

PHELPS

T O D A Y

News from
Phelps
Memorial
Hospital
Center



Breast Cancer 2007

Easing the Pain
of Angina

Fighting
Childhood Obesity

Pictured: Owen O'Neill, MD (front) and Chuck Shivery at the controls of Phelps' Hyperbaric Chamber.

Greetings,

It is our great pleasure to present to you the Phelps Today magazine, a new, expanded version of the newsletter that we've been sending to you for the past ten years. As always, this publication offers you information on important health topics – provided by Phelps physicians and other experts – and invites you to attend events and free health screenings at Phelps. The new magazine will regularly include articles in Spanish, and we've used larger type for easier reading.



Giving Phelps Today a “facelift” and new format is fitting now, as we undergo such dramatic change on our hospital campus. Please join us on September 29 at 1 p.m. to help us celebrate the opening of our new 100,000 square-foot Medical Services Building. Following a ribbon-cutting ceremony, you will have a chance to tour the building and the impressive setting in which several of our busiest services have been relocated, including the Physical Medicine & Rehabilitation Department – with an aquatherapy pool – and the Frank and Lisina Hoch Center for Emergency Education.



Another cause for celebration is the opening of our 750-space parking garage. We are pleased to be able to offer our patients and visitors plenty of parking – and it is still free!

The transformation of Phelps' campus continues. The south wing expansion is nearly complete, and construction of our new Emergency Department is progressing well. We expect patients and families will appreciate the all-private-room, state-of-the-art ER when it opens next year.

Best wishes,

A handwritten signature in black ink that reads "Bard Bunaes".

Bard Bunaes
Chairman, Board of Directors

A handwritten signature in black ink that reads "Keith F. Safian".

Keith F. Safian, FACHE
President & CEO

Please Join Us to Celebrate the Opening of Phelps' New Medical Services Building

- Outpatient Physical Medicine & Rehabilitation with Aquatherapy Pool
- Wound Healing Institute
- Diabetes & Endocrine Center for Children
- IV Infusion Center
- Center for Emergency Education
- Blood Donor Services
- Phelps Counseling



*Plus more FREE parking
in our new
750-space garage.*

Date: Saturday, September 29, 2007

Time: 1 pm - 2:15 pm Ribbon Cutting Ceremony
2:15 pm - 4 pm Tours of the new building

Place: 755 North Broadway
On Phelps' Campus
Sleepy Hollow, New York

Refreshments will be served

P H E L P S
MEMORIAL HOSPITAL CENTER



The best protection is
self-examination, regular
breast examination by
a physician, and yearly
mammography

Breast Cancer 2007

The Good News

Breast cancer remains the most common cancer among women in the U.S. today and the second leading cause of cancer deaths. That's the bad news. The good news, thanks to early detection and improvements in treatment methods, is that more than 80% of women diagnosed with early-stage breast cancer are now living at least 10 years disease-free.

Better Screening

One of the major reasons for this dramatic improvement in survival is to the fact that more women are having yearly screening mammograms than ever before. In addition, our imaging methods are improving. For example, digital mammography, which Phelps uses exclusively, has been shown to be more sensitive than conventional mammography in identifying early breast cancers, especially in women under the age of 50.

MRI of the breast is even more sensitive than mammography, but MRI is associated with a large number of false-positive results and, therefore, is not effective for routine screening. Recently, however, studies have shown that screening breast MRI can be useful for young women with dense breasts who are considered to be at high risk on the basis of family history and other factors.

Simpler Diagnosis

If an abnormality is found on one of these imaging studies, a biopsy to make the diagnosis of breast cancer no longer requires a trip to the operating room in most cases. Usually, the diagnosis can be made by

stereotactic (x-ray guided) or ultrasound-guided needle biopsy, a simple out-patient procedure under local anesthesia.

Treatment – Less Invasive, More Effective

The other good news is that the treatment for women who are diagnosed with breast cancer has become less invasive and more effective. Most women today with early-stage breast cancer can be treated with breast conservation surgery (“lumpectomy”) and radiation, rather than mastectomy. Part of the surgical treatment also involves examination of the axillary lymph nodes (glands in the armpit) which is the area that breast cancer usually spreads to if it progresses. In the past, this required a major surgical procedure to remove most of the lymph nodes from under the arm to determine if there was any spread. Today, we routinely perform a procedure known as “sentinel lymph node biopsy.” This technique involves an injection into the breast at the time of surgery, which enables us to identify the lymph nodes that are most likely to contain cancer if it has spread. If those lymph nodes (usually no more than 2 or 3) are cancer-free, we can safely assume that the rest of the lymph nodes are normal, and they do not need to be removed. This leads to less invasive surgery, less post-operative pain, faster recovery, and fewer complications.

The other major reasons why more women are surviving breast cancer are the improvements in chemotherapy and hormonal therapy. The chemotherapy drugs of today are

considerably more effective than those of the past. There are also a wide range of medications used today to counteract the side effects of chemotherapy, making it much more tolerable and less toxic than it used to be. In addition to tamoxifen, a hormonal agent which has been used for many years to reduce the risk of breast cancer recurring or spreading, there are now newer and more effective agents called aromatase-inhibitors (Arimidex, Femara, and others) which can be used in post-menopausal women.

Promising Research

What can we look forward to in the future? We still do not know exactly what causes breast cancer in any given individual, but there is much promising research. We know a great deal about risk factors, such as family history, obstetrical history, post-menopausal hormone replacement, obesity, and diet. Researchers have also identified some gene mutations (BRCA1 and BRCA2) which are associated with a very high risk of breast cancer in women who carry those mutations. As more gene mutations are discovered, we will be able to identify more women who are at high risk and, hopefully, be able to start preventative treatment before breast cancer develops.

Genetic research has also led to “targeted therapy,” the latest advance in breast cancer treatment. The discovery of the HER-2 genetic protein that is present on some breast tumors led to the development of the drug Herceptin, which can reduce risk of cancer recurrence in those patients by as much as 50%. Unfortunately, only about 20-25% of breast cancers produce HER-2, so use of Herceptin is limited; but as more such genetic markers are discovered, new targeted therapies will be developed that will be effective for individual patients.

Surgical treatments will also become less invasive in the future. There are currently clinical trials being conducted to evaluate “ablation” techniques (freezing, radiofrequency) to destroy breast cancers rather than surgical excision.

What You Should Do

For now, the best protection is self-examination, regular breast examination by a physician, yearly screening mammography, and the reassurance that an early-stage breast cancer can be treated with minimal disfigurement and has an excellent prognosis.



Martin Wertkin, MD, earned his medical degree at SUNY, Downstate College of Medicine and completed an internship and residency in general surgery at Mount Sinai Medical Center. Dr. Wertkin is board certified in general surgery. His office is located on the Yonkers/Hastings border (914-965-2026).

Hágase cargo de su vida Información de la salud para las Mujeres

Todas las mujeres están a riesgo de cáncer del seno y el riesgo aumenta con su edad. Los estudios recomendados hoy día para detectar el cáncer del seno incluyen: hacerse un auto examen de los senos, hacer que su ginecólogo o su médico le revise los senos y hacerse un mamograma.

Su ginecólogo o su médico generalmente le enseña a como hacer el auto examen de los senos. El examen se debe hacer una semana después del comienzo de su menstruación mensualmente empesando a los 30 años de edad. La paciente debe avisar a su ginecólogo o su medico si nota alguna anomalía.

El reviso de los senos hecho por su ginecólogo o su medico se hace durante su visita anual o cuando hay un problema de los senos.

La mamograma es un tipo especial de rayos X de los senos y todavía es la forma más eficiente para detectar el cáncer del seno temprano. Es recomendado que las pacientes sin factores de riesgo deben empezar a hacerse el mamograma a los 40 años

y anualmente. Las pacientes con factores de riesgo deben empezar a los 35 años y entonces a los 40 años y anualmente.

El MRI de los senos, un estudio especial de los senos se reserve para las paciente con factores de riesgo especiales.

Hágase cargo de su vida. Vea a su ginecólogo o su medico ahora – hágase un mamogram.



Diana Oquendo, MD, obtuvo su doctorado en medicina en la Facultad de Medicina Albert Einstein, y completó su residencia en obstetricia y ginecología en el Hospital y Centro Médico de la Universidad Brookdale. La Dra. Oquendo ha sido certificada en obstetricia y ginecología. Su oficina se encuentra en Sleepy Hollow (914-524-9612).

Karen Arthur, MD, a Mount Sinai-trained surgeon specializing in breast surgery has recently joined Phelps' medical staff (914-631-0290).

PHELPS



SEPTEMBER/
OCTOBER

Prostate Screenings

Prostate cancer is one of the most common forms of cancer in men. It is the second leading cause of male cancer deaths in the U.S., but when detected in its early stages, prostate cancer can be effectively treated and cured. In 1987, Phelps became the first Westchester hospital to offer free prostate screenings and continues to offer the most extensive screening schedule in the region.

Jack Hershman, MD, and Arno Housman, MD, *Urologists*

PromptCare
Free

Call to schedule an appointment for one of the dates listed below:
(914) 366-3220

Monday, September 10, 2007

9 am - 12 noon (Dr. Hershman)

Monday, September 10

5:30 – 8:30 pm (Dr. Housman)

Monday, September 17

9 am - 12 noon (Dr. Hershman)

Monday, September 17

5:30 – 8:30 pm (Dr. Housman)

Monday, September 24

5:30 – 8:30 pm (Dr. Housman)

Tuesday, September 25

3 - 6 pm (Dr. Hershman)

Friday, September 28

9 am - 12 noon (Dr. Hershman)

Monday, October 1

5:30 – 8:30 pm (Dr. Housman)

Friday, October 5

9 am - 12 noon (Dr. Hershman)

Thursday, October 11

9 am - 12 noon (Dr. Hershman)

Appointments are Required.

Schedules for all programs are subject to change.



Monday, September 24, 2007

Chronic Cough Clinic

A screening for people with a chronic or recurrent cough, coughing at night, or a cough that is non-responsive to medication. Are you tired of your chronic cough? Have you tried multiple medications and seen many doctors with no solution? Chronic cough that does not improve despite common treatments may be caused by disorders such as laryngopharyngeal reflux (LPR), post-viral neuropathy, or sinus disease. Evaluation of the head and neck can help rule out many causes. If you've had an unresolved cough, this Cough Clinic screening may help point you in the right direction to find a solution.

Craig H. Zalvan, MD
Laryngologist

Medical Director, Phelps Institute for Voice and Swallowing Disorders

9:30 am – 11:30 am
PromptCare

Call (914) 366-3220 to register

Tuesday, September 25, 2007

Hypnosis for Weight Loss

Diets fail . . . hypnosis works! It is the easiest and most natural way to lose weight and keep it off.

Sara Oppenheim
Certified Hypnotherapist

7 pm – 9 pm
Auditorium

Fee: \$50

Call (914) 366-3220 to register

OCTOBER

Monday, October 1, 2007

The Effect of Silent Reflux on Your Throat and Voice

Reflux disease is not limited to heartburn and indigestion. LPR – reflux that enters the back of the throat from the esophagus – can cause change in voice, chronic throat clearing, chronic cough, and trouble swallowing, and it can exacerbate or cause many common diseases, including sinusitis. Learn if you have reflux, how to treat it, and more importantly, prevent it.

Craig H. Zalvan, MD
Laryngologist

Medical Director, Phelps Institute for Voice and Swallowing Disorders

7 pm – 9 pm
Auditorium

Call (914) 366-3220 to register



Wednesday, October 3, 2007

Hypnosis for Weight Loss

Diets fail . . . hypnosis works! It is the easiest and most natural way to lose weight and keep it off.

Sara Oppenheim
Certified Hypnotherapist

7 pm – 9 pm
Auditorium

Fee: \$50

Call (914) 366-3220 to register



1st & 3rd Thursdays beginning
October 4, 2007

Bereavement Support Group

A “drop-in” group for adults struggling with grief following the loss of a loved one.

Bess Steiger
Bereavement Coordinator

2 – 3:30 pm
The James House

\$5 per session

Call (914) 366-3325 for information



Wednesday, October 10, 2007

Family Caregivers Support Program of the Westchester County Department of Senior Programs & Services

Free information, brochures, and professionals on hand to answer

questions on support services for family caregivers of the elderly.

Mary Edgar
Program Administrator

11 am – 3 pm
Main Lobby

Call (914) 366-3220 for information

Thursdays, 8 weeks beginning
October 11 (no gathering on Thanksgiving, 11/22)

Bereavement Support Group

For adults struggling with grief following the loss of a loved one.

Bess Steiger
Bereavement Coordinator

6:30 – 8 pm
The James House

\$50 for 8 weeks

Call (914) 366-3325 to register

Thursday, October 11, 2007

Snoring and Obstructive Sleep Apnea — New techniques and treatments

Michael Bergstein, M.D.
Otolaryngologist

7 pm
Auditorium

Call (914) 366-3220 to register

Monday, October 15 and
Wednesday, October 17
Defensive Driving

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

Robert Fogel
5:30 - 8:30 pm
Auditorium

Fee: \$40

Call (914) 366-3220 to register

Tuesday, October 16, 2007
**Better Breather's Club –
Pulmonary Fibrosis**

At this Phelps Pulmonary Fibrosis Support Group meeting, you will learn current information and find out about links to other groups and seminars.

Susan DiFabio, RT

7 pm

Walkway Conference Room

Call (914) 366-3712 to register

Tuesday, October 16, 2007

**Stop Smoking
Using Hypnosis**

Say goodbye to this unhealthy, destructive, and expensive habit forever. If you're committed to quitting, you will achieve success.

Sara Oppenheim

Certified Hypnotherapist

7 - 9 pm

Auditorium

Fee: \$50

Call (914) 366-3220 to register



Thursday, October 18, 2007
**Strategies for Improving
Handwriting Skills
in Children**

Information on frequently seen problems with handwriting, and therapeutic interventions to improve.

Jocelyn Lujan, OTR/L

6 - 7 pm

Walkway Conference Room

Call (914) 366-3010 to register

Monday, October 22, 2007
**Swallowing Problem
Screening**

Many people have problems swallowing. This free clinic will help identify those with food getting stuck, pain when swallowing or trouble solids or liquids, regurgitation, throat clearing, increased phlegm, and reflux related problems.

Craig H. Zalvan, MD

Laryngologist, Medical Director,
Phelps Institute for Voice and
Swallowing Disorders

9:30 - 11:30 am

PromptCare

Call (914) 366-3220 to register

Tuesday, October 23, 2007

**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 Mariondate Center, Ossining.*

7 pm

Auditorium

Call to register: (914) 366-3220



Thursday, October 25, 2007

**Optimal Health and Aging for
Women — An Orthopedic
Perspective**

Dr. J. Robert Seebacher, who has performed more than 2,000 successful joint replacements at Phelps, will talk about the new focus on issues of optimal health & aging in women from an orthopedic perspective, including treatment for, and prevention of, arthritis, osteoporosis, and loss of flexibility, balance, and strength. This wide-ranging discussion will cover exercise, supplements, medications, and medical treatments, with emphasis on prevention. There will be open discussion, visual presentations, and distribution of written material.

J. Robert Seebacher, MD

Orthopedic Surgeon, Phelps
Memorial Hospital Center

Refreshments to be served

7 pm

Auditorium

Call to register: (914) 366-3220

Tuesday, October 30, 2007
Hypnosis for Weight Loss

Diets fail...hypnosis works! It is the easiest and most natural way to lose weight and keep it off.

Sara Oppenheim

Certified Hypnotherapist

7 - 9 pm

Auditorium

Fee: \$50

Call to register: (914) 366-3220

NOVEMBER

Monday, November 5 & Tuesday, November 6, 2007

Defensive Driving

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

Robert Fogel

5:30 – 8:30 pm
Auditorium

Cost: \$40

Call to register: (914) 366-3220



Wednesday, November 7, 2007

Snoring Clinic

A brief screening examination to determine if someone may be a candidate for a complete snoring and sleep apnea evaluation.

Michael Bergstein, MD
Otolaryngologist

8 – 10 am
Prompt Care

Call to register: (914) 366-3220

Monday, November 12, 2007

Voice Problem Screening

Hoarseness, raspiness, a change in your voice, breathiness, problems singing, or discomfort may be a sign of problems with your voice box that can include nodules, polyps, cysts, paralysis, reflux, and even cancer.



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

9:30 – 11:30 am
PromptCare

Call to register: (914) 366-3220

Tuesday, November 13, 2007

“Who is Caring for the Caregiver?”

An overview of services for caregivers of the elderly available through the Family Caregiver Support Program of the Westchester County Department of Senior Programs & Services

Mary Edgar-Herrera
Program Administrator

7 – 9 pm
Boardroom

Call to register: (914) 366-3220

Tuesday, November 13, 2007

Better Breathers Club

If you have a difficult time coughing up secretions, come and learn about a device called “The Vest,” which aids in airway clearance.

Margaret Weber, BSN, RN
Vest Account Manager

7 pm
Walkway Conference Room

Call to register: (914) 366-3712

The following are being held at Club Fit, Briarcliff Manor, NY

Wednesday, September 26, 2007

Stroke Prevention

Sanda Carniciu, MD
Neurologist, Director, Phelps’ Stroke Center

6 pm
Club Fit

Call to register: (914) 366-3220



Monday, October 29, 2007

Blood Pressure Screening

Mhairi Craig, RN
10 am to 12 noon
Club Fit

Call to register: (914) 366-3220

Monday, November 19, 2007

Pulmonary Function Testing

Mhairi Craig, RN
10 am to 12 noon
Club Fit

Call to register: (914) 366-3220

Monday, December 17, 2007

Mental Imagery Methods for Relaxation and Holistic Healing

Loyola Amalraj, PhD
7 – 9 pm
Club Fit

Call to register: (914) 366-3220



Expecting?

Following is a schedule of classes offered to expectant parents and families at Phelps. For more information about having your baby at Phelps, visit www.phelpshospital.org and click on "Maternity."

The Childbirth Experience/ Lamaze Method

Weekday, 7:30-9:30 pm for 5-6 weeks (Start dates: **September 5; October 1, 2, 4, 17; November 12, 13, 15, 18**)

OR 3 Sundays, 7:30-10 pm
September 9 & 16 (2 Sundays);
October 13 & 14; November 10 & 11; December 2 & 9 (2 Sundays)
Cost: \$170 per couple.

Breastfeeding: First Choice for Babies

September 11, October 18, November 14, December 3
7 - 9 pm
Cost: \$45

ABCs of Baby Care

September 5, 17, 18; October 15, 17, 23; November 7, 13, 19; December 5, 10, 18
Cost: \$65 per couple.

ABCs of Baby Care for Adoptive Parents

\$50 per person; \$90 per couple.
Call for schedules.

Childbirth Prep Refresher/ VBAC Preparation & Birthing Center Tour

Call for schedules.
Cost: \$65

Totsaver - Pediatric Basic Life Support

(Original & Refresher)
A 6-8 hour course.
September 15; October 6; November 3; December 1
Cost: \$55

Big Brother/Big Sister: Sibling Preparation

September 8, October 20, November 17, December 8
10:30 am
Cost: \$20 per child
Pre-registration is required.
Call (914) 366-3359.

For more information about Phelps' Maternity service visit www.phelpshospital.org

Prenatal Clinic: Phelps Memorial Hospital Center and Ossining 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. Women are encouraged to seek prenatal care early in their pregnancy.

Care is provided at Ossining or Port Chester 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 Ossining Open Door Family Medical Center, participantes en el Programa de Asistencia de Atención Prenatal de Medicaid, auspician 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.

Se alienta a las mujeres a recibir atención prenatal lo más temprano posible durante su embarazo. La atención es provista en Ossining o Port Chester 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

Greetings from the Phelps Auxiliary

from Jim Goldsmith, President

For those of you who are not familiar with the Phelps Auxiliary, we are an organization whose primary goal is fund raising for the Hospital. We are unique in that we are not professional fund raisers; rather, most of us are also volunteers at the Hospital – and that gives us a personal knowledge of Phelps.

While the Auxiliary does fund raising for Phelps, it does not mean that we go around with collection boxes. Nevertheless, we are able to contribute over \$100,000 to Phelps every year.

How are we able to raise so much money (without robbing a bank)? We run a thrift shop in Tarrytown called the Cherry Door, operate the Phelps Gift Shop, oversee rentals of The James House, and conduct sales of flowers and newspapers in the Hospital.

But the fundraisers that are the most fun are the three or four bake and craft sales the Auxiliary holds throughout the year. Do you enjoy delicious home-baked pies, cakes, brownies, and cookies? Then you must come to one of our bake sales. Better yet, you could contribute some of your own baked goods or create

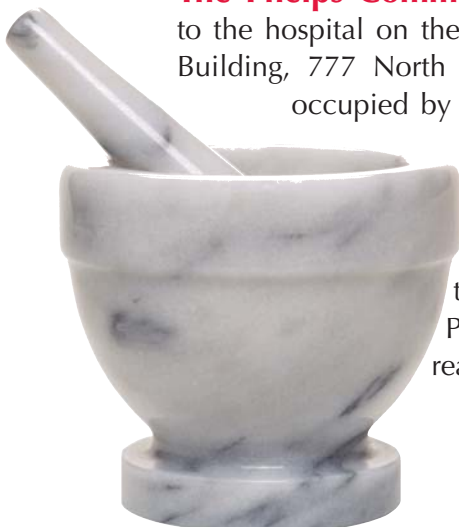


some small crafts for us to sell.

We are always looking for new members. Joining the Auxiliary costs only \$15 a year. But you don't have to be a member to bake for us! You don't have to volunteer either – but you do have to be prepared to have fun.

If you'd like to join or bake – or both – call the Volunteer Department at Phelps: 914-366-3170 for information.

The Phelps Community Pharmacy, located adjacent to the hospital on the first floor of the Professional Office Building, 777 North Broadway is in the space formerly occupied by the Russell & Lawrie Pharmacy. The new Phelps Pharmacy offers convenience for patients and the community for filling prescriptions and obtaining medical equipment or sundries. It is open Monday through Friday from 9 AM - 6 PM. Joseph Paternoster, Supervising Pharmacist, can be reached at (914) 366-1400.



A Portable Wireless Digital X-Ray System

Phelps was the first hospital in the United States to have the full functioning wireless version of Kodak's new Point-of-Care CR-ITX 560 System. This wireless portable X-ray machine can be brought to the Operating Room, the Emergency Room, and even to patient rooms when appropriate. The wireless aspect of the machine makes it possible to send high quality digital images via computer to remote locations within minutes! There is no need to develop film or hand-deliver images to physicians, and that means more efficient patient care.



Biagio Siniscalchi, Radiology Coordinator (standing) and colleague George Gotay demonstrate the easy functioning of the wireless portable x-ray machine.

Easing the Pain of Angina

Some individuals who suffer from angina may reduce symptoms with a non-invasive therapy called external counterpulsation.

What is Angina?

Angina is the most common symptom of coronary artery disease. Angina can feel like a pressure, aching, tightness, burning or heaviness in the chest, arm or jaw. It is usually brought on by physical exertion or emotional stress and relieved by rest or nitroglycerin. Some people with angina only have symptoms of shortness of breath.

Options for treatment

A variety of medications can be prescribed to ease the work of the heart and reduce symptoms of angina. Balloon angioplasty is an important option to open blocked arteries. Stents are routinely placed at the time of angioplasty to help keep the artery from closing again. Coronary bypass surgery involves using a vein or artery to form a new path around a coronary blockage in order to supply vital blood to the heart muscle.

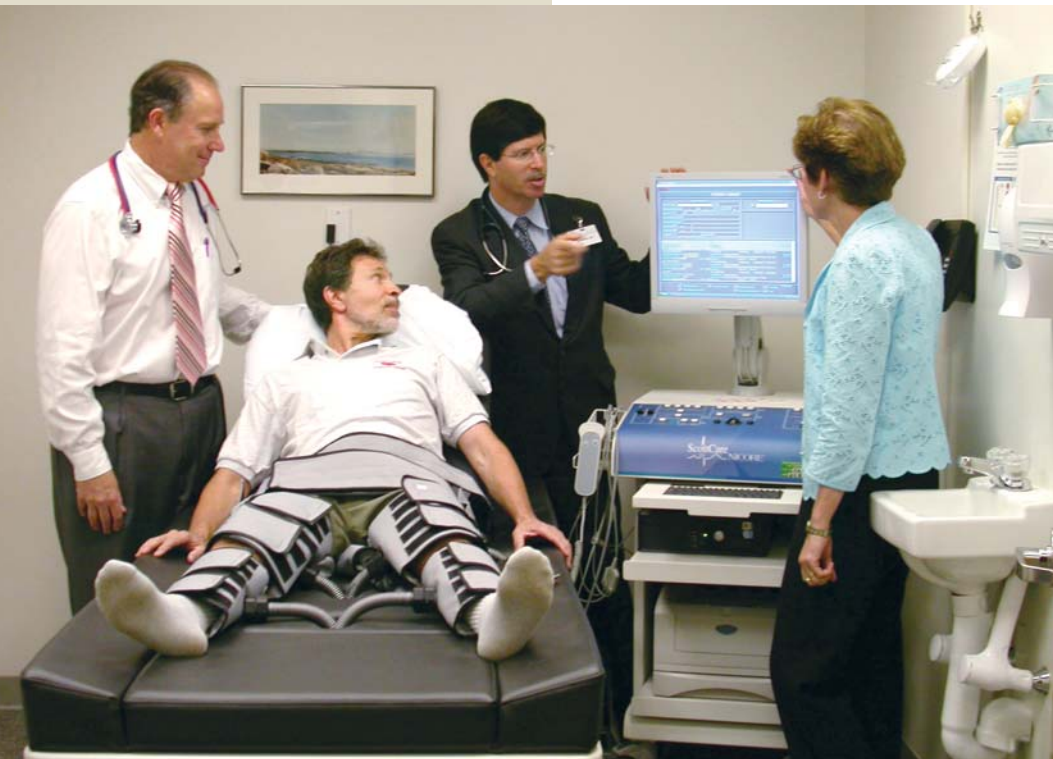
Despite these advances, many patients will continue to have symptoms of angina. After only one year, angina may return in approximately 20% of patients with angioplasty and 10% of patients who have bypass surgery.

New non-surgical therapy

Another therapy now offered at Phelps called **External Counterpulsation** (ECP) can help reduce symptoms of angina and need for medications – even in those who have already had angioplasty or bypass surgery.

In the 1960s, research showed that blood flow to the heart could be improved by inserting a balloon into the aorta, inflating it during the heart's relaxation phase, and deflating it as the heart contracted. The success of these intra-aortic balloons led to the development of external counterpulsation therapy, which produces similar benefits by applying pressure to the legs and buttocks, timed to the heart's cycle.

The external counterpulsation system consists of a series of cuffs similar to those used to take blood pressure. The cuffs are wrapped around



Pictured left to right: Dr. Stephen Kopf, James Schechter, Dr. Franklin Zimmerman, and Claire Zane, RN, demonstrate ECP.

Angina is caused by narrowing in the coronary arteries from atherosclerosis. These blockages are fatty buildups that reduce blood flow to the heart muscle. Angina affects nearly 9 million Americans.

the patient's legs and buttocks and are quickly inflated and deflated in sequence – calves, thighs, buttocks – synchronized to the cardiac cycle with a heart monitor.

ECP improves heart function by:

- Helping the return of blood flow to the heart and increasing coronary blood flow
- Easing the heart muscle's pumping by lowering blood pressure in the aorta
- Possibly increasing blood supply around narrowed arteries
- Possibly improving the health of the lining of the blood vessels

Symptom relief

Research shows that ECP therapy relieves angina. In one study of more than 1,000 patients with angina who were treated with ECP, 73% had milder symptoms and less need for nitroglycerin.

Congestive Heart Failure

An exciting potential use of ECP therapy is for patients with congestive heart failure, which results when a weakened heart muscle is unable to pump as much blood as the body needs. People with heart failure retain fluid, and the resulting congestion makes them feel weak and short of breath. Studies are under way to determine the effectiveness of ECP for treating congestive heart failure.

Cardiologist's comment:

External counterpulsation therapy is a relatively new tool for the treatment of coronary heart disease. It is safe, effective, and for a good percentage of patients may ease symptoms.

ECP is not a replacement for coronary bypass surgery, stents, or medications. It may, however, provide a viable option for patients who remain symptomatic despite optimal therapy. While not a cure, ECP can improve the quality of life for many patients with cardiac disease.



Franklin H. Zimmerman, MD, FACC, is Senior Attending Cardiologist and Director of the Critical Care Units at Phelps. He earned his medical degree at Brown University and completed his internship and residency in internal medicine and a fellowship in cardiovascular disease at Columbia University-St. Luke's-Roosevelt Hospital in New York. Dr. Zimmerman is board certified in internal medicine, cardiovascular disease, and critical care medicine. His office is located in Briarcliff Manor (726-5810).

For information about ECP, you may also call the Phelps Cardiovascular Lab – 914-366-3752.

PHELPS TODAY

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PHELPS TODAY is a publication of Phelps Memorial Hospital Center. Phelps is a member of the NewYork-Presbyterian Healthcare System, the Mount Sinai Health System, and the Stellaris Health Network.

“I’ve seen how ECP can improve quality of life.

When one patient started treatment, she needed to stop and rest many times as she walked down the hallway to the Cardiovascular Lab.

After just three weeks of ECP therapy, she was able to make the trip without resting at all.

Another patient whose condition had prevented him from swimming – an activity he really enjoyed – was delighted that ECP enabled him to get back in the pool!”

Claire Zane, RN,
Director, Phelps
Cardiovascular Lab

Fighting Childhood Obesity



It has been shown
that approximately
one in three children
in New York State is
at great risk for being
overweight

If your child is overweight, there are steps you can take to help.

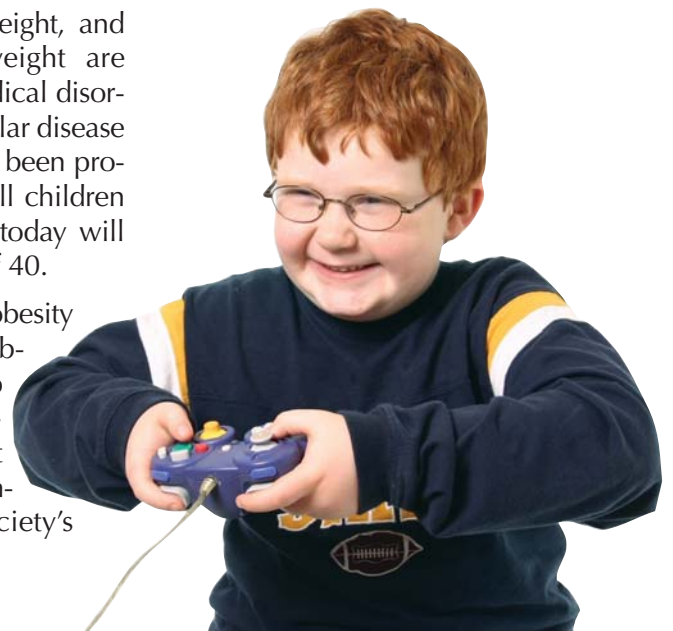
Obesity is the number one public health problem in the world today and is one of the most prevalent health issues affecting our children. Throughout the United States, children are becoming less active and are consuming more high-calorie foods that lack nutritional value. It has been shown that approximately one in three children in New York State is at great risk for being overweight, and children who are overweight are more likely to develop medical disorders, including cardiovascular disease and diabetes. In fact, it has been projected that up to 30% of all children born in the United States today will have diabetes by the age of 40.

Much of the increase in obesity and associated health problems can be attributed to poor nutrition and the evolution of entertainment technology – coupled dangerously with our society's overindulgent mentality.

The abundance of fast food chains throughout the United States makes a less healthy diet readily available. In addition, poor quality foods are often provided in schools, and this has contributed to creating a society that seems not to focus on the physical well being of our children.

The New York State Department of Health is currently pursuing several initiatives to combat the growing threat of obesity. One of the main topics of concern is the poor nutritional value that some school lunches provide, which is why it is so important for parents to help their children learn good dietary habits by offering healthy food choices at home. Then, when children are at school, they will be less likely to choose unhealthy foods, because you will have taught them what is good – and good for them.

How children spend their free time also affects their weight. As technological advances continue to flourish, the importance of exercise is increasingly downplayed.





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Outdoor activities are replaced with long periods of sedentary “screen time,” such as watching television, using the computer, and playing video games. By simply decreasing the amount of television your children watch and replacing this time with activities such as playing basketball or bicycling, you can greatly reduce their risk for obesity.

The best bet? Choose a daily 30-minute aerobic activity that you can share with your child. Whether it's bike riding, running, or tennis, you'll be setting a positive example while at the same time giving yourself and your child exposure to activities you can participate in throughout your lives. Helping ensure a healthy and active lifestyle for your child does more than simply thwart childhood obesity – it reinforces the idea that being physically fit is a way of life.



P H E L P S

Phelps Memorial Hospital Center
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Ongoing Health Promotion and Support Groups

Alzheimer's and Dementia Caregivers Support Group 1st & 3rd Thursday each month, 7:30 - 9 pm (914) 428-1919

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

Celiac Sprue Support Group
Sue Goldstein: (914) 428-1389

CPR Classes (914) 366-3166

Diabetes Education Classes for Adults (914) 366-2270

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

Wellness Center - Exercise under RN supervision (914) 366-3752

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 4th donation, you may choose from a variety of gifts provided by:

- Andrew's Restaurant, Elmsford
- At the Reef Restaurant & Caterers, Peekskill
- Auto Clean Clinic, Inc., Ossining
- Basilico Pizza, Pasta & Gourmet, Mt. Kisco
- Brasserie Swiss, Ossining
- Cafe Tandoor, Tarrytown
- Caravela, Tarrytown
- Castle on the Hudson, Tarrytown
- Coffee Labs Roasters, Tarrytown
- Crabtree's Kittle House, Chappaqua
- Enhance Face & Body Spa, Hartsdale
- Gallery du Soleil, Tarrytown
- Gordo's Restaurant, Hawthorne
- Heritage Frame & Picture, Tarrytown
- Hollywood Video, Ossining
- 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
- Main Street Sweets, Tarrytown
- Malabar Hill, Elmsford
- Mediterraneo, Pleasantville
- Monteverde at Oldstone Manor, Cortlandt Manor (lunch or spa)
- New York School of Esthetics, Tarrytown
- Pinnacle at Heritage Hills Country Club, Somers
- Pleasantville Colonial Diner
- The Red Hat Bistro & Bar, Irvington
- Sparx Hair & Makeup Center, Pleasantville
- Striped Bass, Tarrytown
- Sunset Cove, Tarrytown
- Tarrytown Woodworks
- Taste of China, Tarrytown
- Terra Rustica, Briarcliff Manor
- Tramonto Restaurant-Bar-Cafe, Hawthorne
- Trapp Optical, Irvington
- Westchester Marriott, White Plains

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