



2015/ISSUE 2

# YourCare

A CROUSE HOSPITAL COMMUNITY PUBLICATION

Celebrating  
**40 Years of  
Intensive Caring**  
for Newborns & Families



Superior Surgical Services | AVM: Kelleigh's Cause | Elite Plus Stroke Care



## NYS Assembly Helps Support Treatment Efforts

New York State is experiencing a public health crisis related to prescription opiate and heroin overdose and addiction never before seen.

As Central New York's only hospital-based provider of substance abuse treatment, Crouse Hospital provides a critically important service in our region by supporting individuals on their roads to recovery — and saving lives.

Crouse operates the only methadone program in the region, with patients coming from 16 counties. As demand for treatment services increases — Crouse currently has a waiting list of about 450 individuals — the hospital is looking to expand to a larger facility to accommodate needs. Support received from the New York State Assembly through a \$400,000 grant will help with expansion and treatment efforts.

Assembly Speaker Carl Heastie, introduced by Director of Behavioral Health Services Monika Taylor, recently visited the hospital to present the grant, along with Assembly colleagues Bill Magnarelli (left) and Al Stirpe (far right).

## Silver Mission Life Award

Crouse Hospital has received the Mission: Lifeline Silver Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association (AHA) for the treatment of patients suffering severe heart attacks.

Each year in the United States, approximately 250,000 people have a STEMI, or ST-segment elevation myocardial infarction (heart attack) caused by a complete blockage of blood flow to the heart that requires timely treatment.

To prevent death, it's critical to immediately restore blood flow, either by surgically opening the blocked vessel or by giving clot-busting medication.



Crouse — the only Mission: Lifeline Silver hospital in the region — continues to consistently achieve exceptionally low door-to-balloon times — an average of 42 minutes in 2014.

That year, 100 percent of heart attack patients cared for at Crouse received treatment in under 90 minutes, the national goal. Of those, eighty-five percent received care in less than 60 minutes.

The hospital attributes this rapid treatment time to a team approach that includes community emergency medical services agencies working closely with hospital ER and cardiac care staff to ensure a quick and coordinated patient hand-off process.

"Crouse Hospital is dedicated to providing high-quality, swift and efficient care for our patients who suffer a heart attack. The American Heart Association's Mission: Lifeline program is helping us accomplish our goal through nationally accepted clinical guidelines," says Joseph Battaglia, MD, medical director for cardiac care services at Crouse. "We're pleased to be recognized for our dedication and achievements in cardiac care, and I'm very proud of our team."

 **Bill and Sandra  
POMEROY COLLEGE OF NURSING  
AT CROUSE HOSPITAL**

**LE MOYNE**  
SPIRIT. INQUIRY. LEADERSHIP. JESUIT.

## New Partnership for Nursing Students

Pomeroy College of Nursing at Crouse Hospital (CON) and Le Moyne College have announced a new partnership between the institutions that will greatly benefit nursing students. The new Early Assurance option provides Pomeroy College of Nursing students with the opportunity, once they have earned an Associate Degree in Applied Science with a major in Nursing, to seamlessly transfer from Pomeroy into Le Moyne's Bachelor of Science in Nursing (BSN) degree program.

"Our Early Assurance option provides an exceptional educational opportunity for the nursing student seeking an immediate entry into the clinical realm, knowing that they will experience the Le Moyne campus setting once they've completed studies at Pomeroy CON," says Dean Rhonda Reader, DNS, RN, CNE. "An additional benefit to a student is that he or she can pass the nursing licensure exam before continuing on at Le Moyne, allowing them to pursue professional employment while completing the requirements for the BSN program."

A student interested in the Pomeroy CON/Le Moyne option declares an intention to continue their studies at Le Moyne when he or she applies for admission to the Pomeroy CON. During their second semester of study at Pomeroy CON, students complete a simplified transfer application and meet with an advisor from Le Moyne College. Students receive notification of acceptance and anticipated financial aid, including merit scholarships, from Le Moyne while still enrolled in the Pomeroy CON.

Learn more at [crouse.org/earlyassurance](http://crouse.org/earlyassurance).



# National Award Recognizes Crouse Stroke Team

**W**hen it comes to stroke care, every moment matters. That's because a stroke can cause much damage, such as long-term disability.

Crouse Hospital's team has achieved door-to-treatment times that consistently fall below national goals.

In recognition of the team's high-quality stroke patient outcomes, the American Heart Association/American Stroke Association recently presented Crouse with its Achievement Award: Stroke Honor Roll Elite Plus.

## Top Honor for Crouse

Crouse is the only Central New York Hospital to receive the Elite Plus designation.

In 2010, Crouse, a New York State-designated stroke center, was the first area hospital to earn "Gold Plus" status for stroke care treatment from the American Stroke Association. The hospital also earned this status in 2012, 2013 and 2014.

"With a stroke, time lost is brain lost, and this award demonstrates our commitment to ensuring patients receive care based on nationally-respected clinical guidelines," says Chief Medical Officer Seth Kronenberg, MD.

## Elite Plus Means Quickest Care

To qualify for the Target: Stroke Honor Roll Elite Plus, hospitals must meet quality measures developed to reduce the time between a patient's arrival at the hospital and treatment with the clot-busting tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

In addition to tPA therapy, stroke patients who come to Crouse requiring more advanced care are treated in hybrid OR suites equipped with the region's latest stroke care technology.

"Our team has worked hard to streamline our process to ensure stroke patients receive definitive treatment as quickly as possible," said Leanne Werbeck, MS, RN, SCRN, stroke program administrator.

According to the American Heart Association/American Stroke Association, stroke is the fifth cause of death and a leading cause of adult disability in the United States.

To learn more about our Elite Plus stroke team, visit [crouse.org/stroke](http://crouse.org/stroke).



## Welcome New Physicians

### Anesthesia

Karolina Wrzeszcz-Onyema, MD  
Jan Wong, MD  
Marla Matal, MD  
Srinivas Tumuluri, MD

### Emergency Medicine

Naveen Seth, MD

### Family Medicine

Heather Finn, MD  
Anthony Vigliotti, MD

### Medical Imaging

Alexander Banashkevich, MD  
Matthew Westpfal, MD  
Steven Steer II, MD

### Medicine

Jayne Charlamb, MD  
Ravi Gangireddy, MD  
Anshu Bais, MD  
Nabamita Bisen, MD  
Alberto Maldonado, MD  
Muhammad Naqvi, MD  
James Czorny, MD  
Nidhi Bansal, MD  
Muhammad Saeed Malik, MD  
Suthaharan Vimalendran, MD  
Jordan Wills, MD  
Syed Akbar, MD  
Adham Jurdi, MD  
Arpan Patel, MD  
Rushikesh Shah, MBBS  
Hana Smith, MD  
Diana Christensen, MD  
Yusef Hazimeh, MD  
Fafa Xexemeku, MD  
Ali Al-Mudamgha, MD  
Samana Zaidi, MD

### Neurology

Sundus Latif, MD  
Sandra Lock, MD

### Neurosurgery

Victor Udekwo, MD

### OB/GYN

Maureen Burke, MD  
Zevidah Vickery, MD  
Hans Cassagnol, MD  
Catherine Bailey, MD  
Helene Bernstein, MD

### Ophthalmology

Kevin Rosenberg, MD  
Robert Swan, MD

### Orthopedics

Ryan D'Amico, MD  
Catherine McNerney, DPM

### Pediatrics

Angela Pericozzi, MD  
Brian Tran, DO  
Thomas Scott, MD  
Emad Awa, MD  
Kathryn Scott, MD

### Psychiatry

Olumuyiwa Gay, MD  
Anwarul Karim, MD

### Surgery

Benjamin Sadowitz, MD  
Nicholas Yerkes, MD  
Ranier Gruessner, MD

### Urology

Srinivas Vourganti, MD  
Matthew Mason, MD  
Natasha Ginzburg, MD  
Daniel Welchons, MD





# Celebrating 40 Years of Intensive Caring for Newborns and Their Families

**O**n any given day, more pediatric patients are being cared for at Crouse than in any other Central New York hospital.

That's because Crouse is home to the area's premier — and highest level — neonatal intensive care unit (NICU), as designated by the New York State Department of Health.

## Serving Wide Region

The Baker Regional NICU, which services a 14-county area that stretches from the northern Canadian border south to the Pennsylvania line, cares for about 1,000 newborns annually.

"The sickest babies are cared for at a place that provides the level of clinical, nursing and technological expertise and experience they need," says Steven Gross, MD, medical director of Newborn Medicine and the Baker NICU.

Celebrating 40 years of intensive caring for newborns and their families, the Baker Regional NICU isn't limited by the hospital's physical facility. As a regional referral center, the NICU has affiliate

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**"We have a large community of people and organizations working together to make our NICU successful."**

— Erin Coleman, MS, RN, CEN

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partnerships with 18 hospitals in upstate New York to provide the best care possible for mothers and babies.

Crouse's NICU transport teams — each consisting of a neonatologist, mid-level providers, specially trained nurses and a respiratory therapist — are on call 24/7 to transport newborn patients from as far as a four-hour drive away.

About 75 percent of babies cared for in the Baker NICU are born prematurely and have conditions related to their early arrival. Other infants are born full-term, but have disorders including congenital heart defects, neurological problems and varying abnormalities.

Ideally, a mother will carry her baby to full term, about 39 weeks. While babies are born before complete gestation due to a number of maternal and fetal conditions, some expectant mothers know early on that their pregnancy will be problematic.

## Increased Positive Outcomes

"With today's advanced screening techniques, such as ultrasound, we can identify and prepare mothers who know their infants face high-risk diagnoses," said Erin Coleman, MS, RN, CEN, nurse manager of the NICU. Mothers are put on bed rest at home, in their area hospitals or right at Crouse.

Outcomes for high-risk babies have greatly improved over recent decades, Dr. Gross says. Babies in the Baker Regional NICU benefit from many advances in technology and best practices



in the care of premature infants and those born with other high-risk conditions.

### Support for Little Fighters

What also makes the tiny miracles in the Crouse NICU so special are the close bonds formed between caregivers and families. The hospital hosts an annual NICU Graduates Reunion, attended by NICU alumni, parents and family members who return to Crouse each year to thank the physicians and nurses who cared for them in their first days and weeks of life.

"We have a large community of people and organizations working together to make our NICU successful," says Coleman. Partners include the Ronald McDonald House, where families of babies in the hospital long-term can stay, and March of Dimes, with

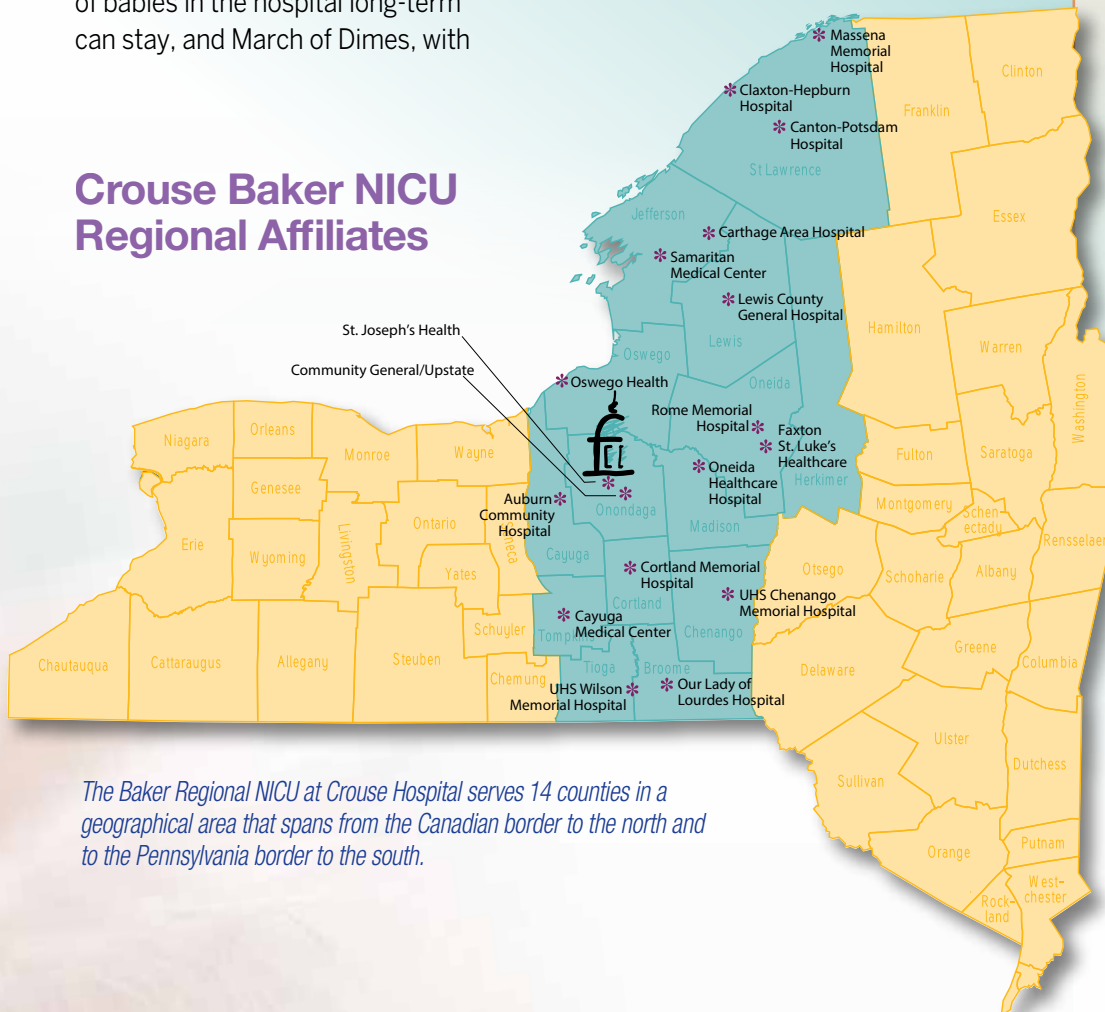
which Crouse has a mutually beneficial relationship.

"Community support of the Baker NICU through Crouse Health Foundation has a tremendous impact on the care provided to the babies and their families," says Foundation President Carrie Berse, CFRE, FAHP. "Donations allow us to benefit patients in ways small and large — to provide car seats, preemie clothes and diapers to families with limited means, as well as to keep pace with advancements in medical technology that support the care provided to all the infants."

To learn more about Crouse's NICU or to lend your support, visit [crouse.org/littlefighters](http://crouse.org/littlefighters).

## Crouse Baker NICU Regional Affiliates

St. Joseph's Health  
Community General/Upstate



*The Baker Regional NICU at Crouse Hospital serves 14 counties in a geographical area that spans from the Canadian border to the north and to the Pennsylvania border to the south.*



*NICU Nurse Manager Erin Coleman, MS, RN, CEN, and Steven Gross, MD, medical director of Newborn Medicine and the Baker NICU.*

## Our NICU Team

Providing the best in patient care to newborns and their families is the goal of the Baker Regional NICU team. Our dedicated staff of nurses and pediatric specialists work closely with the nationally renowned neonatologists of Neonatal Associates of CNY, including:

Steven Gross, MD, *Medical Director*  
Becky Barnett, MD  
Ellen Bifano, MD  
Michelle Bode, MD  
Boura'a Bou Aram, MD  
Tom Curran, MD  
Bonnie Marr, MD  
Melissa Nelson, MD  
Beverly Roy, MD





# Baker Regional NICU Graduate Says Thank U, Crouse NICU!

Hayley Elizabeth (Byrne) Martin was born in January 1995 and spent the first 109 days of her life in the Baker Regional Neonatal Intensive Care Unit at Crouse Hospital. She recently penned a thank you letter for the skilled and compassionate care that started her life's journey — and to share how and why she embraces life to the fullest each and every day.

Parts of her letter are excerpted here. To read her entire message, visit [crouse.org/littlefighters/hayley](http://crouse.org/littlefighters/hayley).



**Dear Dr. Steven Gross and the Baker Regional NICU Staff,**

This is the letter I've always intended to write, but was forever putting off until tomorrow. My mother recently shared our story through your website's Little Fighters Club feature in honor of your 40 fantastic years of service to the littlest humans of this world. However, I wanted you to receive my own personal words of gratitude.

On Jan. 29, 1995, I was born weighing just 1,140 grams and required a ventilator to breathe for the first 56 days of my life. You determined that I would most likely be forever disabled and may never walk. Following this assessment, you worked tirelessly to prove yourselves wrong by teaching me how to fight for a well-lived life.

In doing so, you cultivated the strong willed and successful woman who is writing you today. My life should have never contained the athletic and academic success that I've had. You taught me determination and courage.

You taught me compassion. In the summer of 2012, I became a volunteer in the NICU through Crouse's Junior Volunteer Program. Having the opportunity to give back to these patients and their families has been the most rewarding experience of my entire life.

I am so beyond grateful to you for not only saving my life, but also for setting me up to take on all of life's challenges with optimism and fortitude. May you continue to foster generation after generation of little fighters who grow up to be big ones.

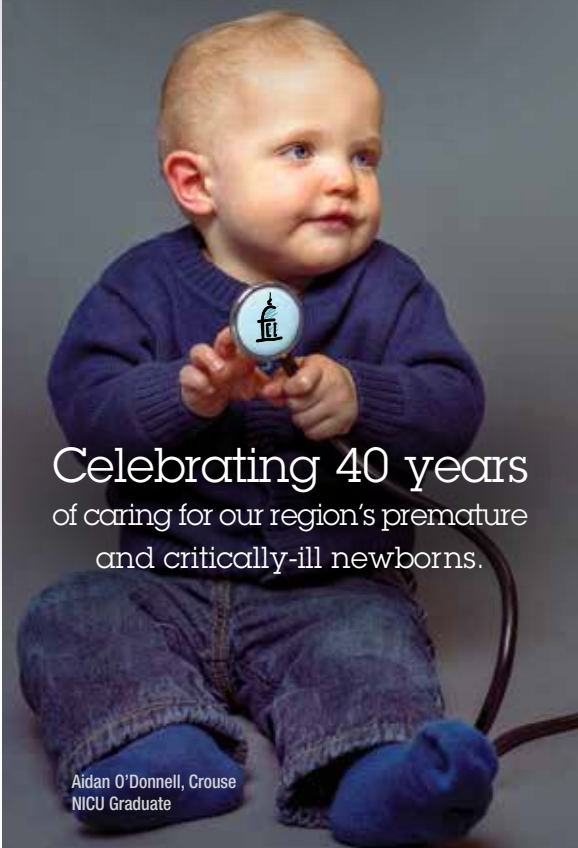
**With great admiration,**

*Hayley Elizabeth (Byrne) Martin*



 **CROUSE**  
Baker Regional NICU

**thankU**  
**CROUSE**  
**NICU**



**Celebrating 40 years**  
of caring for our region's premature  
and critically-ill newborns.

Aidan O'Donnell, Crouse  
NICU Graduate

**Thank U for playing a BIG part**  
in giving our little fighters the fighting  
chance they so deserve! **When you**  
**make a donation to our Little**  
**Fighters Club** you'll be helping our  
region's tiniest patients.

Visit [crouse.org/littlefighters](http://crouse.org/littlefighters) and  
tune into 93Q for campaign updates.

**93Q**  
THE #1 HIT MUSIC STATION

# Kelleigh's Cause: Finding a Cure, Making a Difference

**K**elleigh Gustafson is an inspiring young woman on a mission to raise awareness about and funding for research into the causes and treatment of a disease she lives with called arteriovenous malformation, or AVM.

Eric Deshaies, MD, Kelleigh's physician and medical director of the Crouse Neuroscience Institute, are working together to increase information and knowledge about the rare medical condition that Kelleigh was diagnosed with at age four.



*Eric Deshaies, MD, (from left) joined Lori Gustafson, daughter Kelleigh, Sen. DeFrancisco and Dan Gustafson in the New York State Senate Chambers this past summer.*

**“It is truly a comfort for me to have the expertise of Dr. Deshaies right here in Central New York.”**

— Kelleigh Gustafson

AVM is caused by abnormal blood vessel development. Some AVMs are caused by genetic mutations and can be hereditary. Most AVMs are present at birth (congenital), but less than half are diagnosed at that time.

A Le Moyne College sophomore, Kelleigh leads an active schedule that

includes playing on the women's golf team. Earlier this year, along with Dr. Deshaies and her parents, Lori and Dan Gustafson, Kelleigh travelled to Albany to accept a proclamation from State Senator John DeFrancisco designating the week of July 19 as AVM Awareness Week in New York State.

“This proclamation was the direct result of Kelleigh's passion and drive to create awareness for this medical condition,” says Dr. Deshaies, who treats patients with AVM. “She's an amazing young woman who's making a big difference — and she's just getting started.”

Treatment for vascular anomalies such as AVM has thus far proved complicated and life-threatening. Kelleigh's current treatment includes extensive surgeries every three to six months. At this point, there is no cure, but Kelleigh and her family are actively pursuing research options in the hope of finding a cure.

“I realize I may never be cured, but for me it would mean everything to be able to make a difference for all people affected by AVMs,” says Kelleigh.

**To learn more about AVM and Kelleigh's cause, visit [kelleigh.org](http://kelleigh.org).**

## Partnering for Enhanced Care Coordination

**C**rouse Hospital has joined Excellus BlueCross BlueShield in an innovative program designed to support care coordination, improve patient satisfaction and outcomes and reduce healthcare costs.

The collaboration — known as an Accountable Cost and Quality Arrangement (ACQA) — will benefit Excellus BlueCross BlueShield members who receive care from doctors affiliated with Crouse Hospital.

### Crouse Network Advantage

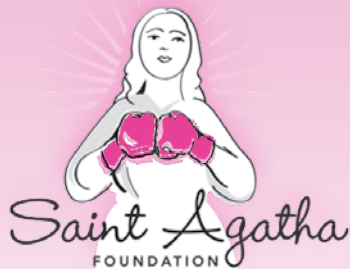
Using Crouse's integrated network of physicians and outpatient services, the partnership will provide enhanced healthcare options for patients by:

- increasing physician-patient engagement to coordinate care and improve healthcare outcomes;
- improving quality of care;
- aligning payment with quality, patient outcomes and value.

According to Crouse Chief Medical Officer Seth Kronenberg, MD, the goals of delivering better healthcare quality and avoiding unnecessary costs can be achieved through efforts such as improving access to primary care medical services (to manage chronic illnesses, including diabetes, and reduce the need for emergency room visits); improving medication compliance rates; and reducing duplication of services.







[saintagathafoundation.org](http://saintagathafoundation.org)

## Grant Helps Breast Care Patients in Need

The Saint Agatha Foundation awarded a \$75,000 grant to Crouse Hospital that allows the hospital to assist with providing support, comfort and care to those afflicted with breast cancer who have a financial need.

The late Laurie Mezzalingua, a 12-year breast cancer patient, established the Saint Agatha Foundation in 2004 to provide financial assistance to individuals diagnosed with breast cancer who have exhausted all other resources.

The Saint Agatha Foundation grant helps patients pay for the cost of treatment and other needed therapies.

This most recent grant brings the total awarded to Crouse by the Saint Agatha Foundation to \$375,000 since 2010.

# Consortium Offers Enhanced Breast Care

A consortium of local breast care specialists have come together as members of Breast Care Partners, a new initiative to encourage collaboration among breast health providers to ensure women in our community receive the best care possible.

Coalition members are CNY Surgical Physicians; Crouse Hospital; Crouse Radiology Associates; Hematology-Oncology Associates of CNY; St. Joseph's Health; St. Joseph's Imaging Associates; and St. Joseph's Physicians Surgical Services.

The consortium's mission is to provide a coordinated, comprehensive multidisciplinary team approach to breast care to improve clinical and psychological outcomes for all patients.

The Breast Care Partners program includes radiologists, breast surgeons, medical oncologists, radiation oncologists, pathologists and nurse navigators. At its core is patient navigation through the

healthcare system, including local resources for care and support.

When a patient enters the program, a certified nurse navigator is assigned to guide her through an individualized evaluation and treatment course. Breast

Care Partners' multidisciplinary team meets weekly to discuss the cases of those in the program to make recommendations that help ensure the best possible outcomes for patients while meeting national care standards.

Program Director Janet Ricciardiello, RN, says the benefits of the patient navigator program include improved and timelier access to healthcare services and information; fewer delayed or missed appointments; and increased satisfaction with the overall healthcare experience.

For more information about the program, as well as local resources, visit [breastcarepartners.com](http://breastcarepartners.com) or call 315/313-6645.



## Physical Rehabilitation Opens New Office

Crouse Physical Rehabilitation Services has merged its Liverpool and Dewitt offices into a new, expanded practice in the Crouse Medical Center in East Syracuse. Providing the area's premier outpatient rehabilitation therapies, the office is located at 5000 Brittonfield Pl., Suite A123. Call 315/766-1720 for information and appointments. [crouse.org/physrehab](http://crouse.org/physrehab)

## DAISY Award Expresses Gratitude to Nurses

In November 1999, the family of J. Patrick Barnes formed the DAISY Foundation as a way to express their profound gratitude to nurses for the work they do for patients and families every day.

DAISY is an acronym for Diseases Attacking the Immune System. Pat died at age 33 of complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease.

This year Crouse Hospital became affiliated with the national DAISY Foundation, and Chief Nursing & Clinical Services Officer Ann Sedore, PhD, RN, presented the first awards to Anne Marie Cortese, BSN, from 4 South Irving; Noreen McNamara, RN,



from 7 Irving; Paula Welsh, RN, from 4 North Irving; and siblings Heather Giovo, RN, and Tyler Stoutenberg, RN, (far left and far right) both from 5 South Irving.

The DAISY Award Program is graciously underwritten by the Crouse Medical Staff. If you would like to nominate a Crouse nurse for DAISY recognition, visit [crouse.org/story](http://crouse.org/story) and indicate "DAISY Award" in the text.







*The clinical leaders of the practice are, from left, back row: David Tyler, MD; Benjamin Sadowitz, MD; Thomas Hartzheim, MD; Herbert Mendel, MD; Kenneth Cooper, DO; James Sartori, MD; Brian Anderson, MD; and Akbar Ahmed, MD. Seated: Brandy Leary, NP; Tammy Congelli, MD; Jeffrey DeSimone, MD; William Schu, MD; Stephen Barker, MD; and Tracy Walker, NP.*

## Crouse, Surgeons Operate Seamlessly

If you or a loved one needs surgery, it's reassuring to know Crouse Hospital is affiliated with one of the area's leading practices: Central New York Surgical Physicians, PC.

Formed in 1997, the practice comprises 12 surgeons who perform a wide variety of general and specialty surgeries using the latest technologies.

In partnership with CNY Surgical Physicians, Crouse is the only area hospital to offer 24/7 surgical coverage. Akbar Ahmed, MD, and Stephen Barker, MD, board-certified, in-house surgical nocturnists, are available to handle evening and overnight emergent procedures.

The practice's surgeons are among the region's leaders in innovative procedures, including robotic single site gallbladder surgery, bariatric surgery and abdominal wall reconstruction.

According to Practice Administrator Denise Paton, surgeons in the group were the first in the area to perform endoscopic component separation for abdominal wall reconstruction and were pioneers in comprehensive vein surgery.

The most common types of general surgeries performed by the group include minimally invasive vein surgery; bariatric (weight loss) surgery; breast surgery; hernia, gall bladder and wound care procedures, in addition to gastrointestinal, thyroid and parathyroid surgeries.

The practice maintains three locations: one directly across from Crouse Hospital; in Liverpool; and in Camillus. For more information or to schedule an appointment, call **315/470-7364** or visit **[cny surgical.com](http://cny surgical.com)**.

## Regional Leader in Robotic Surgery

Crouse Hospital is a regional leader in general and specialty surgical services — inpatient, outpatient and ambulatory surgery, having opened one of the first ambulatory surgical programs in the U.S. in 1976.

Today, Crouse is home to two outpatient surgery centers and the Witting Surgical Center, the area's most technologically advanced center for a variety of operative procedures.

Our highly skilled surgeons perform more than 8,200 procedures each year, from the routine to the most complex, in our inpatient surgical suites. Our combined inpatient, outpatient and ambulatory surgical volume exceeds 18,000 procedures annually, so you can rest assured you're receiving exceptional care from some of the finest — and most experienced — surgeons in the region.

We also offer leading-edge surgical services using the da Vinci technology. In fact, Crouse performs more robotic surgical procedures than any other area hospital.



**Pastor Jack lost 175 lbs. Is bariatric surgery right for you?**

To find out come to a **FREE** seminar or view our online class.

**[crouse.org/weightloss](http://crouse.org/weightloss)**  
**315/472-2464**



**CNYSP**  
Central New York Surgical Physicians, P.C.





# Putting Your Best Foot – and Ankle – Forward

**F**eet and ankles are two of the most frequently injured and misdiagnosed areas of the human body.

Treating the range of foot and ankle conditions that can occur at any stage in life, from sports injuries in teens to over-use activities in active adults and seniors, Crouse Hospital's experts — the most experienced foot and ankle team in the area — provide comprehensive care that includes the latest in minimally invasive surgical and non-operative options.

Patients from across Central New York turn to foot and ankle specialists Frederick Lemley, MD; Scott VanValkenburg, MD; and Naven Duggal, MD (below, left to right). They treat conditions ranging from total ankle replacement, cartilage surgery for early ankle arthritis and flat feet correction, to tendon repairs and grafts, chronic foot deformities and more.

## **Frederick Lemley, MD**

Syracuse Orthopedic Specialists

*"I care for patients over age 10. I enjoy dealing with arthritis, ankle and foot instability, ligament problems, tendonitis of all types, bunions, hammer toes, high arches*

*and flat feet. Through a combination of listening, physical examination and appropriate imaging studies, I develop a plan to help remedy patient problems."*

## **Scott VanValkenburg, MD**

Upstate Orthopedics at the Upstate Bone and Joint Center

*"My typical patient is anyone who's been experiencing foot or ankle discomfort that is interfering with daily life activity. This can range from the young active patient who would like to get back into a training schedule, to the more mature patient who is unable to enjoy their retirement years due to ailing feet."*

## **Naven Duggal, MD**

Syracuse Orthopedic Specialists

*"I treat chronic deformities of the foot and ankle, including bunions, hammer toes, flat feet and sports injuries, as well as simple and complex fractures and arthritis of all foot and ankle joints. I take special care to review non-operative and operative options with each patient, discussing any associated risks and benefits."*

**To learn more, visit [crouse.org/footandankle](http://crouse.org/footandankle).**

## New Leader for Crouse Medical Practice

**C**arl Butch, MD, has been named Medical Director for Crouse Medical Practice, PLLC (CMP).

In this new role, Dr. Butch will oversee all clinical aspects of CMP and assist in strategic direction and growth of the practice. He will also work closely as a liaison between the Crouse Health Network and the hospital. Dr. Butch is a highly-respected, board-certified physician who has been practicing at Internist Associates of CNY/CMP for 15 years.



Since its formation in 2010, CMP has grown to include close to 60 providers in multiple specialties operating out of eight physician offices and six lab locations across Central New York.



**S**pirit of Women is a national program that comprises a network of hospitals, including Crouse, the only Central New York hospital to participate in this innovative health education initiative. Focusing on our hospital's comprehensive primary and specialty care network of services, Spirit of Women is engaging, informative and fun, while helping to empower women to make educated healthcare decisions for themselves and their families. Membership is free; join today at [crouse.org/spirit](http://crouse.org/spirit).







## WITH ELIZABETH BOZEMAN, MD

### Between Us Gals

**A**lthough problems do more commonly occur in advancing years, women of all ages can suffer from bladder and pelvic floor disorders. Left untreated, these medical conditions can significantly affect the quality of a woman's life and, due to discomfort or embarrassment, can result in depression and the avoidance of social, physical and sexual activities.

We invited Elizabeth Bozeman, MD, a board-certified urologist with particular expertise in diagnosing and treating female urological conditions, to discuss the most common ailments.

#### What is the pelvic floor?

The pelvic floor is a collection of pelvic muscles and connective tissue also known as the pelvic diaphragm. It resembles a shallow bowl in the pelvis, which supports the pelvic organs — the bladder, uterus and the bowel.

#### What are some of the most common pelvic floor conditions?

When the pelvic floor is too tight or too loose it can cause problems with the pelvic organs. Examples of this include urinary incontinence, pelvic organ prolapse, constipation, fecal incontinence and even painful intercourse (dyspareunia).

#### What causes these conditions?

The pelvic floor can be tight because of pelvic pain caused by such diseases as interstitial cystitis, endometriosis, irritable bowel syndrome and even pelvic trauma. The most common causes of a loose pelvic floor are childbirth and the hormonal changes that occur during menopause and aging. Pelvic surgery or

radiation can also affect the muscles and nerves in the pelvis.

#### What symptoms would a woman experience if having problems related to the pelvic floor?

She might have difficulty emptying her bladder or leak urine with activity or urge. Pelvic organ prolapse is usually noted as a bulge in the vagina from a weak pelvic floor and can cause pressure and discomfort. Also, constipation, difficulty with bowel movements and even fecal incontinence can occur.

#### Can pelvic floor conditions be prevented? If so, how?

The best prevention of pelvic floor dysfunction is doing Kegel exercises to strengthen the muscles of the pelvic floor. The time to start these exercises is preferably prior to having children, but it is never too late to start. Women who have difficulty isolating the pelvic floor muscles can benefit from pelvic floor "rehab," which includes techniques by a therapist such as biofeedback. Avoiding repeated heavy lifting and constipation or chronic cough are also helpful.

*Elizabeth Bozeman, MD, and husband, Gary Bozeman, MD, MBA, have worked together in the same urology practice since 1995, and both recently relocated to Central New York to join Associated Medical Professionals of NY, affiliated with Crouse Hospital. Dr. Bozeman was the first female to both complete the urology program at the Medical University of South Carolina in Charleston and practice urology in that state.*

*She has extensive experience in female urology, recurrent urinary infections, stone disease, interstitial cystitis and many other conditions of general urology. To schedule an appointment or consultation with Dr. Bozeman, call 315/297-4700 or visit [ampofny.com](http://ampofny.com).*



### Cycle of Health

WCNY TV24's Cycle of Health program recently began its fourth season. Crouse's Chief Quality Officer Derrick Suehs is again a featured guest on the program, providing helpful tips and advice on how to navigate the healthcare maze. The program airs Wednesday evenings at eight.

Learn more at [wcny.org/television/cycleofhealth](http://wcny.org/television/cycleofhealth)



## Festive Events Benefit Crouse Health Foundation

Two major events this year proved highly successful for the Crouse Health Foundation: the Crouse Classic Golf Tournament and Tribute Evening.

The 14th annual Crouse Classic Golf Tournament was held in July, and once again, the tournament was sold out with a record 232 golfers. Net proceeds of more than \$125,000 are being used to support the work of the Baker Regional Neonatal Intensive Care Unit. To date, golf tournaments in support of Crouse Hospital have raised more than \$1.4 million.

Adding to the excitement were Kyle Brown and Sean Barron, who each made a hole-in-one scored

during the morning session. Brown won a 2015 Chevy Malibu from East Syracuse Chevrolet; Barron won a Caribbean Cruise donated by AAA Western and Central New York.

Crouse Health Foundation's 39th annual Tribute Evening was held in September, with 1,100 attendees honoring Crouse cardiologist Anis Obeid, MD, for his significant contributions to the greater Syracuse community.

Net proceeds of a record \$400,000 will be used to support the work of the foundation, including purchasing special equipment, underwriting new initiatives and funding educational programs and scholarships.

This fall, Big Night for Little Fighters raised more than \$15,000 for our NICU. These special events were hosted by Danielle and Mac Cummings in Skaneateles and Diane and Mark Wladis in Manlius.

The Foundation will be the beneficiary of proceeds from the SADA Charity Preview on Feb. 10, and will hold two major fundraisers during 2016: the Crouse Classic Golf Tournament on July 18 and Tribute Evening on Sept. 23.

For more information about the Crouse Classic Golf Tournament, Tribute Evening or other foundation events, contact Phyllis Devlin at **315/470-7008**.



*Ryan McCarthy, Kyle Brown, John Jefferies and Tim McCarthy (left to right) enjoyed the Crouse Classic; Anis Obeid, MD, was honored in September.*

## Giving to Crouse

Since 1887, Crouse Hospital has depended on the generosity and goodwill of the Central New York community to provide the best in patient care. Your gift of any amount to Crouse Health Foundation will have a direct impact on the programs and services that the hospital can continue to offer patients, their families and the community.

A donation envelope has been included in this issue for your convenience. Or, visit [crouse.org/foundation](http://crouse.org/foundation) to donate securely online. A gift to the Crouse Health Foundation — perhaps in honor or memory of someone special, or in thanks to a compassionate caregiver — will help enhance care for our patients. Thank you for including Crouse in your giving plans!

## Ready, Set, RUN!

The Jim and Juli Boeheim Foundation awarded a \$7,500 grant to launch the Ready, Set, RUN! program that was sponsored and presented by the City of Syracuse Department of Parks and Recreation this past summer. Additional sponsors included Crouse Hospital and the YMCA of Greater Syracuse. The free youth running clinic accommodated 40 Syracuse residents ages eight to 12. The program ended with a one-mile Kids and Family Fun Run at Strathmore Park. The Boeheim Foundation has generously extended the grant to fund the program in 2016.





# Pomeroy Patio Enhances Healing Environment

**C**rouse Hospital's mission is to provide the best in patient care and to promote community health. We believe the best in patient care means being ever mindful of a patient's overall experience and the need to make the hospital a true healing environment.

The new Pomeroy Patient Patio offers patients and their families a safe and soothing oasis where they can go for an uplifting change of scenery during their stay at Crouse.

This project has long been championed by the members of our Healing Environment Committee, but the recently opened patio would not have been possible without the generous financial support of some very spe-

cial individuals and organizations: the Edwin F. and Delores P. Davis Fund of the Central New York Community Foundation; the Flora Bernice Smith Foundation; the Crouse Hospital Auxiliary; and the William G. Pomeroy Foundation, whose special gift to this initiative is just the latest mark that Bill Pomeroy's involvement has made on Crouse's ability to better understand and enhance the patient experience.

"We know that hospitalization can cause anxiety or fear, and our intent is to minimize the impact of those stressors by taking a holistic and human approach to our services," said Crouse CEO Kimberly Boynton during the patio's recent ribbon-cutting ceremony.



## 2015 Margot Northrup Award

**T**he Crouse Health Foundation recently honored Tim Atseff and Sharon Slater, current members of the Crouse Health Foundation Board of Trustees, with its 2015 Margot Northrup Award.

"We've honored two of our special board members for their extraordinary dedication to Crouse Health Foundation and to the mission of Crouse Hospital," said Foundation President Carrie Berse. "Their vision and leadership have made a lasting impact on the Crouse organization and family."

The award was named to honor the founding president of the Crouse Health Foundation, Margot Northrup. Established by a resolution of the Foundation Board of Trustees in 2004, the award recognizes extraordinary service by selected board volunteers.



## Crouse Health Foundation Board Leadership

**T**he members of Crouse Health Foundation's Board of Trustees each live and work here in Central New York. These leaders extend their time, expertise and resources to help keep our hospital strong. We thank them for their dedication to the mission and proud traditions of the Foundation and Crouse Hospital.

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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](mailto:crousefoundation@crouse.org) or call 315/470-7702.

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## Award-Winning Employee



Christopher Connelly, RTR, a team leader in Medical Imaging and in the hospital's Witting Surgical Center, was recently selected as the recipient of the 2015 Umeshchandra Patil Family Educational Award. Crouse CEO Kimberly Boynton and Medical Imaging Director Brad Hellwig presented the award.

In 2005, Drs. Umesh and Vijay Patil established the Patil Family Foundation Fund within the Crouse Health Foundation's Endowment Fund. The fund awards up to \$3,500 for a technician, LPN or RN working in the areas of Surgical Services, Interventional Radiology, Endoscopy, Cardiac Cath Lab and Labor and Delivery to attend an educational opportunity. Upon their return, winners are asked to share information from the program they attend with their co-workers to extend the benefits of the award to other staff.



## 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.

YourCare is a publication of Crouse Hospital's Communications Department.  
Please call 315/470-7582 with your comments or questions.

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Call **315/479-5070** or visit [crousemed.com](http://crousemed.com).

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## 2015 Lights of Love Campaign

Each December the Crouse Hospital clock tower is illuminated with 3,000 white lights. This year the iconic landmark is again lighted for Lights of Love, the annual fundraising campaign of the Crouse Hospital Auxiliary. Proceeds will benefit Crouse's Baker Regional NICU.

The campaign closes on Jan. 10. To purchase a light in honor or in memory of someone special, call **315/470-7530** or visit [crouse.org/lights](http://crouse.org/lights).



## 2016 SADA Charity Preview

Part of the proceeds from the Syracuse Auto Dealers Association event on Feb. 10 will benefit the Crouse Health Foundation. For more information and/or to purchase tickets call **315/470-7008** or visit [crouse.org/sada16](http://crouse.org/sada16).