oct. 29: HealthyU seminar series and health fair, 9:30 am to 1:30 pm, Mather Hospital. Info at 631-686-7879 or see page 6 of this newsletter.

Mather Receives \$25,000 NY Life Community Impact Grant

Donald Lippencott, who secured a \$25,000 Community Impact Grant from New York Life for Mather Hospital, poses with Sue Morin, NPP, (third from left) Director of Mather's Partial Hospitalization Program, and staff members from the Adolescent Psychiatric Partial Hospitalization Program. The funds will be used to train an interdisciplinary team to promote long-term recovery for adolescents with psychiatric illness through a Collaborative Problem Solving model that engages adolescents in understanding their behavior and developing solutions to problems in collaboration with staff and family members. Lippencott, Vice Chairman of Mather's JTM Foundation Board, is a principal of Lippencott Financial Group, a financial consulting firm, and a New York Life representative.



MATHER
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Fall Semester

A **FREE** seminar series and interactive health fair focused on your physical, emotional and financial well-being.

SATURDAY, 10/29/16
JOHN T. MATHER MEMORIAL HOSPITAL
Long Island Anesthesia Physicians Conference Center

Registration: 9:00 am; Health Fair: 9 am to 12:30 pm
For more information or to register call in 631-686-7879
Please indicate which seminars you would like to attend.
www.matherhospital.org/healthyu

Sponsors to date: Astoria Bank • Lewis Johs Avallone Aviles, LLP • United West Labs
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Harbor View Medical Services • Precision CyberKnife of New York

SEMINAR SCHEDULE

Session I: 9:30 - 10:30 am

Memory Loss vs. Dementia

How to tell the difference

Dinesh Shukla, MD

Living Well with Diabetes

Managing the disease with healthy nutrition, lifestyle

Ella Rosenbloom, MD; Beth Giordano, RN; Margaret Hofacker, RN

Menopause: Myths and Realities

Separating fact from fiction

Cynthia Bernal, MD

Session II: 11 am-12 pm

Tips for Breast Health Care and Treatment

Updates on breast health care and research

Michael Bernstein, MD; Jerry George, MD; Marianne Kiernan, RN

Five Steps to Financial Wellness and Success

Planning for long-term financial needs

John Spoleti, LUTCF, CLF, CLTC; Ginny Bove, MS

Session III: 12:30- 1:30 pm

What Every Woman Should Know About Heart Disease

Identifying different signs and issues specific to women

Peter Bruno, MD; Giridhar Korlipara, MD; Christopher Cesa, MD

Fighting Back Against The Opioid Epidemic

Responding to the drug crisis in our communities

Noam Fast, MD

Estate & Long Term Care Planning

Avoid common mistakes and misconceptions

Rob D'Angelillo, Esq

Register today at 631-686-7879
or www.matherhospital.org/healthyu

Take Steps to Recognize and Help Prevent Lyme Disease

Lyme disease is the most common tick-borne infection in the United States with the number of new cases each year estimated at more than 300,000. And while summer may be ending, ticks will remain active throughout the fall.

The deer tick that transmits this disease is called the Ixodes Scapularis and once it bites a host, it can transfer the organism called Borelia Burgdorferi. Lyme disease occurs in various stages. Initially, you may develop flu like symptoms (fever, chills, headaches, muscle and joint pain) along with a classic “bull’s eye” or “target sign” rash. Please note, however, that you may not always see the rash. Subsequently, you can develop cardiac or neurological problems along with musculoskeletal symptoms. This may include joint swelling/pain, Bell’s Palsy (droopy face) and/or various types of abnormal heart beats. Lyme disease can progress to a chronic disease.

There are advanced blood tests available to

diagnose Lyme disease. In certain cases, other tick-borne infections, like Anaplasmosis and Babesiosis could coexist and cause severe illness. Sometimes a collaborative team of specialists and multiple antibiotics are needed to accurately treat the underlying infection.

The best method of protection is prevention. Use insect repellant, such as DEET (young

children and pregnant females should avoid, but consider risks and benefits). It is advised to wear light colored, long sleeve shirts/pants and to tuck pants into your socks when in grassy or wooded areas. Always inspect you entire family for ticks as well as your pets.

Dr. Sanjay Godhwani is a rheumatologist, who specializes in diagnosing and treating Lyme disease.

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Against**



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4 tickets for \$100 | 10 tickets for \$200

**For tickets: www.matherhospital.org/wheels
or call Mather Hospital's Public Affairs Office at 631-476-2723**

Use cash, Visa, MC, AMEX or Discover to purchase tickets. Please make checks payable to JTM Foundation.

Drawing: Friday, December 30, 2016

12 noon at Mather Hospital, Port Jefferson, NY. Winner need not be present to win. Vehicles will be on display in front of Hospital through December 15, 2016.
In the event that fewer than 1,500 tickets are sold, raffle becomes a 50/50 drawing with the winner receiving 50% of the total dollar amount of net proceeds. Not to exceed \$15,000.
Applicable taxes apply. Hospital reserves right to publicly release winner's name and town of residence.

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Paint Port Pink



Bringing the community together in the fight against breast cancer. October 1-31, 2016

breast cancer awareness

join us!

Sept. 28, 6 PM: Paint Port Pink Tree Lighting, Port Jefferson Village Hall. Free to the general public. Then walk around the village and see all the community partners who have decorated their businesses with pink lights and décor and who are offering "Pink" purchases.

Oct. 1-31: A month-long Art Show at the Port Jefferson Free Library featuring photographs and mixed media art. All art is for sale to benefit the Fortunato Breast Health Center. Info at www.paintportpink.org.

Oct. 3, 11 AM: Pink Rock Golf Classic, Baiting Hollow Golf Club, for the Fund for Uninsured and Underinsured at Fortunato Breast Health Center. Registration required.

Oct. 5, 6-8 PM: Art Show Reception. All welcome. Purchase an original artwork for \$50. Info at www.paintportpink.org.

Oct. 14, 7 PM: One Enchanted Evening presents "An Evening of Entertainment" featuring Cher, Elton John and Barbra Streisand as performed by the Edwards Twins. Event benefits the Fortunato Breast Health Center and will be held at East Wind Long Island in Wading River.

Oct. 29, 9 AM-12:30 PM: HealthyU, educational seminars and health fair, including a Women's Health track, Mather Hospital. For more details see page 6 in this newsletter.

For a complete list of community partners and more information, go to: www.paintportpink.org or call 631-476-2723

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