

health matters

SPRING/SUMMER 2009

GOOD NEWS FOR HEALTHY LIVING FROM



Arthroscopic surgery

DOING EASY TIME IN THE JOINTS

Years ago, surgically repairing a joint usually meant a large incision and a long, painful recuperation. Today, patients are finding relief through arthroscopic surgery, or arthroscopy, a minimally invasive procedure that allows for a less painful and faster recovery.

In most cases, arthroscopy is an outpatient procedure. It's most often used to treat:

- bone spurs or loose bone fragments
- torn cartilage or ligaments
- inflamed or infected joints
- scar tissue
- arthritis
- unexplained joint pain

If medication, physical therapy and joint supports are no longer helping, you may be a candidate for arthroscopy. Because arthroscopy results in less trauma to muscles, ligaments and tissues than conventional open surgery, most patients have less scarring, heal faster and resume normal activities sooner.

WHAT'S INVOLVED?

The type of anesthesia you'll need—local, regional or general—depends on the affected joint and the procedure's complexity. During arthroscopy, the surgeon makes small incisions in the area around the joint. In one incision, he or she inserts an arthroscope, a small tube equipped with a camera, a lens and a light for viewing. A video monitor lets the surgeon see inside the joint to repair damage using surgical tools inserted through the other incisions. A simple arthroscopy lasts about one hour.

After the surgery, you'll be sent home to recover and rest for several days, keeping the joint elevated and applying ice to



Is this surgery right for you?

For help finding an orthopedic surgeon to discuss your options, call the White Plains Hospital Center referral line at **(914) 681-1010** or visit **www.wphospital.org**.

relieve swelling and pain. You should be able to resume normal activities in a few days, although the joint may take several weeks to fully heal. Depending on the joint operated on, your doctor may suggest physical therapy or the use of crutches or a cane during your recovery.

ARTHROSCOPY AT ITS BEST

White Plains Hospital Center (WPHC) uses a new state-of-the-art high-definition “visualization system” in its operating rooms. The system includes upgraded cameras, light sources, scopes and LCD monitors used in arthroscopic procedures.

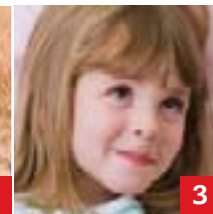
“The high-definition video platform brings an unprecedented level of resolution and visual accuracy to the operating room,” explains Rick Weinstein, M.D., director of sports medicine at WPHC’s Westchester Orthopaedic Institute. Benefits for the patient include quicker and more accurate surgical procedures and less time under anesthesia. “This is the most current and best technology out there for arthroscopic surgery, and it greatly enhances our performance in the operating room,” says Dr. Weinstein.

INSIDE THIS ISSUE

- 2 How to spot and stop a heart attack or stroke
- 3 Preparing your child for surgery
- 4 For every season, there is a sneeze



2



3



4

How to spot and stop a heart attack or stroke

LEARN TO RECOGNIZE THE WARNING SIGNS



Therapeutic hypothermia for cardiac arrest

White Plains Hospital Center is one of the first hospitals in Westchester County to provide therapeutic hypothermia treatment. Used primarily for revived cardiac arrest patients, the treatment reduces the risk of death by lowering a patient's body temperature to 91.4° F for 24 hours with the use of a surface-cooling device. Treatment begins in the Emergency Department and moves with the patient to a critical care unit in the hospital.

No one wants to think about the frightening possibility of facing a heart attack or stroke. But if more people understood the warning signs better, they might help save more lives.

IS IT OR ISN'T IT?

Both a heart attack and a stroke can send warning signals hours, days, or even weeks before. Chest pain triggered by exertion and relieved by rest may be an early heart attack predictor. In women, older adults and people with diabetes, symptoms may come and go, are often vague and may not be recognized.

"Too many people wait too long to get help, and more damage is done with each passing minute," says Timothy Haydock, M.D., director of emergency medicine at White Plains Hospital Center. However, clot-busting heart attack drugs administered in the Emergency Department within one hour of onset can stop a heart attack. And a stroke medication called t-PA can stop and even reverse brain damage if given within three hours of a stroke's onset.

DON'T DELAY

"If you suspect a heart attack or a stroke, seek emergency care immediately," says Dr. Haydock. "Don't waste time calling your doctor, and never endanger yourself and others by driving yourself to the hospital. Emergency medical services have equipment to give you lifesaving first aid on the spot."

Any combination of these signs requires immediate medical assistance:

➔ Heart attack

- pain, pressure, squeezing or a sense of fullness in the chest
- pain that spreads to one or both arms or to the shoulders, back, neck, jaw or stomach
- shortness of breath before or during chest discomfort
- nausea, vomiting, dizziness, anxiety, weakness, fatigue, palpitations, cold sweats, fainting or paleness

➔ Stroke

- sudden numbness or weakness in the face, arm or leg on one side of the body
- confusion or difficulty speaking or understanding
- sudden dimness or loss of vision in one or both eyes
- unexplained dizziness, loss of balance or coordination, falling or fainting
- sudden severe headache with no known cause
- sudden nausea, fever or vomiting

Preparing your child for surgery

Thankfully, most surgeries performed on children today are same-day procedures allowing little ones to return home the same night or after a brief stay. If your child is scheduled for surgery, taking time to prepare him or her and alleviate fears can help the experience go more smoothly for both of you. “Children who are less anxious and fearful have an easier time before and after surgery,” says Jeffrey Zitsman, M.D., chief of pediatric surgery at White Plains Hospital Center.

PRE-OP TLC

Try these tips to help prepare your child for the experience:

- **Explain the problem.** Tell your child why he or she needs to be operated on and that the doctors will fix the problem. For example, you might remind your child how having so many ear infections has kept him or her from enjoying fun activities. After surgery, he or she won’t get sick so often and will be able to play more. Reassure your son or daughter that other kids have the same problem and come to the hospital to have it taken care of.
- **Describe what to expect.** Tell your child, “The doctor will give you a special medicine so you’ll fall asleep and won’t feel any pain during the operation. When it’s over, the doctor will wake you up and I’ll be there.” Avoid using terms like “being put to sleep” or “the doctor will cut you.”
- **Dispel fears.** Most children fear separation from their parents or the possibility of pain. Older kids may worry about becoming disfigured, waking up during the operation or failing to wake after surgery. Many feel anxious about being seen naked or having private areas examined. Encourage your child to ask questions so you can relieve fears and clear up misconceptions.

If you don’t know an answer, say, “We’ll ask.” Dr. Zitsman adds, “Remember to keep your own anxieties in check. Your emotions and behavior can impact your child, so remain calm and supportive and reassure your child that this operation will help him or her feel better.”



We’ll put your mind at ease!

When a child needs surgery, White Plains Hospital Center’s (WPHC’s) experienced pediatric surgeons can help. Their expertise, which includes minimally invasive and laparoscopic surgery, is backed up by the advanced services and specialists available through the NewYork-Presbyterian Morgan Stanley Children’s Hospital/Columbia University Medical Center. To find a WPHC pediatric surgery specialist, call **(914) 681-1010**.

For every season, there is a sneeze

HOW TO COPE WITH YEAR-ROUND ALLERGIES

Springtime may be justly famous for allergies, but for many the misery of sniffles, sneezing and watery eyes doesn't end with the summer solstice. "If you suffer from allergy symptoms throughout the year, chances are you have multiple allergies to irritants both indoors and out," explains Kira Geraci-Ciardullo, M.D., chief of allergy and immunology at White Plains Hospital Center.

Dr. Geraci-Ciardullo suggests taking the following steps to help you cope:

- **Consider the culprits.** You may need a doctor to pinpoint and treat your allergies, but first see whether you can manage mild or occasional symptoms by using over-the-counter (OTC) medications and avoiding environmental triggers. Dust, pets and mold are the biggest

indoor offenders. If your symptoms are seasonal, however, you may be allergic to certain pollens. In the spring, the prevalent allergen is tree pollen. Summer brings grasses, and in the fall, weeds abound.

- **Explore OTC treatments.** Nonprescription antihistamines curb the body's actual allergic response and work best when taken routinely. Decongestants may improve breathing. Nose drops and sprays, however, are for occasional use only and for no more than three days at a time, because longer use may cause more harm. Eyedrops can provide some temporary symptom relief.

- **Determine whether you have an allergy or a cold.** While both can cause a runny nose, coughing and sneezing, allergies usually have a clear discharge and don't cause aches, pains or fever. Allergies may come on suddenly, but symptoms tend to linger through a season or more. Colds usually run their course within a week.

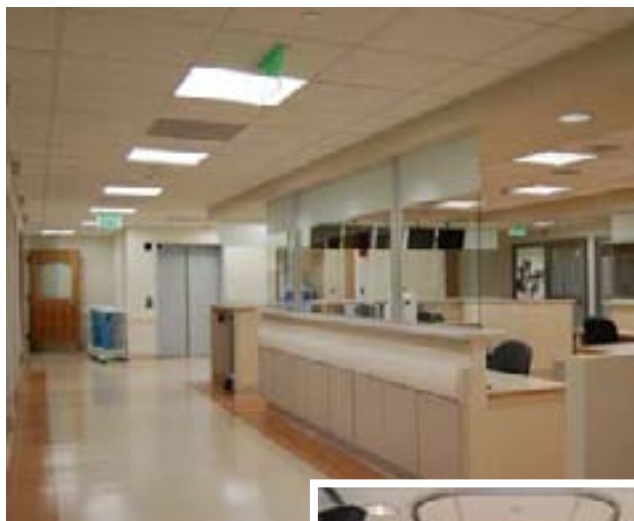
- **Know when to see your doctor.** See your healthcare provider if OTC remedies and self-care measures don't offer enough relief, your symptoms worsen or you develop asthma-like reactions such as wheezing.

Controlling environmental triggers

Reducing your contact with indoor and outdoor allergens may help make your symptoms more manageable. Try these measures:

- Limit contact with pets.
- Avoid carpets, which can trap dust and animal dander.
- Use a vacuum with a HEPA (high-efficiency particulate air) filter.
- Run a HEPA cleaner in your bedroom.
- Make sure basements, bathrooms and kitchens are well ventilated and cleaned frequently to prevent mold and mildew.
- Use a dehumidifier in damp basements.
- Keep windows closed and use air conditioning during peak pollen months.
- Stay indoors during peak pollen hours from 5 a.m. to 10 a.m.
- Make your home a smoke-free environment.
- Avoid aerosols, paint, perfumes and cleaning products with strong fumes.





■ Emergency Department's new Intermediate Care Unit now open

Exciting changes are under way in White Plains Hospital Center's (WPHC) Emergency Department. While the entire expansion project will be completed in the fall, the department's second floor, which houses the John & Maxine Bendheim Intermediate Care Center, opened in mid-January. This spacious and bright patient care unit (shown above) provides rapid care for adults and children with less serious medical needs.

The new Intermediate Care Center has 12 private treatment rooms using the most sophisticated care and technology. Special features include:

- bedside registration
- state-of-the-art exam lighting
- a five-screen patient tracking system
- flat-screen televisions in all treatment rooms
- dedicated exam rooms for Ob/Gyn and orthopedics
- a pneumatic tube for rapid delivery of blood tests to the lab
- two isolation rooms
- a dedicated X-ray machine
- a dedicated private elevator



Construction continues on the main part of the Emergency Department, which remains open to care for more serious illnesses and injuries. When completed later this year, the new Emergency Department will be double the size of the current facility.

■ Stellaris Hospitals achieve high rankings in use of Electronic Medical Records

The Stellaris Health Network hospitals, which include White Plains Hospital Center, Lawrence Hospital Center, Northern Westchester Hospital and Phelps Memorial Hospital Center, have received national recognition for their implementation of information technology to improve patient safety and quality of care.

Earlier this year, three of the Stellaris hospitals, including White Plains Hospital Center, achieved Stage 6 designation of the HIMSS Analytics Electronic Medical Record (EMR) Adoption Model. HIMSS Analytics devised the model to track progress at hospitals and health systems toward creating a paperless patient record environment. HIMSS Analytics is a not-for-profit subsidiary of the Healthcare Information and Management Systems Society (HIMSS).

The Stellaris hospitals are among only 30 health systems nationwide to have achieved Stage 6 designation. All four Stellaris hospitals are in the top 1 percent of more than 5,000 hospitals nationwide surveyed by HIMSS Analytics.

■ Mayfair at Rye Playland to benefit WPHC

Come to Rye Playland on Saturday, May 2 for Mayfair, a fun-filled day for the entire family. The celebration benefits White Plains Hospital Center, Sound Shore Medical Center and Westchester Medical Center. In addition to rides such as the famous Dragon Coaster, the Kiddy Coaster and Kiddy Carousel, Mayfair will have a health fair, bake sale and crafts fair. Hours are 10 a.m. to 6 p.m. To purchase "Fun Bands" good for rides all day, call (914) 681-2478. A portion of your advance purchase will benefit WPHC.



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Health Matters, published by White Plains Hospital Center, is not intended to provide personal medical advice, which should be obtained from a physician.

Do you need a doctor? Call the WPHC Physician Referral Service at (914) 681-1010.


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Join us in good health!




During May, join White Plains Hospital Center in a community-wide celebration of Wellness Through Prevention Month. The Hospital will sponsor health- and wellness-related workshops and seminars. Here are just a few:


 **Modern Prevention: How to Collaborate with Your Doctor**—Well-known physician and author **Isadore Rosenfeld, M.D.**, will discuss how to optimize visits to your doctor. Dr. Rosenfeld is a professor of medicine at New York Presbyterian Hospital/Weill Cornell Medical Center and host of “Housecall” on Fox News Channel. **Thursday, May 14, 7 p.m., The Residences at The Ritz-Carlton, Tower II, White Plains.** Includes light hors d’oeuvres. Reservations required. Free.


 **Your Healthy Diet**—Renowned nutritionist and author **Joy Bauer** will be the keynote speaker at the annual luncheon sponsored by The Auxiliary of White Plains Hospital Center. **Friday, May 29, 11:30 a.m., Doral Arrowwood.** Tickets \$75. Reservations required.


 **Walk Toward Healthy Living**—Enjoy a morning of fun, fitness and friends with **Mallwalkers**. Learn about this ongoing fitness program supervised by WPHC health professionals. **Monday, May 4, 10 a.m., The Galleria, White Plains.**

 **Arthritis & Joint Replacement**—**Robert Small, M.D.**, a board-certified orthopedic surgeon and director of

WPHC’s Westchester Orthopaedic Institute, will discuss risk factors for arthritis and how joint replacement surgery can provide pain relief and improved mobility for many people with the disease. **Monday, May 18, 11 a.m., Rye YMCA.** Free.

 **Top Ten Health Concerns Affecting African-Americans**—**Valiere Alcena, M.D.**, a WPHC physician in internal medicine, hematology and oncology, will discuss this important topic. **Saturday, May 16, 10 a.m., Thomas H. Slater Center, White Plains.** Free.

 **Combating Childhood Obesity**—**Alli Marshall, R.D., C.D.N.**, will discuss what parents can do to ensure their children maintain a healthy weight. **Monday, May 18, 7 p.m., Calvary Baptist Church, White Plains.** Free and open to all.

 **Obesity & Weight Loss Forum**—**Max Gomez, Ph.D.**, WCBS-TV medical reporter, will moderate a multi-disciplinary panel of WPHC physicians who will discuss healthy weight loss and how to reduce the risk of life-threatening diseases related to obesity. **Thursday, May 28, 6 p.m., The Residences at The Ritz-Carlton, Tower II.** Reservations required. Free.

For more information about these and other Wellness Through Prevention Month programs—including free health screenings—please visit www.wphospital.org or call (914) 681-2650.