

CARE

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RICHMOND UNIVERSITY MEDICAL CENTER/ MOUNT SINAI HEART

What this means for Staten Island

GET THAT CHECKUP!

The gateway to good health

The proud recipient of the prestigious
Baby-Friendly Hospital designation



**Richmond University
Medical Center**

An Affiliate of the Mount Sinai Health Network

A Message From the President & CEO



In our last issue of Care, we had a special focus on cardiology. I am pleased to say that this vital field of medicine at Richmond University Medical Center is strengthened even more by our recently announced clinical affiliation with The Mount Sinai Hospital, which is ranked seventh nationally for Cardiology & Heart Surgery in U.S. News and World Report. This affiliation, along with being recognized by the American Heart Association/American Stroke Association with this year's Gold Plus and Target: Stroke Honor Roll Elite Plus and Bronze AFIB awards, is another step towards our bringing the best in health care to residents of Staten Island. For general information about cardiac care, please call 718-818-2805.

As essential as cardiac care is, that first step to good health: seeing your primary care doctor. When you have routine checkups, your doctor can notice changes. If you need to find a primary care physician, call our referral line at 844-934-CARE.

Starting off healthy is best, and Richmond University Medical Center just received the distinctive Baby-Friendly Hospital designation from Baby Friendly USA, which is part of a global initiative under the auspices of the World Health Organization and UNICEF. The initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. We are proud to have achieved this prestigious award — 1 of only 6 hospitals in the metropolitan area and of only 12 in the state to do so.

Summer brings many pleasures, and among them is being able to be outside — walking, hiking, running, cycling, and swimming. Another summer pleasure is outdoor eating. Have fun, but don't overdo it. Our library of recipes, found on our website (rumcsi.org), is a good resource. Our Facebook and other social media pages also give you information about us and how we can help. I wish you and your family a happy and safe summer.

Daniel J. Messina, PhD, FACHE, LNHA
President & Chief Executive Officer

OUR MISSION STATEMENT

The Medical Center is a not-for-profit healthcare provider serving the diverse community of Staten Island and its neighbors. We provide quality patient-centered care through a full spectrum of emergent, acute, primary, behavioral health and medical services. We do this in an environment that promotes the highest satisfaction among patients, families, physicians and staff.

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To join our mailing list, email us at info@rumcsi.org

**Need a physician? Call our referral
line at 844.934.CARE or
visit us online at www.rumcsi.org**

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Richmond University Medical Center is an academic and clinical affiliate of Mount Sinai Hospital and has an integrated surgical program with SUNY Downstate Medical Center.

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The information contained within this magazine is not intended as a substitute for professional medical advice, for which your physician is your best choice.



Richmond University Medical Center/Mount Sinai Heart

HELPING STATEN ISLAND RESIDENTS TO BETTER CARDIAC HEALTH

Here's good news for Staten Island residents: The Mount Sinai Hospital, ranked seventh nationally for Cardiology & Heart Surgery in U.S. News and World Report, has a presence on Staten Island for that specialty through its clinical affiliation with Richmond University Medical Center.

Speaking to the benefits of that association is Srinivas Duvvuri, MD, the director of interventional cardiology at Richmond University Medical Center and a full-time physician at Mount Sinai, who has performed over 10,000 cardiac procedures; of those, 4,000 were interventional, for angioplasty and stents. He has been providing cardiac care to the people of Staten Island for over 18 years. Dr. Duvvuri did his Interventional Cardiac Fellowship at the Icahn School of Medicine at Mount Sinai Hospital — and still performs interventional procedures there. “In our new cardiac catheterization lab here, we have physicians who trained at and who are also on staff at Mount Sinai, bringing Manhattan care home. We perform both emergent and elective procedures, and our angioplasty capabilities have proven to be lifesaving.” This affiliation is consistent with Mount Sinai’s mission to extend the scope of and to enhance the quality of health care services in the local environment.

He goes on to say, “Our physicians are with you every step of the way. We have a team approach.”

As an example, Para Ahilan, MD, another full-time physician at Mount Sinai who works with Dr. Duvvuri in the practice — Mount Sinai Doctors Cardiovascular Consultants of Staten Island — performs stress testing, including stress echo and nuclear testing, which can uncover potential cardiac problems. After evaluation of the results, Dr. Duvvuri, in consultation, determines if patients need medical stabilization or invasive testing with cardiac catheterization. Patients may require angioplasty or stents; consultations and diagnoses are made at Richmond University Medical Center, with the knowledge that if any procedure is deemed too complex for even its state-of-the-art facility, the patient can be smoothly transferred to Mount Sinai. Another member of the team is Radu Arton, MD, who has over 30 years of experience in taking care of cardiac patients right here on Staten Island.

“We are here for you whenever you need us — and, yes, I am on call even in the middle of the night. I am glad to be part of a team of excellent cardiologists, facilitating exceptional care here on Staten Island,” says Dr. Duvvuri.

“We’re proud to be affiliated with the hospital ranked seventh nationally by US News and World Report for Cardiology & Heart Surgery,” says Richard Grodman, MD, director of cardiology. “It comes as a result of our hard work and our reputation in the field: winning the American Heart Association/American Stroke Association Gold Plus Achievement Award, and achieving state approval for elective and emergency angioplasty in our state-of-the-art cardiac catheterization lab. Our heart care is absolutely top-notch.”

“WE ARE HERE FOR YOU WHENEVER YOU NEED US — AND, YES, I AM ON CALL EVEN IN THE MIDDLE OF THE NIGHT.”

— SRINIVAS DUVVURI, MD

For more information on better Cardiac Health, call **718.981.2684** or visit rumcsi.org



Are You Keeping Yourself Safe From Skin Cancer?

HOW TO PROTECT YOURSELF WHILE HAVING FUN IN THE SUN.

Summer gives plenty for Staten Islanders to get excited about: school letting out, vacation plans, beach trips, spending days poolside with friends and family. But, while you're out enjoying the warm weather, it's important to protect yourself from the sun's harmful rays by wearing sunblock, hats and sunglasses to help decrease your risk of skin-related diseases. Make sure you reapply your sunblock often, and spend time in the shade when the sun is high.

Why? Each year, more than three million people in the United States are diagnosed with skin cancer, according to the American Cancer Society, making it the most common form of cancer. The three main kinds are basal cell skin cancers, squamous cell skin cancers, and melanomas. Basal and squamous cell skin cancers are the most common, often found on body parts that are frequently exposed to the sun, like the head, face and neck. They can appear as pink or red, translucent, shiny bumps with brown, blue or black areas, raised, itchy, red patches, flat firm, pale or yellow areas (almost like a scar) on the skin, or even open sores that may ooze or have crusted areas.

"Fortunately, basal and squamous cell skin cancers are rarely life threatening and less likely to spread if treated early on and properly," says Michael Lacqua, MD, medical director of the Center for Wound Healing at Richmond University Medical Center, in West Brighton.

Melanoma is a different story entirely. It affects 76,000 Americans each year and is deadly if not treated properly. It develops in melanocytes, which are the cells in your body responsible for producing the brown pigment that gives your skin its color, called melanin. Melanin protects the deep layers of our skin from the sun's harmful rays. Exposure to sunlight causes your skin to make more melanin, producing that summer tan; but that exposure to the sun may do you more harm than good. Melanoma is often caused by harsh ultraviolet (UV) rays from the sun, which damage DNA and can sometimes change the genes that control how and when the cells in your body grow and divide. The affected cells can grow out of control and form a melanoma. These melanoma cancer cells can still make melanin, which is why the affected areas on the skin can appear to have shades of blue, black, tan and brown.

"It's common for melanoma to spread to other parts of the body if it is not detected and treated at an early stage," says Dr. Lacqua. "If a melanoma cell infiltrates a vital organ and begins to grow, it can be hard to treat and much less likely to be cured."

Melanomas can be found anywhere on your body, but are more likely to start on the neck, face, chest and back for men and the legs for women. Ultraviolet rays aren't the only things that can cause a melanoma to form; artificial

light sources, like tanning booths, increase the risk of developing skin cancers. Melanoma can also be common in some families, passing down gene changes that increase the risk of this disease from one member to the next. No one is safe from melanoma; people with many moles, fair skin that freckles easily, close blood relatives who have had melanoma, naturally blonde or red hair, have had sunburns as a child or young adult and have had other types of cancer or pre-cancer spots on their skin are all at an increased risk of melanoma.

"It's important to know the pattern of your freckles, moles and birthmarks so that you will notice any changes in the size, shape or color of spots on your skin," says Dr. Lacqua. Performing routine skin checks will help you keep track of any of these changes. A good time to do a simple skin exam is usually after a bath or shower. Use mirrors to intricately check the front and back of your body.

"You know your body better than anyone else," says Dr. Lacqua. "So if you notice a spot on your skin that seems alarming, don't wait. Show your doctor. Early detection is key when dealing with skin cancer."

For more information on skin cancer or to schedule an appointment with a doctor, please call **718.761.3700**

NOW OPEN!



NEED A DOCTOR NOW?

At Richmond University Medical Center PRIMARY CARE / WALK-IN, you have care when and where you need it. Our facility offers the following comprehensive services right here in Staten Island:

- ▶ General Medicine
 - ▶ Bloodwork
 - ▶ Geriatric Care
 - ▶ Laboratory Services
 - ▶ Preoperative evaluation
 - ▶ Ultrasound
 - ▶ EKG / ECG
 - ▶ Vaccinations
 - ▶ Wellness visits
 - ▶ X-rays available
- MOST INSURANCES ACCEPTED**

1058 Forest Ave., Staten Island, NY 10310 Weekdays: 10am to 8pm — Saturday: 10am to 6pm

For more information on our Primary Care/Walk-In Center, call **718-818-1058** or visit www.rumcsi.org/walkin



Richmond University Medical Center

An Affiliate of the Mount Sinai Health Network



That Checkup Is Important

APPOINTMENTS WITH YOUR PRIMARY CARE DOCTOR ARE THE GATEWAY TO GOOD HEALTH

Do you want to live a longer, healthier life? Avoid unnecessary tests, surgeries and trips to the emergency room? Pay lower healthcare bills?

If your answer is yes, here's the best way to achieve those goals: have regularly scheduled appointments with your primary care physician. These appointments can help you manage your current and future health, lower your overall yearly health care costs, and provide you with a higher level of satisfaction with your care.

"Many people feel that making and keeping regular appointments with their primary doctor takes up too much time and is a waste of money," says Peter Stathopoulos, MD, who practices internal medicine at Richmond University Medical Center and is one of the physicians at its Primary Care/Walk-In Center. "But the truth is that you can only benefit from having a primary care doctor, both in the care provided and the time and money saved from not being sick."

Your doctor will set you on the path to good health for today; you also know that all your health records and information are in one central place for the future. Your carefully selected primary care doctor will know everything there is to know about you and your medical history—from the medications you take, to any diseases you may have as well as any health issues that may run in your family. Other physicians and medical

staff within the practice will also know your medical and family history. This kind of health care "team" will be able to detect patterns in your health more easily, effectively, and quickly, and can recommend necessary lifestyle changes that can help to prevent any future complications that could require extensive and expensive specialty care.

Your primary care physician will be there for you whether you're experiencing physical, mental or emotional pain: in one simple appointment, you can talk

YOUR PRIMARY CARE PHYSICIAN WILL BE THERE FOR YOU WHETHER YOU'RE EXPERIENCING PHYSICAL, MENTAL OR EMOTIONAL PAIN

about a variety of health issues. Be aware that you should never wait too long to see a doctor or ignore any symptoms; doing so can lead to a hospital stay or a visit to the emergency room, which are two of the most expensive options for treatment. Your doctor may think that you need to see a specialist about one of your health issues; the good news is that he or she will have a recommendation, if you should need a referral.

"It's important to have a doctor whom you trust as your primary care physician," says Subbaraju Polepalli, MD, another doctor on staff at the Primary Care/Walk-In Center. "This way you can be certain that the care he or she provides you with is the best for you."

William Tursi, MD, another physician in the practice, adds, "If you're a sufferer of a chronic health condition, like lupus, arthritis or diabetes, you know that it can be difficult to monitor your health and treatment on your own. This is where primary care doctors play an important role. They can help you stay organized and on top of your medications, treatments, tests and appointments." Primary care physicians can help you manage your lifestyle alongside your illness, and will monitor how your chronic disease is affecting your body and quality of life with regularly scheduled appointments and routine tests.

"If you have a chronic disease, it's vital to have a primary care doctor," agrees Dr. Stathopoulos. "If you experience any other health issues, your doctor will know your medical history and will know how to treat you accordingly. And for all patients, that regular appointment will help get and keep you healthy."

For more information on our Primary Care/Walk-In Center, call **718.818.1058** or visit rumcsi.org/walkin

FAVORITE SUMMERTIME THINGS

...AND THEIR RELATED CALORIES.

While napping on the beach might be a zero-sum game — no calories taken in, none expended! — other common summer activities can have different effects on your body. Here's how they stack up.



Walking: 280 calories

Hiking: 370 calories

Light gardening: 330 calories



Bicycling (over 10 mph): 590 calories

Swimming (slow freestyle laps): 510 calories

Running (5 mph): 590 calories

INTAKE, PER FOOD ITEM



Hot dog on a bun:
31 grams of fat

529
calories



Quarter pound 25% fat
hamburger on a bun:
20 grams of fat

426
calories



Ice cream sugar cone,
one scoop:
13 grams of fat

220
calories



Slice of watermelon:
0 grams of fat

39
calories



Coleslaw, 1/2 cup,
regular mayo:
21 grams of fat

211
calories



Pasta salad with
vegetables, 1/2 cup:
9 grams of fat

132
calories

Sources: www.choosemyplate.gov/physical-activity-calories-burn,
www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/game-plan/small-steps/Documents/gp_fatcal.pdf

Want something new? Try our beet-all pasta salad, lower in fat and calories! See recipe next page.



Beet-All Pasta Salad

Ingredients

2 cups cooked spiral whole-wheat pasta
3 cups fresh baby spinach, shredded
1 ½-ounce jar whole beets (1-½ cups), cut in half
¼ cup chopped red onion
2 tablespoons chopped walnuts
1 tablespoon real maple syrup
1 tablespoon balsamic vinegar
1 teaspoon virgin olive oil

Directions

Mix pasta, spinach, beets, onion, and walnuts in a salad bowl. Combine maple syrup, vinegar, and olive oil in a small jar and shake well. Pour over salad. Serve immediately or cover and refrigerate until you're ready to eat

Makes Four Servings

Each serving contains about 123 calories, 4 g protein, 3 g fat, 0 mg cholesterol, 23 g carbohydrates, 3 g fiber, and 120 mg sodium.



With Philip Otterbeck, MD,
Chief of the Endocrinology
Division

Healthy Living Q&A

EASY HEALTHY SUMMER COOKING



In the summer, it's all about things being easy. And cool. Roasted vegetables are healthy, but who is going to set the oven to 450 degrees when it's already 90 degrees outside? Yet we all know that grabbing that hot dog off the grill — let alone the eating the ice cream cone you'll “walk off” after dinner — doesn't quite give you a balanced diet. The best advice about summer eating is: be prepared.

Q. I hate to cook over the summer, so I often grill or resort to pre-cooked meals that I know are laden with fats and additives. What can I do instead?

A. Grilling lean meats is actually a good choice, so congratulate yourself. Just watch your marinades — chicken breast in olive oil and herbs, yes; chicken coated with sticky sugary barbeque sauce, no. Stock up on fresh vegetables that just need to be lightly steamed — or eaten raw, with a yogurt dip — for sides.

Q. I really don't like salad, and lettuce never fills me up. Yet that seems to be the go-to for summer cooking. Do you have any suggestions?

A. For starters, make a salad without lettuce. Have steamed string beans with chopped almonds in a good vinaigrette; couscous with chopped cherry tomatoes, red onion, cucumber, and red pepper; boiled small potatoes tossed with lemon, scallions and dill. There are many good and easy recipes at rumcsi.org/healthlibrary.

Q. Ice cream is my downfall. I can't bear the thought of summer without my sweet treat!

A. That's exactly what ice cream should be: a sweet treat. Not a sweet “every day.” Depriving yourself of something you love is as counterproductive as over-indulging. Make a special time to enjoy your favorite: once a week, walk over to the ice cream store and get a (small) serving of your dream flavor. The rest of the week, enjoy the plums and cherries and peaches that are only truly fresh this time of year.

To submit your question to Dr. Otterbeck, Chief of the Endocrinology Division, email it to info@RUMCSI.org, subject: Q&A. Your question could appear in our next issue!

YOU AND YOUR BABY ARE IN GREAT HANDS

RICHMOND UNIVERSITY MEDICAL CENTER IS THE ONLY
HOSPITAL ON STATEN ISLAND WITH THE PRESTIGIOUS
“**BABY-FRIENDLY HOSPITAL**” DESIGNATION*

1st and only hospital on Staten Island

1 of 12 in New York State

1 of 6 in New York Metropolitan area

The birthing process is a special time and requires caring hands. At Richmond University Medical Center, we are proud to be there for you, and help you welcome your new family member.

*The Baby-Friendly Hospital Initiative (BFHI) is a global program that was launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for infant feeding and mother/baby bonding.

For more information call
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