

Mather Hospital's

Housecalls

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New and Expanded Sleep Disorders Center Opens



Mather Hospital has opened a new, expanded Sleep Disorders Center featuring eight beautifully furnished diagnostic testing bedrooms with queen-size beds, private bathrooms and showers, Wi-Fi, television and individual

temperature control. The new Sleep Center includes dedicated bedrooms for testing pediatric patients with sleeping accommodations for a parent, and a state-of-the-art central monitoring room for therapists to conduct sleep studies.

“The new sleep disorders center is a great addition to our program. It is better for the patients to get care and for the doctors to provide care,” said Nick Patel, DO, a board certified pulmonologist and sleep specialist. “It’s much easier for patients to get to the center now. We’ve increased our number of beds, increasing availability for patients to get scheduled quicker. It’s a much more comprehensive center now too, offering X-ray capabilities (for chest x-rays), full PFT (Pulmonary Function Testing) machine and dedicated space to help patients with mask fitting and pressure tolerance.”

Located on the first floor of the Frey Family Foundation Medical Arts Building adjacent to the Hospital, patients enter into a spacious reception area and waiting room. In addition to the eight adult and pediatric bedrooms, the Center has separate areas for pulmonary function testing; radiology imaging; consultation rooms; and a dedicated area for assisting patients in using a CPAP (Continuous Positive Airway Pressure) device. All Sleep Center physicians are board certified in sleep medicine. All sleep technologists are New York State licensed respiratory therapists with specialized training in sleep technology.

As the medical specialty of sleep disorders has grown, doctors have learned more about how a lack of a good night’s sleep can impact a person’s health. “Doctors are sending patients to us based on how sleep disorders can factor into other medical conditions – heart disease, neurologic

conditions, diabetes, high blood pressure, and obesity,” Dr. Patel said. “They will orient the patient to what will happen that night, connect them to all diagnostic monitoring equipment and answer any questions or address any concerns that they have before starting the study,” said Dr. Patel. “Then once the patient is asleep, the therapist using advanced patient monitoring collects high quality data, making any adjustments and any therapeutic interventions, if needed. The technologist monitors the patient throughout the night.

“We get many referrals from other doctors, primary care and subspecialists, because sleep disorders can affect many other medical conditions - heart disease including hypertension, neurological conditions including strokes and chronic headaches, diabetes and obesity,” Dr. Patel said. “With pulmonary conditions - COPD, asthma, chronic sinus disease - a lot of these patients will have overlapping sleep disorders as well.”

Contact the Sleep Disorders Center at 631-476-2721.



8 Signs that You Might Have a Sleep Disorder

1. Loud snoring
2. Periods of breathing cessation during sleep witnessed by another person
3. Abrupt awakenings accompanied by shortness of breath
4. Morning headache
5. Difficulty staying asleep (insomnia)
6. Waking up with a dry mouth or sore throat
7. Excessive daytime sleepiness (hypersomnia)
8. Attention problems or irritability



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Housecalls

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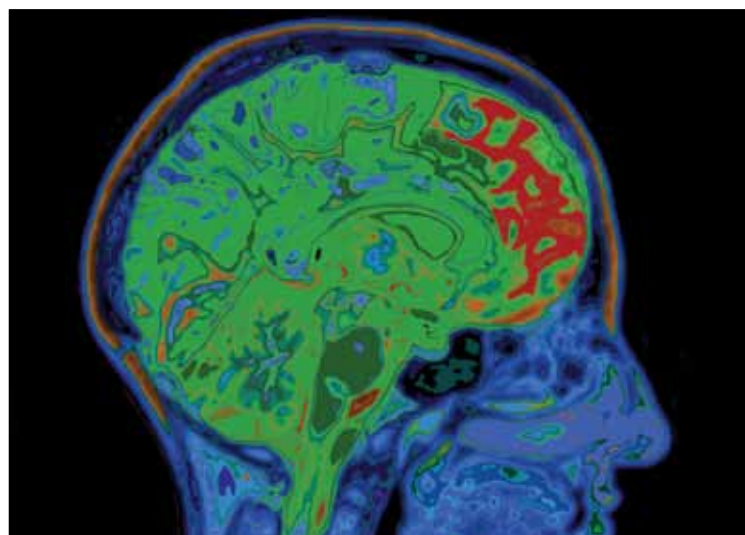
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www.matherhospital.org



Brain & Spine Tumor Program Offers Advanced Diagnosis and Treatment of Tumors



Having a brain tumor is devastating. Coordinating all the specialists needed to treat the tumor has just gotten easier.

Mather Hospital's Brain & Spine Tumor Program offers advanced diagnosis and treatment of tumors by a team of specialists that meet with the patient together in one location to determine a care plan.

"With all these modalities to provide patients with high-level neurology and neurological surgery care in their community, they don't have to travel far," said Dr. Sumeer Sathi, a neurosurgeon and Co-Director of Mather's Brain & Spine Tumor Program. "They can have these things taken care of - including complicated spinal or brain surgery and tumor surgery - without having to go from doctor's office to doctor's office. The care is organized in one location.

"This is a unique center on Long Island. There is no other community hospital that offers all these services under one roof."

From 2014-2016, Mather experienced an 85 percent increase in neurosurgical brain and spine procedures

done at the hospital.

"The biggest advantage to the Brain & Spine Tumor Program is that the patient meets with all their specialists together in the same place at the same time. This allows for a quicker assessment and planning," said Medical Oncologist David Chu, MD, and Co-Director of the Brain & Spine Tumor Program. "The patient meets with a medical oncologist, a radiation oncologist, and the neurosurgeon at one visit and not through multiple visits spread over two or three weeks. At Mather, we will look at the case together and decide on the appropriate treatment and then have a discussion with the patient and their family."

The Brain & Spine Tumor Program is part of Mather's Neurosciences Center which also consists of Mather's Department of Neurosurgery, Precision CyberKnife of New York, the Back & Neck Pain Center, Stroke Center, advanced Imaging Services, and Outpatient Physical Therapy and Rehabilitation Services.

Known for the compassionate expertise of our Magnet® recognized nursing staff, Mather Hospital's Brain & Spine Tumor Program provides an exceptional level of personalized care. The Hospital is also accredited by the Commission on Cancer, a program of the American College of Surgeons, for demonstrated commitment to quality care, ongoing improvement and public accountability for the care and services it provides.

With a four-star rating, Mather consistently ranks as a top Long Island hospital for patient experience, safety and timely and effective care by the Centers for Medicare and Medicaid.

Contact the Brain & Spine Tumor Program at 631-675-5371. ☎

"The biggest advantage to the Brain & Spine Tumor Program [is that it] allows for a quicker assessment and planning."

- Dr. David Chu, Medical Oncologist

Patient Credits Lung Cancer Screening with Saving Her Life

Lorraine, a former smoker with a 35-year smoking history, had asthma since she was a child. In 2013, the Coram resident experienced difficulty in breathing and was struggling to get things done. She went to her pulmonologist, Dr. Jay Barbakoff, who recommended that she participate in the Lung Cancer Screening Program at Mather Hospital. The screening program is for individuals from 55 to 77 years old AND who 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.

Lorraine met Eileen Zaoutis, RN, nurse navigator for the program, and the entire process was completed in a half hour. Mather uses an advanced 320-slice CT scanner to perform the test at the lowest possible radiation dose. Lorraine’s scan took less than five minutes and revealed that she had nodules on her lung.

A subsequent biopsy indicated that the nodes were cancerous. Lorraine had quit smoking 15 years prior and never thought she had lung cancer.


Thoracic surgeon Dr. Gregory Brevetti surgically removed her left upper lobe and all the surrounding 17 lymph nodes. Chemotherapy was required to make sure the cancer didn’t spread to the other lung. Within a month, she went back to work. Lorraine follows up with her oncologist, Dr. William Li Pera.



constantly following up with her to make sure she was feeling fine. “Eileen made it so I didn’t feel alone,” she said. “She was my go-to person and she was always there for me along with my supportive family.”

Lorraine is happy that she can breathe when walking from her home to her car without having to stop, as she did before her surgery. She credits Mather’s Lung Cancer Screening Program with saving her life.

“People don’t know how important it is to be screened ahead of time,” said Lorraine. “I’m just so grateful that mine was caught early.” Lorraine explained that Eileen was

To contact Mather’s Lung Cancer Screening Program, call 631-686-2500. The screening is covered by most insurances with no out-of-pocket expenses. 

2017 Mather Hospital's WHEELS or fortune RAFFLE

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\$20,000 CASH GRAND PRIZE!

Or:



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Apple Watch, 42mm 18-Karat Gold Case with Your Choice of Color for Sport Band; 64 GB iPhone 7S; 64 GB iPad Air; and 15 inch Mac Book Pro

4 tickets for \$100 | 10 tickets for \$200

For tickets: www.matherhospital.org/wheels or call Mather Hospital's Public Affairs Office at 631-476-2723

Use Visa, MC, AMEX or Discover to purchase tickets. Please make checks payable to JTM Foundation.

Drawing: Friday, January 26, 2018

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 29, 2017. In the event that fewer than 1,500 tickets are sold, raffle becomes a 50/50 drawing with the winner receiving 50% of the total dollar amount of net proceeds. Not to exceed \$15,000. Applicable taxes apply. Hospital reserves right to publicly release winner's name and town of residence. 4 ticket minimum purchase.



Raffle License #47-202-180-07439

Mather Signs Letter of Intent to Join Northwell Health

Mather Hospital's Board of Directors has entered into a letter of intent to join Northwell Health as part of a long-term strategy to ensure advanced healthcare for Mather's communities and the future growth of the hospital.

Based on the unprecedented changes occurring in the healthcare industry, the Mather Board of Directors has determined that joining Northwell Health is in the best interest of the communities it serves, its medical staff and employees.

"Northwell Health is known for its innovative and progressive programs and world class care. This move will position us to continue our vision and mission to provide the highest standards of

care well into the future," said Kenneth A. Jacoppi, Esq., chairman of Mather Hospital's Board of Directors.

Mather and Northwell Health will work together in good faith to develop a final agreement that will require approval from both the Mather and Northwell Board of Directors as well as governmental regulatory authorities.

As part of an extensive search process, Mather held discussions with several health systems regarding possible affiliation since early 2016. During this period, continuing consolidation and affiliations were occurring in our region. Prior to this decision, Mather was one of only two hospitals

on Long Island that had not joined or announced plans to join a larger system.

"Our community, employees and medical staff have a deep commitment to Mather Hospital," said Kenneth Roberts, president of Mather Hospital. "We chose a partner that would support our culture of caring as well as our future growth."

Northwell Health is New York State's largest healthcare provider and private employer, with 22 hospitals and over 550 outpatient facilities. It cares for more than two million people annually in the metro New York area and beyond, thanks to philanthropic support from its communities. ☞



MATHER
HEALTHY
HOSPITAL

Fall Semester

A **FREE** seminar series and interactive health fair focused on your physical, emotional and financial well-being.

SATURDAY, 10/28/17
JOHN T. MATHER MEMORIAL HOSPITAL
Long Island Anesthesia Physicians Conference Center

Registration: 9:00 am; Health Fair: 9 am to 1:30 pm
For more information or to register call in 631-686-7879
Please indicate which seminars you would like to attend.
www.matherhospital.org/healthyu

Sponsors to date: Astoria Bank, New York Cancer & Blood Specialists, North Suffolk Cardiology, Jefferson's Ferry, Harbor View Medical Services, Precision CyberKnife of New York

SEMINAR SCHEDULE

Session I: 9:30 - 10:30 am

Treating Spinal Fractures with Innovative Techniques

Ella Rosenbloom, MD, Endocrinologist; Mohammad Bilal, MD, Interventional Radiologist

Women's Heart Health After 50

Peter Bruno, MD, Cardiologist

Sponsored by Astoria Bank

How Good Posture Can Prevent Your Next Back Ache

Mather Chiropractic Collaboration

Session II: 11 am-12 pm

Healthy Eating for Women Over 50

Melissa Buscetta, RD, CDN

Sponsored by Astoria Bank

10 Warning Signs of Alzheimer's Disease

Erin Bienkowski, MA Ed., Outreach/Education Coordinator, Alzheimer's Association, Long Island

Understanding the Symptoms, Diagnosis and Treatment for Fibromyalgia

Sanjay Godhwani, MD, Rheumatologist

Session III: 12:30 - 1:30 pm

Wealth & Health – Learn Why Investing in Your Health is a Smart Financial Move

Kate Tastrom, IAR, Partner, First Financial Advisors Group

Ken Junge, Regional VP, Transamerica Corp.

Breathing Easier with Pulmonary Illnesses

Ted Nilsson, MS, RT, RRT, Director of Respiratory Care Services

Techniques for Reducing Stress

Margaret Scharback, RN

Register today at 631-686-7879
or www.matherhospital.org/healthyu

Brothers Lose Almost 300 Pounds, Transform Their Lives



Paul, left, lost about 165 pounds. John, right, lost about 125 pounds.

Brothers John and Paul are seven years apart in age and about three years ago each tipped the scale at more than 325 pounds. John weighed 330 pounds and younger brother Paul was approaching 400 pounds. Both struggled with weight all their lives.

"I had been going to Weight Watchers®, not going to Weight Watchers®, trying one of these protein diets, the Zone Diet®. Nothing ever worked," said John, 52. "In 2014 I retired as an EMS medic with the FDNY. Just sitting home with food always in front of me, I was ballooning up. The last

**"I feel great, much healthier than I was.
I have more energy"** - Paul

five years I worked I had a desk job and I wasn't making good choices. I was always at the bagel store. I never packed a lunch. I was always going out to get something."

Paul, 45, had his own weight problems, topping out at 395 pounds. He heard people at work talking about Dr. Arif Ahmad, the Director of Mather's Center of Excellence in Metabolic and Bariatric Surgery™. "I attended the seminar, and then I scheduled an appointment and had a meeting with him. Dr. Ahmad recommended the gastric sleeve," he said.

Paul told his brother about Dr. Ahmad and he, too, scheduled an appointment and was told the gastric sleeve would be his best option as well. The two ended up having their procedures on the same day in April 2015 at Mather Hospital. Today, John weighs 205 pounds, Paul about 230.

"It was phenomenal. The hospital is nice, the people are really great," John said. "I had nothing but a great experience in that facility, and the same with Dr. Ahmad's staff."

Paul said he notices the difference in everything he does. "I feel great, much healthier than I was. I have more energy," he said. "It's a totally different lifestyle. I'm getting out more as opposed to sitting on the couch all the time. I volunteer at an ambulance corps and I can get around and move patients easier. I even feel better at work. I'm not as conscious about my weight."

To contact Mather's Center of Excellence in Metabolic and Bariatric Surgery™, call 631-686-7990. ☎

Autumn Events

- 10/10 Community Health Seminars on Heart Health/Cardiac Disease**, 10:30 am-noon, Longwood Public Library. Register at 631-686-7877.
- 10/11 Precision CyberKnife of New York Prostate Cancer Seminar**, 6-8 pm, Mather Hospital. Register at 631-686-7878.
- 10/14 Joint Replacement Seminar**, 8:30-11 am, Hilton Garden Inn, Stony Brook. Register at 631-686-7876.
- 10/21 Back & Neck Pain Center Seminar**, 9-11 am, Mather Hospital. Register at 631-686-7880.
- 10/28 Healthy U Seminar Series and Health Fair**, 9:30 am to 1:30 pm, Mather Hospital. Register at 631-686-7879. More information on page 5 of this newsletter.
- 11/3 One Enchanted Evening Gala**, East Wind Caterers, Wading River. Info at www.matherhospital.org/oe
- 11/8 Precision CyberKnife of New York Prostate Cancer Seminar**, 6-8 pm, Hilton Garden Inn, Stony Brook. Call 631-675-5399.
- 11/14 Community Health Seminar on Pulmonary Diseases**, 10:30 am-noon, Longwood Public Library. Call 631-476-2723.
- 11/18 Joint Replacement Seminar**, 8:30-11 am, West Sayville CC. Call 631-476-2723.
- 11/28 Back & Neck Pain Center Seminar**, 6 pm, Patchogue-Medford Library. Call 631-686-2565.

**Yoga
for Health
Classes**
Mondays at 6:30 pm
Fridays at 4:30 pm
\$15/class
Register at
matherhospital.org/yoga

Mather Names 2017 Community Honoree and Theodore Roosevelt Award Winners

Mather Hospital will honor Suffolk County Police Commissioner Timothy D. Sini and physicians Ahmad F. Bhatti, MD, and Philip Nizza, DO, and at its annual One Enchanted Evening Gala on Friday, Nov. 3 at East Wind Long Island in Wading River.

Each year, Mather selects a special Community Honoree who has supported the Hospital and its programs over the years. The Theodore Roosevelt Awards – created by the Nassau-Suffolk Hospital Council more than 50 years ago – honors those who demonstrate exceptional volunteer commitment to a member hospital and its community.



Community Honoree – Timothy D. Sini

Timothy D. Sini was appointed the 13th Commissioner of the Suffolk County Police Department in January 2016. The Sini family has long been associated with Mather Hospital. Tim's father, Frank, is retired from the hospital as Assistant Vice President of Finance and his uncle John Sini has served on Mather's Board of Directors since 1982. Commissioner Sini has spoken at Mather's Annual EMS Dinner and participated in the Port Jefferson Yacht Club's Village Cup Regatta which supports Palliative Care at Mather Hospital.

As Police Commissioner, Sini has focused on enhancing the intelligence-led policing model, improving community relations, and investing in new technology to enhance the Department's operations. The Department has launched numerous successful criminal initiatives aimed at addressing the opioid epidemic, firearm violence, and traffic fatalities in Suffolk County.

Commissioner Sini serves as a representative on the White House's Office of Drug Control Policy New York/New Jersey Regional HIDTA Team. He is also the Executive Director of the Suffolk County Criminal Justice Coordinating Council.

Prior to his appointment as Commissioner, Commissioner Sini served as the Assistant Deputy County Executive for Public Safety in the administration of Suffolk County Executive Steven Bellone. He previously served as Assistant United States Attorney in the Criminal Division of the U.S. Attorney's Office for the Southern District of New York.

He is a magna cum laude graduate of Brooklyn Law School, where he earned his Juris Doctor degree, and American University in Washington, D.C., where he received his Bachelor of Arts degree in Political Science. He lives in Babylon Village with his wife, Amanda, and their three children.

Theodore Roosevelt Award Winners

Ahmad F. Bhatti, MD

Dr. Bhatti is the immediate past president of Mather's Medical Staff and past Chairman of the Medical Board. He has also held many other positions on



the Medical Board including Vice Chair/Vice President and Member at Large and has served on various committees including the Continuing Medical Education Committee, Infection Prevention Committee, Bylaws Committee, Quality Management Committee and Credentials Committee. He has also served as a board member of the Suffolk County Medical Society and practices at North Shore Vascular Surgery in Port Jefferson.

After receiving his undergraduate degree from Stevens Institute of Technology in Hoboken, NJ, Dr. Bhatti went on to earn his medical degree from the University of Medicine & Dentistry of New Jersey. He completed both an internship and residency in general surgery at St. Luke's-Roosevelt Hospital Center (NY) and was a Vascular Research Fellow at the same institution. Dr. Bhatti completed a Fellowship in Vascular Surgery at Loyola University Medical Center in Maywood, IL before joining Mather's staff in 2006.

Dr. Bhatti is a Registered Vascular Technologist and Registered Physician in Vascular Interpretation, certifications regarding advanced vascular laboratory testing. He is board certified in general and vascular surgery.

Dr. Bhatti lives in Setauket with his wife, Zynub, and five children.



Philip Nizza, DO

Dr. Nizza has been a member of Mather Hospital's medical staff since 2002. He received his undergraduate degree from New York University and attended medical school at the New York College of Osteopathic Medicine. Dr. Nizza then completed an Internal Medicine Residency at North Shore University Hospital. His Infectious Disease training was done at Memorial Sloan Kettering Cancer Center.

For the past 15 years, Dr. Nizza has been with Eastern Infectious Disease Associates, practicing infectious disease at four local hospitals, and more recently providing care at the long-term nursing facility, Island Nursing and Rehabilitation Center. He has been on the Pharmacy and Therapeutics Committees since 2002, and serves as co-chairman where he was instrumental to the team that created the Antimicrobial Stewardship Program.

The goal is to change the antibiotic ordering culture and reduce inappropriate utilization. As a result of this program, the total number of antibiotic therapy days has been reduced by 14% in the first 15 months and Mather's Clostridium difficile rate is below the New York State benchmark.

He lives in East Setauket with his wife, Natalie - also a physician whom he has known since he was a medical student - and their two sons.

For more information, call 631-476-2723. ☎

Paint Port Pink



Bringing the community together in the fight against breast cancer. October 1-31, 2017

breast cancer awareness

join us!
events:

Thursday, Oct. 5, 4-8 PM: Fundraising Night at Panera Bread, Port Jefferson Station - must present qualifying flyer from www.paintportpink.org!

Thursday, Oct. 12, 7-9 PM: Olive Oil Tasting Event at Amazing Olive, Port Jefferson.

Friday, Oct. 13, 10 AM - 5 PM: \$20 Blow Outs at Bounce Blow Dry Bar, Port Jefferson.

Friday, Oct. 13, 6-8 PM: Paint Nite at Comsewogue Public Library, Port Jefferson Station. Register at www.paintportpink.org

Saturday, Oct. 14, 3-7 PM: Wine Tasting at Pindar Vineyards Wine Store, Port Jefferson.

Saturday, Oct. 14, 12-4 PM: \$20 Haircut-A-Thon at Fedora Lounge Boutique Hair Salon, Port Jefferson.

Wednesday, Oct. 18, 4-10 PM: Fundraising Night at Five Guys, Port Jefferson Station.

Thursday, Oct. 26, 6:30-9 PM: Paint Night at Muse Paint Bar, Port Jefferson. Register at www.paintportpink.org

Saturday, Oct. 28, 9 AM - 1:30 PM: HealthyU, Mather Hospital, Port Jefferson. Seminar series and health fair focused on physical, emotional and financial well-being. Register at www.paintportpink.org

For a complete list of community partners and more information, go to: www.paintportpink.org or call 631-476-2723

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Proceeds from all events above to benefit the Fortunato Breast Health Center Fund for Uninsured and Underinsured.

