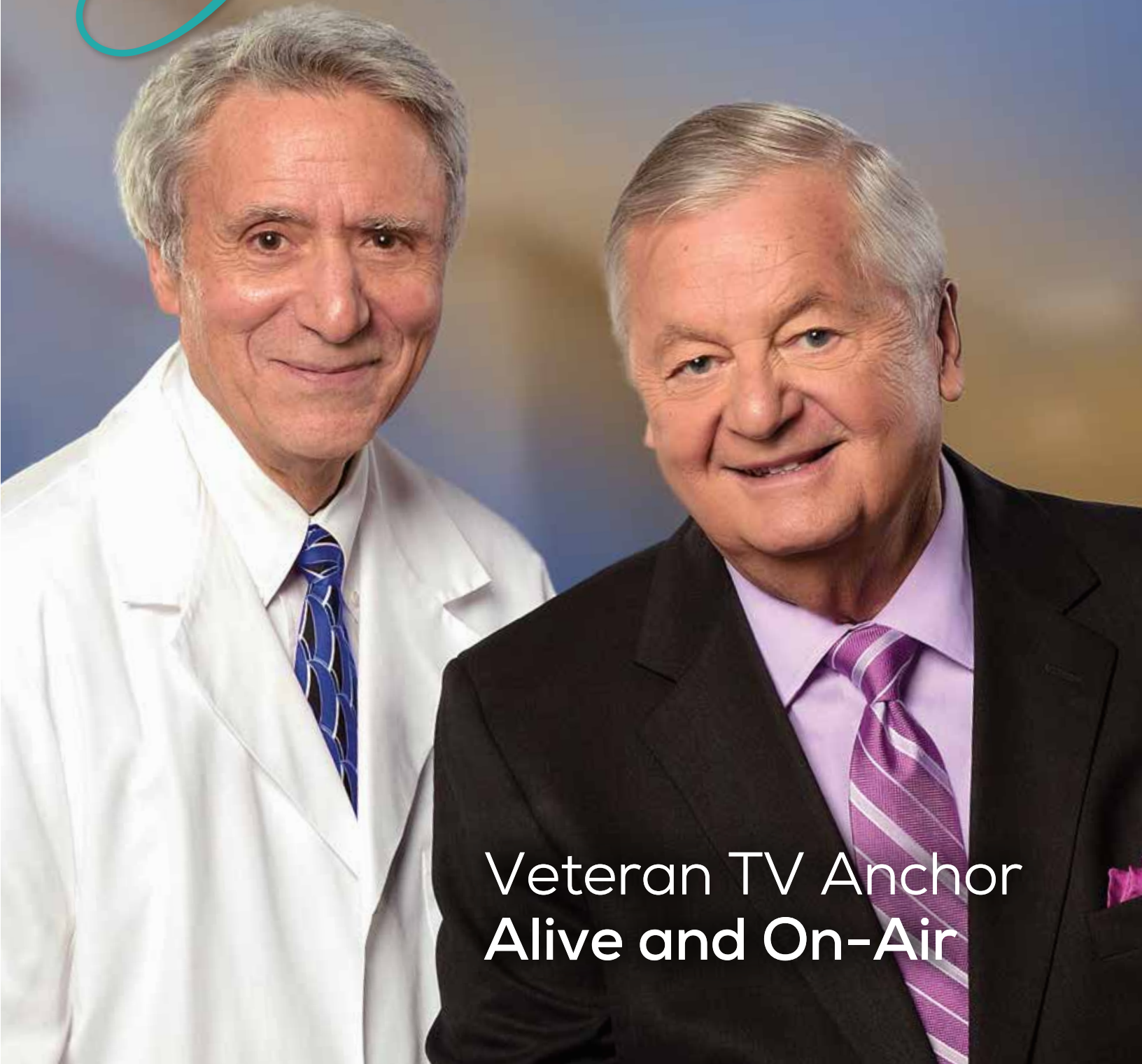




YourCare

A CROUSE HEALTH COMMUNITY PUBLICATION



Veteran TV Anchor
Alive and On-Air

Crouse Health: Northern NY Partners

Enhancing access to healthcare is a strategic focus of Crouse Health — and of three highly regarded hospitals in Northern New York.

To that end, the boards of directors of Carthage Area Hospital, Claxton Hepburn Hospital in Ogdensburg and River Hospital in Alexandria Bay recently approved an agreement to enter into a clinical affiliation with Crouse.

Close Collaboration

While a positive and exciting opportunity for each of the hospitals and their patients, the affiliation is not a merger or acquisition, but rather a collaboration that allows each institution to strengthen patient services and share best practices, similar to the arrangement Crouse entered into with Northwell Health earlier this year.

This partnership preserves each hospital's local leadership and independent board of directors to ensure that their communities continue to have a voice in their local hospitals. Each of the partner hospitals will continue to maintain its own assets, operations, liabilities and budget.



New partners (left to right) Rich Duvall, CEO of Carthage Area Hospital; Seth Kronenberg, MD, chief medical officer, Crouse Health; Kimberly Boynton, president and CEO, Crouse Health; Ben Moore, CEO, River Hospital; Nate Howell, president and CEO, Claxton-Hepburn Medical Center.

Crouse shares many of the same attributes as the three hospitals, including similar missions, open and transparent cultures, and a focus on

“We are proud and honored to welcome these North Country healthcare partners into the Crouse family.”

— Kimberly Boynton

physician and employee engagement. Each has a solid reputation as a community-focused provider of high-quality, patient-centered care, factors critically important to Crouse as we have evaluated potential partners.

While developing this new partnership, our focus will be on keeping healthcare local, where it belongs, and offering the partnering hospitals the ability to develop relationships with Crouse for clinical programs or services that may not be available in the North Country; improve coordination of care; and take advantage of our partnership with Northwell Health.

As with Community Memorial Hospital, our partner in Hamilton, NY, the North Country hospitals will also be able to participate and collaborate in Crouse Health's Clinically Integrated Network to share best practices — both clinical and operational — and benefit from other economies of scale to ensure long-term financial, quality and operational sustainability.

Enhancing Access

Just as Crouse Health is a valuable and trusted community asset, so too are Carthage Area, Claxton Hepburn and River hospitals in their respective communities. We are proud and honored to welcome these new partners into the Crouse family as we work together to enhance healthcare quality and access for patients in Central and Northern New York.



New ER Enhances Emergent Care

As it quietly turns six months old, the new Pomeroy Emergency Services Department at Crouse Health is not only the region's most up-to-date facility, but remains one of the busiest.

The cramped, outdated former ER is a distant memory, as more than 150 board-certified physicians, physician assistants, nurses, nurse practitioners, pharmacists, care managers and social workers have gotten used to providing emergency care in a brand new setting.

“Our new floor plan allows us to move patients faster and more safely through triage,” says David Mason, MD, medical director of the emergency department.

The facility, formerly just 7,800 square feet, is now nearly 21,000 square feet in size. But the work is not over: Phase 2 of the project will be completed during 2018, when PromptCare, our walk-in emergent care center, moves from across the street into the hospital's main emergency department.



The \$38 million Pomeroy Emergency Services Department has been made possible, in part, through the generosity of donors from across our community. Learn more at crouse.org/crousecares.

Losing Weight, Losing Diabetes



What does Nerissa, a single mom and karate enthusiast, have in common with Bruce, a busy executive who played high school and college sports?

Three things: They were each morbidly obese, lost considerable weight and no longer have type 2 diabetes.

Actually, make that four things in common: Nerissa Godboldt and Bruce Randall both had weight-loss surgery at Crouse Health.

Nerissa says the day she learned from her doctor that she had type 2 diabetes was the day she decided to look into weight-loss surgery. "I'd tried every diet imaginable, with no success," says the mother of an active eight-year-old boy, D'Metrique.

"My parents have diabetes and I've seen how the disease has affected their lives," she says. "I owed it to my son to be as healthy as I could so I'd be around long enough to raise him."

As Bruce raised his children, he became less active and gained more. When he turned 60, not only was he severely overweight, but had type 2 diabetes and other ailments associated with obesity.

"I thought to myself, 'you're never going to make it to your golden years,'"



says Bruce. "I wanted to be around for my grandchildren. Having weight-loss surgery at Crouse was one of the best decisions I've ever made."

How is it that Nerissa and Bruce not only lost weight, but also their diabetes? As Bariatric Program Administrator Colleen Cauley, BSN, RN, CDN, explains, obesity is a complex metabolic disease that reacts positively to anatomical changes following weight-loss surgery.

"In many cases," says Cauley, "early remission of type 2 diabetes occurs just days after surgery, even preceding major weight loss."

Treating diabetes doesn't help obesity. "Treating obesity, however, does help treat type 2 diabetes," says Cauley, "as well as many other conditions, such as hypertension, high cholesterol, sleep apnea and orthopedic ailments."

Nerissa and Bruce have lost 85 and 135 pounds, respectively — as well as their diabetes and other conditions. Each has found a whole new lifestyle: Nerissa enjoys practicing karate with her son and Bruce works out at the gym on a regular basis.

What do you have to lose? Consider weight-loss surgery — and see what you can find.

Upcoming Information Sessions

We invite you to attend one of our free informational seminars held the first Monday and third Thursday of each month from 4:30 to 6 p.m. at Crouse Health's Marley Education Center.

To register, call **315-470-8974** or visit **crouse.org/weightloss**.



Bariatric surgeons Jeffrey DeSimone, MD, medical director of Crouse Health's weight-loss surgery program, and Kenneth Cooper, DO.

Online Seminar

Can't get to an in-person meeting? Review our program at **crouse.org/bariquiz**.

Bariatric Support Group

Our support group welcomes anyone seeking to learn if bariatric surgery is right for them and those who've had the surgery, regardless of where it was done. Family members and friends can also attend. The group meets 4 to 6 p.m. every second Wednesday of the month.

Learn more at **crouse.org/bariatricsupport**.

"Having weight-loss surgery at Crouse was one of the best decisions I've ever made."

— Bruce Randall

Veteran News Reporter Lives to Tell



For years, people have stopped Rod Wood at the grocery store to ask when he's retiring. These days, they stop to ask how he's feeling.

The popular Central New York television personality was diagnosed in August with an AAA — abdominal aortic aneurysm. If those three words sound serious, know that an AAA *is* serious.

"I'm a very fortunate man," says Rod, who returned to his familiar seat at the anchor desk at WSYR-TV in mid-

November, three months after surgery. "I never knew I had something that could kill me."

Expert Diagnosis

Roll the credits on two doctors whose expertise combined to save his life: Victor Croglio, MD, Rod's primary care physician at Crouse Medical Practice, and Crouse vascular surgeon Lawrence Semel, MD.

Rod's story started last July, when he saw Dr. Croglio, seeking treatment for

a lingering cough. The doctor ordered a CT scan of Rod's upper torso, and nothing was detected. He then had Rod's abdomen scanned, and discovered the AAA.

Crisis Averted

"I'm lucky he spotted it," Rod says. "I could have bled to death."

Cue Dr. Semel, who performed surgery at Crouse to repair a widened part of Rod's aorta, the main blood vessel that supplies blood to the abdomen, pelvis and legs. Had the aneurysm burst, internal bleeding could have been fatal to the veteran newsman.

AAAs present no symptoms. Healthcare providers may notice a pulsation near the patient's navel, and some AAAs cause abdominal or back pain. But usually they're silent until

**"I'm a very fortunate man.
I never knew I had something
that could kill me."**

— Rod Wood, Anchor, NewsChannel 9

they're discovered, according to Dr. Semel. "The majority of AAAs are found while looking for something else, such as a kidney stone or backache."

That's what happened to Rod. He has type 2 diabetes, has undergone hernia surgery and survived prostate cancer about 10 years ago. He's also a former smoker. Still, he describes himself as "pretty healthy, maybe a little overweight."

While smaller AAAs may never grow or burst, Rod's aneurysm — considered large at 8 centimeters, about the size of

Crouse vascular surgeon Lawrence Semel, MD, may have performed life-saving surgery at Crouse on popular TV newsman Rod Wood, but he's also been operating on many more Central New Yorkers since going into practice in 1985. We are proud to have vascular surgeons from Upstate Heart and Vascular Center and Vascular Surgeons of CNY affiliated with Crouse Health.



Lawrence Semel, MD

Story

a tennis ball — needed to be fixed immediately. Dr. Semel performed an open repair, which involves replacing the damaged section of the aorta with an artificial tube, called a graft.

Because Rod's kidneys are too close to his aorta, he was not a candidate for the newer and less invasive endovascular aneurysm repair (EVAR). In this procedure, a stent holds the graft in place.

AAAs are more common in men than women. Their cause is unclear, but smoking, high blood pressure and family history appear to be risk factors. "The takeaway is to know your family history," Dr. Semel says. "If you have any concerns, see your primary care doctor."

More News to Report

As for the patient, Rod reports he's cut back his hours at NewsChannel 9 a bit. But after 54 years in journalism, he's not ready to retire just yet.

"I received great care from Dr. Croglio and Dr. Semel and the nurses and staff at Crouse," says Rod. "So why not continue the work I love in the community I care about?"



Central New Yorkers watched Carrie Lazarus co-anchor the local evening news with Rod Wood for 31 years on NewsChannel 9. Although she left the broadcast last March for a new role at the station, she's remained close to Rod and visited him when he had surgery at Crouse in September.



*Carl Butch, MD
Medical Director, CMP*



Crouse Medical Practice Earns Patient-Centered Recognition

Crouse Medical Practice (CMP) has earned the highest level of distinction as a Patient-Centered Medical Home (PCMH) from the National Committee for Quality Assurance (NCQA).

"We are honored to have received the highest level of PCMH recognition," said Carl Butch, MD, medical director of CMP, a multi-specialty medical practice affiliated with Crouse Health.

Best in Patient Care

What does this mean to patients? According to Dr. Butch, "the PCMH designation shows that our providers are staying ahead of the curve by providing patient-centered medical care."

PCMH accreditation is considered one of the leading yardsticks of measuring a medical practice's commitment to patient-centered care using evidence-based procedures. The application process for consideration is rigorous, and the measurement standards are established in conjunction with the principles of the American College of Physicians; the American Academy of Family Physicians; the American Academy of Pediatrics; and the American Osteopathic Association.

Primary and Specialty Providers

Crouse Medical Practice comprises more than 120 medical providers in 10 locations throughout Onondaga County, providing a wide range of patient services, including adult primary care and these specialties: audiology; cardiology; laboratory services; mental health services; otolaryngology (ENT); neurology and neurosurgery; pulmonology; radiology services; sleep medicine; and spine surgery.

For more information about affiliated physicians and locations, visit crousemed.com.

ACCEPTING NEW PATIENTS!

CROUSE MEDICAL PRACTICE

Syracuse - Downtown • 315-479-5070

Syracuse - Erie Blvd., East • 315-476-2323

Brittonfield/East Syracuse • 315-449-3800

Manlius • 315-682-6600

39 Reasons Why CNY Moms Choose Crouse

There are many reasons why Crouse delivers more babies than any other hospital in upstate New York, not the least of which are the amazingly skilled, compassionate and highly regarded OB providers who choose to deliver their patients' babies at Crouse Health.

If you're pregnant — or planning to be — don't you want the very best for both you and your baby?

Crouse Obstetrical Care Providers

Cathy J. Berry, MD & Associates

Cathy Berry, MD
Krystal Foree, MD
Carol Lopes, MD
Janet Ortolani, CNM
Alia Rezek, CNM

Christian Health Services

Eugene Bailey, MD

CNY Obstetrics & Gynecology PC

Leonard Marotta, MD

CNY Women's Healthcare PC

Catherine Bailey, MD
Stephen Brown, MD
Maria Ciciarelli, MD
Mai-Anh Thi Doan, MD
Jaya Nemani, MD
Sarah Schoch, MD

Crouse Midwifery Group

Mary Thompson, CNM

Family Medicine Services Group

Cynthia Elkins, MD
James Greenwald, MD

Loftus, Ryu, Bartol, MDs PC

Reem Akkawi, MBChB
Suzanne Bartol-Krueger, MD
Kelli Corniello, DO
Erin Hill, MD
William Loftus, MD

Richard D. Semeran, MD PC

Richard Semeran, MD

University OB/GYN Associates, Inc.

Nicholas Baranco, MD
Helene Bernstein, MD
Maureen Burke, MD
Hans Cassagnol, MD
John Folk, MD
Leah Kaufman, MD
Jennifer Makin, MD
Renee Mestad, MD
John Nosovitch, Jr., MD
Robert Silverman, MD
George Stanley, MD
Brian Thompson, MD
Jodi Wallis, DO
Charina Carissimi, CNM
Kathleen Dermady, CNM
Mary Hartman, CNM

Women's Wellness Place

Sara Quinn, MD

For more information about the full spectrum of maternity and obstetrical services at Crouse, visit crouse.org/babies.

Improving Regional Health: Taking Steps to Prevent Premature Births

While a normal pregnancy lasts about 40 weeks, a delivery occurring before 37 weeks is considered preterm. The most common cause of infant death, preterm birth is also the leading cause of short and long-term complications, especially in those born even earlier.

A preterm birth affects not only babies, but places a burden on their families and the health-care system charged with their care as well.

Preventing Preterm Births

To address the issue, the Central New York Care Collaborative (CNYCC) has awarded Crouse Health a \$250,000 grant to help lower the rate of preterm births in Onondaga and the five surrounding counties it serves.

The funds will be used to increase the use of interventions proven effective in preventing early delivery in the nine birthing hospitals in CNYCC's coverage area.

Unique Partnership Benefits Babies

According to Joan Dadey, Crouse's director of women and infant services, the hospital will work on the initiative with the Upstate Medical University Maternal Fetal Medicine OB/GYN practice, Crouse's partner in caring for pregnant women at risk for preterm delivery for more than 40 years.

The unique partnership between Crouse and Upstate has provided expert high-risk obstetrical care management through the Regional Perinatal Center (RPC), comprising 18 affiliate birthing

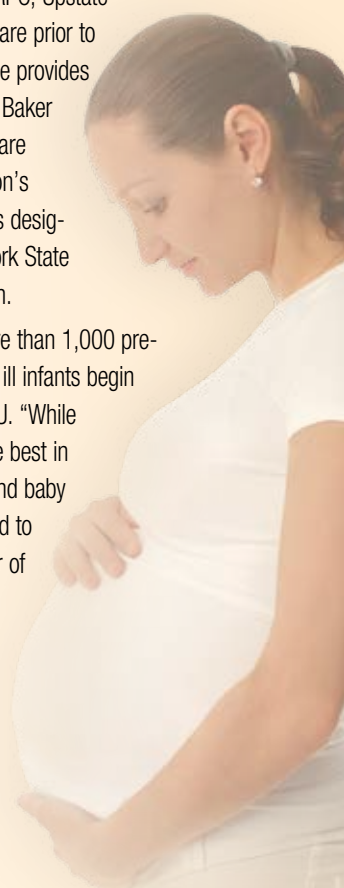
hospitals in a 14-county area that stretches north to St. Lawrence County and south to Broome and Tioga counties.

"This long-time collaboration makes Crouse and Upstate Medical University OB/GYNs highly qualified to begin this new program," says Robert Silverman, MD, chief of Crouse's department of obstetrics and gynecology.

High-level Maternal and Infant Care

As part of the RPC, Upstate manages maternal care prior to delivery, while Crouse provides newborn care in our Baker Neonatal Intensive Care Unit (NICU), the region's highest level NICU as designated by the New York State Department of Health.

Each year, more than 1,000 premature and critically ill infants begin their lives in the NICU. "While the RPC provides the best in high-risk maternal and baby care, we look forward to reducing the number of preterm births in the CNYCC coverage area and, over time, the entire region served by the RPC," says Dr. Silverman.



Blue Distinction® Center+ For Maternity Care

In an ongoing effort to assist prospective parents in finding hospitals that deliver quality, affordable maternity care, Excellus BlueCross BlueShield has announced that Crouse Health has been designated as a Blue Distinction Center+ for Maternity Care for the second consecutive year.

Crouse was one of the first hospitals in New York State to receive this designation in 2016. The Excellus Blue Distinction Specialty Care program is a national recognition initiative that selects healthcare facilities that demonstrate expertise in providing affordable specialty care safely and effectively, based on objective measures developed with input from the medical community. To receive a Blue Distinction Centers+ for Maternity Care designation, a hospital must also meet requirements for cost efficiency.

"As the region's premier provider of maternity care, Crouse is proud to be recognized with Excellus BlueCross BlueShield's Blue Distinction Center+ for Maternity Care designation" said Joan Dadey, director of women and infants services at Crouse. "We're proud of the highly trained, experienced clinical staff and physicians who care for our mothers and their newborns — nearly 4,000 last year."

Excellus  Designated
BlueDistinction®
Center+
Maternity Care

Breast Healthcare at Crouse As Individual As You Are

No two women are alike. And no two breast imaging results are alike, either. That's why our breast care team puts a continual focus on what matters most — you.

From routine screening mammograms to advanced diagnostic testing and treating breast cancer, the Dr. Hadley J. Falk Breast Health Center provides care that is compassionate, comprehensive and customized.

Breast Imaging Center of Excellence

The Falk Breast Health Center, the area's first facility to be designated as a Breast Imaging Center of Excellence by the American College of Radiology (ACR), is also accredited by the National Accreditation Program for Breast Centers (NAPBC). The center offers the latest in 3D imaging technology, supported by the region's leading radiologists, surgeons and nurses.

**“Earning recognition as an NAPBC center shows that
our comprehensive care goes far beyond imaging.”**

— Stephen Montgomery, MD, Medical Director

Nurse Navigators Make a Difference

Nurse navigators play a critical role in streamlining each patient's visit. And when breast cancer is suspected or diagnosed, a very individualized approach ensures that a woman's unique circumstances are addressed.

“There is no cookie-cutter way of proceeding with treatment,” says Crouse surgeon Tammy Congelli, MD, a partner in Central New York Surgical Physicians. “Our nurse navigators do an exceptional job of making sure nothing is missed.”

Navigator Katie Tindall, RN, BSN, says a multidisciplinary cancer team meets regularly to evaluate and discuss the individualized care plan for each patient. “With everyone in the room, we gather input from many specialties so recommendations or decisions aren't made in a vacuum.”

The Crouse breast care program works collaboratively with the area's most experienced breast health providers to provide patients with comprehensive treatment and care, including Crouse Radiology Associates; Central New York Surgical Physicians, PC; Hematology-Oncology Associates of CNY and Breast Care Partners.

To make an appointment with the Falk Breast Health Center, call **315-470-5880** or visit **crouse.org/mammoappt**. For a breast surgery consult, call **315-470-7364** or visit **cnsurgical.com**.



Crouse's breast healthcare team (l-r): William Schu, MD; Tammy Congelli, MD; breast care nurse navigator Katie Tindall, BSN; James Sartori, MD — all from CNY Surgical Physicians; and Stephen Montgomery, MD, medical director of the Falk Breast Health Center at Crouse Hospital.



Myron Luthringer, MD

Laser Treatment Improves Women's Health

As a woman ages, she may experience changes in her vagina due primarily to decreasing estrogen hormone levels.

Now, thanks to an innovative, non-surgical laser treatment, pain and discomfort caused by naturally occurring vaginal changes can be reduced significantly.

Advanced Treatment

According to Crouse GYN surgeon Myron Luthringer, MD, this painless treatment uses CO₂ laser energy applied through gentle, controlled pulses along the vaginal lining. “By stimulating new vessel formation, the procedure results in general tissue rejuvenation over the entire vaginal area,” says Dr. Luthringer.

This fast and efficient non-invasive procedure has a more than 90 percent satisfaction rate for improvement in vaginal atrophy and dryness, burning, itching and painful intercourse, says Dr. Luthringer, a board-certified gynecologist who is the only GYN in the Syracuse area to offer CO₂ laser vaginal therapy.

New Alternative

Up to three laser treatments, spaced four to six weeks apart, are required for optimal results. Occasionally, some patients may need a one-time “maintenance” treatment after one or two years. Prior to laser treatment, alleviation of vaginal atrophy symptoms associated with age was accomplished primarily by hormone replacement therapy.

Although effective, hormone therapy cannot be used when a woman has a history of breast or uterine cancer; coronary heart disease; blood clots; stroke or TIA; active gall bladder or liver disease; or patients with known clotting disorders. No contraindications exist with the laser treatment, says Dr. Luthringer.

Call **315-492-5915** or email **DrLuthringer@AdvancedOB-Gyn.com** for more information.

Surviving Stroke: Tale of Two Women

Although stroke is the fifth leading cause of death in the United States and a leading cause of adult disability, many myths surround the disease.

Stroke: Fact vs. Fiction

One fallacy is that stroke affects men more than women. Not so, says the National Stroke Association: Each year, 55,000 more women than men suffer a stroke.

Another untruth is that stroke only affects the elderly. Wrong again: Stroke can happen to anyone at any age.

Yet faced with the realities of this potentially fatal condition, each of us can possibly prevent stroke or reduce the negative outcomes should it occur simply by knowing the facts.

Learn the risk factors for stroke, which fall into three categories: medical conditions; lifestyle choices; and uncontrollable risk factors. Visit crouse.org/stroke or stroke.org for a complete list of risks and preventive measures.



Patti DePaulis

Take Me to Crouse

Recognize the symptoms of stroke using the FAST method. If you suspect a stroke is occurring, call 9-1-1 immediately.

And while you may have heard the slogan, "Take me to Crouse," it bears



Katie Weiss and family

considering and here's why: Crouse, a New York State-designated stroke center, has the fastest stroke treatment times in the region. Additionally, our fellowship-trained neurosurgeons use the most advanced stroke rescue technology available.

Just ask Patti DePaulis and Katie Weiss: They each suffered a stroke, were treated by the Crouse Health stroke team, and have gone on to return to work and their energetic, athletic lifestyles that include running, biking and hiking.

Patti DePaulis: Ignored the Symptoms

Patti DePaulis leads an active, healthy life. So when she didn't feel quite right one morning, she brushed it off.

"When I got out of bed, I felt really weird," she says. "My left hip felt like it was on a swivel." Heading downstairs, she "felt like I was going to fall somewhere very deep," the Fayetteville resident recalls.

Patti was slurring words, which she recognized as a stroke symptom. Yet she went running, then to work, spent two hours at a car shop, and finally drove home. Meanwhile, her brain was not working right — she felt confused and her mouth drooped.

MYTH vs FACT

Although stroke is the fifth leading cause of death in America and a leading cause of adult disability, many myths surround this disease. Test how much you know about stroke.

MYTH: Stroke cannot be prevented.

FACT: Up to 80 percent of strokes are preventable.

MYTH: There is no treatment for stroke.

FACT: At any sign of stroke call 9-1-1 immediately. Treatment may be available.

MYTH: Stroke only affects the elderly.

FACT: Stroke can happen to anyone at any time.

MYTH: Stroke happens in the heart.

FACT: Stroke is a "brain attack."

MYTH: Stroke recovery only happens for the first few months after a stroke.

FACT: Stroke recovery is a lifelong process.

MYTH: Strokes are rare.

FACT: There are nearly 7 million stroke survivors in the U.S. Stroke is the 5th leading cause of death in the U.S.

MYTH: Strokes are not hereditary.

FACT: Family history of stroke increases your chance for stroke.

MYTH: If stroke symptoms go away, you don't have to see a doctor.

FACT: Temporary stroke symptoms are called transient ischemic attacks (TIA). They are warning signs prior to actual stroke and need to be taken seriously.

As soon as her husband saw her, he called their doctor, who sent them to Crouse. DePaulis had experienced an ischemic stroke, and the medical team gave her blood thinners to reduce a clot that was depriving her brain of oxygen.

"They took care of me so well from the first minute until I walked out five days later," DePaulis says. She went to physical therapy for six months, retraining her body. She's back to running and mountain climbing, although a little slower.

DePaulis knows that good health aided her recovery. She also offers this advice: "Have confidence about your own body. When you know something is wrong, be your own advocate and get help."

Katie Weiss: Alone When Stroke Struck

Katie Weiss was home with her two-and-a-half-year-old daughter when she collapsed, her left side paralyzed. For an hour, Weiss, then 33, tried to pull herself across the floor to retrieve her phone. "I kept telling my daughter, 'Go get Mama's phone,' but my voice was garbled," she says. "Ava was terrified and screaming."

Finally, she looked up and saw the phone in the toddler's hand. Weiss quickly called her husband, then called 9-1-1.

"The stroke team at Crouse was amazing," she says. "I remember seeing all these people around me doing everything they could." Within an hour of her arrival, doctors removed a clot from her middle cerebral artery.

A few months later, Weiss and her husband attended a meeting about stroke at Crouse. The survivors' stories so inspired Weiss that she volunteered to lead Triumph Over Stroke CNY, a support group for patients, family and caregivers. "It's therapy for me," Weiss says. "It's so uplifting and has helped me tremendously."

The goal of the group is to educate people. "If your brain is not processing or sequencing things right, call 9-1-1." As for recovery, "Never give up hope."

Crouse Neuroscience Institute

Neurovascular & Stroke Division / Skull Base Microsurgery Division | 315-701-2550



Eric Deshaies MD,
FAANS, FACS



David Padalino, MD



Raghu Ramaswamy,
MBBS, FRCS (sn)

Brain Tumor Division / Spine Division | 315-475-3999



Gregory Canute, MD,
FAANS



Ross Moquin, MD,
FAANS



Clifford Soultis, MD

Crouse Neurology | 315-470-7747



Sami Abdul-Malak MD,
FAAN



Vikas Gupta, MD



Savita Kumari, MD



Jianxin Ma, MD



Tara Ramachandran, MD



crouse.org/neuroscience

KNOW THE SIGNS • CALL 9-1-1 IMMEDIATELY

F.

**FACE
DROOPING**

A.

**ARM
WEAKNESS**

S.

**SPEECH
DIFFICULTY**

T.

**TIME TO
CALL 9-1-1**



Triumph Over Stroke CNY

FIRST WEDNESDAY
of every month
6 - 7:30 p.m.

For more information: crouse.org/strokesupport | 315-470-7479

Helping CNY's Refugees Navigate Healthcare



Imagine resettling in a new country, having to navigate an unfamiliar culture trying to use a language you don't speak or understand.

Further envision needing medical care, particularly in an emergency, not knowing how to access treatment — or even realizing it's available.

That's the plight of 3,000 to 5,000 refugees who come to New York State each year, with 1,000 calling Central New York home.

To help our new neighbors, Crouse Health has worked with the Onondaga County Refugee Health Committee for many years. Beyond securing food, clothing and shelter, a major hurdle for these residents is access to healthcare, given barriers such as culture, lack of services and fear of the unknown.

In 2015, our community engagement team designed a program to help teach refugee families how to obtain medical care. "Crouse is a participant in the American Hospital Association's Pledge for Equity initiative, which aims to address disparities in care delivery," says CEO Kimberly Boynton. "We strive to be known in our community

as an organization that treats all people with care and compassion, as well as with dignity and respect."

The program is modeled after Crouse's Visit to Hospital Land Program, funded by the Crouse Hospital Auxiliary, which has been educating first graders from across the county about hospital care for more than 40 years.

Participants learn when and how to call 9-1-1; finding a provider for adult and child preventive care; obtaining treatment during times of illness; how to fill, measure and administer medications; and the importance of hand washing.

The interactive, hands-on program is assisted by translators who help overcome language barriers. Crouse has served more than 150 refugees by providing education and outreach to improve their access and knowledge about healthcare in our community.

The Syracuse City School District Refugee Assistance Program has joined our initiative to provide area refugees with practical tools to help them succeed and stay well in our community.

Mummy Says "Take Me to Crouse"

The most advanced imaging technology met the oldest patient ever tended to at Crouse Health, when 2,200-year-old "Hen" was scanned recently in our 320-slice computer tomography (CT) machine.

This was the second trip to Crouse for the popular mummy, who's resided in the Cazenovia Library since 1894. Library benefactor Robert Hubbard purchased Hen, along with other artifacts, while touring Egypt.

Retired Crouse radiologist Mark Levinsohn, MD, accompanied Hen on his first visit to our Medical Imaging service 10 years ago. A malignant tumor in his leg and an abnormality in his chest were discovered.

This time, doctors performed the CT scan and Interventional Radiologist Stuart Singer, MD, did a biopsy as well. "I consider this mummy to be a community treasure," said Dr. Levinsohn, "and with our



advanced technology today, we may even realize a medical breakthrough because of this research." Assisting with Hen's care were CT Technologist Lois Caryl, RT, and Kaitlyn Allen, a health professions student.

Too bad our health system wasn't around some 2,000 years ago. Those four words — take me to Crouse — could have saved Hen's life.

Diversifying the Hill INITIATIVE

A new initiative, Diversifying the Hill, has been created to enhance workplace diversity among organizations on 'The Hill,' the area surrounding the campus of Syracuse University. The seven founding institutions are Crouse Health; Cuse Culture; SUNY College of Environmental Science and Forestry; Syracuse University; University Hill Corporation; Upstate Medical University; and Veterans Administration Medical Center. An inaugural networking event was held in October and plans are underway for a program in early 2018.

To learn more, email or call Twiggy Eure at twiggyeure@crouse.org or 315-470-2762.

Podcasts Promote Health and Wellness

Promoting wellness is part of Crouse Health's mission. One of our latest partnerships has put our providers on the air — and online — discussing ways we can proactively care for ourselves.

Long-time radio personality George Kilpatrick has been interviewing Crouse providers on topics ranging from breast health and sleep to post-partum depression and what new moms need to know.

Kilpatrick's conversations with our health-care experts air on his program, New Inspiration

for the Nation, Sunday mornings on POWER 620AM, and reside at SoundCloud.com/inspirationforthenation.

These health awareness podcasts are part of Crouse Spirit of Women's "Do 1 Thing" campaign, designed to motivate us to take better care of ourselves by making just one small healthy change at a time. Listen to our provider interviews and learn more about the campaign at crouse.org/D1T.



Crouse cardiologist Nikhil Joshi, MD, discussed heart attacks with program host George Kilpatrick.

SAVE THE DATE!

5th Annual **Day of Dance**
Saturday, April 7



Crouse
Spirit of
Women

Crouse Cardiology. Now in Three Convenient Locations!

Crouse Cardiology has opened a third location on Brittonfield Pkwy., conveniently located right off Rt. 481. We're welcoming new patients at all three locations, so call today for a referral or appointment with the region's leading heart health team.

315-470-7409 | crousemed.com



Brittonfield

5000 Brittonfield Pkwy., Suite B-101
East Syracuse, NY 13057

Downtown

739 Irving Ave., Suite 500
Syracuse, NY 13210

Liverpool

8100 Oswego Rd., Suite 100
Liverpool, NY 13090

Welcome New Physicians

Emergency Medicine

Krista Kandel, MD

Family Medicine

Diane DeFerrante, MD

Medicine

Jasmine Ahmadi, MD

Sadia Ashraf, MD

Anthony Barraco, MD

Kunal Chawl, MD

Marc Iqbal, MD

Santosh Kumar, MD

Pallavi Koppa, MD

Abdullah Ladha, MD

Nabil Mahfoudhi, MD

Mohamed Munshi, MD

Sheetal Rayancha, MD

Afeefa Shahnawaz, MD

John Ulahannan, MD

Roger Varghese, MD

Edward Wyluda, DO

OB/GYN

Kelli Corniello, DO

Sara Quinn, MD

Sarah Schoch, MD

Ophthalmology

Xiaofei Wang, MD

Orthopedics

Kevin Kopko, MD

Michael Schreck, MD

Pediatrics

Aisha Baig, MD

Philip Monteleone, MD

Megan Pinnamaneni, MD

Psychiatry

Tolani Ajabe, MD

Surgery

Mark Crye, MD

Mashaal Dhiri, MD

Jesse Gutnick, MD

Lauren Kane, MD

Richard King, MD



CARDIOLOGY PHYSICIANS

Jeffrey Ascenzo, MD, FACC

Joseph Battaglia, MD, FACC

William Berkery, MD, FACC

Kwabena Boahene, MD, FACC

Riya Susan Chacko, MD

Anil George, MD, FACC

Matthew Gorman, MD

Nikhil Joshi, MD

James Longo, MD, FACC

Anis Obeid, MD

John Ulahannan, MD

Fafa Xexemeku, MD

Partners in Care

This year, Crouse Chief of Orthopedics Timothy Izant, MD, and his physician partners at Syracuse Orthopedic Specialists (SOS) announced a commitment in support of the CrouseCares comprehensive campaign.

Their generous gift will support the ongoing renovation and expansion of Crouse's new Pomeroy Emergency Services Department. Phase 1 of the project was completed in July with the opening of the region's newest emergency room.

Once Phase 2 of construction is complete in late 2018, a plaque will be installed at the entrance to the ER's dedicated orthopedic treatment room in recognition of their contribution.

"For years, Crouse Health has been a leader in providing quality healthcare for our community," said Dr. Izant. "The new emergency services department ensures that Crouse will continue to be at the forefront of medical care in Central New York."

The SOS gift is the latest of many from a long-standing partnership between the practice and Crouse Health. In total, 15 surgeons and orthopedic specialists from SOS are affiliated with Crouse, working together with surgical staff and nurses to provide the best in patient care.

Most recently, SOS and Crouse collaborated to establish Hip Today. Home Tomorrow, an innovative



Timothy Izant, MD, (left) and David Mason, MD, medical director of the Pomeroy Emergency Services Department, are pleased about the features in the new orthopedic treatment room in the new ER.

program that allows for a less invasive surgery and quicker recovery for patients.

"SOS proudly provided support for the construction of this facility because of the commitment we share with Crouse to provide quality orthopedic care for patients in our region," says Dr. Izant.

 **CrouseCares**
Enhancing Emergency Services
Our vision for better, faster, more effective care
crouse.org/crousecares

Crouse Nursing Alum Endows Scholarship

During her lifetime, Mary Capella Redmond, RN, cared for many patients in Syracuse following her graduation in 1951 from the Crouse-Irving Hospital School of Nursing.

Now deceased, Mary continues to help those following in her footsteps, having bequeathed the bulk of her estate to the Pomeroy College of Nursing at Crouse Hospital to provide scholarships to deserving students.

Mary's only provision in her donation was that scholarships be given in the name of Barbara A. Riorden, BS, RN, a 1923 graduate of our college who went on to become Interim Superintendent as well as a Nursing Arts Instructor.

"The vision and generosity of this caring Crouse graduate has been used to create the

Mary Redmond Memorial Scholarship Fund," said Crouse Health Foundation President Carrie Berse.

This endowed fund will permanently underwrite a full scholarship in Barbara Riorden's name for at least one Pomeroy College of Nursing student every year.

"It's gratifying to know that one of our graduates kept her alma mater and its nursing students close to her heart all these years, said Rhonda Reader, DNS, RN, CNE, NEA-BC, vice president of clinical services and nursing quality and dean of the Pomeroy College of Nursing.



Have You Included the **Crouse Health Foundation** in Your Will?

If you have, please let us know. We'd like the opportunity to say "thank you."

For more information on how to make a charitable bequest, save on estate taxes, or set up a life income plan for a spouse, child or loved one, please contact Carrie Berse at the Crouse Health Foundation at **315-470-7004** or carrieberse@crouse.org.

All responses are kept confidential and information is provided without obligation.

Grateful Parents Lead NICU Fundraising Campaign

Inspired by the compassionate care their children received while patients in Crouse's Baker Regional Neonatal Intensive Care Unit, grateful parents Jeanne Mathews-Fox and Vincent Spina are leading a group of families in a new campaign to raise funds for the NICU.

Their children were once "Crouse Little Fighters," having received care from Crouse Health's dedicated team of nurses, neonatologists and pediatric specialists.

The families involved are just a few of the thousands of families in Central New York who have benefited from the Baker NICU's skilled clinicians.

To express their gratitude, Mathews-Fox and Spina are providing leadership and lending their stories to the transformational fundraising effort known as the Crouse Little Fighters Club.

A priority capital project, the Baker NICU will soon undergo its first major update in nearly 20 years. The project is still in the planning phase, but look for more information in the months ahead on how you can support our tiniest patients and their families.

For more information about the Crouse Little Fighters campaign, visit crouse.org/littlefighters. If you have questions or want to learn how you can be involved, contact Director of Philanthropy Jeffry Comanici at **315-470-7054** or jeffrycomanici@crouse.org.



New Grant Helps At-risk Young Men

Men ages 18 through 25 with substance abuse disorders who have been arrested for non-violent offenses can often struggle to succeed in treatment and in life.

To help local men in this target population, Crouse Health's Chemical Dependency Treatment Services has forged a new partnership with the Syracuse Community Treatment Court (SCTC), made possible by funding from the federal government's Substance Abuse and Mental Health Services Administration.

The HYPE (Helping Young People Excel) grant — providing \$282,000 — was awarded recently to Crouse through the NYS Unified Court System (UCS). The goal is to treat 135 individual

men through the unique program, according to Monika Taylor, LCSW, CASAC, director of behavioral health at Crouse.

The program will combine traditional treatment with other services that address educational/vocational counseling; anger management; stress management and wellness, among other topics.

Two unique aspects of the program will include the use of certified peer recovery coaches and a smartphone app for immediate recovery support.

To learn more about the HYPE program, contact Taylor at **315-470-8302** or visit crouse.org/addiction.





Eric and Judy Mower

41st Tribute Evening Nets \$400,000

What a night! More than 1,000 of our friends and biggest supporters attended the 41st annual Tribute Evening in October. Proceeds will be used to support the work of Crouse Health Foundation, including purchasing special equipment, underwriting new initiatives, and funding educational programs and scholarships.

The highlight of the evening was a salute to Judy and Eric Mower, recognized for their community leadership, civic endeavors, and support of Crouse and the greater Syracuse area.

Watch the Tribute Evening videos and view the online photo gallery at crouse.org/tribute2017.

For more information about Tribute Evening, contact Phyllis Devlin at the Foundation office at **315-470-7008** or phyllisdevlin@crouse.org.

2018 Foundation Events

Mark your calendar and visit crouse.org/foundation often for updates on our 2018 major events!

**Guest Bartending Night
for Crouse Little Fighters
Thursday, Jan. 25**

**Crouse Classic Golf Tournament
Monday, July 16**

**Polo for Premies
Sunday, July 29**

**Tribute Evening
Friday, Sept. 21**

Summer Events Benefit Babies



Crouse Health Foundation's 16th annual Crouse Classic Golf Tournament was held at Bellevue Country Club in Syracuse in July.

More than 200 golfers participated in the tournament, which raised \$125,000

in net proceeds to support the work of Crouse Health's Baker Regional Neonatal Intensive Care Unit.

Funds were used to purchase a neonatal transport isolette, used by our specialized team of experts to provide infants with the necessary support of a safe and warm environment and to supply their respiratory and IV needs during transport. Every year nearly 300 critically-ill infants are transported from hospitals in the 14-county upstate New York region to the NICU.

To date, golf tournaments in support of Crouse Health have raised more than \$1.7 million.

More than 1,000 attendees enjoyed Crouse Health Foundation's 2nd annual Polo for Premies, presented by CNY Fertility Center, held in July at the Skaneateles Polo Club. More than \$25,000 in net proceeds was raised to benefit Crouse Health's Baker Regional Neonatal Intensive Care Unit.

Festivities featured prior to the mid-afternoon polo match included music by the Mere Mortals, pony rides, Kidz Zone activities, arts and crafts, lawn games, a Needle-in-the-Haystack raffle and other chances to win prizes. The polo match began at 3 p.m. with food and beverages available throughout the afternoon.

Proceeds from Polo for Premies will support the care of the region's premature and critically ill newborns cared for in the NICU.



CROUSE HEALTH
POLO FOR
preemies

presented by **CNY FERTILITY**

We thank the many individuals and organizations for their generous support of Crouse Health Foundation's Crouse Classic and Polo for Premies. For more information about either event, contact Phyllis Devlin at the Foundation office at **315-470-7008** or phyllisdevlin@crouse.org.

Crouse Health Foundation's Milestones & Memories special occasions giving program provides an avenue for donors to mark an important milestone in their life or honor the memory of someone dear.

Gifts may be given to celebrate the birth of a child, to express thanks for a successful surgery, or to observe a special birthday or anniversary.

We're pleased to recognize these special gifts and are sincerely grateful these donors have chosen to commemorate a milestone or memory in this meaningful way.

To learn more about the Milestones & Memories program or other giving opportunities, email crousefoundation@crouse.org or call **315-470-7702**.

June 1 - Oct. 31, 2017

RICHARD J. STEINMANN, MD EMERGENCY MEDICINE EDUCATION FUND

For three decades, Richard J. Steinmann, MD, served as Medical Director of Emergency Services at Crouse Hospital. In the summer of 2015, Rich transitioned from that role to become Vice Chief and Associate Medical Director of the department, a full-time position that includes providing emergency care to patients and participating in leadership activities. In many ways, Rich's career has been truly extraordinary, especially when you consider that it has been built on a foundation of life-long learning and the teaching of others.

In June 2016, the Richard J. Steinmann, MD, Emergency Medicine Education Fund was announced to underwrite a teaching day at Crouse Health for emergency services physicians, staff and other medical professionals in our community. Listed below are Rich's colleagues, family members, and friends who made donations to the fund:

1185 Park Foundation Inc.
Dr. and Mrs. Russ Acevedo
Annie Agrasto
Dr. and Mrs. Stephen L. Barker
Dr. and Mrs. William P. Berkery
Carrie Berse, Chris Skeval and Family
Anne G. Bishop, MD
Dr. and Mrs. Gerald Black
Dr. Steven and Ms. Elizabeth Blatt
Kimberly and Charlie Boynton
Dr. and Mrs. Dennis Brown
Dr. Beth C. Burghardt
and Mr. Fred Burghardt
Cardiovascular Group of Syracuse
Linda and Bill Cohen
Jeffrey Comanici
Crouse Medical Group, PC
Dr. and Mrs. John J. Cucinotta
Chantell Dalpe-Fung, MD
and Eric K. Fung, MD
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Dr. and Mrs. Mark Erlebach
Chris Farnum
Anil and Biby George
Drs. Michael and Wendy Evers Gordon
Stuart and Margo Groskin
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Robin and Mark Kasowitz
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and Ms. Lorraine Rapp
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James and Elizabeth Mostrom
Neonatal Associates of CNY, P.C.
Nawal and Anis I. Obeid, MD
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Ronald Stahl, MD and Barbara Stahl
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IN HONOR OF

Beth and Charles Beach
Mr. and Mrs. Dennis Baldwin

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Ms. Ellen Shirley
Wes and Sue Swayze

*Crouse Hospital Nurses Alumni
Class of 1955*
Colonel Carol J. Corrado, Ret.

*Dr. Diane Cunningham
and Baby Tarantino*
Dr. and Mrs. Richard Beers

John Ender's birthday
Ms. Shannon Hourigan

Rosemary Jones' 70th Birthday
John and Jo Giacobelli

John Keegan
Ilandra Keegan

Barbara Lyke
Mr. and Mrs. Pani Apostolidis

Peter McGrogan
Mr. and Mrs. Matthew Powers

Seth and Sophie Portipilo
Mrs. Sarah Portipilo

Logan Powers
Jessica Corter
Melissa Driscoll
Kathryn Wolford
Mr. and Mrs. Alan R. Leist

Natalie and Alexander Tucker
Jillian Tucker

Maud White
The Lucius N. Littauer Foundation Inc.

Adyson Yale
Mr. and Mrs. Wayne Landers

IN MEMORY OF

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Mr. Henry J. Abbott, Sr.

Melissa Carlie Adams
Mr. and Mrs. Douglas M. Downey

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Kimberly and Charlie Boynton

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Rosemary Berkery and Bob Hausen

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Philomena Amodio and family

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Mr. and Mrs. Michael Senf

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Gerald M. Mager

Maureen Flynn
Rhonda Reader

Shea Anna and Nolan James France
Mr. and Mrs. Charles H. France

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John and Jo Giacobelli

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Ms. Nancy Alzo
Ms. Margaret Tiernan

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Philomena Amodio and family

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Lewis and Julie Johnson
Mrs. Josephine E. Oliva

Esther and Francis Parkerson
Darlene and Eric Coons

Barbara Riordan
Estate of Mary Redmond

Robert Joseph Ritz
David and Mary Ann Fiaschetti

Marc Sanderson
Jeremy Sanderson & Family

Dene Sarason
Mr. Robert S. Sarason
and Ms. Jane Burkhead

Shreyas Roy, MD
Crouse Hospital Medical Staff

John Demperio
Rhonda Reader

Gianna Rose Van Pelt
Frances Lucia, Susan Carr,
and Amie Lucia

Jackson Thomas Wilbur
Legal Aid Society of Northeastern NY

Josephine and Charles Wilson, Sr.
Mr. and Mrs. James A. Tuozzolo

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Pomeroy College of Nursing **Emphasizes Academics**

While the faculty and staff of the Pomeroy College of Nursing (PCON) foster a warm and welcoming atmosphere on campus, make no mistake about it: academic achievement is their top priority.


Such standards were evidenced by students who took their National Council Licensing Examination for Registered Nurses (NCLEX-RN) during 2017 when they achieved a pass rate of 100 percent on the first try. Kudos to the faculty and staff who helped prepare our graduates for this important exam.

The caliber of students is acknowledged by the PCON, which is just the fourth college of nursing in New York State to start a chapter of Alpha Delta Nu and the only associate degree program in Central New York to do so. To be eligible for induction, a student must have a 3.0 cumulative GPA; grades of A or B in nursing courses; and complete a service project.

Learn more about the Pomeroy College of Nursing at crouse.org/nursing.



THE BACKBONE OF YOUR FAMILY

 **Official hospital of
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CROUSE SPINE CARE

Back and neck pain can be, well, a real pain. That's because spine trouble not only limits your mobility, it can leave you feeling downright miserable.

Fortunately, our team of highly regarded spine specialists works together to help you sleep easier, stand taller and move better. A team willing to bend over backwards to get you back to the things that matter most in your life.

We are proud to be affiliated with these board-certified specialists:

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Eric Deshaies, MD	Justin Iorio, MD	Rudolph Buckley, MD
Gregory Canute, MD		William Lavelle, MD
Ross Moquin, MD		
Raghu Ramaswamy, MD		
Clifford Soultis, MD		

For an appointment: **315-701-2550** | crouse.org/spine