

Housecalls

A publication of Mather Hospital • Spring 2018



Fortunato Breast Health Center
Where you go for your
mammogram matters

Pages 4-5



A Letter from
President Kenneth D. Roberts

Mather Joins Northwell Health

In December, Northwell Health President & CEO Michael Dowling and I signed an agreement for Mather Hospital to become the newest member of the Northwell Health system. The merger was approved in November by the Mather Board of Directors and the Northwell Health Board of Trustees. Mather Hospital became Northwell's 23rd hospital and its fifth hospital in Suffolk County.

For much of the past decade, Mather Hospital has been focused on one goal- to become the Best Community Teaching Hospital in New York State. During that time period we have accomplished much- from establishing a new graduate medical education program to train the physicians of tomorrow, to the implementation of cutting edge technologies, such as our CyberKnife for the non-invasive treatment of tumors. We formed a Professional Corporation known as Harbor View Medical Services to employ top physicians in primary and specialty care to care for the people of the communities we serve.

Mather has been recognized by governmental agencies and national organizations for exceptional patient satisfaction, patient safety and quality care. And the jewel in our crown is our Magnet® designation for exemplary nursing. We first received the Magnet® designation in 2013, and in March, we were recertified as a Magnet® hospital. The Magnet Recognition Program® by the American Nurses' Credentialing Center recognizes a hospital where nursing delivers excellent patient outcomes, where nurses have a high level of job satisfaction, where there is low staff nurse turnover, where staff nurses are involved in shaping research-based nursing practice, and where nurses are encouraged and rewarded for advancing in nursing practice.

While we are now a member of Northwell, New York State's premier health system, Mather Hospital will continue to provide the exceptional healthcare our communities deserve, as we have done since our doors first opened in 1929.

The Mather Hospital family is excited about the great opportunities for the future with Northwell. Thank you for the trust you have placed in Mather Hospital over the years and for your continued support.

Don't Let Joint Pain Slow You Down

Attend a **FREE Joint Replacement Evening Seminar**
Wednesday, May 16, 2018

6:30 pm - 9 pm
Spring Lake Golf Club
30 E. Bartlett Road, Middle Island
A light dinner will be served.

Learn how advancements in minimally invasive surgical techniques can:

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

▼ For more information or to register, call **631-686-7876**



Knee Replacement Gets Patient Back on his Feet

Rich Fetherston of Holbrook endured more than 3 ½ years of pain in his right knee, scheduling periodic shots that temporarily eased the pain. Mr. Fetherston wasn't afraid of having joint replacement surgery – he was just too busy caring for his ailing wife.

Eventually he attended a free Mather Hospital Joint Replacement Information Seminar. "I was impressed," he said. "They're using a computer and a Navio™ robot for knee replacements. I listened to some people there who had their knees replaced a year apart."

He scheduled his total knee replacement procedure two years ago with orthopedic surgeon Richard Savino, MD, and came to Mather Hospital for his pre-surgical testing. "I didn't sit in a chair long enough for the chair to get warm. They actually escorted me to each test. I went to X-ray and everybody asked me, 'Is there something I can do for you? Can I help you?' I've had been in many hospitals with my wife and I was very impressed by Mather."

"My operation was at 10 am. By 2 pm the physical therapist said we're going to take you for a walk," Mr. Fetherston said. After his second walk that day, the physical therapists told him he was going home the following day. He had home care visits by a nurse and a physical therapist and after three weeks continued his physical therapy at a facility close to his home.

After a few months he was back to doing everything he had before he experienced knee pain. "The only thing I didn't do was go running down the street," he said. "They said the best thing to do was walk, and I did walk."

Mr. Fetherston returned to Mather this past March to have his other knee replaced.

BOARD OF DIRECTORS
Chairman of the Board
Kenneth A. Jacoppi, Esq.

President
Kenneth D. Roberts

Vice Chairmen
Betsy Noyes Britton
Konrad J. Kuhn
John R. Sini
Harold Tranchon, Jr.

Treasurer
Leo Sternlicht

Secretary
Wayne Rampone

Chairman Medical Board;
President Medical Staff
David Shenouda, DO

Vice Chairman Medical Board;
Vice President Medical Staff
Nicholas Craig, MD

Board Members
Kevin Beiner
Mohammad Bilal, MD
Roger Blumencranz
James Danowski
John K. Diviney
Debra L. Engelhardt
Kathryn B. Frey
Timothy B. Glynn, Esq.
Richard Lusak
Ralph Nappi
Edward J. Weiss

Emeritus Board Members
Alan D. Beck • Gene Gerrard
James F. Maiella • David P. Sipperly

JTM Foundation Board of Directors
James Danowski, Chairman
Donald E. Lippencott, Vice Chairman
Kathryn B. Frey, Secretary
Mark Snyder, Treasurer
Ginny Bove-Grier
Eric Cherches, Esq.
Kenneth A. Jacoppi, Esq.
Ted Lucki
Kenneth D. Roberts

Housecalls

Published by the
Public Affairs Department

Vice President, Public Affairs
Nancy Uzo

Director, Public Relations
Stuart Vincent

Director, Marketing Communications
Christine Santini

Public Affairs Associate
Jessica Lemire-Nicolich

Public Affairs Secretary
Angela Fracassa

www.matherhospital.org



Ignoring the Scale Leads to Weight Loss Victory



Approaching her 50th birthday, Gloria Negron weighed 215 pounds. After several diets, she decided it was finally time to do something about her weight problem once and for all. But first she had to break up with her bathroom scale.

“I’d been struggling with weight problems for many years and it has been like a yo-yo – up and down,” said Mrs. Negron, 50, of Manorville. “I went to a bariatric surgery seminar with Dr. (Arif) Ahmad. He told me I didn’t qualify for surgery.”

Instead, Mrs. Negron was referred to Mather’s Comprehensive Medical Weight Management Program, which utilizes simple, sound principles to help individuals achieve optimal health and maintain their best personal body weight through diet and exercise.

“The thing I love about the program is they don’t just teach you what you should eat and what you shouldn’t eat, but also the positive reinforcement they give you every week. One of the first things they ask you is ‘What are your non-scale victories?’ Maybe I didn’t lose weight that week but one of my non-scale victories is when I go out to eat I make sure I say no bread at the table. Another is to walk an extra 20 minutes in addition to exercising every day.”

“Many people believe that the number on the scale is the most important measure of health and fitness, but weight is only one way to evaluate success,” said Mather dietitian Nicole Drepaniotis, MS, RDN, CDN. “A better way to gauge success is to pay attention to non-scale victories, which can range from something as simple as saying ‘no’ when being offered a munchkin in the office break room and instead selecting a piece of fruit, to being able to comfortably bend down and put on your socks and shoes.”

Mrs. Negron began exercising regularly to supplement her healthy diet. Today she is 185 pounds and feeling great. Her blood pressure, which has been high since she was 35, is lower, though she still takes blood pressure medication.

“It’s my behavior and my positive thinking that are important,” Mrs. Negron emphasized. “I used to stress out too much about the scale, so I took the scale out of the bathroom.”

► For more information on Mather’s Medical Weight Management Program call 631-686-7998.

Patient & Family Advisory Council Works to Enhance Hospital Experience

Nicole Ghokassian of Miller Place was a frequent visitor to Mather Hospital. A patient here on multiple occasions, she also had been bringing her mother to Mather’s Infusion Center for almost 18 years to treat her non-Hodgkin’s lymphoma.

So when Mary Ferrara, RN, nurse manager of the Infusion Center, asked her to be part of a new Patient & Family Advisory Council for Oncology Services (PFAC) at Mather, she jumped at the chance.

That was three years ago, and Mrs. Ghokassian said PFAC started right in with suggested improvements. “We had quite a few things we wanted to take care of and we came out running— including signage directing people to the new 3 North patient unit, improvements to the white boards in patient rooms. We made up pamphlets for Social Work so when patients were leaving they knew it didn’t just end with their discharge, and that the hospital provided information for



whatever help they needed.”

PFAC, which currently has eight members, is looking to expand its mission beyond oncology services.

“The main purpose of PFAC is to make sure that family members and patients who come to Mather feel they are not just a number, that they

are truly cared for,” she said. “We know they are scared and we want them to know we’ve got their backs, whether it is the physical or emotional part of it. We understand.”

► Mather Hospital patients and their families may apply to join PFAC by calling 631-686-7660.

Where you go for your mammogram matters

New 3D Mammography at Fortunato Breast Health C



Fortunato Breast Health Center staff, Mather Hospital administrators, board members, employees and supporters gathered for the ribbon-cutting for the new 3D mammography units.

Women receiving their annual mammograms will now have even more accurate screenings thanks to two new state-of-the-art 3D mammography units at the Fortunato Breast Health Center.

The new Senographe Pristina 3D Mammography Systems from GE Healthcare offer numerous improvements over older machines. Advances in imaging technology deliver highly detailed images which enhance a radiologist's ability to provide accurate diagnoses. Improvements in ergonomic design allow for improved patient comfort and relaxation. The units also protect patients by delivering the lowest radiation dose of all FDA approved 3D mammography systems.

Initial experience with the new units has been positive for patients and the entire breast imaging team. "The mammographic images are very clear and detailed, which helps us to identify abnormalities at the smallest possible size," says Dr. Michelle Price, Co-Medical Director of the Fortunato Breast Health Center. The new devices allow for improved detection rates and diagnostic accuracy over older mammography technology through the addition of tomosynthesis, also known as three-dimensional (3D) mammography.

The 3D mammography technology allows radiologists to see more than what is shown on a standard digital mammogram. "A traditional mammogram offers a top-down picture from compression of the breast tissue. With tomosynthesis, the '3D' portion of the exam, we get thin cross-sectional images so we can see what it looks like at different angles – in that respect, it is almost like a CAT scan," says Dr. Price.

A mammogram can reveal a tumor as much as two years before you or your healthcare professional can feel it. The Fortunato Breast Health Center recommends that women follow the American College of Radiology (ACR) guidelines for early detection of breast cancer. ACR recommends women

begin annual mammography screening starting at age 40. In some higher risk situations, earlier mammography screening or additional breast imaging studies, such as ultrasound, may be recommended.

Having your annual mammogram at a nationally accredited center, like the Fortunato Breast Health Center, provides peace of mind that you are receiving the most up-to-date care as strict standards must be continually met. Continuity is also very important in breast imaging. Having your mammogram done by the same center year after year allows your doctor to compare prior images and look for subtle changes or abnormalities. This can allow for early detection of breast cancer which in turn can lead to life saving treatment.

"Being able to look back at a history of breast images and compare with prior films is critical for being able to interpret studies correctly. That's a major advantage of coming to a place where you have established your medical records. It improves the accuracy of the reading," said Dr. Price.

The 3D mammography technology allows radiologists to see more than what is shown on a standard digital mammogram.



Center Improves Screening, Patient Comfort

In recent years a trend has developed among some patients to seek their mammograms at free standing or “retail” mammogram centers. While it’s better than no mammogram at all, having mammograms done by such centers poses potential risks for patients. For one, the accuracy of a reading is always impacted if the prior studies are not available for the radiologist to compare. Additionally, one cannot be certain that her mammogram will be interpreted by a breast imaging specialist, which may also impact the accuracy of the test. Finally, if an abnormality is identified, women often need to seek specialty care at a breast center to complete their evaluation and treatment. Having annual screening mammograms at a breast center like Fortunato Breast Health Center allows patients peace of mind that should an abnormality be found, all additional steps of diagnosis and treatment can be handled with expertise by their specialists.

The Fortunato Breast Health Center is one of only a handful of breast centers on Long Island accredited by the National Accreditation Program for Breast Centers (NAPBC). This recognition is given only to those centers that have voluntarily committed to providing the highest level of quality breast care and that undergo a rigorous review of their performance. A cooperative interdisciplinary approach is utilized, providing patients with the expertise of a whole team of breast specialists. The radiologists at Fortunato Breast Health Center, Dr. Michelle Price and Dr. Joseph Carrucciu, interpret nearly 12,000 studies a year and have a combined 60 years of experience in radiology. They also are well versed in the special needs of women with dense breast tissue.

Dense breast tissue affects 50 percent of women and requires extra attention to detail, commonly obtained through ultrasound screening. While mammography remains the gold standard for breast cancer screening, it has significant limitations when women have dense breast tissue. Many states, including New York, now have laws to ensure that women with dense breast tissue are informed of this fact, so they may seek additional testing. If there is a lump in the breast, it is ultrasound, and not mammography, which will show whether it is a cyst or a solid mass that may need further testing. For women with dense breast tissue, the combination of mammography and breast ultrasound significantly improves the chances of early detection.

Another benefit for patients of the Fortunato Breast Health Center is their Nurse Navigation program which ensures that every patient who has a breast

cancer diagnosis receives individualized care to help them ‘navigate’ the complexities of the healthcare system. These compassionate Nurse Navigators help with appointments, explain every step throughout the journey, and provide emotional support.

With the addition of the new 3D mammography systems, Fortunato Breast Health Center now has the ability to screen patients using some of the most advanced technology available. Paired with their depth of expertise, ongoing accreditation and strength in patient care they are ready to provide patients with the highest quality care.

▶ **To make an appointment for your annual mammogram, call the Fortunato Breast Health Center at 631-476-2771.**

NAPBC

NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

**Commission
on Cancer**



Fortunato Breast Health Center Co-Medical Directors Michelle Price, MD, and Joseph Carrucciu, MD.

These units also protect patients by delivering the lowest radiation dose of all FDA approved 3D mammography systems.

Severe Neck Pain Alleviated, Back to Work, and Life

Deborah Martinez of Miller Place is a home care nurse who always had problems with her neck. A previous MRI showed that she had a slightly herniated disc. However, last year she developed severe pain and numbness down her right arm and knew she needed to address the issue.

She was losing function in her right arm and wasn't able to perform her job as a nurse; she kept dropping things. A friend recommended the Back & Neck Pain Center (BNPC) at Mather Hospital. She had a thorough assessment and, based on her MRI, it was recommended that she see neurosurgeon Dr. Sumeer Sathi right away.

Dr. Sathi saw that the disc was slightly to the right and impeding on her nerve root and recommended that the disc be replaced. He performed a discectomy, removing disc fragments and replacing the herniated disc with an artificial one.

Mrs. Martinez hadn't thought her condition was that severe. She thought that perhaps she needed physical therapy. The BNPC team advocated for Mrs. Martinez to have surgery. They were concerned that she was going to lose function in her arm.

"I've never met anybody who genuinely cared like that" said Mrs. Martinez. "They kept checking in on me and following up. They definitely went above and beyond. And I really feel that they saved me from having to be disabled."

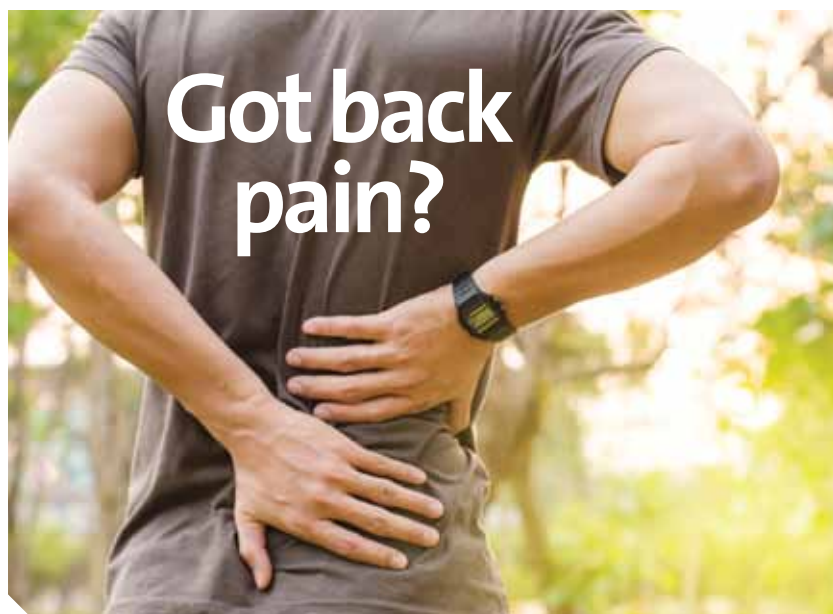
Extremely independent, Mrs. Martinez is thrilled to be back to work and able to care for her young daughter.

Only about 3% of patients at the BNPC are referred for surgery. "The goal of the BNPC is to treat our patients' pain through the most efficient and effective care, that is also the least invasive and least costly, said BNPC Administrative Director David BenElياهو, DC. "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 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."

▼ For more information about the Back & Neck Pain Center, call 631-686-2565.



Deborah Martinez and daughter Liliana.



Get relief from your back and neck pain.
Learn how at our FREE informational seminar:
Tuesday, May 15, 2018, 6:30-8:30 PM

Mather Hospital Conference Rooms A & B
75 North Country Rd, Port Jefferson, NY

If you've been suffering from chronic back or neck pain, Mather Hospital's Back & Neck Pain Center offers:

- Most appointments within 72 hours
- Comprehensive care including chiropractic, physical therapy, pain management, interventional radiology, orthopedics, neurology, neurosurgery
- Minimally invasive approach
- Most insurances accepted, including **Empire, United Healthcare, and NYSHIP**

▼ To register for the seminar, call 631-686-7880 or www.backreliefnow.org
For an appointment, call 631-686-2565.

Four-Time Cancer Survivor Attests to Precision CyberKnife of New York



"I felt a lump in my left breast for two years. I was tested and when the results came back my gynecologist said I want you to see this surgeon, Dr. (Randall) Schrager," said Jacqueline Guagliano of Farmingville. "This was in April 2003. My doctor said, yes, it's cancer. I'll never forget – my whole body shook from the top of my head down to my feet."

"My husband and I were separated and divorced, got back together, and re-married in June of 2003. We wanted to have the surgery done before we re-married. On May 27, 2003, I had a lumpectomy and eight lymph nodes were removed. Then I had to go back for general radiation to the breast. I love Dr. (Martin) Silverstein – God sent. I had 37 treatments to the breast and then I was told I was cancer free. So here I am – thrilled.

"In 2008, cancer showed its ugly head again. It went to my rib and back—in the bones. I was Stage 4. We treated the cancer with general radiation. I was cancer free in 2009.

"In 2011 it went into my spine. I felt comfortable with having radiation. My daughter Amy came with me and I had CyberKnife for the first time at a center further away. I'm looking at this machine and I'm going 'wow.' This machine is amazing. I had three treatments in 2012.

"In March 2017 I found out it's in my bones. Not in one area, but a lot of areas. Here I am, four times. Who survives cancer four times? I had to pick my radiation oncologist and of course I picked Dr. Silverstein, and I heard Dr. Silverstein has Precision CyberKnife. It's incredible. Why put your body through surgery when you can have Precision CyberKnife? Five treatments and you're done. That pain in the middle of my back from the cancer, it would take my breath away. After five treatments, the pain was gone.

"There is nothing better than CyberKnife from Mather Hospital. It's not only for prostate. It was comfortable in treatment, pain free. It was non-invasive and did not require anesthesia. I was able to immediately return to work after treatment. What is so important for cancer patients is how you feel when you first walk in. It's about your faith and positivity. When you walk into somewhere like Precision CyberKnife in Setauket, you know you are being taken care of. Everybody cares."

Precision CyberKnife of NY offers advanced treatment for cancerous and non-cancerous tumors. This non-invasive, non-surgical approach to care delivers highly concentrated beams of radiation to the tumor with submillimeter accuracy and real-time tracking, sparing healthy tissue.

► **For more information about Precision CyberKnife of New York call 631-675-5399 or go to www.precisioncyberknifeofny.org.**

That pain in the middle of my back from the cancer would take my breath away. After five treatments, the pain was gone." —Jacqueline Guagliano.



Want to have positive impact on the community? Join the Mather Hospital Auxiliary!

Founded in 1949, the Auxiliary raises money that directly benefits Mather Hospital. Fundraising activities include the Thrift Shop, Gift Shop, lobby sales, raffles and events such as the Fashion Show.

The Auxiliary, which was named 2017-2018 Hospital Auxiliary of the Year by the Healthcare Association of NYS, also participates in community outreach and advocacy programs.

► **For more information and to join the Auxiliary call 631-476-2749.**

 **Mather Hospital**
Northwell Health

Congratulations!



The Board of Directors congratulate Marie Mulligan, RN, PhD, Chief Nursing Officer, the entire Mather Nursing Staff and hospital family on achieving Magnet® Recognition Program® re-designation from the American Nurses Credentialing Center. Magnet Recognition® is the highest and most prestigious distinction a healthcare organization can receive for nursing excellence and high-quality patient care. There are only 475 Magnet® designated hospitals worldwide.

Kenneth A. Jacoppi, Esq.
Chairman

Kenneth D. Roberts
President