

# NewYork-Presbyterian Hudson Valley Hospital



## A New Chapter in Cardiac Care



healthyliving

Summer/Fall 2017

# Accolades and Achievements

*Striving to achieve the best possible patient outcomes and improving access to care are at the heart of the mission of NewYork-Presbyterian Hudson Valley Hospital.*

Numerous prestigious regional and national accreditation organizations have acknowledged the hard work that has led to our outstanding patient outcomes:



### THE JOINT COMMISSION

As a Top Performer on Key Quality Measures® for 2015, NYP Hudson Valley Hospital earned honors for improving patient outcomes in areas such as heart attacks, heart failure, pneumonia and stroke.



### PRESS GANEY

The Ambulatory Surgery Team was awarded the Guardian of Excellence Award for providing an exceptional patient experience - for the fourth year in a row.



### AMERICAN NURSES CREDENTIALING CENTER

In 2007, NYP Hudson Valley Hospital was the first in the region to earn the American Nurses Credentialing Center's Magnet Award for Nursing Excellence and, in December 2016, was accredited a third consecutive time. The Magnet Award acknowledges the hospital's outstanding clinical nursing team, high standard of patient care and commitment to innovation.



### AMERICAN HEART ASSOCIATION

NYP Hudson Valley Hospital has achieved the highest possible designation from the American Heart Association for stroke care, the Get With The Guidelines® - Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll Elite.



### AMERICAN COLLEGE OF SURGEONS

The Ashikari Breast Center at NYP Hudson Valley Hospital received a full, three-year accreditation from the National Accreditation Program for Breast Centers for operational excellence and achievement.



### METABOLIC AND BARIATRIC SURGERY ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM®

For meeting the highest standards for patient safety and quality of care, NYP Hudson Valley Hospital's Bariatric Surgery Program has been accredited as a Comprehensive Center under the MBSAQIP®, a joint program of the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.



### NICHE

NYP Hudson Valley Hospital is a designated NICHE (Nurses Improving Care for Healthsystem Elders) facility with "Exemplar" status, an impressive recognition from the Hartford Institute for Geriatric Nursing at New York University College of Nursing.



### THE AMERICAN ORTHOPAEDIC ASSOCIATION

In 2016, NYP Hudson Valley Hospital implemented The American Orthopaedic Association's "Own the Bone" program that recognizes the hospital's commitment to superior orthopedic care for the elderly, and improving patients' bone health following a fracture.

## President's Letter



Dear Friends,

This is an exciting time of growth for NewYork-Presbyterian Hudson Valley Hospital as we continue to enhance the services we provide to our community. We are dedicated to providing the best patient experience while delivering the highest quality care.

NewYork-Presbyterian Medical Group Hudson Valley has added primary and specialty doctors to the team, including gastroenterology, OB/GYN, oncology and orthopedics, just to name a few. In this issue, you will read more about how the hospital is expanding gastroenterology services. Shireen Pais, MD, who joined the medical group in March of this year, is among a select group of gastroenterologists in the New York metropolitan area who specialize in advanced diagnostic and therapeutic endoscopic procedures.

Earlier this year, Hudson Valley Cardiology joined NewYork-Presbyterian Medical Group Hudson Valley. Our cover story profiles this group of outstanding physicians and clinicians who have been caring for patients in our community for over two decades. They are among a team of physicians, Magnet nurses and additional healthcare providers who have received the 2017 American Heart Association/American Stroke Association's Get With The Guidelines® - Stroke Gold Plus Quality Achievement Award, which was elevated this year to Target: Stroke Honor Roll Elite. This reflects an even greater achievement by our dedicated stroke team.

We are privileged to be a part of such a wonderful community and will continue to bring you expert physicians and services. With more than 450 physicians across 62 specialties, we are committed to expanding our medical group locations throughout Westchester and lower Putnam Counties to ensure easy access for all of our patients. At NewYork-Presbyterian Hudson Valley Hospital, we look forward to a bright future caring for all of our friends and neighbors.

Sincerely,

Stacey Petrower, President  
NewYork-Presbyterian  
Hudson Valley Hospital

**On the Cover:** From NewYork-Presbyterian Medical Group Hudson Valley Cardiology, left to right: Ricardo Esquitin, MD, RPVI; Alan Slater, MD, FACC; Patrick Thomas, MD, FACC, FAHA; Glenn Hamroff, MD, FACC; John Koval, RPA-C; Craig Hametz, MD, FACC; Frank Dorsa, MD, FACC; Howard Tarkin, MD, FACC; and Benjamin Spooner, RPA-C

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For comments or to be removed from our mailing list, email hvhc-marketing@nyp.org or call 914-734-3576.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# Growth

Welcome to our new physicians from NewYork-Presbyterian Medical Group Hudson Valley, who join more than 450 medical staff members to deliver the highest quality and most reliable and empathetic care to our patients and their families.



**ANTOINETTE BERKELEY-GSEGNET, MD**  
Urology  
1985 Crompond Road,  
Building D  
Cortlandt Manor, NY  
914-739-1219

Board certified in urology, Dr. Berkeley-Gsegnet diagnoses and treats various disorders and diseases relating to the urinary tracts of both men and women, and to the reproductive system in males. She takes pride in providing complete and thorough attention to her patients and developing individual plans for them.



**DONALD C. ENOCH, MD**  
Family Medicine  
334 Underhill Ave., Suite 5A  
Yorktown Heights, NY  
914-243-4780

A board-certified family medicine physician, Dr. Enoch has been practicing for nearly 20 years. He treats each patient as an individual, not as an illness or disease. Dr. Enoch believes in listening to his patient's concerns and addressing them with effective solutions and follow-up.



**BRUCE HECKMAN, MD**  
Primary Care, Hospice and Palliative Medicine  
30 South Highland Ave.  
Ossining, NY  
914-941-1334

Dr. Heckman has been in private practice for more than 40 years. His greatest satisfaction in medical practice comes from long-term relationships with patients and their families. He is an Assistant Clinical Professor of Medicine at Columbia University Medical Center.



**SATISH C. KAPOOR, MD**  
Primary Care and Pulmonary Medicine  
358 North Broadway, Suite 103  
Sleepy Hollow, NY  
914-610-4640

Board certified in internal medicine with a subspecialty in pulmonary medicine, Dr. Kapoor brings more than 30 years of expertise to his patients. He believes in the importance of patient counseling and is dedicated to helping his patients achieve healthy lifestyles.

## Bariatric Surgery Patients Receive Support at Every Step

Earlier this year, the hospital's Bariatric Program received accreditation as a Comprehensive Center from the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, the culmination of a process that included a site review and extensive training for all NewYork-Presbyterian Hudson Valley Hospital staff who care for bariatric patients.

"Bariatric programs only receive Comprehensive Center accreditation if they have excellent outcomes," said Eric Sommer, MD, FACS, FASMBS, bariatric and general surgeon at the hospital with offices in Cortlandt Manor and Fishkill. "Few such centers exist around the country, and we're proud to be one of them."

### COMPREHENSIVE CARE

To become a Comprehensive Center, a bariatric program must offer all components necessary to ensure patients have the best chance of a successful surgery and postoperative results. The Bariatric Program does just that, starting with its monthly education classes that for many patients are their introduction to bariatric surgery. Patients then have a one-on-one consultation with a bariatric surgeon to discuss their goals and the three laparoscopic surgical options – adjustable gastric band, sleeve gastrectomy and gastric bypass.

"Many people attend our monthly bariatric support group to help them decide which procedure to have," said Ashley Fleischhauer, RN, BSN, Coordinator of the Bariatric Program. "It's a great place to meet people who are starting the same journey and learn from those who've already had surgery."

Patients meet with a cardiologist, pulmonologist, psychiatrist, nutritionist and, if they have diabetes, an endocrinologist, to be sure they're healthy enough to have surgery and to get chronic conditions under control. Once the team and the patient are in agreement with a treatment plan, a second appointment is scheduled with the surgeon. Postoperatively, the physician encourages patients to attend the monthly support group and a class at the hospital's Chef Peter X. Kelly Teaching Kitchen, which educates about eating postsurgery to maximize recovery and success.

"Patients see us one week after surgery, monthly for a year and then every other month – a follow-up schedule that sets us apart from other centers," Dr. Sommer said. "Staying engaged with patients is an important part of helping them maintain weight loss."

Learn more at a monthly patient education seminar held at the hospital. To register, call 914-734-3966.



# Collaborative Cardiac Care



*Leaders in the field of cardiology offer the highest level of care at NewYork-Presbyterian Hudson Valley Hospital.*

**Left to right:** Ricardo Esquitin, MD, RPVI; Alan Slater, MD, FACC; Patrick Thomas, MD, FACC, FAHA; Glenn Hamroff, MD, FACC; John Koval, RPA-C; Craig Hametz, MD, FACC; Frank Dorsa, MD, FACC; Howard Tarkin, MD, FACC; and Benjamin Spooner, RPA-C

Added to the schedule of Howard Tarkin, MD, the morning of March 7 was a 9:15 appointment with his patient, George Malles. Dr. Tarkin, a cardiologist with NewYork-Presbyterian Medical Group Hudson Valley Cardiology, was aware that Mr. Malles wasn't feeling well and needed to see him. Dr. Tarkin had been his cardiologist for 15 years and Mr. Malles had undergone prior coronary stents.

Mr. Malles and his wife arrived on time and were escorted to an examination room. Dr. Tarkin was about to walk in from his office when, instead, a nurse rushed in to say that Mr. Malles had collapsed.

Dr. Tarkin found his 80-year-old patient slumped in a chair with no pulse and immediately placed him on the floor to begin CPR.

"He was in cardiac arrest and I began chest compressions, but there was no rhythm for a full four minutes," the cardiologist recalled. "And then there was a spontaneous return of circulation."

As Dr. Tarkin was performing CPR, his staff had called 911. An EMS team arrived to take Mr. Malles, weakened but with a beating heart, to the hospital's Emergency Department which is adjacent to the Medical Office Building where Dr. Tarkin and his NewYork-Presbyterian Medical Group Hudson Valley Cardiology colleagues practice. Tests showed Mr. Malles had a sudden and significant coronary event and was in need of immediate surgery. As part of the NewYork-Presbyterian Regional Hospital Network, arrangements were easily made by Dr. Tarkin to transfer him to Columbia University Medical Center, where he is also on staff, and the surgery would be performed.

"I had him to Columbia within two hours," Dr. Tarkin said, adding that Mr. Malles had surgery later that week for a bio-prosthetic aortic valve replacement, performed by Isaac George, MD, Surgical Director of the Structural Heart Valve Center at Columbia University Medical Center.

As part of his recuperation from his March surgery, Mr. Malles underwent cardiac rehabilitation at the hospital's Centers for Rehabilitation, convenient to his Buchanan, New York, home. Following one of his thrice weekly sessions, Mr. Malles shared that

he was grateful to Dr. Tarkin for his quick response during his March appointment and to all involved in his recovery and rehabilitation.

"Being in Dr. Tarkin's office, I was in the right place at the right time. If I were somewhere else, I would not be here. You couldn't ask for better care," Mr. Malles said.

## **A NEW PARTNERSHIP**

The NewYork-Presbyterian Medical Group Hudson Valley Cardiology has been affiliated with NewYork-Presbyterian Hudson Valley Hospital and meeting the cardiac needs of patients for more than two decades. In April 2017, it officially joined the NewYork-Presbyterian Medical Group Hudson Valley.

As a result of this new partnership, the group's patients will continue to receive the same outstanding care the physicians have always provided locally, with the advantage of additional procedures and support typically offered only in large academic medical centers. Like Mr. Malles, patients will also benefit from additional access to the tertiary care and vast resources provided through the NewYork-Presbyterian health system.

"This group of highly respected cardiologists has been the practice that physicians and their family members seek out when they need care themselves," said William J. Higgins, MD, Vice President and Regional Executive Medical Director, NewYork-Presbyterian Medical Group. "Most importantly, these physicians will ensure that NewYork-Presbyterian Hudson Valley Hospital continues to offer exceptional care and expertise in the field of cardiology for our patients and our community."

## **A TEAM-CENTERED APPROACH**

Seven board-certified cardiologists make up the NewYork-Presbyterian Medical Group Hudson Valley Cardiology practice and work closely with the team, which includes physician assistants, ultrasound specialists, registered nurses, licensed practical nurses, and medical technologists. Their office is located in the Medical Office Building at 1978 Crompond Road, adjacent to the hospital.

"We are a comprehensive cardiology group providing all levels of cardiac care to our patients and have been established here in

## Clinical Trials

NewYork-Presbyterian Medical Group Hudson Valley Cardiology participates in diverse non-invasive cardiology clinical trials, allowing access to the latest treatments in medicine.

For the last 20 years, Glenn Hamroff, MD, cardiologist and Assistant Clinical Professor of Medicine at Columbia University, has overseen robust international multicenter trials at NYPMG HV Cardiology, focusing on heart failure, arrhythmia management, anticoagulation, heart attacks and cholesterol management.

“At any time, we are typically involved in 12 to 15 clinical trials,” Dr. Hamroff said. “Recently, we participated in the FOURIER Trial for a new cholesterol-lowering therapy used with standard statin treatment, a combination that seems to have a dramatic clinical benefit for preventing heart attacks and reducing mortality and morbidity.”

These trials allow local providers to bring innovative and advanced therapeutics to patients long before they would normally have access to them, Dr. Hamroff said.

*For more information, call 914-736-0703.*

the community since 1984,” said Craig Hametz, MD, FACC, Medical Director of the practice’s Echocardiography and Stress Echocardiography Lab.

“While cardiology is typically thought of as a specialty care service for older adults, we treat patients ranging from 18 years of age to those well over 100, offering them a broad spectrum of coverage for anything from preventive and diagnostic services to heart disturbances and heart failure,” added Patrick Thomas, MD, MBA, FACC, FAHA, cardiologist and Chair of the Department of Medicine at NewYork-Presbyterian Hudson Valley Hospital.

### A FULL RANGE OF SERVICES

According to Dr. Thomas, heart disease remains the largest public health threat in the United States, killing more people each year than the next five most common causes of death combined. To help patients combat these startling statistics, NewYork-Presbyterian Medical Group Hudson Valley Cardiology physicians diagnose and treat a variety of cardiac conditions, including inherited heart defects, heart rhythm disturbances, narrowed or blocked arteries, congestive heart failure, and heart valve disease.

To determine the state of patients’ heart health, cardiologists rely on a wealth of diagnostic tools available directly at the practice, including:

- electrocardiograms to determine heart rhythm disturbances
- stress echocardiography using ultrasound imaging to assess functional capacity, heart muscle function, and presence or absence of significant coronary artery disease
- nuclear stress testing using radioisotopes (low-grade radioactive material) injected into the bloodstream to look for significantly blocked coronary arteries

## Access to Cardiac Rehabilitation

NewYork-Presbyterian Hudson Valley Hospital cardiac patients undergo cardiac rehabilitation at the Hospital’s Centers for Rehabilitation. This evidence-based Phase II program provides exercise prescriptions as well as nutrition and health education to patients.

“The program is a stepping stone for patients,” said Deborah Petranichik, MS, MA, Manager of Cardiac and Pulmonary Rehabilitation for The Centers of Rehabilitation. “It allows them to strengthen their cardiac muscles so they can get back to their normal lives with the best possible outcomes after a cardiac event.”

“We educate patients about the anatomy of their heart, effective stress management and how to incorporate nutrition into their everyday meals, along with ways they can safely exercise,” said Carolyn Padiar, PT, Director of Rehabilitation Services.

Having access to cardiac rehabilitation on-site at NYPHVH allows for continuity of care between cardiologists and the rehabilitation team.

*For more information, call 914-734-3810.*

- upper and lower extremity screening ultrasounds to evaluate for peripheral arterial disease, or blockages in the arteries of the arms and legs
  - transesophageal echocardiography, which involves inserting a small tube into the mouth and esophagus (food pipe) to obtain razor-sharp images of the heart muscle and heart valves
- Heart conditions may be managed through certain procedures, such as:
- heart catheterization, which involves inserting a small catheter into the groin or wrist and injecting dye into the coronary arteries to look for blockages, and balloons and/or stents to open obstructed arteries
  - device implantation to correct heart rhythm disturbances using a pacemaker or defibrillator

### LEADERS IN THE FIELD

Over the years, the practitioners in this group have developed community ties – becoming personally involved at all levels of staff leadership at NewYork-Presbyterian Hudson Valley Hospital, as well in leadership positions at community service organizations. They serve as members of different hospital boards, including Medicine, Pharmacology, Quality Resources, and Ethics Advisory, and the Foundation of NewYork-Presbyterian Hudson Valley Hospital. Team members also serve on a variety of community board associations, including the Putnam County division of the American Heart Association, and give back, educating audiences at health seminars at local senior community centers, businesses and schools.

*To learn more or to make an appointment with NewYork-Presbyterian Medical Group Hudson Valley Cardiology, call 914-736-0703.*

# Going with Your GUT



About 65 million people in the United States – or one in five – say they're affected by a digestive disorder, the National Institute of Diabetes and Digestive and Kidney Diseases reports. To meet the needs of this growing population, the Gastroenterology (GI) department at NewYork-Presbyterian Hudson Valley Hospital has recruited additional skilled experts and is expanding service lines and introducing new procedures.

NewYork-Presbyterian Hudson Valley Hospital's recent expansion of its Gastroenterology program has included the recruitment of more top physicians to NewYork-Presbyterian Medical Group Hudson Valley: Frank J. Turchio, MD, the medical group's Clinical Director of Gastroenterology, and Shireen Pais, MD, FASGE, AGAF, FACG. They join a team dedicated to providing high-quality nonsurgical treatment for adults with a wide range of gastrointestinal disorders. And they bring with them specific expertise so patients can receive their care, close to home, in their own communities, while being able to access tertiary care from NewYork-Presbyterian providers throughout the health system.

"Patients with GI disorders are searching for answers, and with our expanded GI department, we can offer comprehensive solutions, unique to this geographical area," said Dr. Turchio.

## UNDERSTANDING GASTROENTEROLOGY

Gastroenterology is the field of medicine that focuses on diseases and health issues related to the gastrointestinal (GI) tract – also known as the digestive system. A gastroenterologist, a physician who has completed fellowship training, provides GI screenings and diagnoses and treats diseases of the esophagus, stomach, small intestine, colon and rectum, liver, and pancreas.

## NEW SERVICES

"Many patients are referred for advanced endoscopic procedures to facilitate a diagnosis or to avoid a more invasive surgical procedure," noted Dr. Pais. "Since our approach is patient-focused, we can help reduce the stress associated with these situations."

For example, Dr. Pais uses minimally invasive procedures, such as endoscopic ultrasound and endoscopic mucosal resection, to remove early esophageal and rectal cancers and biopsy for conditions such as pancreatic and biliary cancers. Dr. Pais also offers a nonsurgical procedure performed in conjunction with an upper endoscopy, which can minimize the risk for esophageal cancer in patients with gastroesophageal reflux disease-related Barrett's esophagus.

**NEWYORK-PRESBYTERIAN MEDICAL GROUP HUDSON VALLEY**  
Gastroenterology  
2050 Saw Mill River Road  
Yorktown Heights, NY  
914-233-3008



Shireen Pais, MD, FASGE, AGAF, FACG

Dr. Pais is among a select group of physicians based in the New York metropolitan area who specialize in advanced diagnostic and therapeutic endoscopic procedures such as EUS, endoscopic mucosal resection, BARRx and ERCP. Her practice also focuses on bariatric endoscopy and managing postsurgical complications of bariatric surgery.



Frank J. Turchio, MD

Dr. Turchio provides the full range of gastroenterology services including colonoscopy and colon cancer screening and has a special interest in inflammatory bowel disease including ulcerative colitis and Crohn's disease, medical weight loss, and liver disease including hepatitis and gastrointestinal motility.

With retrograde cholangiopancreatography (ERCP), Dr. Pais can diagnose and treat certain problems in the biliary and pancreatic ducts including clearing blocked bile ducts of stones, inserting stents to open blockages and performing biopsies. She also provides patients who have had previous gastric weight-loss surgery, but are regaining their weight, with an endoscopic option to revise the prior procedure.

"Our overall approach is patient-centered with a focus on health education and disease prevention," added Dr. Turchio. In the coming months the group will be adding services including:

**Medical Weight Loss:** A full-spectrum medical weight management program including nonsurgical modalities not currently available, as well as services by nutritionists, nurses and nurse practitioners, which will enhance and complement the medical weight loss services currently available.

"We are very excited to be able to provide additional options for patients who need a targeted weight-loss program or, for whatever reason, may not be surgical weight loss candidates," Dr. Pais added.

**Motility Program:** Disorders related to gastrointestinal motility (the movement of food contents through the GI tract) are among the most common in all of medicine. The physicians are working with the hospital to develop a comprehensive advanced motility program and offer services to diagnose and treat both upper and lower motility problems, including more common ones like gastroesophageal reflux disease (GERD) and more advanced issues involving difficulty swallowing. The program also will provide diagnostic services for colorectal disorders - pelvic floor dyssynergia and altered bowel patterns, among them.

"Motility disorders can be very stressful for patients, and we will provide a comfortable environment to help optimize function and improve their quality of life," Dr. Turchio said.

"Dr. Pais and I join all the physicians here," noted Dr. Turchio, "in providing a setting where patients feel welcome and know that we'll work directly with them to provide them with the care they need most."

## MONTHLY SUPPORT GROUPS

Please visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley) for dates, times and locations for these free support group meetings.

**Diabetes Support Group**  
**Living With Cancer Support Group**  
**Breast Cancer Support Group**  
**Look Good...Feel Better®**  
**Bariatric Support Group**

### NEW: Caregiver Support Group

Wednesdays, Noon to 1 p.m.

Hospital Chapel, 2nd Floor

An open discussion for caregivers, facilitated by Paul Butler, chaplain coordinator. For more information, call 914-734-3330 or email [pdb9003@nyp.org](mailto:pdb9003@nyp.org).

## NEW BEGINNINGS

### Breastfeed with Certainty

Oct. 3, Nov. 7

6:30 – 9:30 p.m.

Ground Floor Conference Room

Facilitator: Sonia Mathisson, IBCLC, MS, RD

To register, please call 914-734-3257

### Breastfeeding Support Group

Second and Fourth Friday of the month

Sept. 8, Oct. 13, 23, Nov. 10

11 a.m. – 1 p.m.

Ground Floor Conference Room

Facilitator: Linda LeMon, IBCLC, CBE, CD

For more information, please call 914-734-3257

### Birthing with Confidence - Childbirth Classes (One-day Program)

Sept. 9, Oct. 14, Nov. 11

9 a.m. – 5 p.m.

Ground Floor Conference Room

Instructor: Linda LeMon, IBCLC, CBE, CD

To register, please call 914-734-3896 or email [lal9084@nyp.org](mailto:lal9084@nyp.org).

Fee: \$150

### New Baby in the House/Sibling Class; Sibling Attending a Birth; VBAC Class; and Tours for Obstetrical Services

Please call 914-734-3257 to learn more.

**All programs at NewYork-Presbyterian Hudson Valley Hospital are free of charge unless otherwise indicated. For more information on these programs and events, please visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley).**



Dr. William J. Higgins, Vice President and Regional Executive Medical Director, NewYork-Presbyterian Medical Group (left) and Ellen Higgins, FNP, NewYork-Presbyterian Medical Group Hudson Valley (right), join Chef Emilie Berner for a special "Physician in the Kitchen" class about Cuban cuisine.

## HEALTH & WELLNESS IN THE COMMUNITY

### Weight-loss Surgery Seminars

Fourth Monday of the month

Sept. 25, Oct. 23, Nov. 27

6 – 7 p.m.

Hospital Ground Floor Conference Room

Presented by: Eric A. Sommer, MD, FACS, FASMB

A monthly educational seminar for people interested in bariatric surgery. Discuss virtually scarless surgical options such as the gastric bypass, sleeve gastrectomy and adjustable gastric banding. Hear from patients who have undergone surgery. Family and friends are welcome.

Registration required. Please call 800-633-8446 or

914-734-3966 to learn more.

### "Ask the Doctor" Lunch and Learn Lecture Series

Each month we feature a physician and a new topic. To learn about upcoming lectures or to register, please call 914-734-3159.

#### Shireen Pais, MD, FACC, presents "Celiac Disease Awareness"

Sept. 14 · Noon – 1 p.m.

Hospital Ground Floor Conference Room

Dr. Pais, Gastroenterologist, NewYork-Presbyterian Medical Group Hudson Valley, will discuss symptoms, risk factors, testing and diagnosis related to celiac disease, a genetic autoimmune disease that affects more than 3 million people. The condition is triggered by consuming a protein called gluten, which is found in wheat, barley and rye. A complimentary light gluten-free lunch will be available.

Please register by calling 914-734-3159.

*Harold Stelman, MD; Chris Malmgreen-Wallen, RN-C, MA, MS; Craig Hametz, MD, FACC; Bruce Heckman, MD, MPH, and Members of the Ethics Committee of NYP Hudson Valley Hospital present "Life and End of Life Planning"*

Oct. 19, Noon – 1 p.m.

Hospital Ground Floor Conference Room

The Ethics Committee panel will present information about how honoring patient preferences is a critical element in providing quality end-of-life care. Participants will learn about the importance of a healthcare proxy, Medical Orders for Life-Sustaining Treatment (MOLST), and do not resuscitate (DNR) orders. A complimentary light lunch will be available. Please register by calling 914-734-3159.

### Chef Peter X. Kelly Teaching Kitchen

1992 Crompond Road, Cortlandt Manor

For a listing of upcoming classes, visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley) or call 914-734-3780.

#### "Physician in the Kitchen" for National Celiac Awareness Day with Frank Turchio, MD, Gastroenterologist, NewYork-Presbyterian Medical Group Hudson Valley

Sept. 13 · Noon – 1:30 p.m.

This program has been developed for those who are gluten intolerant. Join Dr. Turchio and Chef Emilie Berner to learn what gluten is and how to prepare delicious meals without it. Those on a gluten-free diet must forgo all products containing wheat, barley, rye and the various ingredients that contain derivatives of these grains. Enjoy a cooking demonstration that highlights naturally gluten-free foods. Tastings will be available. No charge to attend. Please register by calling 914-734-3780.

#### "Physician in the Kitchen" class about "Alternative Sources of Calcium" with Nicole Belkin, MD, NewYork-Presbyterian Medical Group Hudson Valley

Oct. 10 · 11:30 a.m. – 1 p.m.

Dr. Belkin, a Columbia University Medical Center orthopedic surgeon with NewYork-Presbyterian Medical Group Hudson Valley, will join Chef Emilie Berner, MA, for a unique class that features essential information about bone health and how nutrition and lifestyle can support your bones. Also learn about alternative sources of calcium that can be incorporated into your daily diet. Tastings will be available. No charge to attend. Please register by calling 914-734-3780.



## Farmers Market 2017

Mark your calendars: The sixth season of our Farmers Market is underway and is held on the first and third Tuesday of each month in the hospital's Main Lobby at 1980 Crompond Road. Stop by to see your favorite vendors. EBT/SNAP customers are welcome, and many of our farmers accept FMNP checks.

To learn more, visit the event calendar at [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley).

## SAVE THE DATE ANNUAL FALL GALA CELEBRATION FRIDAY, OCTOBER 20, 2017

TARRYTOWN HOUSE ESTATE AND CONFERENCE CENTER

 **NewYork-Presbyterian**  
Hudson Valley Hospital



NewYork-Presbyterian Hudson Valley Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley).

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AMAZING THINGS ARE HAPPENING HERE

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*NewYork-Presbyterian Hudson Valley Hospital*

NewYork-Presbyterian is committed to bringing the highest standard of care to the Hudson Valley's cancer patients and families. With top oncologists and surgeons, including ColumbiaDoctors and NewYork-Presbyterian Medical Group specialists, we're advancing cancer treatment right here in your backyard.

To learn more about our comprehensive cancer center or to make an appointment, visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley) or call 914-293-8400.

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