

INSIDE

HEALTHY LIVING Q&A: ALL ABOUT SUGAR • STATEN ISLAND TOBACCO STATISTICS

CARE

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A photograph of a man lying on a CT scanner table, ready for a scan. The man is wearing a patterned hospital gown and has his arms crossed over his head. The CT scanner is a large, white, cylindrical machine with a control panel on the left side. The background is dark, and the lighting is focused on the man and the scanner.

THE FIGHT AGAINST LUNG CANCER

How Our Screening Program Works To Save Lives

HEALING THE HEARTS OF STATEN ISLAND

AN ANGIOPLASTY Q&A

Richmond University
Medical Center

An Affiliate of The Mount Sinai Health Network
and Icahn School of Medicine at Mount Sinai

A Message From the President & CEO



At Richmond University Medical Center, we are always looking for ways to help improve the health of our borough residents. We address this goal in many ways: by engaging in community educational programs and patient support; by incorporating new interventionist techniques; by making sure the people we serve know that we are ready and available to help them at all times.

Our multidisciplinary Lung Cancer Screening Team has been focused on saving lives; it strives to reach this objective through outreach, education, and screenings. Jeffrey Cane, MD, Keith Diaz, MD, Thomas Forlenza, MD, and Nancy Rooney, RN, were recently honored by the American Cancer Society for their important work in this field. To learn more about our lung screening program, please call 718-818-2391.

The cardiac catheterization lab is now fully PCI-capable, which means that we can help patients with angioplasty procedures. Many people associate PCI with heart attacks; however, it is also very important and useful as a preventive tool and to relieve angina that does not respond to medication. For more information about PCI (angioplasty), or to schedule an appointment, please call 718-818-2805.

Remember, throughout this winter season, that we are always here to be a resource for you. Our website (rumcsi.org) and our Facebook and other social media pages give you information about us and how we can help; I encourage you to visit these sites. Our best wishes for a healthy and happy holiday!

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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Richmond University Medical Center is an academic and clinical affiliate of The 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.



Nancy Rooney, RN, is the program's nurse navigator.

The Lung Health Center Takes Up The Fight Against Lung Cancer

HOW OUR SCREENING PROGRAM WORKS TO SAVE LIVES

The Lung Health Care Center of Staten Island screens at-risk borough residents for lung cancer. What sets the center apart from similar programs is the extent to which it engages in community outreach, educates, and provides patient support throughout the entire screening process. The center is supervised by Keith Diaz, MD, who is certified in pulmonary and critical medicine; the outreach and advocacy components are handled by the program's experienced, competent, and well-liked pulmonary nurse navigator, Nancy Sayegh-Rooney.

A nurse for 35 years, Ms. Sayegh-Rooney spent many of those years working in cancer awareness and prevention, which make her a natural in this position. As a pulmonary nurse navigator, she acts as educator, friend, and advocate. Her community outreach translates into patient support seamlessly: Ms. Sayegh-Rooney is often out in the field at health community councils, organizations,

and clubs; at all these events, she passes out business cards that have both her office and cell phone numbers. "Go see your primary care doctor and get a prescription," she tells them. "Then call me, and I'll handle the rest."

They do; and she does. She sets up appointments for her patients, accompanies them to the scan, gives them more information while they're waiting, and calls them with the results once Dr. Diaz has interpreted the scans. Ms. Sayegh-Rooney coordinates the scheduling with the patients, the CT scan technicians, and the radiology department so that the work can be done swiftly and efficiently. The CT scan itself takes only three minutes; Ms. Sayegh-Rooney tries to get the patients in and out of the office in fifteen. "My patients tell me they can't believe how easy it is."

If the scan is negative, the high-risk patient is not off the hook; an annual lung screening is now part of their check-up.

If the results are positive, Ms. Sayegh-Rooney communicates that information, too. She lets them know that they need to go back to their primary care doctor for further studies, and tells them about the team in place at Richmond University Medical Center — Dr. Diaz; Jeffrey Cane, MD, Chief of Thoracic Surgery; and Thomas Forlenza, MD, Director of Oncology — so they have the right people to turn to. Ms. Sayegh-Rooney remains in touch with them, making sure the patients have a plan, and providing help in setting up appointments if they need it.

According to Dr. Diaz, she's the perfect person for this role. He passes along the many compliments he's received from his patients. "They come in to see me, and tell me how wonderful Nancy is. How she made them feel at ease, and made the whole process less stressful. She decreases their anxiety, and increases their level of trust."



Keith Diaz, MD, is the supervising physician at the Lung Health Center.

For more information about the lung cancer screening program at Richmond University Medical Center, please call **718-818-2391**.



473,279
Staten Island residents¹



STATEN ISLAND has the highest smoking rates of youth in NYC; youth rates are **DOUBLE** those of Brooklyn and the Bronx.³

15%

The rate of smoking for NYC as a whole.²

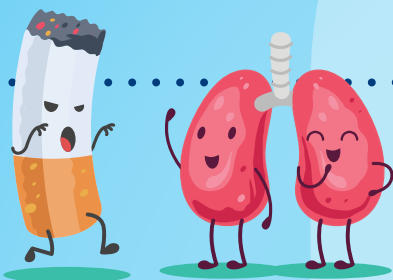
20% of Staten Island residents smoke, **THE HIGHEST RATE OF SMOKING OF ALL THE BOROUGHES.**²



2000 public high school students in Staten Island currently smoke cigarettes, one-third of whom will die prematurely as a direct result of smoking.⁴

\$13

Average cost of a pack of cigarettes in New York.⁹



LUNG CANCER IS THE #1 CANCER-RELATED DEATH among both men and women in our community, and the death rate due to cancer is higher on Staten Island than in NYC overall.⁶

SMOKING IS THE LEADING CAUSE OF PREVENTABLE DEATH IN NYC

$\frac{2}{3}$

The number of Staten Island smokers that are heavy smokers, smoking **11** or more cigarettes a day.⁵

11 = \$7¹⁵
CIGARETTES A DAY
\$2,610 A YEAR.



\$10.39 BILLION

Annual health care costs in NYS directly caused by smoking.⁸



3.5% of women on Staten Island smoked in their third trimester of pregnancy.⁷



\$1,488 per household New York State residents' tax burden from smoking-related healthcare costs.⁸



Other uses for **\$2,600:**

- College funds.
- Television or appliance.
- Jewelry.
- Savings. In five years, that number grows to **\$13,000**—enough for a down payment or a large purchase.

1. US Census Bureau, 2014

2. NYC Community Health Profiles 2015: St. George and Stapleton

3. NYC Youth Risk Behavior Survey, 2011

4. Centers for Disease Control and Prevention, 1996

5. NYC DOHMH Community Health Survey, 2011

6. NYC DOHMH Summary of Vital Statistics 2010, The City of New York, Population and Mortality, December 2011

7. NYC DOHMH Pregnancy Risk Assessment Monitoring System, 2010

8. Campaign for Tobacco Free Kids. Fact Sheet: The Toll of Tobacco in New York. May 12, 2015

9. <http://www.theawl.com/2014/08/how-much-a-pack-of-cigarettes-costs-state-by-state>



Richmond University Medical Center Healing the Hearts of Staten Island

With a rich history of excellence in cardiology, Richmond University Medical Center offers comprehensive inpatient and outpatient services, from emergency treatment to sophisticated diagnostic procedures and risk screenings. The hospital received the American Heart Association/American Stroke Associations Gold Plus Quality Achievement Award for five years in a row, indicating that it delivers a high standard of care.

Richmond University Medical Center has added more to its robust cardiology service line since becoming approved, in August 2014, to convert its existing diagnostic cardiac catheterization laboratory into one that is capable of performing percutaneous coronary intervention (PCI). This is a much-needed service for Staten Island, where the incidence of heart disease is very high.

What is PCI, and how does the procedure work?

PCI, also known as coronary angioplasty, or simply angioplasty, is a non-surgical procedure used to treat the narrowed coronary arteries of the heart found in heart disease. The procedure involves inflating a balloon inside the coronary artery to push aside the built-up plaque and improve blood flow.

When is the procedure performed?

PCI can be an elective procedure; it is also performed in an emergency, in the case of a heart attack, where

blood flow in the coronary artery is cut off completely. In that circumstance, the artery must be opened as quickly as possible in order to prevent loss of heart muscle — that speed is the key benefit of PCI. Cardiologists have a mantra: “time is muscle.”

If I’m not having a heart attack, why would I need PCI?

Patients who experience daily angina that does not respond to medication can now go to Richmond University Medical Center to get an angiogram to determine if PCI is needed, and then — at the same time — receive the PCI itself to treat any existing blockages that are revealed.

How else is Richmond University Medical Center improving heart health?

Richmond University Medical Center is focused on expanding cardiovascular health education in the area. The hospital wants area residents to know that if you’re having chest pain that doesn’t go away, it could be a heart attack; come in and get treated. Residents should know who’s at risk; what the risk factors are; what type of chest pain is a concern; and when to call an ambulance.

For more information on cardiac services and the cardiac catheterization lab, call 718-818-2805 or visit rumcsi.org/heart.



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- **Coronary Care and Telemetry Monitoring Units**

Staffed by an elite team of cardiac nurses, cardiologists, cardiac fellows and medical residents.

- **The American Heart Association/American Stroke Associations Gold Plus Quality Achievement Award**

Recipient for five years running, recognizing the hospital's commitment to and success in implementing a higher standard of care by ensuring that stroke patients receive treatment according to nationally accepted guidelines.

- **Emergency Cardiac Care**

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- **We Care**

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Our Focus Continues To Be On What Matters Most...You.

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For more information on cardiac services
and the cardiac catheterization lab, call
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Fruited Buckwheat Pancakes

(Gluten-free)

Ingredients

1 cup nonfat milk
1 egg
1 tablespoon canola oil
1 cup buckwheat flour
1 teaspoon baking powder
1 tablespoon sugar
1 cup chopped peaches, fresh, frozen, or canned and drained

Directions

Heat griddle to 400 degrees. You'll know it's hot enough if you sprinkle water on it and the drops "dance." In a bowl or large measuring cup, beat egg into milk. Add oil. Stir in buckwheat flour, baking powder, and sugar. Let sit until bubbles begin to rise. When griddle is hot, use a 1/4-cup measure to drop pancakes. Top with fruit. Turn pancakes when they form bubbles and look dry around the edges, two to three minutes. Cook second side about two to three minutes.

Makes 12 pancakes

Each pancake contains about 56 calories, 2 g protein, less than 1 g fat, 20 mg cholesterol, 13 g carbohydrates, 1 g fiber, and 57 mg sodium.

Add-ons: 1 teaspoon of salted butter adds 34 calories, 4 g fat, 10 mg cholesterol, and 27 mg sodium; 1 tablespoon of real maple syrup contains 52 calories, 13 g carbohydrates, and 2 mg sodium.



With Philip Otterbeck, MD,
Chief of the Endocrinology
Division

Healthy Living Q&A

WHAT TO KNOW ABOUT SUGAR

According to the NYC 2012 Community Health Survey, almost two-thirds of Staten Island adults are overweight or obese. Diabetes accounts for a large percentage of preventable hospital admissions in our borough. What does sugar have to do with this? More importantly, what can you do about it? Here are some simple answers.

Q. I keep hearing that sugar is bad for you, but it seems to be everywhere. How much is too much?

A. Sugars naturally occur in many foods, from an apple to a potato to milk. However, the kind of sugar that's viewed as harmful is generally *added* sugar — the kind that comes in obvious foods like cookies, candy, and soda and that can be hidden in even "healthy" foods like flavored yogurt, salad dressing and energy bars. Consuming less added sugar can help keep down your weight, and makes you less likely to develop Type 2 diabetes.

American Heart Association Recommended Daily Limits for Added Sugar

| | | | |
|-------|--------------|---------------|----------|
| Women | 100 Calories | 6 Teaspoons | 24 Grams |
| Men | 150 Calories | 9.5 Teaspoons | 36 Grams |

Q. What does that mean for snacks?

A. Mostly, it means: be careful about anything processed. For example, a serving size of chocolate sandwich cookies has 14 grams of sugar. A regular can of cola has 9½ teaspoons of sugar— servings add up quickly! It doesn't matter whether it comes from "real" sugar or high-fructose corn syrup; in this setting, these are both unhealthy.

Q. Okay, fewer cookies. But what can I eat for breakfast?

A. It's a very important change to make, because it can cue up your taste buds for the whole day. Whole rolled oats or plain yogurt with fruit you've added, eggs or egg whites or a frittata (made the night before and reheated for speed) are good, flavorful choices that will see you healthfully through to lunch.

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!

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