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WINTER 2015

health

PREVENTION

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Get back in the
game—call the Alice
Hyde Orthopedic
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Alice Hyde Medical Center

ONLINE

What's happening at Alice Hyde Medical Center? Visit alicehyde.com.

From the President and CEO

As Alice Hyde Medical Center moves into 2015, we continue to bring advanced medicine and compassionate care to the North Country.

On the technology front

We have invested in a new, state-of-the-art General Electric (GE) 128-slice CT scanner, which provides exceptional image quality while reducing patient radiation dose. We are proud to be the first hospital north of Glens Falls to have this technology. The increased number of slices generates a higher resolution 3-D image, allowing for clearer images of patient anatomy, while using GE's ASiR technology to help reduce the patient's dose of radiation. The scanner also has DoseWatch technology that allows us to monitor a patient's lifetime dose of radiation and determine the appropriate dose level for each CT procedure. This new technology provides patients with the very best in imaging capability, close to home.



▲ Mordi Rehany, MD, Chief of Radiology, with Alice Hyde Medical Center's new CT scanner

Improving emergency care

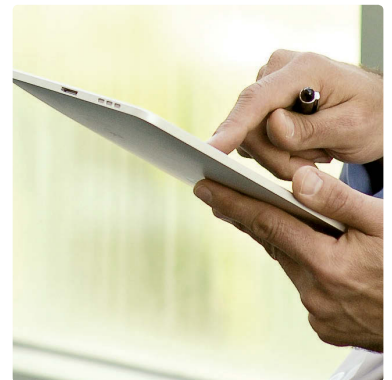
We are focusing on creating the best Emergency Department in the North Country. Taking the lead is the new Director of Emergency Medicine, Keri Gardner, MD, MPH, FACEP. After graduating cum laude from Harvard Medical School, Dr. Gardner joined the University of California, Los Angeles, for a four-year emergency medicine residency, a two-year fellowship in health services and quality of care, and a master's degree in public health. She has spent much of her career at large academic hospitals like UCLA and Mount Sinai. She also served as the lead physician at McMurdo Station in Antarctica. Dr. Gardner is board-certified in emergency medicine and currently serves as the Director of Quality and Patient Safety at NES Health, a national health care organization specializing in creating high-performance emergency departments.



▲ Keri Gardner, MD, MPH, FACEP

Measuring patient experience

To help us achieve the highest quality care, we have instituted new procedures to help measure patient experience. When Dr. Gardner began working at Alice Hyde in early 2014, she instituted a new process for gathering patient satisfaction surveys in the Emergency Department. Previously, surveys were mailed to patients up to a month after their visit, and oftentimes, response rates were very low. We are now using computer tablets at the time of discharge for patients to fill out the surveys. For the entire year of 2013, we received 188 survey responses; by contrast, we received 555 survey responses in the second quarter of 2014 alone. Not only are we receiving a higher response rate, but we are also able to hear patient feedback in real time. This technology has been so successful that we have expanded it to our Medical/Surgical Department and are evaluating it for potential use in other departments as well.



Challenge and excitement

The health care industry continues to evolve, and at Alice Hyde, we are working to meet the challenges of this new era and are excited for the possibilities that it offers.



A handwritten signature in black ink, appearing to read "D. DiVello".

Douglas F. DiVello, MPH, FACHE
President and CEO

Back in the *game*

ALICE HYDE ORTHOPEDICS

Going long on a new knee

GREG Marshall, the football coach at Franklin Academy in Malone, recently decided that he had endured knee problems long enough. Years of wear and tear had taken their toll on his right knee. He had some pain, but the biggest problem was the stiffness. He couldn't bend his leg and had no range of motion. "I used to walk 2 miles every day, but it got to the point where I could hardly walk at



all anymore," says Marshall.

After years of being told that he needed a total knee replacement, Marshall finally decided to have surgery and made an appointment to see Dragos Macelararu, MD, board-certified orthopedic surgeon at the Alice Hyde Orthopedic and Rehabilitation Center. "I figured, why should I travel when I can have my surgery and rehab done right here in Malone."

"I replaced Greg's damaged knee joint with an artificial joint that is designed to move much like a healthy joint," says Dr. Macelararu. "The artificial joint is made of metal alloys and high-grade plastics to match the functions of real bone and cartilage."

Three and a half weeks out from surgery, Marshall says his knee already feels better. He will undergo about two months of rehabilitation to increase strength and flexion in his knee. "I have been very impressed with everyone, all the way through this whole process," Marshall says. "I always knew what was coming next; they kept me informed and answered any questions I had. I couldn't be happier with my results so far."



▲ Dragos Macelararu, MD



Get moving on your new joint

Your journey through a successful joint replacement doesn't end with your operation. In many ways, that's where it begins.

Physical activity is one of the keys to a good recovery after joint surgery, such as an operation to replace a knee or hip. That's where physical therapy comes in.

Among other things, a physical therapist can show you:

- ▶ Gentle movements to extend your joint's range of motion and reduce swelling.
- ▶ How to protect your new joint. You may need a fresh approach to everyday tasks like walking, climbing stairs, sitting, standing or lying in bed.
- ▶ Specific exercises to strengthen muscles around your new joint.

Working with a physical therapist begins very soon after surgery, usually on the same day. Depending on the joint replaced, a therapist may need to show you how to use a walker or crutches, climb a few stairs, or otherwise use your artificial joint.

While in the hospital, you're likely to meet daily with a physical therapist. Once you're home, your physical therapist will tailor a treatment program for you to help you heal. Overall, recovery may take several months.

Physical therapy can leave you sore and tired, especially at first. But it's important to stick with it. It's the safest, most effective way to get the most from your new joint.

Sources: American Physical Therapy Association; Arthritis Foundation; National Institute of Arthritis and Musculoskeletal and Skin Diseases



Alice Hyde's *Medical Minute*

Suffering from joint pain? Scan this code with your smartphone to learn how we can help.

Check up on



DON'T let illness sneak up on you. Paying attention to your health, even when you feel fine, can make staying well easier in the long term.

Regular screening tests and checkups with a doctor are good ways to take control of your health. “These exams can make it easier to spot



▲ Vladimir Medved, DO

problems early, when treatment is often more effective,” says Vladimir Medved, DO, family practice. “They might even prevent a problem from developing in the first place.”

Before your checkup, you should review your family medical history. Your doctor will want to know if close relatives had health conditions such as heart trouble, stroke, diabetes or cancer.

Primary care doctors: Specializing in you

With more primary care providers than ever before, Alice Hyde Medical Center is providing you with easier access to care, close to home

Part of keeping the whole family healthy is having a doctor for each person. “Doctors can check on overall health, watch for signs of health problems and give advice on healthful living,” says Dragos Banu, MD, board-certified in internal medicine. And



▲ Dragos Banu, MD

besides care, they can provide some peace of mind. It's good to know there's someone you can call on when a medical need arises.

Choose doctors with whom you and your family members feel comfortable. Some types of providers to consider:

Family physicians. These doctors care for people of any age, so in this case your whole family could share the same doctor. Among other things, family physicians do checkups and treat a broad array of health problems.

Internists. Also called doctors of internal medicine, they specialize in health and wellness for adults.

Obstetricians/gynecologists. These doctors specialize in women's health,

especially reproductive health, pregnancy and childbirth. Some may also provide general checkups and preventive care.

Pediatricians. These doctors specialize in treating babies, children and teens.

Each of these doctors can treat a range of health problems. They also can refer you to specialists for more specific care.

Other health professionals, such as nurse practitioners or physician assistants, may provide primary care as well.

Communication is key. Make sure to ask questions or express concerns to your doctor as they come up.

To find a provider, visit our website at alicehyde.com and click on “Find a Doctor.”

your health

A little prevention goes a long way

“Make the best of your visit to the doctor,” says Anjni Bhagat, MD, board-certified in internal medicine. “Remember there is only so much time that the doctor can spend with you. Bring all your medications with you and a list of all your concerns and questions. Know your numbers if you have diabetes, high blood pressure or high cholesterol. Ask your doctor what your main health problem is and what you should be doing about it, and then set goals.”



 Anjni Bhagat, MD

Your doctor can then recommend which preventive health services and screenings you should have and when you should have them.

Which screenings are for you?

Some of the screenings that your doctor might recommend could include tests for:

- ▶ **Cholesterol.** Starting at age 20, all healthy adults should have their cholesterol tested every four to six years. High cholesterol is a major risk factor for heart disease.
- ▶ **Blood pressure.** Have this checked at least once every two years. High blood pressure increases risks of heart and kidney disease and stroke.
- ▶ **Diabetes.** If you have high blood pressure or you take medicine for high blood pressure, you should get screened for diabetes.
- ▶ **Colorectal cancer.** Most adults should have their first exam at age 50. Ask your doctor which of several available tests are right for you.

Women should also consider screening tests for breast cancer,

cervical cancer and osteoporosis. Ask your doctor whether a mammogram is right for you based on age, family history, general health and personal concerns. Your age and health history determine how often you need tests that screen for cervical cancer. A bone density scan should be done at least once beginning at age 65.

Men should talk to their doctor about the risks and benefits of prostate cancer screening. Also, men who are between ages 65 and 75 and who have ever been smokers should ask about screening for abdominal aortic aneurysm.

Speak to the experts

To find out which screenings are recommended for you, make an appointment to see your doctor.

Sources: Agency for Healthcare Research and Quality; American Heart Association



ALICE's
primary focus is caring for you!



Alice Hyde Medical Center



Alice Hyde's
Medical Minute

Learn how a primary care provider can help keep you healthy. Scan this code with your smartphone.

eat, play, live

10 ways to help kids maintain a healthy weight

IT'S no secret that obesity in children has become a serious problem in this country. In fact, nearly 1 out of every 3 children is overweight or obese, according to the U.S. surgeon general. But even with these alarming statistics, it doesn't mean we want to scare or force our children into being healthier.

So what's a parent or grandparent to do? How can we help ensure that we are raising happy, healthy kids?

For starters, think about how kids operate. "Our children learn from us, and they like to have a good time," says Julia Ordonez, MD, board-certified in pediatrics. "As moms and dads, grandpas and grandmas, we can take that information and help make our households healthier—one small, fun step at a time."

Encouraging physical activity, serving nutritious foods, and limiting television and computer time are all keys to helping a child maintain a healthy weight. The following are some creative ways for families to make positive strides in all those areas.

Play every day

Being physically active can help children thrive and control their weight. It makes bones and muscles stronger and is a boon to a child's emotional well-being.

Experts say kids should be active for at least 60 minutes a day—that may sound like a lot, but 15 minutes here and there can add up quickly.

Here are some ideas that combine fun and fitness:

- 1 Invite the neighbors to play tag in the yard.
- 2 Map out a course—you could use a paper map or a GPS—and walk, jog, bike or hike it.
- 3 Hit a bucket of golf balls at a driving range.
- 4 Make spelling practice a blast by doing it while jumping rope.
- 5 On cold or rainy days, turn the house into an exercise circuit. Set a timer and have family members move from one station to another. Be creative. Kids might enjoy hula hooping in the kitchen, doing jumping jacks in the laundry room or scaling the stairs like a mountain climber.

Prime their palate

Getting kids to eat better can be a practice in patience and persistence. You'll need both of those, but along the way, try to help kids see the pleasure in healthy eating as well.

- 6 Have a tasting party to introduce the family to new varieties of fruits and vegetables.
- 7 Look for farms or farmers markets in the area where kids can experience food at its freshest.
- 8 Encourage kids to adorn their plates with color. Explain that brightly colored foods—such as orange carrots, green spinach and red strawberries—are especially good for them.



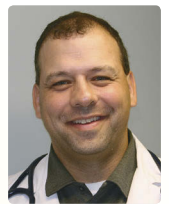
- 9 Make a good-for-you cookbook with your kids. Gather healthy recipes from magazines, cookbooks and websites. Take some of your family favorites and see if you can adjust them to reduce the fat, salt and sugar content without sacrificing flavor.
- 10 Decorate personalized water cups to encourage drinking water rather than sugar-sweetened beverages. Have kids use markers, glitter and stickers to make their cups special.

Be a role model

"You are so important in the eyes of your children and grandchildren," says Emile Benardot, MD, board-certified in pediatrics. "If youngsters see you enjoying new foods and turning off the TV to do something fun and active, they are more likely to do the same."



▲ Julia Ordonez, MD



▲ Emile Benardot, MD

Sources: American Academy of Pediatrics; National Association for Sport and Physical Education; Office of the Surgeon General; YMCA of the USA



Alice Hyde's Medical Minute

Scan this code with your smartphone to hear Dr. Ordonez explain the 5-2-1-0 rule for kids' health.



▲ Feeling great. Darlene Langdon enjoys time at home after surgery.

ALICE HYDE EMERGENCY CARE

Attentive treatment at Alice Hyde

Darlene Langdon was sitting in her living room, playing with her nephew, when she was suddenly hit with intense, persistent stomach pain. She went to the Emergency Room at Alice Hyde Medical Center, where they quickly performed blood work and a CT scan. She was told that she had appendicitis and that leaving the hospital was not an option.

An unexpected discovery

She was taken in for surgery with Nikalesh Reddy, MD, board-certified general surgeon. "Once we got Darlene into surgery, I discovered that she also had two large ovarian cysts," says Dr. Reddy. "I called for Dr. O'Garro to come and lend her expertise."

"Most ovarian cysts present little or no discomfort and are harmless," says Eleazar O'Garro, DO, OB-GYN at Alice Hyde. "The majority of ovarian cysts disappear without treatment within a few months. However, Darlene's cysts were quite large, and we determined it was best to remove them while we had her in surgery."



▲ Nikalesh Reddy, MD



▲ Eleazar O'Garro, DO

"I am thankful that they made the discovery and handled the situation all at once," says Langdon. "Throughout the entire process, everyone was wonderful. They were always right there when I needed them. The best part is, they used the same incisions from when I had my gallbladder out a few years ago, so I don't have any new scars! I couldn't have asked for better care, and I feel 100 percent better now."

To your health

TO YOUR HEALTH is published as a community service for the friends and patrons of ALICE HYDE MEDICAL CENTER, 133 Park St., Malone, NY 12953, telephone 518-483-3000, alicehyde.com.

Douglas F. DiVello, MPH, FACHE, President and CEO

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Signs of appendicitis

According to the American College of Surgeons, trouble signs include:

- ▶ Stomach pain that often starts near the navel and moves to the lower right side of the abdomen.
- ▶ Loss of appetite.
- ▶ Nausea and sometimes vomiting.
- ▶ Low fever.
- ▶ Constipation or diarrhea.

If your doctor suspects appendicitis, he or she will do an exam and may also order blood tests to check for infection and an ultrasound or computed tomography (CT) test to evaluate the appendix.

An infected appendix needs to come out—usually right away. The procedure, called an appendectomy, is often an emergency. It's also one of the most common operations done by surgeons in the U.S.

Q. I'm a healthy woman. Do I need an annual checkup?

A. "Yes! At your annual well-woman checkup, you'll receive the preventive care and counseling that can help you maintain your good health," says William Walker, MD, board-certified OB-GYN.

Your checkup is an opportunity to tell your doctor about your family health history and describe your diet and exercise choices. Your doctor might suggest lifestyle

changes or recommend the screenings you need to detect serious illnesses—such as breast cancer, diabetes or high blood pressure—before symptoms arise.

Depending on your age and risk factors, your doctor may advise having a:

- Mammogram • Clinical breast exam • Pelvic exam • Pap test • Vaccination • Blood test
- Colonoscopy • Screening for osteoporosis.

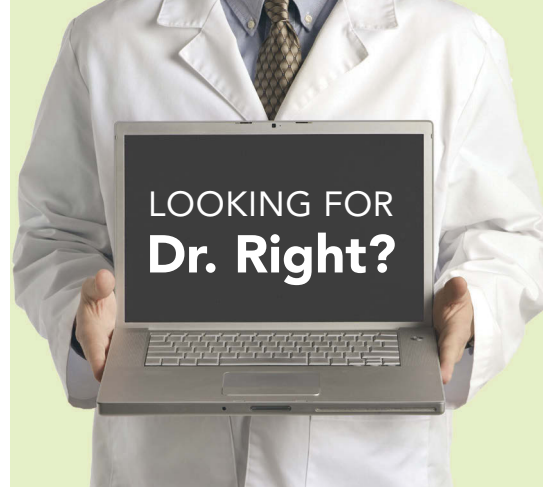
Under the Affordable Care Act, your health care plan must provide women's preventive care without asking for co-insurance, co-payments or deductibles.

Call today to make an appointment: Alice Hyde Women's Health, **518-481-2896**.



▲ William Walker, MD

Cut and save



Visit alicehyde.com
and click "Find a Doctor."

WINTER SKIN

Weather the wear and tear

WINTER weather can leave your skin worse for wear. Fortunately, there are simple ways to cope with the season's dry air.

Wash wisely. Hot water and soaps with strong fragrances can cause your skin to lose natural oils. It's best to use warm water with a mild soap, one that contains no perfume or deodorant, and to pat your skin partially dry with a towel—don't rub it. Then apply skin lotion or cream. Do this within three minutes of finishing your bath or shower, while your skin is still damp. And limit bathing to no more than 10 minutes.

Use a humidifier in your home. It will add moisture to the air and help keep your skin from cracking.

Sensitive skin may need the help of a dermatologist. To make an appointment, call **518-481-2500**.

You don't have to spend a lot—just place two or three small humidifiers, which you can buy at a drugstore, around your house.

Slather on the sunscreen. Apply a moisturizing, broad-spectrum sunscreen with an SPF of 30 or higher, and wait 30 minutes for the sunscreen to "set" before going outdoors. Put it on your face, hands and any other part of your skin that may be exposed. Even in winter, the sun can take a toll on your skin.

Dress for success. Wear gloves and dress in layers, with loose-fitting cotton clothes next to your skin. Sweating and overheating may irritate your skin, but layering allows you to regulate your temperature by removing garments as needed. Get out of wet clothes as soon as possible.

Hydrate from the inside. "What you eat and drink can also help keep your skin hydrated," says Rowan Fish, MD, board-certified in dermatology. "Drink at least eight glasses of water per day. Eat foods high in omega-3s and foods with high water content, such as cucumbers, zucchini, citrus fruit and pineapple."



 Rowan Fish, MD

 Cut and save



Need to hydrate? One cup of pineapple contains 223 milliliters of water.

Orange-pineapple smoothie

Makes 2 servings.

Ingredients

- 1 banana
- 2 cups pineapple chunks, packed in juice and drained
- 1 cup orange juice
- ¼ cup nonfat milk
- 2 tablespoons honey
- 4 to 5 ice cubes

Directions

Place all ingredients in blender and puree until smooth.

Nutrition information

Amount per serving: 292 calories, 0g total fat (0g saturated fat), 73g carbohydrates, 4g protein, 4g dietary fiber, 20mg sodium.

Source: American Institute for Cancer Research