

thrive

SPRING 2013

PREVENTING AN INJURY
Safe use of smartphones
and tablets

ARE YOU A WELL WOMAN?
A guide to recommended
screenings

**GRANDPARENTS:
REPORT FOR DUTY**
Adjusting to a new era
of childcare

MIND OVER MATTER

HOW CHALLENGING THE BRAIN
CAN AFFECT YOUR OVERALL HEALTH

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

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NEW YORK METHODIST HOSPITAL

"Because of my diabetes I was getting blisters and wounds on my feet."

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We Want to Hear from You

Do you wish to comment on an article you've read in *Thrive*? Do you have questions you'd like answered in the "Get Answers" physician Q&A? We welcome your input. Email AskThrive@nym.org and let us know if we have permission to print your name along with your submission to the magazine.

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NEW YORK METHODIST HOSPITAL

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Thrive is published by New York Methodist Hospital. The material in *Thrive* should not be considered specific medical advice, as each individual circumstance is different. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

THRIVE SPRING 2013

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TOUCHING BASE
NO LONGER FAINT OF HEART

PHOTO: DAVID GROSSMAN

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Viewpoint

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



WELCOME BACK! AND thanks to all of you who took the time to let us know how much you enjoyed our premiere issue of *Thrive*. Our intent in producing this magazine is to connect with the Brooklyn community, offer useful information on health-related topics, and inspire people to take action for their health and wellness. Based on your feedback, we are achieving those goals, and we will work hard to continue doing so.

When it comes to achieving health and wellness, these can be challenging times for those of us who live and work in Brooklyn. At New York Methodist Hospital, we had an especially busy winter. In addition to an increase in visits because of a harsh flu season, we were still accommodating an overflow of patients displaced by Superstorm Sandy and its aftermath. Let me take this opportunity to acknowledge the amazing work and dedication of our doctors, nurses and other staff members who continue to ensure that all of our patients receive outstanding care, even in difficult circumstances. I believe that, like me, they all know how great it is to work here and contribute to the health and well-being of so many people.

As we move into spring, we are ready to leave the flu behind us, forget about blizzards and superstorms, end our winter hibernations, and start feeling revitalized. Spring is a time for new beginnings, and we hope that the information in this issue encourages you to begin—or continue—your journey to better health. Enjoy the tips to eat better (try the “Springtime Seasonal Sauté” on page 23), get outside and play with your children—or grandchildren (see “The Grandparent Learning Curve” on page 24), get the rest you need (by “Putting Sleep Disorders to Bed,” page 27) and take action for your health.

Thrive!

Mark J. Mundy
President and Chief
Executive Officer

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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.

IS THAT SOAP SAFE?

You just strolled into a gift shop when an irresistible scent beckons you toward an appealing display of artisanal soaps. You are tempted to shell out \$15 for a hand-cut bar of "Butterwood Smoothie," but you hesitate and examine the package for an ingredients label.

THAT IS A SMART MOVE?

"Lye, used in soap making, is an alkaloid, or base that can burn the skin," says **Stephen Danziger, M.D.**, chief of dermatology at New York Methodist Hospital. "Also, artisanal soaps may contain plant extracts to which some people are allergic."

So, how can you tell if your soap is safe for your skin? Ask the seller about ingredients, and avoid soaps if you do not know what is in them.

"Be aware of ingredients, such as vitamin E, tea tree oil and calendula," advises Dr. Danziger. "If you make soap at home, use protective equipment such as goggles, gloves and a facemask."



PROTECT YOURSELF WITH POCKET SANITIZERS



When soap and clean water are hard to come by, a portable bottle of hand sanitizing gel can help to repel germs.

"Research shows these gels are just as effective as soap and water against many viruses and bacteria," says **Kathy McNamara, R.N.**, infection control nurse at New York Methodist Hospital. "While cleaning my house after the flood, hand sanitizers were a lifesaver."

FOR STOMACH BUGS, SOAP AND WATER?

Hand hygiene gels are less effective against norovirus, a "bug" that causes vomiting and diarrhea, and can be acquired through contaminated food or in settings such as schools, long-term care facilities and other institutions, according to the Centers for Disease Control and Prevention.

For better protection against these germs, wash your hands with soap and water whenever it is an option.

ALLERGY OR COLD?

A runny nose and the need to endlessly grab for tissues can spoil your fun when the weather begins to improve. What's the solution? First, determine whether you have an allergy or a cold. Here's how to differentiate between the two.

Slow onset, coughing, sore throat and yellow mucous? It's probably a cold.

Quick onset, itchy throat and eyes, and clear mucous? You most likely have an allergy.

DOSE IT?

"When people have minor allergies, over-the-counter [OTC] antihistamines can make a big difference," says **Y. K. Rao, M.D.**, board-certified allergist and immunologist at New York Methodist Hospital. "For spring colds, hydration and rest are more important. In either case, if home and OTC remedies are not helping and symptoms are prolonged, it's best to visit a physician."



9+

BY THE NUMBERS

THE HIGHEST ACCEPTABLE pH LEVEL, A MEASUREMENT OF ACIDITY THAT IS USED TO GAUGE SKIN IRRITATION, OF A SOAP IS NINE. IF A SOAP HAS A pH READING GREATER THAN TEN, IT COULD BURN YOU.

60%

CHECK THE **ETHANOL** OR **ISOPROPANOL** IN YOUR POCKET SANITIZER. A CONCENTRATION OF AT LEAST **60 PERCENT** IS **MOST EFFECTIVE** FOR FENDING OFF VIRUSES AND BACTERIA.

24%

5

OF THE **TREES IN BROOKLYN**, 24 PERCENT ARE LONDON PLANE TREES, KNOWN TO **PRODUCE POLLEN**, TO WHICH MANY PEOPLE ARE ALLERGIC.



NO WEEK OFF FOR YOUR HEALTH

1

Before you set sail, climb into a car, or board a plane or train for summer vacation, be sure you've addressed your travel health needs. **Natalya Goldshteyn, M.D.**, board-certified internal medicine physician at New York Methodist Hospital, recommends planning several months in advance, especially if traveling abroad where vaccinations are recommended or required.

Your vacation health checklist should include these items:

- ☐ **Vaccinations**, which may need to be taken in series, so get started well in advance of your trip.
- ☐ **A consultation with your doctor** if you have heart failure, asthma or chronic obstructive pulmonary disease (COPD), or if you are pregnant or breastfeeding.
- ☐ **Dietary planning** if you have special needs.
- ☐ **Storage and transportation of medications and medical equipment**, as airport regulations require these be checked by security.

"For most of these needs, your general practitioner can help you," Dr. Goldshteyn says. "If you're going to an exotic locale, be sure to visit a physician who specializes in travel medicine."

To learn more, visit www.nym.org and search "travel medicine."

2



Spring Cleaning for Health & Happiness

Spring cleaning can provide more than the satisfaction of a job well done—it offers mental and physical health benefits, too. Thorough housecleaning can reduce asthma and/or allergy symptoms, raise your spirits, and potentially improve social interactions.

"People who live in messy environments may limit their social lives unnecessarily because they are ashamed for others to see their houses or apartments," explains **Robert Pierro, Ph.D.**, chief psychologist at New York Methodist Hospital.

A simple cleaning can alleviate many of these issues. Consider these tips:

- + Eliminate clutter by utilizing under-the-bed storage for winter items.
- + Donate unused items to a thrift store or rummage sale.
- + Improve indoor air quality by vacuuming draperies, mattresses and upholstered surfaces to eliminate unseen dust.
- + Wipe away dust and dirt that have accumulated on top of cabinets, ceiling fans, blinds and baseboards, and behind large pieces of furniture.
- + Try a chemical-free steam cleaner to avoid contact with irritants in cleaning supplies.
- + Spruce up walls with a fresh coat of paint. Just remember to open all windows and doors to outside spaces (not hallways) and use box fans to ventilate the space during and after painting.

3

Can You Hear Me NOW?

An outdoor concert with a spot right beside the stage, a park trail jog with your favorite tunes playing in your ear: Great music and warm weather just seem to go together, but as you're enjoying these activities, consider your hearing. Mayor Michael Bloomberg is asking New York teens to do so and is spending \$250,000 on a social media campaign aimed at exposing the dangers of excessive volume on personal music devices.

Just 15 minutes of listening to an MP3 player or similar device played at maximum volume through ear buds can cause permanent hearing loss. While ear buds are not inherently more dangerous than headphones, they rest closer to the eardrum, meaning they could potentially provide more decibels if the volume is too high.

"People may not be aware that they have hearing loss," says **Mohsen Habib, M.D.**, otolaryngologist at New York Methodist Hospital. "From handheld listening devices to car stereos to concerts, if you've been exposed to loud, prolonged sounds at any time in your life, it makes sense to visit a specialist and have your hearing checked."



Bodegas & Your Body

In many Brooklyn neighborhoods, much of the grocery shopping takes place in bodegas or corner delis. These stops may be convenient to your schedule, but they can be hard on your body in the long run.

DOs + DON'Ts

EXPERTS LOOK AT CORNER DELIS

"Processed foods that sit out on a shelf contain chemicals and trans fats in the forms of preservatives," says Ms. Slinger-Harvey. "Even if these foods advertise healthy additions, such as nuts on a muffin, many convenience foods are so full of empty calories that they do more harm than good."

"When people eat in a hurry, they sometimes don't stop and think about what they're putting in their bodies," adds Dr. Giegerich. "Energy bars and other processed foods that you pick up just to stave off hunger can be full of saturated fats and trans fats, and the energy drinks and sodas you grab just because you're thirsty and in a hurry tend to have a lot of sugar."

So the next time you slip into a bodega for your hunger fix, consider grabbing a piece of fresh fruit, often found right by the register, and a bottle of water. Your body will thank you.

HERE'S HOW TO CHOOSE HEALTHY OPTIONS WHEN IT'S A BODEGA OR BUST.

Patricia Slinger-Harvey, registered dietitian and director of clinical nutrition at New York Methodist Hospital, and **Edmund Giegerich, M.D.**, chief of endocrinology and vice chair of medicine at NYM, recommend these ground rules for eating healthfully at bodegas and delis.

DO look for bodegas in your neighborhood that display the "Shop healthy here!" sign, representing participation in the Department of Health and Mental Hygiene's Healthy Bodegas Initiative. This program supports 1,000 bodegas throughout the five boroughs that are making strides to provide low-fat milk, fresh fruits and vegetables, and other staples of a healthy diet. Today, many neighborhood bodegas are conscious of the need for healthier, unprocessed food.

DON'T give up on eating healthy on the go just because your bodega isn't part of the Initiative. You can still make wise choices; you may just have to search more.

DO add frozen vegetables and fruits to your basket. These products retain many valuable vitamins and minerals and can be low in preservatives.

DON'T choose canned vegetables until you've made sure they are low in sodium, as eating too much salt can increase risk for heart disease. If you purchase canned

fruits, select those canned in their own juices instead of in heavy syrup.

DO enjoy the unique tastes found in ethnic bodegas. The food bars in these spots sometimes include items low in calories and fats, such as soft corn tortillas, black beans, crushed tomatoes and brown rice.

DON'T forget about portion sizes just because the foods you select are nutritious. A serving of carbohydrates—whether high-fiber carbs such as rye bread and whole grain cereal or less nutritious options such as refined white rice—should be no larger than your fist. Consider splitting a portion in half before you start eating, saving the rest for later.

DO look at labels when you're trying to find something quick to mollify hungry kids. Even healthy-seeming granola bars can have added sugar, and rice cakes, though low in calories, are also low in nutritional value.

DON'T let your children eat poorly just because they're hungry. Eating an extra 500 calories every day for a week could lead to an extra pound by the weekend. Those chips just aren't worth the cost. You can alleviate more hunger with unsalted nuts, which are high in fiber and more filling.

Savvy bodega shopping isn't the only way to enjoy nutritious and convenient foods—consider growing your own vegetables in hanging baskets or window gardens. Learn more on page 22.

Prevention + the Well Woman

PREGNANCY PREP

IT'S A LONG ROAD FROM CONCEPTION TO A DAY AT PROSPECT PARK BEHIND THE HANDLE OF A JOGGING STROLLER. WOMEN FACE UNIQUE HEALTH CONCERNS DURING PREGNANCY, INCLUDING THE RISK OF GESTATIONAL DIABETES AND HYPERGLYCEMIA. SPECIALIZED SCREENINGS AND PREVENTIVE CARE MEASURES CAN HELP EXPECTANT MOTHERS IDENTIFY AND TREAT PREGNANCY-RELATED HEALTH ISSUES.

Sanford Lederman, M.D., chair of obstetrics and gynecology at New York Methodist Hospital, recommends that mothers-to-be plan for pregnancy before trying to conceive by giving up unhealthy habits such as smoking and drinking alcohol, reaching an ideal body mass index of between 18.5 and 24.9, and taking prenatal vitamins with the recommended daily dose of one microgram of folic acid.

"During pregnancy, an early scan called a transvaginal ultrasound is used to help identify any abnormalities and date the pregnancy," Dr. Lederman says. "We check on the mother and baby at regular intervals to identify potential health risks and concerns as the pregnancy progresses."

"There is no doubt that screenings save lives. It's never too early to ask your primary care physician about your risk factors and your options. Together you can plan a personal schedule for the screenings you need."

STEVEN GARNER, M.D.,
CHAIR OF RADIOLOGY AT
NEW YORK METHODIST HOSPITAL

PREVENTIVE CARE AT ALL AGES

Though it seems simple, it bears repeating: Being proactive and taking simple steps now, regardless of age, can lead women to longer, healthier lives.

According to the U.S. Department of Health and Human Services, seven of every ten deaths in the United States are due to chronic diseases. Many of these deaths can be averted with preventive health practices.

BIRTH TO AGE 18

Preventive health for females starts during childhood with routine vaccinations and well-child visits to a pediatrician.

"Vaccines that prevent human papillomavirus [HPV], the disease responsible for cervical cancer, are approved for females as young as age nine," says **Katherine Economos, M.D.**, chief of gynecologic oncology at New York Methodist Hospital. "Approximately 4,000 deaths in the U.S. are caused by cervical cancer annually. As use of these vaccines spreads, we'll likely see that number go down."

AGES 18-39

Childhood obesity has caused a rise in high blood pressure among young women.

Women with this condition should be regularly screened for diabetes beginning at age 18, and should consult a physician about how to monitor and control their blood pressure. If you are overweight or have a family history of heart disease, begin having your cholesterol levels tested at age 20.

The U.S. Preventive Services Task Force recommends that women receive a Pap smear at least every three years starting at age 21 or earlier, if they are sexually active.

"Pap smears help with early detection of certain types of cancers and in identifying infections," says Dr. Lederman. "Don't be afraid of bringing up any health concerns you have during your annual checkup. Your obstetrician/gynecologist can direct you to additional care and services."

AGES 40-49

At age 40, women should begin scheduling annual well-woman visits with their physicians. They should also talk to their physicians about a mammogram, the leading method for breast cancer diagnosis.

"Typically some of the most aggressive cancers occur in younger women," says

YOU HAVE A DEGREE OF CONTROL OVER THE DIRECTION YOUR HEALTH WILL TAKE.
THIS GUIDE WILL HELP YOU MAP OUT A PLAN FOR ADDRESSING HEALTH CONCERNS
WITH YOUR PHYSICIAN NOW.



BREAKING DOWN THE BREAST DENSITY INFORM BILL

Approximately 40 percent of women who receive mammograms have dense breasts, a condition in which breasts have more dense tissue than fatty tissue.

Dense breasts are more difficult for mammograms to interpret, and women who have them are six times more likely to develop breast cancer. There is also an increased likelihood of scans resulting in a false negative.

In January, the New York State Assembly and State Senate passed the Breast Density Inform Bill, a law that requires physicians to send letters to each of their patients who have dense breasts, advising them of the increased risk for cancer and false negatives.

"Having dense breasts doesn't necessarily mean you will develop breast cancer," says Dr. Garner. "Dense breast tissue is just one of the many risk factors that comes into play."

Dr. Garner encourages women with dense breasts to research their overall risk factor for breast cancer. You can begin by collecting medical background information from relatives and using online resources such as the National Cancer Institute's Breast Cancer Risk Assessment Tool. Also, perform regular breast self-exams and contact a physician if you have any concerns. Ask your physician if additional screenings such as MRI or sonogram of the breast should be performed.

Dr. Garner. "For that reason we recommend annual mammograms for women ages 40 and older, or younger if you have a family history of breast cancer or other risk factors."

Mammograms are just one part of preventive breast health. Sonograms and magnetic resonance imaging (MRI) scans may be used to confirm findings.

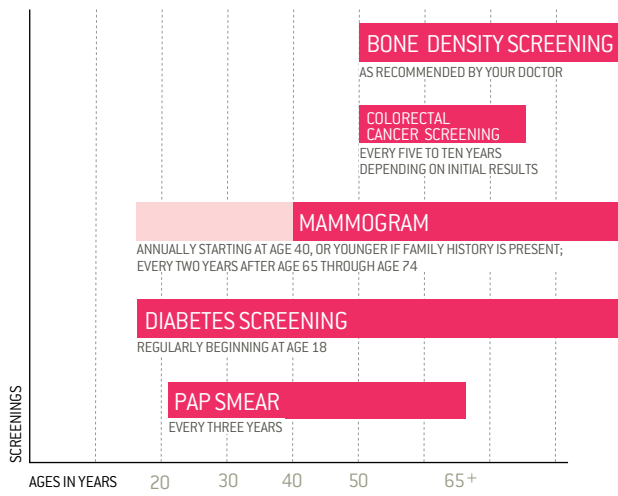
AGES 50-64

Beginning at age 50, women are encouraged to ask their physicians about a bone density screening, which can be used to detect osteoporosis, a weakening of the bones.

"Osteoporosis is more prevalent in women, because they have a lower bone

mass as young adults and hormonal changes cause bone mass loss more quickly," Dr. Garner says. "The first sign of osteoporosis is often a fracture, which can be disabling. A dual x-ray absorptiometry [DXA] scan is recommended to measure bone mineral density."

YOUR SCREENING OPTIONS BY AGE



Another screening to inquire about, beginning at age 50, detects colorectal cancer, the third most common type of cancer. Depending on the type of colorectal cancer screening you receive, the procedure may need to be repeated every five to ten years, or more frequently if your scan comes back positive for polyps or cancer. A colonoscopy is generally done every ten years, and flexible sigmoidoscopy every five years.

At this age, Dr. Garner also recommends that heavy smokers inquire about low-radiation computed tomography (CT) scans to screen for lung cancer.

AGES 65 AND OVER

Mammograms should continue to be administered every two years through age 74, and colorectal cancer screenings should continue through age 75. Most women will have some level of osteoporosis by age 85, so bone density screenings should continue as recommended.

Take the first step toward building a preventive care plan by connecting with a physician. To find the right primary care physician or obstetrician/gynecologist for you, visit www.nym.org and select "Find a Doctor" or call the Physician Referral Service at 718.499.CARE (2273).

A little **DASH** will do.

The American Heart Association estimates that more than 81,100,000 people in the United States have at least one form of cardiovascular disease—and this number is on the rise. It's time to take control of your health. Your first step? Put a little DASH in your life with Spirit of Women!



DASH, or *Dietary Approaches to Stop Hypertension*, is a healthy lifestyle plan developed by the National Institutes of Health (NIH) to aid in lowering blood pressure and cholesterol levels without the need for medication. This invigorating program focuses on reaching and maintaining a healthy weight by encouraging:

- *Reducing sodium in diet*
- *Regular exercise*
- *Smoking cessation*
- *Moderate intake of alcohol*

Sprinkle a little DASH into your daily routine and fight against high blood pressure. Partner with your local Spirit of Women hospital to take back your health by choosing to make the necessary lifestyle changes today for a healthier tomorrow!

HIGH BLOOD PRESSURE = INCREASED RISK!

High blood pressure not only increases the risk of cardiovascular disease, but is especially dangerous because there are no obvious symptoms. Stress, high sodium intake and pre-existing medical conditions all play a role in high blood pressure. While the condition cannot be cured, high blood pressure can be prevented.

Are you at risk? Here are your next steps:

- **Visit your Spirit of Women hospital.** Your physician will discuss your individual health needs and help pave the way to good health.
- **Get active!** Make time with friends and family both healthy and fun.
- **Put a little DASH in it.** Incorporate this plan into your daily diet and stop high blood pressure dead in its tracks.

High blood pressure, which often leads to various forms of cardiovascular disease, has become a national epidemic. The culprit? Sodium.

“There is now overwhelming evidence that we must treat sodium reduction as a critical public health priority, much as we did when we discovered the harms of trans fats,” explains **Walter Willett, M.D., Dr.P.H.** (Doctor of Public Health), chair of the Department of Nutrition, Harvard School of Public Health, and a member of the Institute of Medicine of the National Academy of Sciences.

So, what’s the recommended daily sodium intake? The National Heart, Lung, and Blood Institute (NHLBI) advises less than 2.4 grams (2,400 mg), or 1 teaspoon, of salt a day. Speak with your Spirit of Women physician today for individual advice on your recommended sodium intake.

A SAMPLE OF THE DASH DIET PLAN:

Type of food	Number of servings for 1,600–3,100 calorie diets	Servings on a 2,000-calorie diet
Grains and grain products (include at least three whole-grain foods each day)	6 – 12	7 – 8
Fruits	4 – 6	4 – 5
Vegetables	4 – 6	4 – 5
Low-fat or non-fat dairy foods	2 – 4	2 – 3
Lean meats, fish and poultry	1.5 – 2.5	2 or less
Nuts, seeds and legumes	3 – 6 per week	4 – 5 per week
Fats and sweets	2 – 4	limited

Download the comprehensive DASH diet plan at bit.ly/dasheating



SOURCES:

The National Heart, Lung, and Blood Institute;
The American Heart Association;
The Dietary Guidelines for Americans; DashDiet.org;
healthnewsreport.blogspot.com/2010/04/health-threat-posed-by-americans-over.html



A Little DASH Will Do is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribes to the highest standards of excellence in women’s health, education and community outreach.



The Rise of the iInjury

NO, THAT'S NOT A TYPO. THE "iINJURY,"

AS MANY MEDICAL PROFESSIONALS HAVE

CALLED IT, REFERS TO ANY INJURY CAUSED

BY EXCESSIVE SMARTPHONE OR TABLET USE,

AND IT'S A GROWING PROBLEM WITH AN

INCREASINGLY TECH-SAVVY POPULATION.

EXTREMITY EXTREMES

Aside from carpal tunnel syndrome, here are a few other technology-related orthopedic problems to watch for:

- + **Cubital tunnel syndrome.** Compression of the ulnar nerve (a.k.a. "funny bone") at the elbow is to blame for this syndrome. Marked by numbness in the ring and pinky fingers, cubital tunnel syndrome is often brought on by overuse of a computer mouse or extending the wrist while using one.
- + **Tennis elbow.** Similar to cubital tunnel syndrome, tennis elbow is tendonitis that develops on the outward-facing side of the elbow. Though its name comes from athletics, tennis elbow is also common among mouse-clickers.
- + **"BlackBerry thumb."** Another name for tendonitis in the thumb, this unfortunate problem is a bane for many BlackBerry phone users or users of other phones with mini-keyboards.

"Handheld touchscreen devices put undue stress on the joints and tendons of the thumb, fingers and wrist," explains **Pamela Levine, M.D.**, orthopedic surgeon specializing in upper extremities at New York Methodist Hospital. "Tablets and smartphones are designed in such a way that people must hold either their thumbs or their fingers in a strained position for long periods of time, and this can lead to tendonitis."

TUNNEL TRAFFIC

According to **Enrique Monsanto, M.D.**, also an orthopedic surgeon specializing in upper extremities at NYM, technology-related musculoskeletal problems first appeared in the 1990s with the rising popularity of personal computers. Computer keyboards force typists to hold their fingers above the plane of their wrists, an unnatural wrist extension that may cause carpal tunnel syndrome. This and other forms of repetitive strain injury (RSI) are now becoming common among iPad and iPhone users.

"The median nerve gives sensation to the thumb, index finger, middle finger and part of the ring finger," Dr. Monsanto says. "The bones and ligaments in the wrist form the narrow, rigid carpal tunnel through which the median nerve and tendons travel. When

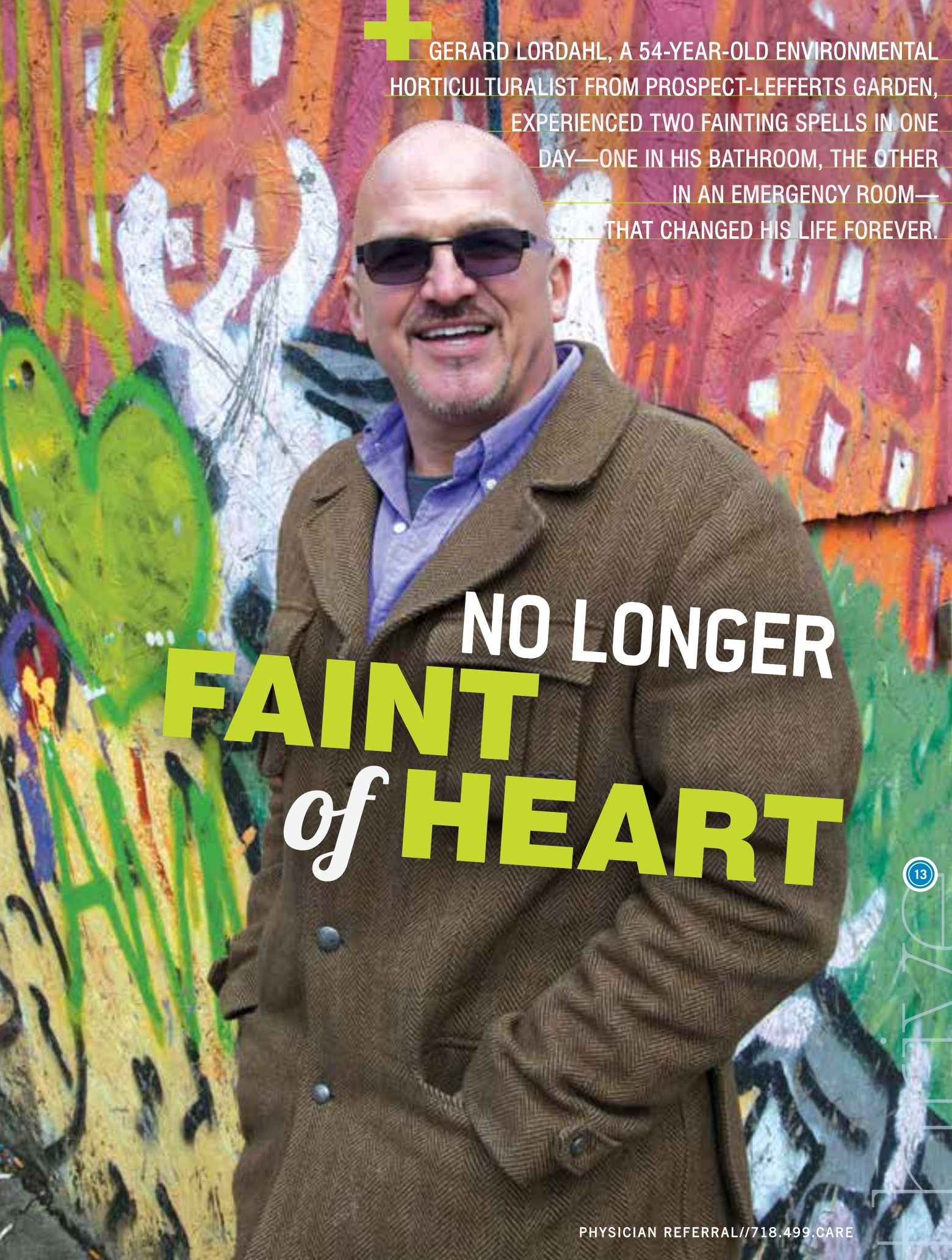
the tendons become inflamed from overuse, the median nerve becomes squeezed."

NUMB THUMBS + TINGLING FINGERTIPS

That pressure can develop into pain, numbness, weakness and even motor function loss. To avoid developing "iPad hands" and other RSIs, Drs. Monsanto and Levine offer the following tips:

- + Take regular breaks from emailing, texting and web browsing.
- + After using a tablet or smartphone, stretch your fingers, thumb and wrist upward and downward.
- + When using a computer keyboard, position your hands slightly lower than your elbows and make sure your wrists are straight. This might involve adjusting your chair height.
- + Maintain good posture—don't hunch over your device. Some medical professionals recommend using a back cushion or lumbar pillow for added support.
- + If you have a tendonitis flare-up, stop using your device immediately and take an anti-inflammatory medication. Wearing a wrist brace while away from your device may also help.

Is your technology use causing chronic weakness or motor function loss? Call the Institute for Orthopedic Medicine and Surgery at NYM at 866.ORTHO.11 (866.678.4611) or visit its website at www.nym.org/Services/Orthopedic to get a referral to a physician specializing in arm and hand conditions.

A man with a shaved head and a goatee, wearing dark sunglasses and a brown herringbone coat over a blue button-down shirt, is smiling. He is standing in front of a vibrant, abstract painting with thick brushstrokes in shades of green, yellow, orange, and red. A large, stylized green parrot is visible on the left side of the background.

+ GERARD LORDAHL, A 54-YEAR-OLD ENVIRONMENTAL HORTICULTURALIST FROM PROSPECT-LEFFERTS GARDEN, EXPERIENCED TWO FAINTING SPELLS IN ONE DAY—ONE IN HIS BATHROOM, THE OTHER IN AN EMERGENCY ROOM—THAT CHANGED HIS LIFE FOREVER.

NO LONGER **FAINT** *of* **HEART**

13

AS DIRECTOR OF the Greening Program at GrowNYC, Gerard Lordahl leads an active life, spearheading an effort to build sustainable community gardens and playgrounds and challenging children in boroughs across New York to eat healthfully.

"At GrowNYC we teach thousands of school kids to make smart eating choices, so I try to live by that same ethic," says Gerard. "Although I had a heart murmur diagnosed as a child and fainted a handful of times during my adult years, I consider myself a pretty healthy individual. But one Saturday morning, I found myself on the floor of my bathroom after blacking out. During my collapse, my mouth hit the sink. I lost several teeth and was in pain because of the exposed nerves. When my partner, David, found me, he knew I needed to get to an emergency room right away."

With David's help, Gerard was able to walk to the subway stop at Prospect Park. They took the Q train to Seventh Avenue in Park Slope, walked to New York Methodist Hospital and went straight to the emergency room.

"I passed out again when I got to the ER," says Gerard. "The medical staff reacted immediately, and during that episode, I flatlined. I have no memory of

it—the doctors and nurses cared for me until I came to."

SETTING THE PACE

Gioia Turitto, M.D., director of cardiac electrophysiology services at NYM, was assigned to treat Gerard.

"Until this episode, Gerard did not know he had a heart condition that required treatment," Dr. Turitto says. "After being stabilized and undergoing a series of tests, he was diagnosed with bradycardia, also known as slow heartbeat."

When patients have bradycardia, their hearts beat too slowly, which keeps blood from properly flowing to the brain. This can lead to syncope, or fainting. Unlike conditions linked to heart disease, such as clogged or damaged arteries, bradycardia involves the heart's electrical system, but it can be just as dangerous.

"Dr. Turitto told me that the episodes could get worse and that I should have a pacemaker put in," says Gerard. "The synapses in my heart were not allowing it to beat regularly, and a pacemaker would regulate my heart's rhythm. The idea terrified me at first. I was confused because of the pain medication I was taking for my injuries. At first I thought I was having a heart transplant, then the medical staff explained I was just having a pacemaker implanted."

Gerard received the pacemaker—a small device with two lead wires attached to his heart that would control his abnormal heart rhythm—a few days later, and was resting at home two days after that.

SMILING AGAIN

The pacemaker that helped regulate Gerard's heart rhythm also posed challenges during the extensive

dental surgery Gerard needed to fix the damage to his teeth caused by his initial fainting spell.

"I had to undergo several years of dental work," says Gerard. "Fortunately, Dr. Turitto remained involved in my care. My dentists consulted her before starting any procedure to ensure that my pacemaker was compatible with the technology to be used. There was a certain machine my dentists couldn't use because its magnet would interfere with the proper functioning of my pacemaker. Dr. Turitto corresponded with my dentist and oral surgeon. She was great about reassuring me that I would be okay to go through with each procedure."

EMBRACING LIFE'S GIFTS

Gerard now has his pacemaker checked three or four times a year.

"Gerard has not fainted again since having the pacemaker implanted, and has resumed his life with a beautiful smile," says Dr. Turitto. "Bradycardia is a heart condition that can be fixed. A patient experiencing recurrent blackouts and severe palpitations should consult a cardiologist. In many cases, appropriate treatment can eliminate the symptoms and improve the patient's quality of life."

Today, Gerard continues to live healthfully and takes advantage of what every day has to offer.

"After a crisis, you reevaluate your lifestyle," says Gerard. "I remain extremely aware of eating and exercising, but more importantly, I had an attitude change. My grandmother died from a similar condition. Thanks to the technology available today, I am still alive. I am so grateful. One thing I've learned is how important it is to let people know how you feel about them because life is short."



To find out more about cardiology services at NYM, visit www.nym.org and select "Cardiology & Cardiac Surgery" from the services tab, or call 1.866.84.HEART.





A DAY IN THE LIFE OF GERARD LORDAHL:
02.16.2013

PHOTOGRAPHY: DAVID GROSSMAN

“

I was very familiar with pacemakers before my fainting spells because my dog, Sweet Pea, actually had one put in after she had a fainting spell. She lived seven years after that. When I look back now, it was as if life was preparing me for the day when I would need one.”

—GERARD LORDAHL



THE FACTS ABOUT FAINTING

Syncope, blacking out, passing out, fainting—whatever term you use—is a condition marked by a temporary loss of consciousness. Fainting typically occurs when blood flow to the brain is restricted, keeping blood, oxygen and glucose from moving through the brain and nourishing brain cells.

While losing consciousness can result from many causes, including concussion, syncope is a specific type of fainting that occurs without any head injury or trauma. Determining the cause of fainting spells is crucial as these episodes can lead to injury—such as Gerard Lordahl's broken teeth—especially if consciousness is lost during an activity or while driving. If you experience a fainting episode, speak with your physician so he or she can help identify the cause.

People with a cardiovascular condition typically faint for one of two specific reasons:

- + Heart structural problems that prevent the heart from pumping blood properly.
- + Postural hypotension—a deficit of blood or fluids in the blood vessels.

Some people may experience one or more of these conditions, depending on individual cardiovascular health. Non-cardiovascular causes of fainting include:

- + Anxiety, fear or panic, all of which can lead to hyperventilation.
- + Drop in blood pressure due to certain medications, allergic reactions, infections or an unhealthy diet.
- + Hunger.
- + Nerve conditions that stimulate nerves at the wrong time, such as after using the bathroom, coughing or stretching.

FAINTING 411

Before a fainting episode, a person will often experience specific symptoms, including:

- + Blurry vision or loss of vision.
- + Dizziness.
- + Feeling weak.
- + Lightheadedness.
- + Nausea.
- + Sweating.
- + Vertigo, or feeling as though the room is spinning.


Some people may still be able to hear sounds around them, although they may be unresponsive. Others will black out completely only to return to consciousness seconds later. During a syncopal episode, a person's body might also twitch, although this response is not a seizure like that experienced in a person with epilepsy.

To help someone who has fainted, check his or her breathing, loosen any tight clothing or jewelry around his or her neck, and wipe his or her face with a cool cloth. If the person has vomited, gently turn him or her to the side to prevent choking before calling 911.

SAFETY AFTER School's Out

KID ZONE

16



The school year is winding down, and your children are daydreaming about playing outside with friends and going to camp. With many parents working and children no longer under the supervision of teachers during daylight hours, injury, sunburn and other mishaps could ruin your children's spring and summer fun. You can help them avoid most safety pitfalls by taking a few commonsense precautions.

START BY PROTECTING your children's skin against the defining element of the warm-weather seasons: the sun. According to the Centers for Disease Control and Prevention, just a few significant sunburns during youth can put your children at risk for developing skin cancer as adults.

Your greatest ally in the fight against sunburns is, of course, sunscreen, preferably with a sun protection factor of at least 30 that guards against ultraviolet A (UVA) and ultraviolet B (UVB) radiation. If your children complain when you reach for the sunscreen bottle, there is another solution: sun protective clothing.



"Sun protective clothing has the advantage of ease of use and can be just as effective as sunblock," says **David Frankel, M.D.**, dermatologist at New York Methodist Hospital. "It's often much simpler to convince kids to wear a shirt that provides sun protection of SPF 30 than it is to get them to apply—and reapply throughout the day—a similarly protective sunblock."

PLAYGROUND PRECAUTIONS

Playgrounds are go-to places for outdoor fun for children, but **Christopher Kelly, M.D.**, pediatric emergency medicine physician at NYM, is all too familiar with the harm that can result if playground conditions are unsafe.

"Playground injuries—especially broken bones from monkey-bar falls—are some of the most common cases we see in children in the Emergency Department during the spring and summer," Dr. Kelly says. "Never allow your children to play on equipment that's beyond their ability to use, and ensure that they use it as intended. For example, never allow them to hang upside down from monkey bars or go down a slide head first."

Other playground safety tips from the National Safety Council include:

- + Check all raised or moving equipment for sturdy guardrails and handholds.
- + Ensure that swings have soft seats and are separated by at least two feet.
- + Make sure the playgrounds your children use have soft surfacing, such as mulch, rubber mats or sand.

WATCH OUT AROUND WATER

Few things are as much fun for children as splashing in a pool or the ocean when it's hot, but they should never do so alone—even if they know how to swim.

"According to the American Academy of Pediatrics, swimming lessons—which children should take when their parents deem them developmentally prepared—aren't an ironclad defense against drowning," says **Ilya Bialik, M.D.**, chief of general pediatrics and inpatient services at NYM. "Parents shouldn't trust arm 'floaties,' either—supervision and U.S. Coast Guard-approved life jackets are parents' best bets for keeping children safe around water."

NO SUBSTITUTE FOR SUPERVISION

Bicycle helmets, life jackets, sunblock and bottles of water for hydration—all of these are essential items to stock in your children's warm-weather safety toolkit. Two things that should never

be missing, no matter what the situation, are your watchful eyes.

Whether you're at a beach, pool, July 4th block party or country campsite, supervise your children during their outdoor fun. Aside from helping your young explorers stay safe, keeping your eyes on them and taking part in their play will help each of you create spring- and summertime memories to treasure.

To find a pediatrician at NYM who can speak with you about keeping your children healthy and safe year-round, visit www.nym.org and click "Find a Doctor." If an emergency occurs this spring or summer, our providers are ready to care for your children in the pediatric emergency room.

For non-emergent concerns after normal business hours, contact the Pediatric After Hours Center, open Monday–Friday, 6–11 p.m., and Saturday 1–6 p.m., at 718.246.8543.

SOOTHING SUMMER ANXIETIES

For some children, the end of the school year and its predictable routine prompts anxiety rather than euphoria.

"Children may become anxious about separating from their friends or the teachers to whom they've become attached," says **Leona M. Jaglom, Ph.D.**, consulting clinical psychologist in the Department of Pediatrics at New York Methodist Hospital. "A child going to a sleepaway camp for a week or more may worry about being separated from his or her family and having to rely on other adults for support and guidance. Parents can help ease their children's fears by assuring them that they are ready and able to face new challenges, and providing solutions to separation anxiety problems. For example, they can let their children know that a parent is accessible to them or to the camp director at any time via phone or email if homesickness becomes too big a challenge."

While a certain amount of downtime is one of the joys of being out of school, it's important, Dr. Jaglom notes, for children to have structure and a new routine to prevent too much free time from leading to boredom and depression. Help your children build a new schedule—and teach them responsibility at the same time—by assigning them household chores that match their ability levels, like folding laundry or helping with recycling. Be patient and positive as you teach your children new tasks, and their enthusiasm for their chores might surprise you.

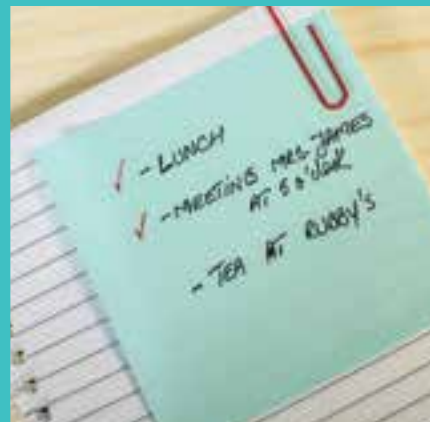
EXPLORING THE WORLD AND THEIR IDENTITIES

Summer can be a time of self-discovery for children, when they have the time to explore their interests and uncover passions. Whether your child is interested in art, nature, music or sports, there's sure to be a camp or program he or she will love.

As you and your child ponder where he or she will go for summer fun, ensure that the following factors are part of your decision-making process:

- + **BUDGET**—What kind of camp or program can your family afford?
- + **ACCREDITATION**—Is the camp or program accredited by a quality assurance organization, such as the American Camp Association for day camps? Regarding supervision, who will watch your child?
- + **DURATION**—Would your child enjoy a camp or program that lasts a week, a month or all summer long? Is your child emotionally prepared to attend a sleepaway camp?
- + **LOCATION**—Is it better for your child to attend a camp in your own neighborhood, or would he or she enjoy being bussed to another area for adventures further from home?
- + **VISITATION**—If your child is at a sleepaway camp, when can you visit? How can you keep in touch with him or her?
- + **SUPPLIES**—What does your child need to bring to the camp or program?

If your child is old enough, you may want to discuss some of these factors with him or her to choose a camp or program that matches both your family's needs and his or her interests—or might spark new ones—and let the fun begin!



THE BENEFITS
OF AN ACTIVE LIFESTYLE ON
THE HEALTH & FITNESS
OF OUR BODIES HAS BEEN
WELL ESTABLISHED, BUT
WHAT SHOULD WE BE
DOING TO KEEP OUR
BRAINS IN SHAPE?

Keep Playing Those

Cultivating an active mind by reading, pursuing higher education and maintaining a full social schedule can pay dividends to both mental and physical health throughout all stages of life.

Like muscles and bones, the brain appears to thrive and grow stronger through constant use and stimulation,

according to **Albert Ortega, Ph.D.**, neuropsychologist and coordinator of the Memory and Attention Center at New York Methodist Hospital. The tangible benefits of an active-mind lifestyle include improved memory, attention, speed, flexibility and problem solving. Additionally, vigorous, regular use of one's mind can

help fend off or reduce the debilitating effects of diseases such as Alzheimer's.

"Many studies support the theory of 'cognitive reserve,'" Dr. Ortega says. "Simply put, researchers have noticed that the effects of Alzheimer's are minimized in people who have received an extensive education. An active mind is a healthy,

FEED YOUR BRAIN

damage-resistant mind, but a healthy mind also comes from a healthy body."

In other words, when combined with cognitive fitness, people who exercise regularly and maintain a healthy diet and lifestyle have better chances of avoiding neurological harm later in life.

"People who begin taking care of themselves at an early age will help keep the mind healthy in the long term," says Dr. Ortega. "Exercising, controlling cholesterol, monitoring blood pressure, watching what you eat and minimizing the risk of diabetes are all good for the mind."

FEED YOUR HEAD

Reading is an especially effective way to activate and strengthen the mind—the intellectual equivalent of a full-body, high-impact workout. Scientists found that the volume of brain white matter enlarged after participants in a study followed a six-month daily reading routine. More white matter means more cognitive capacity. Scientists have also discovered that people who routinely participate in mind-stimulating activities, such as crossword puzzles, reading and writing, had fewer deposits of beta-amyloid, the harmful protein closely linked to Alzheimer's.

Age-related, cognitive impairment occurs because the neural circuits and con-

as we age, but the earlier we begin, the better," says **Louis Mudannayake, M.D.**, geriatrician and internist at NYM. "Good mental health is in some ways more critical than physical well-being, because as your body ages, or even if you suffer a debilitating stroke, you can still read, interact with family and friends, and make decisions."

Moreover, keeping the mind active before a stroke could actually play a role in minimizing or preventing physical and cognitive impairment after the event. Much like interest in a savings account, the benefits of an active mind accrue over a lifetime.

"I have a patient in his 90s who has written books and kept mentally active his whole life," Dr. Mudannayake says. "While he needs some assistance for physical chores, such as getting dressed, he can still communicate and think effectively to carry out everyday functions like paying his bills or ordering takeout over the phone."

ENRICH LOCALLY

With their mix of libraries, parks, shops, restaurants and invigorating cultural diversity, Brooklyn communities serve up a stimulating feast for anyone seeking to develop and maintain an active mind. Catering to one's cranium is as easy as

Mind Games

nections in the brain begin to break down. Mind-stimulating activities increase brain blood flow, as well as the production of neurotransmitters, substances that transmit signals in the brain.

"It is absolutely true that creative, higher thought can help delay cognitive impairment

participating in one of the Brooklyn Public Library's many cultural or social events, such as poetry writing, story telling or the senior wellness program.

To find a neurologist, psychiatrist or certified psychologist affiliated with NYM, visit www.nym.org and click on "Find a Doctor" or call the Hospital's Psychiatry and Mental Health Division at 718.780.3771.

CREATING A FAMILY HEALTH HISTORY

An estimated 54 million Americans suffer from some form of mental disorder. Some of these disorders, such as depression, have been linked to family history and genetics. A family health history can be used to assess increased risks of developing mental or physical health problems.

A family health history is like a family tree for health. It compiles information about relatives' medical history, lifestyle routines and background (where and how they were raised).

"This health history can help people take preventive measures if, for instance, there is a history of breast cancer or a mental health issue like depression," says **Karen David, M.D.**, chief of medical genetics at New York Methodist Hospital. "Some of these preventive actions can include lifestyle changes, such as quitting smoking and adopting a more rigorous, regular exercise routine, as well as replacing television with more reading and socializing."

Dr. David and other trained staff at NYM can assist people in preparing health histories of their families and advise them about the preventive steps they can take should medical conditions with a genetic pattern come to light.



To learn more about creating a family health history, contact NYM's Institute for Family Care at 866.432.2273.

Did You Know?

New York Methodist Hospital offers smoking cessation programs. Smoking has been linked to lung cancer and heart disease, but it also has a harmful effect on the brain.

"Smoking weakens the blood vessels and can cause tiny blood vessels in the brain to rupture and bleed," says **Albert Ortega, Ph.D.**, neuropsychologist and coordinator of the Memory and Attention Center at NYM. "If blood vessel damage becomes widespread, this can cause what we call vascular dementia."

A person with vascular dementia suffers mild to severe changes in various types of critical thinking skills, such as problem solving.





BOOKS VS. E-READERS: CAN YOUR EYES WIN?

Most people choose to read printed books or e-books based on personal preference, but are either easier on the eyes? There is no evidence that one format causes more eye strain than the other. Moreover, **Sam Unterricht, M.D.**, ophthalmologist at New York Methodist Hospital, believes *what* you read is less important than *how* you read.

"Neither print nor e-readers will damage the eyes," Dr. Unterricht says, noting that eye fatigue will occur with either format if you read for too long under adverse, uncomfortable conditions, such as in glaring or dim light.

That said, e-readers have created a new dynamic between readers and the material being read—one that can affect a reader's comfort level and require some adjustments,

especially if e-readers are new to them. Whereas reading print is dependent on external light, the contrast and brightness of e-readers can be adjusted by controls on the device. If the settings are off, and a person continues to read, eyestrain can result. Dusty screens are also an eye-fatigue hazard.

"If you are reading an e-reader at an odd angle, that could cause some muscle or eyestrain," Dr. Unterricht says.

Because e-readers are held differently from a book (often with one hand), ergonomics are also important.

While many people will always prefer the feel and look of paper in a printed book, Dr. Unterricht reports that e-readers have given people with low or impaired

vision a new freedom to indulge their pleasure in reading.

"E-readers are a blessing for people with low vision because the devices are illuminated and you can enlarge the type," he says. "Previously, people with impaired vision would have to rely on large, hard-to-use magnifiers, expensive video systems or large-print books with a limited range of authors and subjects."

Whether a person reads print or uses e-readers, Dr. Unterricht says the best way to avoid eyestrain is to make sure you hold the book or pad in a comfortable position, with appropriate lighting—i.e., free from glare and not too bright or too dim.



After a long winter of waiting, many Brooklynites are looking forward to planting flowers in window sill gardens or indoor baskets. If you've planted in the past or just want to get in on the ground floor of growing, it's not difficult to take gardening to the next level—producing an abundance of succulent spring vegetables.

Going GREEN Thumb

WHAT'S IN SEASON?

According to the non-profit GrowNYC, some of the vegetables that will be harvested from Brooklyn gardens this spring include:

MAY

asparagus, radishes, rhubarb, spinach and summer squash

JUNE

beets, broccoli, cabbage, herbs, lettuce and scallions

JULY

carrots, corn, cucumbers, peas, tomatoes and turnip greens

Whether you are an experienced grower of all things green and blooming or a newcomer to gardening, spring is an ideal time to allow your green thumb to flourish.

As long as you have access to soil, sunlight and water, you can participate in gardening. Having a garden plot of your own with which to experiment is an advantage, but not necessary. You can successfully grow vegetable plants or beautiful flowers in containers, hanging baskets or window boxes to satisfy your gardening urge on a small scale.

EVERYONE HAS GROWTH POTENTIAL

Growing vegetable plants in containers is less labor intensive than planting them in the ground, but can be just as satisfying. Crops that bear fruit for several weeks, such as tomatoes and peppers, are the best use of container space. Pots need not be expensive—old trashcans,

buckets or plastic milk jugs work fine—but must be large enough to support plants when mature. Vertical supports, such as trellises, wire cages or poles, let you grow the maximum crop in the least space.

If you'd like to get the full agricultural experience, check out community gardens nearby. The OasisNYC website (www.oasisnyc.net) can help you find a neighborhood garden in a community close to you. The Brooklyn Botanic Garden's GreenBridge Community Garden Alliance offers workshops on sustainable horticulture and a certification program in urban greening, as well as block beautification contests. Other resources to help you get started gardening include GrowNYC, the New York City Community Garden Coalition, GreenGuerillas and the Green-Thumb program.

Use common sense when you are getting started with gardening. Protect yourself by using sunscreen, gloves and insect repellent. Consider getting a tetanus vaccine booster to prevent infection by the bacteria that cause tetanus, which live in soil. Gardening can be surprisingly strenuous, so it's important to drink plenty of water and not overdo it.



RAW OR COOKED: RIGHT OR WRONG?

Proponents of raw food diets believe that cooking destroys or changes enzymes and nutrients in food, and that raw foods are more healthful. But is cooking really a villain when it comes to consuming veggies?

"Eating vegetables raw or cooked is a personal preference in my mind," says **Liziamma George, M.D.**, associate chief of the Pulmonary and Critical Care Division at New York Methodist Hospital and an experienced gardener. "Some vegetables, such as potatoes and eggplant, must be cooked before eating. Nutrients may be lost in cooking, but it depends on the method—quicker cooking like steaming or microwaving causes less nutrient loss."

Safe food handling practices apply whether produce comes from the market or your own garden. Rinse vegetables and herbs in cool tap water, and blot them dry before cutting or peeling. After washing, trim away any damaged, moldy or bruised areas.

Whether you prefer your vegetables raw or cooked, the health benefits of eating more vegetables are well established. A diet high in plant-based food—especially dark green vegetables—may protect against some chronic diseases, including certain cancers, cardiovascular disease and type 2 diabetes.

THE BENEFITS OF GROWING YOUR OWN

Besides providing the freshest, best-tasting vegetables or flowers that can help a living space go from hum-drum to heavenly, gardening repays your efforts with a bumper crop of health benefits.

"Exercise is just one reason gardening is such an enjoyable activity," says Dr. George. "While gardening, you engage in numerous physical activities—stretching, bending, walking, carrying weights—without even noticing that you are moving."

Gardening also offers psychological benefits, including reduced stress and anxiety. The pride of producing food or blooming buds, as well as beautifying your community—whether public areas around your home or in a community or school garden—boosts self-esteem, and interacting with others enhances social satisfaction.

"Just imagine getting the ingredients for your green salad fresh from your own garden," Dr. George says. "Seeing your plants grow gives you a sense of accomplishment, focus and purpose. And just spending time in the garden is very soothing."

READY TO PUT THE RESULTS OF YOUR GARDENING OR SEASONAL SHOPPING TO THE TEST? TRY THIS EASY-TO-PREPARE MEAL WITH FAMILY APPEAL.

[4 servings]

SEASONAL SAUTÉ

Ingredients

- + 3 new potatoes, quartered
- + $\frac{3}{4}$ cup asparagus
- + $\frac{3}{4}$ cup carrot, sliced
- + $\frac{3}{4}$ cup sugar snap peas
- + $\frac{1}{2}$ cup sweet onion, sliced
- + $\frac{1}{2}$ cup radishes, quartered
- + 1 clove garlic, finely chopped
- + 1 teaspoon olive oil
- + $\frac{1}{2}$ teaspoon dill
- + $\frac{1}{4}$ teaspoon salt
- + $\frac{1}{4}$ teaspoon ground black pepper

Directions

- 1 In a colander, rinse sugar snap peas and asparagus under cold water.
- 2 Drain and blot dry with paper towels.
- 3 Cut asparagus into 1-inch pieces.
- 4 Heat oil in a large skillet.
- 5 Sauté onion over medium-high heat for 2 minutes.
- 6 Add garlic and sauté 1 minute more.
- 7 Add new potatoes and carrots.
- 8 Reduce heat to low. Cover and cook until nearly tender, about 4 minutes.
- 9 Add sugar snap peas, asparagus, radishes, salt, pepper and dill.
- 10 Cook about 4 minutes, stirring often, until vegetables are tender but firm. Serve immediately.

NUTRITION INFORMATION [Per serving] Calories: 70 / Fat: 1.5g / Cholesterol: 0mg / Sodium: 170mg / Protein: 2g / Fiber: 2g
Source: www.fruitsandveggiesmorematters.org. Approved by the Department of Food and Nutrition Services at New York Methodist Hospital.

PHYSICIAN REFERRAL//718.499.CARE

BALANCING ACT

Today's baby boomers often find themselves caring for both grandchildren and aging parents, as well as holding down full-time jobs. If you're feeling the "caregiver crunch," from any direction, here are some tips to help preserve your sanity.

CARE FOR YOUR OWN HEALTH. Plan your schedule a week in advance on your calendar to allot time to

read or meditate, exercise, and eat healthfully, and try to include wiggle room in the event of unforeseen circumstances.

SET CLEAR BOUNDARIES. Have conversations early about when you can or can't care for children.

THE GRANDPARENT LEARNING CURVE

ALMOST 75 PERCENT OF GRANDPARENTS
IN THE UNITED STATES PROVIDE WEEKLY CARE
FOR GRANDCHILDREN, ACCORDING TO AARP.
AS NEW, YET EXPERIENCED, CAREGIVERS,
GRANDPARENTS HAVE A LOT TO OFFER—
AND A LOT TO LEARN.

THE LEVYS
WITH THEIR
GRANDDAUGHTER,
TALIA.

SPRING 2013//WWW.NYM.ORG

"CARING FOR CHILDREN should be for younger people," says Susan Levy of Park Slope, who, with her husband, Paul, cares for their three-year-old granddaughter, Talia, several times a week. "Still, when Talia was born, we wondered about regular caregiving. We thought it would be exciting, and it was."

Like many grandparent caregivers, the Levys wanted to help their children save on childcare, which can be expensive. Other grandparents lend a hand because of parents' work schedules or illnesses. Some have even moved in with their children and see caring for grandchildren as a way to contribute to the family.

Stan and Rosalie Meltzer, also of Park Slope, find that caring for their grandchildren—Jacob, nine, and Anna, seven—makes sense because their daughter's unpredictable schedule as a substitute teacher creates challenges in arranging regular childcare. Like the Levys, they are enthusiastic about caring for the next generation.

"We are very lucky because we can enjoy seeing our grandchildren grow up," Rosalie says. "And as a grandparent, you don't have the same responsibility for them."

CHANGES AT ALL AGES

Grandparents in today's world must acknowledge that things have changed from when they were raising children 20, 30 or 40 years ago. Those caring for infants and young children today will be handling more advanced equipment and following updated safety practices.

For instance, car seats now come with expiration dates, distinct from the age or weight at which a child "grows out" of the seat. Typically embossed on plastic under the seat, the date usually accords a six-year "safe life" for car seats, according to the National Safety Commission. Heat exposure over the years can cause the synthetic materials in the seat to become brittle and break.

Cribs have stringent requirements for mattress fit and distance between bars. In addition to maintaining up-to-date equipment, grandparent caregivers must remember to keep small objects out of reach and otherwise childproof their homes, barricade staircases, and clear cribs of blankets, bumpers and pillows. Infants are also now placed on their backs rather than their stomachs to sleep.

Safety challenges can be more complicated for older children. When children use the Internet or text messaging, caregivers must be aware of the dangers of interacting with strangers and giving away personal information.

"In general, grandchildren need much more supervision than our children did," Rosalie says. Our children played alone on the



block at a young age, whereas, in our neighborhood today, an adult accompanies all children whenever they go out."

SETTING BOUNDARIES

Grandparents may feel overwhelmed by caregiving. An up-front discussion with parents can ease tension.

"Give what you can of yourself," Stan advises. "If you realistically don't have the time, don't offer to do it. If you *can* care for children and you enjoy being with them, work out a schedule."

Physical rather than interpersonal boundaries often come into play, so grandparents must know their capabilities.

"You have to be in shape to do this," Rosalie says. "Especially with younger children, you have to be able to get on the floor and back up. You may need to set limits on which days of the week you will care for children in order to conserve your energy."

The Levys face similar concerns. "At some point, your grandchild will be too heavy to pick up," notes Paul.

"You have to be able to say, 'Please come back,'" agrees Susan. "At the end of the day, we are pretty tired."

The Levys like structuring Talia's day to direct her energy into manageable tasks they can share.

"She bakes English muffins with me," Paul says. "When she gets here in the morning, I have the dough ready to roll out, so she can put on her apron and start helping."

BENEFITS OF BABYSITTING IN BROOKLYN

The Levys find that extended families, whether or not they share housing, are becoming part of their neighborhood's culture.

"Many grandparents are rather active in terms of taking their grandchildren to the theater, concerts and the Brooklyn Children's Museum," Paul reports. "We can't wait to start taking Talia to more events."

GETTING OUT WITH THE GRANDKIDS

Enjoy the spring with your grandchildren at these locations:

1

BROOKLYN CHILDREN'S MUSEUM

Marvel at Fantasia, the live albino Burmese python, or discover "Neighborhood Nature" by visiting the freshwater pond aquarium or the saltwater beach tide pool.

(www.brooklynkids.org)

2

NEW YORK AQUARIUM

Located in Coney Island, the Aquarium houses various fish and marine mammals. Check out the sea lion demonstration at the remodeled Aquatheater, partially reopening in late spring.

(www.nyaquarium.com)

3

PROSPECT PARK ZOO

Opportunities to feed alpacas and sheep in the Barn & Garden and to observe the Pallas's cat—billed as the zoo's "fluffiest attraction"—provide thrills and learning moments for young visitors.

(www.prospectparkzoo.com)

During the week, the demands of work and family may sideline an otherwise active man or woman. But before accepting that challenge to a marathon pick-up game with the guys this Saturday, the “weekend warrior” should consider these risks.

BENCHED: AVOIDABLE INJURIES & THE WEEKEND WARRIOR

THE BANE OF A STRAIN

Strains, one of the most common sports injuries according to the American Academy of Orthopedic Surgeons, affect the body's connective tendons. Acute strains can be the result of excessive muscle contraction, a direct blow to a muscle or overstretching. Chronic strains are caused by overuse from repeated motions such as throwing a ball or swinging a golf club. Typical symptoms for both types of strains include cramping, inflammation, muscle spasm, weakness, pain and swelling.

A strain can initially be treated at home with rest, ice, compression and elevation (RICE) to reduce swelling and pain, followed by medications. A primary care physician may order a cast for moderate to severe strains after swelling has decreased. In the case of torn muscles or tendons, surgery may be needed.

“The three most important things to remember to avoid an overuse injury such as a strain are to stay well hydrated, stretch properly, and pay attention to discomfort and pain,” says **Craig Capecci, M.D.**, orthopedic surgeon at New York Methodist Hospital. “Being sedentary for months and then quickly starting up a vigorous routine can be a setup for injury, so don't let your motivations to get back in shape overtake your body's limitations. Gradually getting into shape is the best way to continue working out safely and consistently.”

While healthcare providers promote physical activity for its many health benefits, physicians at New York Methodist Hospital agree that the risk of sports-related injury calls for a consistent approach to fitness.

“Many men and women enjoy weekend sports,” says **Robert Meyerson, M.D.**, an orthopedic surgeon affiliated with NYM. “But, in order to prevent injury, conditioning should be an everyday event.”

PENALTIES FOR THE INCONSISTENT ENTHUSIAST

“It's not a good idea to exercise only on the weekends, because overdoing it will cause a variety of problems in the muscles, joints and tendons,” says **David Menche, M.D.**, a sports medicine specialist at NYM. “Specifically, an irregular exercise routine elevates risk for sprains, strains, breaks and tears in these areas.”

Dr. Capecci adds that it is especially important for older adults to maintain a consistent level of aerobic activity and fitness throughout the week.

“As the body ages, muscles atrophy and tendons and ligaments weaken, causing people who are deconditioned to become more easily fatigued and to use improper form when playing sports or exercising,” says Dr. Capecci. “That's how many orthopedic injuries occur.”

PACE YOURSELF AND STAY IN THE GAME

To avoid these problems, build endurance with moderate daily aerobic activity, such as walking or biking. Add strengthening exercises, like weight lifting or rock climbing, to build muscle tone and increase range of motion. Watch for signs of fatigue or pain, and don't forget to include hydrating, warming up, stretching and cooling down as part of your regimen.

If an injury diagnosed by your primary care physician puts you on the sidelines, NYM offers a host of services offered by orthopedic surgeons trained in the latest sports injury procedures.

For a referral to a physician affiliated with NYM's Institute for Orthopedic Medicine and Surgery, please visit www.nym.org/Services/Orthopedic or call 1.866.678.4611.

PUTTING SLEEP DISORDERS TO BED

WHETHER BECAUSE OF stress, work, kids or noisy neighbors, getting a full night's sleep may seem like a distant dream. The specialists at the Center for Sleep Disorders at New York Methodist Hospital can help you get the rest you require.

It is estimated that nearly 70 million Americans suffer from some form of sleep disorder that, if left untreated, can significantly affect their health, longevity, productivity and quality of life. Beyond obvious symptoms, such as excessive daytime fatigue, poor concentration, irritability and moodiness, chronic sleep loss brought on by a sleep disorder can have profound health consequences and heighten the risk of stroke, cancer, heart disease, diabetes, dementia and depression.

"The vast majority of the patients we treat in the Brooklyn area, both children and adults, suffer from obstructive sleep apnea [OSA]. This means that a person's breathing stops during sleep because his or her airway is narrowed or blocked by the collapse of soft tissues in the rear of the throat," says **Jeremy Weingarten, M.D.**, medical director of the Center for Sleep Disorders. "We also treat people with insomnia—a commonly reported sleep problem—which is often caused by high levels of stress, anxiety or depression."

A BETTER NIGHT TO COME

In addition to OSA and insomnia, the National Sleep Foundation (NSF) estimates there are 90 distinct types of sleep disorders. The Center for Sleep Disorders at NYM has assembled a multidisciplinary team of specialists to evaluate, diagnose and treat sleep disorders in adults and children. They include the following:

- + Sleep behavior problems in children, such as bedwetting beyond age six, sleepwalking and night terrors.
- + Excessive daytime sleepiness.
- + Narcolepsy, a neurological disorder that causes uncontrollable periods of sleepiness during the day.
- + Rapid eye movement behavior disorder, which can range from simple twitching of the limbs to acting out dreams.
- + Restless leg syndrome.

OVERNIGHT ANSWERS

Dr. Weingarten explains that a sleep study is often the best way to identify a sleep disorder that a person has.

"An overnight sleep study allows a certified sleep technician to collect valuable information about a patient's breathing patterns, brain activity, heart rate, limb movements and snoring levels, along with any other activity that may be interfering with his or her sleep," Dr. Weingarten says. "If a sleep disorder is diagnosed by the attending physician, appropriate treatment—ranging from medication to breathing masks—may reduce or eliminate symptoms."



RELAX, REFRESH, REFOCUS

GIVE YOUR REST A NIGHT OUT

An overnight sleep study, called a polysomnogram, is a painless procedure conducted in a sleep lab. A certified sleep technologist monitors the patient's activities throughout the night. Upon completion of the test, a physician reviews the results to determine the appropriate course of treatment for a patient's sleep disorder. The test is designed to monitor bodily functions such as brain waves, heart rate, leg movements and breathing while the patient sleeps.

In an effort to accommodate more patients and offer additional amenities, the Center for Sleep Disorders at New York Methodist Hospital recently expanded its facilities.

"Patients who require a sleep study can rest in a hotel-like room, complete with a flat-screen television, private bathroom and a comfortable bed," says **John Cunningham, Ph.D.**, technical director of the Center for Sleep Disorders. "We do our best to put patients at ease, so they can relax and be comfortable."

"People should remember, a sleep study is not a test you can fail," Cunningham continues. "There are effective treatment options that can be suggested once the disorder is properly diagnosed."

27



The Center for Sleep Disorders at NYM is the only hospital-based sleep center in Brooklyn to receive accreditation from the American Academy of Sleep Medicine. For more information, call 718.780.3017.

Q&A

A Champion for Weight-loss Surgery



DR. GORECKI

AS CHIEF OF THE DIVISION OF LAPAROSCOPIC SURGERY AND MEDICAL DIRECTOR OF THE BARIATRIC AND METABOLIC SURGERY PROGRAM AT NEW YORK METHODIST HOSPITAL, PIOTR GORECKI, M.D., HELPS PATIENTS IMPROVE THEIR LIVES THROUGH WEIGHT REDUCTION.

<p>Q</p> <p>A</p>	<p><i>What drew you to weight-loss surgery?</i></p> <p>Bariatric surgery, or weight-loss surgery, is a surgical intervention that has a return on investment. It also addresses the growing epidemic of obesity.</p> <p>It's amazing that a single procedure can impact a person's quality of life so completely. Patients who undergo weight-loss surgery often live longer and more productive, satisfying lives. There's also a significant reduction in health problems such as type 2 diabetes, high blood pressure, asthma, heart conditions, depression and even certain cancers.</p>	<p>procedure with a low risk of complications and a good opportunity for success, both in terms of weight loss and in the resolution of medical conditions.</p> <p>For this procedure, a portion of the stomach is removed, leaving a smaller, sleeve-like stomach. No other portions of the digestive system are removed or altered, resulting in very few long-term potential side effects.</p> <p>LSG is new surgical option that may not be the ideal choice for all patients. LAP-BAND® surgery and gastric bypass surgery can also be highly effective weight-loss solutions. Patients report losing 50 to 60 percent of excess weight.</p>
<p>Q</p> <p>A</p>	<p><i>What do you recommend that Brooklynites do to lead balanced, active lives?</i></p> <p>Achieving a healthy weight requires a lifelong commitment to being active and eating well. One way to do this is to eliminate added sugars from your diet. If you eat one teaspoon less of sugar a day, that represents 10 additional pounds you won't put on over the next 10 years. Our program supports these goals with weekly walks in Prospect Park, organized by patients and open to all.</p>	<p>Q</p> <p><i>How can interested parties learn more about LSG and other weight-loss surgery options?</i></p> <p>A</p> <p>NYM hosts a bariatric surgery patient support group followed by an education seminar on the second Wednesday and fourth Thursday of each month in the executive dining room. The event is free and open to the public. Additional details are available on New York Methodist's website under "Support Groups."</p>
<p>Q</p> <p>A</p>	<p><i>Why is laparoscopic sleeve gastrectomy (LSG) an exciting addition to bariatric surgery offerings at NYM?</i></p> <p>LSG is a very attractive solution for morbidly obese patients. It is a minimally invasive</p>	<p>Q</p> <p><i>Outside of medicine, what are you passionate about?</i></p> <p>A</p> <p>I'm married with two sons, so of course I enjoy spending as much time with my family as possible, as well as tennis, skiing, and studying art history and politics. I enjoy learning about and investigating a wide variety of topics. I wish I had the time to do each of them justice.</p>

For more information about bariatric surgery at NYM, visit www.nym.org and search for "weight-loss surgery."

Your UNBORN Baby's Health

TIME TO PUT YOUR PRENATAL HEALTH KNOWLEDGE TO THE TEST.

HEALTH QUIZ

1

According to the American Pregnancy Association, when should a pregnant woman's first blood test be performed?

- a. During the first prenatal exam.
- b. Six weeks into the pregnancy.
- c. Not until the second trimester.
- d. Blood tests are not recommended for pregnant women.

ANSWER: **a. During the first prenatal exam.** It's important to test your blood early so that you can assess blood type, Rh factor, glucose, iron and hemoglobin levels. Blood tests are also helpful in detecting any diseases or infections that put your unborn baby at risk.

2

Approximately what percentage of pregnant women develop gestational diabetes?

- a. 5%
- b. 8%
- c. 18%
- d. 25%

ANSWER: **c. 18%.** Gestational diabetes—diabetes during pregnancy—can be diagnosed easily with a glucose screening that is administered between the 24th and 28th weeks. It's important for expectant moms to know if they have gestational diabetes because the condition can negatively impact fetal health if left unchecked. According to the American Diabetes Association, gestational diabetes puts babies at risk for abnormal blood sugar levels, shoulder damage during birth and breathing problems.

3

Which of the following maternal activities is considered safe for unborn babies?

- a. Exercising at high altitudes.
- b. Getting a flu shot.
- c. Smoking in the first trimester.
- d. Eating sushi made with raw fish.

ANSWER: **b. Getting a flu shot.** The Centers for Disease Control and Prevention (CDC) confirms that the seasonal flu shot is safe for pregnant moms and their babies. In fact, the CDC recommends the flu shot for pregnant women, as they have a higher risk of serious complications from the flu than other women. Physical exertion at altitudes higher than 6,000 feet is not recommended by the American College of Obstetricians and Gynecologists. If a pregnant woman smokes during the first trimester, her baby is more likely to have a heart defect. Some—but not all—types of cooked fish are safe for pregnant women. For example, tilefish and swordfish are high in mercury whether cooked or raw and should be avoided.

4

According to the March of Dimes, how many pregnant women have Group B streptococcus (GBS) bacteria?

- a. One in four.
- b. One in 40.
- c. One in 400.
- d. All women have some GBS bacteria.

ANSWER: **a. One in four.** While GBS—a bacterial infection in the vaginal or rectal area—may not hurt the pregnant women who have it, it can cause sepsis, pneumonia or meningitis in babies if it is passed on to them during birth. Your obstetrician or midwife will perform a GBS swab test during your third trimester to determine whether you have GBS bacteria. If bacteria are present, you will be given antibiotics intravenously during labor.

5

Which of the following services are available at New York Methodist Hospital for expectant mothers?

- a. Birthing classes.
- b. Postpartum care.
- c. Prenatal testing.
- d. Midwifery.
- e. All of the above.

ANSWER: **e. All of the above.** From conception through delivery and beyond, NYM offers the full gamut of pregnancy care. NYM's full-service prenatal testing program features sophisticated tests for expectant mothers, including laboratory tests and ultrasound exams. When the big day arrives, women can choose to have the kind of birthing experience they want, thanks to the Hospital's certified nurse midwives.

How did you do? If you answered all five correctly, give yourself a pat on the back. Want more information? Contact an obstetrician at NYM by visiting www.nym.org, clicking "Find a Doctor" and searching for "Obstetrics and Gynecology" under the "Doctor's specialty" drop-down menu and click where prompted to obtain a referral.



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



1

MAKE THE BODEGA YOUR BUDDY

Bodegas and corner delis are convenient, but choosing them for most of your grocery shopping can make it harder to maintain a healthy diet. At your neighborhood bodega, look for a Healthy Bodegas Initiative "Shop healthy here!" sign, your cue that nutritious options lie within. The key when shopping at any bodega is being selective.

To learn more about making healthy choices at your neighborhood bodega or corner deli, see "Bodegas & Your Body" on page 7.

2

WOMEN, SEE TO YOUR WELLNESS

Taking steps to prevent health problems is the responsibility of every woman at every age. An annual well-woman visit is the time to discuss which vaccinations or screenings are right for you, as well as to air any concerns you may have with your physician. Depending on your age and risk factors, recommended preventive measures may include a vaccination, a Pap smear, screenings or a mammogram.

To learn more about health screenings for women, see "Prevention and the Well Woman" on page 8.



3

SPRING AND SUMMER SAFETY FOR SCAMPS

As the weather begins to warm and you prepare for another sweltering summer with the kids out of the classroom, make sure your little ones avoid sunburn and stay safe at camps, in the water and on the playground. And don't forget, just because school's out doesn't mean boredom can't set in. No matter where your family chooses to enjoy summer weather and activities, find ways to keep the kids supervised and engaged as they explore and experience the community.

To learn more about seasonal safety for children, see "Safety after School's Out" on page 16.



4

TREADMILLS FOR YOUR MIND

Keeping your brain active can improve mental function at every stage of life and help ward off Alzheimer's disease or stroke as you age. Activities such as reading, writing, solving puzzles and playing mind-challenging games increase blood flow to the brain and build neural connections that aid thinking, decision-making, memory and mental flexibility. Interacting with other people also provides healthy mental stimulation, as does participating in cultural activities.

To learn more about the benefits of exercising your brain, see "Keep Playing Those Mind Games" on page 18.



5

SWEET DREAMS AHEAD

An estimated 90 different sleep disorders keep almost 70 million Americans awake at night, preventing them from getting the rest that is essential for good health. A lack of sleep can leave you feeling drowsy and mentally sluggish and can also raise your risk for some serious diseases and health problems. A sleep specialist can help by studying your sleeping patterns and recommending treatments to reduce symptoms.

To learn more about sleep disorders, see "Putting Sleep Disorders to Bed" on page 27.

Day of Dance at nym

NEW YORK METHODIST HOSPITAL

OVER
150

BROOKLYNITES,

NYM EMPLOYEES, VOLUNTEERS + FRIENDS CELEBRATED

SPECIAL EVENTS



WITH ALMOST TWO months of buildup, compounded by a two-week postponement due to a very rude snowstorm, the anticipation surrounding New York Methodist Hospital's first Day of Dance had reached a fever pitch by the morning of Saturday, February 23. Fortunately, the day matched the hype, and then some!

Over 150 Brooklynites, NYM employees, volunteers and friends of the Hospital came out for the Day, which was NYM's first official event as a member of the Spirit of Women® network of hospitals.

The Day of Dance was emceed by the reigning Miss New York, Shannon Oliver. Among other activities, the event featured dance classes, performances, entertainment, healthy food and more for all ages.

To check out more photos from the Day of Dance, visit NYM's Facebook page, www.facebook.com/NewYorkMethodistHospital.

New York Methodist Hospital Community Events May, June and July 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.

Multiple Sclerosis

Tuesdays, May 7–July 9,
7–8:30 p.m.
Buckley Conference
Room, 8th floor
Call 1.800.344.4867
to register (required).

Surgical Weight Reduction Seminar/Support Group

Wednesdays, May 8,
June 12, July 10, 6–7:30 p.m.
Buckley Conference
Room, 8th Floor

Thursdays, May 23, June 27,
July 25, 5:30–7:30 p.m.
Executive Dining Room
Call 718.780.3288 for
more information.

Parkinson's Disease

Join NYM's Parkinson's
disease care coordinator
in monthly meetings for
those with the disease.
Thursdays, May 9, June 13,
July 11, 2–3 p.m.
Call 646.704.1792 for
location and to register
(required).

Parkinson's Caregivers

Thursdays, May 16,
June 20, July 18, 2–3 p.m.
Call 646.704.1792 for
location and to register
(required).

Hepatitis C

The group will be
directed by a physician
specializing in liver
disorders.
Wednesdays, May 15,
June 19, July 17, 6–7:30 p.m.
Executive Dining Room
Call 718.7180.5367 for
more information.

Look Good Feel Better®

Helping women with
cancer feel beautiful
inside and out.
Thursdays, May 16,
July 18, 2–4 p.m.
Wesley House 5B
501 Sixth Street
Call 718.780.3593
to register (required).

Deep Brain Stimulation

Thursdays, May 23,
June 27, July 25, 2–3 p.m.
Call 646.704.1792 for
location and to register
(required).

Pulmonary Hypertension

Learn more about the
disease and meet others
dealing with pulmonary
hypertension.
Monday, June 3, 5–7 p.m.
Wesley House 7A
501 Sixth Street
Call 718.780.5614
to register (required).

SUPPORT GROUPS

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.
Thursday, June 6,
3–4:30 p.m.
Wesley House 6A
501 Sixth Street
Call 718.780.3593
to register (required).

Sickle Cell Disease

This group is open to
parents of children with
the disease.
Thursday, June 6,
3:30–5 p.m.
Comprehensive Sickle Cell/
Thalassemia Program
512 Sixth Street, 1st floor
Call 718.857.5643 to RSVP
with Karen or Thuy.

Bereavement

Thursday, June 6,
6:30–7:45 p.m.
Buckley Conference
Room, 8th floor
Call 718.788.4991
for more information
and to register (required).

Perinatal Bereavement

Thursday, June 6, 8–9:15 p.m.
Buckley Conference
Room, 8th floor
Call 718.788.4991
for more information
and to register (required).

Brain Aneurysm

Saturday, June 8, 9–11 a.m.
Executive Dining Room
Call 718.246.8610 for
additional information.



SEVENTH HEAVEN STREET FAIR

NYM will offer free screenings, including
blood pressure and glucose levels.
Healthcare professionals will be available
to answer questions. Free health education
and giveaways.

SUNDAY, JUNE 16, 11–5 P.M.

Seventh Avenue between 6th and 7th Streets
Call 718.780.5367 for more information.

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

SPECIAL EVENTS

Cancer Prevention Study

The American Cancer
Society's Epidemiology
Research Program invites
men and women between
ages 30 and 65 who have no
personal history of cancer
to join a research study.
Findings from the study
will help shed light on
ways to prevent cancer.
Wednesday, May 8, 12–5 p.m.
NYM Carrington
Atrium Lobby
Visit cps3brooklyn.org
for more information and
to register (required).

Senior Health Seminar

Each month, an
NYM physician
speaks about
a health topic
affecting the senior
population.
Next lecture:
Wednesday, May 15,
2:30–3:30 p.m.
Brooklyn College
Student Center,
East 27th and
Campus Road
Call 718.780.5368
to register
(required).

Annual Lupus Patient Education Series

Mona Pervil, M.D.,
rheumatologist at New
York Methodist Hospital,
will speak about "Lupus
and the Effect of Medi-
cation." The lecture is
sponsored by the SLE
Lupus Foundation.
Thursday, May 16,
6–6:30 p.m.:
Check-in and Dinner
6:30–8 p.m.:
Presentation and Q&A
East Pavilion
Auditorium

Stroke Alert! Day

Co-sponsored by
Assembly Member Jim
Brennan. Free blood
pressure, glucose, car-
diovascular education,
balance screenings and
giveaways. Neurology
specialists will answer
questions.
Wednesday, May 22,
10–2 p.m.
NYM Medical Office
Pavilion Lobby
263 Seventh Avenue
Call 718.780.5367 for
more information.

Diabetes Self- Management Workshop

NYM and Brooklyn Partnership
to Drive Down Diabetes will offer
two free six-week diabetes self-
management workshops to help
give individuals with diabetes
the skills to manage the disease.
Tuesdays starting June 18
10–noon (in English)
Cardiology Conference Room,
Buckley 2
3–5 p.m. (in Spanish)
Wesley House 6A
Call 718.780.5367 for more
information and to register
(required).

NYM
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