

CARINGConnection

A PUBLICATION OF ST. JOSEPH'S HEALTH | FALL 2016 | VOL. 11, NO. 1

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ST. JOSEPH'S
Health
A Higher Level of Care



Dear Reader,

I'm pleased to introduce you to the new St. Joseph's Health Caring Connections magazine. As the health care industry continues to evolve, it is very important that we keep our patients, employees, physicians, volunteers, donors, and the community at large well informed of our efforts to provide the best possible care in the right place at the right time.

As we focus on the six key areas that guide all we do — People Centered Care; Engaged Colleagues; Operational Excellence; Physicians and Clinicians; Leadership Regionally; and Effective Stewardship — we are especially pleased to congratulate our hospital on its most recent accomplishments. The national recognitions it has earned help demonstrate our significant and sustained progress as we all work together to achieve our mission of being passionate healers dedicated to honoring the Sacred in our sisters and brothers.

We are very proud of our ranking as one of the Best Regional Hospitals in New York State by U.S. News & World Report. Not only were we ranked #13 in New York State, but St. Joseph's is the ONLY hospital in our region to have achieved this recognition — receiving “Best in Syracuse Metro” and “Best in Central New York” recognitions. What's even more impressive, St. Joseph's is ranked as a high-performing hospital in all nine areas measured by U.S. News & World Report. In addition to being named a Most Wired hospital for the seventh year in a row by the American Hospital Association's Health Forum, we also received three stars from the Centers for Medicare and Medicaid Services (CMS) — best among area hospitals.

When looking at the other hospitals and health care institutions that made these lists, we see a strong testament to our 2015 decision to become a part of the Trinity Health system. Our extended family of employees has demonstrated tenacity in the midst of profound change, an unwavering commitment to our mission, and a genuine commitment to caring for the populations we serve.

So, I'd like to extend a special thank you to our doctors, nurses, staff and volunteers for your hard work, commitment to our mission, the advances you are all making in medical care and technology, and your dedication to delivering a higher level of care at St. Joseph's and throughout our community. And thank you to our patients and our partners across the region for placing your trust in our system and our staff. I hope you will all join me in celebrating these tremendous accomplishments, and I hope you enjoy our new issue of Caring Connections.

Kathryn H. Ruscitto
President and CEO

We are very proud of the work we do here at St. Joseph's and we thank you for your continued support.



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A Marathon Recovery

Dr. Karen Bertrand, family physician with St. Joseph's Physicians Heritage Group in Cazenovia, grew up in New York's North Country region. A competitive runner since the sixth grade, Dr. Bertrand sees running as therapy; it is her time to clear her mind and enjoy the outdoors. She had her sights set on the 2016 Boston Marathon when her dreams were nearly dashed by a knee injury just a few months before she would run the biggest race of her life.

A Love of Running

"I wanted to do sports in school and because we didn't have much money, my father suggested I pick something that didn't require equipment; I chose running and I never stopped! When I crest the hill it's the closest to God I ever feel. It's my time for prayer. I think about my patients and my family," said Dr. Bertrand.

Running is where Dr. Bertrand gets her best ideas. She has always made time for running and eventually ran her first Honolulu Marathon in 2002 with her husband for the Arthritis Foundation. She hit the running zone performing in local races such as the CNY Bread Run and Iron Girl. She felt she was doing well enough to train and qualify for the Boston Marathon — which she did at the Empire State Marathon in 2014 with a time of 3:34:30.

For a small town girl who had never been to a large city, the idea of running in Boston was exciting. It would be the perfect reason to travel with her family and see the sights.

"Boston is one of the most famous marathons, and the history of the race is as amazing as the city's itself. I was also driven by the need to stand by my fellow runners following the bombing in 2013 — I was not afraid," said Dr. Bertrand. And with that she was committed to training for the race to be held on April 18, 2016.

January 11, 2016: The Injury

As many runners do, Dr. Bertrand supplemented her running with cross training, and while doing box jumps her knee buckled inward and was stuck in a flexed position. Neither rest, elevation, ice nor massage therapy reduced the swelling or the pain. It was clear it was time to seek help from an orthopedic surgeon.

"I thought I had ruined my shot at Boston. I knew I needed a doctor who was also an athlete. They would understand what running meant to me and get me to the race," said Dr. Bertrand. "I knew Dr. Parker from my residency and I knew he was an avid triathlete and would understand my desire to compete."

February 5, 2016: The Surgery

"It was clear she [Dr. Bertrand] could not run a step without a lot of pain and swelling," said Dr. John F. Parker, orthopedic surgeon with Syracuse Orthopedic Specialists in Syracuse. "An MRI confirmed a meniscal tear in her knee. Qualifying for the Boston Marathon is a big deal so we sat down to discuss whether I thought she could participate if I did surgery. She realized if I didn't do surgery she wouldn't be able to run." Dr. Parker performed the surgery to repair the knee 10 weeks prior to the 2016 Boston Marathon.

JANUARY 11, 2016

THE INJURY

Dr. Bertrand tore the posterior horn of the medial meniscus. The tear obstructed her knee joint limiting motion and causing pain so Dr. Parker removed the piece that was torn, allowing the joint to function properly. To understand Dr. Bertrand's injury and the surgery that followed, imagine an object jamming a door in the open position and the door will not move to a straight position; once the object is removed, the door functions as intended.

"I had pretty much eliminated Boston," said Dr. Bertrand. "I told everyone that I wasn't doing it. I was pretty pathetic."

Clinically the surgical result was excellent, but Dr. Bertrand's ability to run in Boston was still in question.

"I hadn't run in 12 weeks. My leg was swelling even after short distances and my stride was off, but I told my husband I had to make it to Boston. If Dr. Parker said it was okay, then I was going to try to run," said Dr. Bertrand.

Dr. Parker approved Dr. Bertrand to participate in the marathon and on April 18, 2016 she ran with some of the greatest athletes in the world.

April 18, 2016: The Boston Marathon

Dr. Bertrand told her husband that she thought she would make it five miles before swelling and pain would stop her. He planned to meet her there.

"I got to mile five and my knee hadn't swollen so I told my husband to meet me at the half. It was then I had a conversation with God. I said 'If it's your will, let me finish another mile,'" said Dr. Bertrand. From that moment on she was inspired by those around her: the children, the 2013 Boston Marathon bombing survivors, the elderly, and the blind runners with their guides. She was also inspired by her patients.

Feeling tired at the half she thought of her patients. The ones that she'd delivered bad news to, and those with diagnoses limiting mobility and keeping them from running on their own. She dedicated each mile remaining to a different patient, repeating their names and stories with each stride. Before she knew it she was nearing the finish line, and filled with an amazing sense of accomplishment and God's grace.

"I threw my hands up and cried as I crossed the finish line — it was incredible. In my bedroom there is a sign that says celebrate every mile, and that's exactly how I finished that marathon. Every mile I get to run is a blessing," said Dr. Bertrand. Still in recovery from knee surgery, she was satisfied to have completed the 26.2 mile course in 5:08:13.



WHAT'S NEXT?

Thanks to Dr. Parker and her own commitment to recovery, Dr. Bertrand continues to run. She hopes that she and her husband will qualify for a future Boston Marathon and that time she will get to race it. She also notes for fellow runners with dreams to run Boston that "Heartbreak Hill" has nothing on the hills of Pompey and Cazenovia!



St. Joseph's Health and Syracuse Health Coalition Receive Grant from Trinity Health's Transforming Communities Initiative

In March, St. Joseph's Health announced that the Syracuse Health Coalition has been awarded a grant for \$500,000 per year over the next three years as part of Trinity Health's national "Transforming Communities Initiative." St. Joseph's Health will serve as the lead organization for this project.



**BECHARA
CHOUCAIR
M.D.**

Senior Vice President
for Safety Net &
Community Health,
Trinity Health

Through this initiative, Trinity Health is investing in partnerships across the country that address some of the root causes of poor health to encourage beneficial health care/community organization collaborations.

Bechara Choucair, M.D., senior vice president for Safety Net and Community Health at Trinity Health, believes that by supporting existing community strengths and resources, and integrating at the community level, more value is added within communities.

"St. Joseph's and the Syracuse Health Coalition have a strong record of success in transforming the health and well-being of the communities' most vulnerable populations and we are providing them the resources to take it to the next level," said Choucair.

"These efforts address key drivers of community health. They'll work because they represent strong, collaborative local efforts — just the kind needed to create lasting community change."

The programs that will receive funding in Syracuse address local breast-feeding policies, increased access to indoor recreational space, and implementation of elements included in the city's plan for Complete Streets.

These programs focus on policy, systems and environmental changes that can directly impact identified areas of high local need by leveraging the expertise of Trinity Health system, St. Joseph's Health and Syracuse Health Coalition, and funding and other resources to improve community health.

"We [Trinity Health] want to be a resource to empower communities to transform the environment where people are living, working, playing, praying and learning, so that we can build capacity for better health for our patients and community residents," said Choucair. "We're excited to be a part of the continued community momentum and transformation in Syracuse."



S Y R A C U S E
Health Coalition

Over the next five years, the combined national effort from Trinity Health will result in the investment of about **\$80 million** in grants, loans, community match dollars and services for a number of communities as collaborating partners work together to improve community health and well-being.



Front Row (L to R): Luis Castro, MD, Medical Director, St. Joseph's (SJ's) Primary Care Center—West; Rebecca Bostwick, Lerner Center for Public Health Promotion, Syracuse University; Christopher Owens, Director, SJ's Regional Center for Tobacco Health Systems; Stacey Keefe, TCI Program Director, SJ's Health; Deborah Welch, Vice President, SJ's Health; Dr. Choucair, Trinity Health; and Indu Gupta, commissioner, Onondaga County Health Department **Back Row (L to R):** Deborah Mendzef, SJ's Regional Center for Tobacco Health Systems; Lisa Larabee, Grants Manager, SJH Foundation; Kathy Turner, Director, Onondaga County Health Department; Rachel Kramer, Director, HealtheConnections; Bruce Hathaway, Senior Analyst, HealtheConnections; Mark Murphy, Vice President, SJH; Dominic Robinson, Vice President, CenterState CEO; Maarten Jacobs, Director, Near Westside Initiative; and Thomas Dennison, PhD, Director, Lerner Center for Public Health Promotion, Syracuse University

Members of the Syracuse Health Coalition gather to celebrate the launch of the Transforming Community Initiative with Dr. Bechara Choucair of Trinity Health, prior to press conference.

Making a Difference in Our Community

The Syracuse community has been selected as one of six communities from across the nation to participate in Trinity Health's Transforming Communities Initiative (TCI).

This multi-million-dollar grant-funded project is designed to promote healthy behaviors and reduce tobacco use and obesity as a way of addressing some of the root causes of poor health. TCI will focus on policy, systems and environmental changes that reduce rates of smoking, youth obesity and chronic disease, while also helping to improve access to nutrition and physical activity opportunities.

With the goal of enhancing community wellness and resiliency, St. Joseph's Health, alongside project partners at the Onondaga County Health Department, Lerner Center at Syracuse University, Near Westside Initiative, Northside Urban Partnership/CenterState Corporation for Economic Opportunity (CenterState CEO) and HealtheConnections, will spend the next five years working to shift the focus of health care from acute care to community collaborations that create a healthy community.

Together these passionate community organizations have formed the Syracuse Health Coalition through which they will both collaborate on TCI programming and engage new community partners. Maarten Jacobs, director of the Near Westside Initiative, shared how "exciting it is to be a part of this coalition of partners!" Jacobs continued by adding that "this has really been a genuine partnership for so long and has existed for several years through a holistic approach. I really cannot think of too many communities where a neighborhood grocer, a hospital, the health department, a university and multiple community development organizations are working collaboratively to this level."

Dr. Luis Castro, medical director at St. Joseph's Primary Care Center—West noted how "healthy living takes time and energy and yet many individuals — our community's residents — struggle with how to eat healthy. They struggle with knowing exactly what healthy living means and how they can stretch those already limited dollars. At the Westside clinic, where I work, we continue to build awareness of community resources that lead to a healthy lifestyle and access to quality foods, especially through Paul Nojaim, of Nojaim Bros. Supermarket, and our Healthy Shopper Reward program. This grant will certainly push us to achieving the goals of this project."



SMART STARTS

St. Joseph's Helps Give Children the Tools for School Success



St Joseph's Primary Care Center—West patients pick up their backpacks following annual school physical.

St. Joseph's Health understands the relationship between wellness and school readiness. In addition to programs like Reach Out and Read, the Auxiliary of St. Joseph's Hospital Health Center hosts the annual "Operation Backpack for Our Kids" Program, which fills and distributes backpacks full of school supplies to St. Joseph's pediatric outpatients.

Thousands of notebooks, paper, pens, pencils, rulers, tissues, folders and crayons are donated annually by St. Joseph's employees and Auxiliary members.

Hundreds of elementary students gathered at St. Joseph's Primary Care Centers over the summer to pick out their new backpacks for the coming school year, starting them off on the right foot for academic success!

"The joy we bring by distributing more than 800 backpacks, a new record for us, to children and their families, is the kind of genuine concern we have for our community. This is a core value of who we are as an auxiliary, and as an extension of St. Joseph's Health and their continued efforts to provide a higher level of care," said Colleen Prossner, Operation Backpack for Our Kids chairperson and Auxiliary board member.

For Dr. John O'Brien and his wife, reading with their children is something they enjoy doing. As a physician who sees pediatric patients, he is also well aware of the advantages that early-literacy skills have on a child's future.

"At St. Joseph's Physicians, we treat the whole patient. For children, that means it is our responsibility to assist parents in developing their child's early literacy skills and learning habits that encourage school readiness and success," said Dr. O'Brien.

To accomplish this, the practice is a partner site of the national nonprofit Reach Out and Read (ROR). In cooperation with the American Academy of Pediatrics, ROR promotes literacy education in medical offices throughout the United States. Through this program, each child receives a new, age-appropriate book during their annual well-visit, and parents are able to seek guidance about literacy and school readiness from their physicians.



Back to school means smiles and good health for Primary Care Center—West patients pictured with Dr. Hillary Sismondo (left) and Dr. Jose Vargas (right).

"It's hard to believe, but there are a significant number of families that do not have access to books for their children. Research shows that children who are not being read to face challenges when it comes to succeeding in school. These same studies illustrate that many of these families fall below the poverty line and are members of underserved populations," said O'Brien.

St. Joseph's Physicians in Cazenovia is the only Reach Out and Read site in Madison County. Income varies greatly within the county, and there is a high population of rural families who in some cases lack access to transportation and literacy resources. Dr. O'Brien notes that for some families, the Reach Out and Read program is their only opportunity to receive new books and literacy information to aid in their child's development. Reach Out and Read is also available in Onondaga County at St. Joseph's Primary Care Center—West in Syracuse.

"Research has revealed that parents listen and children learn as a result of literacy promotion by pediatricians, which provides a practical and evidence-based opportunity to support early brain development in primary care practice."

-American Academy of Pediatrics

SITES OF INTEREST:

- St. Joseph's Physicians: sjphysicians.org
- Reach Out and Read official site: reachoutandread.org
- American Academy of Pediatrics: aap.org



Dr. John O'Brien grew up an avid reader, something he shares with his children and his patients today.



Patient and Health Coach Team Up for Better Health

Jacqueline Greaves can say her overall health is definitely on track thanks to her Health Coach, Emily Young, RN.

A patient of Dr. Julie Colvin and St. Joseph's Physicians Family Medicine for over 15 years, retired and on social security, Jacqueline was overweight and struggling to manage her diabetes. "I would not describe myself as health conscious, but I wanted to be," she said. "For a period there, I could not control my blood sugar and was having a problem obtaining my medicine because of a large insurance deductible."

Care Coordination for a Healthier You

St. Joseph's Health understands that health care must start beyond hospital walls where collaborative work between patients and their health care partners can focus on addressing the diverse mix of factors that play a significant role in their personal health.

St. Joseph's Physicians is just one of several St. Joseph's primary care settings offering HealthWise — a health management program that works to support the patient's individual medical plan and overall well-being. Through collaboration between primary care physicians and a care coordination team of clinical professionals, HealthWise works to connect patients to solutions outside the primary care office and helps the patient keep their health on track.

“St. Joseph’s Health understands that health care must start beyond hospital walls where collaborative work between patients and their health care partners can focus on addressing the diverse mix of factors that play a significant role in their personal health.”

Jacqueline really wanted to make the changes to improve her overall health. According to Young, “When we first met, Jacqueline’s blood sugar was too high. We were able to discuss nutrition and activity, and how these affect her diabetes.”

Jacqueline has worked hard to make small changes to improve her nutrition and find ways to add activity to her routine. Some of the first goals included reducing her daily consumption of juice and trying to walk more. New goals emerged as others were achieved, including Greaves’ desire to lose seven to 10 pounds for a late summer wedding.

In the role of coach, Young offers guidance on diet and exercise. According to Greaves, “I read labels now when I’m in the grocery store.” Jacqueline is now walking daily at a parking lot near her house and she is motivated to increase the amount of time she is walking with a goal to reach an hour. As part of her program, Jacqueline also improved her medication routine.

Young spent time helping Jacqueline understand her diabetes and how the required medication works in her body. Affording medications can be difficult for the Medicare patient. Young was able to help Jacqueline gain access to medications so she is able to take them as ordered. “It is easy to get overwhelmed with managing a chronic condition,” said Young.

A Home Base for Success

The HealthWise program is available to eligible Medicare patients who need help managing a chronic condition such as diabetes or high blood pressure. A Health Coach will listen to the patient’s preferences, assess their health status and develop a plan — in partnership with the patient — to manage all chronic care needs. The Health Coach can perform many of the responsibilities associated with wellness, transitional care and chronic care management visits.

Health Coaches work very closely with the patient’s primary care physician. “Because we have more frequent contact with the patient,” said Young, “we are able to bring to the physician’s attention an issue that the patient may not have recognized as impacting their overall well-being and delayed sharing with their doctor.”

The accountability factor is very meaningful. “She calls me once a month now. I don’t want to disappoint Emily and want to give her a good report,” said Jacqueline. “In the back of my head, she is always there.”

“We can set small goals, check in and when going well, set a new goal or backtrack and reset. We want to see the patients succeed,” Young adds.

When asked to describe how she feels, Jacqueline says that by controlling her blood sugar she has more energy, can walk a little further and doesn’t have blurry eyesight. Jacqueline smiles and offers, “I have someone in my court that is helping me to have better health; I can build from there.”





Is Breast Cancer Being Overtreated?

Dr. Kara Kort, medical director, St. Joseph's Breast Care and Surgery explains.

Each year as October comes upon us we are reminded at almost every turn that it is Breast Cancer Awareness Month.

For some, the sea of pink is a gentle reminder to get their annual mammogram, some are empowered as survivors, and for others it can be a painful remembrance of those lost to the disease.

With a lifetime incidence of one in eight women in the United States being diagnosed, breast cancer remains the most common cancer seen in women. Fortunately, most women diagnosed and treated do very well.

But, while diagnosis and treatment of breast cancer continue to improve thanks to research and improved technology, some medical professionals are questioning whether technology is diagnosing too much, and if the treatments for those early findings are too aggressive.

An article in the August 2015 issue of the Journal of American Medical Association, has raised the question as to whether some of the very early detected breast cancers can be watched closely rather than treated with standard surgery and radiation.

Breast imaging with mammography has continued to improve over the years, enabling us to detect tiny, early cancers. In some respects it is great to find disease early before it spreads to lymph nodes and elsewhere; however, the tendency is to treat these tiny, early cancers much the same as some of the larger, more aggressive cancers.

The article discusses ductal carcinoma in-situ (DCIS), often referred to as "non-invasive" cancer, pre-cancer or stage 0 breast cancer. DCIS develops in the breast ducts and has not gone beyond. The study looked at over 100,000 women with this diagnosis.

Routine treatment for DCIS is surgery (lumpectomy), followed by radiation; or mastectomy (removal of the entire breast), and, in some cases, a double mastectomy which has been requested by patients.

The authors of the study note that the chance of dying from DCIS after 20 years is only about 3% — the same chance that the American Cancer Society states the average woman in the United States has of someday dying of breast cancer.

Interestingly, the research showed that the addition of radiation after surgery in most cases did not change the chance of dying. The study did note that women under age 40 and black women were more likely to die from the DCIS diagnosis.

ALL OF THIS BEGS THE QUESTION:

Are we overtreating many women with radiation and excessive surgery when it is not necessary?

Many believe so. Cancer care in general is ever-changing with an emphasis on individualized and tailored treatments. As we are learning, all breast cancer is not the same and should not be treated as such. Breast cancer encompasses a wide range of behaviors with some unfortunately quite aggressive but others more indolent.

Major changes in how we approach and treat breast cancer or any cancer for that matter do not come about easily, but should be embraced and considered when shown to be safe and improve the patient's well-being. Recall that only 40 or 50 years ago nearly every woman with breast cancer was treated with a mastectomy. Patients should talk to their doctors to understand treatment options that are available.



A Story of Survival

McKenzie Houseman of Cazenovia underwent surgery for breast cancer in 2015 at St. Joseph's Breast Care and Surgery in Fayetteville.

THIS IS HER STORY.

In October 2015 I turned on a fitness video to work out at home and that was when I felt a lump in my left breast. Although I thought it was probably nothing, I scheduled an appointment with my doctor for the next day. Things moved quickly and within 48 hours I had found a lump, had it biopsied and received the results ... it was cancer.

My doctor referred me to Dr. Kara Kort at St. Joseph's Breast Care and Surgery. I liked Dr. Kort right away and she really understood me. Dr. Kort recommended lumpectomy followed by radiation, and chemotherapy if necessary. My surgery was scheduled for early November.

Given the gravity of the situation, I wanted to confirm the course of treatment with a second opinion. The physicians I spoke with fully supported Dr. Kort's plan and reassured me that she is one of the best surgeons in the area, which made me feel very optimistic.

On the day of the surgery my nurse was amazing! She walked me through the procedure and made me feel comfortable. The same nurse would greet me in recovery and be just as supportive. I had no pain at all following the procedure, but although the cancer and one of my lymph nodes had been removed, Dr. Kort told me the margins weren't clean. She explained that they could likely be eliminated with radiation but surgery was also an option, the choice was mine to make. I asked her what she would do in my situation and she responded "I'd go get it!" so that's exactly what we did. My second surgery took place at St. Joseph's Hospital the day after Thanksgiving and again, the staff was fantastic.

After 36 radiation treatments I am free of cancer. I am grateful for the wonderful care I received from everyone at St. Joseph's. Most importantly, I trusted that Dr. Kort and her team were on my side and committed to my well-being and recovery. Everyone at St. Joseph's Breast Care and Surgery cares about their patients inside and outside the operating room. They truly do provide a higher level of care.

Are You Ready for Flu Season?

It's time to start thinking about the flu. Influenza activity typically ramps up in Central New York in October and November and peaks between December and March. Sometimes it sticks around until May!

The flu is a viral infection that attacks the respiratory system, specifically the nose, throat and lungs. Initially, you may think you have a cold because of a runny nose, sore throat and sneezing. The difference is — colds usually develop slowly whereas the flu comes on very suddenly. It is common for people to feel great one day, and be in bed with the flu the next.

Symptoms of the flu include a fever over 100° F, chills and sweats, sore throat, headache, aching muscles, dry and persistent cough, nasal congestion, and weakness. Most people who get the flu are able to treat themselves at home and often don't see a doctor. For some, however, the flu and its complications can be deadly.

Adults over 65 and children under five are at the highest risk, as are pregnant women, residents of long-term care facilities, people with weakened immune systems, people considered obese, and those with chronic illnesses such as heart diseases or diabetes. If you are at risk of complications, see your doctor right away. Taking antiviral drugs, such as Tamiflu, in the first 48 hours may reduce the length of the illness and help prevent more serious problems.

The very best way to prevent seasonal flu is to get the flu vaccine each year. The Centers for Disease Control and Prevention (CDC) recommend the vaccine for everyone over the age of six months. Manufacturers are projecting they will provide between 171 million and 176 million doses of vaccine for the U.S. market this flu season. The vaccination is usually available as an injection or nasal spray. It is best to get vaccinated before the flu is present in your community; and it is important to note that it takes about two weeks after vaccination for the body's immune system to fully respond and for you to be protected. The CDC recommends that you get vaccinated by the end of October, however getting vaccinated later can still be beneficial.

You may wonder why some people who get vaccinated still contract the flu. That's because there may be other strains prevalent in the community which were not covered by the vaccine. The CDC says flu viruses are constantly changing and it is common for new strains to develop.

Good health habits can also help you prevent the flu. Covering your mouth when you cough, using a tissue when you sneeze, and washing your hands to stop the spread of germs are important precautions to take at all times and are especially important during flu season. Additionally, flu spreads easily in crowded settings like schools, office buildings and busy stores, so it is beneficial to avoid crowds when possible. If you do get sick, stay home for at least 24 hours after the fever subsides. This will lessen the chance of you infecting others with the virus.





More than
40 MILLION
Americans suffer
from a sleep
disorder, and
20 MILLION
suffer from OSA.

A sleep study is the first step to a better night's sleep. The St. Joseph's Hospital Sleep Labs are fully accredited by the American Academy of Sleep Medicine (AASM). Patients first complete a Sleep Evaluation Questionnaire, then they are scheduled for an overnight study or a daytime study with naps. A respiratory

therapist or sleep technician applies sensors, electrodes, and other monitoring devices to the patient to record various aspects of their sleep, including brain activity, eye movements, muscle activity in chin and legs, heart activity, and breathing effort. A camera records their sleep throughout the night. At all times, patients can speak with a technologist in an adjacent room by intercom.

Most insurance companies cover the cost of a sleep study. However, some carriers are now requiring a home sleep study as the first sleep. St. Joseph's Sleep Labs provide home sleep testing support and equipment. The results of a home sleep study are not as accurate as those provided by an in-lab test because of potential incorrect use of equipment, but the home study can be a first step in diagnosing a sleep problem.

Once a patient is diagnosed with sleep apnea, he or she needs sleep therapy. Franciscan Companies, part of St. Joseph's Health, specializes in providing continuous positive airway pressure (CPAP) and bilevel positive airway pressure (BiPAP) therapy. Registered respiratory therapists work with patients to ensure a comfortable and secure fit of the mask, along with the proper use of the equipment. Franciscan also ships CPAP equipment to patients in outlying areas; a DVD and step-by-step instructions are included, and a respiratory therapist calls to make sure they're using the equipment properly.

Technology has made sleep therapy more comfortable than ever before. CPAP equipment is not the clunky, noisy equipment it once was. Franciscan offers its patients DreamStation CPAP machines and DreamWear masks. The tubing along the sides of the mask is made of a flexible silicone so it is soft and comfortable along the patient's cheeks. The nasal mask sits under the patient's nose — not in or over it — so it is more comfortable. The unit itself is quiet and small, with a sleek design.

Get a Better Night's Sleep

Do people complain about your snoring? Do you wake up feeling tired and sluggish? You could be suffering from obstructive sleep apnea (OSA), a potentially serious disorder in which your breathing is actually stopping and starting.

Despite the high prevalence, 93% of women and 82% of men with moderate to severe OSA are undiagnosed. Untreated OSA can severely affect quality of life, health and mortality. Clinical research shows that sleep is linked strongly to a range of serious, even life-threatening, chronic diseases such as stroke, diabetes, heart failure, obesity and coronary heart disease.

The risk of sleep apnea increases if you're overweight, have a thicker neck, are male, smoke, use alcohol, are over the age of 60 or have a family history of sleep apnea. In addition to snoring and tiredness, sufferers may have morning headaches, attention problems, or insomnia.

For more information about St. Joseph's Hospital Sleep Labs contact:

North Sleep Lab
7246 Janus Park Dr.
Liverpool, NY 13088
(315) 218-9804

Northeast Sleep Lab
4400 Medical Center Dr.
Fayetteville, NY 13066
(315) 329-7378

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FOUNDATION REPORT



Left to Right: Anthony Pietrafesa, Richard Pietrafesa, Kathryn Ruscitto (President and CEO, St. Joseph's Health), Sarah Pietrafesa and Dr. Casey Crabill (President, Onondaga Community College)

DEDICATED TO THE PIETRAFESA FAMILY

NORTHSIDE TRAINING CENTER AT ST. JOSEPH'S HEALTH

St. Joseph's Health renamed and dedicated its training center (located at 500 N. Salina St.) in honor of long-time Northside residents and active members of the community, Sarah and the late Richard Pietrafesa.

The Sarah and Richard Pietrafesa Training Center will be the primary training location for hospital staff, and will also house health care-related learning and professional development training programs that will be provided through St. Joseph's partnership with Onondaga Community College.

The Pietrafesa Family has been a part of Syracuse's Northside community since the early 1900s. The late Richard "Dick" was dedicated to his family's business, the Joseph J. Pietrafesa Co., a well-known clothing manufacturer then located on North Salina Street. When Dick Pietrafesa passed away in 2013, his wife and children sought to honor his life and achievements in a way that would benefit the community and recognize his contributions. Much to Sarah's surprise, her children

planned to honor her as well, with a donation to St. Joseph's Health.

"Having been born and raised on the Northside of Syracuse, St. Joseph's has always been a part of our lives," said Sarah Pietrafesa. "Dick respected education and training. He was committed to his employees and their skill development, and trained thousands of people who lived in and around the Northside over the years. He would be thrilled to see the opportunities this building presents and the unique partnerships it will offer to the next generation."

Programs led by Onondaga Community College's Workforce Development team will include Medical Billing, Medical Secretary, Medical Assistant, and Phlebotomy training.

2016 Silver Anniversary Gala Marks 25th Year

An evening 25 years in the making for St. Joseph's Hospital.

St. Joseph's Health Foundation hosted its 25th annual black tie optional gala dinner dance on Friday, June 3rd at the Turning Stone Resort in Verona, NY. Through the generosity of its supporters, this year's gala netted over \$303,000 which will help support St. Joseph's Health's program of excellence for Breast Care and Surgery. The 750+ attendees enjoyed dining and dancing to the live music of Atlas. The presenting sponsor was CNY Infusion Services, LLC.



Left to Right: Dan Ruscitto, Kathy Ruscitto, President and CEO, St. Joseph's Health, with the Silver Anniversary Gala co-chairs — Dr. James and Mrs. Gretchen Brown and Dr. Kara Kort and Mr. Richard Glowaki



Front Row Left to Right: Dr. Edward Carsky, Dr. John D'Addario, Dr. Kenneth Green
Back Row Left to Right: Dr. Sanford Temes, Mrs. Margaret Iskander, Dr. Trevor Iskander and Dr. A. John Merola

Annual Emeritus and Retired Physicians Luncheon

St. Joseph's Health Foundation hosted the Annual Emeritus and Retired Physicians luncheon on August 3. Kathryn Ruscitto, St. Joseph's Health President and CEO, reported on the state of St. Joseph's Health. The annual luncheon provides the physicians the opportunity to reconnect with their colleagues and stay up to date on the ever-changing health care industry and the St. Joseph's Health system.

Auxiliary Spotlight

COLLEEN PROSSNER

Colleen Curley Prossner has been a member of the St. Joseph's Hospital Health Center Auxiliary for eight years and currently serves as the Operation Backpack chair, publicity chair, and president elect. She also provides oversight for a number of committees.

Tell us a little about yourself:

I am the proud mother of two children, Samantha and Jake, who will be seniors at Loyola University in Baltimore, Maryland and Williston Academy Prep School in Easthampton, Massachusetts, respectively. They both helped fill backpacks when they were younger! I am also one of six children. My parents, the late Robert W. Curley, and Maria Schroeder Curley, had five girls and one boy. Both of my parents were Rome, New York natives, and my father was a patient at St. Joseph's until his death.

How and why did you get involved in the Auxiliary?

I was approached by a few lovely board members at the annual St. Joseph's Gala. They shared the mission of the Auxiliary with me and I have gladly served ever since. I have a passion for helping people and seeing the greater good in this world. Our wonderful team of auxiliarians makes a difference in people's lives every day.

What is your most enjoyable and/or memorable experience?

Chairing the Follies two years in a row, and working with wonderful staff, volunteers at the hospital and community members. More than 75 people came together for the greater good of the hospital and became one to put on a heck of a show(s)!

What is the best part about being a part of the Auxiliary?

Giving back. There is joy and satisfaction making a difference in people's lives. Being compassionate healers comes in many shapes and forms. As Auxiliary members, we strive and succeed at it every day, giving an annual gift of over \$400,000 through our fundraising efforts. It's part of who we are.



What has been your most rewarding experience?

Operation Backpack. When children come in for their physicals and get to pick out a fully supplied backpack their faces are filled with joy and gratitude, and that is as good as it gets. Many families cannot afford three or four backpacks for their children to go back to school, as the costs are anywhere from \$40-50 per student, depending on what grade. We help many families get their children school ready and prepared to learn, instead of worrying about finances.

How has your experience as a member of the Auxiliary influenced you the most?

To be selfless. My experience has taught me to live as a compassionate healer, not just at the hospital, but in my daily life. Helping people and erring on the side of compassion, as my Dad taught me, is one of the greatest gifts one could give. I am honored and privileged to work with a board of over 30 amazing, selfless women, many of whom have been on the board 20+ years and are past-presidents who continue to serve to this day.



For more information about the Auxiliary or to inquire about membership, visit www.sjhsyr.org/auxiliary.

St. Joseph's Physicians

NISHITH AMIN, M.D. / INTERVENTIONAL CARDIOLOGIST MEDICAL OFFICE CENTRE & BRITTONFIELD

Medical School: Doctor of Medicine, St. Mary's Hospital Medical School, Paddington, LD
Residency: SUNY Upstate Medical Center, Syracuse, NY
Fellowship: SUNY Upstate Medical Center, Syracuse, NY; Milton S. Hershey Medical Center, Hershey, PA
Certification: American Board of Cardiovascular Disease; American Board of Interventional Cardiology; American Board of Internal Medicine
To schedule an appointment: Call (315) 703-5250

ALBERTO DEL PILAR, M.D. / FAMILY MEDICINE NORTH MEDICAL CENTER

Medical School: Doctor of Medicine, Far Eastern University
Residency: University of Missouri at Kansas City School of Medicine, Kansas City, MO
Certification: American Board of Family Medicine
To schedule an appointment: Call (315) 452-2121

EVAN DENTES, M.D. / GENERAL SURGEON NORTHEAST MEDICAL CENTER & NORTH MEDICAL CENTER

Medical School: Doctor of Medicine, SUNY Health Science Center, Syracuse, NY
Residency: SUNY Health Science Center, Syracuse, NY
To schedule an appointment: Call (315) 634-3399

LYNNE DIGENNARO, M.D. / THE HERITAGE GROUP FAMILY MEDICINE NORTHEAST MEDICAL CENTER

Medical School: Doctor of Medicine, SUNY Upstate Medical Center, Syracuse, NY
Residency: St. Joseph's Hospital Health Center, Syracuse, NY
Certification: American Board of Family Medicine
To schedule an appointment: Call (315) 652-1325

HEATHER FINGER, M.D. / FAMILY MEDICINE NORTH MEDICAL CENTER

Medical School: Doctor of Medicine, SUNY Upstate Medical University, Syracuse, NY
Residency: St. Joseph's Hospital Health Center, Syracuse, NY
Certification: American Board of Family Medicine
To schedule an appointment: Call (315) 452-2828

St. Joseph's Hospital Health Center

ZAKI BADAWY, M.D. / HOSPITALIST

Medical School: Doctor of Medicine, Ross University School of Medicine, Commonwealth of Dominica
Residency: St. Joseph's Hospital Health Center, Syracuse, NY; Medical University of South Carolina, Charleston, SC;
Fellowship: St. Joseph's Hospital Health Center, Syracuse, NY
Certification: American Board of Family Medicine

DEEP BHARAJ, M.D. / HOSPITALIST

Medical School: Doctor of Medicine, Saba University School of Medicine, Saba, Netherlands-Antilles
Residency: St. Elizabeth's Hospital, Utica, NY
Certification: American Board of Family Medicine

SURENDER R. EDLA, M.D., M.P.H. / HOSPITALIST

Medical School: Doctor of Medicine, Kakatiya Medical School
Residency: York Hospital, York, PA
Internship: West Virginia University Hospital, Morgantown, WV
Certification: American Board of Family Medicine

JEFFREY HUGHES, M.D. / HOSPITALIST

Medical School: Doctor of Medicine, SUNY Buffalo School of Medicine
Residency: St. Joseph's Hospital Health Center, Syracuse, NY
Fellowship: Albert Einstein College of Medicine, Bronx, NY 2007
Certification: American Board of Family Medicine

St. Joseph's Primary Care Center—West

KEVIN CUNNINGHAM, M.D. / OBGYN

Medical School: Doctor of Medicine, University at Buffalo School of Medicine
Residency: University at Buffalo School of Medicine affiliated hospitals
Certification: American Board of Obstetrics & Gynecology
To schedule an appointment: Call (315) 703-2600

KARLA MARTINEZ-DULMER, M.D. / FAMILY MEDICINE

Medical School: Doctor of Medicine, University of Guadalajara, Guadalajara, Mexico
Residency: St. Joseph's Hospital Health Center, Syracuse, NY
Certification: American Board of Family Medicine
To schedule an appointment: Call (315) 703-2600

MICHAEL FISCHI, M.D. / INTERVENTIONAL CARDIOLOGIST MEDICAL OFFICE CENTER

Medical School: Doctor of Medicine, Duke University, Durham, NC
Residency: SUNY Health Science Center, Syracuse, NY
Fellowship: Cardiology, Duke University, Durham, NC; Coronary and Peripheral Intervention, Strong Memorial Hospital, Rochester, NY
Certification: American Board of Cardiovascular Disease; American Board of Interventional Cardiology
To schedule an appointment: Call (315) 703-5250

ANITA GOFRAN, M.D. / FAMILY NURSE PRACTITIONER RADISSON HEALTH CENTER

Medical School: Doctor of Medicine, Howard University College of Medicine, Washington, DC
Residency: Montefiore Medical Center, Bronx, NY
Fellowship: Albert Einstein College of Medicine, Bronx, NY
Certification: American Board of Internal Medicine; American Board of Internal Medicine
To schedule an appointment: Call (315) 652-1325

SYLVIA LEE, M.D., PH.D. / FAMILY MEDICINE NORTH MEDICAL CENTER

Medical School: Doctor of Medicine, Ross University, Commonwealth of Dominica
Residency: St. Joseph's Hospital Health Center, Syracuse, NY
Certification: American Board of Family Medicine
To schedule an appointment: Call (315) 452-2828

DENISE LOUGEE, P.A. / FAMILY MEDICINE RADISSON HEALTH CENTER

Education: Master of Science in Physician Assistant Studies, Le Moyne College, Syracuse, NY
To schedule an appointment: Call (315) 652-1325

DAVID MOORTHY, M.D. / INTERVENTIONAL SPINE SPECIALIST, NORTHEAST MEDICAL CENTER

Medical School: Doctor of Medicine: University of Madras, Stanley Medical College in Madras, India
Residency: Strong Memorial Hospital in Rochester, NY
Certification: American Board of Pain Medicine; American Board of Physical Medicine and Rehabilitation
To schedule an appointment: Call (315) 744-1739

SHASHI KUMAR, M.D. / HOSPITALIST

Medical School: Doctor of Medicine, B.J. Medical College
Residency: St. Lukes Roosevelt Hospital Center, New York, NY
Certification: In progress

JOEL MOSES, M.D. / INFECTIOUS DISEASE SPECIALIST

Medical School: Doctor of Medicine, Albany Medical College, Albany, NY
Residency: North Shore University Hospital, Manhasset, NY
Fellowship: North Shore University Hospital, Manhasset, NY
Certification: American Board of IM (Infectious Disease)

YAJAIRA RODRIGUEZ, M.D. / PSYCHIATRY

Medical School: Doctor of Medicine, University of Texas Medical Branch, Galveston, TX
Residency: SUNY Upstate Medical Center, Syracuse, NY, Adult Psychiatry
Fellowship: SUNY Upstate Medical Center, Syracuse, NY, Child & Adolescent Psychiatry
Certification: American Board of Psychiatry and Neurology

FAHED SAADA, M.D. / NEUROHOSPITALIST

Medical School: Doctor of Medicine, St. Matthew's University, West Bay, Cayman Islands
Residency: University of Florida, Jacksonville, Jacksonville, FL
Fellowship: University of Rochester School of Medicine, Rochester, NY
Certification: American Board of Psychiatry & Neurology

SAMUEL SALEEB, M.D., F.A.C.O.G. / OBGYN & UROGYNECOLOGY

Medical School: Doctor of Medicine, Assiut Medical School, Egypt
Post-Graduate Study: Cleveland Clinic in Cleveland, OH; Trinity College, Dublin, Ireland
Certification: American Board of Obstetrics & Gynecology
To schedule an appointment: Call (315) 703-2600

HILLIARY SISMONDO, M.D. / PEDIATRICIAN

Medical School: Doctor of Medicine, Northeast Ohio Medical University, Rootstown, OH
Residency: SUNY Upstate Medical Center, Syracuse, NY
Certification: In progress
To schedule an appointment: Call (315) 703-2600

TERI STRINE, R.N., F.N.P.-C / FAMILY NURSE PRACTITIONER NORTHEAST MEDICAL CENTER

Education: Master of Science in Nursing, Family Nurse Practitioner, SUNY Upstate Medical University College of Nursing, Syracuse, NY
To schedule an appointment: Call (315) 637-7878

MICHAEL TONG, M.D. / FAMILY MEDICINE NORTH MEDICAL CENTER

Medical School: Doctor of Medicine, Upstate Medical University, Syracuse, NY
Residency: Upstate Medical University, Syracuse, NY
To schedule an appointment: Call (315) 452-2828

KELLY WOODS, R.N., M.S., F.N.P.-C. / FAMILY NURSE PRACTITIONER RADISSON HEALTH CENTER

Education: Master of Science, Family Nurse Practitioner, State University of New York Institute of Technology in Utica, NY
To schedule an appointment: Call (315) 652-1325

NICHOLAS YERKES, M.D. / THORACIC SURGEON NORTHEAST MEDICAL CENTER

Medical School: University of St. George's School of Medicine, Grenada, West Indies
Residency: SUNY Upstate Medical Center, Syracuse, NY
Fellowship: Cardiothoracic Surgery, University of Iowa Hospitals & Clinics, Iowa City, IA
Certification: American Board of Surgery

NEIL SHAH, M.D. / HOSPITALIST

Medical School: Doctor of Medicine, American University of Antigua
Residency: St. Elizabeth's Hospital, Utica, NY
Certification: American Board of Family Medicine

ASIM SIDDIQI, M.D. / HOSPITALIST

Medical School: Doctor of Medicine, St. Matthew's University, West Bay, Cayman Islands
Residency: St. Elizabeth's Hospital, Utica, NY
Certification: American Board of Family Medicine

KEVIN THOMAS, M.D. / NEUROHOSPITALIST

Medical School: Doctor of Medicine, Indiana University School of Medicine in Indianapolis, IN
Residency: Indiana University School of Medicine in Indianapolis, IN
Certification: American Board of Psychiatry & Neurology

CLARENCE WHITE, M.D. / PSYCHIATRIST, CPEP

Medical School: Doctor of Medicine, Meharry Medical College School of Medicine, Nashville, TN
Residency: Meharry Medical College School of Medicine, Nashville, TN
Certification: In progress

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