

health matters

NEW CARDIAC REHABILITATION PROGRAM HELPS PATIENTS RECLAIM THEIR LIVES

When most people think of rehabilitation, they think about healing broken bones or injured joints. But did you know that rehabilitation is also crucial for healing people with serious heart problems? Earlier this year, Lutheran Rehabilitation expanded its services to include a full-service outpatient cardiac rehabilitation program to help more patients than ever before.

“The goal of cardiac rehabilitation is to improve patients’ quality of life, boost their cardiovascular endurance, get them back to their level of functioning before they developed a heart problem and prevent future heart events from occurring,” says Robert Zaloom, M.D., medical director of cardiac catheterization at Lutheran Medical Center.

A Customized Approach

Cardiac rehabilitation is designed to help patients who have experienced cardiovascular problems or who have recently undergone heart surgery. To be eligible for cardiac rehabilitation, patients must have had:

- A heart attack within 12 months
- Coronary bypass surgery within six months
- Valve replacement/repair surgery within six months
- Angioplasty or coronary stenting (surgery to open an obstructed blood vessel) within six months

- Stable angina (chest pain) or ischemia (reduced blood flow to the heart) based on a stress test
- Heart or lung transplant within 12 months

Before starting a cardiac rehabilitation program, patients receive a full medical assessment and physical therapy evaluation. “We then customize patients’ programs to meet their needs,” says Nicole Garcia, nurse practitioner and coordinator of the cardiac rehabilitation program. “We work with patients to set goals at the beginning of the program and continuously check their progress.”

A typical cardiac rehabilitation program contains different components to help improve a patient’s cardiovascular health and overall well-being, including:

- An individualized exercise program
- Ongoing education for patients and their families about their heart disease as well as lifestyle changes to help manage their condition
- Assistance with reducing risk factors such as controlling high blood pressure and cholesterol levels
- Psychological counseling for issues such as depression, stress management and coping with a chronic disease

A cornerstone of the cardiac rehabilitation program is education for patients and their families. “The more patients learn about their medical condition, the more likely they are to adhere to lifestyle changes such as taking their medications, exercising and avoiding salty foods,” Garcia says.



inside this issue:

- 2 Meet Our New Physicians
- 3 Emergency Department Expansion
- 4 2011 Annual Fund Appeal

MEET OUR NEW PHYSICIANS

ROBERT GREENBERG, M.D.

Robert M. Greenberg, M.D., a geriatric psychiatrist, joined the Lutheran Medical Center team this October. He received his medical degree from Mount Sinai School of Medicine. Dr. Greenberg completed his internship in internal medicine and his residency in psychiatry at New York Hospital-Cornell Medical

Center. He is board certified by the American Board of Psychiatry and Neurology, with subspecialty certification in geriatric psychiatry. Dr. Greenberg treats a wide range of neurologic and neuropsychiatric disorders that affect the elderly. He also has special interest and expertise in electroconvulsive therapy (ECT), a highly effective treatment for certain mental health disorders, such as severe depression. "I'm looking forward to working with the various providers, physicians and other health care staff members to improve the psychiatric and geriatric services Lutheran offers," Dr. Greenberg says.

THOMAS BUSTROS, M.D.

Cardiologist Thomas Bustros, M.D., earned his medical degree from SUNY Downstate School of Medicine. He performed his residency in internal medicine at Lenox Hill Hospital. Dr. Bustros completed two fellowships at SUNY Downstate Medical Center — one in cardiovas-

cular disease and another in clinical cardiac electrophysiology, which is a branch of medicine that deals with heart rhythm disorders. He joined Lutheran in July and is the only Lutheran physician practicing electrophysiology. "I'm looking forward to providing a service for patients with heart rhythm disorders and other related cardiac issues that hasn't been available at Lutheran until now," he says.



NEED HELP FINDING A PHYSICIAN?

To find a Lutheran-affiliated physician, call 718-630-RXR (7979) or visit www.LutheranHealthCare.org. You can search for providers who are fluent in languages including Arabic, Chinese, English, Russian and Spanish. Our physicians participate in most major health insurance plans. For community residents without insurance, a sliding fee scale is available.

MELISSA BERNBAUM, M.D.

This November, Lutheran Medical Center welcomed neurologist Melissa Bernbaum, M.D., to its staff. Dr. Bernbaum graduated with a medical degree from Stony Brook University School of Medicine and did her neurology residency and epilepsy training fellowship at New York

University Medical Center. At Lutheran, Dr. Bernbaum treats patients at the Epilepsy Center and the new Sleep Center, which opened this fall. "I'm looking forward to providing services for these patients that can significantly improve their quality of life as well as improve other medical conditions that tend to occur along with sleep problems," Dr. Bernbaum says.

IN THE KITCHEN AT LUTHERAN MEDICAL CENTER

PUMPKIN CURRY SOUP

Ingredients

1 tbsp. olive oil	1/8 tsp. crushed red pepper
1 cup finely chopped onion	3 cups water
2 garlic cloves, finely chopped	1 cup low-sodium chicken broth
1 cup diced celery	1 32-oz. can pumpkin puree
1 tsp. curry powder	1 cup fat-free half-and-half
1/8 tsp. ground coriander	

Directions

Melt oil in a large saucepan over medium-high heat. Add onion, garlic and celery; cook for three to five minutes or until tender. Stir in curry powder, coriander and crushed red pepper; cook for one minute. Add water and broth; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 15 to 20 minutes to develop flavors. Stir in pumpkin and half-and-half; cook for five minutes or until heated through. Transfer mixture to food processor or blender; cover. Blend until creamy. Garnish with dollop of sour cream and chives. Serves four.



LUTHERAN'S EXPANDED EMERGENCY DEPARTMENT IS READY FOR ANYTHING

Across New York and the rest of the country, emergency rooms are notorious for overcrowding and long waits. However, this is not the case at Lutheran Medical Center. With the completion of the Emergency Department (ED) expansion this summer, the space is nearly double its original size.

“As a result, the ED staff rapidly assesses patients, and wait times for seeing a physician are 30 minutes or less, on average,” says Bonnie Simmons, D.O., F.A.C.E.P., chair of emergency medicine at Lutheran’s new ED. Today, the ED covers 25,000 square feet and boasts nearly 50 beds.

Another benefit of the bigger, brighter space: more privacy for patients and their families. “Instead of being treated in a wide open area, patients stay with their families in private bays,” Dr. Simmons says. “Each bay has its own TV, which helps patients pass the time while they’re being treated.”

Rapid Care When Every Second Counts

The expansion has helped streamline the ED patient experience. “When you walk into the ED, a physician assistant or nurse assesses your condition and then sends you to one of five treatment areas,” Dr. Simmons says. These areas include:

- Quick Care Center, which treats minor injuries and illnesses
- Critical Care, for patients with potentially life-threatening issues such as heart attack or stroke
- Trauma, an area run by an expertly trained trauma team that cares for patients with severe injuries
- Area “N,” a state-of-the-art 17-bed unit that focuses on monitoring ill patients
- Pediatrics, a separate kid-friendly area staffed by board-certified pediatricians, pediatric nurses and social workers.

In addition, the ambulance triage area has been expanded to more efficiently evaluate and process the 50 patients who arrive by ambulance daily.



A New Kind of ED Experience

“Coming to the ED can be a stressful experience for patients and their families,” Dr. Simmons says. “With expert, board-certified ED doctors and a talented and compassionate team of nurses, we have created a better and faster experience while continuing to provide the highest quality of emergency care available anywhere.”

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Connect with Lutheran online through Facebook, Twitter and YouTube. These **FREE** sites let you get Lutheran’s latest updates, read need-to-know health news and watch videos featuring our patients and health experts. Find the links today at www.LutheranHealthCare.org.

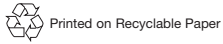


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NOBODY CAN DO EVERYTHING, BUT EVERYONE CAN DO SOMETHING

Former patients, friends, employees and other members of Lutheran's family are responding in great numbers with gifts to our 2011 Annual Fund Appeal. These are valuable contributions that give Lutheran the flexibility to apply these dollars to where they are most needed. Gifts to the Annual Fund also help the hospital and family health centers take advantage of new opportunities to advance clinical programs and improve community and outreach services.

One Patient's Story

Consider how these funds can help make a difference: On a hot summer afternoon, Eric,* one of New York's bravest, experienced chest pain. His colleagues were able to convince him to go to Lutheran Medical Center's Emergency Department (ED).

Tests found that Eric had a blocked coronary artery, so he was immediately sent to Lutheran's Cardiac Catheterization Lab for a procedure to insert a stent that would enable blood flow. From the moment Eric arrived at the ED, it took just 43 minutes for Lutheran doctors to perform the life-saving procedure.

128 Years of Trust

Stories like Eric's provide a glimpse of why Lutheran is so trusted by those who risk their lives to keep us safe. That same trust is found in the thousands of people who, each year, look to Lutheran to keep them healthy. The hospital built that trust through nearly 128 years of care. It's a trust earned each day with every patient, regardless of the illness, condition or trauma.

Maintaining that trust takes investment, particularly in gifts to our Annual Fund Appeal. It's this kind of support that helped get Eric from the ED to the catheterization lab in those crucial 43 minutes.

A Trying Time for Hospitals

Yet this is a time when hospitals are being squeezed with higher costs and cuts in government funding. In the past 10 years, 16 hospitals in New York City and more than 30 across New York State have closed their doors or significantly cut services. With each passing year, it has become harder and harder to find the funds to meet unanticipated needs, let alone the funds to innovate. The success



of the 2011 Annual Fund Appeal will help keep Lutheran strong.

As the year draws to a close and you take stock of the past 12 months, remember Eric and all the other 'Eric's' we treat day in and day out. Please consider answering the call with a gift to Lutheran's Annual Fund. Nobody can do everything, but everyone can do something!

**Name was changed for privacy.*

For information on how to make a contribution, call **718-630-6225** and ask for Jeanne Solitario in the Development Office.