

Mather Hospital's

Housecalls

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Precision CyberKnife of NY

Helped Gerald Get On With Life

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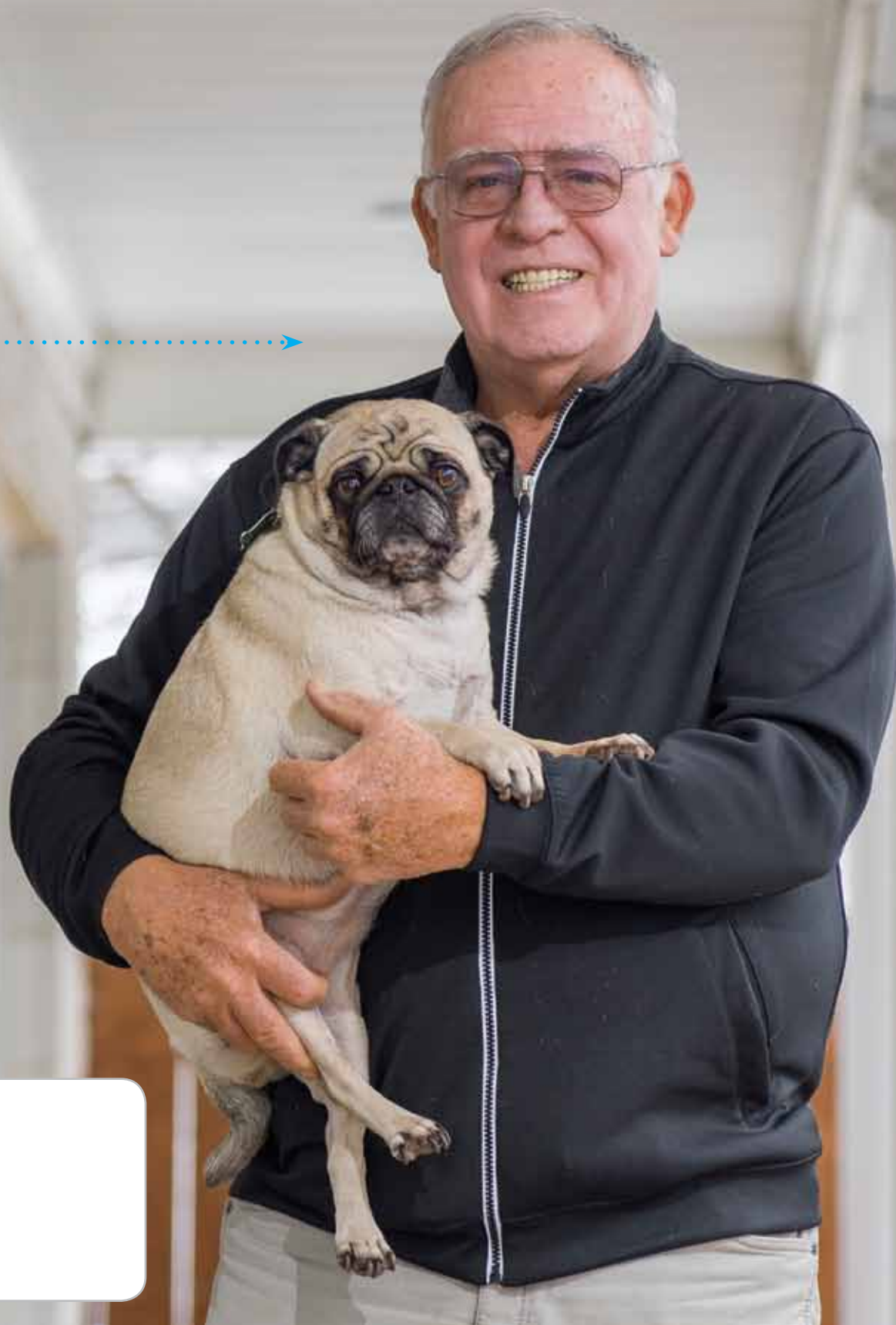
Robotically-Assisted Partial Knee

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Medical Weight Management Program Helps Patients Achieve Optimal Health and Weight

Nicholas Leonardo of Rocky Point remembers when he weighed 173 pounds and worked out regularly at his health club. But a heart attack at age 40 sidelined him for months, leading to the start of his weight gain. At 411 pounds, and after failing with various diets, he decided to try Mather Hospital's Comprehensive Medical Weight Management Program.

"It is, bar none, the best program I have participated in. It's an easy recipe for success," said Leonardo, who has lost about 50 pounds so far. "It is managed by caring and experienced nutritionists and doctors who monitor your progress each week and offer uncompromising support." His goal is to get his weight back under 200 pounds.

Designed to provide simple, sound principles to help individuals achieve optimal health and maintain their best personal body weight, the Comprehensive Medical Weight Management program with Dr. Arif Ahmad has resulted in an average weight loss of 9.59% after 3 months. Most patients who continued in the maintenance program experienced further weight loss. After one year, 28 patients in the program achieved an average weight loss of 35.6 pounds for an average weight loss of 14.25%.

The program creates a medically supervised plan for each patient. Nutrition health and lifestyle behavior education classes are held at convenient times for 10 consecutive weeks. All meetings and classes are conducted by registered dietitians who have advanced degrees in nutrition.

"The program showed me how to cook and shop healthier and how to make better choices when I went out to eat with my family or

on vacation," said Roseann Santore, who joined the program in 2014 and recently moved to Florida. She has lost 52 pounds and says she is sticking with the program. "I have had a weight problem most of my adult life and am very thankful to all of them and this program for making these past 14 months educational and rewarding for me."

Exercise is encouraged to help patients maintain weight loss and healthy behaviors. Products such as nutritious shakes are available for those who choose meal replacements to expedite weight loss and provide quality nutrition.

Doris Krawcheck of Port Jefferson Station began the program at 372 pounds and has lost 115 pounds so far. "I knew I

had to do something and I didn't want to do surgery, so when I heard about this I said 'Sign me up!'" Krawcheck began the program with healthy shakes and slowly incorporated meals back into her schedule. "Everyone there is really, really good. No one judges you and that's what keeps you coming back, the support of the team and the encouragement to try the gym."

"I want to keep going. I say to myself 'You've got another 100 pounds to go'. I would like to think that's realistic."

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



"It is, bar none, the best program I have participated in. It's an easy recipe for success."

Nicholas Leonardo, Rocky Point



Roseanne Santore,
formerly of Middle
Island, lost 52
pounds



Precision CyberKnife Helps Prostate Cancer Patient Return to Normal Routine

Gerald Buckley of Wading River couldn't tell you much about his prostate cancer treatments at Precision CyberKnife of New York, except that they were easy and painless. "Talk about not hurting or being invasive!" he said. "I fell asleep four out of the five treatments when they put the headsets on and played country music. I was laying there for 45 minutes and went right to sleep."

And following each of his five treatments over a two-week period, during which the father of three and grandfather of seven said he did not experience any discomfort or pain, "I could do anything I wanted. It didn't put me down or put me out at all. I still do all the same things. I go to the beach. I read the newspaper. I go out. I see the grandchildren. Nothing's changed."

Buckley, 69, had learned that he had prostate cancer after a visit to his doctor and routine blood tests. "For the longest time my PSAs were okay, and then they started to go up," he said.

Prostate-specific antigen, or PSA, is a protein produced by cells of the prostate gland. A PSA test measures the level of PSA in a man's blood, and the blood level of PSA is often elevated in men with prostate cancer.

Buckley saw urologist Albert Kim, MD, who did a biopsy and determined he had prostate cancer.

"When I was diagnosed with prostate cancer my doctor offered several different ways of taking care of that, and a friend of mine went through Precision CyberKnife a year earlier and he said it was easy and good," he said. "So when I went back to my doctor and I said I want to try Precision CyberKnife and he said I was a candidate for that."

At Precision CyberKnife, a program of Mather Hospital at North Shore Hematology Oncology Associates, Buckley spoke with radiation oncologist Martin Silverstein, MD.



"It didn't put me down or put me out at all. I still do all the same things."

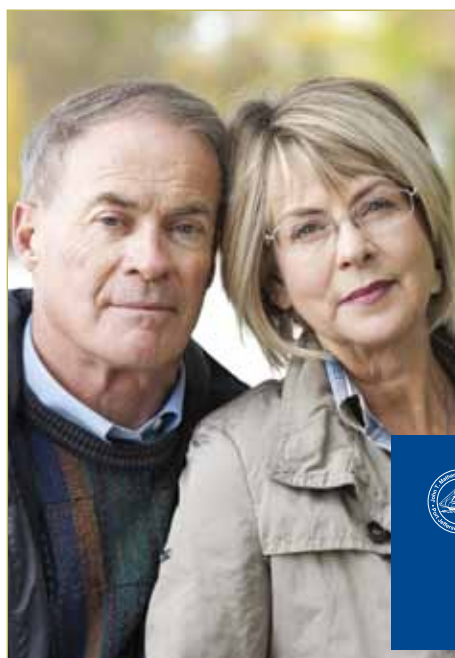
- Gerald Buckley, Wading River

"I've been a practicing radiation oncologist for more than 25 years. I've seen great advances in radiation technology. Precision CyberKnife is one of the most amazing breakthroughs in radiation delivery that I've seen in my career," said Silverstein.

"I would recommend Precision Cyberknife because it was a very good experience and it did what it was supposed to do. It was a much better experience than I thought it would be, and the people were great there," said Buckley.

Since his procedures his PSA levels have continued to decline. "I'm looking forward to the PSAs continuing to go down, and that's what my doctor expects," he said.

For more information, contact Precision CyberKnife of New York at 631-675-5399.



Should you be screened for lung cancer?

You should consider having a screening if you are 55 to 77 years old AND have at least a 30 "pack year" smoking history (average of one pack a day for 30 years), and currently smoke or quit in the past 15 years.

Mather Hospital's Lung Cancer Screening Program uses a state-of-the-art, 320-slice CT scanner to perform the test at the lowest possible radiation dose.

This annual screening is covered by most insurances with no out-of-pocket expenses to the patient.



MATHER
John T. Mather Memorial
HOSPITAL

Experts in healing.
Specialists in caring.

For additional information or to see if you qualify for Mather Hospital's Lung Cancer Screening Program, call 631-686-2500.



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Housecalls

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Partial Knee Replacement Gets Active Stony Brook Senior Up and Moving Again

Well after he retired in his 70s, it seemed that nothing could slow down Paul Groben of Stony Brook. He was still riding his motorcycle, still skydiving, and only begrudgingly gave up flying Piper Cubs over Long Island. But when arthritis made his left knee ache to the point

where he was becoming sedentary, Groben, 88, knew it was time to do something.

He went to see orthopedic surgeon Brian McGinley, MD, who recommended a high-precision robotic-assisted partial knee replacement. Three months later, Groben was pushing a snow blower up and down his steep driveway.

Partial knee – also known as unicompartmental – replacements are showing significant benefits to patients over the age of 65 compared with total knee replacement, as they are less likely to face surgical complications and require less physical therapy than those who undergo total knee replacement surgery, according to a study published in the *Journal of Bone and Joint Surgery* by researchers at Weill Cornell Medical College last year.

Partial knee replacement is an alternative to total knee replacement for patients with early to mid-stage osteoarthritis that is generally limited to one portion of the knee. Osteoarthritis is a degenerative joint disease that results in wearing and eventual loss of cartilage. The partial knee procedure removes the damaged portion of the knee and replaces it with an implant, sparing ligaments that are vital for knee stability and preserving healthy bone and cartilage.

Mather uses the Navio™ partial knee replacement system. Navio provides robotic assistance

through an advanced computer program that relays precise information about the knee to a hand-held robotic tool that assists the surgeon during the procedure. Patients may experience less pain, lower risk of complications and quicker rehabilitation than those who have a total knee replacement. The procedure may also involve smaller incisions than with a total knee replacement.

“I had it done just in the nick of time,” said Groben, whose surgery was done by McGinley at Mather Hospital last fall.

The same day as his surgery, he was up and walking with a physical therapist at Mather, and was home the next day. About 2 ½ months later, he joined his family for a concert at Lincoln Center. “Avery Fisher Hall has a series of at least 12 big landing-type steps to go down to the stage, and he just cruised up and down,” said his daughter, Anne Hooker. Today, “He can go to the beach. He can go walking. He’s back to doing everything. His life is back.”

“He currently walks without pain and has returned to his desired activities,” McGinley said.

And while his skydiving and piloting days are behind him, Groben still toys with the idea of another ride out on the highway. “I gave up the motorcycle, but I still have the key to the one I gave to my friend...” 🏍️

The same day
as his surgery, he was up
and walking with a physical therapist
at Mather, and was home
the next day.

Back & Neck Pain Center Gets Retired Firefighter Back on His Feet

Chronic back and neck pain afflicts millions of people every day. For some the simplest everyday activities, such as tying a shoe or simply standing, can be challenging and for many, the pain detracts from doing what they really enjoy.

Retired New York City firefighter Kevin Larkin of Farmingville meets once a week with a group of classic car enthusiasts. They talk about their latest projects and upcoming shows and share a meal that is usually prepared by Larkin. Persistent and increasing neck pain was beginning to get in his way.

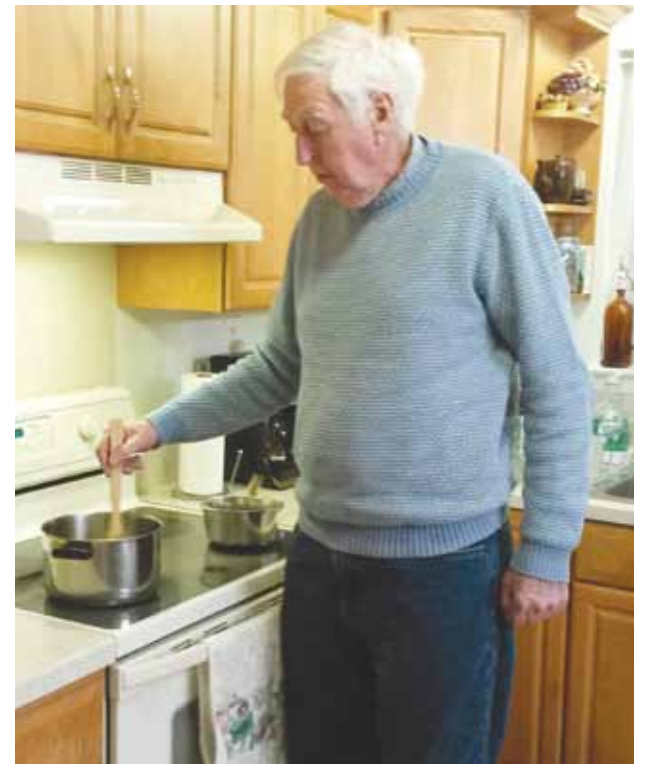
"On any given week, there can be 15 to 20 guys who get together," said Larkin. "If I'm making chicken cutlets for everyone, I'm on my feet for a long time. But, when my neck would start to hurt, the pain would move down to my back and I'd have to sit down for an hour at a time to get relief."

Larkin's daughter suggested he try the Back & Neck Pain Center and he made the call. After his initial evaluation, which included a thorough exam, Larkin received his care plan. He was referred to Mather Hospital's Outpatient Physical Therapy program where he received

treatment twice a week.

"It went great—I started to feel better after the first couple of sessions," he said. "They showed me what I needed to do, checking my balance along the way, and I repeated the exercises at home. Today, the pain is virtually gone and my range of motion is much improved. Now I can stand and cook for four hours without any problem."

The Mather Hospital Back & Neck Pain Center (BNPC) was created to help people with a wide range of pain. The Center's goal is to develop a treatment plan that starts with the most efficient and effective, least invasive interventions. The first step is an evaluation by the program's nurse practitioner who then confers with the clinical care team to determine the best course of treatment. Referrals may be made to any combination of specialists, including physical therapy, pain management, orthopedic or neurosurgeons, based on each patient's need.



Retired firefighter Kevin Larkin of Farmingville is back on his feet and able to cook for his car collector group after treatment through the Back & Neck Pain Center.

Contact the Back & Neck Pain Center at 631-686-2565. 📞



Don't Let Hip, Knee or Shoulder Pain Slow You Down

Join Us for a FREE Joint Replacement Breakfast Seminar

Saturday, April 30, 2016, 8:30 am - 11 am

Bellport Country Club, 40 South Country Road, Bellport

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

Registration required, call: **631-686-7876**

COMPLIMENTARY ESTATE & CHARITABLE GIFT PLANNING SEMINAR

"Important Things to Consider When Creating An Estate Plan"

Presentation by Eric D. Chermes, Esq., Estate Planning Attorney
Complimentary Dinner will be served

June 21, 2016, 6 pm

LIAP Conference Center
Mather Hospital
75 North Country Road, Port Jefferson, NY 11777

Space is limited. Reservations are required.
Call 631-686-7877 to register.



Innovative Stent Promotes Healing After Sinus Surgery

Michael Cestarro, 82, of Wading River suffered for years from chronic sinusitis, a condition that caused his sinuses to become swollen and inflamed, leading to difficulty breathing and facial pain. People with chronic sinusitis often misdiagnose themselves as suffering from seasonal allergies or a persistent cold.

"It was just unbearable to live with. I just kept putting off seeing a doctor," he said.

While medications such as nasal sprays, antibiotics and antihistamines can provide temporary relief, many times they do not solve the problem and a surgical procedure may be required. Cestarro went to see otolaryngologist John Sugrue, MD in Port Jefferson Station.

"He had sinus surgery with image guidance," Sugrue said. "The patient had multiple frontal

sinus cavities that were filled with fungus."

Sugrue uses a CT scan of a patient's sinuses which gives him a 3D "map" that shows exactly where he needs to work. Then

he performed minimally invasive endoscopic sinus surgery to clear the sinus of infection and to place a medicated sinus stent that keeps the sinus open and prevents recurrence. The stent uses dissolvable, drug-releasing technology that helps prop open the sinus passage after sur-

gery and gradually delivers anti-inflammatory medication directly into the sinus lining.

"It's a pleasure be able to breathe instead of blowing my nose constantly," Cestarro said.

Deborah McLaughlin of Holtsville suffered from painful sinus headaches for years that at times made it difficult to function. "When I bent down it would throb almost to the point that it was unbearable," she said. McLaughlin, 62, said medications had provided little relief from her condition.

"Her entire sphenoid sinus was full of fungus, and the pressure had eroded part of the bone separating the sinus from the brain," Sugrue said. "Image guided sinus surgery was successfully performed with complete removal of the fungus. A sinus stent was placed in the sinus cavities bilaterally to help decrease postoperative swelling and inflammation."

Two days after the surgery, the nasal packing was removed and the stents were removed 10 days later. Sugrue said that, depending on the surgery and the patient, the stent may be left in until it dissolves over the course of a month, or



John Sugrue, MD and Deborah McLaughlin of Holtsville, who suffered from painful sinus headaches.

removed. The steroids it releases to fight inflammation can remain in the tissue for 60 days and will help decrease swelling.

"I have no more headaches. I resumed my normal life," McLaughlin said. "I'm a little bit of a gym rat and I was able to go to the gym fewer than 10 days after the surgery."

"I think we're on the cutting edge of sinus surgery at Mather," Sugrue said. "We have image-guided surgery and the latest in sinus balloon and sinus stent technology. We're able to open sinuses compromised by fungal infections, mucocoeles (fluid-filled swellings), polyps, papillomas (benign tumors) - we're doing the challenging cases." 🌿



The medicated stent being used in sinus surgery at Mather Hospital.

Fortunato Breast Health Center Earns National Recognition

The Fortunato Breast Health Center at Mather Hospital has received a full three-year reaccreditation by the National Accreditation Program for Breast Center (NAPBC), which is given only to centers throughout the country that have voluntarily committed to providing the highest level of quality breast care and undergo a rigorous review of their performance.

The Breast Center provides state-of-the-art breast health-care and a sense of comfort, privacy and assurance that individual needs will be met. Our board-certified radiologists exclusively specialize in breast imaging offer digital mam-

mograms, ultrasounds and other advanced diagnostic modalities. Center staff also provides expert navigation, education for patients, families and the community and support groups.

The Center's patient navigation staff ensures that every patient who is diagnosed with breast cancer receives personal assistance in scheduling appointments, obtaining prescriptions, dealing with insurance providers and other help they may need.

Contact the Fortunato Breast Health Center at 631-476-2771, Ext. 1.

NAPBC

NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS



No-Cost Mammograms

Individuals who are uninsured or underinsured may be eligible for no cost or discounted screenings at the Fortunato Breast Health Center. For more information call

631-476-2771, Ext. 1.

Women's Recognition Awards

Marie O'Brien, RN, MSN, ANP-C, CCRN and Maritza Groth, MD have been selected to receive Women's Recognition Awards from the Town of Brookhaven. The awards recognize the achievements of women who work or live in the town.

O'Brien, who is the Pain Management Coordinator at Mather Hospital, is nationally recognized as an expert on pain management. She presents review courses for national nursing certification in pain management, critical care, progressive care, emergency nursing and medical-surgical nursing. She is a designated Master Faculty for the American Society of Pain Management Nursing, providing courses in advanced pharmacology as well as certification. She also is an instructor in Advanced Cardiac Life Support (ACLS) and Basic Life Support (BLS).



Marie O'Brien, RN, MSN, ANP-C, CCRN



Maritza Groth, MD

Groth, who is board certified in internal medicine, pulmonary medicine, critical care medicine, sleep and neuro-critical care, has played a central role in the developing Graduate Medical Education programs at Mather Hospital. She is the Associate Program Director for the Transitional Year program and the Critical Care Education Coordinator and core faculty member for the Internal Medicine program.

Groth has actively participated in teaching physician trainees for many years. She has served on the faculty at Stony Brook Medicine since 1989 and at Winthrop University Hospital from 1997 until 2009.

In addition to her responsibilities in Graduate Medical Education, Groth has served as a prominent faculty member for the critical care ultrasound course for both the American College of Chest Physicians and for the Society of Critical Care Medicine each year. She has lectured widely on sleep medicine and on various topics in pulmonary and critical care Medicine. She has been a frequent presenter and session moderator for both ACCP and SCCM.

"My whole life started over for me after surgery."



BEFORE

Kelly

Surgery date:
February 2010

Weight lost:
165 pounds



AFTER

See Kelly's story at www.matherbariatriccoe.org/kelly

Find out if weight loss surgery is right for you.

Attend a free informational seminar, led by Arif Ahmad, MD, Director of the Bariatric Center of Excellence at Mather Hospital.

For more information and dates, call 631-686-7990 or visit www.matherbariatriccoe.org.

Three New Mather Hospital Board Members Appointed

William J. "Duffy" Mich, Jr., Debra L. Engelhardt and Kenneth R. Bossert, EdD have been named to the Board of Directors of Mather Hospital.

Mich is founder and CEO of Aperio CI, a data management and application delivery company, and Left Right Research, a boutique market research firm, both in Ronkonkoma.

He is president of the board of Suffolk AHRC and has served on the board since 2000. He is a member of the Ward Melville Heritage Development Committee and has served on the Stony Brook University Medical Center Development Council, Stony Brook Children's Hospital Task Force and Stony Brook University College Business Advisory Council. He was fundraising co-chair for Resurrection Church in Farmingville and fundraising chair for the Sachem School District Special Ed PTA. He is a resident of Head of the Harbor.



Mich

Engelhardt is Director of the Comsewogue Public Library in Port Jefferson Station. A longtime librarian who has worked as director of libraries in Huntington, Southampton and Bridgehampton, Engelhardt also is past-president of the Rotary Clubs of Port Jefferson and Southampton.

She received her postgraduate certificate in library administration from the Harriman School of Management at Stony Brook University, her Master of Library Science degree from Queens College and her BA in English Literature from Stony Brook University.

Engelhardt lives in Wading River with her husband, John, and their son. She is a past president of the Public Library Directors Association of Suffolk County and of the Suffolk County Library Association. She also serves on the board of Decision — Brookhaven Women in Commerce and Professions.



Engelhardt

Bossert has been Superintendent of the Port Jefferson School District since 2011. He previously was Assistant Superintendent for Curriculum and Instruction in the Three Village Central School District. He earned his Doctor of Educational Leadership and Technology degree from Dowling College in Brookhaven, his MA in Liberal Sciences from Stony Brook University and a BA in Elementary Education from St. Joseph's College in Patchogue.

Bossert serves on the executive board of the Suffolk County School Superintendents Association and is a member of the Port Jefferson Rotary Club and the Dowling College Education Advisory Council.

He and his wife, Melissa, and their two daughters reside in Port Jefferson.



Bossert



Fortunato Breast Health Center **FAMILIES WALK** & Run **FOR HOPE**

Saturday, May 7, 2016 at Mather Hospital

7 am Registration/8 am Run/9 am Walk

5 mile walk & run through scenic Pt. Jefferson and Belle Terre

Registration: \$25



PINK YOUR POOCH PET COSTUME CONTEST

*** Prizes for "Best Dressed Owner & Pet"
& "Prettiest in Pink"**

All registered walkers can stop by our PINK YOUR POOCH area to have their canine's photo taken. Your photo will be posted on Mather's Facebook page for a community vote. **The Pooch with the most votes by May 12 wins!**



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Experts in healing.
Specialists in caring.

www.matherhospital.org/walk
631-476-2723

