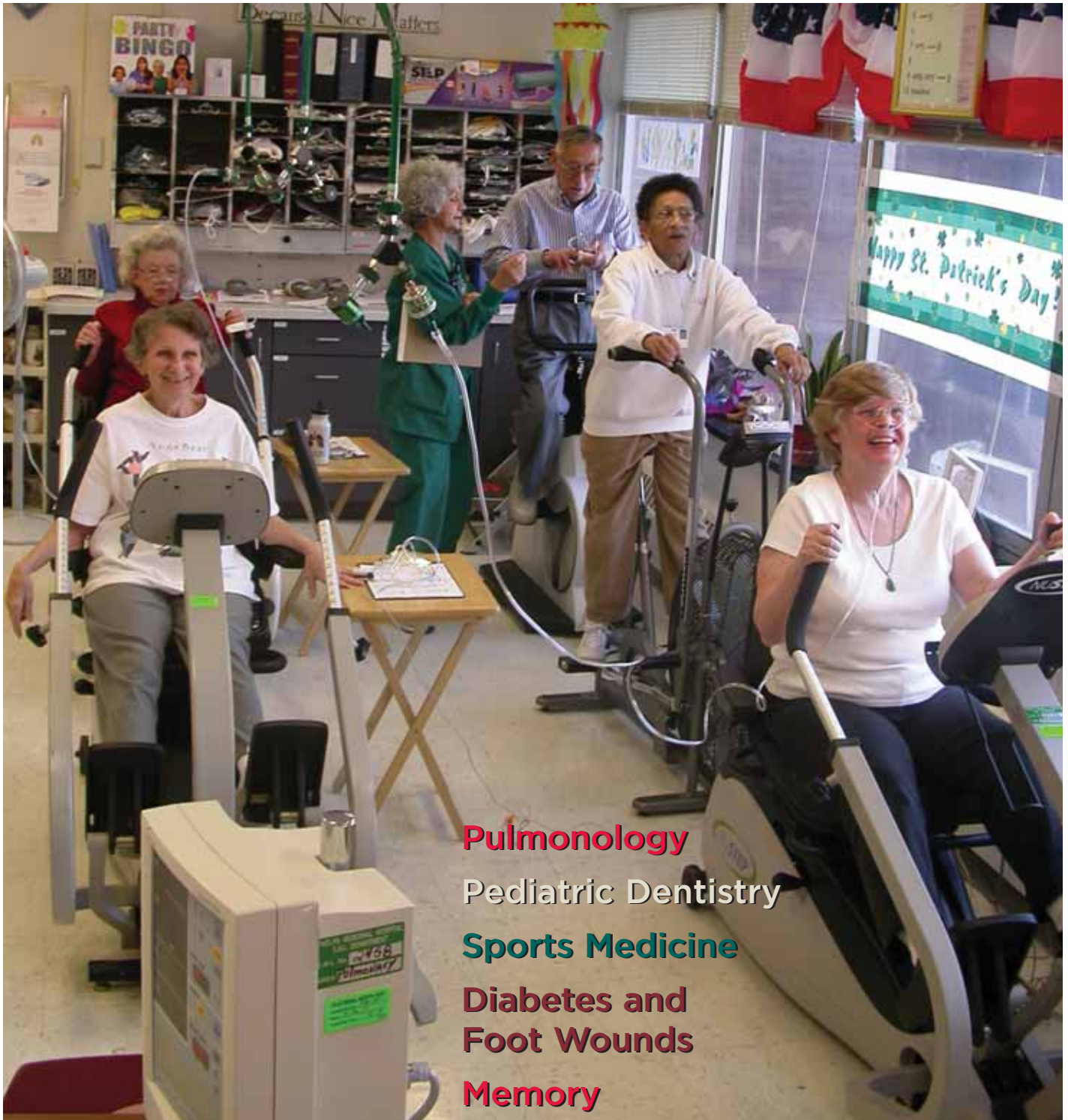


PHELPS

SPRING 2010

T O D A Y

News from
Phelps
Memorial
Hospital
Center



Pulmonology

Pediatric Dentistry

Sports Medicine

**Diabetes and
Foot Wounds**

Memory

A Message from the Chair and President

Greetings,

The new Phelps Emergency Department marked its one-year anniversary in December. Patients are giving the facility high scores, placing Phelps at the top for patient satisfaction. They appreciate the privacy, comfort and service offered. More importantly, they are grateful for the excellent medical care they receive. The high level of care is a result of the expertise and skill of our emergency physicians and nurses as well as the teamwork within the department and with other Phelps specialists.



This teamwork was demonstrated recently when a patient came into the Emergency Department with a significant breathing emergency. Emergency physician Michael Kyi, MD and nurses Erica Tierney, RN, and Candace Huggins, RN determined an advanced airway was needed. They immediately summoned anesthesiologist Francis Kors, MD and otolaryngologist Jill Zeitlin, MD. Working together, the team saved the patient's life, bringing this fortunate patient back from the brink of disaster.



The Emergency Department staff is consistently willing to go the extra mile, as they did on a rainy morning in January. A mother had given birth in her car, and she was unable to make it into the hospital. Without hesitation, Dr. Kyi and a team of nurses ran out to the parking lot and there, in the car, they attended to the mother and her healthy newborn baby girl.

These are just two examples of the urgent cases that are treated in the Phelps Emergency Department every day, epitomizing the outstanding care readily available in your community hospital.

We hope, of course, that you do not have a need to visit our Emergency Department; but if you do, be assured that you will receive excellent care in the most comfortable environment possible.

Sincerely,

A handwritten signature in black ink that reads "David W. Coulam". The signature is fluid and cursive.

David W. Coulam
Chairman, Board of Trustees

A handwritten signature in black ink that reads "Keith F. Safian". The signature is fluid and cursive.

Keith F. Safian, FACHE
President & CEO

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Save the Date
7th Annual Phelps Golf Classic
 Monday, June 14, 2010
 Sleepy Hollow Country Club
 For information, contact Ruth Burton, rburton@pmhc.us or (914) 366-3105

Correction:
 In the article, "Vitamin D Supplementation" in the Winter edition of Phelps Today, lines 9-12 in the second column should read: "...assisted by the same enzyme that helps it form in the kidney (Vitamin D3 or 1-25 dihydroxy Vitamin D from 25 hydroxy Vitamin D).

PHELPS TODAY

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PHELPS TODAY is a publication of Phelps Memorial Hospital Center. Phelps is a member of the Stellaris Health Network and the Hudson Valley's exclusive affiliate of Memorial Sloan-Kettering Cancer Center.

Request Your Appointment On Line!

Appointments for many of Phelps' outpatient services can now be made on the hospital's website, including: cardiovascular, diabetes, hyperbaric, infusion, nutrition counseling, occupational and physical therapy, pain center, pulmonary/respiratory, radiology/x-ray, senior services, sleep, speech & hearing, voice & swallowing, and wound healing. You can even make an appointment to donate blood on-line. Just go to www.phelpshospital.org and click on "Request an Appointment" – any time of the day or night!

Visit www.phelpshospital.org to see our annual reports, videos, physician directory, calendars and more.



Pulmonologists are physicians with the knowledge and skill to diagnose and treat conditions and diseases of the chest

Pulmonology

The Health of Your Lungs

John started smoking when he was 16 years old. At 67, he had had a chronic cough for a number of years and had become more and more short of breath when walking up hills or stairs. He was using bronchodilator medications and inhalers. In October 2008, *John* developed a severe case of bronchitis and his doctor, Christy Joyce, MD, ordered a chest x-ray. The bad news hit hard – the x-ray showed a suspicious nodule in his left lung that was not present previously. *John* was referred to Gary Lehrman, MD, who initiated a series of tests, including a CAT scan and PET scan, which strengthened the suspicion that *John* had lung cancer. The only good news was that there was no sign of spread.

Since surgery is the best treatment for lung cancer, *John* was referred to Avraham Merav, MD. Surgery for lung cancer requires removing part of or one's entire lung. This may however, not be safe or even possible, if a person's lungs or cardiovascular system do not have the capacity to tolerate the operation.

John was sent for pulmonary function testing (PFT) at Phelps. The tests showed that his lungs had been damaged by the 50 years of cigarette smoking and his pulmonary reserve was borderline. There was some hope that if *John* stopped smoking and gave his lungs a few weeks to recover, he would become a surgical candidate – although he would have to be prepared for some post-operative pulmonary incapacitation. *John* was "scared to death," but agreed to go ahead.

The tumor was successfully removed, using the latest techniques to spare as much of his lung as possible. The cancer proved to be early and without spread to the lymph nodes. *John* would not require chemotherapy, but he did require intensive post-operative pulmonary rehabilitation, which he received at Phelps. The end result was an improvement of his exercise capacity. With the program's support and continued smoking cessation, *John* is functioning far better than anybody expected. He will be under close monitoring to make sure his cancer does not return.

What is a pulmonologist?

Pulmonologists are physicians with the knowledge and skill to diagnose and treat conditions and diseases of the chest, including lung cancer, pneumonia, asthma, COPD (chronic obstructive pulmonary disease), tuberculosis, emphysema, cystic fibrosis, pulmonary hypertension, occupational lung disease, and complicated chest infections. In *John's* case, it was a pulmonologist, Dr. Gary Lehrman, who diagnosed his lung cancer.

"Pulmonology is a rewarding specialty," says Charles Abate, MD. "Pulmonary disease can have a major impact on a person's life and lifestyle, and to be involved in the care of these patients is fulfilling, especially when treatment improves their quality of life."

Conditions treated by pulmonologists also include unusual complications that sometimes develop from diseases inside the chest. Laurence Miller, MD recalls a 40-year-old patient who was critically ill with pneumonia. *Margaret* had developed a complication called a pleural effusion, which is an accumulation of fluid in the space between the lungs and the chest wall. To treat the problem, Dr. Miller worked with thoracic surgeon, Avraham Merav, MD, who performed a decortication. Using video-assisted thoracic surgery, the infected thick, gelatinous fluid surrounding the lung was removed, allowing the healthy lung underneath to expand. Without this treatment, *Margaret* could have developed restrictive lung disease, a condition that would have limited her ability to enjoy activities of daily life.

Respiratory Therapy

Pulmonologists work closely with the Respiratory Care Department, whose respiratory therapists (RTs) provide a wide range of therapeutic modalities for all types of patients – often those who are most critically ill. RTs also manage ventilators and artificial airway devices for patients who cannot breathe normally on their own.

The Phelps Respiratory Care Department was recently recognized by the American



Pictured in the Phelps Critical Care Unit: Front row (left-right): Lois Hanswirth, Respiratory Therapist; Laura Matthew-Reid, Nurse Technician; Carol Daley, Critical Care Nurse Manager; Rosemary Walsh, RN; Celeste Duncalf, RN. Back row (left - right): Royce Varghese, RN; Laurie Gallagher, RN; John Ruhl, Respiratory Supervisor; James Cristantiello, Respiratory Therapist; Dr. Gary Lehrman, Pulmonologist; Dr. Avraham Merav, Thoracic Surgeon.

Association for Respiratory Care for the quality respiratory care services it provides to Phelps patients.

Pulmonary Function Lab

In the Pulmonary Lab, respiratory therapists perform pulmonary function tests, stress tests, and Arterial Blood Gas analyses to diagnose lung and breathing disorders and establish treatment plans for improving lung function. Meryl Golden, BS, RRT, RPFT is coordinator of the Lab. Staff therapists are Susan DiFabio, RRT, CPFT who is responsible for all testing as well as rehab education, and Judy Mullin, RRT who does testing and rehab as well as chest percussion for cystic fibrosis patients. Two participants in Pulmonary Rehab – Constance Jackson and Maria Meleski – also offer their organizational expertise as Volunteers, enhancing the program's efficiency and enabling the therapists to dedicate more time to patient care.

Michael McGrath, RRT, as director of the Pulmonary Function Lab, Pulmonary Rehabilitation and Respiratory Care, oversees the 23 Respiratory Therapists who are on staff at Phelps.

Pulmonary Rehabilitation

People with lung problems who participate in Pulmonary Rehabilitation often remark that they have more energy

than they thought possible. Many attribute their success to regular rehab sessions at Phelps' Pulmonary Rehabilitation. Susan DiFabio, RRT, CPFT, develops exercise routines specifically tailored to each patient's needs. "I realize the positive effect of therapy the most when I don't exercise," says Jack Souza. "I can see an improvement in myself and the others, thanks to Meryl, Sue and Judy."

"Pulmonary Rehabilitation is a vital service to all patients with lung disorders," notes Dr. Lehrman. "A lot of people assume that anyone who has chronic lung disease is doomed to a limited existence, but pulmonary rehab can



"I am so happy to come here . . . it helps me, I get to help others, and I've made great friends." Constance Jackson(right), Rehab participant and volunteer.

dramatically improve quality of life. The Phelps program is outstanding." Rehab participants agree: "I have had measurable improvement in breathing and endurance with this program," says Margaret Stein. Andrea Lelak attributes participants' enthusiasm to the friendships made there: "To exercise with others keeps us going. The camaraderie we find at rehab makes us come back over and over again."

Rehab's Respiratory Therapists offer patients education and exercise training that enhances their ability to perform tasks that were previously impossible. Rosemarie Bartziek values the benefits of rehab: "If you miss a session, your body lets you know and you can't wait to come again."

Phelps also does chest percussion for cystic fibrosis patients and is the only hospital in Westchester to do so.

It's not the years in your life that count; it's the life in your years is the apt motto of Phelps Pulmonary Rehabilitation, which has put so much life into so many people's years! "Pulmonary exercise has made a big difference in my life," says Theresa Latimer. "I used to be afraid when I was alone because of my breathing, but now I know exactly what to do – and I do it!"

Support for patients with lung disorders:

Better Breathers Club is a support group that meets monthly to provide the latest information for individuals with lung disease. The Club includes a Pulmonary Fibrosis Support Group.



Meryl Golden, RRT, RPFT, coordinator of the Pulmonary Function Lab, works with a patient in Pulmonary Rehabilitation.

For Pulmonary Lab, Rehab or Support Groups call (914) 366-3712.

Phelps Pulmonologists

To become a pulmonologist requires seven or more years of medical school and postgraduate training for board certification in internal medicine, followed by two-three years studying respiratory system conditions and passing the exam for board certification in pulmonary medicine. Three pulmonologists on staff at Phelps are also board certified in critical care medicine, and two are certified in sleep medicine as well, signifying that they completed additional years of training and certification.



Gary Lehrman, MD, earned his Medical Degree from New York University School of Medicine, completed an internship and residency in Internal Medicine at Long Island Jewish Medical Center and a fellowship in Pulmonary Medicine at Queens Hospital Center. He is board certified in Internal Medicine, Pulmonary Disease, Sleep Medicine and Critical Care. Dr. Lehrman is Chief of Pulmonology at Phelps and a member of North Star Medical Group, with an office in Briarcliff Manor (914-762-8383).



Charles Abate, MD earned his Medical Degree from NY Medical College in Valhalla and completed a residency in Internal Medicine and fellowships in Critical Care Medicine and Pulmonary Medicine at Westchester Medical Center. He is board certified in Internal Medicine, Pulmonary Disease, Sleep Medicine, and Critical Care. His office is in Ossining (914-762-4141).



Alex Fijman, MD earned his Medical Degree from New York Medical College in Valhalla and completed a residency in Internal Medicine and fellowships in Critical Care Medicine and Pulmonary Medicine at State University of New York Health Science Center in Stony Brook. He is Board certified in Internal Medicine, Pulmonary Disease and Critical Care Medicine. His office is in Ossining (914-762-4141).



Satish Kapoor, MD earned his medical degree at Panjab University Medical College, completed a residency in Internal Medicine at Kingsbrook Jewish Medical Center and a fellowship in Pulmonary Medicine at Queens Hospital Center. He is board certified in Internal Medicine and is a member of the Phelps practice Heritage Medical Group located in Sleepy Hollow (914-631-2070).



Laurence Miller, MD earned his medical degree at SUNY Health Science Center in Syracuse, completed an internship and residency in Internal Medicine at New York University Medical Center, an internship in OB/GYN at Winthrop University Hospital, two years of OB/GYN residency at Albert Einstein College of Medicine, and a Fellowship in Pulmonary Medicine at Columbia Presbyterian Medical Center. He is board certified in Internal Medicine, Pulmonary Disease and Critical Care Medicine. In addition to his private pulmonology practice in Westchester, Dr. Miller works as an Attending Physician in the 30-bed Intensive Care Unit at St. Barnabas Hospital in the Bronx – a level 3 trauma center where he also teaches Medical, Surgical and Emergency Room Residents principles of Critical Care Medicine. Trained in OB/GYN, he is experienced in treating critically ill pregnant women. Dr. Miller's office is located in Ardsley (914-231-7666).

New Vascular Institute

Treatment for Artery and Vein Disease

The Vascular Institute, offering treatment for diseases of all the arteries and veins of the body except those leading to the heart and brain, has been established at Phelps Memorial Hospital Center under the direction of vascular surgeon Igor Laskowski, MD, PhD. Dr. Laskowski, who is double board certified in general surgery and vascular surgery, is a member of Vascular Associates of Westchester, a New York Medical College faculty practice in Hawthorne. He is joined at Phelps by Francis X. Carroll, MD, who is board certified in general and thoracic surgery.

The Vascular Institute offers a broad spectrum of open vascular and advanced endovascular interventions. Conditions and treatments include:

- Arterial problems, including aneurysms, dissections, and complex aortic disease.
- Carotid arterial intervention for stroke prevention, including carotid artery stenting.
- Peripheral arterial disease (hardening of the arteries) and limb salvage.
- Mesenteric occlusive disease and renal hypertension treatment.
- Dialysis access for chronic kidney failure.
- Venous thromboembolic disease.
- Acute and chronic vein conditions and esthetic venous surgery.

The Vascular Institute is housed in the two-year-old Medical Services Building, also home to Phelps' Wound Healing Institute and a large orthopedic practice, as well as numerous other Phelps services and physician practices. "Patients benefit from our multidisciplinary approach, which is enhanced by the presence of a variety of specialists under one roof. This gives us the ability to quickly cross-reference problems and implement the appropriate diag-

nostic tests and treatment. The result is better care for all of our patients," says Dr. Laskowski.

According to Dr. Laskowski, at least 50% of patients at The Vascular Institute are treated endovascularly, a minimally invasive approach using x-ray imaging. "Endovascular skills can offer outcomes as good as with open procedures in certain areas and give us the ability to treat patients in a less invasive yet equally successful way," says Dr. Laskowski. "Instead of cutting tissues, we use catheters and go inside arteries with balloons and stents, to recanalize them and keep them opened."

The majority (80%) of aortic conditions, most commonly aortic aneurysm, aortic dissection and problems with arteries of the gut and kidney, are treated endovascularly. "Prior to endovascular surgery," says Dr. Laskowski, "these conditions required long and very involved surgeries. With endovascular procedures, there is a lower mortality rate, quicker recovery and outcomes similar to traditional surgery."

Dr. Laskowski completed his internship and residency in general surgery at Columbia Presbyterian Medical Center. He remained in New York City for his vascular and endovascular fellowship, which he accomplished at New York University Medical Center. Dr. Laskowski also served as a research fellow in transplant immunology at Harvard Medical School. In addition, he holds Registered Vascular Technologist and Registered Physician Vascular Interpretation qualifications.

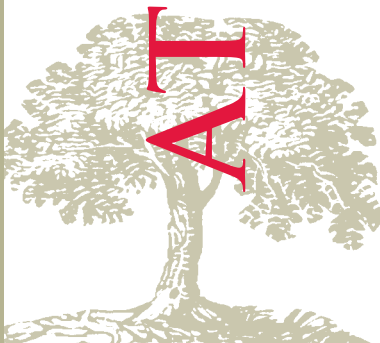
Francis X. Carroll, MD, who is board certified in general surgery and thoracic surgery, received his medical degree from SUNY-Brooklyn College of Medicine. He completed a residency in general surgery at St. Vincent's Hospital and Medical Center and a fellowship in cardiovascular surgery at SUNY Health Sciences Center in Brooklyn.

For information on The Vascular Institute at Phelps Memorial Hospital, call 914-366-3008.



Francis X. Carroll, MD (left) and Igor Laskowski, MD

PHELPS



APRIL



Bereavement Support Groups

New groups are starting in April for adults struggling with the loss of a loved one (dates to be decided). One group will meet in the afternoon, and the second group will meet in the evening. Please call for details.

Bess Steiger, CSW
Bereavement Coordinator

Suggested donation for 8 weeks: \$75

Call (914) 366-3325 or email
bsteiger@pmhc.us for information.

Tuesday, April 13, 2010

Better Breathers' Club

How and what you eat can influence your health, especially if you have lung disease. Find out how over a light supper.

Amy Hendler, MS, RD, CDN,
Senior Clinical Dietician

6 – 7 pm
Pulmonary Lab

Call (914) 366-3712 to register

Tuesday, April 13, 2010

Preventing Kidney Disease

Learn about the causes of chronic kidney disease, why it is called a "silent killer," what you can do to prevent it, and how kidney disease can be detected early. If you have diabetes, high blood pressure or kidney disease or a family history of any of these conditions, this information is important for you.

Saleem Mir, MD and **Louis Buzzeo**,
MD, *Nephrologists*

Victoria Malara, RN, BsBA,
*Facility Administrator, Hudson Valley
Dialysis Center*

Corinne Balducci, MPH, RD, *Dietitian*

7 – 9 pm
Ossining Library, 53 Croton Avenue,
Ossining

RSVP: (914) 332-7599 or email
Victoria.malara@davita.com

Friday, April 16, 2010

World Voice Day

Celebrate World Voice Day with the staff of the Institute for Voice and Swallowing Disorders. Join them for the following two events:

Stand Up and Be Heard – Have fun practicing some vocal exercises that will make your voice louder and stronger. Learn how to project your voice without straining it.

Leah Ross-Kugler, MS, CCC-SLP and
Lindsey Boyer Pauline, MA, CCC-SLP,
Voice Specialists **Voice Screening** – a
medical doctor who specializes in dis-
orders of the throat will conduct indi-
vidual voice screenings. Discuss your
concerns about your voice with him,
and he will map out a plan of action.

Craig H. Zalvan, MD, FACS,
Laryngologist, Medical Director,
Phelps Institute for Voice
and Swallowing Disorders

Stand Up and Be Heard: 11 am – 12 pm

Voice Screening: 12 – 1 pm

Kendal on Hudson (located behind the
hospital along the Hudson River)

Call (914) 366-3220 to register

Saturday, April 17, 2010

Maternity Open House

Come meet Phelps obstetricians, mid-
wives, and childbirth educators; look at
childbirth and baby care educational
materials and information about acupunc-
ture during labor, and tour the maternity
unit. Light refreshments will be served.

11 am – 2 pm

4th floor classroom

Call (914) 366-3389 for information.





Tuesday, April 20, 2010

Refresher Course LSVT for Parkinson's Patients

Learn about an intensive voice therapy program designed to strengthen the voice of Parkinson's patients or refresh your LOUD skills. All persons with Parkinson's disease are welcome.

Erin Baker, MS, CCC/SLP and Andrea Bracciante Ely, MS, Sp-CCC-SLP

2 – 3:30 pm
Walkway Conference Room
Call (914) 366-3010 to register

Monday and Tuesday, April 26 & 27, 2010

Defensive Driving

Two-evening certification program. Lowers insurance premiums, reduces violation points, sharpens driving skills.

Robert Fogel

5:30 – 8:30 pm
Auditorium

Fee: \$45
Call (914) 366-3220 to register

Thursday, April 29, 2010

Preventing Kidney Disease

Learn about the causes of chronic kidney disease, why it is called a "silent killer," what you can do to prevent it, and how kidney disease can be detected early. . If you have diabetes, high blood pressure or kidney disease or a family history of any of these conditions, this information is important for you.

Saleem Mir, MD and Louis Buzzeo, MD, Nephrologists

Victoria Malara, RN, BsBA, Facility Administrator, Hudson Valley Dialysis Center

Corinne Balducci, MPH, RD, Dietitian

7 – 9 pm
Tarrytown Library, 121 North Broadway, Tarrytown

RSVP: (914) 332-7599 or email Victoria.malara@davita.com

MAY

Saturday, May 1, 2010

Hispanic Family Health Day

Screenings and education for members of the community.

John Paulding School, Rte.9, Tarrytown
12-4 pm



Monday, May 3, 2010

Cosmetic Surgery

Join a plastic surgeon for an informal discussion about the latest cosmetic procedures and treatments.

**Mahjabeen Hassan, MD
Plastic Surgeon**

7 pm
Walkway Conference Room

Must call (914) 631-8414 to register

Tuesday, May 4, 2010

Sinusitis, Balloon Sinuplasty and Beyond

Sinusitis is one of the most common chronic health problems in the US, afflicting 37 million Americans each year. Patients complain of headaches, congestion, fatigue and other symptoms. This condition significantly impacts an individual's physical, functional, and emotional quality of life. Treatment options include medical therapy with antibiotics and nasal steroids and surgical intervention with endoscopic sinus surgery. New techniques are focusing on less invasive approaches that mean faster recovery times and less post-procedure discomfort. This informal lecture and discussion will concentrate on a new minimally invasive procedure called balloon sinuplasty and explore future investigative techniques such as micropore steroid implants. Light refreshments will be served.

Barry Shapiro, MD, Chief of Otolaryngology. For information about Dr. Shapiro's "Sinus Treatment Center" visit www.Westchester-ENT.com.

7 pm
Auditorium
Call (914) 366-3220 to register

Monday, May 10, 2010

Laryngopharyngeal Reflux (LPR) – Silent Reflux Screening

Changes in voice, throat clearing, mucus in the throat with discomfort, chronic cough not responding to medications, and swallowing problems are all symptoms of LPR – Laryngopharyngeal Reflux. In addition, chronic asthma, recurrent sinusitis, dental disease and even cancer can all be caused or exacerbated by LPR. LPR is not GERD.

Craig H. Zalvan, MD, Laryngologist, Medical Director of Phelps Institute for Voice and Swallowing Disorders

8:45 – 10:15 am
Prompt Care

Call (914) 366-3220 to register



Tuesday, May 11, 2010

Sinus Screening

Barry Shapiro, MD, Chief of Otolaryngology

1 – 3 pm
Prompt Care

Call (914) 366-3220 to register

Tuesday, May 11, 2010

Better Breathers' Club

Smart Dose Personal Oxygen Portable. Imagine a device that learns your breathing pattern and automatically delivers the right amount of oxygen for you.

Kristin Sharp, Inspired Technologies

6 – 7 pm
Pulmonary Lab

Call (914) 366-3712 to register

Wednesday, May 12, 2010

Paying for Long-Term Care in 2010

Learn about the costs of long-term care, buying long-term care insurance, Medicaid eligibility and coverage, and the importance of having a good Power of Attorney.

Michele Cassidy, Attorney,
Bress Law Firm

7 pm
Board Room

Call (914) 366-3220 to register

Monday, May 17, 2010

Noninvasive Facial Rejuvenation

Have you ever wished that you could turn back the hands of time and enjoy the healthy, flawless skin you had when you were younger? Each person has her or his own unique set of problems and expectations. This lecture will explore the full spectrum of popular noninvasive facial rejuvenation treatments including Botox®, Restylane®, Radiesse®, Juvederm™, Fotofacial RF®, and Refirmé skin tightening. Laser hair removal and the use of Botox® for excessive sweating will also be discussed. Questions and audience participation will be encouraged. Light refreshments will be served.

Judith Jay, MD, Senior Attending at Phelps and the Medical Director of *Your New York Face*. For more information, visit www.yournewyorkface.com.

7 pm
Auditorium

Call (914) 366-3220 to register

Tuesday, May 18, 2010

Mental Imagery Methods for Relaxation and Holistic Healing

Learn from various religious traditions how meditative relaxation can help you experience holistic healing. In the fields of medical science, neuroscience, and psychology, there is a fascination with data from clinical studies on the impact of meditative practices on the brain and nervous system. Find out how our brain has been “wired for belief.” Come and explore how mental imagery can affect body, mind, and spirit; experience relaxation and healing.

Loyola Amalraj, PhD, Author of *Imagery's Place in Physical, Psychological, and Spiritual Healing*; Adjunct Faculty, Fordham University, Bronx; Spirituality Center, Rye; and Mariondale Center, Ossining.

7 pm
Auditorium

Call (914) 366-3220 to register



Wednesday, May 19, 2010

Purchasing Hearing Aids? What Consumers Need to Know

An informative seminar describing realistic expectations of hearing aid use, the latest features and your legal rights when you purchase hearing aids.

Susan Parodi, MA, CCC-A

10 am – 12 pm
Auditorium

Call (914) 366-3010

Wednesday & Thursday, May 19 & 20, 2010

Defensive Driving

Two-evening certification program. Lowers insurance premiums, reduces violation points, sharpens driving skills.

Robert Fogel

5:30 – 8:30 pm
Auditorium

Fee: \$45
Call (914) 366-3220 to register

JUNE

Monday, June 7, 2010

Cosmetic Surgery

Join a plastic surgeon for an informal discussion about the latest cosmetic procedures and treatments.

Mahjabeen Hassan, MD
Plastic Surgeon

7 pm
Walkway Conference Room

Must call (914) 631-8414 to register

June 10, 15 & 17, 2010

Skin Cancer Screenings

Skin cancer is the most common form of cancer in the US, with more than one million cases diagnosed every year. Most skin cancers can be cured if detected and treated early. Phelps dermatologists will offer free skin screenings as follows:

Jeffrey Sturza, MD
June 10, 10 am – 12:30 pm

Alison Stallings, MD
June 15, 12:30 – 3 pm

Jerome Felsenstein, MD
June 17, 9:30 – 11 am

Prompt Care

Call (914) 366-3220 to register

Tuesday, June 8, 2010

Sinus Screening

Barry Shapiro, MD, *Chief of Otolaryngology*

1 – 3 pm
Prompt Care

Call (914) 366-3220 to register



Monday, June 14, 2010

Chronic Cough Clinic

People often have a chronic cough despite numerous doctor visits, medications, and diagnostic tests. Coughing associated with throat clearing, voice changes, trouble swallowing, nighttime cough, and vocal spasms can often be caused from chronic laryngopharyngeal reflux disease. Alternatively, some people often feel a tickle in the throat that precedes a cough, a dry spot or



dryness in the throat, and a cough that is neuropathy. Screening for these types of coughs will be offered.

Craig H. Zalvan, MD, Laryngologist
Medical Director, Phelps Institute for Voice and Swallowing Disorders

8:45 -10:15 am
Prompt Care

Call (914) 366-3220 to register

Monday, June 14, 2010

High School Singers: How to Preserve the Young Voice!

Many children are gifted with beautiful voices. Too often, the pressures and demands on our children can lead to injury and damage to the singing voice. This talk will explore the potential voice injuries that can occur. Learn how to recognize the early signs of vocal fold damage, understand the pressures on our children that lead to damage, and ultimately, learn how to prevent this damage and enable a long and successful career in singing.

Craig H. Zalvan, MD, Laryngologist
Medical Director, Phelps Institute for Voice and Swallowing Disorders

7 – 9 pm
Auditorium

Call (914) 366-3220 to register

Saturday, June 19, 2010

Craft Fair

A variety of vendors will be selling only hand-crafted items. Tours of The James House Mansion will be offered. Light refreshments will be available for purchase. Come see our beautiful mansion on the Hudson River!

10 am - 5 pm
The James House Mansion
(behind the hospital)

Maternity & Baby Care Classes

The ChildbirthExperience/ LaMaze Method

Weeknights 7:30 – 9:30 pm for 5-6 weeks
Start dates: May 5 & 25, June 16, July 6 & 28, August 17

OR Weekend session, 10 am – 3 pm:
May 8-9, June 12-13, July 17-18, August 14-15

Cost: \$170 per couple

Breastfeeding: First Choice for Babies

May 3, June 7, July 8, August 2

7 – 9 pm
Cost: 45 per couple

ABCs of Baby Care

April 19 or 22, May 6, 10 or 17, June 3, 14 or 21

6 pm
Cost: \$65 per couple

Big Brother/Big Sister: Sibling Preparation

April 17, May 15, June 19, July 24, August 21

10:30 am
\$20 per child

Totsaver Program: American Heart Association CPR for Family and Friends

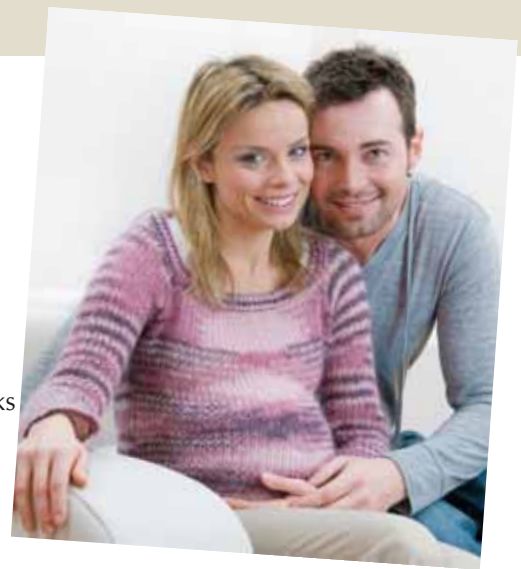
May 1, June 5, July 10, August 7

9 am
\$55 per person

For up-to-date schedule, visit www.phelpshospital.org or call (914) 366-3359 for information or to register.

Prenatal Clinic: Phelps Memorial Hospital Center and Open Door Family Medical Center, participants in the Medicaid Prenatal Care Assistance Program, jointly sponsor a Prenatal Program. Care for expectant mothers is provided by a highly trained, caring, bilingual staff. No one is turned away based on income or health insurance. Women are encouraged to seek prenatal care early in their pregnancy. Care is provided at Open Door during the first 36 weeks of pregnancy and at Phelps Memorial Hospital during the remainder of the pregnancy and for delivery. For information, call: (914) 941-1263.

Atención Prenatal: Phelps Memorial Hospital Center en Sleepy Hollow y Open Door Family Medical Center, participantes en el Programa de Asistencia de Atención Prenatal de Medicaid, auspiciados conjuntamente un Programa Prenatal. La atención de mujeres embarazadas es provista por un personal bilingüe y solidario, altamente capacitado. No se rechaza a nadie basándose en sus ingresos económicos o seguro. Se alienta a las mujeres a recibir atención prenatal lo más temprano posible durante su embarazo. La atención es provista en Open Door durante las primeras 36 semanas del embarazo y en Phelps Memorial Hospital durante el resto del embarazo y el parto. Para mayor información, sírvase llamar al: (914) 941-1263.



MATERNITY OPEN HOUSE
at Phelps on
April 17
See the calendar
for details.



The reception area at Briarcliff Pediatric Dentistry.

The simplest ways to prevent dental disease are by visiting the dentist regularly (at least every six months), practicing good and regular oral hygiene, and maintaining a wholesome and healthy diet. Prevention is the key.

Latest Trends in Pediatric Dentistry

Helping Children Smile Through Life

Dental decay remains the single most common chronic infectious disease afflicting children in the United States. It is reported to be five to eight times more common than asthma. The startling fact about this disease, which, if left untreated, can cause much discomfort, pain, swelling, and, in certain unfortunate cases, even life-threatening infection, is that it is preventable.

How can dental disease in general, and in children in particular, be prevented? Prevention is particularly important because, in addition to the problems associated with chronic dental disease, there has been vast research over the past decade establishing the systemic relationship between the chronic inflammation of uncontrolled periodontal disease and other conditions such as cardiovascular disease and diabetes.

The simplest ways to prevent dental disease are by visiting the dentist regularly (at least every six months), practicing good and regular oral hygiene, and maintaining a wholesome and healthy diet. "Prevention is the key," says, Dr. Renuka Rao Bijoor, a board-certified pediatric

dentist, who is affiliated with Phelps. Identifying the factors for a child at risk of developing dental disease and introducing the child to a "dental home" go a long way in ensuring that the child will maintain good oral health. Children who develop carious lesions as infants and toddlers are at a significantly much higher risk of developing caries in both the primary and permanent teeth. Hence, according to the American Academy of Pediatric Dentistry (AAPD), an individualized preventative plan based on the Caries-Risk Assessment Tool is the key component of caries prevention.

The AAPD recommends that the first visit for a child should be at age one, or six months after the first tooth erupts, whichever comes first. The visit consists of a detailed review of the child's medical history, dental history such as eruption patterns, history of trauma to the oral structures, discussing diet and nutrition, non-nutritive sucking habits, and oral hygiene measures. The pediatric dentist will then do a detailed examination while the parent holds the child, followed by a quick but thorough cleaning and a topical fluoride application. Detailed instructions



Dr. Bijoor and assistant, Nancy Vargas, treating one of their patients.



Dr. Bijoor performing laser dentistry on a child with her assistant, Alexis Acevedo.

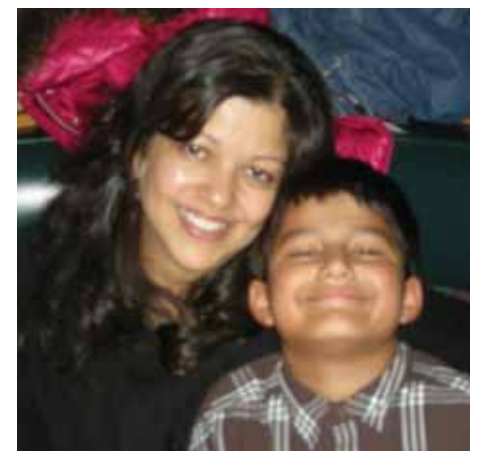
visits, hospitalization, insufficient physical development, loss of school days, and overall diminished quality of life. The tooth more than likely will need to be extracted and the dentist will have to place a space maintainer that will have to remain until the permanent tooth erupts.

Isn't fluoride dangerous?

Fluoride, just like any medication, can cause harm in an excessive amount. The dosage is important and this is dictated by various factors including age, amount of fluoride in the drinking water and the patient's potential risk of developing caries. Hence, it is important that a dentist assesses the right amount of fluoride required for the child and the need for fluoride supplements, if necessary.

But, why a pediatric dentist? What special skills does a pediatric dentist offer?

The pediatric dentist has at least 2-3 years more of post residency training in the field of children's dentistry. Pediatric dentists are specially skilled in diagnosing and managing the oral health care needs of infants, children, adolescents and patients with special health care needs. Part of the training in pediatric dentistry is also to be a part of a specialized craniofacial team that focuses on the care of children with congenital and developmental abnormalities, and hence, they are able to diagnose certain conditions and manage the treatment plan with appropriate referrals and follow-ups. With the diagnosis of certain conditions like ADHD and autism on the rise, pediatric dentists can manage these children with the added attention, time and distracting devices that are sometimes required.



Dr. Bijoor with her star patient, son Vinay."

are then given regarding the individualized plan for the child's oral care.

"I hate going to the dentist!" How often have we heard that? If it is not us, then it is someone close to us who has this fear or dislike. Often, it is the fear of the unknown that instills this dread but commonly, it is also the recollection of a very difficult experience that causes fear and apprehension. Some of us keep putting off a dental visit until it is too late, when the tooth cannot be saved anymore or needs extensive treatment. Cavities do not normally hurt until it is too late. The outermost layer of the tooth surface, the enamel, does not have nerves, so when the carious process first starts, it does not cause pain. That's why it is so important to maintain regular six-monthly check-ups.

A Few Frequently Asked Questions

After all, they are "baby" teeth and are going to fall out – why bother saving them?

There are several reasons why "baby" teeth need to be saved. They are precursors to the permanent teeth and serve as natural space maintainers. It is truly very simple to fix small cavities when they are just beginning. The entire procedure takes only a few minutes and may not even need any local anesthesia (shots). If the procedure is delayed, the cavities just grow, requiring a longer procedure and possibly local anesthesia, and hence more cooperation from the child. If completely ignored, a cavity could potentially lead to emergency room

In addition, pediatric dentists are trained to offer various modalities of treatment for children, specially individualized to cater to each patient's needs and the comfort level of the parents. Treatment could range from a simple regime of regular but more frequent follow-ups and fluoride applications for a child at high risk for developing carious lesions,, to treatment using nitrous oxide analgesia or sedation (oral or intravenous), to hospital dentistry where children are treated in the operating room under general anesthesia.

Dr. Bijoor offers most of these services in her office, Briarcliff Pediatric Dentistry, located at 325 South Highland Avenue in Briarcliff Manor. However, in children with rampant tooth decay, it is practically impossible to perform lengthy dental procedures effectively without compromising the safety of the child, staff and even the dentist. It is also extremely traumatic for a child under the age of four to tolerate extensive dental treatment needing multiple sessions of local anesthesia, multiple fillings and extractions, sometimes being held in a restraining device. In such cases, treatment under general anesthesia is a very convenient option where all the necessary treatment is conducted very skillfully while the child is asleep in the safe setting of the OR. "It is one of the kindest ways of rendering care to a child who needs extensive dental care," says Dr. Bijoor. It is an ambulatory procedure where the patient leaves the hospital at the end of the day. Mary, a four-year-old girl, was referred by the general dentist because he was unable to manage the child's multiple cavities. Dr. Bijoor evaluated her and discussed all the options in detail with her parents, who, after much



"Children make adorable patients." Dr. Bijoor

thought, decided to have the entire treatment conducted in the operating room in one session. "It was amazing - to see how she bounced back after the procedure in a few hours, had no pain, was actually ravenous and ate very well, almost as though nothing happened, except that," said Mary's mother, "her father and I, were very tired at the end of a long day!"

Dr. Bijoor offers this modality of treatment in the OR at Phelps Memorial Hospital Center. "The hospital staff is wonderful," says she, "right from Admitting to Pediatrics, where the child stays pre- and post-operatively, to the Operating Room and Recovery. The Anesthesiologists at Phelps are also excellent, highly skilled, and a pleasure to work with."

Recent Trends and Technological Advances:

So what are the buzz words in pediatric dentistry these days? Apart from digital xrays, which reduce the degree of exposure to radiation, one of the latest developments in the field of pediatric dentistry is laser technology for diagnosis and treatment. The **DIAGNODENT laser** helps detect hidden caries by providing a precise and reliable measurement for the quantification of caries activity. This diagnostic aid, correlated with clinical findings, helps the dentist make an accurate decision about the need to treat questionable caries.

Laser technology for treatment is the ultimate evolution in the field of modern dentistry. It eliminates the need for shots. No drills, no vibrations. It actually helps make dentistry comfortable and even expedites the entire duration of the procedure by eliminating the need for local anesthesia in most cases. **Waterlase** technology uses a unique combination of laser energy and water to provide gentler and more precise treatment that conserves healthy tooth structure and minimizes pain and discomfort. Dr. Bijoor's office is the first and only pediatric dental office in Westchester to offer **Waterlase MD Turbo laser** as an option to treat not only cavities, but also treat gum problems, remove oral growths, release tongue ties and relieve the pain of cold sores and fever blisters. In fact, this technology is a major breakthrough in the release of tongue ties, which is the cause of so much discomfort for newborns try-



ing to latch on for nursing and also contributes to speech issues in toddlers. The release of the tongue-tie is almost painless, bloodless, and can be done in a few minutes with the parent sitting in the dental chair holding the child. Technology has never been this far advanced - to make such procedures so easy to tolerate!

Minimally Invasive Dentistry is another buzz-word. Detecting dental caries early, managing the lesion with minimal removal of tooth structure and restoring the tooth in form and function with adhesive materials under near-ideal conditions are the hallmarks of a dentist abreast of current developments.

Dr. Renuka Bijoor has several years of training and experience to her credit. Originally trained as an Oral Surgeon in India and in the UK, she had a private practice for seven years in Bombay, India. She also successfully completed the Fellowship Examinations from the Royal College of Surgeons in England and the Royal College of Surgeons in Ireland. She was awarded the Fellowship in Oral Implantology from the International Society of Oral Implantologists in 1995. In the United States, she completed her training for the DDS degree at Columbia College of Dental Medicine, where she continued her Residency Training in Pediatric Dentistry at Columbia University Medical Center. Dr. Bijoor is currently an Assistant Clinical Professor at the College, and teaches on a part-time basis.

Briarcliff Pediatric Dentistry. Dr. Bijoor's practice, Briarcliff Pediatric Dentistry in Briarcliff Manor, provides comprehensive dental and orthodontic care to patients aged 0 – 21 years and patients with special needs.

Renuka Rao Bijoor
Briarcliff Pediatric Dentistry
Tel: 914-762-4151

Sports Medicine and You!



What is sports medicine?

Although sports medicine does include taking care of professional athletes, it is really just treating active people and getting them back to their activities. While I do take care of many professional athletes, most of the patients I see are amateur athletes or just weekend warriors. This means the 7th grade student who twists his ankle playing football or the 65-year-old grandma who hurt her shoulder lifting a 22-pound turkey.

Who qualifies as a sports medicine doctor?

Many doctors and even non-doctors call themselves sports docs. To be considered a real sports doctor requires completion of a certified residency (5 years for orthopaedic surgery) and one year of super-specialized training that focuses solely on sports injuries. There is also a certification to be a sports medicine specialist that is beyond being boarded, which patients should ask their doctor if he has obtained.

What does a sports medicine specialist do?

The most common joints that sports doctors treat are the knee and shoulder. This includes meniscus, cartilage, and ligaments of the knee (such as the ACL). For the shoulder, it includes rotator cuff injuries, labral tears and unstable/dislocating shoulders. Sports docs also take care of other problems such as tennis elbow, sprained ankles and lower back pain. Sprains and strains are common. Sports doctors specialize in the use of arthroscopy, which allows treatment of injuries through tiny 1/4-inch incisions using a camera, micro-technology and HD televisions.

Why go to a sports medicine specialist?

Most people, including doctors, believe that someone with specialized training is the best person to take care of injuries. In fact, studies have shown that patients have better results when treated by doctors who do a high volume of a specific surgery.

For an injured shoulder, for example, there are specialists who have treated

hundreds of patients with shoulder injuries and understand that part of the body better than almost any other doctor. For a torn meniscus of the knee, a surgeon who treats hundreds of these annually can be expected to have better results.

If your son injures his leg in a football game, he should see sports doctor. If your knee becomes swollen and painful after twisting it during a game of tennis, a physician who specializes in sports medicine can provide the care you need. If your mom has pain in her shoulder when reaching overhead, a sports doctor can help her.

Interesting Cases

Melissa, a 24-year-old Zumba-fan, came to see me complaining that she had pain in her knee whenever she walked down stairs or when she sat for too long. The pain was affecting her every day. Another doctor had told her she had arthritis and needed a knee replacement. However, I got her back to normal with only therapy and a knee injection. We were able to avoid surgery on her knee.

David was a 52-year-old active weekend softball player, until he injured his shoulder sliding into second base. He was unable to play or even throw a ball after this injury. When he came to see me, I sent him for an MRI the same day and diagnosed him with a complete tear of his rotator cuff. Even though he was just a weekend warrior, in order to get him back to the activities he enjoyed, we decided the best option was to fix his torn tendons. I reconstructed his shoulder and after several months, he was back to playing softball better than ever.

All of the orthopaedic physicians of **Bone & Joint Associates** have not only completed a specialized residency, but each has also completed an elective extra year of fellowship training to become a super-specialist. With a practice philosophy of always putting patients first, we try to see every patient within 20 minutes. Our electronic medical record system ensures that all patients' medical information is secure and readily available, including lab results and x-rays. Nearly all health insurance plans are accepted. Although the physicians in the practice are surgeons, the approach of Bone & Joint

Associates is conservative. Surgery is only one of our tools, and less than 5% of our patients actually end up having surgery, well below the national average.



Rick Weinstein, MD, MBA is Board Certified in Orthopaedic Surgery and Sports Medicine. He earned his medical degree from New York University School of Medicine, performed an internship in general surgery at North Shore University Hospital, a residency in orthopaedic surgery at Bronx Lebanon Hospital/Albert Einstein College of Medicine, and a fellowship in sports medicine at University of Connecticut/Yale University. Dr. Weinstein is a member of the New York State Athletic Commission and is on the board of the American Association of Professional Ringside Physicians. He has been a ringside physician at boxing bouts for 13 years and in that capacity has worked at fights at Madison Square Garden, Foxwoods and Mohegan Sun. Dr. Weinstein is a partner of Bone & Joint Associates, with offices in North White Plains and on the Phelps campus in Sleepy Hollow (914-684-0300).



Neuropsychological Assessment of Memory

While no one's memory works perfectly, in some people, significant memory failures occur due to malfunctioning memory circuits in the brain. Since many medical conditions can affect how well the brain works, concerns about declining memory function should receive medical attention.

Everybody has failures of memory. We forget someone's name within minutes of being introduced. We forget where we put our keys, glasses, and cell phones. We forget to do tasks that we intended to do. We all forget. It's normal to forget.

Why do we have memory failures? Our ability to form new memories is the result of three distinct processes: encoding, storage, and retrieval. Encoding is the process by which memories are formed. Storage is the process of retaining information over time. Retrieval is the process by which we access or recall stored memories. Memory failures can result from a problem with encoding, storage, retrieval, or some combination of these.

Ineffective encoding often occurs when we don't pay sufficient attention to information that we want to remember. The best example is "forgetting" someone's name within several minutes of being introduced; it is really more an example of "in one ear, out the other." There are also moments when we cannot remember something, but later it comes to us. The information is somewhere in there, but we just can't access it at the time. This is known as a retrieval failure. The more ways information has been encoded (e.g., by visualizing, categorizing, or associating), the more ways there are for retrieving it. A defect in the process of storage results in decay of the memory trace; the memory fades with time. This can occur as a

result of interference from or competition with other information.

While no one's memory works perfectly, in some people, significant memory failures occur due to malfunctioning memory circuits in the brain. Since many medical conditions can affect how well the brain works, concerns about declining memory function should receive medical attention. Investigation may include brain-imaging studies to determine whether there are structural changes in the brain, and blood tests to determine whether there is a nutritional deficiency, metabolic imbalance, or infectious disease; it almost always should include neuropsychological testing.

Neuropsychological testing is a detailed analysis of cognitive function using paper-and-pencil tests to evaluate memory and other cognitive functions such as attention, language, and spatial thinking. Test scores are compared to data from large groups of people of similar age and education to determine the level of the patient's function relative to the norm. Neuropsychologists - psychologists who specialize in studying brain-behavior relationships - perform the testing and interpret the test results. They have training in the anatomy, physiology, and pathology of the nervous system, as well as in cognitive psychology and psychometrics (the science of measuring cognitive abilities).

Neuropsychological testing can answer several clinically important questions. It can inform us of: 1) whether a person's

cognitive function is normal for their age or not, 2) what the specific pattern of cognitive impairment is, and 3) whether the cognitive disorder is progressive. Since everybody forgets sometimes, the difference between normal and abnormal forgetting is one of degree. In people who complain about declining memory, determining that the symptoms are in the range of normal forgetting is valuable because it can reduce anxiety and prevent unnecessary treatment with medications. Determining that the symptoms are worse than expected for normal aging is valuable because it leads to a search for an underlying cause. There are many potential causes of cognitive symptoms, and accurate diagnosis is the first step toward appropriate treatment.

In cases of mild cognitive impairment, testing is valuable because it establishes a baseline that serves as a point of comparison and allows us to monitor for progression. Monitoring of cognitive function is often necessary in situations where the patient has a known brain condition that is mild but may potentially worsen and require medical intervention. It is also important in situations in which the underlying cause is unknown. Progressive mild cognitive impairment often reflects slowly progressive disease; stable mild cognitive impairment does not.

Investigation into complaints of declining memory or other cognitive function is a multidisciplinary medical effort. If you are concerned about declining memory, discuss it with your primary care physician or consult with a geriatrician or neurologist. They can determine whether neuropsychological testing is appropriate.



Suzan Uysal, PhD obtained her doctorate at New York University and postdoctoral training at New York University Medical Center and Mount Sinai Medical Center. Dr. Uysal is a faculty member of the Mount Sinai School of Medicine, adjunct faculty of New York University Graduate School of Arts and Sciences, and member of the Departments of Senior Health and Neurology at Phelps Memorial Hospital. For information about memory testing at Phelps, call (914) 861-5025.

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Diabetes & Foot Wounds



The most important thing you can do to avoid wound problems is to check your feet for injuries – top and bottom – every single day.

For people who have diabetes, even a minor wound can be serious. Diabetes decreases blood flow, resulting in a slower healing process. In addition, many people with diabetes have a condition called neuropathy, which may cause tingling, numbness, or pain; or worse, no sensation at all. Without pain, wounds may go unnoticed – especially those on the feet. Untreated wounds can turn into ulcers, and ulcers that become severe or infected can lead to amputation. This tragic outcome can be prevented with good foot care and wound treatment.

Preventing Foot Sores

The best way to prevent a serious wound is to protect your feet from injury in the first place! Following are some tips for protecting your feet:

- Wash your feet daily with mild soap and water and dry them thoroughly, because moisture between the toes can cause skin to break down.
- Regularly apply foot cream to keep your skin from drying and cracking.
- If you have athlete's foot or other fungal infection, use an antifungal

cream; and see your podiatrist or doctor if you develop fungal nail infections.

- Wear socks and shoes that are not too tight-fitting. Avoid pointy high-heeled shoes. Well fitted sneakers are a good choice, or you can ask your podiatrist about having custom-fitted shoes made.
- It is safest to have your nails cut by a podiatrist, but if you go to a nail salon, choose one that has recently passed state inspection. Make sure tools are properly sanitized (or bring your own tools) and the foot spa has been cleaned and disinfected. This is good advice for anyone going to a nail salon.
- Calluses may become foot ulcers in people with diabetes, so they should be treated seriously.
- The most important thing you can do to avoid wound problems is to check your feet for injuries – top and bottom – every single day.

At the first sight of a foot sore – even a little cut:

Put a triple antibiotic cream on the sore immediately.

Cover the wound with a light gauze and keep pressure off the area.

Visit your physician or podiatrist within one week at most – or immediately if your foot becomes swollen. Early intervention is always best.

If your wound requires special wound care, your physician may refer you to a local wound center.

The **Wound Healing Institute** at Phelps provides outpatient wound care for difficult wounds. The Institute staff includes physicians, nurses and therapists who are highly skilled and experienced in wound care (914-366-3040).

Complementing the Wound Healing Institute therapies, the **Center for Hyperbaric Medicine** provides effective treatment for non-healing wound in a comfortable 12-seat hyperbaric chamber (914-366-3690).



Owen O'Neill, MD, Medical Director of the Hyperbaric Medicine Center (front) with Chuck Shivery at the controls of the hyperbaric chamber.

La diabetes y las heridas en los pies

Para personas que tienen diabetes, aun una herida menor puede ser grave. La diabetes disminuye el flujo de sangre, lo que resulta en un proceso de cicatrización más lento. Además, muchas personas con diabetes tienen una condición llamada neuropatía, la cual puede causar cosquilleo, adormecimiento o dolor, o aún peor, nada de sensación. Sin dolor, las heridas pueden ser pasadas por alto, especialmente aquellas en los pies. Las heridas sin tratar pueden convertirse en úlceras que se vuelven severas o infectadas, que pueden resultar en amputación. Este trágico resultado puede ser prevenido con un buen cuidado de los pies y tratamiento de las heridas.

Cómo prevenir las úlceras en los pies

En primer lugar, la mejor forma de prevenir una herida grave es ¡proteger sus pies de lesiones! A continuación hay algunos consejos para proteger sus pies:

- Lávese los pies a diario con agua templada y jabón y séquelos en su totalidad, ya que la humedad entre los dedos puede hacer que la piel se deteriore.
- Aplique regularmente crema para los pies para evitar que su piel se seque y se agriete.
- Si tiene pie de atleta o alguna otra infección fúngica, use una crema fungicida; visite a su podólogo o médico si continúa desarrollando infecciones fúngicas en las uñas.
- Use medias y zapatos que no sean muy apretados. Evite los zapatos puntiagudos de tacón alto. Los zapatos de deporte que le queden bien son una buena alternativa, o puede preguntarle a su podólogo acerca de hacerse zapatos a la medida.
- Es más seguro que un podólogo corte sus uñas, pero si va a un salón de uñas, escoja uno que recientemente haya pasado por una inspección estatal. Asegúrese que las her-

ramientas estén desinfectadas apropiadamente (o traiga sus propias herramientas) y que el baño para pies esté limpio y desinfectado correctamente. Estos son buenos consejos para cualquiera que va a un salón de uñas.

- Los callos pueden convertirse en úlceras de los pies para las personas que padecen de diabetes, por lo que deben tratarse con seriedad.
- La cosa más importante que usted puede hacer para evitar problemas es inspeccionar cada día sus pies, por arriba y por abajo, para ver si tiene heridas.

A la primera señal de una úlcera en los pies, aunque sea un pequeño corte:

Aplique crema de triple antibiótico en la úlcera inmediatamente.

Cubra la herida con una gasa liviana y no haga presión en el área.

Visite a su médico o podólogo al plazo de una semana, como mucho, o inmediatamente si su pie se hincha. La intervención temprana es siempre lo mejor.

Si su herida requiere atención especial para heridas, su médico puede que lo refiera a un centro local para heridas.

El Instituto para la Cicatrización de Heridas en Phelps provee atención de heridas para pacientes ambulatorios con heridas graves. El personal del Instituto incluye médicos, enfermeros y terapeutas altamente capacitados y con vasta experiencia en la atención de heridas. (914-366-3040).

Para complementar las terapias del Instituto para la Cicatrización de Heridas, el Centro de Medicina Hiperbárica provee tratamiento efectivo para una herida que no cicatriza, en una cómoda cámara hiperbárica con cupo para 12 asientos. (914-366-3690).



La cosa más importante que usted puede hacer para evitar problemas es inspeccionar cada día sus pies, por arriba y por abajo, para ver si tiene heridas.

PHELPS

Phelps Memorial Hospital Center

701 North Broadway

Sleepy Hollow, NY 10591-1096

www.phelpshospital.org

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Ongoing Health Promotion and Support Groups

Alzheimer's Support Group

For information, call Ellen Imbiano
(914) 253-6860

Aquatic Therapy

(914) 366-3700

Outpatient Behavioral Health

Alcohol/chemical dependency,
counseling, continuing day
treatment, supportive case
management (914) 366-3027

Bereavement Support Groups

(914) 366-3325

Better Breathers' Club

(914) 366-3712

Blood Donations

(914) 366-3916

Blood Pressure Screenings

Generally the 1st & 3rd Wednesday
of the month, 9:30 - 11:30 am
Appointments necessary:
(914) 366-3220

Cardiovascular Rehab

(914) 366-3740

Cardiovascular Wellness Center -

Exercise under RN supervision
(914) 366-3752

Celiac Sprue Support Group

Sue Goldstein: (914) 428-1389

CPR Classes (914) 366-3166

Diabetes Education Classes

for Adults (914) 366-2270

Essential Tremor Group. Meets in
Somers. Contact barlowhumphreys
@yahoo.com for information.

Group Counseling

Help with issues such as: separation
& divorce, losses, relationships,
family issues, parenting, coping
skills (914) 366-3600

Hospice (914) 366-3325

Mammography (914) 366-3440

Maternity & Baby Classes

(914) 366-3359

My Sister's Place

1-800-298-SAFE (7233)

Ostomy Support Group

3rd Sunday of every month
(914) 366-3395 (Call 366-3000
for cancellation information)

Physical/Occupational Therapy

(914) 366-3700

Physician Referral

(914) 366-3367

Pulmonary Rehabilitation

(914) 366-3712

Stroke Support Group

The 1st Wednesday of the month,
New Time: 3:30-4:30 pm, Walkway
Conference Room (914) 366-3221

Blood Donor Corner

The number-one reason donors say they
give blood is because they want to help
others. If you would like to learn about
donating blood, call 914-366-3916. For
every 2nd donation, you may choose
from a variety of gifts provided by:

- AJ's Burgers & America's Favorite
Foods, New Rochelle
- At the Reef Restaurant & Caterers,
Peekskill
- Auto Clean Clinic, Inc., Ossining
- Basilico Pizza, Pasta & Gourmet, Mt.
Kisco
- Bistro Z at the Doubletree Hotel,
Tarrytown
- Brasserie Swiss, Ossining
- The Cabin, White Plains
- Canfin Gallery, Tarrytown
- Caravela, Tarrytown
- Casa Rina, Thornwood
- Castle on the Hudson, Tarrytown
- Coffee Labs Roasters, Tarrytown
- Crabtree's Kittle House, Chappaqua
- Creative Flooring, Mt. Kisco
- Doubletree Hotel, Tarrytown
- Eldorado West Restaurant Diner,
Tarrytown
- Eyebuzz Fine Art, Tarrytown
- Executive Diner, Hawthorne
- Fairview Golf Center, Elmsford
- Geordane's Deli & Catering, Irvington
- Goldfish Oyster Bar & Restaurant,
Ossining
- Gordo's Restaurant, Hawthorne
- Hair on the Hudson, Tarrytown
- Heritage Frame & Picture, Tarrytown
- Horsefeathers, Tarrytown
- The Horseman Restaurant &
Pizza, Sleepy Hollow
- Il Sorriso Ristorante Italiano, Irvington
- Isabella Italian Bistro, Tarrytown
- Kendal on Hudson, Sleepy Hollow
- Lago di Como Italian Restaurant,
Tarrytown
- Landmark Diner, Ossining
- Main Street Sweets, Tarrytown
- Marriott Westchester, Tarrytown
- Mediterraneo, Pleasantville
- New York School of Esthetics
Tarrytown
- PHR Center for Electrolysis, Tarrytown
- Pinnacle at Heritage Hills Country
Club, Somers
- Pleasantville Colonial Diner,
Pleasantville
- The Red Hat Bistro & Bar, Irvington
- Sheraton Tarrytown Hotel, Tarrytown
- Sparx Hair & Makeup Center,
Pleasantville
- Striped Bass, Tarrytown
- Sunset Cove, Tarrytown
- Tarrytown Woodworks
- Taste of China, Tarrytown
- Terra Rustica, Briarcliff Manor
- T.G.I. Friday's, Tarrytown
- Tramonto Restaurant-Bar-Café,
Hawthorne
- Trapp Optical, Irvington

Please patronize these businesses. Let
them know you appreciate their com-
munity-minded support.