



**THE MOST ADVANCED
VIEW THE ISLAND HAS
TO OFFER IS ONLY
AT ST. CATHERINE.**

Orthopaedic Spine Surgeon Thomas Dowling, MD, and St. Catherine's Chief of Ortho-Spine Surgery Hargovind Dewal, MD, were the first physicians to utilize the new Airo Mobile Intraoperative CT on Long Island at St. Catherine.

▶ **Learn more on pages 4-5**

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The Siena Voice is published by St. Catherine of Siena Medical Center. Comments and questions are welcome by contacting the Office of Public Affairs, 50 Route 25A, Smithtown, NY 11787. Phone: (631) 862-3523



Jim O'Connor

APPOINTED EXECUTIVE VICE PRESIDENT AND CAO
AT ST. CATHERINE OF SIENA MEDICAL CENTER

Jim O'Connor, Chief Administrative Officer/Executive Vice President at St. Charles Hospital, recently assumed administrative responsibility for St. Catherine of Siena Medical Center. Mr. O'Connor's oversight of both St. Charles and St. Catherine of Siena will facilitate the coordination of services between these two facilities, giving both hospitals the opportunity to improve the delivery of care to the communities they serve.

Mr. O'Connor has been with Catholic Health Services of Long Island (CHS) for more than 38 years and his knowledge of the system, people and history, has been and will continue to be, an invaluable asset to CHS.

Additionally, several other administrative positions have been restructured to better position our team to meet the operational needs of St. Charles and St. Catherine of Siena. Ron Weingartner at St. Charles Hospital, and John Pohlman at St. Catherine of Siena, have been promoted to Chief Operating Officers (COO) for their respective hospitals. In their role as COO, Mr. Weingartner and Mr. Pohlman will oversee the day-to-day operations of the hospital, reporting directly to Mr. O'Connor. In the area of finance, Kathleen Vasil has been appointed Chief Financial Officer for St. Charles and St. Catherine of Siena, while Rudy Winter will serve as Assistant Vice President for Finance at both hospitals.

With the experience, focus and expertise this outstanding administrative team brings, CHS moves forward with anticipation at leveraging the strengths of both exceptional hospitals to meet the needs of the communities served.

Save the Date

Monday, July 2, 2018
Huntington Country Club
Breakfast - 9:00 AM
Shotgun Start - 11:00 AM
Cocktails/Dinner - 4:00 PM

For more information, please contact The Foundation Office at (631) 862-3780.

EDUCATIONAL COLLABORATIONS



CHS COLLABORATES WITH NYIT COLLEGE OF OSTEOPATHIC MEDICINE

CHS has entered into an agreement with New York Institute of Technology College of Osteopathic Medicine (NYITCOM) to further advance patient-centered, community-based health care on Long Island. Through this affiliation, CHS will expand its complement of medical student rotations and graduate medical education residencies and fellowships to grow CHS's clinical service lines.

With six hospitals, three skilled nursing facilities, a home nursing service and hospice, CHS handles nearly 240,000 emergency department visits, more than 80,000 hospital admissions and almost 400,000 outpatient visits yearly. NYITCOM, chartered in 1977, was the first osteopathic medical school

in New York State, with more than 7,400 graduates to date now caring for patients in this region and beyond. This collaboration will extend the reach of CHS's impact on the health of Long Island's communities.

"We are very excited about this expanded collaboration, as NYIT's medical school affords CHS some strong clinical growth opportunities for the next generation of future providers," commented Patrick M. O'Shaughnessy, DO, MBA, FACEP, CHS's executive vice president and chief clinical officer. "The medical college is the largest in New York State and produces nearly 300 graduates per year; approximately 50% enter primary care and look to practice on Long Island. CHS will offer NYITCOM

students expanded clerkship opportunities at all of our six high-quality campuses. We welcome these quality graduates into our residencies and eventually into our growing physician practice enterprise."

"NYIT is proud to work with such a prestigious health care system to support CHS's needs for new physicians as it continues to grow, as well as provide the best clinical partners and opportunities for students in NYITCOM and our School of Health Professions," said Jerry Balentine, DO, vice president for medical affairs and global health at NYIT.



STEAM Education at Park View Elementary

Tell me and I'll forget; show me and I may remember; involve me and I'll understand." The old proverb captures the essence of St. Catherine's staff as they participated in the Science, Technology, Engineering, Art, Math Night, also known as STEAM, at the Park View Elementary School in Kings Park on Thursday, March 15, 2018. St. Catherine's Chief Nursing Officer Mary Jane Finnegan, along with St. Catherine's Stroke Coordinator Cathie Videtto, elected to focus on a program about stroke education and selected "Kids Can be Stroke Heroes"—an interactive program that engages students to create dialogue and ultimately awareness about the sign and symptoms of a stroke.

"Educating our young children to recognize the signs and symptoms of stroke can empower them to make a life-saving decision to call 9-1-1, if they witness a stroke," said Videtto. "The children were very interested in the concept of being a "Stroke Hero" and recognizing signs of a stroke will enable them to make an important decision and to seek help immediately."

A photograph of a surgical team in an operating room. Several surgeons in blue scrubs, masks, and hairnets are gathered around a patient on a table. A large, mobile CT scanner, the Airo, is positioned over the patient. The scanner has a logo that reads "ALM" in red and blue. The room is brightly lit with overhead surgical lights.

This view changes everything.

For the Long Island population, the Airo® Mobile Intraoperative CT, designed for diagnostic imaging and intraoperative use, is only available at St. Catherine of Siena. St. Catherine, supported by CHS, is dedicated to one goal, to offer advanced and value-added treatment options for patients. With the addition of the most advanced intraoperative imaging system, the hospital delivers on the promise to provide the best in health care, close to home.

“The Airo mobile CT enables more flexible patient positioning and helps expand the use of intraoperative imaging for a wide range of clinical applications,” said St. Catherine’s Chief of Neurosurgery Magdy Shady, MD.

The Airo is designed for use in the Operating Room (OR), and provides diagnostic quality images, giving surgeons more precise and up-to-date anatomical information during surgery for timely and informed decision-making. Utilizing the latest in imaging technology, Airo, the portable 32-slice CT scanner, has the potential to change daily life in the surgical space, offering mobility, flexibility and access to real-time patient images, aiding decision-making in the OR. The Airo can be used for cranial, spinal, ear/nose/throat (ENT), head and neck, cranio-maxillofacial (CMF), trauma and orthopedic surgery.

Orthopaedic Spine Surgeon Thomas Dowling, MD, and St. Catherine's Chief of Orthopaedic Spine Surgery Hargovind Dewal, MD, were the first physicians to utilize the new equipment during a surgical procedure in January. "With the new imaging equipment, we are able to react intraoperatively to the surgical situation by verifying what has been done after each step, potentially correcting any imperfections during the procedure," said Dr. Dewal. Concurrently, Dr. Shady and Neurosurgeon Fredrick Harrington, MD, have also begun utilizing the new imaging system.

"As the Chief of Neurosurgery, Dr. Shady, has not only been committed to advancing the Neuroscience Program at St. Catherine of Siena, but has been instrumental in acquiring the revolutionary imaging technology," said St. Catherine's EVP/CAO Jim O'Connor. "It is great to have skilled surgeons, including ortho

spine specialists like Drs. Dowling and Dewal, pioneering such advanced equipment at a rising community hospital."

With the new technology surgeons can rely on intraoperative information to ensure that they have achieved the objective of the procedure, rather than wait for post-operative images to verify the results. Verifying one's work intraoperatively may reduce re-operation rates, decrease overall cost and lead to improved patient care. Intraoperative imaging can also offer patients the benefit of a less-invasive surgical procedure, reduce trauma, faster recovery times and shorter hospital stays. St. Catherine of Siena will use the Airo Mobile Intraoperative CT as the new standard of care, potentially reducing the risk of repeat, or revision, surgery.



To make an appointment, call:
(631) 870-3444



The advanced equipment provides surgeons intraoperative patient images for enhanced decision-making during procedures.



Photo (L-R): Lindsay Osborn, Brian Osborn, Fiona Osborn, Evan Osborn and Dr. Tara Martinez.

Surviving Colon Cancer at 36

St. Catherine's
Colon & Rectal
Program is
here for Lindsay.



Watch Lindsay's full story
and learn more about
colorectal screenings at:
goo.gl/1TE9gQ

Lindsay Osborn was not expecting colon cancer to be her diagnosis after checking in with her physician for what she assumed to be non-life threatening symptoms. The 36-year-old—wife, mother of two young children and educator said she felt fine, stronger than she had ever been. Never did she think she'd be faced with an immediate decision to have colorectal surgery, especially at her age.

Lindsay is now motivated to share her journey from diagnosis to treatment—and has joined St. Catherine's Director of Colon and Rectal Surgery Tara Martinez, DO, to encourage both men and women to take time to put their health first. "I did not have all the

symptoms—no weight loss, stomach pains, any of the things that go along with colon cancer," said Lindsay. However, a colonoscopy would reveal an aggressive cancer and propel an immediate treatment plan into action to increase her outcomes.

"Unfortunately, there are often no symptoms or signs of colon and rectal cancer, especially at the beginning stages—the most common symptoms that people do experience are changes in bowel habits, narrowing of stool, rectal bleeding and a feeling of incomplete evacuation after a bowel movement," said Dr. Martinez.

"I don't want this to happen to my sister, my family and friends, I want this to motivate people to take care of their bodies."

- Lindsay

The Centers for Disease Control and Prevention reports that approximately 140,000 men and women are diagnosed with colon and rectal cancer annually—and more than 50,000 people die from it. However, if Americans begin their annual screenings at age 50, the disease is highly preventable. "While, the typical age of screening is 50 years old for average risk patients, colonoscopies are recommended to younger patients who are at higher risk for colon cancer, especially those with genetic markers and family history," said Dr. Martinez. "And, if you are experiencing many of the symptoms, you should see your physician immediately, despite the screening recommendations—don't wait."

The Colon and Rectal Program at St. Catherine of Siena Medical Center is staffed with board-certified colorectal surgeons, who are experts in the use of endoscopic and laparoscopic procedures, and other minimally-invasive techniques to treat colon and rectal disorders. "These days so many young patients say to me, I don't even have a doctor—I don't have time—I'll just go to the urgent care if I don't feel well," said Dr. Martinez. However, she urges everyone to "stop for a moment and take care of yourself, if you don't, who will care for your children and your family."



Siena Women's Health



St. Catherine of Siena
Medical Center
At the heart of health
Catholic Health Services



Colorectal Cancer Q & A

Tara Martinez, DO, FACOS, FACS
Medical Director, Colon and Rectal Program
St. Catherine of Siena Medical Center



What are the risk factors for colon cancer?

A. There are multiple risk factors for colon and rectal cancer—some that we can control, others that we cannot. Some factors that are out of our control include a family history of colon and rectal cancers or polyps, personal history of other types of cancer, age, personal history of inflammatory bowel disease, and inherited syndromes are associated with increased risks of colon cancer. Racial and ethnic background, type two diabetes, and other aspects of your lifestyle are also contributing factors. Risk factors that you can control to reduce your risks of colon and rectal cancer include maintaining a healthy weight, increasing activity, avoiding red meat and processed meats, as well as not smoking and minimizing alcohol intake.



Can I prevent colon cancer?

A. Yes, colon cancer is preventable. Nearly all colon cancers develop from a polyp initially. Polyps are usually slow growing and when removed by colonoscopy your risks for colon cancer decrease. Having routine colonoscopies, following medical recommendation guidelines for your age, along with a full review of your genetic, medical and family history, is very important to prevent against colon cancer. Typical age of screening is 50 years old for average risk patients, however colonoscopies are recommended to younger patients who are at higher risk for colon cancer. Please contact your healthcare professional for more information and to review your risk factors.



What are the symptoms of colon and rectal cancer?

A. Unfortunately, there is often no symptoms or signs of colon and rectal cancer, especially at the beginning stages. Many symptoms can mimic other disease such as colitis, hemorrhoids, irritable bowel syndrome, and inflammatory bowel disease, and therefore maybe disregarded by patients initially. The most common symptoms that people do experience are changes in bowel habits, narrowing of stool, rectal bleeding, feeling of incomplete evacuation after a bowel movement. Dark stools or blood in the stool itself can be associated with colon and rectal cancers, as well as cramping, abdominal pain, weakness, fatigue and unintentional weight loss. If you are having any of these symptoms, it is best to be evaluated by a medical professional. If you do not have these symptoms, but are at the recommended age for screening or have a family history of colon cancer or polyps, please make sure you get screened as it can prevent colon cancer!



To make an appointment, call: (631) 870-3444



Did You Know?
St. Catherine of Siena is a
Baby-Friendly Hospital.
Learn more at:
goo.gl/fTnLFD

***Is my
baby
getting
enough
to eat?***



Kristin Thayer MSN, RNC, IBCLC
Lactation/Perinatal Education
Clinical Nurse Specialist

The Well Fed Baby Checklist

To know that breastfeeding is going well, answer these questions when the baby is 5 to 7 days old.

- ☐ Is the baby having several bowel movements in 24 hours that are mustard yellow with curds in them ("poop you can scoop," not just a smear)?
- ☐ Is the baby wetting 5-7 diapers in 24 hours?
- ☐ Do the breasts feel full before feeding and softer after feeding?
- ☐ If the mother had initial nipple soreness, is this resolved?
- ☐ Did you hear swallowing when the baby is breastfeeding?
- ☐ Is the baby eating at least 8 times in 24 hours?
- ☐ Does the baby seem satisfied after a feeding?
- ☐ Is there a lack of sore, tender, or red and firm areas in either breast?
- ☐ Has the baby started gaining half an ounce to one ounce per day?

If you have answered **NO** to any of these questions, there may be some problems with feeding. Please call your pediatrician and/or a lactation consultant.

How can I tell if my baby is getting enough to eat?

This is a common question for all new parents, especially if they are breastfeeding. A full term healthy newborn is born with enough reserves so that they do not need to eat very much in the first few days of life. Their stomachs are actually very small and are only meant to eat about 5 ml (or 1 teaspoon) at a feeding. They need to eat often, usually 8-12 times per day.

We know they are getting enough to eat if they are urinating and stooling, and they are not losing too much weight. All babies lose some weight in the first few days as their output is greater than their input. More than 10% weight loss is a warning sign, but if the newborn is breastfeeding well and the mother's milk is coming in, the baby should be fine. It can take 3-5 days of frequent nursing before a mother's milk comes in and her breasts feel full. A number of conditions may inhibit milk production and these include: the baby not nursing well or frequent enough, a poor latch and sore nipples, these may indicate poor milk transfer. Maternal conditions such as hypothyroidism, diabetes, infertility, polycystic ovary disease, obesity, advanced age, maternal stress and anxiety, severe anemia, cesarean-section delivery, lack of skin to skin contact, may decrease milk production.

Mothers today only spend a short time in the hospital and often go home before their milk comes in, but the newborns are examined by a pediatrician before discharge and usually return to the pediatrician's office within a day or two of discharge. If there are any feeding difficulties they will be addressed.

Connect with the help you need to successfully nurse your baby.

There are many lactation resources available for new mothers if they run into trouble. There are hospital and community based support groups, private lactation consultants, La Leche League groups, and web based information from the CDC, American Academy of Pediatrics, and the New York State Department of Health.



St. Catherine's Maternity offers free Lactation Support Groups.
For more information or to register call: **(631) 870-3444**



A Well Connected **OUTPATIENT SUB-ACUTE DIALYSIS PROGRAM**

Patients and residents at St. Catherine's Nursing and Rehabilitation Center receive the finest clinical services. With five stars—the highest designation—both overall and for quality measures from the Centers for Medicare & Medicaid Services, the facility has direct access to the adjoining hospital's Outpatient Dialysis Center for sub-acute treatment.

Staffed by board certified nephrologists and an experienced team of caring professionals, the 15-chair dialysis facility provides comprehensive services and is affiliated with nine major transplant centers. Equipped for single-use dialysis and an isolation room to accommodate hepatitis positive B antigen patients—it is the only unit of its kind in Suffolk County. Rehabilitation services are customized around the patient's dialysis needs, uninterrupted by offsite appointments.

St. Catherine's 240-bed, hospital-based, skilled nursing facility provides sub-acute, short-term rehabilitation and long-term care, as well as specialized dementia care programs. Its proximity to the medical center provides immediate attention for any emergencies that may arise.



To make an appointment, call:
(631) 870-3444

**St. Catherine of Siena's
Nursing and Rehabilitation
Care Center has direct
access to the Hospital-Based
Outpatient Dialysis Program.**



St. Catherine's Emergency Department Honored by Smithtown Supervisor

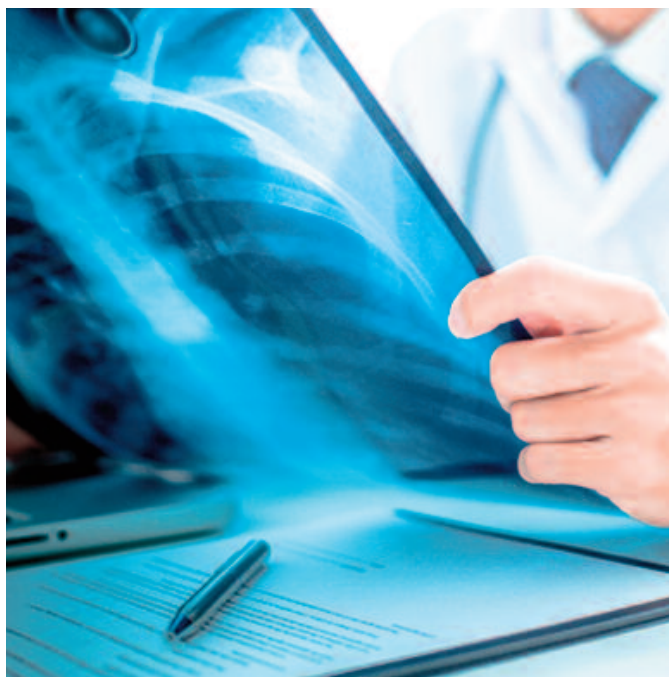


Smithtown Supervisor Edward Wehrheim presented honorary proclamations to St. Catherine's finest for fast action in the rescue efforts of town employees on the Nissequogue River.

On December 12, 2017, 3 members of the Smithtown Public Safety Waterways & Navigation Division and 2 Park Division employees were rescued by workers from Gibson & Cushman Contracting when dangerous currents overturned their vessel on the Nissequogue River. Emergency protocols were executed. Members of the dredging crew saw the crew go into the water and acted immediately. They helped four of the five member crew out of the water. The fifth member swam to shore. And, because of their bravery and fast action, all on board the bay constable boat survived the dangerous water temperatures.

They were then taken to St. Catherine of Siena, where Emergency Department staff worked diligently to treat the men for hypothermia and exposure. St. Catherine's Chief Medical Officer Mickel Khlat, DO, Emergency Department Physician Paul Taglienti, DO, and Emergency Department Nurse Manager Robert Hackmack (pictured left to right), were all present for the ceremony with Supervisor Wehrheim.

Spotlight on Lung Cancer Screening Program



Lung cancer is the leading cause of cancer death in the U.S., with most cases not diagnosed until later stages. In conjunction with the American College of Radiology, CHS's Lung Cancer Screening Program offers low-dose computed tomography (LDCT) testing to those at high risk. LDCT, compared to standard chest X-ray, has been proven effective in detecting lung cancer at its earliest, most treatable stages.

According to the Medicare-approved criteria, eligible participants must be 55–77, have a smoking history of at least 1 pack per day for 30 years (or 2 packs daily for 15 years), be currently smoking or have quit smoking within the last 15 years and without current signs or symptoms of lung cancer. The painless, non-invasive LDCT scan takes just 10–15 minutes to complete and does not require fasting, injections or medications. Most insurances and Medicare cover annual screening for eligible patients.

CHS's multidisciplinary team offers education and support services, as well as coordinating follow-up care. The program's nurse navigators answer questions and determine whether screening is appropriate on a case-by-case basis. LDCT screening is provided at convenient locations across Long Island: St. Catherine, St. Charles, Good Samaritan, St. Joseph, Mercy, St. Francis Diagnostic (East Hills) and St. Catherine & St. Charles Center for Health & Wellness (Commack).

To learn more, please call (631) 775-5864 or email LUNG@chsli.org

VOLUNTEER EXCELLENCE CORNER



Ann Crandall

After almost 30 years of volunteering at St. Catherine, Anne Crandall retired at the end of 2017. The Kings Park resident logged 15,336 hours of service during that time, was elected auxiliary president and represented St. Catherine at the Nassau-Suffolk Council of Hospital Auxiliaries. In addition, she has served on the Council Board and as council president.

When she retired in 1990 after 41 years as a physical education teacher, Ms. Crandall wanted to give back to others and began volunteering at St. Catherine. She recalled a patient who was so impressed with her speed and expertise in making beds that he wanted to hire her for the hotel business.

Ms. Crandall said she is not really leaving St. Catherine, as she hopes to volunteer from time to time. Having met some wonderful

people through her hospital volunteer work over the years, she is now looking forward to spending more time with her family and pursuing another passion of hers—knitting. She has already knitted almost 200 baby hats to donate for newborns.

"During her time at the hospital, Anne has become so much of the fabric that makes St. Catherine of Siena what it is. Consider Anne the active ingredient for compassion and commitment," said St. Catherine's Director of Volunteers Heather Reynolds. "She set the bar far higher than ever before."

For more information about volunteering at St. Catherine of Siena, please call (631) 870-3444.

The long-time Kings Park resident logged 15,336 hours, that's a total of 408 working weeks, equivalent to close to 8 years of volunteering, full time.

Free Community Support Groups



For more information or to register, please call (631) 870-3444 or visit stcatherines.chsli.org



Breast Cancer Support Group

You are not alone. This free support group is open to breast cancer patients, and offers a place for support and information.



General Bereavement Support Group

Together with CHS, St. Catherine of Siena provides resources for those in need of grief support.



Diabetic Education Group

Free diabetic support group offers education through dietary and group discussions, along with lectures from physicians and health care professionals.



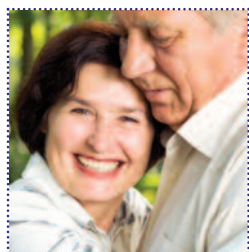
Bariatric Support Group

Attend a free bariatric support group for complete education on bariatric surgical options.



Stroke Support Group

Come together in a caring and compassionate atmosphere, with survivors, their family and caregivers to forge a new sense of community.



Caregivers of People with Dementia

An open and friendly environment where you can share your experiences, learn how others cope, and get free supportive information.



Parkinson's Young Onset & Parkinson's General

This group offers those with Parkinson's Disease an open community to share and discuss problems they share, as well as education and information.



Caregivers of Chronically Ill/Disabled Spouse or Partner

Receive emotional support, learn how others cope and share experiences in caring for someone with a chronic disease.



The Lupus Alliance of LIQ Support Group

This group provides people with lupus and their families an opportunity to share their experiences with those who can understand and identify with them.

What are the benefits of participating in a support group?

- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving your coping skills and sense of adjustment
- Talking openly and honestly about your feelings
- Reducing distress, depression, anxiety or fatigue
- Developing a clearer understanding of what to expect with your situation
- Getting practical advice or information about treatment options

*Tips provided by The Mayo Clinic



St. Catherine's Maternity Department fosters a philosophy of family-centered care for you, your newborn and family. All Classes are open to the public. There is a nominal fee for the Infant Care CPR class.

Please call (631) 870-3444 to register for the following:

New Beginnings Maternity Tour
Offered every Tuesday night at 6 PM

Prenatal Breastfeeding Class: Learn About Infant Feeding
Offered every Tuesday night at 7 PM

Infant Care Class
Offered bi-monthly, [call for date/time](#)

Family and Friends CPR (Infant Only)
Offered monthly, [call for date/time](#)

Lactation Support Group
Offered every Tuesday 1:30 PM - 3:00 PM

Mothers' Circle of Hope: Weekly peer support for women experiencing pregnancy and postpartum depression/anxiety/OCD. The free group provides emotional support and educational information.

For more information, please call (631) 862-3330 or email us at postpartumsupport@chsli.org.



St. Catherine of Siena Medical Center

Catholic Health Services

At the heart of health

50 Route 25A | Smithtown | NY 11787
stcatherines.chsli.org | (631) 870-3444



StCatherineofSienaLI



@StCatherine_LI

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NEW CHS LUNG SCREENING PROGRAM

Learn more about the new screening
program on PG. 10

Board "Walk" Your Way to Better Wellness at the Beach this Spring!

**Walk.
Jog.
Run.
Stroll.**



**Meet St. Catherine of Siena Staff
at Sunken Meadow State Park
Every Wednesday in May
5:00 PM - 6:30 PM**

May 2, 9, 16, 23 & 30 (weather permitting)

**Free health screenings and giveaways.
Speak to health professionals about
nutrition and weight management.
Bring the family for fun and healthy activities.**



Learn more, by calling:

(631) 870-3444