

thrive

premiere issue

WINTER 2013

A CLEAR PICTURE *of* CANCER PREVENTION


YOUR BABY IS HEALTHY...
But Are You?

A STEP AHEAD
Active Footwear Options

THE DE-STRESS TEST
Finding Mind-Body Balance

THE INFORMATION YOU NEED.
THE CARE WE PROVIDE.
THE COMMUNITY WE SHARE.

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THRIVE WINTER 2013

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BUT ARE YOU?**



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Viewpoint

OUR GOAL
IS TO HELP
ALL BROOKLYN
RESIDENTS
BE HEALTHIER,
STRONGER AND
HAPPIER.



THERE HAS NEVER been a more exciting time to be a part of the Brooklyn community. Throughout the 23 years that I have worked at New York Methodist Hospital, I have had the pleasure of watching Brooklyn grow as people came to the borough to fulfill their dreams: starting a family, launching a clothing line, owning a home, writing a novel, opening a restaurant, etc. I've watched our neighborhoods get voted the best places to eat and live in New York City—and Brooklyn is now routinely characterized as the coolest city in America! But throughout these changes, Brooklyn has retained its own flavor—we still ride the Cyclone in Coney Island, visit the Botanic Garden for a peaceful moment and tell people to “Fuhgeddaboudit” on signs when they leave.

New York Methodist Hospital has served the Brooklyn community for more than 130 years, and like the borough we serve, we are redefining ourselves and expanding our services to help Brooklynites achieve the best health outcomes for themselves and their families. In February we will launch our *Spirit of Women* program, an exciting initiative that will allow us to partner with our community, promote healthy living and encourage people to take action when it comes to their health. Our goal is to help all Brooklyn residents be healthier, stronger and happier.

Our Brooklyn communities are among the most diverse in the world. We have people who were born and raised here and still mourn the Brooklyn Dodgers along with new inhabitants who are eager Nets fans. Brooklyn has immigrants from nearly every country in the world—more than 100 languages are spoken here—and every race and religion are well represented. Amazingly, we nearly always get along and—as we've recently seen—in times of trouble and need, we are able to do amazing things by working together.

Thrive is one way we hope to connect with all of you to help you make the best choices when it comes to decisions regarding your family's well-being. This debut issue will help you select the most heart-healthy eating options [page 22] and recognize the signs of serious memory loss and what you can do about them [page 24]. Our feature story about excited but exhausted parents [page 18] offers pointers about how to be mindful of your own health while keeping a watchful eye over that of your baby. Ultimately, we hope this magazine will inspire and motivate you to take advantage of all that Brooklyn has to offer when it comes to health and happiness.

Brooklyn provides those of us who are lucky enough to live or work here with the best of everything. We at New York Methodist are making sure that includes helping you and your families achieve the best health. We are here to care for you.

Enjoy our new publication.

Sincerely,

Mark J. Mundy
President and Chief
Executive Officer



YOUR HEALTH IN A HEARTBEAT

IT'S DIFFICULT FOR MANY OF US TO KEEP UP WITH THE LATEST NEWS AND INFORMATION CONCERNING HEALTH. HERE'S A QUICK RUNDOWN OF RECENT DEVELOPMENTS TO KEEP YOU IN THE KNOW.

FACT-CHECK ON SODA BANS + TAXES

With the passage of Mayor Michael Bloomberg's large soda ban, the sale of sugary beverages in quantities greater than 16 ounces will be outlawed beginning in March. Although it made international headlines, this ban is not the first restriction of its kind. In fact, 33 states—including the five with the most obese populations—currently impose a form of soda tax.

The math behind large-size soda bans is simple: Weight loss tends to be cumulative, so every calorie you don't consume gets you one step closer to cutting out the 3,500 calories that make up a pound of body fat.

Although limiting soda consumption is a small change, it can add up to big weight-loss results.



33

BY THE NUMBERS

STATES
IN THE U.S. CURRENTLY
IMPOSE SODA TAXES.

New York Methodist Hospital offers a comprehensive Adult Weight Management Program as well as a Pediatric Weight Management Program. Your primary care physician or your child's pediatrician can refer you or your child to the program, or you can call 718.246.8580 for more information.

THE WONDER (FOOD) FROM DOWN UNDER?



Marmite—a savory spread made from brewer's yeast extract (a beer byproduct) and typically served on toast—has received one of the foodie community's crown titles: "superfood." The salty, bitter topping contains high doses of niacin, which builds up bacteria-fighting white blood cells, making certain illnesses up to 1,000 times less likely to occur.

Researchers at Oregon State University recommend caution, though: high salt content and large quantities of additives such as those in Marmite can lead to hypertension risks. A single spoonful will provide the niacin you need while keeping you from overindulging on not-so-super ingredients.

64,000

KILOGRAMS OF MARMITE,
A SAVORY "SUPERFOOD" SPREAD,
ARE PRODUCED ANNUALLY
IN NEW ZEALAND.

5

SOCIAL JET LAG?

A German chronobiologist recently coined the term "social jet lag" to describe the conundrum that occurs when social schedules and sleep schedules simply don't line up. According to his research, more than 65 percent of Westerners are in a constant state of social jet lag, and 16 percent remain about two hours off the ideal sleep/social schedule balance.

This constant sleep deficit generally causes a reduction in energy, a major reason many individuals don't get the recommended amount of exercise. If this describes your situation, get a healthy surge of energy with fresh fruit instead of relying on carbonated drinks, which can be loaded with caffeine and processed sugar.



3,500

CALORIES
REPRESENT **ONE POUND**
OF **BODY FAT.**

Banishing BPA

1

Bisphenol A, the chemical substance commonly known as BPA, is typically found in certain types of plastics and in the lining of almost all cans. It has been linked to potential developmental issues in both fetuses and infants.

Despite several studies tackling the topic in recent years, there is no clear guideline that tells you how much BPA exposure is dangerous. The U.S. Food and Drug Administration supports movements to limit the use of BPA, but has yet to release an official statement condemning the substance.

The safest, easiest way to mitigate your family's potential risk is to opt for products clearly marked as BPA free or to avoid drinking or eating from plastics entirely by choosing glass, metal, stoneware or china.



THE JUICY DETAILS

2

Energy Drinks: Boost or Bust?

Downing an energy drink such as Red Bull or Monster® to put a little pep in your step may be a quick fix when hoofing your way through a long morning commute, staying up late studying or trying to remain alert on the job. But before you guzzle, take a moment to consider what you may actually be consuming.

Caffeine is the major active ingredient in most of these beverages and can be found in huge quantities—up to 500 mg per ounce in these drinks in some cases. (By comparison, one seven-ounce cup of coffee can contain anywhere from 65 to 175 mg of caffeine, depending on whether it's brewed, drip or instant.)

Many of us struggle with finding enough time in the day for proper sleep and exercise, which is why energy drinks may seem like an ideal way to keep us moving. But there are other choices that provide the same convenience and are better for you. Consider a handful of cashews or almonds. These nuts contain magnesium, which helps convert sugar to energy. Or grab a BPA-free travel container and fill it with water. If you are even mildly dehydrated, water can boost your energy.



3

Juicing—extracting and drinking the juices contained in fruits and vegetables—has been linked to everything from improving heart health to lowering blood pressure, but a big question remains. Are the health benefits of juicing worth the extra effort?

For those who don't consume the recommended five servings of fruits and vegetables each day, juicing can be a creative way to incorporate more antioxidants and other healthy vitamins and nutrients into their diets. The more pulpy the mix and colorful the ingredients—think beets, carrots, spinach, etc.—the better.

Keep in mind that all juicers are not created equal. Do your research

before dropping half a paycheck on a state-of-the-art juicer.

"Some juicing methods that remove the pulp from the juice may only provide calories in the form of glucose and fructose and discard some of the micronutrients," says Patricia Slinger-Harvey, R.D., C.D.C., director of clinical nutrition and patient services at New York Methodist Hospital. "This eliminates the positive benefits of eating the whole fruit, essentially omitting soluble fibers—which delay the emptying of the stomach, keep the digestive tract healthy and help one feel full."

Bottom line: purchase a juicer that gives you the option of keeping some fiber-rich pulp in the juice.



An estimated 18 million American women suffer from urinary incontinence, but only half of them have sought help from their physicians. Fortunately, women don't have to suffer in silence.

Taking CONTROL

BLADDER CONTROL PROBLEMS

may include difficulty emptying the bladder, increased frequency and urgency of urination, or leaking urine when coughing, exercising, laughing or sneezing. Incontinence in women may be caused by weakened muscles from childbirth, chronic constipation, obesity, menopause or smoking. Nerve damage from conditions such as type 2 diabetes or trauma to the back or pelvis may also result in incontinence.

"Although it's a common problem, incontinence is not normal at any age," says Marisa Mastropietro, M.D., chief of urogynecology and reconstructive pelvic surgery at New York Methodist Hospital. "A variety of treatments ranging from lifestyle changes to medications and minimally invasive surgery options can help improve a woman's quality of life. We are seeing good success rates and can offer effective solutions."

Did You Know?

15 OUNCES

Fifteen ounces is the approximate maximum capacity of a bladder. For the recommended 64 ounces of water a day, divide your consumption into eight eight-ounce glasses throughout the day.

50 PERCENT of women are estimated to have bladder control problems at some point in their lives.

BLADDER HEALTH 101//Dr. Mastropietro urges women to practice these healthy habits:

DO Engage in Kegel exercises to strengthen your pelvic floor and reduce your incontinence risk. Kegels involve tightening and relaxing the muscles that control the flow of urine. Locate these muscles by stopping the flow of urine midstream and then releasing. (Do not stop the flow of urine repeatedly.) Perform Kegels with an empty bladder.

DON'T make peace with age-related weight gain. Work to maintain a healthy weight.

DO Exercise regularly, aiming for 30 minutes of moderate intense activities, such as biking, swimming or walking, most days of the week.

DON'T smoke; it negatively affects estrogen levels, irritates the bladder and can cause chronic coughing, all of which can contribute to incontinence.

DO Drink about 64 ounces of water throughout the day to minimize a buildup of waste products that can irritate the bladder.

DON'T drink more than the recommended 64 ounces, including fluids consumed in soup or other water-based beverages,

as over hydration can result in multiple bathroom trips and deplete sodium from the body.

DO Be aware that some medications can cause bladder-related side effects. Certain drugs for high blood pressure, depression, weight loss and sleep disorders may cause urinary incontinence. Read the handouts that come with your prescription drugs or speak with your pharmacist or physician to determine whether your medication could be causing a problem.

DON'T ignore a chronic cough because it can intensify your bladder issues.

DO Minimize constipation. The bladder and rectum share many of the same nerves, so problems with one tract can result in problems with both. Avoid constipation by exercising regularly, eating a diet high in fiber and drinking plenty of water—all practices that promote bladder health in other ways as well.

DON'T delay discussing incontinence symptoms with a physician, as they can worsen. Contact a urologist, gynecologist or urogynecologist to learn what treatment options might be right for you.

To find a urogynecologist, urologist or gynecologist at New York Methodist Hospital, call NYM's Institute for Women's Health at 877.41.WOMAN (877.419.6626) or visit www.nym.org and click on "Find a Doctor."

If you're age 50 or older and haven't had a colonoscopy, it's time to take action for your health and be checked for colorectal cancer, the third most commonly diagnosed cancer in the United States.

COLONOSCOPY: A CLEAR PICTURE OF CANCER PREVENTION



ACCORDING TO THE American Cancer Society, the colorectal cancer death rate has been falling for more than two decades, due to an increase in the number of people who are being screened for the disease in its early stages when it's most treatable. It is especially important to have regular colonoscopies starting at age 50, or earlier if you have a family history of the disease. Many people don't know they have colorectal cancer until the disease reaches its later stages when it may be more difficult to treat. Early detection offers a better chance of a good outcome.

"Individuals can make certain changes to their lifestyle—exercising more, losing weight, quitting smoking, and eating more fruits, vegetables and whole grains—to reduce their risk of developing colorectal cancer, but colonoscopy is one of the most important components of prevention," says Smruti Mohanty, M.D., chief of gastroenterology and hepatology at New York Methodist Hospital. "The benefit of the procedure is that it allows a gastroenterologist to accomplish two things at once: finding potentially precancerous abnormal growths—called polyps—and removing them before they become malignant."

A TWO-IN-ONE PROCEDURE

For many people, the colonoscopy procedure begins with a discussion with a gastroenterologist. He or she will provide detailed instructions about how to prepare for the procedure (see "First Things First"), which must be followed to help ensure the exam's effectiveness.

During a colonoscopy, most patients receive medications to achieve conscious sedation, a state of drowsiness in which they are awake and pain is controlled. During the procedure, the gastroenterologist inserts a scope into the anus and carefully maneuvers it to the colon. Using a camera attached to the scope, he or she searches for polyps and other abnormalities. If the gastroenterologist finds polyps, they are usually removed and sent to a pathologist for examination. The gastroenterologist also takes samples of other suspicious lesions or tissue surrounding polyps and sends them for biopsy. A colonoscopy typically lasts 15 minutes to 30 minutes, with patients able to return home the same day—not much of a hassle for a procedure that could save your life.

"Colorectal cancer is one of the most common cancers in the United States, but colonoscopy makes it one of the most preventable," says Siddharth Verma, D.O., J.D., research fellow in the division of gastroenterology and hepatology at NYM. "Simply put, there is no reason to avoid having this procedure."

Speak with a gastroenterologist about your risk for developing colorectal cancer and when you should have a colonoscopy. To find a gastroenterologist at the Institute for Digestive and Liver Disorders at New York Methodist Hospital, visit www.nym.org and click on "Find a Doctor" or call the Institute at 866.DIGEST1 (866.344.3781).

IT'S ALL HERE

For middle-aged adults and seniors, having a screening colonoscopy is a routine, preventive act that can potentially help save their lives from colorectal cancer. If the exam reveals a malignant abnormality, however, resources are available at New York Methodist Hospital's Institute for Cancer Care, which offers specialist expertise and advanced, comprehensive services.

The Hospital's cancer program is accredited by the American College of Surgeons' Commission on Cancer, and its Institute for Cancer Care is affiliated with the Herbert Irving Comprehensive Cancer Center at NewYork-Presbyterian Hospital. Services available through the Institute for Cancer Care include:

- + Education and prevention
- + Diagnosis
- + Chemotherapy
- + Radiation oncology
- + Surgery
- + Support services, such as nutritional counseling, pain management and support groups
- + Research, such as a multidisciplinary Tumor Board—in which physicians involved in cancer care gather to discuss patients' cases—and access to National Cancer Institute clinical trials, which allow patients to experience advanced therapies and play a role in helping future generations of cancer patients

FIRST THINGS FIRST

To help ensure its effectiveness, colonoscopy requires some patient preparation.

Start by adjusting your schedule to make time for the preparation. Your gastroenterologist will recommend or prescribe a colon cleansing or bowel prep product the day before the procedure. You will also need to refrain from eating solid foods the day before and drink only clear liquids—such as broth, tea or water.

"Many colonoscopies performed in the United States fail because excessive stool remains in patients' colons and gastroenterologists can't visualize the interior of the structures well enough to detect polyps," says Smruti Mohanty, M.D., chief of gastroenterology and hepatology at New York Methodist Hospital. "It is important to follow your gastroenterologist's instructions because the preparation for a colonoscopy can determine the success of the procedure."

health ^{is} ACTION[®]



Women often lose track of their own health in the midst of the hustle and bustle of caring for their families, their friends and focusing on their jobs. It's easy to use the excuses that we're too tired, too busy or too stressed to begin making changes today. We are immersed in a culture of fast food and quick fixes, but there is nothing more powerful than the sense of accomplishment you feel when you take simple steps to improve your lifestyle. Make manageable, daily changes and begin to see the positive impact on your health.



Spirit of Women's *Health is Action* campaign supports you in efforts to honor, celebrate and rejoice in making your health a top priority.

Take care of yourself for a longer, healthier and happier life by:

1. Eating nutritiously
2. Moving more
3. Getting regular checkups and preventive screenings
4. Avoiding smoking and risky behaviors
5. Getting adequate sleep

Health is Action®

Integrate these easy tips into your everyday routine:

- *Choose a well balanced diet.* MyPyramid.gov provides the specific number of daily calories needed for your age, gender, sex, height and weight.
- *Don't give up on comfort foods!* Find healthy alternatives that let you indulge in treats without the guilt that usually follows.
- *Move your body!* It is recommended that we get at least 30 minutes of moderate physical activity daily. Get creative and have family and friends join in on the action. Remember to keep it fun and playful!
- *Substitute caffeinated or sugary drinks with water.* Drinking eight glasses of water a day is recommended to keep you hydrated and full of energy.
- *Get adequate sleep.* Go to bed and awaken at the same time each day.
- *When traveling, select entertainment and eating establishments that are smoke-free.* Ask your friends not to smoke in your home or when they are with you.
- *Make every year your best year yet.* Use your birthday as a reminder to schedule your annual visit to your healthcare provider. Be sure to discuss all of the screenings that are right for you and don't leave your appointment without putting them on your calendar.



Health is Action is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education and community outreach.



if the shoe fits +

GOING THE DISTANCE

TRYING TO BECOME MORE ACTIVE THIS WINTER?

START OFF ON THE RIGHT FOOT WITH A PAIR OF KICKS THAT FITS YOUR NEEDS.

YOU MAY THINK that finding the perfect pair of shoes means finding your favorite look and color. But when it comes to active footwear for cold weather, fashion isn't everything. A shoe that doesn't fit properly can cause serious problems, especially for those constantly walking, running, cycling, pushing strollers or carrying hefty bags.

"Plantar fasciitis, bursitis and even ingrown toenails can all begin with the wrong pair of shoes," says Ronald Soave, D.P.M., chief of podiatric medicine at New York Methodist Hospital. "People with diabetes are especially vulnerable to injury from poorly fitted shoes."

TOE THE LINE

Wearing shoes that don't fit correctly is a more common problem than you might think. Results of a study published in the *Journal of the American Podiatric Medical Association* suggest that only one in four people wear the correct shoe size.

Alarmed? So were we. Here's what Dr. Soave says to look for when picking the best-fitting footwear:

- + **Wiggle room**—How much space do your toes have to move around? You should have between a 3/8 and 1/2-inch space between the end of your longest toe and the end of the shoe.
- + **Arch support**—Arch support is available for high, medium and low arches. The support you need depends on how arched your feet are. To determine the height of your arch, dip your foot in water and walk across a surface that will show your footprint. If the middle of your footprint is extremely skinny, you have a high arch, while a wide middle footprint indicates a low arch.
- + **Shock absorption**—Having a well-cushioned sole or orthotic insert is key. A shoe's cushioning wears out over time, so it's important to replace shoes every 300 miles. If you actively run three miles a day, three days a week, you should replace your running shoes about every eight months.

Whether you're new to the area or just new to running, Brooklyn boasts plenty of neighborhoods and parks that are hotspots for local joggers, including:

- + **Williamsburg:** McCarren Park and Monsignor McGolrick Park
- + **Bay Ridge:** Owl's Head Park and Belt Parkway Promenade
- + **Marine Park**
- + **Fort Greene:** Fort Greene Park
- + **Brooklyn Heights:** Brooklyn Bridge Park
- + **Park Slope, Prospect Heights, Crown Heights:** Prospect Park

Feeling adventurous? This seven-mile jogging route will break in those new running shoes and get your heart pumping. Starting at Grand Army Plaza, head to downtown Brooklyn on Flatbush Avenue. Turn left on Tillary Street, then right onto Adams Street as it turns into the Brooklyn Bridge. Cross the Brooklyn Bridge. Once you hit City Hall Park, turn around and run back to Grand Army Plaza.

For more information about foot health, visit www.nym.org, click on "Health Library" and select "Foot pain."

NO TIME *to* WAIT

DAVID BRODSKY SURVIVED
A RUPTURED ANEURYSM THANKS
TO HIS ALERT GIRLFRIEND AND
A RAPID MEDICAL RESPONSE.



13

THE TOOLS + THE TALENT

There are two types of stroke:

- + **Hemorrhagic:** a result of bleeding in the brain, such as what David Brodsky experienced
- + **Ischemic:** a blood clot that limits blood flow to the brain

Because timely diagnosis and treatment of stroke are critical to ensuring the best chance of recovery, it is important to **CALL 911** when you recognize these symptoms of stroke:

Hemorrhagic

- + Severe headache
- + Nausea
- + Neck stiffness
- + Light sensitivity

Ischemic

- + Sudden onset of blurred vision
- + Difficulty understanding speech or speaking
- + Numbness evident on one side of the body
- + Trouble with coordination

BEYOND THE STANDARD OF CARE

When a patient exhibiting stroke symptoms arrives at the ED, he or she is given a computed tomography (CT) scan to rule out the possibility of a hemorrhagic stroke. If an ischemic stroke is verified, intravenous tissue plasminogen activator—a clot-busting drug—can be administered to dissolve the clot and restore blood flow within a three-hour window from the onset of symptoms, according to the American Heart Association. When patients arrive at the ED beyond the recommended timeframe for clot-busting medication, or if the blood clot won't dissolve, specialists with expertise in endovascular devices are available at New York Methodist Hospital to remove the clot.

Entering through the femoral artery in the groin or radial artery in the wrist, a neurosurgeon can guide these minimally invasive tools to the site of the blood clot via catheter to restore blood flow by grabbing the clot with a corkscrew-shaped device, removing the clot with a suction catheter (tube) or trapping the clot with a retrievable stent (a tiny metal mesh cylinder).

"We have the latest equipment and an experienced staff available to immediately respond to cerebrovascular bleeds and strokes and deal with complications that can occur," says Michael J. Ayad, M.D., Ph.D., director of cerebrovascular and endovascular neurosurgery at NYM. "Do not delay when you see the signs of stroke. Call 911. Even if you are not 100 percent sure, let us evaluate your condition."

WINTER 2013//WWW.NYM.ORG

DAVID REMEMBERS THE morning he awoke in New York Methodist Hospital in October 2011 with his parents and girlfriend at his bedside. Disoriented but alert, David, 34, a freelance television producer, answered "no" when his dad asked if he knew why he was in the hospital.

"I'm originally from St. Louis, which is where my dad still lives, so we started talking about the Cardinals," remembers David. "If you follow baseball, it's a good gauge of time passing, like any other season. When my dad said they were going to be in the World Series, I realized I had lost a month of consciousness."

BUMP IN THE NIGHT

About four weeks earlier, on the night of September 25, 2011, an aneurysm—an enlarged, weakened part of a blood vessel—ruptured in David's brain. That caused David to have a seizure and prompted his girlfriend, Andrea, to immediately dial 911.

David was taken by ambulance to New York Methodist Hospital's Emergency Department (ED), where he arrived unconscious. He had another seizure, which is common when blood has spread into the brain. Since he was exhibiting stroke symptoms, he was taken for a computed tomography (CT) scan, and the Hunt and Hess Scale, which ranks the severity of cerebral hemorrhage symptoms, was used to evaluate his condition.

"David was exhibiting extensor posturing, rolling arms inward and hands out, which is grade five on the Hunt and Hess scale and indicates a less than ten percent likelihood of survival," says Michael J. Ayad, M.D., Ph.D., director of cerebrovascular and endovascular neurosurgery at NYM. "The key to David's survival and recovery was that he received excellent critical care from our skilled team who were quickly mobilized. If there had been any delay in treatment, he probably would not have survived."

AN INSIDE JOB

The CT scan confirmed the presence of a subarachnoid hemorrhage—bleeding from the ruptured aneurysm between the brain and skull—the most deadly type of stroke. This type of hemorrhagic stroke can increase pressure on the brain and block the normal flow of spinal fluid.

The first step in David's treatment was to relieve the pressure by draining the excess fluid from the brain through a small hole in the skull. Dr. Ayad's partner, Martin Zonenshayn, M.D., F.A.C.S., chief of neurosurgery at NYM, was on call and performed the bedside procedure.

Six hours later, David was taken to the endovascular suite to receive treatment for the aneurysm. Entering through the femoral artery catheter to the site of the aneurysm to inflate a tiny balloon and fill the space with tiny, platinum coils. This



DAVID BRODSKY AND ANDREA THAVORIDES WERE MARRIED ON OCTOBER 13, 2012.

NUMBERS ON THE BRAIN

action was taken to prevent future diversion of blood flow and help ensure that the “bandage” of platelet cells that stopped the bleeding initially would continue to hold.

“We had a good end result, but during the procedure David’s oxygen level and lung function declined,” says Dr. Ayad. “Our pulmonary team used a special type of ventilator that provided hundreds of small breaths per minute to get his oxygen levels back up. We are one of the few hospitals in the New York Tri-State area to have this equipment, which was instrumental in restoring David’s lung function.”

EFFECTS OF A HEMORRHAGIC STROKE

Treating David’s burst aneurysm was not the end of the story. For up to two weeks after the hemorrhage, he was at risk for complications from residual blood cells in the spinal fluid. David required interventions, including a spinal tap, until his body regained the ability to regulate spinal fluid levels.

Alert and wisecracking with his healthcare providers, David’s most troublesome complication was his loss of vision. He had developed Terson syndrome, a hemorrhage of the eye caused by the blood from his subarachnoid hemorrhage making its way along the sheaths of the optic nerves into his eyes.

“I was referred to an ophthalmologist who explained that the blood inside my eyes could take years to reabsorb,” says

David. “Operating on one eye at a time, he drained the vitreous [or transparent] fluid in my eye and replaced it with a saline solution. I was able to regain most of my sight.”

EYES ON THE FUTURE

David was able to return to television production work about six weeks after his stroke and continues to see Dr. Ayad for follow-up magnetic resonance imaging to ensure that any aneurysms that develop in the future are watched closely—up to 15 percent of people with aneurysms have more than one. He had follow-up cerebral angiography in March 2012, which showed obliteration, or effective treatment, of his previously coil-filled aneurysm.

David has had an astonishing recovery, especially in light of the fact that 66 percent of patients with subarachnoid hemorrhages suffer neurological damage. He has adjusted to his vision impairment and writes things down to compensate for limitations in his short-term memory that resulted from the stroke.

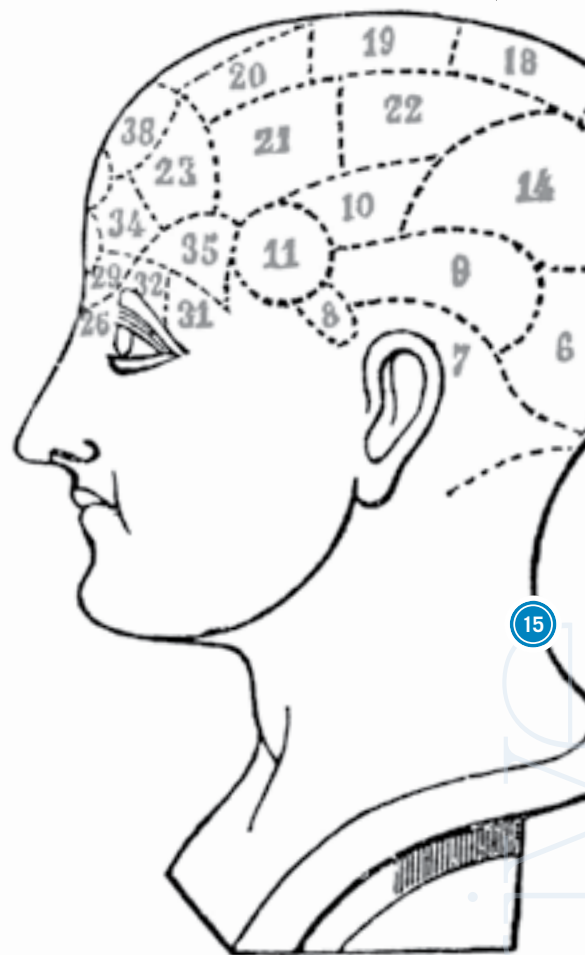
Since returning home, David and Andrea have attended an aneurysm support group at NYM. As he meets and talks with others who have survived an aneurysm and stroke, David realizes how fortunate he is.

“My care at New York Methodist was nothing short of amazing,” David says. “Dr. Ayad and other members of the medical staff kept Andrea—who would not leave my side—and my family informed at every phase of my treatment.”

This support system led to another life-changing event for David.

“I proposed to Andrea from my hospital bed,” he says. “Had she not been there, I would not have survived.”

- 1 Stroke is the leading cause of disability for adults in the United States.
- 2 Of all strokes, three percent are subarachnoid hemorrhage strokes, ten percent are intracerebral hemorrhage (bleeding inside the brain) and 87 percent are ischemic strokes.
- 3 Stroke is the fourth leading cause of death in America.



To find a neurologist or neurosurgeon affiliated with New York Methodist Hospital, visit www.nym.org and click on “Find a Doctor” or call the Hospital’s Institute for Neurosciences at 866.DO.NEURO (866.366.3876).

Sounding An Alarm



About Pediatric Asthma

Asthma is disproportionately prevalent among children in Brooklyn. If your child displays symptoms of the condition, it's important to take the necessary steps to ensure that he or she receives proper diagnosis and treatment.

5 FANTASTIC CHILDREN'S HEALTH APPS & SERVICES

Your smartphone can do more than help you stay in touch with loved ones and pass the time during your commute to and from work—it can help you safeguard your children's health. Check out these pediatric apps that you can turn to for knowledge and assistance.

1

Concussion Recognition & Response™

Using information from the Centers for Disease Control and Prevention, this app helps coaches and parents recognize and record concussion symptoms, as well as determine what to do if they think a concussion has occurred.

“Asthma is a **SERIOUS**, chronic disorder that can cause long-term damage to children’s lungs if not diagnosed and treated early enough. With appropriate management by a specialist, however, **CHILDREN** with asthma **CAN PARTICIPATE** in sports and live normal lives. Many of them actually outgrow the condition.”

— **PRAMOD NARULA, M.D.**, CHAIR OF PEDIATRICS AT NEW YORK METHODIST HOSPITAL

NINE MILLION CHILDREN in the United States live with asthma. According to Kathy Garrett-Szymanski, a registered respiratory therapist and certified asthma educator at New York Methodist Hospital, for reasons that researchers and physicians don’t fully understand, the percentage of Brooklyn children who have asthma is higher than the national average. What *is* clear is that asthma—which temporarily blocks the airways through a combination of tissue inflammation, muscle tightening and mucus buildup—has a significant impact on the lives of little ones who must live with the disease.

“When a child suffers an asthma attack, he or she typically coughs, wheezes and struggles to breathe,” says Pramod Narula, M.D., chair of pediatrics at NYM. “An attack can begin within minutes, or it may develop during a period of several hours or even days. This is a life-threatening situation that needs emergency medical attention. The most common *chronic* symptom of asthma is coughing that occurs during exercise or sleep, or it may simply persist throughout the day.”

Children at risk for developing asthma include those whose parents have the condition and those with allergies. Allergens—environmental substances such as mold, pollen and animal dander—

commonly trigger asthma symptoms, but exercise and cold air can cause flare-ups, too.

DIAGNOSIS AND MANAGEMENT

“Coughing—particularly when a child is otherwise well—is not normal,” says Garrett-Szymanski. “If he or she coughs or wheezes more than twice a week, the child should be evaluated for asthma by a pediatric pulmonologist. This specialist has the expertise to diagnose the disease and will classify the child’s asthma based on history, physical exam, risk—whether the child has ever visited the emergency department because of an asthma attack—and severity of symptoms. A pediatric pulmonologist also will prescribe medications to control symptoms and alleviate attacks. Most medications are delivered by inhaler, which the pediatric pulmonologist will teach parents and the child to use properly.”

It is also important to help your child avoid his or her triggers. For example, if animal dander causes your little one to cough, you may need to rethink having a pet in the house.

Remember: If your child begins coughing or wheezing, don’t dismiss these symptoms or wait for them to disappear—they could indicate asthma, so seek help.

If your child displays chronic symptoms of asthma or has suffered an asthma attack, your first step should be to speak with your pediatrician. To find a pediatrician at New York Methodist Hospital, visit www.nym.org and click on “Find a Doctor.”

LET US HELP

New York Methodist Hospital offers individualized care and education for young asthma patients and their parents as part of our Pediatric Asthma Program. NYM providers may recommend pulmonary function tests, exercise stress tests or sleep tests to diagnose asthma and discover ways to alleviate symptoms. If your child experiences an asthma attack, the providers in our Pediatric Emergency Room can provide swift, effective care.

2

Healthy Children

This app from the American Academy of Pediatrics (AAP) features age-specific health information, immunization schedules and some of parents’ favorite features from HealthyChildren.org, such as “Ask the Pediatrician.”

3

KidsDoc

Another great tool from the AAP, this app helps parents determine the level of care their children need based on symptoms.

4

WebMD Baby

Parents have lots to learn about their babies, and this app can help by delivering more than 400 tips and other useful content related to infants’ first two years of life.

5

Personal Online Medical Record: MyNYM

MyNYM is a patient portal that enables New York Methodist Hospital patients to access their health records and test results online. For security reasons, patients must enroll in person at the Hospital or at any of NYM’s offsite locations. For information, call 718.499.3669.

The Parent Trap

The first year of baby's life can be stressful for new parents. They often deal with baby blues, work schedules, sleep deprivation, lack of time to work out, diaper bills and maybe less intimacy than before, and can find themselves ready to snap—not because they're doing anything wrong, but because they're doing everything right.

It's December. Laura pokes her nose out from under her blanket. Six-week-old Leo is crying his "feed me now" cry. It's cold, but it's also time for Laura to feed Leo, get dressed, pack her nursing kit, pack her sandwich, find her bus fare, wake her partner, Luke, try to do something with her hair, wake Luke again, give up on her hair and tuck it under a scarf, wake Luke a third time and dash for the bus stop. Oh, yeah, she also needs to transfer that work project onto her thumb drive and remember to pack the thumb drive.

"Hurry," she thinks, as she feeds Leo. "Hurry."

NEW PARENTHOOD is a joy. It can also be a headache.

No one strategy can solve parenting challenges. True, a housemaid and a nanny might help. But for those on a tight budget, whether young or old, working inside or outside

the home, even the most blissful adventure in parenthood comes with rough patches.

A STRESSFUL SITUATION

Doctors agree that new families can be plagued by tension. That doesn't mean anyone's doing anything wrong; it's just the way things happen, according to Steven Gelman, M.D., pediatrician at New York Methodist Hospital.

"My broad perspective is that when a new baby is brought home, it's a very difficult time, even if it's a happy time," Dr. Gelman says. "New parenthood is a stressful period. Parents don't get the sleep they're used to. They feel tremendous responsibility for the newborn. Often, parents don't acknowledge that they really are stressed. That leads to frazzled parents who neglect their own health."

Part of the problem, says Dr. Gelman, is that parents often don't have built-in help at

home. Once, grandmothers could make long "new baby visits" to help new parents, but now, grandparents may be working themselves or caring for great-grandparents. For working parents, energy gets sapped quickly.

"If parents are exhausted and unable to cope, the baby's health will reflect that," Dr. Gelman says. "Sometimes, parents will postpone visiting a doctor because they don't have the time or energy to set appointments. They often aren't used to being home with the baby and may want to take him or her to locations that aren't optimal, such as a cold outdoor park or a crowded shopping environment."

PLAN AHEAD

Parents need to prepare before baby is born.

"Try to anticipate the issues in terms of space, time management, sleep and healthy eating to prepare for what's to come," Dr. Gelman says. *[continued on page 20]*

BABY ERGONOMICS

fOR CARRYING YOUR BABY, INFANT SLINGS CAN BE GOOD ALTERNATIVES TO OTHER METHODS THAT TIRE THE ARMS AND THE BACK. BUT NOT ALL SLINGS ARE CREATED EQUAL. TRY THESE SIMPLE TESTS.



IS YOUR SLING:

- + Easy to adjust?
- + Form-fitting for you—not too big or too small?
- + Spine-supportive for the baby?
- + Well-padded for both parties?
- + Designed to allow you to remove the baby easily?

Other baby gear can be ergonomic, too. This is especially important for parents who have mobility issues. Baby high chairs, cribs and strollers are just a few items that allow you to select the height that's right for you and the support that's right for your baby.

MENTAL HEALTH CHECK

Sadness and stress around the time of

baby's birth can have many causes: interrupted sleep, hurried meals, financial difficulties and, for some women, postpartum depression. When you're mostly at home with your new baby, mental self-care for both parents can go a long way toward taming the baby blues.

These suggestions, approved by Paul Carroll, Ph.D., clinical psychologist at New York Methodist Hospital, can help you get through the tough early weeks.

- + **Ask for help when you need it.** Ask your neighbor to pick up some groceries, or have your best friend check in with texts.
- + **Cut out mood-affecting foods** such as caffeine and sugar.
- + **Do something for yourself.** Bubble baths work wonders.
- + **Get fresh air** in a park environment.
- + **Sleep when baby sleeps.** This is easier said than done, but you can help the process by darkening the room or drinking a comforting cup of tea.
- + **Talk to an adult every day.**

"When it comes to your partner," adds Dr. Carroll, "be sure to make time to talk about something other than the baby. Try politics, work, a favorite book or just how much you love him or her."

[continued from page 18]

It may be difficult, but Dr. Gelman suggests trying to get time off from work and some in-home assistance.

If you can't afford either, some of these recommendations might also help.

- + To prevent fast food or greasy takeout from becoming your go-to dinner solutions, try to do **weekly meal planning** on a day off. Cook large quantities at once and freeze leftovers to be eaten later.
- + If you can **work from home**, you might barter with your boss. Become a skilled Skype user to keep in close contact with your colleagues in the office. Or, see if you and your partner can schedule opposite shifts. Even arranging for shift overlap by a few hours can save on baby-sitter money.
- + If you don't have relatives nearby, **enlist baby-sitters**. Perhaps the trusted older couple across the hall would watch your little one in return for your help putting together bookshelves.
- + **Alternate nighttime feeding shifts** with your partner. Once breastfeeding is established—this can take four to six weeks—your partner can help with supplemental feedings. Until then, your partner can help in many other ways, such as burping and diapering the baby, or providing skin-to-skin contact to comfort the baby while you shower or nap.

It's June. Laura, Luke and Leo are strolling through their neighborhood as a family, enjoying the sights and sounds of Brooklyn in the summer and eating pizza. Leo, eating puffs, smiles widely at everyone they pass. Laura and Luke, happy, healthy and well-rested, do the same.

What's different?

Mostly, time has passed. Laura and her family are getting used to the new rhythms of their life. As Dr. Gelman suggests, they've started taking care of themselves. They've rebalanced their schedules and asked for help from family and friends.

They also make every effort not to get overwhelmed by their new responsibility and do their best in small ways to eat right and stay active. They do their best to plan their meals a week in advance—keeping a stack of menus with cheap, healthy takeout options handy, in case a backup plan is needed—and strike bargains for morning or evening “me time” where one parent watches Leo while the other squeezes in a workout.

This way, they're just a little more prepared to give their growing baby the best care they possibly can.

To find a pediatrician at New York Methodist, please call 718.499.CARE.

BREASTFEEDING

Benefits for Baby + Mother

Breastfeeding is not just for baby—it's for mom, too. Breast milk is rich in nutrients and antibodies and helps protect infants from illnesses such as ear infections, asthma and Type 2 diabetes. Breastfeeding mothers tend to lose excess weight put on during pregnancy faster, save money on formula and feeding supplies, and experience less stress when dealing with a fussy baby.

Sandra McDevitt, R.N., I.B.C.L.C., lactation consultant with New York Methodist Hospital, encourages new mothers to stay home for a few months, if they are able.

“Sit down, relax and hold your baby!” she says. “You aren't spoiling the baby. You don't need to be up and checking your email when you have a new baby. You don't need to worry about a perfect diet—eat when you're hungry, drink when you're thirsty, but do your best to strike a healthy balance and plan ahead for meals as best as you can. Think of the weeks after birth as a ‘fourth trimester.’”



BREASTFEEDING SUPPORT GROUP

If you need additional support or resources, attend a local breastfeeding support group. The Breastfeeding Support Group at NYM addresses topics such as:

- + Benefits of breastfeeding
- + Getting started and latching on
- + Making enough milk
- + Solutions to problems with breastfeeding

Facilitated by one of the certified lactation consultants on staff at NYM, the Breastfeeding Support Group meets at 501 Sixth Street, Wesley House, Room 3K-C. The support group is free and open to the community for mothers with babies up to three months old, whether or not they delivered at New York Methodist.

Lactation classes are also offered to mothers delivering at NYM. Registration is available when you sign up for childbirth classes, and the price is included with the cost of other prenatal classes.

If you need nursing advice or reassurance, contact the lactation support coordinator at 718.780.5078. The Breastfeeding Support Group meets Tuesdays from 2:30 to 3:30 p.m.



A BIG BOWL OF THIS SAVORY AND SWEET MEDLEY CONCOCTED LARGELY FROM A MIX OF ROOT VEGETABLES CAN HELP KEEP NEW PARENTS WARM DURING A BROOKLYN WINTER.

[8 servings]

BOUNTIFUL BORSCHT

Ingredients

- + 10 cups water
- + 2 tablespoons canola oil
- + Large onion, finely chopped
- + Bay leaf
- + 12 whole juniper berries (optional)
- + 3 medium sized beets, peeled
- + 2 medium size carrots, peeled
- + Large potato (1 Yukon Gold or 2 small red potatoes)
- + Celery stalk, chopped into thin crescent shapes
- + ¼ bunch fresh dill, minced
- + ½ to a whole lemon, juiced
- + 2 to 3 teaspoons salt (to taste)
- + Dash freshly ground pepper
- + 1 to 2 cloves of garlic
- + 1 tablespoon sour cream or Greek 0% fat yogurt (per serving)



Directions

- 1 Fill a pot with the water and set it on low heat.
- 2 Add one tablespoon of oil, chopped onion, bay leaf and juniper berries.
- 3 Drop the peeled beets in the water.
- 4 Cut the carrots into rounds and the potatoes into cubes and add them to the pot.
- 5 Add the chopped celery.
- 6 Cook until the beets are soft enough to be pierced with a fork (about 15 minutes).
- 7 Once the beets are done, remove them from the pot, let cool and shred them using a grater. Put the grated beets back in the pot and cook for another ten minutes.
- 8 After ten minutes, add the dill and lemon juice to taste, adjusting flavors accordingly.
- 9 Add salt and pepper.
- 10 Add more lemon juice if the soup tastes sweet. Allow the soup to sit before serving so flavors can meld together. The soup becomes more flavorful over the next few hours (and even days).

Serve this soup hot or cold with a dollop of sour cream. The soup is even more delicious with a slice of Black Russian (dark pumpernickel) bread. If serving cold, top it with cubed cucumbers and a sliced boiled egg.

NUTRITION INFORMATION Serving size: 12 ounces / Amount per serving: Calories: 73 / Total fat: 1.6g / Trans fat: 0g / Cholesterol: 0mg Sodium: 306mg / Total carbohydrates: 14.2g / Dietary fiber: 2.8g / Sugars: 6.6g / Protein: 1.9g
Source: Department of Food and Nutrition Services at New York Methodist Hospital

BABY, IT'S COLD OUTSIDE

There are plenty of exercises that are convenient for parents of new babies. Hiking, biking and even jogging with a running stroller offer mom and dad an opportunity to get outdoors while providing baby a chance to nap or see the world. But what if it's freezing out? How can a parent stay in shape with a baby in tow? Try these exercise options.

- + **Baby yoga**—Poses can be modified for parent-and-baby pairs. See if your local "Y" or yoga studio offers mother/baby classes.
- + **Baby leg lifts**—Lying flat on your back, placing baby's chest down on your legs and keeping a firm grasp while lifting him or her can help you stay active and earn a smile from your little one. Just be aware: Baby may have a short attention span, so be ready for a short workout.
- + **Dancing**—Turn on some music and hold baby while you pirouette. Silly songs are optional.



21

Between ads, grocery store gossip, health trends, contradictory foodie blogs and news snippets, a cloud of confusion can loom over your perception of “healthy eating.” The following simple solutions can lead to clear skies—and a clear understanding.

Heart **EATS** *for* Heartbeats

“The **DIET + HEART-HEALTH LINK** works as a sort of chain reaction: If you eat inappropriately, you tend to gain weight, and increased weight predisposes you to accelerated risk factors for heart disease, such as diabetes, hypertension and high cholesterol. Obese individuals may not experience symptoms of these conditions acutely when they’re young, but ten or 15 years down the road, these illnesses can become a major part of—and problem in—their lives.”

—TERRENCE SACCHI, M.D.,
CHIEF OF CARDIOLOGY AT
NEW YORK METHODIST HOSPITAL



HEART-HEALTHY FOODS HIDE in the back of your cupboard, wait patiently in your freezer and line the shelves of your local supermarket. You just need to know where to look.

FIND THE FIBER

Scientists link fiber consumption to reduced levels of low-density lipoprotein (LDL) or “bad” cholesterol, decreased risk of heart disease and slowed disease progression for people already dealing with cardiovascular troubles.

oatmeal topped with apricots, peaches and walnuts.

Fiber also shows up in:

- + Other whole-wheat products, from English muffins to pretzels
- + Grains such as barley, bran or brown rice
- + Nearly all fresh fruits; apples, bananas and mangoes are particularly rich in fiber
- + Nearly all fresh vegetables, especially carrots, cabbage, cauliflower and beets



Want to start the day off right with a flavorful, fiber-loaded breakfast? Grab a loaf of whole-wheat bread from an artisanal bakery or farmer’s market, and then warm a slice in your oven and add natural peanut butter. Or try steel-cut

PASS ON THE SALT

If dinner is bland, it’s normal to reach for the shaker and hope your blood pressure doesn’t notice, but the majority of salt intake comes from the natural sodium in foods. From baking soda biscuits to boxed cereals, many foods that don’t taste salty can ambush the unwary eater with sodium.

Too much sodium in the diet directly correlates with the likelihood of experiencing high blood pressure, a major risk factor for developing heart disease. The average American older than age two consumes more than 3,400 milligrams (mg) of sodium each day, but the recommended maximum is 1,500 mg.

To lower your sodium intake, try:

- + Eating at restaurants less often—this is where most sodium-packed meals originate.
- + Staying away from specialty-flavored coffee shop drinks, such as a salted caramel mocha, and drinking hot tea instead.
- + Replacing salty snack foods with fruits and unsalted nuts.
- + Sticking with fresh grain products—they average about 10 percent of the sodium content of processed grains.
- + Avoiding canned foods—canned beans can contain 80 times as much salt as dried or frozen beans.

TRY OMEGA-3S AND THESE

Along with generally increasing fiber intake and decreasing sodium content in your diet, you can bring healthy nutrients



to your heart by consuming the following items that prevent cardiovascular disease.

- + **Omega-3 fatty acids**, which can reduce risks of heart disease, can be found in oily fish such as salmon and tuna, in canola, soybean and flaxseed oils, and in walnuts.
- + The much-hyped glass of **red wine** each day probably reduces heart disease risks because of nutrients called flavonoids that prevent plaque buildup in blood

vessels. More than moderate drinking, however, increases cancer risks.

- + An **apple** a day... provides flavonoids!
- + Potassium can help prevent high blood pressure, so make **bananas, tomatoes, citrus, sweet potatoes, green leaf lettuce** and **dates** a regular part of your diet.

"Fresh foods are always better for heart health," says Terrence Sacchi, M.D., chief of cardiology at New York Methodist Hospital. "Eating lean meats, fish, and fruits and vegetables now can help ensure that your golden years are longer and more healthful."

For nutritional counseling or an assessment of your current nutritional status, call 718.780.3344 to schedule an appointment with a registered dietitian at New York Methodist Hospital.



TODAY'S MANTRA: HEART-HEALTHY = DELICIOUS.
TRY THIS LOW-FAT, POTASSIUM-RICH ENTREE FOR PROOF.

[6 servings]

CITRUS & HERBED **TURKEY BREAST**

Ingredients

- + large carrot, thickly sliced
- + ½ teaspoon salt
- + large celery rib, roughly diced
- + leek, sliced thin, lengthwise
- + large onion, cut in large chunks
- + 4 thin lemon slices
- + ½ teaspoon salt
- + 8 to 10 thyme sprigs
- + 2 thin orange slices
- + small, whole turkey with skin
- + 1 cup fat-free, reduced-sodium chicken broth
- + canola oil spray

Directions

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Arrange carrots, celery, leek and onion as a bed for the turkey in the bottom of a large roasting pan.
- 3 Gently skin the turkey near the neck and loosen the skin around the meat.
- 4 Sprinkle salt on the exposed meat and add thyme.
- 5 On one side of the breast, insert a lemon slice, slipping as far back as you can, then add a second lemon slice, keeping the herbs underneath the citrus.
- 6 Repeat on the other side, then gently pull the skin back in place and pat it down, nearly to the neck.
- 7 Coat the skin with cooking spray and set the breast on the bed of vegetables.
- 8 Add broth and place the pan in the oven, roasting until the internal temperature of the meat registers 165 degrees.
- 9 Remove the breast to a platter and wait 20 minutes before moving again.
- 10 Pour the juices back into a measuring cup. Chill, allowing fat to rise.
- 11 Transfer vegetables to a blender and puree.
- 12 Skim the congealed fat off the juices and stir in the vegetable juice, then reheat.
- 13 Remove the skin, citrus and herbs from the turkey and carve into slices.
- 14 Serve with juices.



NUTRITION INFORMATION [Per serving] Calories: 180 / Total fat: 1g / Saturated fat: 0g
Sodium: 358mg / Fiber: 1g / Protein: 36g / Carbohydrates: 6g

Source: Department of Food and Nutrition Services at New York Methodist Hospital

WHILE ON YOUR WAY TO A FRIEND'S
APARTMENT, YOU SUDDENLY
REALIZE YOU CAN'T REMEMBER
THE TRAIN THAT TAKES YOU THERE
OR EVEN THE NAME OF THE STREET.
DOES THIS SOUND FAMILIAR?

MEMORY LOSS OR **SOMETHING** MORE?

SOME MEMORY LOSS is a natural part of aging. If it affects your ability to maintain a normal routine, though, you may be suffering from a form of cognitive decline.

"As we age, our brains change and some aspects of our thinking, including attention and memory, may deteriorate," says Albert Ortega, Ph.D., neuropsychologist at New York Methodist Hospital. "Most people are able to adapt to these subtle changes. Occasionally, the natural aging process of the brain is complicated by disease, which makes our thinking or cognitive abilities worse than they should be for our age. In this case, it is important to seek medical attention."

WHEN TO WORRY

Dementia can manifest in many forms and typically begins affecting people age 65 and older. Alzheimer's disease is the most common form of dementia, affecting one in eight older Americans. Typical signs and symptoms of memory-related conditions can include:

- + Being less social than usual or exhibiting isolating behavior
- + Confusing or forgetting names of familiar people, such as family members or close friends
- + Difficulty completing important tasks, such as balancing a checkbook or making a favorite recipe
- + Having trouble understanding or following directions or instructions
- + Getting lost in the middle of a conversation
- + Neglecting personal hygiene and other basic needs, such as not eating or sleeping regularly
- + Repeating the same question or statement several times

"Many studies show that the most noticeable sign of a memory-related condition occurs when a person is unable to manage his or her finances," says Miran Salgado, M.D., chair of neurosciences at NYM. "Other times, high-functioning individuals may notice they are having problems handling important tasks, such as eating and bathing."

However, it's not uncommon for other medical conditions, such as depression and thyroid problems, to mimic memory-related conditions, so seeing a physician is paramount.

"Seniors can experience confusion or memory problems due to a variety of conditions, such as infection, vitamin deficiencies or medication misuse," says Dr. Salgado. "A thorough evaluation of each patient can help ensure that these conditions are ruled out or treated through lifestyle changes or medication."

MOVING FORWARD

Once a physician reviews a patient's current symptoms and determines an overall risk for dementia, the next step is to schedule an appointment with a neurologist for further testing.

"Typically, a neurologist does blood work, neuroimaging—such as computed tomography or magnetic resonance imaging—and a neuropsychological assessment," Dr. Ortega says. "When a patient meets with a neuropsychologist, this specialist will determine whether cognition is what it should be based on the patient's age. Once these elements are considered, the neurologist can determine if dementia is present and what is causing it."

While there is no cure for dementia, diagnosing the condition early allows specialists to work to slow the symptoms by prescribing specific dementia medications—known as cholinesterase inhibitors—to help maintain mental function.

Other methods of managing dementia include:

- + Assessing non-dementia-related medications or supplements that could be adding to the person's confused state
- + Practicing mental exercises such as solving puzzles to strengthen the brain, or having the person instruct someone else on how to perform a well-known task, such as preparing a favorite meal or recalling where certain items should be stored in the house

MAINTAINING MEMORY

No matter what your age, you can take steps to boost your brain power.

"Staying physically and mentally active is the first step toward better brain health," says Dr. Salgado. "Taking time

A HELPFUL RESOURCE

The Memory and Attention Center at New York Methodist Hospital has a multidisciplinary team of neurologists, neuropsychologists, and occupational, speech and physical therapists to help those coping with cognitive conditions.

"The medical staff measures and identifies neurocognitive deficits, which are associated with diseases affecting the brain," says Albert Ortega, Ph.D., neuropsychologist at NYM. "The center also provides cognitive rehabilitation to help patients with memory and attention problems associated with certain types of brain disorders, such as dementia."

for a daily walk or other form of exercise can help maintain memory."

To boost your brainpower further:

- + **Add fish to your diet.** Omega-3 fatty acids can make your gray matter work more efficiently, so consider adding eight ounces of fish, such as salmon, tuna, sardines or trout, to your weekly meals. Not a fan of fish? Talk with your physician about a supplement, or incorporate more beans, nuts and seeds, or spinach into your diet instead.
- + **Be social with family and friends.** Engaging in conversation can keep your brain active. Make time for regular events and outings, such as catching up with a close friend over a latte, seeing a movie or concert with your family, or planning weekly potlucks.
- + **Learn a new skill.** Ballroom dancing, learning a foreign language or playing a new game all involve memorizing a pattern or rules and challenging your brain. Solving crossword or word search puzzles can also help.
- + **Listen to music.** According to a Boston University study, music is more than entertainment: it can help people recall familiar faces and other important memories. Alzheimer's patients who participated in the study were also much more likely to remember lyrics when they were sung or set to music rather than when they were spoken.

Feeling foggy? Call NYM's Memory and Attention Center at 718.246.8590 for an appointment or go to www.nym.org and enter the term "Memory Center" in the search box.

ANDROPAUSE & EFFECT

As men age, they can go through a “change of life” similar to that which women experience. Many men have menopause-like symptoms due to a drop in testosterone, which influences nearly all processes in a man’s body.

THE LOWDOWN ON LOW HORMONES

MALE MENOPAUSE, ALSO called andropause, refers to a gradual decline in a man’s testosterone levels. Around age 30, a man’s testosterone can decline by as much as ten percent each decade. By age 50, half of all men will experience a significant reduction in testosterone levels that may result in symptoms such as:

- + Bone loss
- + Decrease in muscle strength
- + Depression
- + Erectile dysfunction
- + Irritability
- + Lack of energy
- + Low libido

“Andropause is very controversial because some physicians feel it is a normal part of aging and others believe it does not exist,” says Edmund Giegerich, M.D., chief of endocrinology at New York Methodist Hospital. “It can be difficult to diagnose because it has many non-specific symptoms that can be confused with other health-related issues.”

FOREVER YOUNG

Debate about whether a natural drop in testosterone should be compared

to female menopause persists. Unlike women who experience a significant reduction in sex hormones during menopause, men never completely lose their fertility during andropause. Men can remain fertile well after retirement age and continue to produce low levels of testosterone and sperm into their 80s.

Medical therapies, such as testosterone patches, topical gels or monthly injections, can regulate low testosterone levels and help alleviate certain symptoms associated with andropause.

“Men often do not seek treatment for andropause and feel uncomfortable discussing their symptoms,” Dr. Giegerich says. “Having an open, honest dialogue with your doctor about your concerns regarding aging and low testosterone can help you get the correct answers and stay healthy. Ultimately, your physician may refer you to a specialist such as an endocrinologist, who specializes in the study of hormone-producing glands, for additional testing.”

Testosterone replacement therapy (TRT) can help men who do not create enough testosterone on their own. Transdermal patches provide a steady dose of testosterone through the skin and into the bloodstream and are usually worn for up to 24 hours. For best results, the patch should be applied each night before bed and replaced at the same time the next day.

“Like estrogen replacement in women, TRT helps bring hormonal levels back up to a healthy threshold in men,” says Edmund Giegerich, M.D., chief of endocrinology at New York Methodist Hospital. “While TRT can help restore libido and increase energy levels, men considering testosterone replacement therapy should consult their providers and undergo a thorough prostate cancer screening prior to starting this therapy.”

Testosterone patches have become one of the most popular forms of TRT because they require a lower dosage than injectable testosterone and pose fewer side effects.

To find a physician affiliated with the Institute for Diabetes and Other Endocrine Disorders at NYM, call the Institute’s physician referral service at 866.4GLAND2 (866.445.2632).

Learning to live in the “now” and take notice of the simple pleasures in life can be difficult when you’re stressed. Here’s how to find a healthy balance.

PASSING THE STRESS TEST

ACCORDING TO JESSY COLAH, M.D., chief of psychiatry and vice chairman of neurosciences at New York Methodist Hospital, acute emotional stress has been attributed to a rise in blood pressure and increased risk for heart disease and stroke.

“The physical and mental stressors of living in a major metropolitan area while trying to manage finances or raise a family can leave you exhausted and burned out,” says Dr. Colah. “However, it is possible to restore your sense of wellness, alleviate stress and decrease depression by finding worthwhile outlets that can help recharge mental batteries.” Follow these two tips:

1 CHANGE FOR THE BETTER Seizing the opportunity to help others or make a difference for the greater good can help relieve stress and anxiety. Becoming actively involved in physical, social and spiritual activities within your community can help shift your focus from inward to outward, reducing stress.

Committing yourself to happiness on a day-to-day basis and then purposefully pursuing it through healthy, socially conscious activities, such as volunteering to walk dogs or helping to plant a garden, can be both inspiring and rewarding, mentally and physically. Visit www.nycares.org for information about

short- and long-term volunteer opportunities that may be right for you.

2 GRAB A FRIEND While it may seem impossible to permanently let go of worry and stress, knowing that you are not alone is an important part of finding peace and happiness.

“People who exercise with others experience a greater sense of mental and emotional well-being,” says David Menche, M.D., a sports medicine specialist at New York Methodist. “Exercise strengthens the heart and lungs and releases endorphins that energize us and lift our mood. Exercising with others who are experiencing similar difficulties managing stress can help lighten the burden and offer a different perspective.”

Coming together in a safe, nonjudgmental environment for a monthly treadmill walk or weekend jog, weather permitting, creates an instant support network for those who may be new to exercise or looking to get back into shape.

YOGA FOR YOU + YOURS

Looking to shed unwanted stress and pounds? Yoga is an excellent way to stretch and breathe your way to tranquility and good health. Today, yoga involves more than a mat and a few poses. Some of the most popular yoga classes work every part of the body, leaving your mind soothed and your body refreshed.

Here are three popular options to consider:

+ Aerial yoga—For the 20-somethings looking for a more artistic, after-work break, aerial yoga is part circus performance, part stress release. Students practice passive versions of various yoga poses while learning to climb and perform acrobatic movements.

+ Hot yoga—For parents with young children, a “hot” night of yoga can leave mom and dad reinvigorated. Bikram yoga involves a series of poses taught in a room heated to 105 degrees Fahrenheit, allowing participants to sweat their cares away.

+ Deep relaxation yoga—For seniors who prefer a quieter, more spiritual experience, relaxation yoga emphasizes a mental workout over a physical one. This form of yoga teaches students to systematically relax through visualization and guided meditation in a process called yoga nidra, or “yogic sleep.”



RELAX, REFRESH, REFOCUS

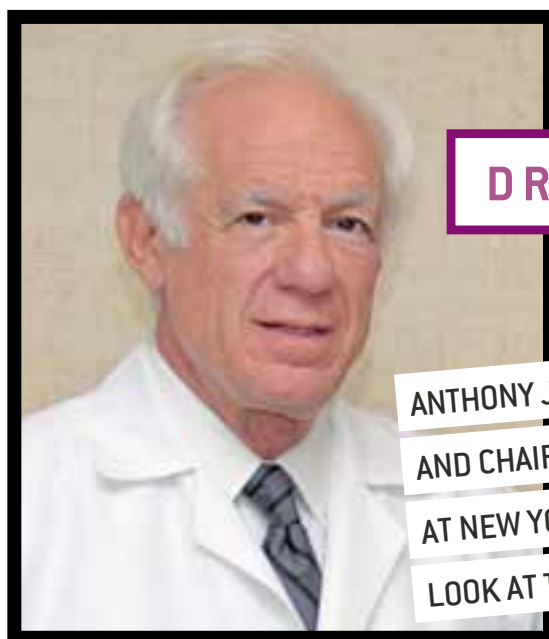


27

If you're having difficulty managing your stress, NYM's mental health services can help. Call 718.780.3771 or visit www.nym.org and search for “mental health services.”

Q&A

The Heart of the OR



DR. TORTOLANI

ANTHONY J. TORTOLANI, M.D., CHAIRMAN OF SURGERY AND CHAIRMAN OF CARDIOTHORACIC SURGERY AT NEW YORK METHODIST HOSPITAL, GIVES US A LOOK AT THE MAN BEHIND THE SURGEON'S MASK.

- | | |
|--|--|
| <p>Q As chairman of surgery, you must have a special place in your heart for the operating room (OR). Where does that passion come from?</p> <p>A From the first time I went in to operate, I've always felt comfortable in an OR, and that feeling increased when I took on the challenges of cardiac surgery. When I was training at New York University Medical Center in the mid-70s, coronary bypass was in its first days, so I've been able to work on the frontiers of cardiothoracic surgery throughout my career.</p> | <p>Q What is involved in your work, and what are some things you particularly enjoy about it?</p> <p>A Our teams of surgeons offer some really advanced heart and chest procedures. We can do major thoracic surgery, removing cancerous tumors from the chest with minimally invasive robotic technology. We also offer bloodless surgery. We are involved with many procedures using robotic technology and developing surgical programs leading to less pain and less blood loss for patients. Really, all our work gets me excited; even when I'm not working, I'm reading about medicine.</p> |
| <p>Q Can you tell us a little about your medical background?</p> <p>A I studied at George Washington University School of Medicine and Health Sciences and completed fellowships at New York University Hospital and North Shore University Hospital. I've held a range of positions, from chief of cardiovascular and thoracic surgery to chairman of surgery at North Shore University Hospital. I've had professorships at Cornell University Medical College and the Albert Einstein College of Medicine, as well.</p> <p>I had the honor of training under some of the leaders of the surgical field, notably Paul Adkins, Judson Randolph and Frank Spencer, who is now considered one of the fathers of heart surgery in America.</p> | <p>Q What does your life look like beyond your job description?</p> <p>A My wife, Kate, and I have four children, two of whom are also in the medical field. They have children of their own, so most of what I do is family oriented. I occasionally get away to my farm in Maryland or to Cape Cod.</p> |
| | <p>Q If you had to make a list of your favorite things, what would you include?</p> <p>A Well, my favorite movie is <i>Casablanca</i>, my favorite book is <i>The Grapes of Wrath</i>, and if I had to choose a favorite food, it would definitely be macaroni—any kind of macaroni. My favorite song is Etta James' rendition of "At Last."</p> |

For referral to a surgeon or cardiothoracic surgeon at NYM, visit www.nym.org and click on "Find a Doctor."

Are You Surgery Savvy?



TEST YOUR GENERAL SURGERY KNOWLEDGE WITH THIS QUIZ.

1

How many Americans have surgery annually?

- A. Less than 25 million
- B. More than 25 million
- C. More than 50 million
- D. More than 100 million

B. More than 25 million Americans undergo some sort of surgical procedure every year. Approximately 65 percent of ambulatory surgical procedures are minor in nature and allow patients to return home after 24 hours, according to the American Association of Nurse Anesthetists.

2

General surgery specifically treats conditions affecting:

- A. Abdominal cavity
- B. Skin and soft tissues
- C. Breasts
- D. Hernias
- E. All of the above

E. While general surgeons typically focus on conditions affecting the stomach and other organs in the abdominal region, they may also perform surgery related to traumatic injuries and colorectal, breast and dermatological conditions.

3

How many years of residency training (graduate medical education that provides physicians with clinical experience after they complete medical school) must general surgeons complete?

- A. Six months to one year
- B. Two to three years
- C. Five to seven years
- D. Ten or more years

C. Five to seven years. Upon receiving an M.D. or D.O. degree, surgeons must complete a minimum five-year residency according to the American College of Surgeons and can go on to complete two years of subspecialty training before they can begin practicing as general surgeons.

4

How many hours does the typical general surgeon work per week?

- A. 20 to 40 hours
- B. 40 to 60 hours
- C. 50 to 60 hours per week
- D. 60 hours or more

C. According to the American College of Surgeons, general surgeons typically work 50 to 60 hours a week. This amount of time varies and does not include hours spent on call.

5

Since Dr. Tortolani was introduced on the previous page, we'll close with a question about cardiothoracic surgery, the combined specialty that treats conditions related to the heart and lungs. The term "thoracic" comes from the Greek thorakos. What does it mean?

- A. Breastplate
- B. Lung
- C. Ribcage
- D. Core

A. Breastplate. The breastplate is also referred to by its Latin name, "thorax."

For a chance to win a \$100 gift card, "like" New York Methodist on Facebook and send us a message letting us know what the focus of our next quiz should be by January 31, 2013.

NO TIME TO ENJOY ALL OF 'THRIVE'? HERE IS THE CHEAT-SHEET VERSION WITH FIVE KEY TAKEAWAYS FROM THE ISSUE.



1 WHEN YOUR BLADDER IS THE BOSS

Half of women can expect to experience symptoms of incontinence at some time in their lives. Whether a complication of pregnancy, gaining too much weight or lifestyle choices, such as smoking or consuming caffeinated beverages, incontinence is not a normal sign of aging.

Women are encouraged to start the conversation about symptoms with a physician to determine an appropriate treatment. Freedom from incontinence can be gained by avoiding trigger foods or undergoing minimally invasive surgery.

To learn more about women's urologic health, see "Taking Control" on page 7.

2 HEALTH IS THE BOTTOM LINE

Colonoscopy—an endoscopic review of your entire colon—is the best screening test to help prevent colon cancer. During the exam, physicians can remove flat polyps, which are subtle in shape and more likely to become cancerous. Sedated for about 30 minutes, patients often wake up pain free.

Bowel preparation occurs the day before. Carefully following the preparation directions helps ensure that your physician will be able to detect and remove all questionable tissue.

To learn more about colonoscopy and cancer prevention, see "Colonoscopy: A Clear Picture of Cancer Prevention" on pages 8 and 9.

3 BAD AIR DAY

Children in Brooklyn suffer from asthma at rates higher than the national average. Symptoms such as chronic coughing at night and throughout the day should prompt a visit to your child's pediatrician.

Children may eventually grow out of asthma, but, in the meantime, the condition needs careful monitoring and treatment as asthma attacks can be life threatening if undiagnosed or untreated.

To learn more about pediatric asthma and helpful health apps, see "Sounding an Alarm about Pediatric Asthma" on pages 16–17.

4 BABY CRAZY

Caring for your newborn can leave little time for you and your partner. Parents often neglect their own health as they work to balance round-the-clock infant care with the life they had before.

New moms and dads can reduce stress and improve their overall health by enlisting the help of a support system that includes family members, friends and trusted neighbors.

To learn more about attending to your own health as a new parent, see "The Parent Trap" on pages 18–21.

5 WHOLESOME FOODS, HAPPY HEART

Heart-healthy foods high in fiber can lower "bad" cholesterol levels and slow the progression of heart disease. Add fiber-rich fruits and vegetables to your diet, preferably those like citrus fruits, tomatoes and sweet potatoes, which also contain flavonoids and blood-pressure-lowering potassium.

To reduce your heart-disease risk, limit sodium content to 1,500 mg or less by avoiding processed or commercially prepared foods, and add heart-healthy omega-3 fatty acids found in canola oil, freshwater fish and walnuts to your diet.

To learn more about heart-healthy foods, see "Heart Eats for Heartbeats" on pages 22–23.



Day of Dance[®].com

F O R Y O U R H E A L T H

Get Your Dance On!
Saturday, February 9, 2013

*Across the United States and in your community —
 dance, learn simple ways to stay healthy, enjoy music
 and participate in health screenings.*



Date: February 9, 2013

Time: 10:00 a.m. - 2:00 p.m.

Location: New York Methodist Hospital,
 Carrington Pavillion
 506 Sixth Street
 Brooklyn, NY 11215

Admission Fee: \$10 per person
 (Children under 12 Free!)

To Register: Please call (855) NYM WELL
 (855-696-9355) or register online
 at www.nym.org/dance

Web: www.nym.org

More Information: Grab your friends and family and join us as we dance our way healthy! The day will be filled with adult and child dance classes and performances guaranteed to get your heart pumping and put a smile on your face. Win great raffle prizes. Light refreshments will be served.



Exclusively at Your
 Spirit of Women Hospital

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Good Housekeeping

New York Methodist Hospital Community Events

January, February and March 2013

SUPPORT GROUPS ON THE NYM CAMPUS

Breastfeeding

Tuesdays, 2:30–3:30 p.m.
Wesley House 3K-C
501 Sixth Street
Call 718.780.5081
for more information.

Bereavement

Thursday, January 3,
6:30–7:45 p.m.
Buckley Conference
Room 820
Call 718.788.4991
for more information
and to register.

Perinatal Bereavement

Thursday, January 3,
8–9:15 p.m.
Buckley Conference
Room 820
Call 718.788.4991
for more information
and to register.

Parkinson's Disease

Join NYM's Parkinson's
disease care coordinator
in monthly meetings for
those with the disease.
Thursdays, January 10,
February 14, March 14,
2–3 p.m.
Call 646.704.1792 for
location and to register
(required).

Hepatitis C

The group is facilitated
by a physician specializing
in liver disorders.
Wednesdays, January 16,
February 20, March 20,
6–7:30 p.m.
Executive Dining Room
Call 718.780.5367
for more information.

Look Good...Feel Better®

Thursdays, January 17
and March 21, 2–4 p.m.
Wesley House 5B
501 Sixth Street
Call 718.780.3593
to register (required).

Parkinson's Caregivers

Thursdays, January 17,
February 21, March 21,
2–3 p.m.
Call 646.704.1792 for
location and to register
(required).

Deep Brain Stimulation

Thursdays, January 24,
February 28, March 28,
2–3 p.m.
Call 646.704.1792 for
location and to register
(required).

SUPPORT GROUPS

Surgical Weight Reduction Information Seminar and Support Group

Wednesdays, February 6,
March 6, 6–7:30 p.m.
Buckley Conference
Room, 8th Floor

Thursdays, January 24,
February 28, March 28,
5:30–7:30 p.m.
Executive Dining Room
Call 718.780.3288 for more
information.

Brain Aneurysm

Saturday, February 2,
9–11 a.m.
Executive Dining Room
Call 718.246.8610 for more
information.

Pulmonary Hypertension

Learn more about the disease
and meet others dealing with
pulmonary hypertension.
Monday, February 4, 5–7 p.m.
Wesley House 7A
501 Sixth Street
Call 718.780.5614
to register (required).

Cancer

Led by a physician and a
chaplain, this group is for
individuals diagnosed with
cancer and those dealing
with a loved one's cancer.
Thursdays, February 7
and March 7, 3–4:30 p.m.
Wesley House 6A
501 Sixth Street
Call 718.780.3593
to register (required).

SPECIAL EVENTS

Senior Health Seminars

Join NYM's physicians as they
lecture about various health
topics affecting the senior
population. Lectures run
monthly on Wednesdays.
January 16, February 20,
March 20, 2:30–3:30 p.m.
Brooklyn College Student
Center, East 27th Street
and Campus Road
Call 718.780.5368
to register (required).

Give Kids a Smile! Day

Free dental exams for children
including sealant placement,
child prophylaxis, X-rays and more.
Children ages 1–16 welcome!
Friday, February 1,
9 a.m.–3 p.m.
Kirkwood Pavilion
Call 718.780.5410 for more
information.

Day of Dance

Featuring dance lessons and
performances, free heart health
screenings, light refreshments
and raffle prizes.
Saturday, February 9,
10 a.m.–2 p.m.
Carrington Pavilion Atrium
Call 718.780.5367 for more
information.

Eat Right

To mark National Nutrition
Month and Registered Dieti-
cian Day, NYM's nutritionists
will answer your questions
about popular diet myths, heart
health issues, weight manage-
ment, diabetes and more.
Wednesday, March 13,
9:30 a.m.–2:30 p.m.
Carrington Pavilion
Call 718.780.5367 for more
information.

Diabetes Alert! Day

On this nationally recognized
awareness day, NYM will
offer free blood pressure,
glucose, podiatry and dental
screenings. A pharmacist,
nutritionist and diabetes
educator will also be available
to provide information and
answer questions.
Wednesday, March 27,
10 a.m.–2 p.m.
Carrington Pavilion Atrium
Call 718.780.5367 for more
information.



BLOOD DRIVES

Donations are always welcome at NYM's
Blood Donor Center, Wesley House 6E,
501 Sixth Street, Monday through Saturday.
Call 718.780.3644 or go to www.nym.org,
and under "About Us" click on "Give
Blood," for information about donating
blood. All blood drives are open to the
public. At all blood drives, the last donor
will be registered a half-hour before closing.

Park Slope

Saturday, January 26, 11 a.m.–2 p.m.
Congregation Beth Elohim–Social Hall
274 Garfield Place

Bay Ridge

Sunday, March 3, 8 a.m.–1 p.m.
Our Lady of Angels RC Church
Holy Angels Catholic
Academy School Hall
7320 Fourth Avenue

Carroll Gardens

Sunday, March 10, 9:30 a.m.–12:30 p.m.
Sacred Hearts of Jesus and Mary and
St. Stephen RC Church, 108 Carroll Street

Please call the Department of Public Affairs
at 718.780.5367 for updates to this calendar.