

healthessentials

fall 07

Emergency Department

Better, Faster Care

The Emergency Department (ED) at St. Anthony Community Hospital has been renovated, updated and revitalized and can now treat double the number of patients. This is good news for our community as demand for health services continues to grow.

This renovation is part of St. Anthony's mission to build, grow and serve the community through an overall hospital modernization and expansion. It has resulted in more comfort for our patients and their families and better, faster, more efficient care that is right in our community.

The Emergency Department's new Advanced Triage Protocols provide for specially trained nurse clinicians to begin care and take tests right away so that better information is available to ED physicians sooner. The Direct to Room policy moves patients from triage to a treatment room sooner. Efficient bedside registration also results in faster treatment.

When a patient is ready to leave, the ED provides computerized discharge instructions with printed prescriptions – everything the patient needs to know is clearly spelled out in laymen's terms, helping to ensure important instructions are followed. And a member of the dedicated, caring ED team will call each patient one to two days after discharge to

...continued on pg 2

Dear Neighbor,

Welcome to the second issue of our community health newsletter. We hope you like it. During the year we will publish new issues letting you know what's happening at St. Anthony, the latest in medical services available to you and your family, along with other useful – and we hope – enjoyable information and articles.



At St. Anthony Community Hospital, we've been on a mission to build, to grow and to serve our community with the very best that healthcare has to offer. That's why in April 2006, after five years of planning, approval and preparation, we began construction on the hospital's first major renovation in over 25 years.

This modernization and expansion includes our new Emergency Department that is tripled in size and has double the capacity in terms of patient care. Our goal is to provide you with better, faster care. Please see the article at left for more information.

Your support has made these improvements possible. St. Anthony Community Hospital received no funding from state or federal sources for this project. Even though the modernization includes new patient areas, equipment and beds, medical fees will not rise to fund the project. Bon Secours Health System and generous community donations are funding the project; we thank you for your support.

Sincerely,

Leah Cerkvenik
Executive Vice President/Administrator



With You, Every Day

The Latest in Diagnostic Tools to Defeat Cancer

Cancer and heart disease are the most common causes of death in the U.S. Early, proper diagnosis and treatment are among the key factors in defeating these diseases. To battle these life-threatening diseases, St. Anthony Community Hospital has installed a state-of-the-art nuclear medicine imaging device called Infinia™, manufactured by GE Healthcare. St. Anthony is one of the first medical facilities in our area to offer this technology.

With this innovative system, doctors have the ability to detect, characterize and quantify cardiac disease in patients. The Infinia provides imaging of how blood is transferred between the heart and the rest of the body, using a powerful gamma camera. These images are available within minutes of the scan, reducing waiting times and follow-up visits –

important when diagnosing cardiac emergencies.

The Infinia system also helps in detecting cancer. Physicians can now determine where disease is located and assess the aggressiveness of the disease and where it may go next. Infinia helps eliminate potentially unnecessary surgery, while helping doctors to create an appropriate treatment plan for the patient.

Diagnostics at Lightning Speed

Another important diagnostic tool used at St. Anthony is the LightSpeed Computed Tomography Scanner, also manufactured by GE Healthcare. This sophisticated technology provides precise images of the abdomen, pelvis, chest and head, providing physicians with detailed information in record time. With this tool, physicians may be able to detect and treat coro-

nary artery disease before a cardiac event occurs.

In December 2006, St. Anthony Community Hospital added Positron Emission Tomography (PET) and Computerized Tomography (CT) technology, arming its physicians with another powerful tool in the fight against cancer. With the introduction of PET/CT, physicians are better able to accurately guide biopsies, target radiation therapy, monitor response to treatment and detect recurrence of disease earlier.

Advanced Technology Meets Personalized Care

St. Anthony Community Hospital believes that advanced diagnostic tools must be combined with an excellent, caring staff. At the center of the hospital's commitment to excellence is a trusted team of board-certified radiologists and specially trained and



certified technologists who are dedicated to providing unparalleled, value-added imaging services to the community in a pleasant atmosphere.

The benefits of this equipment and technology to all of us in Warwick and the surrounding communities are numerous. No longer do we need to travel far for accurate, early, critically important medical diagnoses. These services are available to all of us, our families and friends, right here where we live.

Emergency Department

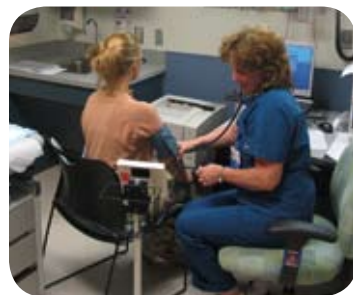
...continued from pg 1

make sure that the patient understands instructions, answer questions and make any adjustments needed.

The new Emergency Department at St. Anthony Community Hospital – you can count on them when you need them.



Among the guests at the SACH ED Dedication Ceremony were (pictured left to right): Thomas McGovern, Warwick Police Chief; Jonah Mandelbaum, member, SACH Board of Directors; and Helen Laskow, member, Bon Secours Warwick Health Foundation.



A specially trained nurse clinician begins the care process in SACH's new ED Triage Room.



St. Anthony Community Hospital Receives National Recognition

St. Anthony Community Hospital has been selected as the recipient of the Thomson 100 Top Hospitals Performance Improvement Leaders Award (formerly Solucient Award). For the third year in a row, St. Anthony is one of only four hospitals in the United States to receive this award.

To evaluate hospitals for the award, The Thomson Corporation, a nationwide provider of healthcare information and decision support solutions, rated over 2,800 hospitals on eight factors that reflect clinical outcomes and efficiency, financial strength, and market growth – patient mortality, medical complications, patient safety, length of stay, expenses, profitability, cash-to-debt ratio and growth inpatient volume.

Do You Have a Hold on Your Heart?

Knowing your heart risk factors – and how to minimize them – can help you protect yourself and your loved ones. How much do you know about heart health? Take the following quiz to find out.

1. The human heart is an incredible machine. About how much blood does the average heart pump each day?
 - a. Two gallons
 - b. 20 gallons
 - c. 200 gallons
 - d. 2,000 gallons
2. Regular, moderate-to-vigorous activity can help reduce the risk of heart disease. How much physical activity does the American Heart Association recommend people get most days of the week?
 - a. 10 minutes
 - b. 20 minutes
 - c. 30 to 60 minutes
 - d. Two hours
3. According to the American Heart Association, 39% of U.S. adults report getting no leisure-time physical activity. Which of the following tips can help you be more active?
 - a. Make exercising a social occasion
 - b. Start slowly and build up gradually
 - c. Look for opportunities to add activity to your daily routine, such as taking the stairs instead of the elevator or hiding your remote controls
 - d. All of the above
4. Being overweight forces your heart to work harder and increases your risk of which of the following?
 - a. High blood pressure, high cholesterol, diabetes and stroke
 - b. Attention deficit disorder and hyperactivity
 - c. Vertigo
 - d. Chronic halitosis

5. A woman's heart is _____ the size of a man's heart, on average.
 - a. one-fourth
 - b. one-half
 - c. two-thirds
 - d. three-fourths
6. Following a sensible diet and exercise plan can help you lose weight. Which of the following are NOT heart-friendly foods?
 - a. Low-fat dairy products
 - b. Foods high in fat and sodium
 - c. Whole grains
 - d. High-fiber foods
7. How much higher is a smoker's risk of heart attack than a nonsmoker's?
 - a. Half as high as a nonsmoker's
 - b. Same as a nonsmoker's
 - c. Twice as high as a nonsmoker's
 - d. Impossible to determine

8. Which of the following conditions are significant risk factors for heart disease, but can be controlled with lifestyle changes and medication?
 - a. Diabetes
 - b. High blood pressure
 - c. High blood cholesterol
 - d. All of the above
9. What else can you do to protect yourself against cardiovascular disease?
 - a. Get regular checkups
 - b. Limit your exposure to secondhand smoke and, if you currently smoke, quit
 - c. Talk to your health care provider about your risk factors and lifestyle habits
 - d. All of the above



Answers:

1.d, 2.c, 3.d, 4.a, 5.c, 6.b, 7.c, 8.d, 9.d

Scoring:

7-9: You're heart smart!

4-6: You've got the beat, but keep learning more.

1-3: It's time to pump up your knowledge about heart health.

Bon Secours Charity Health System – The System Works!

Imagine yourself in this frightening position. On Dec. 21, 2005, right in the middle of the holiday season, Jay Koopman, a business analyst working in White Plains, left work at about 3:30 p.m. for home. As he approached the Tappan Zee Bridge, Jay suddenly felt pain and pressure in his chest. Jay managed to drive home, but by the time he got there the pain was worse. Jay smartly took two aspirin, called his doctor and his wife, Kathleen, who works close by at the Wisner Library in Warwick. His doctor told him to go to the hospital immediately. The ambulance arrived quickly and took Jay and his wife to St. Anthony Community Hospital.

“The whole team was waiting for me when I arrived at St. Anthony,” reports Jay. “I cannot say enough about the doctors, nurses and technicians at St. Anthony. They stabilized me quickly, I began to feel better and then they discussed what needed to be done next

to properly diagnose and treat whatever was wrong with me.”

The St. Anthony team did just that and told Jay that he needed to go to Good Samaritan Hospital in Suffern, SACH's sister hospital, both part of the Bon Secours Charity Health System along with Bon Secours Community Hospital in Port Jervis. They explained that Good Sam specializes in the diagnosis and treatment of the cardiac problem from which Jay was most likely suffering.

Dr. Innerfield was waiting for Jay and Kathleen when they arrived at Good Samaritan Hospital. The EKG showed that Jay had experienced a myocardial infarction and needed a cardiac catheterization as the first step. Tests showed that Jay had four blocked arteries and needed surgery.

What a way to spend Christmas! But Jay came through the surgery and since

then, has made some very positive changes in his lifestyle; he has stopped smoking, lost 25 pounds, walks regularly and feels great.

“St. Anthony was there for me, right in my community,” stated Jay. “They knew that I needed the medical services and treatment that Good Sam – their sister hospital – could provide for me. I have to say, when it comes to the Bon Secours Charity Health System – the system works!”



Heart Attack? Act Fast!

If you experience heart attack symptoms, delaying medical treatment could cost you your life. Know the symptoms of heart attack, and call 911 immediately if you or a loved one experiences them.

- Chest discomfort lasting more than a few minutes, or discomfort that goes away and comes back. The discomfort may feel like uncomfortable pressure, squeezing, fullness or pain. This symptom may be more commonly experienced by men than by women.

- Discomfort in other areas of the upper body, such as one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Nausea, cold sweat or lightheadedness.



For more information about our member physicians, call PhysicianLine at **1-800-972-4023** or visit us online at www.StAnthonyCommunityHosp.org.

Ann Lombardi-Nathan, Managing Editor
Director Public/Media Relations
St. Anthony Community Hospital
Schervier Pavilion & Mount Alverno Center
15 Maple Avenue
Warwick, NY 10990
845-987-5385