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.
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.

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.

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.

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.

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

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 bioprosthetic 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, licensed nurses, registered 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

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
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.

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
• 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.

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 Petranich, 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 Padial, 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.
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. Turchioe, 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. Turchioe.

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.

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. Turchioe. 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. Turchioe said.

“Dr. Pais and I join all the physicians here,” noted Dr. Turchioe, “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 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.

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. 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 pdb9003@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.

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
Facilitator: Eric A. Somner, MD, FACS, FASMBS
To register, please call 914-734-3257

“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. 13 · Noon – 1:30 p.m.
Hospital Ground Floor Conference Room
Facilitator: Linda LeMon, IBCLC, CBE, CD
To register, please call 914-734-3896 or email pdb9003@nyp.org.
Fee: $150

“Alternative Sources of Calcium” with Nicole Belkin, MD
Sept. 10 · 11:30 a.m. – 1 p.m.
Hospital Ground Floor Conference Room
Instructor: Linda LeMon, IBCLC, CBE, CD
To register, please call 914-734-3896 or email pdb9003@nyp.org.

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To register, please call 914-734-3159.

“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 or call 914-734-3780.

“Physician in the Kitchen” for National Celiac Awareness Day with Frank Turchioe, 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. Turchioe 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.

SAVE THE DATE
ANNUAL FALL GALA CELEBRATION
FRIDAY, OCTOBER 20, 2017
TARRYTOWN HOUSE ESTATE AND CONFERENCE CENTER

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 or call 914-293-8400.