

health matters

HOUSE CALLS SERVICES BRING THE DOCTOR TO YOU



Santo Chiarello, M.D., medical director of the House Calls Services program, visits a patient at her home.

inside this issue:

- 2 Meet Our New Physicians
- 3 Q & A: Helping a Child with Epilepsy
- 4 Electronic Medical Records Mean Faster Care



**Lutheran
HealthCare** SM

Sometimes the people who need medical care the most are the least able to get it. This is especially true for those who find it difficult or impossible to travel outside their homes to see a doctor.

Lutheran Medical Center believes that people with these difficulties deserve easier access to quality medical care. That's why we created the House Calls Services program: to ensure that patients with a disability or severe health condition can get the level of care they deserve.

Filling an Unmet Need

"Many doctors are no longer able to make home visits," explains Santo Chiarello, M.D., medical director of the House Calls Services program. "This service works hand-in-hand with the patient's own doctor to ensure that individuals get the care they need."

House Calls physicians provide physical exams, diagnoses and treatment of ongoing conditions. They also provide checkups after a hospitalization. At all times, the House Calls doctor remains in constant communication with the patient's primary care physician so that he or she is always fully involved and informed.

Affordable and Easy to Access

The House Calls Services program accepts most major insurance plans, including Medicare. This lessens the financial burden on the patient.

"Some patients don't know this type of service exists. Others have attempted to use a home-based program before only to find they can't afford it," says Dr. Chiarello. "There's really no other program like this one in the area."

Setting up a routine appointment for a new patient takes about one week. If a patient is sick, an appointment can usually be scheduled within 24 hours.

Expanded House Calls Services

House Call visits are now available in more neighborhoods than ever before. Call **718-630-6789** to see if you live in our service area and qualify for this special program.



FROM THE KITCHEN AT
LUTHERAN MEDICAL CENTER

LIMA BEAN, MUSHROOM, AND BARLEY SOUP

Ingredients

- 1 cup large, dried lima beans
- 3 tbsp. coarse pearl barley
- 6 cups low-sodium vegetable broth
- 2 cups sliced portabella mushrooms
- 1 cup chopped onion
- 2 tbsp. chopped parsley
- ½ cup chopped celery
- 1 cup diced carrots

Directions

1. Wash lima beans and barley separately in cold water. Drain and transfer to a soup kettle.
2. Add vegetable broth and remaining ingredients; cover and bring to a boil. Cook over low-medium heat until lima beans are soft, about two hours. Serve hot.

Yield: Eight servings

- Each serving provides:
- Calories 110
 - Total fat 0 g
 - Saturated fat 0 g
 - Cholesterol 0 mg
 - Sodium 130 mg
 - Total carbohydrate 21 g
 - Dietary fiber 6 g
 - Sugars 5 g
 - Protein 6 g

MEET LUTHERAN MEDICAL CENTER'S NEW PHYSICIANS



Lutheran is proud to welcome **Nada Abou-Fayssal, M.D.**, a board certified neurologist, to our medical staff.

Dr. Abou-Fayssal earned her medical degree from Saint Joseph University in Beirut, Lebanon. She did her residency in neurology at Mount Sinai Medical Center in New York, and received additional training in the diagnosis and treatment of multiple sclerosis at the Medical University of

South Carolina (USC). Before joining Lutheran, she was director of the multiple sclerosis program at USC. "I'm looking forward to bringing comprehensive care for multiple sclerosis patients within the Brooklyn community," she says.



Lutheran is excited to announce the full-time return of **Alan Sickles, M.D.**, as coordinator of the Breast Surgery Program. Dr. Sickles received his doctorate from the University of Dominica and his undergraduate degree from Boston University. After completing his internship and residency at Lutheran Medical Center from 1981 through 1985, Dr. Sickles served as chief resident, Surgery, until

1986, and has been an attending surgeon since 1988. Most recently, Dr. Sickles has served as a breast surgeon at St. Vincent's and Beth Israel.

"I'm thrilled to be back at Lutheran and have the opportunity to work with the talented staff at the Breast Surgery Program," Dr. Sickles says. "Our multi-disciplinary approach provides patients with coordinated, compassionate care."

JOIN OUR ONLINE SOCIAL NETWORKS!

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.



ASK THE EXPERT

CHILDREN AND EPILEPSY

Amit Ray, M.D., is a board certified neurologist at the Lutheran HealthCare Epilepsy Center who specializes in treating epilepsy. Dr. Ray is also an assistant professor of neurology at NYU Medical Center.



Amit Ray, M.D.

Q. Is epilepsy different in children than adults?

A. Strokes and tumors are often the reason for seizures in adults. In children, however, seizures may be the result of certain birth defects or brain malformations. Children are also more likely to be diagnosed with idiopathic epilepsy — epilepsy with no clear cause.

A child with epilepsy may not have obvious symptoms. Some children only have seizures during sleep. Others “space out,” or stare for a few seconds, as many as a dozen to hundreds of times a day. If

you or your child’s teacher notices your child zoning out or performing poorly at school, he or she may benefit from testing to determine if epilepsy is the cause.

Q. How do doctors determine if a child has epilepsy?

A. The first step is a physical exam by a neurologist. Testing may include an outpatient EEG (a brain wave test) or an inpatient video-EEG (a brain wave test with video monitoring). The neurologist may also request an MRI to obtain a detailed picture of your child’s brain. Blood tests may also be necessary.

Q. What should I do if my child has a seizure?

A. If your child is having a seizure, carefully move him or her to a safe place. Cushion the head, and turn your child on his or her side to allow any fluid in the mouth to come out. Do not attempt to restrain the arms and legs, and do not put anything in the mouth.

You can prevent injury during nighttime seizures by padding bedposts and rails.

Q. How else can I keep my child safe?

A. The most important thing is to make sure your child’s seizures are controlled. Uncontrolled epilepsy can permanently impair the brain’s development, cause injury and even lead to death. Fortunately, most cases of childhood epilepsy can be controlled with medication. Your neurologist will create a treatment plan that includes medication, and you can help by making sure it is taken exactly as prescribed.

Knowing what triggers the seizures will also help. Triggers vary, but common ones include sleep deprivation, stress and illness. If your child has been up late studying, for example, take extra care to make sure he or she stays on track with medication. Some seizures can be triggered by light, so introduce new video games with caution until you know how the game affects your child.

To make an appointment with Dr. Ray, call **718-630-7619**. To learn more about our epilepsy services, visit **www.LutheranHealthCare.org** and choose click “Services and Specialties.”



NEED HELP FINDING A PHYSICIAN?

To find a Lutheran-affiliated physician, call **718-630-RXR** (718-630-7979) 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.



Wendy Z. Goldstein
President and CEO

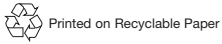
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GOOD-BYE, PAPER! MEDICAL RECORDS GO ELECTRONIC



These days, you can do almost anything electronically — book a vacation, order dinner and even pay your bills.

Now, physicians at Lutheran Medical Center can look up your medical history, order tests and record your treatment plan with the press of a few buttons. In November, Lutheran Medical Center took the first steps toward transitioning from traditional paper medical charts to an electronic medical record (EMR). EMRs store all your medical data in a computer instead of on paper.

The new EMR system offers many advantages for patients:

- **Improved safety.** EMRs eliminate the dangers of handwriting that's difficult to read. They also automatically check medication safety to reduce the risk for harmful interactions, allergic reactions or duplicate orders.
- **Faster care.** With EMRs, your medical information is literally at your physician's fingertips — there's no time wasted looking for your chart.

- **Continuity of care.** Physicians can access your chart anytime, from anywhere. This means your doctor can enter orders, review data and retrieve lab results from home or the office, not just at the hospital.

EMRs also keep your medical providers on the same page, so to speak. For instance, if you come to the Emergency Department, the staff can instantly retrieve your chart and see what medical conditions you have and medications you're taking, which will help them provide the safest and most appropriate care possible. Then, your physician can stay up-to-date on your treatment and progress, as well as make any recommendations, by logging on to your EMR.

Make a Health-e Connection with Lutheran

"Like" us on Facebook and get the latest Lutheran news, employee "hot shots" and health updates. Visit www.LutheranHealthCare.org to find the link to our Facebook page.

SPOTLIGHT ON GIVING



**WATCH YOUR MAIL:
OUR NEXT DONOR
COULD BE YOU**

Like many of us, you probably get a lot of mail. But when you see a letter from Lutheran Medical Center, be sure to put it in your "keep" pile. It may be the annual appeal that we send to members of our community to help raise money to support the hospital and its programs.

"Because we are a nonprofit, every gift goes straight to the areas of greatest need in the hospital and family health centers," explains Wendy Z. Goldstein, president and CEO of Lutheran Medical Center. "Any amount you are able to give helps in some way."

Some particular programs that need your support include:

- **Expanding services in the Emergency Department (ED).** Several hospitals in the area closed recently, so our ED is busier than ever. Donations ensure the ED can keep up with the increased demand.
- **Building the Brooklyn Chinese Family Health Center,** a much-needed new clinic on 50th Street and 7th Avenue.

Every donation matters greatly, and we hope you consider giving to Lutheran this holiday season. To learn about all the ways you can support your community hospital, visit www.LutheranHealthCare.org and click on "Giving Opportunities."