

Mather Hospital's

Housecalls

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Sisters Start Weight Loss Journey Together

Gina and Sara Trapani of Coram were close growing up, sharing experiences as sisters who are only two years apart. Unfortunately, they also shared a weight problem.

Gina, 23, a teacher's aide, is 5'2" and weighed 265 pounds. Sara, 21, an LPN who works at an assisted living facility, is 5'8" and weighed 262 pounds.

"I've always been heavy," Sara said. "In January last year I had a car accident and I was less active, so I gained more weight. I had tried dieting and exercise and nothing was helping."

Gina was similarly frustrated with not being able to lose the weight she wanted. Relatives had undergone successful bariatric surgery at Mather Hospital, so the sisters decided together to go that route.

"I was ready for it," Gina said. "I was overweight and was ready to commit to it and change my life."

After consulting with Arif Ahmad, MD, Director of the Center of Excellence in Metabolic and Bariatric Surgery, both sisters decided on the procedure known as a sleeve gastrectomy.

Sleeve gastrectomy is a form of bariatric surgery that reduces the stomach to about 15 percent of its original size. The procedure enables rapid weight loss with fewer complications than more conventional weight loss surgery.

With sleeve gastrectomy, the surgeon's instruments enter through a small incision and staple the stomach into a long tube to accommodate a greatly reduced volume. Once the "sleeve" is examined to ensure quality, the excess stomach tissue is then removed. The elimination of part of the stomach has a secondary effect of reducing the secretion of the hormone Ghrelin, which is responsible for inducing hunger.

Sara had her procedure on December 11, 2013. She has lost about 60 pounds and wants to lose another 40-50 pounds. "I feel fantastic, better than I ever have," she said. "I have more energy; I sleep better now because I'm running around during the day. I'm able to go to the gym."

While Sara didn't suffer from diabetes, high blood pressure or other health problems commonly associated with obesity, "I wanted to have it done before I developed significant health problems that could have come about because of my excess weight," she said of the procedure.

Gina, who has some thyroid-related health issues, had the surgery on February 14, 2014. "I lost 32 pounds so far," she said. "My goal is to keep losing to get to a healthier weight."

Both sisters attend support group meetings at Mather which,



Sara (left) and Gina Trapani of Coram made the decision to change their lives and begin a weight loss journey with bariatric surgery at Mather Hospital. (Above) Sara has lost more than 60 pounds since her December 2013 surgery and Gina has lost more than 30 since February of this year.

along with regularly scheduled visits to Dr. Ahmad, helps them continue on their weight loss journeys and maintain a healthy and active lifestyle that involves a good diet and exercise.

After struggling with weight all their lives, both said they were ready to begin new chapters in their lives. "I just knew when I woke up from the surgery that it was like a new start," Sara said. 🍷

Dr. Arif Ahmad and Mather Hospital are recognized as a Center of Excellence in Metabolic and Bariatric Surgery by the Surgical Review Corporation (SRC). For more information, call 631-686-7990.



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Housecalls

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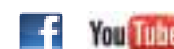
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Ankle Surgery Helps Get Lawyer Back to the Track

At 85, John Braslow is looking forward to jogging this spring. That's not unusual for a man who regularly jogged three-four days a week in addition to swimming and continuing to work as an attorney full time. But just over a year ago he wondered whether he would be able to walk again, let alone jog.

It was a cold February morning in 2013 when Braslow found himself flat on his back on the ground next to his car. He had just stepped off the curb in front of his Middle Island home, when he slipped on ice. He knew from the searing pain that he had badly injured his left foot. What he didn't know at the time was that he suffered a serious compound fracture of his left leg below the knee.

Braslow was brought to Mather Hospital where he underwent emergency surgery with orthopedic specialist John Yu, MD.

"He suffered a pilon fracture, which is a bad tibia (shinbone) fracture. These types of fractures are notorious for having very bad soft tissue complications," said Dr. Yu, who specializes in foot and ankle-related conditions and problems. "Because the bone does significant damage to the surrounding tissue, there's a higher risk of not healing and developing infections."

To stabilize Braslow until the soft tissue swelling subsided, Dr. Yu used a technique known as external fixation in which pins are inserted into the fractured bones and affixed to a metal frame to hold them in place. "This allows us to place the bones approximately where they should be and allows the soft tissues to calm down," he said.

"When I woke up this cage was around my leg," said Braslow. "I stayed like that for about 10 days, and then Dr. Yu said we're going to go in and do internal fixation."

Using a minimally invasive surgical procedure, Dr. Yu attached a pre-molded metal plate to Braslow's tibia and fixed it in place with metal screws. "Part two is making the incisions, putting the bones exactly where they need to be and fixing it as anatomically correct as possible so that they will have a good successful surgical result," said Dr. Yu.

"What I couldn't believe is there were only two little incisions about the size of a nickel on the side of my leg. I said 'How did you get all that in there, a plate and all those screws?'" Braslow said. "He knew what he was doing. He's an excellent doctor, and a nice guy, too."

Braslow began physical therapy at Mather the day after his surgery. "They get you out of the bed, get you hopping along. I'm telling them I can't do it. They're telling me I can. Now I understand why. The sooner I can move around, the quicker my recovery," he said. About a week later he was discharged with a soft cast and continued physical therapy near his home.

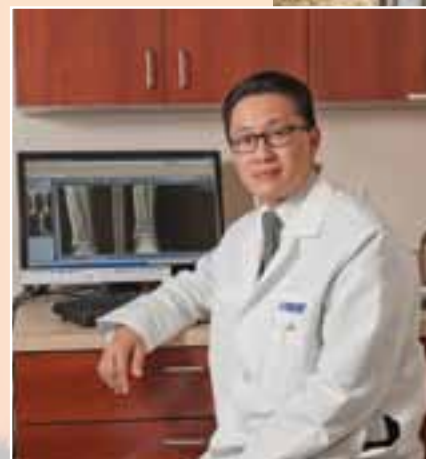
"Dr. Yu said that it was going to be a year until all the swelling goes down. And almost a year and a week later, all of a sudden the ankle swelling disappeared," Braslow said.

Braslow has progressed from wheelchair to walker to walking unassisted. Now he's looking forward to walking on a treadmill and, after that, "I want to get back into jogging and exercise." Dr. Yu said Braslow should have no permanent limitations on what he is able to do.

"I'm a happy camper, trust me," said Braslow. "As an attorney, I've done

a lot of negligence work and I know (people can be permanently injured) when they get busted up in accidents."

"The nurses at Mather were great. They were very professional. Even the people who came in and cleaned the room were very nice people. Everyone was very supportive," he said. "I couldn't say enough about them. For a dreadful thing that happened, and a very stressful thing, everyone was very nice." 🌿



John Braslow (above), who at 85 is still active and practicing law, is eager to resume his regular jogging routine, which seemed improbable a year ago when he shattered his ankle. John Yu, MD (left), an orthopedic surgeon at Mather Hospital, performed a complex surgery on the ankle that will soon get Braslow back on the track.

Outpatient Rehabilitation Services Moves to Expanded Space

Mather Hospital has opened a new Outpatient Rehabilitation Services facility that more than triples the size of its former space and offers state-of-the-art exercise equipment. The new outpatient center is located at 125



Oakland Ave., Suite 301, across the street from the main hospital.

“The new rehabilitation space enables us to offer all three services – Physical Therapy, Occupational Therapy and Speech-Language Pathology – in one location,” said Lisa Malcomson, PT, DPT, MS, Director of Rehabilitation Services. “Increasing our size allows us to offer private treatment areas to work with our patients in a brighter, bigger environment.”

New equipment includes treadmills, elliptical machines, recumbent bicycles and upper body equipment. A Microsoft Xbox One Kinect system can be used for stretching, strengthening, balance and coordination activities with visual feedback to make traditional therapy activities more engaging and fun. A simulated kitchen helps patients adjust to everyday tasks. A post-rehabilitation program allows patients to exercise in a supervised environment once their rehabilitation is complete. The facility also offers a bariatric surgery fitness program.

Mather’s licensed physical therapists are trained in dealing with conditions such as neck and back pain, balance and falls rehabilitation, and women’s health issues.

For more information on any of Mather’s Outpatient Rehabilitation Services call (631) 476-2737.

New Comprehensive Medical Weight Management Program

Mather Hospital, a Center of Excellence in Metabolic and Bariatric Surgery, now offers a comprehensive medical weight management program. Through the program, patients receive guidance from a team of healthcare professionals including a physician and dietitians. Arif Ahmad, MD is the Director of this new program.

Presented in 12-week cycles, a specialized plan based on each participants needs is developed. The plan includes:

- Physician-supervised safe, effective monitoring
- Real-life coping skills and behavior modification strategies
- Scheduled one-on-one meetings with a dietitian
- Weekly nutrition and behavior modification classes.

For more information, call the Comprehensive Medical Weight Management Program at 631-686-7998.



Don’t Let Hip and Knee Pain Slow You Down
Join us for a FREE Joint Replacement BREAKFAST SEMINAR

Saturday, June 7, 2014, 8:30 am - 11 am

Swan Lake Golf Club, 388 River Road, Manorville, NY 11949

Learn how advancements in minimally invasive surgical techniques can:

- Eliminate your knee and hip pain
- Reduce recovery time
- Minimize scarring
- Improve your life

For more information or to register, call 631-686-7876

Building for the Future, Mather Launches Internal Medicine Residency Program

Program in collaboration with Stony Brook Medicine is the first of several planned Graduate Medical Education residency programs at Mather



Lucien Cardinal, MD, Director of the Internal Medicine Residency, meets with physicians who serve as faculty for the residency program at Mather.

Mather Hospital will welcome its first class of medical residents for an Internal Medicine Residency Program this July.

The program will stress primary care and is the first of several planned medical residencies at Mather Hospital under the new Graduate Medical Education (GME) Program. Residencies also are planned in Family Practice Medicine, Psychiatry and Transitional Year.

According to the Association of American Medical Colleges by 2020 there will be 45,000 too few primary care physicians in the United States. With greater numbers of Americans being insured through healthcare reform and as well as the tremendous increase in the population age 65 and over, the demands for healthcare are anticipated to be substantial for decades to come.

"We believe that some of the residents who come through our program will choose to stay and practice in our community," said Joan Faro, MD, Mather's Chief Medical Officer, who has

been instrumental in establishing the GME Program. "This is one way Mather can continue to provide access to quality healthcare for our families and neighbors."

Mather received initial accreditation, the highest level of approval given to a new residency program, from the Accreditation Council for Graduate Medical Education earlier this year. The residency is sponsored by Stony Brook Medicine.

Frederick Schiavone, MD, Stony Brook's Vice Dean for Graduate Medical Education, worked closely with Mather leadership in developing the program. The program has accepted 15 residents for the three-year internal medicine program and four residents for a one-year preliminary program. A new class of residents will be accepted into the program every year. At capacity, the program will have a total of 49 Internal Medicine residents.

"The accreditation is a result of the excellence of the physicians, nurses, leadership and staff at Mather Hospital," said Lucien Cardinal, MD, Director of the Internal Medicine Residency Program. "Our program will provide a nurturing and learning environment for our resident physicians."

The GME Program will eventually be housed on the second floor of the new Arthur & Linda Calace Family Pavilion, scheduled for completion in July 2015. ☺

The Benefits of a Residency Program

- ☺ Resident physicians may stay on at Mather to become future caregivers for our community.
- ☺ Resident physicians come from many academic institutions and bring knowledge of the latest science to bear upon patient care.
- ☺ Resident physicians bring youthful energy.
- ☺ Resident physicians work with the attending physicians and others to keep patients informed about their hospital stay.
- ☺ Resident physicians always work under the supervision of the patient's attending medical doctor to assure the highest quality of care.
- ☺ Residency programs create an academic environment throughout the hospital, where staff are continuously challenged to learn about and adopt the latest breakthroughs in medical technology and research.
- ☺ Residency program revenues contribute to the financial future of Mather.



"We believe that some of the residents who come through our program will choose to stay and practice in our community,"

- Joan Faro, MD, Mather's Chief Medical Officer



FREE SCREENING

Should you be screened for lung cancer?

If lung cancer is diagnosed early, there is a higher rate for successful treatment and survival.



You should consider having a **free** screening if you are 55 to 74 years old AND have smoked for 30-pack years (smoking one pack a day for 30 years, or 2 packs a day for 15 years, etc.) or more and currently smoke or quit in the past 15 years.

Other factors include:

- a documented radon exposure or occupational exposure
- a family history of lung cancer, COPD or pulmonary fibrosis
- a history of other cancers and experienced radiation to the chest

Mather's 320-slice CT scanner performs the test at the lowest possible radiation dose. A national study found that low-dose CT scans are more sensitive to the diagnosis of small early stage lung cancer.

Mather Hospital's free Lung Cancer Screening Program
631-686-2500

Call today to see if you meet the criteria and for more information.



Two Mather Leaders Honored by Brookhaven Town

Marie Mulligan, MSN RN CNOR NEA-BC, Vice President for Nursing/Chief Nursing Officer at Mather Hospital, and B. Hannah Ortiz, MD, Director of Mather's Department of Gynecology, were honored recently by the Town of Brookhaven at its 28th annual Women's Recognition Awards, which honor the achievements of women who work or live in the town.

Mulligan's exceptional leadership was noted recently at the conclusion of a successful five-year effort she led to earn Magnet® Recognition for Mather Hospital. To earn Magnet® Recognition, which has been given to approximately 400 hospitals worldwide, healthcare organizations must demonstrate quality patient care, nursing excellence and innovations in professional nursing practice.

Dr. Ortiz has been the Director of Gynecology at Mather since 2013 and specializes in gynecologic oncology using minimally invasive and robotic surgery. She has a private practice at Sound Gynecologic Oncology, PLLC in East Setauket and Mattituck and is a Clinical Assistant Professor of Obstetrics, Gynecology and Reproductive Medicine at Stony Brook University School of Medicine. ☞



Mather Hospital President Kenneth Roberts congratulates Marie Mulligan, MSN RN (center), Vice President of Nursing/Chief Nursing Officer, and B. Hannah Ortiz, MD, Director of the Department of Gynecology on their Town of Brookhaven Women's Recognition Awards.

Auxiliary Celebrates 65th Anniversary



At the request of Myrtle De Young, the first administrator of Mather Hospital, a group of ladies held a meeting on May 5, 1949 to start an Auxiliary for the purpose of raising funds to support the hospital.

Since its founding, the Auxiliary has raised more than \$5.7 million for the Hospital through its Thrift Shop, Gift Shop and other fundraisers and is currently contributing to a building expansion for a 35-bedded patient care unit, offices and teaching facilities for the new Graduate Medical Education

Program, and a state-of-the-art conference center.

The first Auxilians, mostly doctor's wives led by the first President, June Shea, held card parties, member bridge parties, buffet/dances, square dances, rallies, fashion shows, luncheons and teas to raise funds.

The Auxiliary started Mather's Volunteer program in 1958, the same year it launched a Junior Volunteer program for girls over the age of 16.

To join the Auxiliary, call 631-473-1320. ☞

9 Lifestyle Changes to a Healthy Heart

By Joanne Lauten RN, BSN, SCRNP

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease and stroke.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The American Heart/ Stroke Association recommends the following lifestyle changes to help prevent heart attack and stroke:

♥ **Eat a healthy diet.** Be sure to eat plenty of fresh fruits and vegetables — adults should have at least five servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol.

♥ **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat.

♥ **Exercise regularly.** The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes a day.

♥ **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.

♥ **Don't smoke.** If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit.

♥ **Limit alcohol use.** Men should have no more than two drinks per day, and women just one.

♥ **Have your cholesterol checked.** Your health care provider should monitor your cholesterol levels at least once a year.

♥ **Manage your diabetes.** Monitor your blood sugar levels closely, and talk with your doctor about treatment options.

♥ **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. 🍷

Mather Hospital is a designated Primary Stroke Center by the New York State Department of Health and recipient of the Gold Plus-Target Stroke Award Center by the American Heart/ American Stroke Association.



MATHER HOSPITAL'S strike it RICH RAFFLE

\$10,000 GRAND PRIZE!

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Multiple chances to win!* • Only 1500 raffle tickets to be sold!

Drawing July 9, 2014.

Winners need not be present.

Raffle ticket price: \$100 each, 5 for \$300, or 10 for \$500

www.matherhospital.org/rich
or call Public Affairs: (631) 476-2723



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All prizes are subject to applicable taxes. License #47-202-180-07439

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- View listings for more than 70 chiropractors in the Mather Chiropractic Collaboration at www.matherhospital.org/findachiropractor.



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**FAMILIES WALK
FOR HOPE**

Presented by



**Saturday, May 3, 2014, 8 am
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***5-mile walk through
the scenic villages
of Port Jefferson and Belle Terre***

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www.matherhospital.org/walk

or call Public Affairs: (631) 476-2723



*The Families Walk for Hope benefits
the Fortunato Breast Health Center at Mather Hospital*



New for 2014

Pink Your Pooch Contest

Four-legged canine walkers are invited to our "Pink Your Pooch" contest. Registered walkers can dress their dogs in their finest pink clothes and accessories to enter. Find out more at www.matherhospital.org/walk.

Fun Family Activities

- * Face Painting
- * Temporary Tattoos
- * Balloon Sculpting
- * All registered walkers receive a Tanger Outlet coupon book



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