

Mather Hospital's

Housecalls

A PUBLICATION OF JOHN T. MATHER MEMORIAL HOSPITAL • SPRING 2017

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Medical Weight Management Program Helps Patient with Sedentary Job Control Weight



Greg, before and after his weight loss success.

As a police dispatcher, Greg Pouletsos, 36, of Middle Island has a sedentary daily routine - sitting at a computer for 8-12 hours a day. Gaining weight was easy. "I've been heavy all of my life but I haven't been this bad. I've gotten so bad it is detrimental to my daily living," he said.

At more than 355 pounds with a BMI of 52-53, Mr. Pouletsos had trouble getting in and out of his car, playing with his son, even getting up from his couch. "I actually broke my

couch I was so heavy."

Even more serious were his medical problems. "I was an uncontrolled diabetic. My blood sugar was pretty much over 150, which can erode the blood vessels. I was on three different diabetic medications and I had just about zero control over it." Mr. Pouletsos also suffers from sleep apnea, and his cholesterol level and blood pressure were rising.

Dieting on his own didn't work, and he recognized his need for a program that monitored his weight

and eating habits. He signed up for Mather's Comprehensive Medical Weight Management Program in April 2016.

The 12-week program utilizes simple, sound principles to help individuals achieve optimal health and maintain their best personal body weight. Supervised by a physician who specializes in weight loss, the program includes a full nutrition evaluation, weekly support, follow-ups and metabolic testing, along with a customized meal plan that is developed to meet each patient's individual lifestyle and health goals.

"The weekly meetings keep me in focus - 'Okay, I need to do this on this day.' The meetings give me information I didn't have about foods that I had been eating or foods that I should be eating, and there

are always recipes," Mr. Pouletsos said.

Having others in the program whose weight gain he could see - and who could see his - helped him stick to the program and he got his weight down to 287. But he found the holidays a tough time to stick to a healthy diet and his weight climbed back to 310. Now he has recommitted himself to the program. His diabetes is under control and he is down to only one medication, and his blood pressure and cholesterol levels have dropped.

"I feel more energetic. I have a much easier time moving around. I can play with my son, who is seven, which is a great thing," he said. "I'm going to stick with this program until I can lose as much weight as I can, until I'm not obese anymore." 🍀



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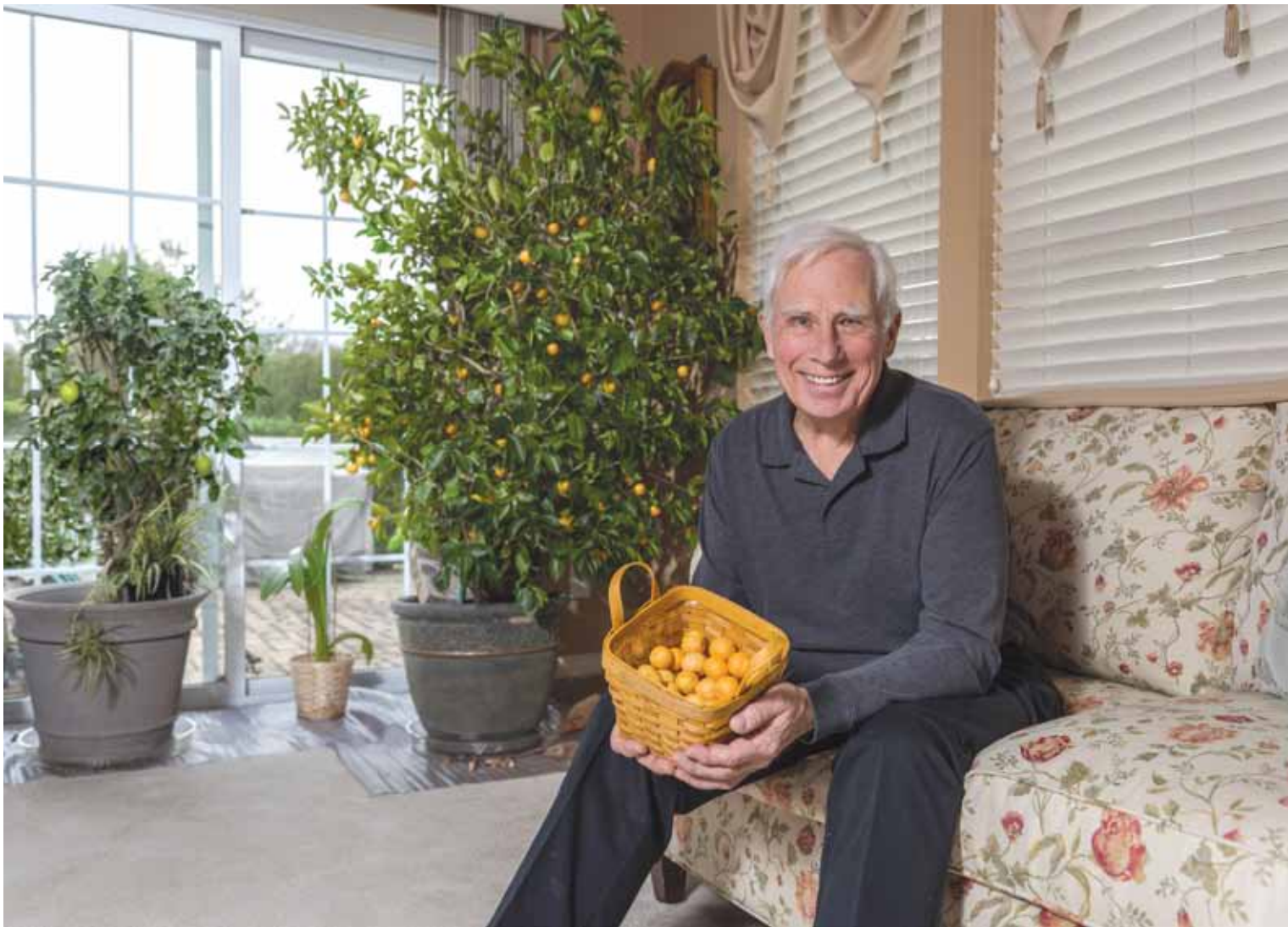
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For more information, call the Volunteer Office at

631-476-2749

or visit us online at www.matherhospital.org/volunteer



Werner Ulrich encourages current and previous smokers and people who have been exposed to asbestos in their careers to have a lung cancer screening.

Retired Steamfitter Breathes Easier After Lung Cancer Diagnosed, Surgically Removed

Werner Ulrich, a retired steamfitter and Army auto mechanic, was exposed to asbestos for the majority of his career and later developed asbestosis. Asbestosis is caused by exposure to asbestos and stiffens the tissue of the lungs, making it difficult to breath.

He also smoked for years, finally quitting in 2011. Unbeknownst to him, the cigarette smoking coupled with the asbestos exposure greatly increased his chances for developing lung cancer. Ulrich received his care at a VA facility and went for annual check-ups of his lungs. A nodule on his right lung appeared on one of his annual tests, but it didn't show any change.

Mr. Ulrich had been living in Mount Sinai for 10 years when he read an article about the lung cancer screening program at Mather Hospital and coordinator Eileen Zaoutis, RN. He decided it would be more convenient to have his annual testing handled locally.

Last June, his annual screening showed that the nod-

ule on his lung had changed. Zaoutis encouraged him to follow up with pulmonologist Daniel Baram, MD. Ulrich had a lung biopsy by interventional radiologist Kenny Lien, MD, which confirmed lung cancer.

Thoracic surgeon Dr. Greg Brevetti, MD, removed a portion of his lung on August 9. The doctors assured Ulrich that the cancer was contained by the surgery and he was all clear. Mr. Ulrich refers to Zaoutis as "God's little angel," and is very grateful that she guided him through the whole process, even meeting him at Dr. Baram's office and visiting him in the hospital.

Mr. Ulrich said Dr. Baram and Dr. Brevetti worked effectively as a team and credits them for saving his life. Today, he recommends the annual screening to many of his retired colleagues. He encourages any current and previous smokers and people who have been exposed to asbestos in their careers to have a lung cancer screening. 🍋

Low Dose CT Screening Can Detect Lung Cancer at Earliest, Most Treatable Stage

Current and former smokers can now be screened more effectively for lung cancer with Mather Hospital's Lung Cancer Screening Program. National studies have shown that low dose CT screening can detect lung cancer at its earliest, most treatable stage. Mather uses an advanced 320-slice CT scanner to perform the test at the lowest possible radiation dose.

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 last 15 years. This annual screening is covered by most insurances with no out-of-pocket expenses.

For more information, contact Eileen Zaoutis, RN, nurse navigator for Mather's Lung Cancer Screening Program, at 631-686-2500. To determine if you're eligible for screening, go to www.matherhospital.org/lungcancer.



Getting Back in the Game with the Help



Peter Schultz

Peter Schultz of Calverton never wanted to slow down, but debilitating back pain was a game changer for this former Air Force linguist, two-time NYC marathon runner, church deacon, avid golfer and local volunteer. “Six years ago I was up in Vermont for a week and went snowshoeing. We did a rather difficult trail and when we got home I had this funny feeling in my back and down my leg. I didn’t realize how badly I’d hurt myself and I think I just exacerbated a pre-existing problem and it just started to get worse from that point on.”

After five years of epidural injections for his spinal stenosis and sciatic nerve pain, Mr. Schultz, 72, learned that he needed surgery. “The sciatic pain down my leg was unbearable... I went to see Dr. Rana after he was recommended to me and I decided to have the surgery done at Mather,” he said.

Rasel Rana, DO, orthopedic surgeon, performed Mr. Schultz’s laminectomy at Mather Hospital in February 2016.

A laminectomy creates space by removing the lamina, or the back part of the vertebra that covers the spinal canal, thereby enlarging the spinal canal to relieve pressure on the spinal cord or nerves. “We were able to decompress and take pressure off of his nerves without fusion,” Dr. Rana said.

Schultz was in the hospital for six days. On the third day, he was up and walking around. “I really did not experience that much pain after the procedure... and it was all made easier by my wonderful nurse Agnes on 3 North who took care of me like I was a member of her own family,” he said. “I’ll never forget her.”

Before the surgery, Mr. Schultz could not participate in activities he nor-



Karlie Linda Michael

“Now everything is great! I wear my F steps yesterday with no problem. I e when I go back to playing in the spring

- Pete



p of Spinal Surgery

mally enjoyed and was even having trouble walking. "The surgery has helped him to return to the activities he enjoys, including golf," said Dr. Rana. A year after the surgery, Mr. Schultz has made a full recovery.

"Now everything is great! I wear my Fitbit™ every day and walked my 10,000 steps yesterday with no problem. I even bought a new set of golf clubs for when I go back to playing in the spring," he said. "I can do everything now!"

Karlie Linda Michaels, an artist from East Patchogue, also suffered with severe back pain from degenerative and herniated spinal disks for years. "I tried everything from pain management to physical therapy... pretty much everything short of surgery," said Ms. Michaels, 56. "The pain was so bad that I was getting to the point where I was going to have to carry a morphine pump around with me if I didn't do something drastic. That's when I decided on surgery," she said.

Dr. Leon performed Michael's surgery – a lumbar laminectomy and fusion, at Mather in 2015. "Ms. Michaels had a condition known as spondylolisthesis meaning 'slipped vertebra'. She underwent lumbar laminectomy and fusion which relieves any pressure on the nerves and also immobilizes the vertebra through bone healing or fusion and stabilization with titanium screws and rods," said Dr. Leon. "Mather Hospital is my hospital of choice. I got excellent care and the nurses were wonderful," Ms. Michaels said.

"I was extremely happy with Ms. Michael's outcome as she had marked improvement in all of her symptoms," Dr. Leon said. Looking to the future, Ms. Michaels is planning to focus on her artwork and hopes to get back to kayaking. "My pain level is nil. Overall I feel great... it's such a big difference." 🐢

**Fitbit™ every day and walked my 10,000
even bought a new set of golf clubs for
ng," he said. "I can do everything now!"**

er Schultz

Back & Neck Pain Center Helps You Get Relief from Chronic Pain

Do you suffer from chronic back and neck pain? If so you're like eight out of 10 Americans who experience back or neck pain at one time in their lives. Almost two-thirds of those suffering report that it negatively impacts their quality of life. Mather Hospital's Back & Neck Pain Center (BNPC) was created to help those in our community find relief.

The Center's goal is to treat our patients' pain through the most efficient and effective care that is also the least invasive and least costly. The first step is an evaluation by the program's nurse practitioner or physician assistant 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, chiropractic, orthopedic or neurosurgery, based on each patient's need. The center incorporates support programs to help people learn lifestyle changes, such as diet and exercise, that are critical to help relieve pain, and prevent future recurrences.

Many patients are directed to the Back to Basics program with Mather Hospital's Outpatient Physical Therapy Department. Designed to help people alleviate pain and prevent future occurrences, Back to Basics is a three-session program that promotes proper movement guidelines and exercises that strengthen the spine. There is also a nutritional consultation that patients may select.

For more information or to make an appointment with the Back & Neck Pain Center, call 631-686-2565.

Attend a free BNPC seminar at Mather on April 29 at 11 am. To register, call 631-686-7880 or online at www.backreliefnow.org.

Mather Named Hospital of the Year by LIBN

Mather was named Hospital of the Year for the 2016 Achievements in Health Care awards, presented by *Long Island Business News*. In addition, Gregory Brevetti, MD, was recognized in the Physician Category and Judith Moran-Peters, DNSc, RN, NE-BC, RN-BC, was honored in the Nursing category.

The awards, formerly called Health Care Heroes, were presented November 1, 2016. Mather received the award based on its Magnet® Designation in 2013 for nursing excellence and the success of its Voyage to Excellence cultural transformation program.

Mather's Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores, which are measured by the Federal Government's Centers for Medicare & Medicaid (CMS), are among the highest on Long Island. Mather also ranks among the best hospitals in New York, according to *U.S. News & World Report*. 🏆

Mather President Kenneth Roberts (left) and Mather Chairman Kenneth Jacoppi (right) accepted the Hospital of the Year Award from LIBN Publisher Scott Schoen.



Mather is the Only Four-Star Long Island Hospital Since July 2016

The Centers for Medicare & Medicaid Services (CMS) has awarded John T. Mather Memorial Hospital four stars for patient experience, safety, and timely and effective care measures based on publicly reported data from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) Survey. That makes Mather the only Long Island hospital to receive four stars since July 2016.

“Every member of our staff is responsible for our patient satisfaction performance. It is something we work on every minute, every day. Patient experience, quality of care and patient safety are embedded in our culture,” said Mather President Kenneth Roberts.

CMS developed the star ratings to help patients and their families learn about hospital quality, compare local facilities and ask questions about care quality when visiting a hospital or other health care provider.

Hospital ratings can be found at www.medicare.gov/hospitalcompare/search.html. 🏆

Patricia Eckhardt, PhD, RN, Named to Mather Hospital Board of Directors



Patricia Eckhardt, PhD, RN

Patricia Eckardt, PhD, RN, Director of the Heilbrunn Family Center for Research Nursing at The Rockefeller University in New York, was appointed to the Board of Directors of John T. Mather Memorial Hospital, Board Chairman Kenneth Jacoppi announced.

Eckardt, of St. James, is responsible for advancing the field of Research Nursing through the activities of the Heilbrunn Family Center for Research Nursing. She was previously Director of Program Evaluation for the North Shore LIJ Health System, New Hyde Park, from 2014-2015 and, earlier, Researcher and Research Program Developer Mentor at Mather from 2013-2014. She also is a consultant with Eckardt & Eckardt LLC, a business and statistical consulting firm, and an associate professor of nursing at Molloy College, Rockville Centre. She is the author of or contributing author to numerous books and publications.

She received her PhD in Educational Psychology, Quantitative Methods for Research, and her Master's Degree in Philosophy, Educational Psychology, Quantitative Methods for Research from the City University New York Graduate Center. She received her Bachelor of Science Degree from Empire State College (SUNY) and her RN diploma from Catholic Medical Center School of Nursing, Jamaica, NY. 🏆

Mather Upgrades Surgical Robotic System

Surgeons at Mather Hospital are now using the latest da Vinci Xi Surgical System, which represents a technological leap forward in replacing large-incision abdominal surgeries (open surgery) with a minimally invasive approach. Mather has had a da Vinci surgical robotic system since 2011

The da Vinci Xi System has broader capabilities than prior generations of the da Vinci System. It can be used across a wide spectrum of minimally invasive surgical procedures. The Xi was designed to further advance the da Vinci technology used in minimally invasive surgery for complex diseases and conditions in gynecology, urology, thoracic, cardiac, and general surgery. At Mather, the system has been in use since February 2017 for gynecology, urology, thoracic, bariatric and general surgery.

The da Vinci Xi System's immersive 3D-HD vision system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient. 🏆



Precision CyberKnife Gets Prostate Cancer Patient Back to Active Life

Richard Cooney, a retired, 77-year-old Athletic Director from East Hampton High School, leads a very active life. “When I’m not busy renovating homes with my wife, Kathy, I’m out hiking, gardening, golfing and even paddling in an outrigger canoe with a crew of six in Hawaii.”

So when his doctor told him he had prostate cancer, he did his research on options for treatment. Mr. Cooney’s doctor had been monitoring his PSA levels along with other labs and didn’t like the direction his levels were going. He sent Mr. Cooney to a urologist. After reviewing blood work, the urologist recommended a biopsy, which confirmed prostate cancer.

The urologist then recommended Precision CyberKnife of New York as a treatment option. Mr. Cooney met with radiation oncologist Joseph Cirrone, MD, at Precision CyberKnife to discuss his treatment and answer all of his questions, then talked it over with his wife. After doing their research online, they decided that he would undergo the treatment.

“I had to have it done before October, because we were going back to Hawaii for the winter. I went there first week of September and they made it work. I did five treatments. One day I was able to play golf after a treatment. Two days after the last treatment, I flew to Hawaii.

“In five short visits, my cancer was gone. No side effects. None,” he said. Mr. Cooney said he didn’t feel anything during the treatments and was shocked at how easy it was. Richard was impressed with how easily everyone worked together. “Everybody cooperated beautifully. It was a good experience. I think that should be noted. I had no side effects at all. It didn’t affect any phase of my life - my daily life, my physical life, anything. It was great.” Mr.



Richard Cooney is back to activities such as remodeling homes.

Cooney said Precision CyberKnife was a great option for him.

“I have no regrets. No qualms about what we did. And here I am, moving on in life. My feeling is if you’ve got cancer in your body – get rid of it. I would recommend to anybody who qualifies.”



Lisa Dils, Coram
Double hip, 2013, 2014

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