

thrive

FALL 2013

RISE, SHINE, NEW ROUTINE

Shape your day with a morning makeover

TEMPERING TANTRUMS

A parent's guide to causes and control

HEALTH FROM ACROSS THE SEA

The benefits of a Mediterranean diet

BREATHE EASY


COMING TO THE RESCUE
OF RESPIRATORY HEALTH

THE INFORMATION YOU NEED.

THE CARE WE PROVIDE.

THE COMMUNITY WE SHARE.

nym
NEW YORK METHODIST HOSPITAL



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my heart disease
was going to
slow me down."

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We Want to Hear from You

Do you want to comment on an article you've read in *Thrive*? See page 31 for our "Community Forum" section where we feature letters from readers and tell you how to share your opinions with us.



New York Methodist Hospital
506 Sixth Street, Brooklyn, NY 11215
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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 FALL 2013

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PHOTO: DAVID GROSSMAN

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Viewpoint

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

WE ARE THRILLED with the positive feedback we've continued to receive about *Thrive*. Thanks to all of you for your kind words, suggestions and support. Online media may be replacing some magazines, but it's clear that Brooklynites are still eager for an engaging and informative health magazine that reflects their interests and needs.

As I write this message, summer is just beginning, but by the time you receive it, we'll all be gearing up for fall. Nearly a year after Sandy, we hope that we will not be facing another superstorm, but we now appreciate how important proper preparation can be. The tips on page 6 ("Insights") can help you put together a plan for your family in the event of a natural disaster.

A toddler's tantrum may seem like another kind of "natural disaster" when it occurs. But understanding the causes of a child's "short fuse" ("Kid Zone" on page 16)—and learning some coping strategies—can help mitigate the drama and the trauma.

As I look ahead to summer winding down and saying goodbye to picnics and barbecues, I confess to anticipating more formal indoor meals and hearty, comfort food dishes. I'm a lifelong lover of Italian food so I was particularly interested in the Mediterranean diet article beginning on page 22 ("Consumption Junction"). It hadn't occurred to me that eating such delicious food meant that I was also eating healthy. That certainly made me feel good!

I hope that what you read in this magazine will help you to feel good as well.

Thrive!

Mark J. Mundy
President and
Chief Executive Officer

www.nym.org
www.facebook.com/NewYorkMethodistHospital





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.

THE SHINGLES VACCINE: WHEN DO YOU NEED IT?



Shingles, or herpes zoster, is a blistery skin rash that appears on one side of the body causing severe nerve pain, headache and flu-like symptoms without the fever. The rash comes from the same virus as chickenpox, which can lie dormant for years, and develops in one out of every five adults who had chickenpox as a child.

Shingles usually occurs in older adults, so those age 60 and older should get the one-time vaccine, regardless of whether they've experienced a previous incidence of chickenpox or shingles. Factors that can contribute to a shingles outbreak include stress, trauma and certain medications.

The vaccine is proven to reduce the risk of shingles. If administered after the disease has already appeared, the vaccine can reduce its duration and severity.

If you are 60 or over, consult a primary care physician about the shingles vaccine.

ON THE LOOKOUT FOR LICE

Head lice are parasitic pests on every parent's watch list. Although anyone can get these tiny parasites, they commonly affect school-aged children who spend so much time in proximity to each other.

To prevent the spread of lice, children should avoid sharing hats, brushes, lockers and nap mats. If your child gets lice, consult a pediatrician to determine the type and dosage of prescription or over-the-counter remedies, which will vary based on your child's age and size. The services of professional "nit-pickers" are also available throughout Brooklyn and Manhattan.

To delouse your environment, wash all household bedding and clothing in hot water (preferably hotter than 130 degrees), dry on high heat and then iron. Vacuum your rugs, mattresses, furniture and pillows, then dispose of the vacuum bag by placing it in a sealed trash bag outside. If you drive, don't forget to vacuum your car seats and headrests, too.



MEDICATION DISPOSAL 101



When you notice that your medicine cabinet contains expired medications or medicines that you are no longer taking, you may be tempted to flush them down the toilet. However, the New York Department of Environmental Conservation's "No Flush" policy states that no medications of any kind should be flushed.

"Flushing medications can contaminate the local water supply and leach into the environment," says **Eric Balmir**, chief of pharmacy at New York Methodist Hospital. "It's also unsafe to

simply throw medications in the trash, as they could still reach the soil or children and pets might find and consume them."

The safest way to get rid of old medications is through community "take-back" programs. The NYC Department of Sanitation hosts an annual SAFE (Solvents, Automotive, Flammables, Electronics) disposal event in Prospect Park in the spring, where you can safely dispose of medications and supplies like syringes. To learn more, visit nyc.gov/nycwasteless.

50
PERCENT

BY THE NUMBERS

GETTING THE ONE-TIME SHINGLES VACCINE AFTER AGE 60 **REDUCES THE CHANCE OF DEVELOPING SHINGLES BY HALF.**

12
YEARS
OLD

THE **AVERAGE AGE** OF PEOPLE WHO CONTRACT HEAD LICE IS 12 YEARS OLD.

1,018
TONS

5

SINCE 2010, THE DRUG ENFORCEMENT ADMINISTRATION HAS COLLECTED MORE THAN **1,018 TONS OF OLD MEDICATIONS** DURING ITS NATIONWIDE COMMUNITY EVENTS.

Lactose Intolerance or Milk Allergy?

1

Many people are familiar with lactose intolerance—an inability to fully digest lactose, the sugar in milk and other dairy products, resulting in abdominal pain. But there is a more severe reaction to dairy foods known as milk allergy.

“Children with milk allergy respond adversely to milk proteins like casein and whey,” says **Yvonne McFarlane-Ferreira, M.D.**, pediatric gastroenterologist at New York Methodist Hospital. “Milk allergy is most common in infants and typically they outgrow it by age three. Casein-specific allergy exists as well and typically just causes gastrointestinal distress.”

Common symptoms of milk allergy include rash, diarrhea, bloody stool, vomiting and irritability. A pediatric gastroenterologist may diagnose a milk allergy after assessing the child’s family history and ordering tests to rule out other possible causes of the symptoms.

Infants may also react to soy milk, and both milk proteins and soy may enter breast milk. Breastfeeding mothers should be aware that soy cheeses, nondairy products, baked goods, chocolate and other foods can unexpectedly contain these proteins which can be passed to your allergic child and cause symptoms. Check the ingredients list on foods and look for the words “casein,” “whey” or “milk protein.”

2

One Step Ahead of

STORM SEASON



October marks the one-year anniversary of Superstorm Sandy. This hurricane season, don’t wait until a major storm is on its way to prepare your home and family for extreme weather conditions.

- ☐ **Keep a checklist of actions to take** in the event of an evacuation, like turning off utilities and gathering important documents.
- ☐ **Know where you can take your pets.** Emergency shelters won’t take animals, so make other arrangements.
- ☐ **Stock your pantry** with enough nonperishable food and bottled water to feed your family for at least three days.
- ☐ **Assemble an emergency supply box** with a first-aid kit, flashlights, batteries, toiletries, a battery-powered radio and a list of important phone numbers.
- ☐ **Fill your bathtub or sink with water** in case your water supply is compromised.
- ☐ **Have plenty of cash on hand**, and if you own a car, fill its gas tank.

3

BOOST YOUR MEAL WITH BULGUR

Looking to try a new low-fat, low-sugar, low-sodium food option that’s heart healthy and high in protein, fiber, vitamins and minerals? Try bulgur. It has all of these nutritional essentials—and best of all, it can be tasty.

A staple of Middle Eastern diets, this whole grain comes from wheat kernels that have been steamed, dried and crushed. It has a nutty flavor and enhances a variety of recipes, from vegetarian chili to traditional tabbouleh to a grilled portabello breadless sandwich. Because of its versatility and easy preparation, bulgur has been trending in Brooklyn health circles. *(For an overview of another popular eating option, the Mediterranean diet, turn to page 22.)*

HOW TO USE BULGUR

Bulgur frequently serves as a healthy replacement for rice, couscous or pasta. It can be used to add fiber to casseroles and soups. Uncooked, finely ground bulgur is recommended to top salads.

The quickest way to prepare bulgur is to microwave or boil it in water or broth for five to ten minutes. The result? A hassle-free superfood.





an
evening of

Spirit

New York Methodist Hospital is pleased to host our very first *Evening of Spirit* event. We invite you to be healthy, be happy and have fun with us this October. The evening will be filled with pampering services, shopping, women's health information, amazing door prizes, goody bags, wine tastings and healthy hors d'oeuvres.

Gather your friends and come out to laugh, play and learn!

Date: Thursday, October 24

Time: 6:30pm-9:30pm

Location: New York Methodist Hospital
(Carrington Pavilion Lobby)
506 Sixth Street, Brooklyn NY 11215

Web: nym.org/spirit

To Register: For more information please call
855.NYM.WELL (855.696.9355)

Admission Fee: Open to women of all ages, \$10 Spirit Members,
\$15 Non-Members (sign up for your free Spirit Membership at nym.org/spirit)

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Women
spiritofwomen.com

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PHYSICIAN REFERRAL//718.499.CARE

Each stage of life introduces unique oral health challenges, but one thing remains true from childhood to old age: If you make a point of caring for your teeth, they won't let you down.

DO RIGHT by Your Pearly Whites

A lifetime of oral hygiene should begin earlier than you might think.

"Even before a newborn's first tooth appears, you should wipe the gums," says **Reneida Reyes, D.D.S., M.P.H.**, section chief of pediatric dentistry in the Division of Dental Medicine at New York Methodist Hospital. "Breast milk and formula are sweet and can lead to the formation of acid that penetrates the gum and can begin breaking down the enamel of nascent teeth. When the first teeth appear—typically between six to eight months of age—begin brushing them with a small dab of fluoride toothpaste and a soft toothbrush."

SEEING A PROFESSIONAL

Children should have their first appointment with a dentist before their first birthday.

They can begin brushing their own teeth twice daily by age four, according to the U.S. Department of Health and Human Services, but will continue to need your supervision for two or three more years to ensure that they're doing the job properly. Encourage your children to begin flossing once daily around the time they enter preschool. Take your children to dental appointments twice annually, or more often if recommended by your dentist.

As your children grow into active teenagers, encourage them to continue to make time for brushing their teeth and flossing. Just as important, ensure that they wear mouth guards if they participate in sports or activities like roller skating or skateboarding.

"When deciding if a child needs a retainer or braces, the most important question to ask the dentist is whether the problem is

functional or aesthetic," says **James Sconzo, D.M.D.**, chief of dental medicine at NYM. "A functional problem should be corrected because it might become a bigger issue later in life, but correcting an aesthetic problem is optional."

CARING FOR MATURE MOUTHS

The myriad obligations of adult life lead many individuals to let their oral hygiene slip, a mistake that can damage the gums and teeth by allowing disease to develop. Periodontal (gum) disease occurs when plaque accumulates on teeth. Studies have noted associations between the occurrence of gum disease and other, more serious conditions like heart disease and diabetes.

"Gum disease typically develops because individuals don't brush or floss often enough or visit the dentist regularly,"

THE ANATOMY OF A TOOTHBRUSH

BRISTLES

Choose brushes with soft, round-capped bristles to avoid damaging gums and wearing away tooth enamel.

Toothbrushes contain three basic components—handle, head and bristles—each of which deserves scrutiny when you're trying to choose from the plethora of options at the drugstore.

HEAD

Bigger isn't better. If the head is too big, you won't be able to brush the farthest reaches of your mouth.

HANDLE

Ensure that the handle is long enough for you to comfortably grasp the brush; otherwise, your brushing technique will suffer. Brush using gentle, circular motions rather than a rapid, up-down approach.

Studies show that manual and electric toothbrushes are equally effective at cleaning teeth. Like manual brushes, many electric toothbrushes are portable, disposable and inexpensive. Electric toothbrushes are beneficial for people who have difficulty grasping or with brushing motions and for children who might find them fun to use.

Smile Service

AN ON-CALL DENTIST IS AVAILABLE AT NEW YORK METHODIST HOSPITAL'S EMERGENCY DEPARTMENT TO TREAT INDIVIDUALS WITH ORAL INJURIES.

THE SUGAR SCOURGE

Your three-year-old may love those squeezable snack pouches full of puréed, organic fruit. However, despite their convenience as a snack (and purported health benefits), the pouches may contribute to the wider problem of children's overconsumption of sugar and its negative effects on their teeth.

"Many parents are surprised by the amount of sugar in squeezable snacks their children consume," says Dr. Reyes. "Have your children actually chew fruits rather than suck or drink them, because the act of chewing stimulates production of cleansing saliva. Juice is not a food group, but often a significant source of nonessential dietary sugar. Children who are hooked on sucking fruit from pouches or drinking sweetened beverages in bottles and sippy cups can experience tooth decay because of the consistent sucking and inflow of sugary fluid."

Another way to combat childhood tooth decay is to follow the American Academy of Pediatric Dentistry's advice by only allowing your children to use sippy cups for a few weeks to ease the shift from bottle to cup. Also, only fill the cups with water, except during meals when milk is acceptable.

Dr. Sconzo says. "When plaque hardens, it takes a dentist's skill and specialized instruments to remove it. Oral health comes full circle for seniors: Decay is a primary concern for them, as it is for children, although for different reasons. Seniors tend to experience dry mouth caused by the many medications they take. With less saliva in the mouth to cleanse the teeth, decay can occur. To counter dry mouth, seniors should brush their teeth more often than they did during middle age and drink plenty of fluoridated water from the tap rather than bottled water. Most bottled water brands don't contain fluoride."

No matter where you are on life's journey, don't let the worries of the moment cause you to neglect your oral health—or lose sight of the important role it will play in your future.



A *little* FIB

can lead to a big PROBLEM

What's the fib? Atrial fibrillation or A-fib for short.

What's the problem? A-fib puts you at five times greater risk for a stroke.

If you are a woman, your risk of developing A-fib is less than that of a man, but your risk of stroke and possible death from stroke is greater.

Fortunately, if you have been diagnosed with A-fib, you can take steps to prevent A-fib-related stroke. Unfortunately, many people who have A-fib don't know it. Read on to understand your risk.

What Is Atrial Fibrillation?

Atrial fibrillation (A-fib) is an irregular and often rapid heart rate that commonly causes poor blood flow to the body. Atrial fibrillation symptoms include heart palpitations, shortness of breath, tiredness and weakness. However, for many there are no noticeable symptoms.

A-fib can be occasional (symptoms come and go from minutes to hours) or chronic (symptoms will not resolve without treatment).

For more information, speak with your doctor or go to www.nym.org and type "atrial fibrillation" into the search engine.

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A LOVING CHOICE

When you fill out a healthcare proxy now, you spare putting a heavy burden on your family and loved ones later.

A HEALTHCARE PROXY allows a trusted friend or relative to make health decisions for you, based on your wishes, if you are incapacitated. Advance directives, including healthcare proxies, relieve stress and provide clarity for your caregivers.

"Having to make decisions for a loved one can be stressful," says **Joanne Lagnese, R.N.**, director of patient relations at New York Methodist Hospital. "The healthcare proxy can serve to alleviate that stress because it allows you to put your preferences

on paper. It gives your caregivers guidance about your wishes and provides instructions regarding your medical care, up to and including end-of-life decisions. Having these decisions documented early can also ease your mind now."

CHOOSE WISELY. Selecting a healthcare agent requires some thought. Before you become ill or debilitated, devote time to making your proxy choice and ensure that your family and close friends are aware of your wishes.

AS YOU MAKE YOUR HEALTHCARE AGENT CHOICE:

DO choose a person who understands your wishes and will advocate for you.	DON'T choose a person who is so attached to you that he or she might not be able to follow your wishes about end-of-life care.
DO choose a person who lives nearby, or who has the health and resources to travel to your location.	DON'T choose your doctor. By New York State law, a doctor who is named as your healthcare agent may no longer act as your attending physician.
DO consult with a counselor, clergy-person, close friend or physician if you are having trouble selecting a proxy.	DON'T let yourself be pressured into choosing a particularly pushy friend or family member who recommends him or herself, even if he or she has your best interests at heart. "When choosing a healthcare agent, trust is paramount," Ms. Lagnese says. "You should be able to depend on that person to carry out your wishes."

ADVANCE DIRECTIVES DEFINED

- + **A healthcare agent** is a person you appoint to make decisions about your medical treatment if your physician determines that you are no longer able to decide for yourself. Your healthcare agent must be at least 18 years old and cannot be your physician.
- + **A healthcare proxy** is a form you can use to appoint a healthcare agent. Healthcare proxy forms also include space for your medical care instructions and your wishes concerning organ donation. These are *not* instructions to halt your care; in fact, you can use a healthcare proxy form to specify maximum medical interventions, no interventions or anything in between.
- + A healthcare proxy requires **two witnesses**. Neither witness should be the person you designate as your healthcare agent. A lawyer does not need to be present at signing.
- + A healthcare proxy **does not grant non-health-related powers**, such as general power of attorney, to your healthcare agent.

minding your BONE BUSINESS

ALTHOUGH IT IS often believed to be a disease that only affects elderly women, osteoporosis starts to become a major threat to health right around age 50 for both women and men, according to the International Osteoporosis Foundation.

AN OSTEOPOROSIS OVERVIEW

Normally, bones are constantly being renewed throughout life. But for people with osteoporosis, the process of depositing new bone cells is disrupted, and bones become porous, brittle and fragile. The cause of this metabolic imbalance can range from normal hormonal changes associated with aging, to a dietary deficiency, thyroid or kidney problems, or a sedentary lifestyle.

KNOWING YOUR RISK

In its early stages, osteoporosis usually causes no symptoms. As the disease progresses, people may experience spine pain or a stooped posture due to unnoticed compression fractures. Routine bone density screenings can reveal the onset of osteoporosis before it causes life-altering damage.

"A dual-energy x-ray absorptiometry [DXA] scan is the best way to diagnose osteoporosis," says **Steven Garner, M.D.**, chair of radiology at New York Methodist Hospital. "Depending on the stage of the disease when detected, we may then use a variety of other imaging techniques to evaluate the internal structure of bone, pinpoint the location and extent of problems, identify bones at high risk of breakage, and assess the effectiveness of medications and therapies."

TREATING BRITTLE BONES

Osteoporosis treatment involves a multifaceted approach to preserve or improve bone density, prevent fractures, and minimize pain.

"Anti-osteoporosis medications can not only slow or halt the breakdown of bone, but also stimulate the growth of new bone," says **Farida Khan, M.D.**, attending endocrinologist at NYM. "Patients should also receive adequate vitamin D and calcium. Testing is required to determine the best and safest levels of these nutrients."

For people who have osteoporotic compression fractures in the spine, two surgical techniques—kyphoplasty and vertebroplasty—can relieve pain.

"During these procedures, a surgeon inserts a needle into the fractured bone then injects a special bone 'cement' in order to stabilize it," says **Martin Zonenshayn, M.D.**, chief of neurosurgery at NYM. "If the bone is deformed rather than just cracked, kyphoplasty involves the additional step of inflating a balloon to assist with the restoration of the broken bone to its proper shape before the cement is applied."

Your 51-year-old neighbor took a nasty spill on an icy sidewalk last winter,

breaking her hip. While the impact seemed like the reason for the break, it turns out that she's not too young for osteoporosis.



GENDER INEQUALITY

Given that osteoporotic fractures occur in both women and men, why do women age 50 and over make up 80 percent of the 10 million Americans currently living with osteoporosis?

"The reason for this discrepancy is that the female hormone estrogen helps protect bone health, but as women age, levels of this hormone decline drastically," says Dr. Khan. "This puts previously healthy bones at risk and is why women should be screened for osteoporosis when they reach menopause."

A small percentage of men develop osteoporosis due to declining bone mass, but few are actually aware of their risk. The best way to prevent an osteoporotic fracture is to speak with your physician about a routine DXA scan.

WHAT BEGAN LIKE ANY OTHER SCHOOL DAY TOOK AN ABRUPT TURN WHEN FOURTH GRADER ABRAHAM MEYERSON, WHO WAS PLAYING A GAME OF TAG AT RECESS, TRIPPED AND LANDED ON HIS LEFT SHOULDER. MINUTES LATER, HIS MOTHER, ELYSE, RECEIVED THE PHONE CALL EVERY PARENT DREAMS.

An Eventful Hour

TOUCHING BASE

13

HURT UNDER THE COLLAR

Whether caused by a fall on the playground or a collision on a basketball court, a clavicle fracture—also known as a broken collarbone—is common in both children and adults.

This type of injury can occur through direct impact—for example, when a person falls and lands forcefully on the shoulder—or indirectly, as when someone tries to break the fall, transferring the force of the impact through the arm to the collarbone. Athletes playing a contact sport are at high risk for this injury, but any type of trauma—from the impact of a car wreck to falling off a bike—could lead to a fractured clavicle.

SURE SIGNS OF DAMAGE

Symptoms of a clavicle fracture that call for medical attention include:

- + Bulging, bruising, swelling or tenting near the collarbone.
- + Crackling noise when the arm is raised.
- + Pain when moving the shoulder.
- + Slumped posture.

THE Rx FOR HEALING

Typically, rest and keeping the affected side of the upper body immobile are all that's needed to heal this simple break. If multiple breaks are present due to a greater or more complex impact, surgery may be needed to stabilize and align the bone. Younger children tend to have increased blood flow, which speeds healing, and their bones are still developing, so they may recover in as few as four weeks. Teens typically take eight weeks to heal, while adults require 12 weeks.

To minimize pain during the recovery period:

- + **Cool it down.** Ice packs can reduce swelling and tenderness during the first few days.
- + **Control the pain.** Over-the-counter medications like ibuprofen and acetaminophen can ease pain.
- + **Wrap it up.** Your physician may recommend that you immobilize your child's arm in a brace or a sling, also called a figure-of-eight strap, to prevent further damage or delay in recovery. Once the fracture heals, the physician or orthopedic specialist may recommend a simple series of motion exercises to reduce stiffness as your child begins to use the arm again.



PHOTO: DAVID GROSSMAN



WHEN ELYSE ANSWERED the phone, her surprise at hearing from the school nurse quickly turned to panic as the sketchy details about her son's accident were explained. Abraham's fall had resulted in excruciating pain and a suspected broken bone—a medical issue the school nurse was not equipped to handle. He needed to go to a hospital right away. Elyse, knowing little more than that her son was in pain, rushed to his school before heading to New York Methodist Hospital's Emergency Department.

"As a mom, you can't help but panic when your child gets hurt and you can't fix it yourself," Elyse says. "When I arrived at Abraham's school and saw the pain he was in and the difficulty he was having moving his left arm, I had to fight back tears." Normally a five-minute walk from Abraham's school, the few blocks to the Hospital with her child seemed to last an eternity.

Once mother and son arrived at NYM's Emergency Department they were quickly escorted to the Pediatric Emergency Room where Abraham was given ibuprofen to help manage the pain and his vital signs were obtained within five minutes. While Elyse was comforted by how quickly her son was being cared for, she felt even more relieved with the arrival of **Robert Van Amerongen, M.D.**, chief of pediatric emergency medicine.

"Part of being a good pediatric emergency physician is knowing how to quickly gain the trust of the patient and his or her parents. Often, they are very upset," says Dr. Van Amerongen. "Parents want quick answers for questions like, 'What is causing my child's pain?' 'Is something broken?' 'Is it an infection?' 'Will my child be okay?' It's important to provide reassurance for both parents and patients while x-rays or other tests are performed, and we don't yet have all the answers."

AN ANSWER FOR ABRAHAM

Dr. Van Amerongen used humor to diffuse the anxiety and fear that Abraham was feeling. "I told him he could punch me in the face if he thought it would help him feel better," the doctor laughs. Through his examination he determined that Abraham had fractured his left clavicle, the left side of his collarbone.

"Abraham had 'tenting,' which occurs when bone pushes up under the skin, as well as bruising on the left shoulder," Dr. Van Amerongen says. "This type of injury is common and heals very well on its own, which is good news, but that doesn't mean a lot when you're ten years old and hurting. My primary concern was assuring Abraham and his mother that everything was going to be okay."

Once his fracture was diagnosed, Abraham's left arm was placed in a sling. After telling Abraham that the recommended six weeks in the sling would fly by and not completely derail his summer vacation, Dr. Van Amerongen



GET SMART

When you're dealing with a medical condition or injury that can't wait for a visit to your regular physician, the innovative Simple Medical screening And Rapid Treatment (SMART) Program makes emergency care more efficient than ever.

In place from 10 a.m. to 10 p.m., the SMART program ensures that patients who arrive in the Emergency Department at New York Methodist Hospital with minor illnesses or injuries will be greeted by a patient liaison who can assist with registration and guidance to the next area of the Emergency Department. There, a physician's assistant will take vital signs and review allergies and current medications. After a consultation about the patient's condition, the physician's assistant may order further tests to determine the nature of the injury or illness and the appropriate treatment plan.

While the emergency care team reviews test results, a clerk may follow up to inquire about other details, like past illnesses. The physician's assistant will then return with the patient's diagnosis, explaining any prescriptions and instructions about how to treat your condition once you return home.

informed Abraham and Elyse that they could go home and that they should follow up the emergency care he received with an orthopedic specialist. From start to finish, the visit to NYM took only an hour.

"Dr. Van Amerongen referred us to a pediatric orthopedist at NYM, **Claude B. Scott, M.D.**, who was just phenomenal," Elyse says. "We followed up with him the next day to ensure that Abraham's fracture was healing properly and his range of motion would not be affected. He picked up right where Dr. Van Amerongen left off, making Abraham laugh and giving us good news about the fracture healing as it should."

"Parents should trust the staff at the Pediatric Emergency Room at NYM. Everyone was kind and gentle to Abraham when he was hurting and scared. They made both of us feel better within minutes and made a frightening situation much easier to handle."

WHEN YOUR CHILD NEEDS IMMEDIATE CARE, the Emergency Department at New York Methodist Hospital offers a separate Pediatric Emergency Room specially designed to help ease the fears of children in pain or discomfort.

COMFORT ON A KID'S LEVEL

"Children have unique emotional and developmental needs, and by keeping them separated from the confusing sights and sounds of the main emergency room, we provide a less frightening experience," says **Chris Kelly, M.D.**, director of the Pediatric Emergency Room. "The entire medical staff is highly skilled in speaking with children on their level. Kids and their parents feel more at ease in the hands of our dedicated pediatric nurses, nurse practitioners and physicians, who are specifically trained in pediatric emergency medicine."

While your child's comfort is paramount, the medical staff has specific treatments designed to be less traumatizing to children. For example, with minor scrapes and scratches, Dermabond, a liquid skin adhesive, is used instead of sutures. When a child's laceration requires suture, a specially prepared numbing substance called LET gel is applied beforehand. LET gel often prevents the need for injecting a local anesthetic, resulting in less fear and pain for the child.

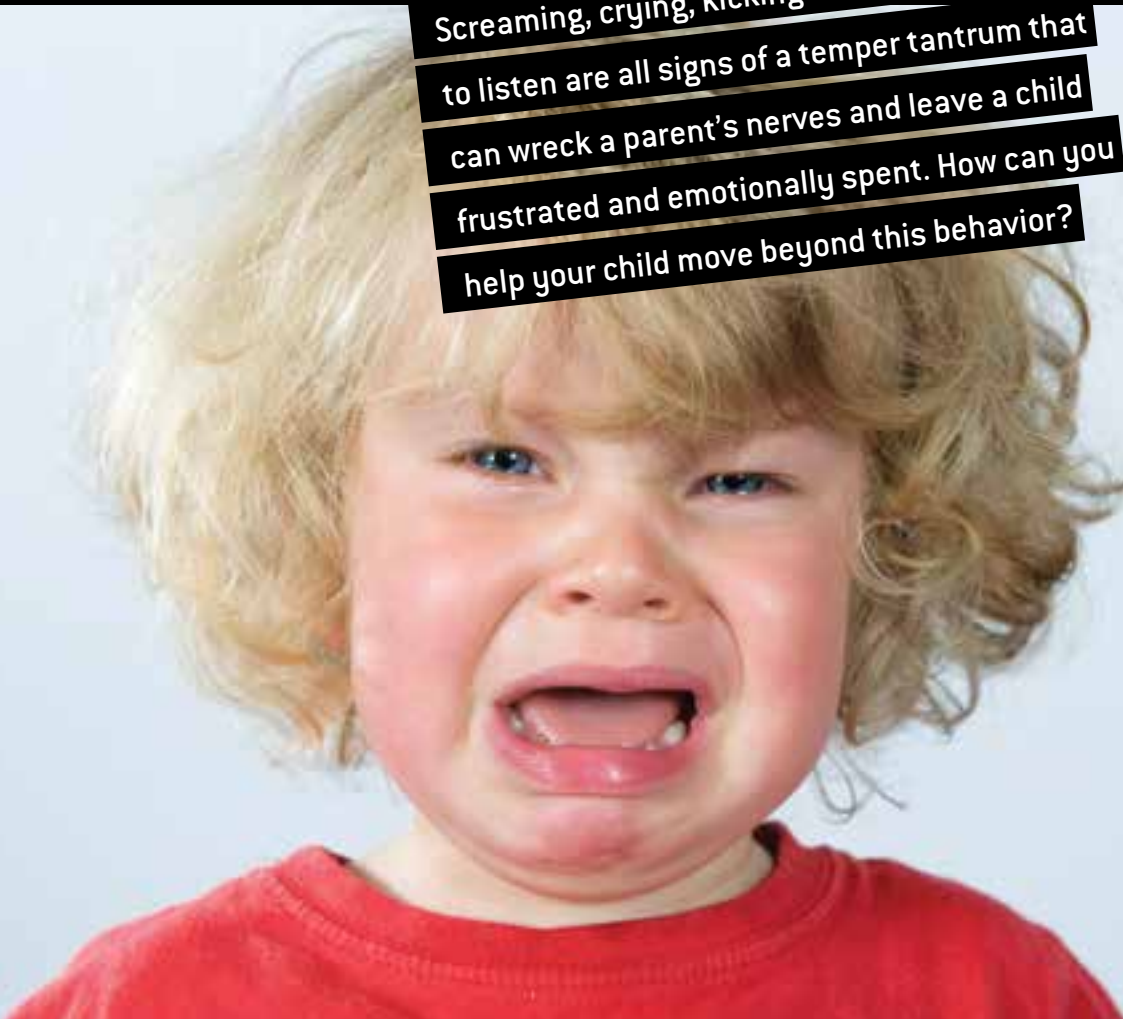
The Pediatric Emergency Room is open 24 hours a day, seven days a week.

SHORT FOCUS

16

KID ZONE

Screaming, crying, kicking and refusing to listen are all signs of a temper tantrum that can wreck a parent's nerves and leave a child frustrated and emotionally spent. How can you help your child move beyond this behavior?



WHEN MICHAEL BROWN, an attorney who resides in Flatbush, thinks back to when his young son started having major temper tantrums around age five, it all seems like a bad dream.

"As a toddler, he would cry or whine, throw a fit, or slam the doors of our apartment if he did not get his way," Michael says. "When he started acting out in kindergarten, becoming more physically aggressive and not listening to his teacher, we were worried that his disruptive behavior might be more than just temper tantrums."

Like millions of children across America, Michael's son experienced these highly charged emotional outbursts as a result of frustration at his inability to communicate or express his needs or feelings. Unbridled emotions, combined with fatigue and a limited vocabulary, can quickly escalate to a full-blown, anger-fueled temper tantrum.

"Tantrums are a normal part of a child's quest for independence and may begin at any age," explains **Yvonne A. Roque, M.D.**, a board-certified psychiatrist specializing in child and adolescent psychiatry at New York Methodist Hospital. "Babies' tantrums are primarily characterized by crying. As children get older and become more verbal, their tantrums can become more active and elevated."

Most parents will attest that direct orders and appeals to reason are usually ineffective for a child in the middle of a tantrum. Similarly, parents and caregivers who respond to these outbursts with bribes or coddling are actually rewarding the child's conduct and strengthening the cycle of bad behavior. The best way to de-escalate these situations is to master some simple strategies.

SES

TAKING BACK CONTROL

According to Dr. Roque, parents should remain calm and in control, careful to keep their own emotions or embarrassment from getting the best of them.

- These strategies can help parents deal with their children's tantrums.
- + **Stay objective.** In the heat of a tantrum, your child may say hurtful, negative things or even hit you. No matter how difficult the situation may be, remain calm, keeping in mind that an overreaction could escalate the situation.
 - + **Create a distraction.** Divert your child's attention from the tantrum by singing a song, pointing out something of interest in your surroundings (a pet or a toy, for instance) or engaging the child in a favorite activity.
 - + **Get busy.** Calmly explain to your child that tantrums are unacceptable and ineffective, and then occupy yourself with other tasks while keeping a watch on your little one from a distance. Once your child understands that tantrums are unworthy of your attention, he or she will be more likely to abandon the behavior.
 - + **Think ahead.** Avoid putting your child in a situation that can trigger a tantrum when he or she is likely to be tired, hungry or stressed. If possible, plan activities like shopping or dining out around your child's nap-time. If you are going out together, pack snacks, toys or favorite books as distractions should your child start to become agitated or angry.
- If these strategies fail, it may be time to enlist the aid of a trained professional.

"A therapist can address a child's recurring tantrums that may indicate signs of more complex emotional or behavioral issues like severe anxiety or nightmares," says Dr. Roque. "Therapy provides insight into how to react when tantrums occur. Plus, it can help children learn coping skills for channeling their frustrations."

GOOD TIMES TO COME

Today, thanks to following these guidelines and help from a therapist, Michael's son is well past his extreme tantrums. A vibrant, intelligent eight-year-old who loves skateboarding and riding his bike, Michael's son still has his emotional moments, as does any child, but they are much more manageable.

"As a parent, you can't help but worry when your child's behavior is at its worst," Michael says with a laugh. "There are days you wonder if there is light at the end of the tunnel. Thankfully, there is."

TANTRUM CULPRITS

Most children outgrow temper tantrums, but persistent, angry fits in kids older than age five could signify a deeper issue.

Possible causes of recurrent tantrums include:

- + Exposure to abusive or stressful situations.
- + Underlying mental health issues like attention-deficit/hyperactivity disorder, affective (mood) disorders or autism spectrum disorder.

"If your child is unable to handle frustration or stress on his or her own, and the problem is getting worse, seek professional guidance," says Dr. Roque.

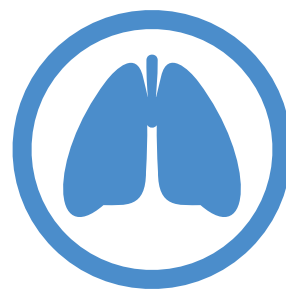
New York Methodist Hospital offers psychiatric services for children that incorporate a variety of treatments that aim to prevent mental disorders from continuing into adulthood.



Concerned about your child's behavior? For a referral to a pediatrician or a mental health professional affiliated with NYM, call 718.499.CARE (2273).

NEARLY **15 MILLION AMERICANS LIVE WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE** (COPD), A CONDITION THAT MAKES IT PROGRESSIVELY MORE DIFFICULT TO BREATHE. WHILE COPD RATES IN BROOKLYN HAVE BEEN DECLINING DURING THE LAST TWO DECADES, IT IS STILL A SERIOUS HEALTH CONCERN THAT RESULTS IN MORE THAN **3,000 HOSPITALIZATIONS** IN THE BOROUGH EACH YEAR.

Catching Your Breath



COPD IS MOST common in people older than 40, according to the National Heart, Lung and Blood Institute. People with the disease often experience a combination of respiratory issues. The most common are emphysema, which inhibits air exchange in the lungs, and chronic bronchitis, a perpetual state of irritation in the tubes that carry air to the lungs.

Symptoms of COPD can be similar to those associated with asthma and include persistent cough, shortness of breath during physical activity, tightness in the chest and a wheezing sound while breathing.

WHERE THERE'S SMOKE...

According to the American Lung Association, smoking is directly responsible for between 85 and 90 percent of all COPD-related deaths.

"While no cure exists for COPD, the most important thing to remember is that it is almost always preventable," says **Anthony Saleh, M.D.**, pulmonologist and associate program director of the Pulmonary Critical Care Medicine Fellowship at New York Methodist Hospital. "Early stage COPD may have no noticeable symptoms, but unless people stop smoking and seek treatment, the disease can continue to progress, threatening lives."

The specialists in NYM's Pulmonary Function Laboratory use lung function tests like spirometry, a simple breathing test that measures lung capacity, to help diagnose COPD, even before symptoms are present. People at risk of developing the disease, specifically those who have a family history of COPD or are current or former smokers, should be tested for the condition. Early diagnosis and appropriate treatment can help prevent further damage.

Additionally, people with COPD may be more susceptible to respiratory infections and should consult a pulmonary expert about preventive measures. These include regular immunizations against influenza and pneumonia to help prevent respiratory complications.

TAKE ACTION, GET HELP

The Institute for Asthma and Lung Diseases at NYM offers comprehensive care for those diagnosed with COPD or other respiratory diseases.

"Our goals at NYM are to prevent further decline in lung function, improve symptoms and treat complications while improving overall quality of life," says **Adebayo Esan, M.D.**, director of the Pulmonary Hypertension Center at NYM. "We do so by providing both acute short-term care and long-term management and by supporting healthful life decisions with our smoking cessation and pulmonary rehabilitation programs."

Though COPD cannot be cured, pulmonary rehabilitation is recommended for people with the disorder. Research suggests that rehabilitation can help reduce shortness of breath and improve quality of life, even in those who are oxygen-dependent.

Pulmonary rehabilitation at NYM is provided by board-certified pulmonologists and physical therapists who collaborate to create individualized programs that include breathing techniques, exercises for flexibility, and improving muscle tone and aerobic health.

To learn more about COPD, attend NYM's **WORLD COPD DAY** event on **THURSDAY, NOVEMBER 14** at Carrington Pavilion Atrium. Call the Department of Public Affairs at 718.780.5367 for more information.

RELIEVE STRESS, BREATHE EASIER

If you are living with COPD, you may be fighting to catch your breath, have limitations on your activities or require oxygen to assist with breathing. Studies suggest that stress has a strong negative effect on the quality of life of people with COPD. Effectively managing stress with the help of the pulmonary rehabilitation services available at New York Methodist Hospital can reduce breathing difficulties and other symptoms.

These services involve a three-pronged plan:

1

EXERCISE TRAINING

2

COUNSELING

3

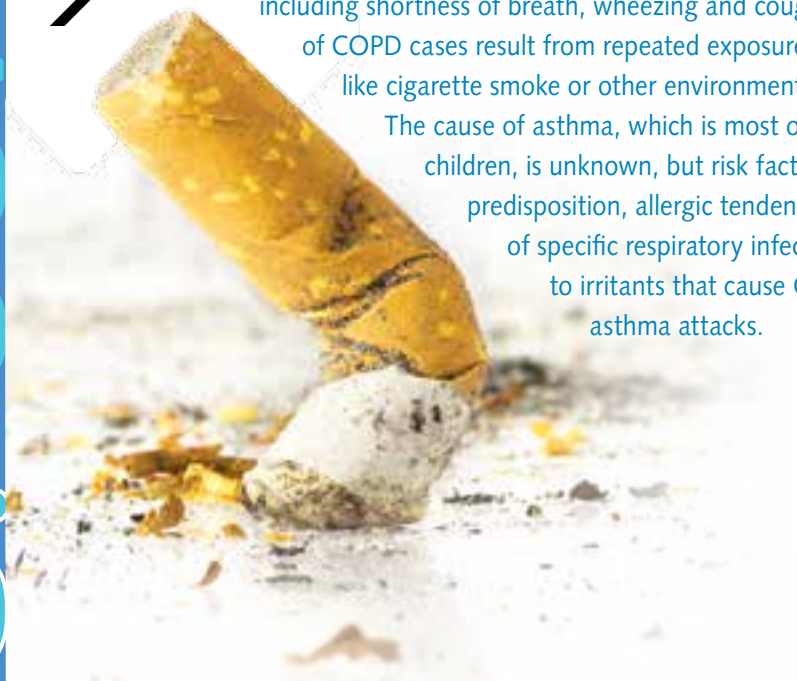
CONTINUING EDUCATION PROGRAMS

Through maintenance of healthy behaviors encouraged by pulmonary rehabilitation—like quitting smoking, eating a proper diet and sticking with an exercise regimen—symptoms and overall stress from COPD can be effectively relieved.



PEOPLE WITH COPD experience symptoms similar to asthma patients, including shortness of breath, wheezing and coughing. The majority of COPD cases result from repeated exposure to lung irritants like cigarette smoke or other environmental pollutants.

The cause of asthma, which is most often diagnosed in children, is unknown, but risk factors include genetic predisposition, allergic tendencies and a history of specific respiratory infections. Exposure to irritants that cause COPD can trigger asthma attacks.



Indoor Air Care

Like smoke from tobacco products, both pollution and other airborne particles can cause irritation and damage to the respiratory system. While you cannot control the outdoor air quality, you can take steps to improve the quality of air found in your home or office.

"Frequently changing the filters in your heating and cooling systems and performing regular maintenance and cleaning of the ducts can help keep air in indoor spaces free of harmful particles," says **Madhav Gudi, M.D.**, a pulmonary disease specialist at New York Methodist Hospital. "In winter, you may want to use a carefully maintained humidifier or air purifier to improve air quality. Fix any air leaks in your home and check regularly for mold. Keeping the home clean and well ventilated can reduce the number of dust mites."

Other potential sources of harmful indoor irritants include wood-burning stoves or fireplaces, dander from pets, and allergens from the outdoors that become attached to shoes or clothing or blow in through open windows.



Fine-particle pollution found in the air can cause breathing problems for those with COPD or other lung conditions. For a daily forecast of the area's air quality index, visit the New York State Department of Environmental Conservation online at www.dec.ny.gov.

The Talk Test

The ability to hold a conversation while exerting yourself has long been a way for healthy, active adults to learn whether their cardiovascular systems are running full tilt. When you exert yourself physically, respiration rates increase as the body uses more oxygen to rise to the challenge. Breathing also helps the body dispel the extra carbon dioxide created when cells expend energy.



"Exercisers who work in an optimal range—between 65 and 80 percent of the maximum heart rate—should be able to recite the Pledge of Allegiance or carry on a conversation without trouble," says Dr. Saleh.

If you find yourself unable to comfortably hold a conversation after walking down to the mailbox or up to the corner deli, it may be time to see a pulmonary function specialist at NYM for help. Ask your physician about a referral to our Pulmonary Function Laboratory, where your condition will be evaluated, damage to your lungs will be determined and a treatment plan will be established.

DECODE YOUR COUGH

When the nerves in the airways that carry air to and from your lungs become irritated, the body's natural reaction is to cough. This action rapidly expels air from your lungs, removes irritants like mucus or smoke, and helps you breathe better.

A cough that lasts for several weeks could be caused by complications related to COPD, a cold virus or even a reaction to taking certain medications, like ACE (angiotensin converting enzyme) inhibitors. Your physician can help pinpoint the exact reason you're coughing, but here are a few potential causes.

ALLERGIES

If you experience a cough or other respiratory irritation symptoms like sneezing or a runny nose at the same time each year or in a noticeable pattern (like after your daily walk in the park), you may have allergies. In people with allergies, the body identifies "invaders" like pollen as potential threats and reacts to protect you from them, which can cause inflammation and irritation. If over-the-counter products do not provide sufficient relief from allergies, an allergist can help you create a personalized treatment plan.

ASTHMA

A recurring cough accompanied by tightness in the chest, wheezing and shortness of breath could be asthma-related. Asthma causes the airways to become very sensitive and reactive to cold air, pollen and other irritants. Unless treated properly, asthma can have serious side effects and even lead to death. Talk with your physician about ways to manage the condition.

COLD

Coughs that last between one and three weeks and are accompanied by sneezing and nasal discharge are most commonly due to the common cold, a viral condition. If symptoms do not respond well to over-the-counter medication, additional medication may be prescribed by your physician.

GERD

Gastroesophageal reflux disease (GERD) is a condition that can cause acid or other substances to backflow (reflux) into the esophagus. As a result, many of those with GERD experience irritation in their lungs or throat, which can produce a persistent, nonproductive cough that may have no obvious cause. Over-the-counter medications that inhibit the body's ability to produce acid can sometimes help resolve GERD and its related symptoms.

EAT LIKE A Philosopher



BROOKLYN MAY BE A LONG WAY FROM ATHENS, BUT WHEN YOU SWITCH FROM RED MEAT AND PASTA TO FRESH SEAFOOD, VEGETABLES AND LEGUMES WASHED DOWN WITH A GLASS OF ROBUST RED WINE, YOU CAN ENJOY THE HEALTH BENEFITS OF A MEDITERRANEAN DIET—ALMOST AS GOOD AS A VIEW OF THE AEGEAN.

THE BALANCED, fish- and olive oil-based diet historically enjoyed by people in Greece and other Mediterranean countries has long been associated with health and longevity. New studies add heft to research begun in the 1940s, showing that a Mediterranean diet can reduce not only the risk but the actual incidence of major cardiac events.

Other positive associations with Mediterranean diets include improved gastrointestinal function and a lowered risk of cognitive impairment and certain cancers, according to **Patricia Slinger-Harvey, R.D., C.D.N.**, director of Clinical Nutrition and Patient Services at New York Methodist Hospital.

A HISTORY OF BALANCE

Despite popular opinion, there is no one true Mediterranean diet to follow.

"It's a misconception that there is a single eating pattern that characterizes this type of diet. The term 'Mediterranean diet' is a collective reference to the diets and lifestyles of communities found along the Mediterranean Sea," Ms. Slinger-Harvey clarifies.

Early research, conducted in Crete, found that Greeks tended to live longer than Americans or North Europeans. The research

also noted that Greek diets were high in olive oil, beans and lentils, potatoes, whole fibers, and fruits and vegetables because of the scarcity of meat in the preindustrial age. Further studies about eating patterns in Greece, Italy and other Mediterranean countries confirmed early findings. More recently, Mediterranean diets have been changing to resemble those of Northern Europe and the United States—more bread and meat, less fruit and vegetables—with corresponding increases in chronic diseases.

BALANCE TODAY

How does a person who does not live in a traditional Mediterranean culture adopt old-fashioned Mediterranean eating patterns? Balance is key, according to **Alfred Leong, M.D.**, director of the Weight Management Program at NYM.

"Everybody should eat a balanced diet consisting of protein, carbohydrates, vitamins, minerals and fiber," Dr. Leong says. "I recommend selecting fish or white meat as sources of protein and consuming whole grains instead of refined ones. Healthy mono-unsaturated fatty acids, like those found in olive, canola and sunflower oil, may lower blood cholesterol and improve blood sugar control. Select these fats for cooking and as a base for salad dressings."

The traditional Mediterranean diet features food items that strike the balance Dr. Leong refers to with selections like:

- + Fresh vegetable and fruit varieties.
- + Protein mostly from seafood or legumes like beans, lentils and chickpeas.
- + Whole grains and nuts in moderation.
- + Olive oil in moderation (as a primary fat source).
- + Red wine in moderation.
- + Reduction or elimination of red meat, dairy products, processed (“white”) flour and sugary desserts.

As you make nutritional selections, consider all of your

dietary goals—weight loss or weight gain, improved health, your grocery budget and anything else of importance to you.

If weight loss is your goal, just remember Aristotle’s “golden mean” theory: moderation in all things. Practice portion control to stay within your recommended caloric allowance and engage in daily exercise to reach weight-loss objectives. Opt to indulge only occasionally in small portions of high-caloric Mediterranean fare like olives, nuts and feta cheese. For a complete balanced approach to living, incorporate the cultural aspects of a traditional Mediterranean lifestyle—more physical activity, preparing and eating food in the home, and spending more time with family.



LOOKING FOR A LEGUME THAT PACKS A PROTEIN PUNCH?

DIVE INTO A MEDITERRANEAN DIET STAPLE WHERE CREAMY MEETS CRUNCH.

[6 servings]

CHICKPEA SALAD

Ingredients

- + 8 ounces (roughly 1½ cups) dried chickpeas, soaked, liquid saved
- + 3 tablespoons red wine vinegar
- + 2 tablespoons extra-virgin olive oil
- + 3 tablespoons coarsely chopped fresh flat-leaf parsley
- + 2 tablespoons shredded fresh basil
- + ¾ teaspoon dried oregano
- + 1¼ teaspoons coarse salt
- + 1 garlic clove, minced
- + 16 whole black peppercorns, crushed
- + 2 cups (8 ounces) yellow or red cherry tomatoes, halved
- + ½ cucumber (8 ounces), peeled and cut into ½-inch dice
- + ½ green bell pepper (sans ribs and seeds), cut into ½-inch dice (1 cup)
- + 3 scallions, sliced into ½-inch pieces

Directions

- 1 In a large pot, mix chickpeas, reserved liquid and ¾ teaspoon salt. (Liquid should be two inches deep.)
- 2 Reduce heat after bringing to a boil, simmer gently.
- 3 Cook for approximately 40 minutes, with occasional stirring, until chickpeas are soft.
- 4 Drain, then put the 3 cups of chickpeas in a bowl.
- 5 Make a paste with the garlic and remaining salt (½ teaspoon).
- 6 Whisk garlic paste, oil, oregano, peppercorns and vinegar in a bowl and pour over chickpeas. Allow to sit for a half-hour, stir no more than twice.
- 7 Add basil, bell pepper, cucumber, parsley, scallions and tomatoes.

Approved by the Department of Food and Nutrition Services at New York Methodist Hospital.

VARICOSE VEINS FORM when the valves of healthy veins wear out. Normally, valves help veins accomplish their gravity-defying task of channeling blood back to the heart by closing when leg muscles push blood upward, preventing the liquid from flowing back into the vessels. Damaged valves permit blood to leak back into veins and pool inside them, causing the veins to swell and the legs to feel achy or leaden. Varicose veins can appear in shades of blue or red and resemble wires crisscrossing the skin or can be visible because they are raised from the skin.

If you have these irregular veins, you are not alone:

- + More than half of women in the United States have varicose veins or their smaller cousins, spider veins.
- + As much as 45 percent of men are affected by abnormal veins.
- + Fifty percent of individuals older than 50 live with varicose veins.

Many factors place an individual at risk for developing varicose veins, including personal or family history of abnormal veins or having a job that requires sitting or standing during most of the day. Hormone fluctuations during pregnancy and menopause increase young and middle-aged women's chances of experiencing varicose veins. Another significant risk factor for varicose veins is obesity.

The possible complications of varicose veins underscore the importance of prevention (for more prevention tips, see "Healthy Legs"): In addition to cosmetic concerns and leg discomfort, varicose veins can cause skin ulcers and contribute to the formation of potentially dangerous blood clots. They may also signal issues with the circulatory system.

"The most important advice I offer individuals about preventing varicose veins is simply to control your weight," says **Michael Bezuevsky, D.O.**, attending vascular surgeon in the Division of Vascular Surgery at New York Methodist Hospital. "Excess weight makes it more difficult for the veins to perform their function of returning blood from the legs to the heart and can contribute to the development of problem veins."

If you struggle with unhealthy weight, address the problem by examining your lifestyle. Begin with exercise: Work toward meeting the American Heart Association's recommendation of performing at least 30 minutes of moderate cardiovascular activity five days per week. Help keep blood flowing smoothly through your lower extremities by engaging in exercises that involve your legs, like walking or riding a stationary bicycle.

STOP LETTING PROBLEM VEINS CONTROL YOUR LIFE

Next, turn your attention to nutrition. Eating a heart-healthy diet full of fruits, vegetables and whole grains will help you achieve a healthy weight. The U.S. Department of Health and Human Services notes that shunning salt-laden foods in favor of fiber-rich items can help you avoid factors like leg swelling that lead to, or exacerbate, varicose veins.


TIME TO SEEK A SOLUTION

There are several options for treating varicose veins, allowing you to find relief from swollen blood vessels and stop planning your life around leg discomfort.

The road to reduced symptoms begins in a vascular specialist's office, where he or she will perform a physical exam and ask you about your health history. The physician will probably order an ultrasound test called a venous duplex study to pinpoint problem veins and gain insight into what's causing them.

The vascular specialist might suggest various conservative measures to relieve symptoms of varicose veins, including exercising and wearing compression stockings. If symptoms don't improve, a surgical or nonsurgical procedure might be necessary. Specialists at NYM's Institute for Vascular Medicine and Surgery have several options for treating varicose veins:

- + **Radiofrequency ablation**—during this minimally invasive procedure, a laser-tipped catheter is advanced through a vein and radiofrequency energy is used to eliminate it from the inside out as the instrument is retracted. "This method leaves patients with less pain, scarring and bruising than surgically removing the vein, and recoveries are shorter," says **Marcus D'Ayala, M.D.**, chief of vascular surgery at NYM.
- + **Sclerotherapy**—a needle is inserted into a vein to inject a chemical that causes the vein to close.
- + **External laser therapy**—veins are targeted with a laser and then destroyed from outside the skin.
- + **Surgical ligation and stripping**—used in rare cases, this procedure involves the complete removal of varicose veins from the legs.



YOU ARE OUT FOR A WALK WITH YOUR DOG,
BUT YOU'RE HAVING TO FIND A BENCH
TO REST—AGAIN—BECAUSE
OF THE PAIN IN YOUR LEGS.
THE REASON FOR THIS PAIN?
MEANDERING, BULGING BLUE LINES
COURSING ALONG YOUR THIGHS AND
THE BACKS OF YOUR KNEES
—VARICOSE VEINS.

Healthy Legs

25

In addition to exercising and getting proper nutrition to maintain a healthy weight, follow these tips to help prevent varicose veins:

- + Monitor how long you sit or stand—if you must do either for 30 minutes or longer at one time, move your legs or walk around, the U.S. Department of Health and Human Services suggests.
 - + Women should only wear high heels for short stints and wear loose-fitting pants, the National Institutes of Health recommends.
 - + Speak with your physician to determine if you might benefit from wearing compression stockings, hosiery that applies pressure to the legs, to discourage blood from accumulating in the veins.
- "Compression stockings are important preventive tools, and they're often essential if you notice varicose veins starting to develop," says Dr. D'Ayala. "Think of compression stockings like socks—instead of wearing socks, wear the stockings, which are typically knee-high and vary in compression strength depending on the severity of problem veins."

For a referral to a vascular specialist who can discuss treatment options with you, call NYM's Institute for Vascular Medicine and Surgery at 866.438.VEIN (8346).

THE STATE OF

PROSTATE CARE

26

You may have heard discussions about prostate glands, PSA tests and new screening guidelines without giving these conversations much thought. When it comes to prostate cancer prevention, now is the time to do more than just listen.

THE PROSTATE, a gland located at the base of the bladder, is a part of the male reproductive system. Prostate cancer usually develops very slowly and, although not lethal in most patients, a small percentage of prostate cancers are very aggressive. Nearly 30,000 American men die of prostate cancer every year. However, the disease usually does not produce symptoms in the early stages when it is most treatable. By the time symptoms, like pain when urinating, occur, the cancer is likely to have advanced.

TO SCREEN OR NOT TO SCREEN?

Prostate cancer screening is a controversial issue. According to a statement from the Clinical Guidelines Committee of the American College of Physicians issued in May 2013, "Doctors should inform men age 50 to 69 about the limited potential benefits and substantial potential disadvantages of prostate cancer screening. Patients and doctors should base screening decisions on the patients' preferences, prostate cancer risk, health and life expectancy."

Discuss your risk for the disease with your physician and make the decision about screening together. Potential disadvantages of followup screening include complications from subsequent procedures like a biopsy or surgery to remove the prostate.

Currently, the primary screening tool is the prostate-specific antigen (PSA) test, which measures blood levels of protein produced by the prostate gland. Elevated PSA levels do not necessarily mean cancer; they mean only that further investigation may be needed.

WHAT ARE MY OPTIONS?

If you opt for PSA testing and it produces suspicious results, your doctor may order a second PSA. If PSA levels are confirmed high, your doctor may then recommend periodic PSA testing to monitor for rising PSA levels as well as a digital rectal examination (DRE) to check for prostate tumors (a process known as "active surveillance" or "watchful waiting"). If PSA levels increase or a lump is found, your urologist will most likely recommend imaging tests and/or a biopsy to diagnose and stage the disease.

If the presence of prostate cancer is confirmed, your urologist may recommend continued surveillance or one of the many precisely targeted treatment methods available:

- + **Brachytherapy (internal radiotherapy)** places sealed radiation units called "seeds" near the tumor to destroy malignant tissue with the lowest radiation dose possible.
- + **External beam radiotherapy** focuses beams of radiation on the affected area to eradicate cancer cells while minimizing damage to healthy tissues nearby.
- + **Prostatectomy** removes all or part of the prostate gland. An open prostatectomy is a traditional surgery requiring an incision to reach the prostate. Robotically assisted laparoscopic prostatectomy uses a smaller incision and typically results in less pain, shorter hospital stay and faster recovery.
- + **Androgen deprivation therapy** blocks hormones responsible for tumor growth from reaching the prostate. This method may be used if surgery or radiation is not an option, or to help shrink the tumor before another treatment.

FOCUSED TREATMENT

"We offer all available treatments options for prostate cancer, including brachytherapy, external beam radiotherapy, robotic-assisted prostatectomy, cryotherapy, hormonal therapy and active surveillance," says **Ivan Grunberger, M.D.**, chief of The Division of Urology at New York Methodist Hospital.

The choice of treatment depends on multiple factors, including the patient's age, body type, additional health considerations, biopsy results, PSA levels, and more.

"The treatment decision is made with the patient and often a family member," Dr. Grunberger says. "We discuss the patient's options so that he is well-informed about each alternative available to him."

Healthy Morning Makeover

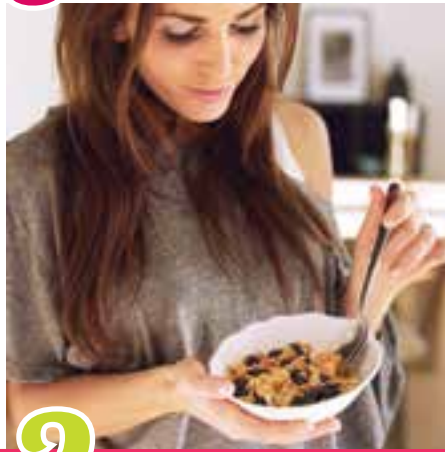
ALWAYS ON THE GO IN THE A.M.? HERE ARE
THREE EASY WAYS TO ADD HEALTH TO THE
RUSH OF YOUR MORNING ROUTINE.

RELAX, REFRESH, REFOCUS



1 GO GREEN. Switch out your morning cup of joe with freshly brewed green tea. Unlike coffee, green tea is packed with chemicals called catechins. According to the American Cancer Society, catechins may help kill certain forms of cancer cells that would otherwise grow and spread. Green tea also offers protective benefits for your heart by blocking the oxidation of bad cholesterol and boosting artery function.

In terms of caffeine, an eight-ounce cup of green tea contains between 25 and 40 milligrams, while the same amount of coffee can contain anywhere from 100 to 200 milligrams.



2 PLANT A SEED. During your morning rush, cereal may be the only breakfast food you have time to prepare. While choosing a cereal with a full serving (16 grams) of whole grains is a healthy idea, take your choice the extra mile by sprinkling a handful of flax or chia seeds on top. These tiny seeds are big in omega-3 fatty acids—which may protect against heart attack and stroke—and fiber. One ounce of chia seeds contains 11 grams of dietary fiber, which is approximately one-third of the daily amount of fiber the National Fiber Council recommends for most adults. Grind flax and chia seeds the night before to reap the greatest nutritional value.



3 RINSE AND RELAX. When you climb out of bed in the morning, does your mind tend to flood with worries and expectations about the coming day? Maybe you have an important deadline or a presentation at work. Meditation can help you remain calm in the face of these day-to-day stressors. To save time, try meditating in the shower. Two popular forms of meditation include:

+ **Deep breathing**—Place your hand on your stomach and feel it expand as you take slow, deep breaths from your diaphragm. This regulates your breathing, calms your nerves and helps you better manage stress throughout the day.

+ **Mindfulness**—The goal of mindful meditation is to become aware of thoughts and sensations as they're experienced. In the shower, this might be as simple as enjoying the warm steam hitting your face or the scent of your new body wash. This helps you focus your mind and address any negative thinking in a nonjudgmental way.

"I personally use mindful meditation as a relaxation tool," says **Yen Ling Chong, M.D.**, psychiatrist at New York Methodist Hospital. "It can be very effective at improving an overall sense of well-being."

DID YOU KNOW?

IF YOU WANT THE ANTIOXIDANTS OF GREEN TEA WITHOUT SACRIFICING THE CAFFEINE KICK THAT COFFEE OFFERS, TRY MACHA GREEN TEA, A GROUND FORM OF GREEN TEA LEAF THAT CONTAINS MORE CAFFEINE THAN NORMAL GREEN TEA.



Q&A

Always Looking Ahead



DR. HEITNER

AS A BOARD-CERTIFIED CARDIOLOGIST
AND INTERNAL MEDICINE PHYSICIAN
WITH A SPECIAL INTEREST IN CARDIAC IMAGING,
JOHN F. HEITNER, M.D., HELPS PATIENTS GAIN
GREATER INSIGHT INTO THEIR HEART HEALTH.

Dr. Heitner attended medical school at Albert Einstein College of Medicine before completing an internal medicine residency and a cardiovascular fellowship at Duke University. He also completed an internal medicine fellowship at Emory University before joining the medical staff at New York Methodist Hospital in 2004.

Q

What made you gravitate toward medicine?

A

My father was a doctor, but I didn't really consider medicine as a career until I was in college. I started out as a business major but realized that I liked the biological sciences the most. The human body fascinates me, so I was excited to pursue a career in which I was constantly learning in addition to being able to help people day in and day out.

Q

You are director of noninvasive cardiac imaging at NYM. What about cardiac imaging appeals to you?

A

Cardiac magnetic resonance imaging is a new area in cardiology that opens windows into the heart. We are able to see the heart muscle with terrific resolution and thus can diagnose diseases such as cardiac amyloidosis, where the heart muscle is replaced by a protein-like substance. A heart biopsy used to be needed to make this diagnosis, but now we can make it noninvasively.

Q

What is your philosophy of care?

A

I see a wide spectrum of patients—of all ages and with all types of heart disease—so it's important that I address the patient as a whole rather than focusing just on specific problems and practice evidence-based medicine as best as I can.

Q

Outside of medicine, what are your hobbies and interests?

A

I love reading and seeing movies, spending time with old friends, playing basketball, soccer and softball, and traveling. Brazil is one of my favorite destinations.

Q

What are your current goals?

A

As the saying goes, life without goals is like a sailboat without a rudder. I have a number of places I'd like to see, including Australia, New Zealand, China and Russia. I'd also like to complete the book about cardiology I've been working on. That keeps getting put off because, as the father of a two-year-old daughter, Savannah, and an infant son, Harrison, I want to be a great father and raise my children in a way that will help them reach their maximum potential.

Q

As a busy father, how do you find time to write at home?

A

I have not written a book before, but I have contributed to a number of research papers. I try to write when I'm flying or on vacation. The children tend to nap a few hours a day, so I'm able to crank out a few paragraphs at a time here and there.

Up to Date? about Diabetes

CHECK YOUR KNOWLEDGE ABOUT THIS CHRONIC HEALTH CONDITION WHICH CURRENTLY AFFLICTS MORE THAN 150,000 PEOPLE IN BROOKLYN.

1

Which of the following is one of the most common complications of diabetes?

- a. Delays in wound healing.
- b. Reduced social life.
- c. Obesity.
- d. Inability to eat carbohydrates.

ANSWER: a. Often, people with diabetes experience delayed wound healing. The other responses are common myths about diabetes. There is no need for people with diabetes to restrict their social lives or follow no-carbohydrate diets. If you have diabetes, your physician or nutritionist will help you tailor a sensible eating plan. Usually, you can eat a slice of cake at a party by cutting carbs at other times during the day or increasing your insulin dose. While diabetes can result from obesity, the condition does not typically cause weight gain. Often, one of the earliest signs of diabetes is weight decline due to loss of calories from frequent urination.

2

According to the National Institutes of Health, which conditions are of concern to people with diabetes?

- a. Low blood sugar.
- b. High blood sugar.
- c. Both.
- d. Neither.

ANSWER: c. Both conditions can be harmful to the body. Elevated glucose levels can result in thirst, excessive urination and nausea. Decreased blood glucose can lead to faintness or exhaustion.

3

Insulin, the chemical that regulates blood glucose, comes from the Latin word "insula," meaning:

- a. Within.
- b. Island.
- c. To open.
- d. Closed off.

ANSWER: b. Sir Edward Albert Sharpey-Schafer coined the term "insulin" in 1910 after observing the insulin-producing "islands" in the pancreas known as Langerhans.

4

What causes gestational diabetes (diabetes that occurs during pregnancy)?

- a. Very young maternal age.
- b. Hormones from the placenta causing maternal insulin resistance.
- c. Genetic predisposition in both the mother's and father's families.
- d. The fetus absorbing the insulin from the mother's body.

ANSWER: b. Scientists don't know the exact mechanism but believe that placental hormones cause the mother to become insulin resistant. The resulting maternal high blood glucose is termed gestational diabetes. Gestational diabetes typically develops around week 24 of pregnancy. Women who develop this condition may not have had diabetes before becoming pregnant. Often, it resolves on its own after a pregnancy ends. However, women with gestational diabetes need to monitor their blood sugar closely, as high maternal glucose can cause the baby to manufacture extra insulin and may lead to high weight and low blood glucose at birth along with increased risk for developing type 2 diabetes later in life.

5

Once you start taking diabetes medications, will you have to take them for life?

- a. Yes.
- b. No.
- c. No one knows.
- d. Perhaps, depending on the type of diabetes you have, your treatment plan and other factors.

ANSWER: d. People with type 1, insulin-dependent diabetes will indeed have to take medications as long as they live. However, people with type 2, non-insulin dependent diabetes may reduce or eliminate their need for diabetes medications by losing weight and improving their health. In fact, bariatric surgery has been shown to reduce the need for diabetes medications for many patients.

At New York Methodist Hospital, the Surgical Weight Reduction Program offers a variety of bariatric surgery options that can help people lose weight and improve many medical conditions, including diabetes, high blood pressure and sleep apnea.

How did you do? If you got at least four correct, consider yourself a diabetes scholar. To learn more about diabetes, visit NYM's Carrington Pavilion Atrium on **THURSDAY, NOVEMBER 14** to participate in the Hospital's **WORLD DIABETES DAY** event. Call 718.780.5367 for more information.

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



1

YOUR MOUTH MATTERS

Take steps to ensure optimal oral health for you and your family at every stage of life. Start before the first tooth appears. Get baby started on a lifetime of good oral health by wiping his or her gums. Throughout life, help prevent tooth decay with daily brushing and flossing, regular professional care, and by limiting sugary drinks. Ward off gum disease and other problems of the mature mouth by maintaining healthy oral care habits.

To learn more about caring for your teeth, see "Do Right by Your Pearly Whites" on page 8.



3

2

SOMEONE TO SPEAK FOR YOU

A healthcare proxy is someone you empower to make healthcare decisions in your place if you are unable to do so and to ensure that your end-of-life wishes are honored. But which person should you select to carry out this duty? The best choice is someone you trust who understands the complexities of the situation and who has your best interests at heart—and is able to put your preferences ahead of his or her own.

To learn more about choosing a healthcare proxy, see "A Loving Choice" on page 11.

3

WHEN A CHILD THROWS A FIT

Being a toddler and trying to make sense of an enticing world with limited physical, emotional and cognitive resources can result in extreme levels of frustration and anger. Tantrums may be a normal part of development, and a parent can cope with tantrums by establishing a consistent daily routine, learning a child's triggers, being ready with a distraction and remaining calm no matter what. If these tips are unsuccessful, resources such as therapy may be beneficial.

To learn more about soothing a child's tantrums, see "Short Fuses" on page 16.



4

4

CATCH YOUR BREATH

Is that persistent cough due to a simple cold, seasonal allergies, asthma, pollution or chronic obstructive pulmonary disease (COPD)? Spirometry testing by a physician can help determine the cause. One of the best ways to prevent COPD is to stop smoking. Those diagnosed with COPD can control symptoms by avoiding triggers such as stress, poor indoor or outdoor air quality, and secondhand smoke, and by speaking with a physician about pulmonary rehabilitation.

To learn more about combatting COPD, see "Catching Your Breath" on page 18.

5

ALL FOODS IN MODERATION

Adopting a Mediterranean approach to eating can offer a host of health benefits. The Mediterranean diet advocates less red meat, dairy, sugar and starchy processed foods and aims for a variety of fruits and vegetables, grains, and protein primarily from beans and fish. Use of olive oil and red wine is encouraged. To fully adopt the Mediterranean lifestyle, balance your caloric intake with physical activity, and take time to relax with friends and family.

To learn more about adopting a Mediterranean diet, see "Eat Like a Philosopher" on page 22.

COMMUNITY FORUM

Do YOU wish to comment on an article you've read in **Thrive**? We welcome your input. Email AskThrive@nym.org and let us know if we have permission to print your submission.

THANK YOU FOR YOUR RECENT ATTENTION TO DIABETES IN 'THRIVE.' SO MUCH MORE INFORMATION NEEDS TO BE GIVEN TO THE PUBLIC ABOUT THIS DISEASE AND HOW IT CAN BE PREVENTED. PLEASE CONTINUE TO PROVIDE INSIGHT ABOUT THIS TOPIC.

DIABETES EDUCATION

We agree that diabetes education is vital. Approximately 79 million Americans have a prediabetic condition that puts them at risk of developing diabetes, but only 11 million of them realize it. In this issue, "Health Quiz" on page 29 provides an opportunity for readers to put their diabetes knowledge to the test.

I READ YOUR SPRING ISSUE WITH GREAT INTEREST, BUT I FOUND ONE THING LACKING: FOLKS FROM A VARIETY OF BROOKLYN NEIGHBORHOODS. "THE GRANDPARENT LEARNING CURVE" FEATURED TWO FAMILIES, BOTH FROM PARK SLOPE. IN THE "MESSAGE FROM THE CEO," MARK MUNDY NOTES, "OUR GOAL IS TO HELP ALL BROOKLYN RESIDENTS BE HEALTHIER, STRONGER AND HAPPIER." WITH THIS IN MIND, I WOULD BE HAPPY TO SEE 'THRIVE' INCLUDE OTHER BROOKLYN COMMUNITIES.

REPRESENTING BROOKLYN

Thank you for your interest in our publication. We are honored to serve Brooklyn in its entirety, and we take your request to heart. You'll find Flatbush represented in our "Kid Zone" article on page 16, and with each issue we plan to include as many community voices as possible.

SLEEP SUPPORT NEEDED

"Acute insomnia is short-term and often related to factors like a change in sleep schedule, stress over a new job or other major life event, physical illness, or environmental factors," says **Jeremy Weingarten, M.D.**, director of the Center for Sleep Disorders at NYM. "If the insomnia persists more than two to three nights a week for longer than a month—particularly if accompanied by a generalized anxiety or depression—you may have chronic insomnia and should consult a physician. Undergoing a sleep study is the best way to find out. Treatment—from medication to adoption of good sleep habits—is available for both acute and chronic insomnia."

I KEPT LATE HOURS WHILE IN GRADUATE SCHOOL AND WORKING PART-TIME, BUT I RECENTLY FINISHED MY DEGREE, STARTED A NEW JOB WITH A 9-TO-5 SCHEDULE AND HAVE TROUBLE FALLING ASLEEP AT NIGHT. I READ YOUR ARTICLE ABOUT SLEEP DISORDERS ["PUTTING SLEEP DISORDERS TO BED," FALL 2013], AND I'M WONDERING IF I HAVE INSOMNIA, AS MY LACK OF SLEEP IS AN ONGOING PROBLEM.

Call 718.780.3017 for more information about sleep studies or for an appointment.

New York Methodist Hospital Community Events

Sept., Oct., Nov. and Dec. 2013

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NEW YORK METHODIST HOSPITAL

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SUPPORT GROUPS ON THE NYM CAMPUS

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.
Monthly on Thurs., 3-4:30 p.m.
Wesley House 6B
501 Sixth Street
Call 718.780.3593 to register (required).

Breastfeeding

Led by a certified lactation consultant, this group is for mothers and their babies from birth to three months old.
Tues., 2:30-3:30 p.m.
Wesley House 3K-C
501 Sixth Street
Call 718.780.5078 for more information.

Surgical Weight Reduction Seminar/Support Group

A surgeon will conduct a 30-minute information session for individuals considering the procedure followed by a 90-minute support group meeting open to pre- and postoperative patients.
Monthly on Thurs., 5:30-7:30 p.m.
Monthly on Sat., 10 a.m.-noon
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.
Monthly on Thurs., 2-3 p.m.
Call 646.704.1792 for location and to register (required).

Parkinson's Caregivers

The group is led by NYM's Parkinson's disease care coordinator and open to individuals caring for loved ones with Parkinson's disease.
Monthly on Thurs., 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.
Monthly on Wed., 6-7:30 p.m.
Executive Dining Room
Call 718.780.3125 for more information.

Look Good Feel Better®

Helping women with cancer feel beautiful inside and out.
Thurs., Sept. 19, 2-4 p.m.
Wesley House 6A
501 Sixth Street
Call 718.780.3593 to register (required).

Diabetes

Led by a certified diabetes educator, this group is for people with diabetes and prediabetes. Learn tips on how to better manage life with diabetes.
Last Thurs. of each month, Sept. 26, Oct. 31, Nov. 21, 5-6 p.m.
Wesley House 6A
501 Sixth Street
Call 718.246.8603 to register (required).

Deep Brain Stimulation

The group will be directed by staff from NYM's Department of Neurosciences.
Monthly on Thurs., 2-3 p.m.
Call 646.704.1792 for location and to register (required).

SUPPORT GROUPS

Bereavement

For individuals coping with the loss of a loved one.
Thurs., Sept. 26, 6:30-7:45 p.m.
Buckley 8 Conf. Room
Call 718.788.4991 for more information and to register (required).

Perinatal Bereavement

For individuals coping with the loss of a newborn.
Thurs., Sept. 26, 8-9:15 p.m.
Buckley 8 Conf. Room
Call 718.788.4991 for more information and to register (required).

Pulmonary Hypertension

Learn more about the disease and meet others dealing with pulmonary hypertension.
Bimonthly on Mon., 5-7 p.m.
Wesley House 7A
501 Sixth Street
Call 718.780.5614 to register (required).

Brain Aneurysm

Led by a neurologist and open to patients who have experienced brain aneurysms or subarachnoid hemorrhages.
Bimonthly on Sat., 9-11 a.m.
Executive Dining Room
Call 718.246.8610 for additional information.

Multiple Sclerosis

Join a social worker from the National Multiple Sclerosis Society. Open to individuals newly diagnosed with MS and their family members.
Meets Tues. beginning Oct. 22, 7-8:30 p.m.
Buckley 8 Conf. Room
Call 1.800.344.4867 to register (required).

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

AN EVENING OF SPIRIT

The evening will be filled with pampering services, shopping, women's health information, amazing door prizes, goody bags, wine tastings and healthy hors d'oeuvres. Gather your girlfriends and come out to laugh, play and learn!

THURSDAY, OCTOBER 24, 6:30-9:30 P.M.
Carrington Pavilion Lobby

Call 855.NYM.WELL (855.696.9355) to register (required) or visit www.nym.org/spirit. Admission is \$10 for Spirit of Women members, \$15 for non-members. Sign up for your free Spirit membership at www.nym.org/spirit.

SPECIAL EVENTS

Child CPR Class

Receive child CPR certification. The class is led by a nurse educator.
Tues., Oct. 1, 9:15 a.m.
Congregation Beth Elohim
274 Garfield Place
Call 718.768.3814 to register (required).

Caregiver Lecture Series

Join medical professionals from NYM as they address the challenges for family caregivers.
Wed., Oct. 2 and 23, Nov. 13, 7:30 p.m.
Congregation Beth Elohim
274 Garfield Place
Call 718.768.3814 to register (required).

Senior Health Seminars

Join NYM's physicians as they lecture about senior health topics.
Monthly on Wed., 2:30-3:30 p.m.
Brooklyn College Student Center,
East 27th and Campus Road
Call 718.780.5368 to register (required).

World COPD Day

NYM healthcare professionals will be available to answer questions about chronic obstructive pulmonary disease. Free spirometry screenings and giveaways.
Thurs., Nov. 14, 10 a.m.-1 p.m.
Carrington Pavilion Atrium
Call 718.780.5367 for information.

World Diabetes Day

Free blood pressure, glucose and glaucoma screenings and foot evaluations. A diabetes educator will be available to answer questions.
Thurs., Nov. 14, 10 a.m.-2 p.m.
Carrington Pavilion Atrium
Call 718.780.5367 for more information.

Fred L. Mazzilli Lung Cancer Screening Awareness Day

Free spirometry screenings, giveaways and lecture.
Sat., Nov. 16, 11 a.m.-4 p.m.
Carrington Pavilion Atrium
Call 718.780.5367 for more information.

Red Stocking Soirée

Featuring culinary delights from Park Slope's restaurants, fine wines and beverages, and a culinary-inspired raffle and silent auction. Funds raised will benefit the Hospital's annual Red Stocking campaign, which helps provide charity medical care.

Wed., Nov. 20, 7-9 p.m.
Carrington Pavilion Lobby

For more information and to purchase tickets, please visit www.nym.org/redstocking or call the Department of Development at 718.780.5343.