

NORTHWELL CONNECTIONS

VOLUME 1, 2024

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that lasts**

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without pain**

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for the heart:
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**Northwell
Health®**

FROM MATHER HOSPITAL

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News & notes

FROM MATHER HOSPITAL AND ACROSS NORTHWELL HEALTH

A health care high school for a healthier future

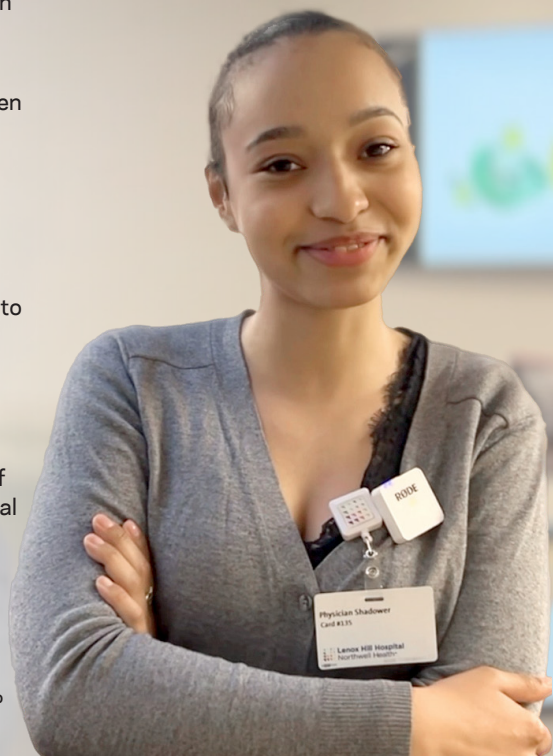
You probably didn't learn this in math class — but sometimes two problems can add up to a solution. That's the thinking behind an innovative collaboration between Bloomberg Philanthropies and 13 health systems across the country, including Northwell Health in New York.

Problem number one: A national health care staffing shortage is expected to worsen over the coming decades. Problem number two: Young people in disadvantaged communities often struggle to find good jobs in high-growth industries. Put those issues together and you get the new initiative: The 13 health systems are creating health care-focused high schools, with paid internships and guaranteed job opportunities for those who meet graduation requirements. The schools will collectively serve nearly 6,000 students from underserved communities. The Northwell School of Health Sciences will be in Woodside, Queens, and is expected to open in fall 2025.

"People talk about the workforce shortage of the future," Northwell President and CEO Michael Dowling told *Becker's Hospital Review*. "There's only a workforce shortage of the future if you don't do anything today."

Northwell has been building a school-to-health care pipeline for years. Hundreds of students have made careers in health care disciplines thanks to Northwell's Medical Scholars Pipeline Program and the College Pipeline Program at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

In 2023, high school senior **Ayannah Fernandez**, right, was able to observe a C-section when she participated in an internship at Northwell as part of FutureReadyNYC, a program of the New York City public school system. "Words can't describe it," she says. "This really helped set the bar of what I want. I'm 100% going to be a doctor."



CONGRATS AND KUDOS

A sampling of awards and accomplishments at Mather Hospital

Mather Hospital has been named one of **America's 250 Best Hospitals for 2024** by Healthgrades, a leading resource communities use to find a hospital or doctor. It's the second consecutive year Mather Hospital has received the recognition, which puts it in the top 5% of hospitals nationwide for clinical performance.



Mather Hospital is one of just five hospitals in New York State to receive the Healthgrades **Outstanding Patient Experience Award**, winning the honor for the fourth year in a row. The award recognizes the hospital's commitment to ensuring a superior patient experience.



News & notes

FROM MATHER HOSPITAL AND ACROSS NORTHWELL HEALTH

A new name for Harbor View

You probably know Harbor View Medical Services, PC, the physician group that has long provided care to the Mather service area. That exceptional organization remains the same, but its name has changed: It's now Mather Medical Group, to acknowledge the close connection with Mather Hospital.

Mather Medical Group provides a broad scope of services — everything from family medicine to vascular surgery. Its Back & Neck Pain Center can address many common spinal issues, such as sciatica, spinal stenosis and pinched nerves. No matter what your needs, the group can help.



To learn more or make an appointment, scan the QR code.



Expert care for eating disorders

Who can have an eating disorder? Anyone, says Sue Morin, RN, NPP, director of Mather's Partial Hospitalization Program. "Eating disorders (ED) don't discriminate — they impact individuals of all races, ethnicities, sizes, economic status, religions and genders," Morin says. "And if they're not treated, they can have a high mortality rate."

The good news is that Mather offers a comprehensive treatment program for patients 12 years of age or older with anorexia nervosa, bulimia nervosa or binge eating disorder. The team includes a psychiatrist, social worker, psychiatric nurse practitioner and nutritionist. There are separate groups for adolescents and adults, and therapies to help individuals manage their emotional, social and behavioral symptoms. The program also runs monthly ED Support Group.

"When it comes to eating disorders, early detection and intervention are critical," Morin says. "Treatment can be effective and lifesaving."

For more information about the program, call 631-473-3877 ext. 4853.



DID YOU KNOW?

To support a healthy environment, Northwell plants approximately **30,000** trees each year — one for every baby delivered in the health system!

Are you eligible for free cancer screening?

Screening for breast, cervical and colorectal cancer can save lives by detecting issues early. That's why the Cancer Services Program (CSP) of Suffolk County, funded by the New York State Department of Health and based at Northwell's Peconic Bay Medical Center, provides screenings and diagnostic services at no cost to residents who qualify.

"Access to screening and treatment is crucial in the fight against cancer," says CSP director Maureen O'Connor, LMSW. "We encourage everyone to get screened, and we don't want lack of insurance to stop you."

Eligible participants live in New York State, fall within the age guidelines for each screening test, and either don't have health insurance or have insurance with a burdensome cost-sharing requirement.



To find out more, scan the QR code.

3 QUESTIONS FOR...

John J. Yu, MD

The orthopedic surgeon talks about what drew him to medicine and what he loves about his field.



Q: What made you want to become an orthopedic surgeon?

As a young child, I had a feeling that medicine was going to be my calling. When I was four years old, I developed a hip infection, which required surgery and immobilization in a body cast for weeks. Initially, doctors weren't very optimistic about my ability to run and play sports, but, fortunately, I had a good recovery. Afterward, I ended up playing sports and being as active as any other child. This experience

gave me a sense of how transformative medicine can be.

In medical school, I was drawn to surgery, and gravitated toward orthopedics after being exposed to a total knee replacement as a student. I found the operation fascinating, and, as they say, the rest was history.

Q: Are there trends in orthopedics that you wish people knew about?

I'm seeing many children who are playing multiple sports,

practicing every day even at a young age and developing overuse injuries as a result.

This is a pattern across the country, and I think many doctors in my field would advise parents to encourage downtime. Another trend is the pickleball craze (see "Pickleball without pain," p. 12). It's clearly a lot of fun, and it's wonderful that all ages can play. But here, too, it's possible to overdo it. If you're older and want to play multiple days a week, you may need to do some resistance training to build up muscle mass and protect against injury.

In terms of innovations in treatment, there have been important advances: There are more minimally invasive procedures than ever, along with more sophisticated tools. These different options allow me to take a more personal approach to each individual patient. I always take the time to explore my patients' needs and preferences, and I tailor their treatment based on those conversations.

Q: What are some of your favorite parts of practicing orthopedic medicine?

One of the biggest satisfactions of orthopedics is that treatments can make a profound difference in a patient's quality of life. For instance, I'm one of a few surgeons with the training to perform something called a total ankle replacement. When patients have a very arthritic joint, an ankle replacement can provide great pain relief and restore the ability to function. I love being able to help people in this manner.

Another pleasing aspect of my work environment is Mather Hospital itself. It's a very family-oriented hospital. Everyone's always working hard, but they always say hello and have a smile on their face. That's special.

DID YOU KNOW?

We're orthopedics rockstars! Mather Hospital was recognized as one of the only nationally ranked orthopedics programs in Suffolk County in U.S. News & World Report's 2023-24 Best Hospital rankings.




To schedule a consult with Dr. Yu, scan the QR code or call 631-832-4376.



A workout for the heart

Mather's new cardiac rehab program helps people recover from cardiovascular problems — and live a longer, healthier life

Ken Klein narrowly avoided a heart attack, but after cardiac rehab he feels healthier than ever.



After barely avoiding a heart attack and undergoing triple bypass surgery, the last thing Ken Klein wanted was a workout. Yet his cardiologist,

David Shenouda, DO, reassured the 65-year-old it was a good idea and nodded toward the elliptical machine. "Exercise is a tremendous benefit after a cardiovascular event," said Dr. Shenouda.

Klein's concern was understandable. The grandfather of three was only a couple of months removed from open-heart surgery at Northwell's South Shore University Hospital. Could his heart take the strain? "It seemed like climbing a mountain," Klein says.

But not only could Klein's cardiovascular system withstand the right kind of exercise, Dr. Shenouda said, Klein's heart and arteries would recover faster with an evidence-based workout program. That's why Dr. Shenouda had prescribed a stint in Mather Hospital's new cardiac rehabilitation program: It would be a crucial part of Klein's recovery.

Rehab for the heart

When it comes to treatment for a heart attack, people usually think about urgent, high-stakes interventions: open-heart surgery like the one Klein received, or an angioplasty that opens a clogged artery. But what comes *after* those dramatic moments is a critical part of saving a patient's life. One of the best-kept secrets in heart care, cardiac rehab can cut the risk of a repeat heart attack by up to 31% and reduce the risk of dying in the years that follow by as much as 47%.

"There's very strong evidence that cardiac rehab reduces the risk of death for people with coronary artery disease," says Dr. Shenouda, director of Mather's new program. "It makes it less likely that patients will need to

be admitted to the hospital, and it also improves their mobility, quality of life and mood. It's a tremendous benefit."

Nagging pain and a sudden attack

Klein, a retired teacher and school bus driver who lives in Selden, hadn't been feeling quite right for a while. Doing yard work last summer, he would get chest pains now and then, though they'd go away when he took a break. Eventually, it got so bad that he couldn't even sweep up without feeling winded.

Dr. Shenouda scheduled tests, but the day before Klein's appointment, he got slammed with pain in his chest, neck and jaw. "I knew something was wrong," he says. "I could barely walk." When a cardiac catheterization showed major blockages in two arteries and a substantial obstruction in a third, Dr. Shenouda transferred him to South Shore University Hospital for surgery. "The doctor told me I was in dire need of a bypass," Klein remembers. "He was pretty blunt."

As Klein lay in his hospital bed the night before his surgery, he kissed his wife, Denise, for what he feared would be the last time. There was no way he could know that just a few months later, he'd be spending several days a week doing serious exercise. But once Dr. Shenouda explained, Klein was quickly convinced. "After what I went through, I wanted to do everything I could to get myself healthy again," he says.

Cardiac rehab is not a DIY proposition: A heart patient can't — or at least shouldn't — just lace up a pair of sneakers and start pushing himself. Instead, says Dr. Shenouda, "It's an evidence-based program of carefully selected and monitored exercise, plus patient education." (See "A workout that saves lives," next page.)



At the Mather program, the first visit provides an opportunity for the rehab team and the patient to get to know each other. Then the team — Dr. Shenouda, physical therapists, registered nurses, a registered dietitian and a licensed social worker — creates a personalized plan. Says Paul Furbeck, administrative director of the program, “Everything we do is individualized according to the patient’s needs and goals.”

Cardiac rehab can be appropriate for people with a wide range of characteristics and conditions. People in their 90s can benefit; so can young people who have had a heart attack or have certain congenital cardiovascular



What helps: exercise machines, expert oversight and a sense of community.

conditions. “Cardiac rehab can help a young and athletic heart patient get back to a very high level of activity as well as help an 85-year-old get strong enough to participate in the activities of daily living,” says Furbeck, who is a physical therapist by training.

Sessions start with about an hour of exercise. The team keeps a watch on a patient’s vital signs the entire time. For many patients, that adds a level of comfort, Furbeck notes. After all, it can be scary for someone who’s recently had

a heart attack or serious heart surgery to think about getting on a treadmill.

Participants can also take classes on nutrition and other approaches to making their lives more heart-healthy. They can even work with a dietitian on meal plans. “I realized that I had a terrible diet before, but now, I read every label,” says Klein.

Making recovery easy

Mather Hospital’s new program was prompted by a pressing need in the community. There were few cardiac rehab programs in the area, Lisa Malcomson, director of rehabilitation services, and Nicole Hoefler, RN, nursing director of the cardiac catheterization lab, pointed out — and all were overcrowded.

Indeed, with a six-month wait at one of two nearby locations, few heart patients treated at Mather’s new cardiac catheterization lab were able to find a spot. “There was a huge demand,” Dr. Shenouda says.

“As soon as we opened up, we were immediately getting referrals,” says Furbeck. “It’s been so great to be able to get patients in here quickly.”

A new start

After Klein’s first cardiac rehab session in December, it took just a couple of workouts to make him a convert. He quickly conquered the elliptical machine and, once he was cleared to do so, started weight training. With the support of the rehab team, he began walking two miles around his neighborhood most days. “It’s rough getting up the hills, but every day it’s a little easier,” he says.

The program has also helped in other ways, such as helping him shift away from fast food and toward a diet heavier in fish and vegetables. He’s shed 45 pounds so far.

Having the structure and routine of his sessions at the hospital helps him stay committed, he says. Besides, he’s made friends. “Being there with others inspires me to do more. It really helps with motivation,” he says.

“I thought of myself as healthy before,” he adds. “But now, I really am healthy.”

A workout that saves lives

Studies show that cardiac rehab programs improve health and reduce complications for heart patients — in fact, they increase life expectancy by as much as five years. So it’s not surprising that participation is usually covered by Medicare and most private insurance plans.

Cardiac rehab requires a doctor’s referral. If you think it might be right for you, the team at Mather’s program can contact your doctor to facilitate that process. Call 631-518-3100.

To see Mather’s cardiac rehab program in action, scan the QR code.



“I always tell patients that exercise is just as important as the medications I prescribe.”

— David Shenouda, DO





Weight loss that lasts

Patient Dan Krischer wants to spread the word: Bariatric surgery can be life-changing

Unless you live under a rock, you've probably heard some miraculous-sounding weight-loss stories recently. They're everywhere, thanks, in part, to the runaway popularity of Ozempic and Wegovy, prescription drugs that suppress appetite as long as you take them. But can they deliver life-long weight loss? The jury is out on that, but there's another tool in the weight-loss toolbox that is a proven life-changer, according to surgeon Arif Ahmad, MD. It's bariatric surgery, and Dan Krischer, who was once 508 pounds, is a testament to how it can work long-term.

On August 12, 2019, Krischer had a sleeve gastrectomy, or "gastric sleeve" — a type of bariatric surgery that reduces your stomach to about 15% of its original size. Dr. Ahmad, head of Mather Hospital's metabolic and bariatric surgery program, performed the minimally invasive surgery, which has the same very low level of risk as laparoscopic gallbladder surgery. Krischer was home from the hospital the next day, and the day after that, he went to work. His diabetes was gone. His sleep apnea soon resolved. Within 18 months, he had lost 300 pounds.

Krischer, now 62, has maintained his current weight, about 200 pounds, ever since, packing on muscle. "I'm living now," he says. That's the best way he can put it. He's *living*.



The long journey to wellness

It was nearly 20 years ago that Krischer first went to one of Dr. Ahmad's seminars on bariatric surgery. At the time, Krischer was in his mid-thirties and the father of young kids. He weighed north of 300 pounds, but that didn't seem like such a big deal. "I looked around and it seemed like everyone was bigger than me," says Krischer, who lives in Port Jefferson Station. "I was young and I thought, 'I can lose the weight on my own.'"

But by 2019, he had type 2 diabetes and sleep apnea, took 13 medications and tipped the scales at 500 pounds. He was getting sick multiple times a year and was in and out of the hospital. In early 2019, he had cellulitis, a potentially serious infection of the skin, which required a lengthy hospital stay and rehab. Then on Easter Sunday that year, he woke up and was having trouble breathing. "It really alarmed me," he said. His wife, Rosemarie, and grown son and daughter were scared, too.

Krischer had pneumonia. Back into the hospital he went.

When he got home, he signed up for another of Dr. Ahmad's free seminars. "This time, after the seminar, I made an appointment to see him," Krischer says.

"He was trapped in his own weight," says Dr. Ahmad, whose program treats the most patients of all Northwell Health hospitals. "He had a very high body mass index [BMI], which severely affected his quality of life." Staying at that weight, the physician adds, would likely have cut his life short by 15 years or more.

The invisible effects of weight-loss surgery

As a person becomes obese, their body starts working against them. For example, your joints hurt too much to move, so you don't exercise. That makes you put on more weight, which makes your joints hurt worse. Same with metabolic disorders like diabetes: The weight makes diabetes worse, which makes the weight gain worse,



BEFORE When Dan Krischer weighed more than 500 pounds, he felt trapped by the excess weight.

which makes diabetes worse. "It's a vicious cycle," Dr. Ahmad says.

Surgeries like the gastric sleeve, gastric bypass and gastric balloon — all of which Mather offers — interrupt that cycle. This is why it's called bariatric *and metabolic* surgery: The procedure actually changes elements within your gut that control diseases like diabetes and even acid reflux.

"The surgery gives you the tools," Krischer says. "But you have to be prepared to start eating right." These days, Krischer adheres to a diet of 1,500 calories a day. He knows that it sounds like deprivation — that's how it would have sounded to him before. But he simply gets full quickly.

"There's no food I can't eat. I just eat less of it," he says. If he and his wife eat out, they split a meal, or he takes home two-thirds of his entree and gets two more meals out of it. If he wants to splurge on a cheeseburger or a piece of pizza, he eats less of other things.

Dr. Ahmad explains that in addition to shrinking the stomach, bariatric surgery reduces levels of ghrelin, a hormone made in your stomach

"I always tell people that the doctors will get you to where you need to be, but if your head isn't right, you will put the weight back on."

— Dan Krischer

that signals to your brain that you're hungry. "It means that people are satisfied by eating a lot less," he says.

Levels of ghrelin will stay low for years after the surgery, but about 15% of patients do regain significant amounts of weight. The most successful patients are like Krischer — dedicated to maintaining healthy lifestyle and eating habits. For those who are struggling a year or more after surgery, Mather has a program called "Back on Track," which helps people with their health goals.

Kickstarting healthy habits

Dr. Ahmad got Krischer involved in his own treatment from the start. Before even scheduling the operation, the surgeon asked him to lose 40 pounds. This would get Krischer healthier for surgery, as well as help kickstart a healthier approach to eating. Krischer, who was highly motivated by that point, went further: He lost 56 pounds before surgery.

He got help in that early effort from a nutritionist who works just across

the hall from Dr. Ahmad's office. Nutrition has always been a key part of the program. In fact, Dr. Ahmad himself did an 18-month fellowship in nutrition — something unheard of for most bariatric surgeons. But he felt it was important to fully understand that aspect of bariatric and metabolic surgery.

Mather's program also includes social workers, who are licensed counselors and offer support to patients before and after surgery. There is a cardiology and sleep center on site, as well as post-op support groups that meet regularly.

"We have it all under one roof," says Dr. Ahmad. It's one of the reasons the program has been recognized by the nonprofit Surgical Review Corporation (SRC) as a Center of Excellence in Metabolic and Bariatric Surgery. It also earned Healthgrades' Bariatric Surgery Excellence Award for six years in a row.

The program also benefits from the fact that Mather Hospital is the first Robotic Surgery Center of Excellence in New York State, according to the SRC. (See "A leader in robotic surgery," p. 15.) Why that expertise matters: Using robotic surgery offers even more precision, allowing him to operate safely on people with very high BMIs.

A revamped lifestyle — and a drive to help others

Krischer considers his gastric sleeve surgery one of the best choices he ever made. It's why he speaks at Dr. Ahmad's seminars once a month. "I always tell people that the doctors will get you to where you need to be, but if your head isn't right, you will put the weight back on," he says.

For Krischer, reaching and maintaining his health goals meant completely changing his lifestyle. As vice president of Long Island's Own Home Food Service, a food delivery service, he has some flexibility. Every day at 11 a.m., he heads to the gym, where he does cardio (the bike or the treadmill) or weight training. He's transformed both his body and his habits. "I used to wear a 7X. Now I wear a large," he says.



AFTER: The combination of surgery and support empowered Krischer to change his life.

He appreciates the small things, like being able to tie his shoes, and the big things, like being able to fly again. One of his most embarrassing moments happened at a Long Island airport a few decades ago. He and some colleagues were set to fly on a business trip when an airline representative told Krischer he needed to buy a second seat in order to fly. He told his colleagues he wasn't going with them after all and went home. "And then I didn't fly for more than 20 years."

Things are different now, and freedom from self-consciousness at the airport is the least of it. Both his son and daughter are now married, and each recently had their first child. "Back on that awful Easter Sunday,

my son and daughter both said to me, 'Dad, you've been there all along. We want you to be there when we get married and have kids. But you're not going to be if you don't do something about it,'" Krischer says.

It was the motivation, the reset he needed. And it's why he tells his story, month after month. Others can get their lives back, too.



To make an appointment or learn more about bariatric surgery at Mather Hospital, call 631-528-2577 or scan the QR code.





PICKLEBALL WITHOUT PAIN

A new sports obsession has brought pleasure to Americans across the country — and injuries to more than a few. Here's how to stay safe on the court.

Forget “fad” or “trend.” Over the past few years, pickleball has become a phenomenon, winning fans like some Taylor Swift of leisure-time activity. A combination of tennis, badminton and ping-pong, it's one of the fastest-growing sports in America: According to a report by the Association of Pickleball Professionals (APP) more than 48 million American adults — nearly 19% of the total population — have played pickleball at least once in the past 12 months. That's up 35% since the APP's previous report, which ran through the summer of 2022.

It's easy to see why people are flocking to this racquet sport. Besides being addictively fun and easy to learn, pickleball delivers a quality aerobic workout, one that helps build speed, agility, balance and control. It's also a great way to build social connections. And all these benefits are available no matter your age: Pickleball requires less running than tennis or badminton, so it's good for staying active and having fun, says Nicholas Sgaglione, MD, executive director of the Northwell Health Orthopaedic Institute and chair of orthopedic surgery at the health system.

But any activity more vigorous than knitting comes with risk, and pickleball is no exception. Indeed, Northwell practices have seen an increase in pickleball-related injuries over the past few years, especially in those over 65. “It's a forgiving sport, so you can have fun at any level,” says Dr. Sgaglione, a pickleball fan himself. “That said, it still involves



THE PLACE TO GO FOR CARE

Whether you overdid it on the court or need help with another musculoskeletal issue, the orthopedic specialists at Mather Hospital are known for their clinical expertise and compassionate care.

To make an appointment or find out more about orthopedics at Mather, call **631-526-7192**.

For more information, scan the QR code.



sudden acceleration, quick stops and lunging, so it can lead to injuries.”

Fortunately, following a few easy rules can go a long way toward reducing your risk — and it’s worth paying attention so you can enjoy pickleball for years to come.

“Pickleball offers both physical and social benefits, so it’s good for your mind and body,” says Dr. Sgaglione, the Mauri-Martocci Professor of Orthopaedic Surgery. “It’s a great sport for your long-term health.”

So how can you make sure you stay injury-free on the hard court? Here are six steps that can help.

1 EASE INTO IT.

Pickleball players — or “picklers” — can suffer both acute injuries and the chronic kind that stem from overuse. Falls on the court can produce cuts and bruises or even sprains and fractures; overuse injuries include rotator cuff strain and other shoulder issues, along with tendonitis affecting the Achilles tendon, hamstrings and elbow. (“Pickleball elbow” is very similar to tennis elbow.) To lower your risk, start

slow and don’t overdo it, Dr. Sgaglione says, especially if you haven’t been physically active for a while. Try a weekly game at first, then ramp up to a twice-weekly pace if you’re feeling fine. If you have a preexisting condition, check with your doctor — pickleball can exacerbate a problem like knee arthritis, which affects many on the far side of age 65. Fortunately, most people with the condition can still play — in fact, staying active is helpful for arthritis. But it’s especially important to go slow and listen to your body.

2 DON'T FORGET TO STRETCH.

Spending a few minutes before and after games stretching your major muscle groups, plus your wrists and arms, has a number of payoffs, says Dr. Sgaglione. “Before you play, stretch and warm up,” he says. “After you play, stretch and cool down.” The prep makes your tendons more supple and pliable, so you can move fast and explosively without causing a tear, he says, while stretching after a game can reduce post-exercise stiffness.



3 BUILD UP YOUR STRENGTH.

Depending on how competitive you are, pickleball counts as moderate to vigorous intensity aerobic exercise. (The National Institutes of Health's guidelines recommend adults build up to at least 150 minutes to 300 minutes a week of moderate-intensity aerobic activity each week, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic activity.) But it's important to balance that with muscle-strengthening exercises two or more days a week, or as directed by your doctor. Pay particular attention to your core, which supports upper and lower body — if that's weak, you're likely to use other muscles to compensate, which can raise your risk of injury. Good core exercises include pushups, abdominal crunches and floor or wall planks.

4 WEAR THE RIGHT GEAR.

Pickleball may seem easy on the body, but it includes plenty of lateral movement, quick acceleration and sudden stops. To get the support you need, choose athletic shoes designed for court sports, since running shoes may not offer sufficient support and aren't designed for lateral movement.

Don't limit your attention to shoes and paddle. The balls in the sport may be hollow and lightweight, but they're made of a hard polymer and travel at a very high rate of speed. Choose shatter-resistant sunglasses or invest in a pair of goggles. If you suffer from wrist pain after playing or have arthritis or tendonitis, a wrist brace may help.

5 STAY ALERT.

Sure, most of your attention will be trained on your opponents, and on teaming effectively with your partner. But to avoid injury, you also need situational

awareness. For instance, one of the joys of the sport is that it can be played year-round — but it can be dangerous to play on a wet court. USA Pickleball suggests a simple court safety check: Press your toe down firmly on the court and make a twisting motion. If you leave an obvious wet spot, the surface is unsafe for play.

6 HYDRATE, HYDRATE, HYDRATE.

It's easy to get caught up in the excitement of a match and forget to drink enough fluid. But staying hydrated can help you avoid dizziness, fatigue and lightheadedness, or even irregular heartbeat and fainting. Sports drinks supply electrolytes, which can help ward off cramping and stiffness, Dr. Sgaglione says.

Just be aware that the sugar content in some of those drinks is high — so choose wisely.

Prep for pickle

Target the muscles that are used most in pickleball to increase your flexibility, mobility and strength. Three stretches that work:



Hamstring stretch

Lie on your back with legs straight, then bring one knee to your chest. Hold under your bent knee while you straighten the leg as far as you can. Repeat with other leg.

Achilles tendon stretch

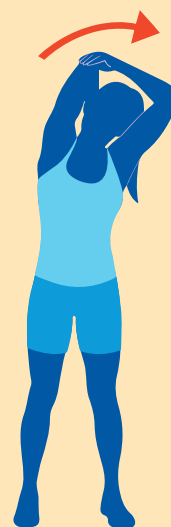
Face a wall, with hands on the wall at about eye level. Place one foot behind you, with your knee straight and heel on the floor. Lean your



upper body toward the wall until you feel a stretch in your rear leg; hold for 30 seconds. Repeat with other leg.

Standing shoulder stretch

While standing, raise one arm above your head and bend the elbow 90 degrees. Lean in the opposite direction while gently pulling on the bent elbow. Repeat with opposite arm.



ONE
MORE
LOOK



A LEADER IN ROBOTIC SURGERY

MATHER BY THE NUMBERS

1,663
ROBOT-ASSISTED
OPERATIONS IN 2023

1ST
CENTER OF EXCELLENCE
IN ROBOTIC SURGERY IN
NEW YORK STATE

24/7
ACCESS TO ROBOTIC
PLATFORMS FOR
SURGEONS

21
ROBOTIC SURGERY
EXPERTS

5
DA VINCI XI ROBOTS

Mather Hospital is proud to be accredited as the first Robotic Surgery Center of Excellence in New York State — a recognition of our outstanding record of care and patient safety. Robot-assisted surgery offers numerous benefits compared to traditional open surgery, including a lower risk of infection, less pain during recovery and shorter

hospital stays. One way the instruments provide a boost: They're able to rotate and contort in ways the human hand can't, so surgeons can make moves that aren't humanly possible. Robotic assistance allows surgeons to see better and move better, so they get a more precise result — one that's faster, safer and more accurate.

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