



STAY **healthy**

SPRING 2013

upper management

UHS diabetes team helps patients live healthier lives

let's get physical

UHS Physical Therapy & Rehabilitation on Vestal Parkway now open

women's world

UHS cares for women at every age and every stage of their lives

new ICU for you

UHS WILSON OPENS NEW INTENSIVE CARE UNIT

The expanded, state-of-the-art Intensive Care Unit at UHS Wilson Medical Center welcomed its first patients on January 8. The 10,000-square-foot unit on South Tower 2 features 14 private rooms with nurses' stations immediately outside each door. Advanced technology in the ICU includes a new computer system, specialized cardiac monitors and electric patient lifts. Ceiling-mounted equipment booms allow 360-degree access to patients. The large patient rooms include noise-reduction measures and large windows to promote a healing atmosphere.

"As the area's only Level II Trauma Center and leading provider of cardiology and neurosurgery services, it's extremely important for us to be ready to handle the most complicated and serious cases," says John Carrigg, senior vice president, chief operating officer at UHS.



Jagmohan Sidhu, MD, and Sonia Brar, MD, have put the UHS Pathology and Laboratory Services department on the map.



welcome home

UHS PRIMARY CARE OWEGO NOW OPEN

The 51,000 residents of Tioga County now have a new address for high-quality, patient-centered care: UHS Primary Care Owego at 42 W. Main Street. The newly renovated office opened on February 4. David Kwiatkowski, MD, FAAFP, Helen Chung-Hussain, DO, Cara Corpora, DO, nurse practitioner Laura Mitchell and physician assistant Michael Feeney are now seeing patients at this location. Lab and X-ray services are available on-site.

Appointments are available 7 a.m. to 7 p.m., Monday through Thursday and 8 a.m. to 5 p.m. on Fridays. Lab and X-ray hours differ.



SEE YOU SOON ... To schedule an appointment at UHS Primary Care Owego, call **687-0350**.

world famous

UHS PATHOLOGY AND LABORATORY SERVICES MAKE THEIR MARK

The Pathology and Laboratory Services department at UHS is getting international attention as its medical director, Jagmohan Sidhu, MD, presents case studies at medical conferences worldwide.

"The leaders in the field at these conferences definitely know that there's a hospital in upstate New York that keeps coming back year after year," Dr. Sidhu says. "They know the name UHS. The cases we have diagnosed and presented have put us on the world map."

Most recently, Dr. Sidhu and UHS medical resident Sonia Brar, MD, presented two case studies of very rare lymphomas at the European Association of Haematopathology/Society for Hematopathology's annual world conference in Lisbon, Portugal. Closer to home, Dr. Sidhu and Ronald Harris, DO, of Broome Oncology, have been organizing a hematology/hematopathology symposium in Greater Binghamton for the past seven years, attracting renowned lecturers.

Dr. Sidhu says he is devoted to research because it is so critical to the quality of care provided by doctors and hospitals. "What pathology determines in any given case can have very big consequences for the patient," he says. "Very often it guides the entire treatment plan, especially for those who are the most seriously ill."

The UHS Pathology and Laboratory Services department is one of the most comprehensive hospital lab facilities in central New York. The department performs a wide range of routine and rare testing covering all clinical and anatomic pathology disciplines, 24/7. It supports all 17 UHS Patient Service Centers plus all UHS operating rooms, emergency departments, breast centers and other clinical areas. In addition to its 150 licensed technologists, certified phlebotomists and support and client services staff, the department offers the services of board-certified hematopathologists and cytopathologists, along with a neuropathologist.



LEARN ABOUT LABS ... Learn more about lab services at UHS and find a UHS Patient Service Center near you at www.uhsstayhealthymagazine.com.

refresh yourself

MIXTO LASER TREATMENT REJUVENATES THE SKIN



A new laser therapy gently rejuvenates skin.

The physicians at UHS Plastic Surgery are taking a fresh approach to facial rejuvenation with the MiXto SX[®] Fractional CO₂ Laser. Among its principal benefits: minimal post-treatment recovery and the fact that the procedure is performed in-office rather than in an operating room.

The MiXto fractional laser softens fine lines and wrinkles, removes sun and age spots, tightens the skin and smooths skin irregularities.

“What’s different about the MiXto laser is that it doesn’t treat the skin 100 percent — it only treats a fraction of it,” says B. Peter Fedczuk, MD, FACS, UHS plastic surgeon. “By leaving untreated areas of skin in close proximity to treated areas, the skin is able to heal much faster compared to other laser treatments.”

The results of the treatment are long lasting because the laser stimulates the skin to deposit new collagen in the areas that were ‘injured’ by the laser, Dr. Fedczuk says.

The difference is subtle rather than drastic. “You’re not going to look like you’ve had something done,” Dr. Fedczuk says. “People might say, ‘You look refreshed today,’ because that’s the kind of result you’ll get.”

BRIGHT SPOT ... To learn more about the MiXto SX[®] Fractional CO₂ Laser treatment or to schedule a consultation appointment, call UHS Plastic Surgery in Binghamton at **772-6266**.

simple steps for living well

If you’re a woman reading this issue of *Stay Healthy*, you have taken a step toward your own best possible health for a lifetime: You’re becoming better-informed. Whatever your age, you’re thinking proactively about your health, and seeking to learn all you can about wellness. It’s a great step, one that all of your providers at UHS applaud you for taking.



No one has to tell you that the decisions you make today will affect your health for years to come. And no one has to remind you that your life is busier than ever, with greater responsibilities, complications and challenges. That’s why healthcare professionals urge women to take care of themselves, and why healthcare organizations put so much emphasis on women’s health services. At UHS, we realize that making time for yourself isn’t always easy, so we’re committed to giving you all the convenient, accessible tools and resources possible for a lifetime of well-being.

Our range of services for women is among the most comprehensive in upstate New York. We are here to care for you at every stage of life. Our staff includes doctors, physician assistants, nurses, nurse practitioners, nurse navigators, technicians and therapists who are specially trained in all forms of screening, testing, diagnosis, treatment and rehabilitation connected with women’s health issues. They are very focused on you, and offer professional care with your best interests at heart.

Our services include the full array of maternity care, from premier birthing facilities to the region’s only neonatal intensive care unit, as well as programs in obstetrics, gynecology and urogynecology. We offer state-of-the-art mammography services and a comprehensive breast surgery program, featuring the region’s only breast surgical oncologist, Camelia Lawrence, MD. Ours is the only program in the Southern Tier accredited by the National Accreditation Program for Breast Centers. We also provide special services to prevent, diagnose and treat osteoporosis, and conduct many screenings and health fairs of particular interest to women.

Our specialty services are conveniently located near where you live, work or go to school. Our breast care department is centrally located in comfortable, modern surroundings at the new UHS Vestal, where other women’s services also are available. And we offer services especially designed for women at our primary care offices, as well as at all four of our hospitals.

There are several other simple steps you can take right now that will help you optimize your health and quality of life, according to Susan Kost, a registered nurse at UHS who also is manager of our Breast Center. “First, establish a good relationship with your primary care provider and other caregivers,” she notes. “Don’t wait until something goes wrong to seek out a doctor’s care. Have a good rapport with them about your health right from the start.” Second, she recommends that you talk with your provider about which screenings and tests are right for you, and when you should have them. And third, she urges you to immediately report any change in your health to your provider; don’t wait until your next scheduled visit. “You can help your provider — and yourself — by describing any changes in your body as soon as they occur,” she says.

Living a busy life and maintaining a hectic schedule isn’t easy, but you are the person who is ultimately in charge of your well-being. By making your health a priority, you’ll be going a long way toward enjoying every part of your life to the fullest, today and for years to come.

Matthew J. Salanger
President and CEO of UHS

Dr. Shumeyko
(top, left) provides
personalized
healthcare
for women
of all ages.

UHS CARES
FOR WOMEN
AT EVERY
AGE AND
EVERY
STAGE OF
THEIR LIVES

WOMEN

WEB EXCLUSIVE!

Women should discuss which screening tests they need with their healthcare provider. Visit www.uhsstayhealthymagazine.com for a comprehensive listing of screenings for women at any age.

en's WORLD

Women's healthcare needs change throughout the years. That's why the dedicated healthcare providers at UHS are committed to women's unique needs, offering a comprehensive array of services for women from adolescence to menopause and beyond. We provide expert care using advanced technology in locations that are convenient to you, all designed to make you and the women you love feel cared for, healthy and empowered to make the best healthcare decisions.



BECOMING A WOMAN

UHS staff and clinicians throughout the healthcare system help young women set the stage for a lifetime of good health by providing

a comfortable, comprehensive first gynecological exam. At UHS Gynecology in Vestal, nurse practitioners (NPs) take their time with young patients who are coming in for their first exam, focusing on their questions and concerns and alleviating their fears. "That first GYN appointment is critical," says Nancy Shumeyko, MD, board-certified obstetrician and gynecologist at UHS Vestal. "If that first experience is not a good one, patients don't come back and they neglect their healthcare."



YOUR DAUGHTER'S DOCTOR ... UHS has women's health providers for you and your daughter in your community. See a complete list of our women's health providers systemwide at www.uhs.net/womens-health. To make an appointment with Dr. Shumeyko or a gynecology nurse practitioner at UHS Vestal, call **797-4496**.



THE CHILDBEARING YEARS

As women enter their childbearing years, UHS provides comprehensive family planning, STD

and sexual health screenings, and obstetrician and birthing services, including care for complex pregnancies or other conditions. Patients with gestational diabetes can get specialized care from UHS diabetes educators, who help navigate the recommended course of care and treatment for this complication of pregnancy.



YOU'RE INVITED ... If you're pregnant or planning a pregnancy, be sure to come to one of our monthly baby showers at UHS Wilson Medical Center. This free event features a tour of the birthing center and maternity areas, and an introduction to our childbirth education and parenting classes. For more information on the free baby showers, call **763-5092**. See www.uhs.net for information on childbirth classes.



MOVING TOWARD MENOPAUSE

Gynecologic care is just as important — perhaps even more so — after the childbearing years. Mammograms are a major tool in the battle against breast cancer

and should be performed for most women starting at age 40. Beyond breast health, the years leading to menopause can be a time of major change for women. Fluctuating hormones, incontinence due to childbirth, gynecological cancers and osteoporosis are concerns for women in this age group. Dr. Shumeyko takes a personal interest in menopause care at her UHS Vestal practice, staffed by women. "We're women," says Dr. Shumeyko. "We understand the complaints and that their issues are real. We know that hot flashes are disturbing and we can help."



WISE BEYOND YOUR YEARS ... Dr. Shumeyko and other women's health providers host regular seminars on important women's health topics. Seminars are free and open to the public. See our website, www.uhs.net, to find out about upcoming events.



AFTER THE CHANGE

Urinary incontinence is a common complaint among older women, but it is often ignored because women are embarrassed or their care providers are simply not well versed in the latest treatments. Dr. Shumeyko stresses that no woman should have to suffer with incontinence. "It's common, but it's not normal," she says. "It's important to make the right diagnosis and provide the right treatment, which isn't always surgery."

UHS physicians are specialists at minimally invasive surgical options for women's health conditions. Minimally invasive means smaller incisions, little blood loss, less pain, and a shorter operation and recovery time as compared to more invasive procedures. These procedures now take mere hours and may be done on an outpatient basis, with a recovery time of only one to two weeks. Minimally invasive procedures such as hysterectomy and uterine ablation provide women with high-tech options for common gynecologic problems.



PEARLS OF WISDOM ... Our "Pearls of Wisdom" program rewards women for taking care of their breast health. When you come for your first mammogram at any UHS facility, you'll receive a beautiful necklace with a single freshwater pearl. With each subsequent annual mammogram, you'll get an additional pearl to add to your necklace — a beautiful reminder. See www.uhs.net for mammography locations and phone numbers.

UHS DIABETES
TEAM HELPS
PATIENTS LIVE
HEALTHIER LIVES

u.p.p



Diabetes educators, from left, Brenda Kosydar, Christine Foy and Joy Forsberg, help individual patients meet their diabetes management goals.

er management

So many diabetes patients — especially those diagnosed with Type 2 diabetes — believe that a little pill takes care of everything. In all fairness, the recent rash of TV commercials featuring happy people using miniaturized, painless, at-home blood sugar meters seems to put diabetes one notch beneath the sniffles. So it's no great surprise that many newly diagnosed diabetes patients are shocked to learn that the disease can affect their whole body so profoundly. There is, however, much a diabetes patient can do to promote a healthier life and prevent complications — from shedding excess weight to staying active and most important of all, understanding that properly managing diabetes is a lifelong commitment.

KNOWLEDGE IS POWER

To help patients fully grasp what it takes to successfully manage diabetes, UHS endocrinologists, nurse practitioners, diabetes educators, registered nurses and registered dietitians are available for ongoing, compassionate support and education.

Brenda Kosydar, RN, BSN, CDE, diabetes nurse educator at the Diabetes and Endocrinology Center at UHS Wilson Medical Center, often begins class with a statistic — a wakeup call — because initial confusion about diabetes is common. “Many patients say, ‘I don’t know why I’m here! All I have is a little sugar.’ I respond by explaining how they were diagnosed and what their labs mean, particularly the HbA1C or hemoglobin A1C test. One of the statistics we share is that 80 percent of people diagnosed with diabetes will die from cardiovascular disease.”

“I also say it doesn’t have to be that way if you manage your diabetes, whether Type 1 or Type 2,” she continues. “And eating healthy and exercising is the answer. Then the light bulb goes on. Suddenly everyone’s interested in meal planning, exercise programs and knowing what their hemoglobin A1C test results mean.”



TEAM TEACHING

Understanding diabetes management is an essential step in treating the disease, says Jillene Brathwaite, DO, endocrinologist at UHS Wilson Medical Center. “This is a progressive disease with potential long-term complications. We can often control these complications, but only if the patient works with us, which can be very challenging. We’re usually asking patients to change lifestyle choices that were learned at a young age.”

To strengthen the educational impact, a patient’s communication loop includes every member on the patient’s team. “A patient’s blood glucose report begins with the educator, who advises the patient, but the report is also communicated across the board,” Dr. Brathwaite stresses. “We all know at all times where the patient’s health and diabetes management stands.”

CONTINUING EDUCATION

Not everyone attending a UHS diabetes class is a newcomer to the disease. Beverly Cook, 68, was diagnosed with Type 1 diabetes in 1962 and was on insulin injections until 2011, when she received an insulin pump. To learn to use the pump, Ms. Cook started working with Ms. Kosydar.

“I download my blood sugar levels from the pump, into the computer, and send the numbers to Brenda,” Ms. Cook explains. “My nurse practitioner reviews the download with the physician and will order a change in the pumping protocol if needed. Brenda will then help me implement the change, and will keep my doctor informed. I have an A-1 team, and we have everything well managed.”

And if all is not being well managed, Ms. Kosydar and her fellow UHS diabetes educators are available for one-to-one consults. “Sometimes we have to regroup and ask the tough questions,” she says. “Did you lose weight? Are you checking your blood sugars at home? Did you start exercising? Fortunately, we have a great team across the UHS system, and everyone’s here to help get that patient back up and managing his or her diabetes.”



Beverly Cook has better control of her diabetes today.

TEST TIME

The primary test for diabetes, both Type 1 and Type 2, is a glycosylated hemoglobin test, often called an A1C. This blood test delivers your average blood sugar level over three months. An A1C level of 6.5 percent or higher is diagnostic of Type

2 diabetes. Another way to diagnose diabetes is with two separate fasting blood sugar tests over 125. An A1C level of 5.7–6.4 or fasting blood sugar levels on two separate occasions of 100–125 can indicate pre-diabetes. If diagnosed with diabetes, this test is typically repeated every three months.

Keeping up with a regular testing schedule can help prevent complications from diabetes. Throughout the year, your doctor will check your blood pressure and run blood and urine tests to assess your cholesterol levels and thyroid, liver and kidney function. It’s also important to have annual diabetic eye exams with an ophthalmologist as well as foot exams with a podiatrist.

JOIN US ... To join a diabetes education class, ask your doctor for a referral, then call the Diabetes and Endocrine Center at UHS Wilson Medical Center at **763-6092**, the Diabetes Education Program at UHS Chenango Memorial Hospital at **337-4040** or the Diabetes Education Program at UHS Delaware Valley Hospital at **865-2159**.

let's get physical

UHS PHYSICAL THERAPY & REHABILITATION ON VESTAL PARKWAY IS NOW OPEN



With its spacious layout, leading-edge equipment and soothing atmosphere, patients sometimes forget that the new UHS Physical Therapy & Rehabilitation Center on the Vestal Parkway is not a luxury fitness club. Although, as healing begins with state-of-the-art physical therapy, occupational therapy and neuropsychology services designed to meet individual treatment and recovery needs, the center's true purpose becomes clear.

"We differentiate ourselves with a core focus on manual therapy," says Brian Tableman, DPT, manager of UHS Physical Therapy & Rehabilitation Vestal and adjunct professor, Decker School of Nursing at Binghamton University. "That means hands-on soft tissue manipulation, mobilization and stretching, as opposed to the cookie-cutter approach where a patient works on equipment and someone supervises. Our equipment is available to give patients variety, but never to replace manual therapy techniques."

AGES & STAGES

Located at 4401 Vestal Parkway East, adjacent to UHS Vestal, the center's physical therapists are on the cutting edge of outpatient treatment for a wide range of musculoskeletal issues as well as post-surgical rehabilitation, including recovery from total joint replacement, spinal procedures and rotator cuff repair. "We also treat a high volume of non-operative conditions that respond well to therapeutic intervention," Dr. Tableman explains. "And our patients' ages range from newborn to 100."

For example, infants may need treatment for torticollis (stiff neck) and center therapists combine manual therapy techniques with education to help parents learn the best way to hold and position their baby. For adults, age is rarely part of

the equation. "We work from our physical assessment of the patient and patient goals," Dr. Tableman stresses. "If the patient has balance issues, we work on balancing techniques and therapeutic strength exercises. If it's someone who wants to get back on the golf course but suffers back or shoulder pain, we address the issues. It's always about achieving goals."

EASY DOES IT

In designing the new UHS Physical Therapy & Rehabilitation Center, convenience topped the priority list. Right across the street from Binghamton University, the facility has a parking lot that leads directly into the facility as well as accommodating hours for BU students and professors along with other working people. Appointments are available from 7 a.m. to 7 p.m., Monday through Thursday; 7 a.m. to 6 p.m., Friday; and 7 a.m. to noon, Saturday.

Adding to the convenience, the center is next door to UHS Vestal, so patients can plan physical therapy appointments in the same trip as a visit to the UHS pharmacy, lab, imaging center, breast center or physician offices. "As part of the UHS system, we have access to physician notes involving special tests done anywhere in our system," Dr. Tableman says. "This often makes for a smoother, quicker transition to physical therapy — so we can start the healing process."

“It's always about achieving goals.”

—Brian Tableman, DPT



IN THERAPY ... For an appointment, call **729-7000**. Remember, a prescription for therapy from your primary care provider or specialist is required.