

Mather Hospital's

Housecalls

A PUBLICATION OF JOHN T. MATHER MEMORIAL HOSPITAL • AUTUMN 2014

*Precision CyberKnife Offers
Unparalleled
Treatment of
Complex Tumors*

PAGE 2

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Precision CyberKnife Offers Unparalleled



“Precision CyberKnife is one of the most amazing breakthroughs in radiation delivery that I’ve seen in my career...”

-Dr. Martin Silverstein, Radiation Oncologist

Patients with cancerous and non-cancerous tumors anywhere in the body, including the prostate, lung, brain, spine, liver, pancreas and kidney, have a non-invasive treatment option that offers sub-millimeter accuracy. Called Precision CyberKnife of New York, the new program is a joint effort of Mather Hospital and North Shore Hematology Oncology Associates (NSHOA).

“It is not unusual during a Precision CyberKnife procedure to have more than 100 beams of high dose radiation converging on a tumor from multiple directions,” said Martin Silverstein, MD, radiation oncologist.

Precision CyberKnife

focuses those beams with extreme accuracy to the tumor, while avoiding healthy organs and tissue that is close by. It adjusts for even the most subtle motion made by the patient during the treatment.

“As the tumor moves with a patient’s respiration, Precision CyberKnife actually follows the movement of that tumor during the respiratory cycle,” Dr. Silverstein said. “No other radiation system can do this during the course of the radiation therapy treatment.”

“I’ve been a practicing radiation oncologist for more than 25 years. I’ve seen great advances in radiation technology. Precision CyberKnife is



Precise.
Painless.
Fast.

Treatment of Complex Tumors

one of the most amazing breakthroughs in radiation delivery that I've seen in my career," said Dr. Silverstein. "It's truly amazing. It's science fiction that's here today."

Radiation oncologist Joseph Cirrone, MD, said, "With Precision CyberKnife patients typically have one to five treatments over the course of a week as compared to conventional radiation treatments that can take 5-9 weeks. During treatment, the patient experiences no discomfort or pain."

The partnership between NSHOA and Mather combines the expertise of the radiation oncologists

at NSHOA with that of interventional radiologists, pulmonologists, neurosurgeons and other medical experts at Mather Hospital. The Precision CyberKnife team keeps the patient's referring doctor informed during treatment.

"We're ecstatic to bring this new modality of treatment to patients and offer them the latest and best care possible," Cirrone said.

Precision CyberKnife of New York is located at 181 N. Belle Mead Road, Ste. 1B, East Setauket. More information at precisioncyberknifeofny.org.

Precision CyberKnife FAQs

Is this a new treatment?

Precision Cyberknife uses the same solid principals of radiation that have been in practice for many years, but delivers that radiation in an extremely well defined manner. The physicist/dosemetrist works with the physician to maximize the dose of radiation to the treatment area, while minimizing the impact on healthy tissue.



What does it treat?

Precision CyberKnife can treat cancerous and noncancerous tumors in the brain, spine, lung, prostate and abdomen. Consult with your physician about your options and whether this treatment is an option.

What if I can't stay still?

The technology behind Precision CyberKnife is so advanced and so precise that it can detect motion, even the slightest shallow breath. As you move when you breathe, so too does the tumor, but the technology is able to track that movement and maintain the precision.

How will I feel during and after?

Treatment with Precision CyberKnife is pain-free, non-invasive and requires no anesthesia. Most patients experience no or little side effects and can return immediately to their normal activity.

Will my doctor still be involved?

Precision CyberKnife of New York works closely with referring physicians, such as community-based medical oncologists, pulmonologists, neurosurgeons and interventional radiologists. While you are receiving treatment, we are in touch with your referring doctor. After treatment, you will be referred back to your doctor for any additional care.

How can I find out more?

Visit www.precisioncyberknifeofny.org and discuss with your doctor if Precision CyberKnife is right for you.



"We're ecstatic to bring this new modality of treatment to patients and offer them the latest and best care possible."

-Dr. Joseph Cirrone, Radiation Oncologist



**Precision CyberKnife
of New York**

A PROGRAM OF MATHER HOSPITAL AT NSHOA

5 Things To Consider Before Having a Hip Replacement

Activity, aging and arthritis are some of the reasons that more and more people are receiving total hip replacements each year. The American Association of Hip and Knee Surgeons projects 500,000 hip replacement procedures in the U.S. annually by the year 2030, nearly double the number performed today.

If you are contemplating hip surgery, consider the following:

1. Is it the right time?

The first step to a hip replacement is determining that you need it. Is your pain keeping you up at night and preventing you from going about your daily life? Have you tried other options like therapy or medication but saw no lasting relief? Are you in general good health? If you answered yes to these questions, it may be time.

2. Get more than one physician opinion.

First speak with your primary care provider and then seek out at least two opinions from qualified orthopedic surgeons. This will give you more information and help you to make the best decision for your health.

3. Anterior or Posterior?

Hip replacement surgery can be performed from the front of the hip (anterior) or the rear (posterior) depending on the patient and the patient's condition. There are advantages to both procedures. For example, anterior surgery may require a smaller incision than posterior and have less chance of dislocation, but has some additional risks. Conversely, posterior may be the better option for patients with osteoporosis because it generally has a lower risk of fracture. Talk with your surgeon about how your procedure will be performed.

4. Making lifestyle changes before surgery.

Smoking increases the risk of blood clots and decreases

the amount of oxygen delivered to the incision, which slows healing, so quit or at least cut back as much as possible. If you are carrying extra weight, recognize that it puts an additional strain on your body and can make recovery that much more difficult. Consult with your physician for smoking cessation and nutritional information.

5. Are you really ready?

You have the biggest impact on the success of your recovery. Make sure you are fully committed to exercising, eating right and being compliant with your doctor's instructions. Before you leave for the hospital, ensure that your house is ready for your return and that you won't have to climb stairs unnecessarily or worry about tripping hazards like small rugs. The better prepared you are for surgery and recovery, the better the outcome will be.

Dr. Fracchia is Director of the Department of Orthopedics at Mather Hospital.



Michael Fracchia, MD
Director, Department of
Orthopedics

Don't Let Hip and Knee Pain Slow You Down

Join Us for a FREE Joint Replacement Seminar

Saturday, January 24, 2015, 8:30 am - 11 am

John T. Mather Memorial Hospital, 75 North Country Road, Port Jefferson

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**



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Housecalls

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www.matherhospital.org



0 Number of hip infections
for elective hip replacement
surgeries at Mather Hospital.

1/1/10 – 11/12/14

BARIATRIC CENTER OF EXCELLENCE



SPECIAL
ANNIVERSARY
SUPPLEMENT

Celebrating 10 Years of Success!



BARIATRIC CENTER OF EXCELLENCE

10TH ANNIVERSARY



I am very proud to announce that the Bariatric Program at Mather Hospital is celebrating 10 years of success this November!

We have improved the health and lives of thousands of people in our community through the efforts of my staff, the Mather Hospital staff and referring physicians.

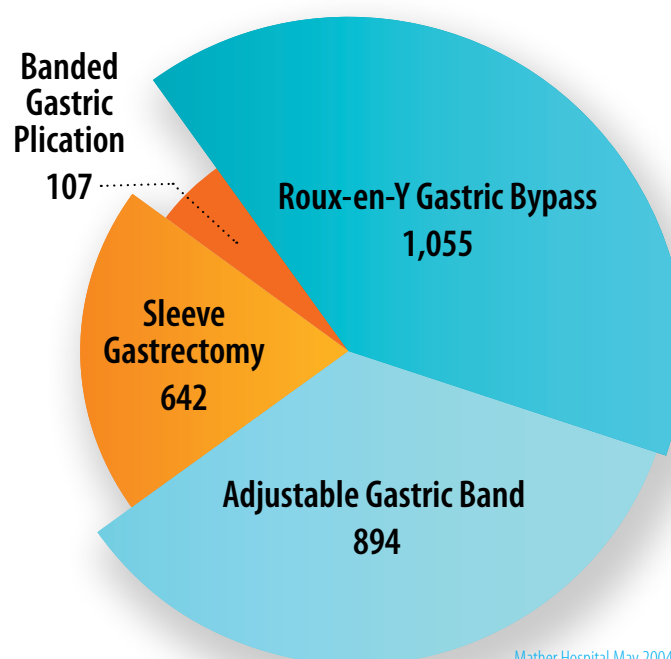
Let me share some of the program milestones and achievements with you:

- *As of October 4, 2014, I have completed about 3,000 cases at Mather Hospital.*
- *For the past year, the sleeve gastrectomy procedure has been performed more than any other bariatric procedure at Mather. This procedure enables rapid weight loss with fewer complications than the more conventional weight loss surgeries without the need for intestinal bypass.*
- *In 2011, I became the first surgeon in Suffolk County to perform robotic bariatric surgery using the da Vinci robot®. I have completed 224 robotic bariatric surgery cases to date with a 0% complication rate for leaks, bleeds, infections or return to the OR within 30 days.*
- *Because patients have successfully undergone bariatric surgery, they have experienced vast improvements to their health including having their diabetes resolved and eliminating hypertension, sleep apnea and joint pain. Our staff has helped them live healthier, more active lives through continuing support and counseling.*
- *Over the past seven years the Bariatric Program at Mather has achieved Center of Excellence designation from Surgical Review Corporation and the American Society for Metabolic and Bariatric Surgery.*

I congratulate everyone involved with the Bariatric Center of Excellence and, of course, all of our patients who had the courage and determination to take back their lives.

Arif Ahmad, MD
Director
Bariatric Center of Excellence

Total Procedures Performed



Mather Hospital May 2004-October 2014



= 2,698
Total Bariatric Cases
at Mather Hospital

Total leaks, bleeds,
infections, returns
to OR within 30 days
for robotic cases

Mather Hospital



= 0

2012



2014



Bonnie Norjen

Gastric Sleeve

"I am now raising a guide dog puppy. It's something I always wanted to do but I knew I couldn't. I couldn't walk to end of driveway without getting out of breath. How could I walk a dog?"

2014



2014



Tara Hoppe

Gastric Sleeve

"I used to be so out of breath just walking into the bank and it was difficult to go up and down stairs. Now I've been walking a lot. I am doing 5Ks."

2014



2009



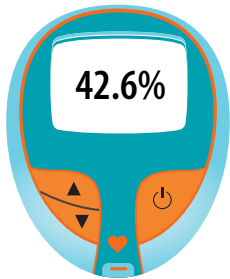
Claudia Iantorno

Gastric Bypass

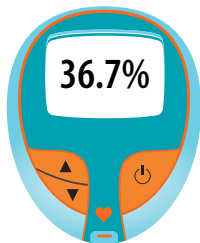
"You get your confidence back. You get everything back. My sleep apnea is completely gone and I have all this energy. I feel so good."

Success of Bariatric Surgery Resolving Diabetes

% who achieved normal blood sugar within one year



Gastric Bypass



Sleeve Surgery

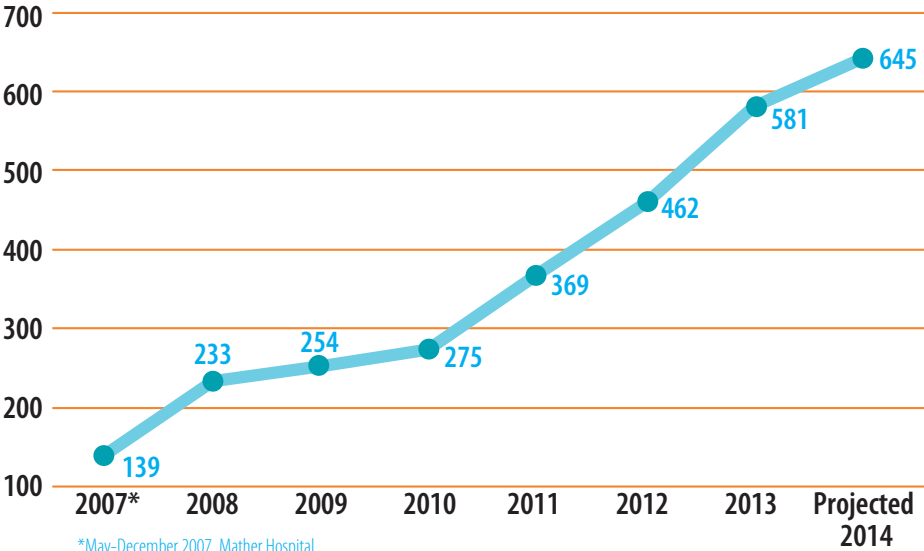
12.2%



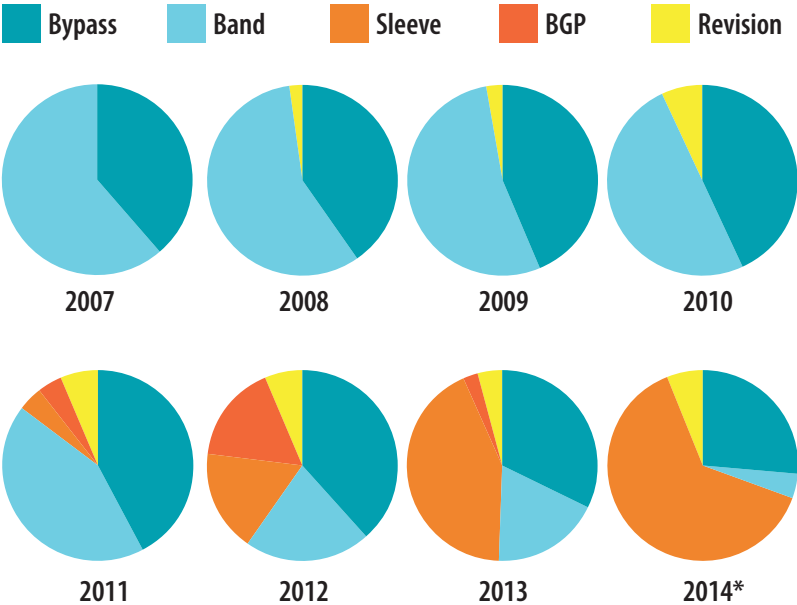
Medically Treated

STAMPEDE Study, Cleveland Clinic, 150 patients, 2011-2014

Volume Totals by Year



Procedure Type Totals Per Year

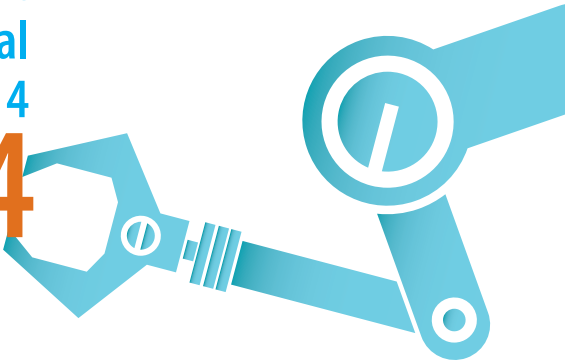


May 2004-October 2014, Mather Hospital

Total Bariatric Robotic Cases at Mather Hospital

2011-2014

224



MaryLouise Meltzer

Gastric Bypass

"It's the best thing I ever did. I have so much more energy. I'm 55 years old and I have a son who is 25. He will have children some day and I will be able play with them."



Emese Szivak

Banded Gastric Plication

"I'm traveling a lot more now. I was always hesitant to do that. I'm much more active. I went zip lining, and there's a weight limit on zip lining. It was amazing. And I'm much more active with my own children."



James Zaun

Gastric Bypass

"I was vacationing with my wife at Disney World and I had to rent a scooter. I weighed 464 pounds. My doctor said I was going to die if I continued down that path. Now I run 5Ks. I've done obstacle runs."



Kimberly Zaun

Gastric Bypass

"I'm doing 5Ks and long walks. I can wear high heeled shoes again. I can wear cute clothes. I'm really, truly enjoying life for the first time."



2014

Monica Freyberg

Gastric Sleeve

Why I decided to change my life: My family is predisposed to diabetes and high blood pressure. I was 100 pounds overweight – I was beginning to have issues including pre-diabetes, knee problems, vascular issues. I couldn't wait any more.

How my life has changed: I belong to a fitness club now. I work out four times a week with boxing and high intensity workouts. I could barely walk up the stairs before. Now I go bike riding and I'm playing basketball with my son.

The Mather Difference: I had three procedures done at once. I also had my gallbladder out and a hiatal hernia repaired. The Step Down unit is very, very good. The hospital staff is excellent. I definitely would recommend Dr. Ahmad to other people.



2014



2014

Gemeli Loney

Gastric Sleeve

Why I decided to change my life: I was an overweight child. I grew to become an overweight adolescent and an obese adult. At 34, I was facing other health problems linked to my obesity, including reproductive health problems. My gynecologist suggested I consider weight loss surgery.

How my life has changed: I lost 125 pounds, going from dress size 26 to 16. When you find true confidence, size labels are just words. I feel great and I couldn't care less what the size on the dress says. My life now is all about balance - eating properly, moving, going to the gym.

The Mather Difference: Dr. Ahmad's practice is the best because many in his practice have been through it. I never had the impression I was being judged. I always felt he was genuinely concerned about my success and reaching my goals.



2012



2014

Kathleen Pelaez

Gastric Bypass

Why I decided to change my life: I was a diabetic for nine years. I was on two insulin pens and taking eight pills a day. I had high cholesterol. I had sleep apnea. I had neuropathy in my arm from the insulin. By 4 pm I would have to take a nap. My health was really poor.

How my life has changed: I focus more on going out and enjoying my family rather than food. I can actually walk around my daughter's campus at college, which I wasn't able to do. Now people have to actually catch up to me. It's like I healed from the inside out.

The Mather Difference: I did a little research and Dr. Ahmad's name came up. I went to a seminar. I was treated like a queen at Mather. The nurses were so attentive to my every need. They made sure I was comfortable. They even let my husband stay with me and they treated him well, too.



2012



2014

Anthony Santangelo

Gastric Bypass

Why I decided to change my life: I was just feeling so terrible. I was overweight. I couldn't sit too long. I couldn't stand too long. I couldn't walk too far.

How my life has changed: I was 350 pounds when I went to see Dr. Ahmad. I had a 56 waist. Now I'm 168-170 pounds with a 33 waist. My whole outlook on life has changed. I have so much more energy. I work out every other day. I swim. I'm off my cholesterol and high blood pressure pills.

The Mather Difference: They're so supportive. They have a dietician who is so supportive. I've spoken at some of Dr. Ahmad's seminars. I see people there who looked like I did – depressed.



2012

Mather Hospital Receives Sixth Consecutive Top “A” Rating for Hospital Safety

Mather Hospital has received The Leapfrog Group’s top “A” Hospital Safety Score for the sixth consecutive ratings period. Mather is one of only 204 hospitals in the nation and one of only two on Long Island to have achieved an “A” grade in all rating periods since The Leapfrog Group started reporting in 2012.

The Hospital Safety Score rates how well hospitals protect patients from errors, injuries and infections. It is compiled under the guidance of the nation’s leading experts on patient safety and is administered by The Leapfrog Group, an independent industry watchdog focused on initiative breakthrough improvements in the safety, quality and affordability of healthcare for Americans.



Calculated under the guidance of Leapfrog’s Blue Ribbon Expert Panel, the Hospital Safety Score uses 28 measures of publicly available hospital safety data to produce a single “A,” “B,” “C,” “D,” or “F” score representing a hospital’s overall capacity to keep patients safe from preventable harm. More than 2,500 U.S. general hospitals were assigned scores in fall 2014, with about 31 percent receiving an “A” grade. 🍷



Celebrating Survivorship and Friendship

Nearly 800 breast cancer survivors, family and friends gathered in the sunshine Saturday, September 27, 2014 at Mather Hospital for Breast Cancer Victory Day. The Family Festival featured an interactive health fair, activity zone for children, entertainment, and a moving address by Carrie Yanez of Holtsville, a breast cancer survivor. At the close of the program, those in attendance gathered around a beautiful pink ribbon, painted by local artist members of the North Shore Art Guild, for a photo. **See photo album at facebook.com/matherhospital.** 🍷



Top Rated!

Mather Hospital is proud to have earned Gold Participant status from Guidestar Exchange and a Top Rated Award from Great NonProfits.

Guidestar helps donors make better decisions about their charitable giving by providing information about how nonprofits are meeting their missions. Those who earn Gold Participant status demonstrate a deep commitment to transparency and accountability. For specific information, visit www.guidestar.com.

Great NonProfits is a partner of Guidestar and features reviews from patients, customers and donors. Mather received the Top Rated Award for the 5-star reviews patients and donors posted to the site. To read reviews, visit www.greatnonprofits.org 🍷

Gala Supports Fortunato Breast Health Center

Mather Hospital’s annual gala, One Enchanted Evening, was its usual success, raising \$220,000 for the Fortunato Breast Health Center and breast cancer services at the hospital. Enjoying the evening were (from left) Michael Kelly, Howard Snyder, James Farrell, Alan Fumuso, Mather Board Chairman Kenneth Jacoppi, Mather Board Member and Gala Co-Chair Judith Fortunato, Co-Chair Bernard Fortunato, Jr., Lorraine Berlund Polin, Adam Oshrin, Seth Kirschbaum and Douglas Swart. Also feted that evening were Theodore Roosevelt Award Winners David Paul, MD; Mitchell Pollack, MD; and the Setauket Yacht Club. 🍷



Building on Excellence:

Hospital Building Project Takes on Challenges to Healthcare

Mather Hospital has begun a building project that is much more than mortar and bricks as it will address several challenges facing healthcare today. The project, which will be named the Arthur & Linda Calace Family Pavilion, will bring the following enhancements:

- **35-single bedded rooms** will provide an improved healing environment, more quiet and privacy for patients and families, and further support Mather’s excellent infection prevention practices.
- **Mather’s Graduate Medical Education Program** will get space to support current and future residencies. These future doctors will help address the increasing physician shortage which is of particular concern as the largest segment of our population enters retirement, a time when healthcare utilization generally increases.
- **A new state-of-the-art conference center** will facilitate high quality educational opportunities for future doctors and hospital staff, with high tech distance learning, and will also serve as a premier space for community health symposiums and support group meetings. ☺



Building on Excellence Campaign Recognition Levels

In the Conference Center Courtyard

Mary & Thomas Manley

4" x 8" Courtyard Brick Paver
For a donation of \$200

In Honor of Joe Simons, MD

8" x 8" Courtyard Brick Paver
For a donation of \$400

In Honor of The Nursing Staff
-Mary Peterson

12" x 12" Courtyard Brick Paver
For a donation of \$600

In the Patient Care Unit Garden

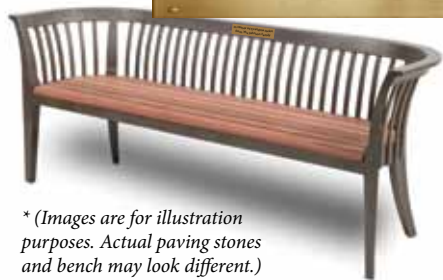
The DeCarlo Family

24" x 24" Courtyard Brick Paver
For a donation of \$1,000

In the Conference Center Courtyard or the Patient Care Unit Garden

Garden Bench
For a donation of \$3,500

In Honor of Grandma Helen from The Johnson Family



“Single bedded patient rooms are not a luxury but a necessity. This environment lets us better manage our bed placements and reduce infections; it promotes privacy, quiet, patient satisfaction and, overall, healing.”

-Marie Mulligan, RN,
Chief Nursing Officer/VP

The Future of Healthcare for Our Community

Building on Excellence

YES! I want to support Mather Hospital’s Building on Excellence Campaign

My gift is \$_____ Any gift amount is appreciated.

My gift is for:

- ☐ \$200 for 4" x 8" Courtyard Paver (see image above)
- ☐ \$400 for 8" x 8" Courtyard Paver (see image above)
- ☐ \$600 for 12" x 12" Courtyard Paver (see image above)
- ☐ \$1,000 for 24" x 24" Patient Care Unit Garden Paver (see image above)
- ☐ \$3,500 for Garden Bench (see image above)
- ☐ Other \$_____

We will contact you regarding your inscription.

☐ **Credit Card Pledge \$_____**
To fulfill my gift I would like to contribute _____ for _____ months
(24 month maximum) on my credit card. (\$ amount of payment) (# of months)
Must make a minimum donation of \$500 for payment plan.

Donate online at www.matherhospital.org/building

Please Print
Name _____
Address _____
Phone (____) _____
Email _____

☐ My check is enclosed. **Please make payable to “JTM Foundation.”**

☐ Please charge my: ☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

Cardholder's Name _____
Card Number _____ Exp. Date ____/____/____

☐ I have enclosed a signed copy of my company's matching gift program.

Your gift is tax deductible to the extent permitted by law.
Please return completed form to:
Public Affairs Dept, Mather Hospital
75 North Country Road
Port Jefferson, NY 11777

ACR Accredits Lung Program

Mather Hospital's Lung Cancer Screening Program has received accreditation from the American College of Radiology (ACR) in recognition of its "safe practice and effective diagnostic care for individuals at the highest risk for lung cancer."



To receive this distinction, Mather's program had to undergo a rigorous assessment of its lung cancer screening protocol and infrastructure and ensure there were procedures in place for follow-up patient care, including counseling and smoking cessation programs.

For more information about Mather's Free Lung Cancer Screening Program, call 631-686-2500. ☎

Do You Shop Online?

Shop through Ziggedy.com with over 3,500+ merchants like Walmart, Target, Home Depot & Priceline to **raise funds for Mather Hospital** – without costing you one extra penny!

Sign up at:

www.ziggedy.com/matherhospital/signup



Donald Lippencott Named to JTM Foundation Board

Donald Lippencott, MSFS, of East Setauket has been named to the Board of the JTM Foundation, which seeks and secures philanthropic support for Mather Hospital, announced James Danowski, Chairman of the JTM Foundation.

A principal of Lippencott Financial Group, a financial consulting firm, Lippencott 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®. He is also an Investment Adviser Representative with Eagle Strategies LLC, a Registered Investment Adviser.

Lippencott has earned numerous industry and company achievements, including Life Member of the Million Dollar Round Table,

the National Quality Award, and the 2009 and 2011 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 Second Vice President of New York Life's North East Agencies. Lippencott received his degree from Gordon College in Wenham, MA and holds a Master of Science degree in Financial Services from the American College, Bryn Mawr, PA. ☎



Donald Lippencott, MSFS
JTM Foundation Board Member

LI Business News Names Three Mather Health Care Heroes

Mather Chief Medical Officer Joan Faro, MD, Oncology Nurse Manager Mary Ferrara, RN, and Mather's Lung Cancer Screening program were honored by *Long Island Business News* as Health Care Heroes.

The annual awards "recognize excellence, promote innovation, contribute to the enhancement of the value and quality of healthcare and, ultimately, recognize the people and organizations whose tireless work, contributions and dedication to healing and caring ensure the well-being of everyone on Long Island," according to the newspaper. The awards were presented at a breakfast in earlier November.

Chief Medical Officer since 2002, Faro was honored for demonstrating exceptional vision and leadership in positioning Mather to meet the future challenges of healthcare while strengthening its reputation for excellent patient safety and care. Faro was responsible for launching Mather's Graduate Medical Education Program which welcomed its first residents in July; Harbor View Medical Services, PC, a multi-specialty group of practices; and the Hospitalist and Intensivist Programs.

Mary Ferrara RN, BSN, OCN, was nominated as a committed nurse whose passion for helping others goes beyond the walls of the Hospital. Ferrara, Nurse Manager for the inpatient Oncology Unit and the outpatient Infusion Center, was actively involved in the expansion and redesign of the Infusion Center. Among her many acts of exceptional caring, Ferrara once assisted a ter-

minally ill patient get a special Christmas gift for his wife. She contacted a local retailer and arranged for a private viewing of selected items. Ferrara also arranged a special dinner for the couple.

Also honored was Mather's Lung Cancer Screening Program, which

was launched in response to a national study that found that using low-dose CT scans had the potential to save thousands of lives each year by detecting lung cancer in its earliest most treatable stages. In the first year of the free screening program, it was anticipated that about two dozen patients would be screened. However, the program screened more than 200 patients in the first six months, said Eileen Zaoutis, RN, the program's patient navigator. ☎



Honored were (from left) Joan Faro, MD; Mary Ferrara, RN, BSN, OCN; and Eileen Zaoutis, RN.



Smooth Sailing for Team Mather in Village Cup Regatta

In September, Team Mather Hospital celebrated at the Village Center in Port Jefferson after winning the Setauket Yacht Club's Village Cup Regatta, a friendly sailing competition between the Hospital and the Village of Port Jefferson. This year's event raised \$60,000 for Mather's Palliative Medicine Program and The Lustgarten Foundation. ☎

2014 Mather Hospital's **WHEELS** **or fortune** **RAFFLE**

Win Your Choice of:



2015 Fusion SE*

Port Jefferson Station, NY
www.rampford.com



2014 Prius SC*

Riverhead, NY
www.riverheadtoyota.com

Riverhead TOYOTA



RIVERHEAD BUICK GMC

**3-yr. Lease
2014 GMC Acadia
SLE-2****

Riverhead, NY
www.riverheadbuickgmc.com



or \$15,000 Ca\$h!

**3 tickets for \$50
8 tickets for \$100
20 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 19, 2014

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 1, 2014.**

Find us on



Winner is responsible for all taxes and fees associated with the acceptance of the prize.
In the event that less than 3,000 tickets are sold, the drawing becomes a 80/20 drawing
with the winner receiving 80% of the total dollar amount of net proceeds.
Not to exceed \$15,000.

*Win this model or a \$20,000 voucher toward purchase of any NEW vehicle at Ramp Ford
or Riverhead Toyota.

**Lease this model for 3 years at Riverhead Buick GMC.

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