

Mather Hospital's

Housecalls

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

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**Freedom
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*U.S. News & World Report
Ranks Mather Hospital in the*
Top 20 Hospitals in New York State

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Community Leaders to be Honored by Mather Hospital

Each year, as part of its annual One Enchanted Evening gala, Mather Hospital honors individuals and corporate partners whose service to the Hospital and its communities is exemplary. This year Mather Hospital has named the law firm of Fumuso, Kelly, DeVerna, Snyder, Swart & Farrell and as Community Honoree and David Paul, MD, Mitchell Pollack, MD and the Setauket Yacht Club as the 2014 Theodore Roosevelt Award winners. The Theodore Roosevelt Award was created by the Nassau-Suffolk Hospital Council more than 50 years ago to honor those who demonstrate exceptional volunteer commitment to a member hospital and their community. The awards will be

presented at the Hospital's annual gala to benefit the Fortunato Breast Health Center and breast cancer treatment on October 17, 2014 at the Hyatt Regency Long Island in Hauppauge.

Community Honoree

Fumuso, Kelly, DeVerna, Snyder,



Swart & Farrell (FKDSSF) has the distinction of being one of the oldest and most

successful medical malpractice and personal injury defense firms in the New York Metropolitan area. The firm has been contributing to Mather since 1994 through the Hospital's events and campaigns. FKDSSF also supports Silver Crest Center for Nursing and Rehabilitation; Ascent; Breast Cancer Research Foundation; Alternatives for Children; Miracle House; and various local hospitals.



David Paul, MD

David Paul, MD, LI Anesthesia Physicians, joined the Mather Hospital medical staff in 2000 and is a member of the Department of Anesthesia. Paul has been a member of

the Bylaws Committee since 2004 and has served as Chairman of the Bylaws Committee since 2009. In his capacity as Chairman of the Bylaws Committee, Paul also sits on the Mather Hospital Medical Board.

Mitchell Pollack,

MD, is Director of the Department of Emergency Medicine. Pollack served on the Pharmacy and Therapeutics

Committee from 2007 to 2012 and on the Quality Management Committee from 1985 to 2011. He currently is a member of the Credentials Committee. In his capacity as Director of the Department of Emergency Medicine, Pollack also sits on the Mather Hospital Medical Board.



Mitchell Pollack, MD

After the Setauket Yacht Club lost two members to pancreatic cancer, it created the Village Cup Regatta to raise

funds for pancreatic cancer research and treatment. The Regatta, a friendly competition between Mather and the Village of Port Jefferson, raises funds for Mather Hospital's Palliative Medicine Program, which helps patients and their families manage serious or chronic illnesses such as pancreatic cancer for the best possible quality of life, and the Lustgarten Foundation, the nation's largest private foundation dedicated to funding pancreatic cancer research. In the first four years of the event, the Club raised more than \$175,000 for these charities.

For information on One Enchanted Evening gala, contact Terri Quinn, Director of Development, at 631-476-2723.



**JOHN T. MATHER
MEMORIAL HOSPITAL**
presents the
49th Annual One Enchanted Evening

Race to Hope

**Friday, October 17, 2014
7 pm**

**Hyatt Regency Long Island
Hauppauge, NY**

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www.matherhospital.org/OEE**

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Housecalls

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U.S. News & World Report Ranks Mather Hospital in the Top 20 Hospitals in New York State


Mather Hospital was ranked 20th of nearly 250 hospitals in New York State, up from 31st last year, in *U.S. News & World Report's* annual Best Hospitals rankings. The annual rankings recognize hospitals that excel in treating the most challenging patients.

The 2014-15 rankings looked at nearly 5,000 medical centers across the country. Mather was one of only 752 hospitals that performed well enough to be nationally or regionally ranked in one or more of 16 medical specialties and was recognized as high-performing in six areas— diabetes and endocrinology, gastroenterology and GI surgery, geriatrics, nephrology, neurology and neurosurgery, and urology. Mather also was ranked above New York State and national averages for patient satisfaction.

“The *U.S. News* rankings demonstrate our continuing commitment to patient safety and excellent quality of care,” said Mather Hospital

President Kenneth Roberts. “This recognition is the result of the dedication and commitment of the entire Mather Family – staff, physicians, board of directors and volunteers – and their efforts to make Mather the best community hospital in New York State.”

This year’s rankings include a greater emphasis on patient safety, which now accounts for 10 percent of each hospital’s overall score, in most specialties – twice as much as in past years.

Earlier this year, Mather received The Leapfrog Group’s top “A” Hospital Safety Score for the fifth consecutive ratings period, making it one of only 251 hospitals in the nation and one of only two on Long Island to have achieved an “A” grade in all five score releases of the Hospital Safety Score. The Leapfrog Group is an independent national nonprofit focused on breakthrough improvements in the safety, quality and affordability of healthcare for Americans. 

Advanced 3T MRI Offers Exceptional Clarity, Speed

Mather Hospital has added a highly advanced MRI to its Imaging Services Department, expanding the complement of imaging platforms available to patients and physicians for improved diagnostic results.

The 3 Tesla (3T) GE Magnetic Resonance Imaging (MRI) system, which became operational in August, is a high field MRI that provides better detection of subtle lesions and clearer views of arteries and veins, often without the need for contrast injections. Typical procedures conducted with the 3T MRI include neurological scans and musculoskeletal exams. It also has the ability to provide exceptional images of the prostate.

Mather will continue to operate its current high field 1.5T MRI which is still the preferred platform for breast imaging and is also used for patients who require sedation by the anesthesia team. Additionally, certain medical implants, such as stents, cannot be exposed to the higher magnet of the 3T and patients with such implants are best assessed in the 1.5T.


“With the addition of the 3T MRI, Mather Hospital offers patients, referring physicians and radiologists a comprehensive range of imaging options seven days a week,” said Michael Burghardt, Administrative Director of Imaging Services. “The clarity and speed offered by the two MRIs provides improved patient care, which is always our goal.”


The new unit is approximately 25 percent faster than a 1.5T MRI and its motion correction feature results in better images for patients who are unable to fully be still during the exams. A new imaging technique provides a whole body scan that is used for lymphoma patients to assess lesions on organs

outside the lymph nodes.

The 3T MRI can accommodate patients up to 350 pounds in a less claustrophobic environment while patients listen to music of their choice.

Mather Hospital’s MRI program has earned accreditation by the American College of Radiology, which evaluates staff qualifications, quality control, MR safety policies and image quality.

The MRI department is open 7 days a week: Monday-Friday, 7:30 am-10 pm; Saturday, 7:30 am-8 pm; and Sunday, 8 am-4 pm. 



The 3T MRI provides clearer views of arteries and veins, often without the need for contrast injections.

Healthy Lifestyle Can Help Prevent Diabetes



*Ella Rosenbloom, MD,
Endocrinologist*

Everyone has heard about diabetes. It has become an epidemic in the United States and all around the world. Unfortunately we are not able to cure it yet, but you can find out if you are at risk. Ask your doctor to order a blood test called HbA1c to find out if you have diabetes.

This test measures the average glucose levels for the three months leading to the test. HbA1c only requires a single blood draw and the results can be available only a couple of days after the examination. A value that is greater than 6.4% indicates that you have diabetes; a value between 5.7% and 6.4% puts you into the pre-diabetic range.

Without proper care and attention, pre-diabetes can progress to diabetes. The damage that is caused by higher than normal glucose levels is beginning at this stage. Fortunately, at the pre-diabetic level this process can be delayed, or perhaps even prevented, but it is important to act quickly. In a landmark study, the Diabetes Prevention Program Research group compared two common management techniques for reduction of the occurrence of diabetes: the introduction of lifestyle changes and a medication called Metformin.

The study found that both reduced the incidence in high risk patients compared to placebo. Moreover, a lifestyle change such as a healthy low-calorie, low-fat diet and the introduction of moderate physical activity was most effective.

Many people dread spending time in the gym. So, the best way to initiate the lifestyle change is to make the exercise part of something that you have to do anyway. For instance, consider biking or jogging next time you have to get to a train station or to a workplace instead of driving. Another good way to get exercise is to cut grass with a grass whip rather than with a motorized mower. Your minimal goal should be to achieve exercise levels that are equivalent to brisk walking for 150 minutes a week. So pick a routine and stick to it and you will have a much better chance of conquering diabetes. ☘

Dr. Rosenbloom's practice, Endocrinology Associates, is located in Port Jefferson.

Weight-Loss Surgery Gives Patients



Carissa Stavrakos, before surgery (left) and after, as she competes in a triathlon and mud run.

Carissa Stavrakos of West Islip had always been athletic. She had been a lifeguard at Seaview Bay Beach on Fire Island as a teenager and later while she was in college. And even though she was fighting a weight problem, reaching a high of 320 pounds at one point, she managed to compete with friends in a triathlon – a race involving running, cycling and swimming. She recalls that her goal was “just to finish”, but she became hooked on the “natural high” she got from competing.

When she decided on bariatric surgery, she turned to Arif Ahmad MD, Director of Mather's Bariatric Center of Excellence and in April 2012 had a sleeve gastrectomy procedure. Three months later, she competed in the Maggie Fisher Memorial Cross Bay Swim, a charity 5.25-mile swim across the Great South Bay from the Fire Island Lighthouse to Brightwaters Beach. When she competed in

her second triathlon, “I knocked at least 45 minutes off my time,” she said.

“It's been amazing. I'm healthier. I'm able to accomplish more things. I'm able to do things around the house without stopping,” said Stavrakos, an event planner for Nikon Inc. who now weighs about 240. This summer, she competed in the 2014 State Parks

Summer Run Series on Long Island, six races ranging from 5k to 10k.

She also is a member of Tri-ing for Kids!!, raising funds to support children in need due to sickness, disability or illness. Stavrakos also is a frequent speaker at Ahmad's seminars. “When I go and speak at seminars now for Dr. Ahmad I consistently let patients know I always set goals for the future to stay on track,” she said. “I'm always determined to keep working toward my end goal, which is to lose more weight and all-around be happy.”

Stavrakos isn't alone in finding freedom in athletic competitions as part of embracing a healthier lifestyle following bariatric surgery. Kelly Clark found a road to better health through bariatric surgery, and then took to the road to challenge herself in 5k runs.

Clark, 46, of Rocky Point, had struggled with her weight for years, reaching 314 pounds before she made the decision to have gastric bypass surgery with Arif Ahmad, MD, Director of Mather's Bariatric Center of Excellence. But it wasn't her weight alone that convinced her to undergo the



Kelly Clark (at left), Before & After

the Freedom to Compete

procedure in 2010.

"My father just had a quadruple bypass, and I did not want to wind up in that situation. My father's illness was my wakeup call," said Clark. "I did not develop a weight problem until I was in my 20s. I got heavier after I had children. My weight started to increase and just never stopped. If there was a diet out there, I tried it. I would be successful in the short term and would lose 60-70 pounds only to gain back 80 pounds. It was a constant cycle of yo-yo dieting successes and failures, ultimately leaving me feeling alone, depressed and worthless."

A little more than two years after her surgery, Clark competed in her first 5k run with friends who also had bariatric surgery. "I competed in my first 5k at McArthur Airport, with about 15-20 other friends. Since then we've participated in several more and have now progressed to the Titan Run set to take place this September," which is a 5k run with 20 obstacles in Center Moriches.

"I feel wonderful now," said Clark, a paralegal who is now 163 pounds and competes in

approximately two 5k races a year. "I'm very confident in competing in the 5k races, but I would like to try a biathlon where you do more than just run or walk, you have to bike or swim as well."

Clark, 46, of Rocky Point, had struggled with her weight for years, reaching 314 pounds before she made

the decision to have gastric bypass surgery with Ahmad. Clark brought that same determination to choosing a bariatric surgeon, interviewing about half a dozen before selecting Ahmad. "I went to his seminar and I knew I found the right surgeon for me," she said. "At my first office appointment Dr. Ahmad asked me to change everything about the way I ate and I totally bought into that program. I lost 50 pounds before the surgery and have never looked back." 🍷

What is Sleeve Gastrectomy?

Sleeve gastrectomy has become the most popular surgical solution for sustained weight loss and correction of weight-related health problems at our Center of Excellence under the direction of Arif Ahmad, MD. The procedure is a restrictive form of bariatric surgery that shrinks the stomach to approximately 15 percent of its original size.

Sleeve gastrectomy is commonly performed on severely obese patients who are not healthy enough to undergo a successful gastric bypass or similar major surgery. The procedure enables rapid weight loss with fewer complications than the more conventional weight loss surgeries.

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 and no leakage or bleeding, the excess stomach tissue is then cut away. The removal of part of the stomach has a secondary effect of reducing the secretion of the hormone Ghrelin, which is responsible for inducing hunger.

As with any surgery, there are inherent risks to undergoing sleeve surgery. Specific to sleeve gastrectomy, as well as most bariatric surgeries, is the risk of leakage and bleeding in the early days after surgery.

Over the last 10 years, Ahmad has performed more than 2,500 weight-loss operations at Mather with one of the lowest complication rates in the U.S. 🍷

Arif Ahmad, MD, Director
of the Bariatric Center
of Excellence at Mather
Hospital



Mather's Bariatric Program Celebrates 10 Years

The Bariatric Center of Excellence at Mather Hospital marks its 10th anniversary this year. Over the past decade, 2,523 patients have changed their lives and regained their health through weight loss surgery. The program has earned recognition as a Bariatric Center of Excellence, thanks to its exceptional record of patient care and outstanding patient outcomes.

Win a Bike!

To mark the anniversary, you're invited to guess the weight our 2,523 patients have lost over the 10 years. The individual who comes closest to the total number of pounds lost will win a new bicycle.

(Please print)

Name: _____

Address: _____

Email: _____

Phone: (_____) _____

Total number of pounds lost: _____

Employees and volunteers of Mather Hospital and Long Island Laparoscopic Surgery are not eligible to enter the community contest. One entry per person. Winner will be announced on [facebook.com/MatherHospital](https://www.facebook.com/MatherHospital) on November 21, 2014.

Mail to: Anniversary Contest, Public Affairs Dept., Mather Hospital, 75 N. Country Road, Port Jefferson, NY 11777 or
enter online at: www.matherhospital.org/anniversarycontest



Surgeon Performs Mather's First Total Ankle Replacement



Lorraine Dusky

Lorraine Dusky was a runner for more than 30 years with ribbons and medals from 5k races. But her recent “celebrity” status came as a result of an ankle injury and condition that ended her racing days. On August 8, she became the first patient to have a total ankle replacement at Mather Hospital.

It began with a sprained ankle, and while her doctor eventually cleared her to go back to running, that ankle began giving her problems. “Ultimately there was this little pain, and then a little more pain, and it kept building and building,” said Dusky, who lives in Sag Harbor.

“She has been dealing with right ankle arthritis for several years,” said John Yu, MD, an orthopedic surgeon at Mather who specializes in foot and ankle problems and conditions. Yu, who performed Dusky’s surgery, received his orthopedic training at the prestigious NYU Langone Hospital for Joint Diseases in Manhattan. “She had tried steroids and non-surgical

management to no avail.”

Yu explained to Dusky the options of ankle replacement and ankle fusion, the latter a procedure in which the bones that form the joint are fused together. Dusky, a journalist and author, did her research and learned that ankle replacements were becoming increasingly popular following improvements in their design over the last decade.

She was expected to begin walking on her new ankle within a month after her surgery, followed by physical therapy. “She has to retrain herself how to walk properly again,” said Yu, noting that Dusky will have a greater range of motion with her new ankle than the arthritis allowed. Yu said Dusky can eventually walk, hike, swim, bicycle and engage in other non-demanding activities.

According to the American College of Foot and Ankle Surgeons, ankle implants generally last at least a decade. *The New York Times*, citing industry estimates, recently reported that an estimated 4,400 patients this year are expected to have ankle replacement surgery. ☞

Estate Planning Protects Loved Ones, Your Wishes

Clients often hesitate before seeing an estate planning attorney because they do not want to make the difficult decisions that are often necessary in planning one’s estate, such as which child to name as executor or how much, if anything, to leave to grandchildren. As difficult as these decisions are, it is better to make them in advance when you can be mindful of your choices, rather than not make them at all and leave behind chaos for your family and friends.

To understand why planning is so important, it helps to know the different types of assets you own and what will happen to them when you die. Probate assets include bank accounts and real estate that are in your sole name as well as your items of personal property. Such assets pass pursuant to the terms of your last will and testament, or if you do not have one, by the laws of the state. Non-probate assets are assets which have a named beneficiary, such as retirement accounts (i.e.: IRA, 401K, 403B), life insurance, and other bank accounts that have one or more designated beneficiaries.

If you die without a will, that is called dying “intestate.” Laws of intestacy of the state in which you reside when you die are a default if you choose not to execute a will or make designations. These laws usually do not provide the best solution for your beneficiaries. If you die leaving minor children and do not have a will, an attorney will be appointed as the *guardian ad litem* to represent the interests of those children. A costly

court proceeding may result in the monies being held in a non-interest bearing account until the children reach the age of 18, at which time they will receive a distribution outright of the full amount. If you name a child as a beneficiary of life insurance or a retirement account, it will have the same result and the money will not be used for that child’s benefit until he or she turns 18. When children do turn 18, they may not have the maturity to handle a large sum of money without any restrictions.

The preferred method of distribution to a minor is to hold it in trust for them to be used for their benefit until a stated age, at which time they can receive the funds in full.

Without planning, your estate will not get distributed according to your wishes. You may have a friend, relative or charity that you would like to provide a special gift for, but they will not be a beneficiary of your estate if they are not specifically named.

Taking the time to make a planned charitable gift in your will or by designation is a way to acknowledge the contributions that a charitable organization, such as Mather Hospital, has made to the community. This type of planned giving substantially improves and advances the many programs available at Mather Hospital. ☞

Nancy Burner, Esq. is an attorney who specializes in elder law and estate planning in East Setauket.



Bequest Continues to Enhance Pediatric Emergency Care

A bequest from a local couple continues to provide Mather Hospital staff with critical training in lifesaving treatment of pediatric patients in the Emergency Department.

In 2012 Mather received a significant bequest from the estate of the late Philip and Carolyn McGrath from South Setauket, to create a pediatric fast track in the hospital’s Emergency Department. The Pediatric Fast Track opened in 2013. Proceeds from the bequest continue to support ongoing training and education in pediatric care including advanced life support and a pediatric training system called SimJunior (photo above).

SimJunior is a life-like computer controlled mannequin, which represents a six-year-old child. It can be programmed to go from a healthy child to an unresponsive, critically ill patient in minutes and enables Mather’s Emergency Department staff to practice performing the clinical and technical steps that are required as if treating a real child.

“Community members, like the McGraths, who remember Mather Hospital through a bequest or planned gift can have a significant impact on community healthcare for years to come,” said James Danowski, Chairman of the JTM Foundation which secures philanthropic gifts for Mather Hospital. ☞
For more information on bequests, go to matherhospital.org/plannedgiving

New Members Named to Hospital Board of Directors and Foundation Board

John K. Diviney and Daniel C. Opinante have been named to the Board of Directors of Mather Hospital. Ginny Bove-Grier has been



John K. Diviney

appointed to the JTM Health Facilities Foundation Board, which seeks and secures philanthropic support for the Hospital.

Diviney, of Stony Brook, is an attorney with 25 years' experience representing management in all aspects of labor and employment law both in the private and the public sectors. His experience also includes representing companies in discrimination and harassment claims, wage and hour collective and class actions, wrongful competition and restrictive covenant actions and general commercial litigation. He is a Labor and Employment Group partner with Rivkin Radler LLP of Uniondale. He holds a BS from the Cornell University School of Industrial and Labor Relations and a JD from St. John's University School of Law.

Diviney has served as co-chair of the Labor and Employment Law Committee of the Suffolk County Bar Association and is a former officer of the Suffolk Academy of Law.

Opinante, of St. James, is President and CEO of Seneca Consulting Group of Hauppauge, which provides health and welfare auditing and consulting for self-funded health plans and brokerage services for fully insured employers. Self-funded clients include County of Suffolk, Suffolk School Employees' Health Plan as well as many local unions and employers.



Daniel C. Opinante

During his 10 years with the pharmacy benefit management industry working for National Medical Health Card Systems, Inc. (NMHC), his primary responsibility was business development for the Eastern United States. Previously, he served as a Senior Vice President for National Medical Healthcare Systems and as a regional Sales manager for Empire Blue Cross Blue Shield, as well as a Large Group Representative for US

Healthcare.

Bove-Grier, of Port Jefferson, has more than 20 years' experience in sales, consulting and technical support in data processing and telecommunication systems. Bove-Grier is also a broker with Strategies for Wealth, a nationwide financial services company.

She is a member of the North Brookhaven and Greater Port Jefferson Chambers of Commerce, Stony Brook University Small Business Group, Decision Women, Women on The Move, and John T. Mather Memorial Hospital Building on Excellence Community Committee. She supports Mather's Families Walk for Hope, Long Island Gala for Friends of Karen, Infant Jesus Parish, Theresa's Family Cleaning Angels and L.E.A.P (Learn Power and Perform). She earned an MS in Management of Engineering and Computer Science from Long Island University, C.W. Post College, and a BA in Education from Boston College. ☞



Ginny Bove-Grier



Saturday, September 20, 2014, 8:30 am - 11 am

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

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Nursing Director Earns Prestigious Award

Susan Morin, RN, MS, PMHCNS-BC, NPP, Director of Mather Hospital's Adolescent and Eating Disorder Partial Hospitalization Program, (third from right) was named a NY-NJ regional winner



in Nurse.com's prestigious Nursing Excellence GEM (Giving Excellence Meaning) Awards. Morin won in the Home, Community and Ambulatory Care category, and moves on to the national awards.

A psychiatric nurse practitioner, Morin was recognized for her passion for her specialty. Pictured are (from left) Senior Vice President Kevin Murray, Assistant Vice President for Behavioral Health Jean McCarrick, RN, NEBC; Director of Inpatient Psychiatry Tara Howard-Saunders, RN, NP, MSN; Susanne Meyers, RN, MS, PMHNP-BC, and Kathleen Jochen, RNC.

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- Dancing, Zumba lessons and entertainment from the main stage
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- Photo booth for event keepsakes
- LIRR Victory Train (schedule available at www.matherhospital.org/victory)
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