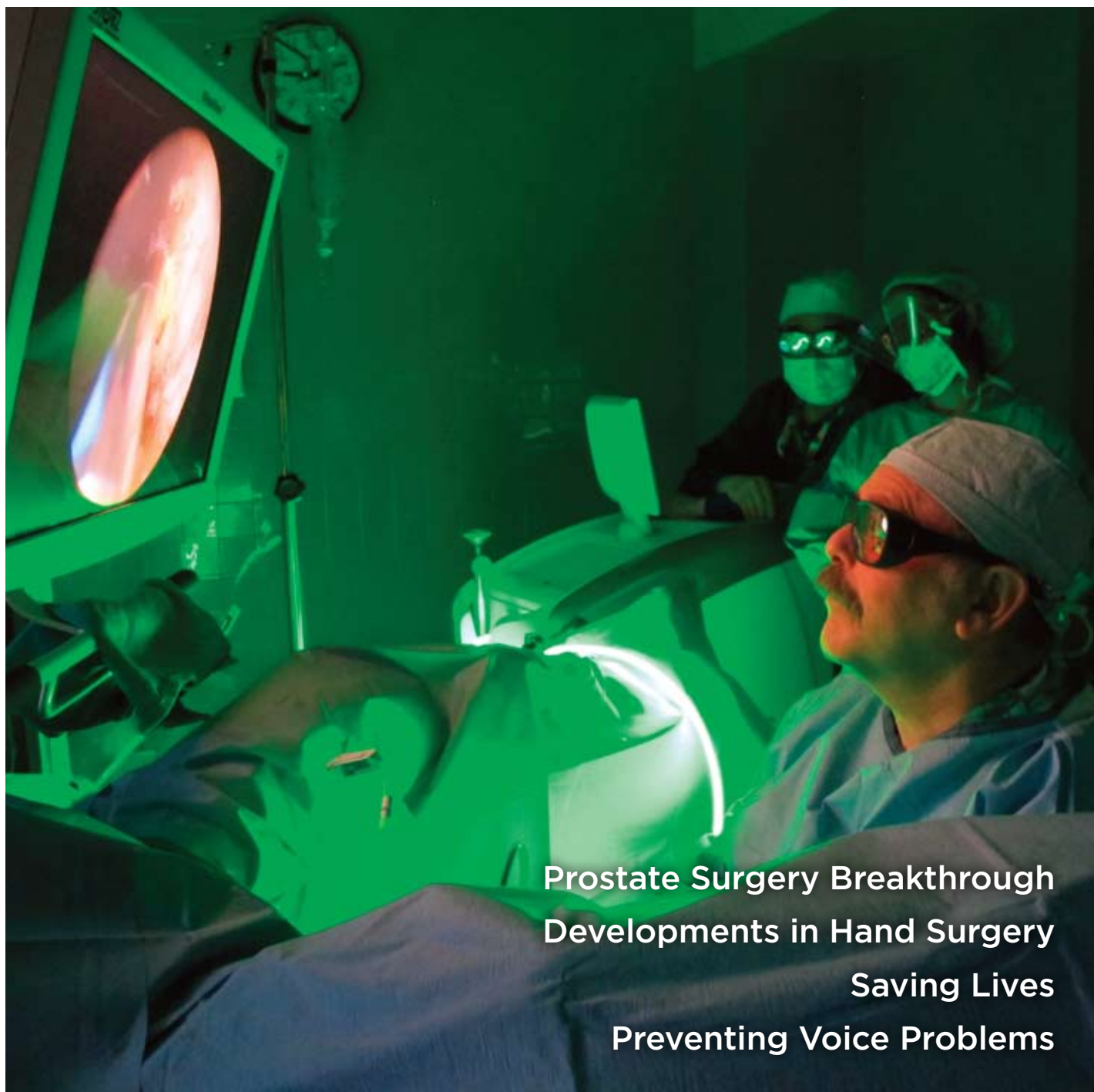


PHELPS

WINTER 2012

T O D A Y

News from
Phelps
Memorial
Hospital
Center



Prostate Surgery Breakthrough
Developments in Hand Surgery
Saving Lives
Preventing Voice Problems

Phelps urologist Arno Housman, MD, performing a revolutionary laser treatment for enlarged prostate

Get better. Here.

Dear Friends,

At this time of year, people often set goals for themselves to improve their lifestyle so that they can enjoy better health. Increasingly, Phelps is focusing on ways we can help members of our community achieve those goals.



One of the most important steps individuals can take is to visit their primary care physicians for an annual checkup, helping to ensure that any medical issues are identified before they become serious. Recognizing the importance of good primary care, we have added several new internal medicine and family medicine physicians to our staff, bringing the total of primary care doctors to over 50.

Particularly for the senior population, our Vitality Initiative offers programs to promote wellness and help people manage their health. Participants benefit from educational presentations, activities for stimulating the mind and memory, as well opportunities for social interaction. Through Phelps' participation in Westchester County's Living Well program, seniors in our community receive guidance for managing chronic health problems.



Our Healthy Life Program continues to offer free educational programs and health screenings to the entire community. Watch for the spring calendar in our next issue of Phelps Today.

These are but a few of the many things that Phelps does to help our community members enjoy good health. Community health is a fundamental part of our mission and we are proud of the numerous services and programs that we offer to achieve it.

We wish you the best of health in 2012.

Sincerely,

Handwritten signature of Andrew C. Merryman in black ink.

Andrew C. Merryman
Chair, Board of Directors

Handwritten signature of Keith F. Safian in black ink.

Keith F. Safian, FACHE
President & CEO

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Request Your Appointment Online!

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 online. 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.

PHELPS TODAY

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Prostate Surgery Breakthrough

Until recently, men taking blood thinner medication had no surgical option for treating urination problems caused by benign prostatic hyperplasia (BPH) or prostate cancer. This group includes men who are on anti-coagulants because they have atrial fibrillation or cardiac stents, and those who take blood thinners to prevent stroke, heart attack, deep vein thrombosis or pulmonary embolism.

The only treatment choice for these men was to take additional medications to relax the prostate to make it easier for them to urinate. The disadvantages of managing urinary problems with medications include side effects such as impotence, breast enlargement, hypotension and cardiac arrhythmias – not to mention the cost, which can be prohibitive.

Now, all men with BPH can benefit from a new, more powerful type of laser treatment that has been offered at Phelps since September 2011. Even men taking blood thinners can receive treatment that allows them to stop taking prostate medications permanently.

Phelps urologists Jack Hershman, MD, and Arno Housman, MD, had been using earlier versions of this laser system for years, but those lasers were not powerful enough to treat men on blood thinners or those with larger prostates. The new system, called Green Light XPS, is powerful enough to treat even large glands rapidly and it results in far less bleeding than older types of surgery because it seals blood vessels more efficiently as it works.

What Is BPH?

Benign Prostatic Hyperplasia (BPH) is a non-cancerous enlargement of the prostate. The prostate is a gland in males that is located below the bladder and surrounding the urethra, the tube that carries urine from the bladder through the penis. The prostate grows to the size of a walnut by the teenage years, but may begin to grow again when a man

reaches middle age. By 80 years of age, 80 percent of men have enlarged prostates due to BPH, which often causes symptoms. Untreated prostate gland enlargement can block the flow of urine out of the bladder and can cause bladder, urinary tract or kidney problems.

Symptoms of an Enlarged Prostate

An enlarged prostate presses on the urethra, which can cause obstruction of the flow of urine. This obstruction can cause problems including:

- Frequent urination, especially at night
- Weak urine flow
- Sudden urge to urinate
- Trouble starting and stopping urine stream
- Inability to completely empty the bladder
- Pushing or straining to urinate
- Pain or burning during urination

TURP—the Traditional Telescopic Surgical Method

Trans-Urethral Resection of Prostate (TURP) has been the gold standard of prostate surgery. During this surgery, performed while a patient is under general or spinal anesthesia, a surgical instrument is inserted into the urethra through a cystoscope, a very thin telescope that allows the doctor to see inside the bladder and trim away excess prostate tissue that is blocking urine flow. It is an operation that generally requires at least a one- to two-day stay in the hospital, continuous bladder irrigation while the patient is hospitalized to prevent blood clots, and leaving a catheter in place to drain urine from the patient's bladder for one to three days. TURP is generally used to treat moderate sized prostates.

Now, all men with BPH can benefit from a new, more powerful type of laser treatment that has been offered at Phelps since September 2011. Even men taking blood thinners can receive treatment that allows them to stop taking prostate medications permanently.

How Is Laser Surgery Done?

During laser surgery, a laser instrument is inserted into the urethra via a cystoscope while the patient is under general or spinal anesthesia. The laser delivers high-powered energy, which heats up tissue in the enlarged prostate and causes it to “vaporize,” resulting in a large channel for urine to pass through. The procedure takes from 30 to 90 minutes, depending on the size and anatomy of the prostate. The therapy has been shown to provide relief for at least five years.

Although an overnight stay is not necessary, many patients of Dr. Housman and Dr. Hershman remain overnight in the hospital. The next morning the catheter is removed and patients leave the hospital.

“Compared to TURP, this is a painless operation with reduced post-operative discomfort,” says Dr. Hershman. “Most patients can resume normal activities within a couple of days, and strenuous activities, including sex, within two to three weeks.”

“The real advantage to these patients is getting them off the prostate medi-

cations,” says Dr. Housman. “This is a safe, quick, well-tolerated procedure. Men who have been afraid to have surgery, or for whom surgery was previously not considered as an option, are now excellent candidates.”



Arno Housman, MD, chief of urology at Phelps, is board certified in urology and serves on the hospital’s medical board. He hosts a local access cable TV show on medical topics called “Vital Signs,” which is produced by Phelps and also available for viewing on the hospital website. Dr. Housman attended medical school at SUNY Downstate. He fulfilled his general surgery requirements at Kings County Hospital Center

followed by a residency in urology at Yale University School of Medicine. His private office is at 325 South Highland Avenue in Briarcliff Manor (914-941-0617).



Jack Hershman, MD, is board certified in urology. He attended medical school at Mount Sinai Medical Center. He completed a residency in general surgery at Lenox Hill Hospital followed by a residency in urology at Montefiore Hospital and Medical Center. Dr. Hershman has offices on the Phelps campus at 777 North Broadway, Suite 309 (914-631-3331) and at 132 Maple Street in Croton-on-Hudson (914-271-9331).



Developments in Hand Surgery

In the early part of the 20th century, “hand surgeons” did not exist. The specialty developed during World War II in response to the large number of hand injuries sustained in battle. At that time, hand surgery required the expertise of a number of surgical specialists – including orthopedic surgeons, plastic surgeons and neurosurgeons – but gathering multiple specialists was not practical during wartime. The solution was to start a training program for surgeons to learn hand surgery skills, and the specialty was established. Since then, there have been many significant advances in hand surgery – particularly over the past several years.

People with hand disability or pain are sometimes reluctant to have surgery, thinking that it will be an ordeal and the recovery will be long. However, recent advances in surgical techniques and technology have resulted in quicker recoveries and less pain.

Bone fractures of the hand, for example, can now be repaired more securely than ever before because of technological advancements and the type of equipment used. Patients are often able to return to work, to drive, and to do other household chores within a week after their procedure.

Cutting Edge Procedures

Minimally invasive techniques have had a dramatic impact on hand surgery, significantly expediting recovery.

Carpal tunnel syndrome is a painful condition caused by a pinched nerve in the wrist. Surgery to relieve the pressure on the nerve can be done with a mini-incision or endoscopically. The endoscope is a thin, flexible tube with a cam-



era attached that lets doctors see structures inside the wrist without having to make a large incision. Both procedures require a minimal recovery period, and patients are able to quickly return to work and their regular activities. The superiority of one technique over the other has not been established.

Dupuytren's contracture is a genetically inherited deformity of the hand in which the connective tissue under the skin of the palm forms knots and ends up pulling one or more fingers into a bent position. Treatment for this condition previously required extensive surgery, but now it can be managed without even a single incision by using a procedure called *needle aponeurotomy*. During this procedure, the surgeon uses the tip of a needle to divide the knotted tissue through microscopic puncture wounds. There is minimal scar tissue formation. Recently an enzyme has become available that can be injected into the knot to dissolve it, allowing the physician to manipulate and straighten the finger during an office visit.

Another condition that can be treated with a needle technique is **trigger finger**, in which a finger or thumb becomes stuck in a bent position and then straightens with a snap. Trigger finger is caused by an inflammation of one of the flexor tendon sheaths, which are tubes that cover each of the tendons located on the palm side of the fingers and hand. During a needle procedure called *percutaneous trigger finger release*, doctors maneuver a needle under the skin to open the tendon sheath, which releases the locked finger. No incisions are required, and the patient can return immediately to full activities.

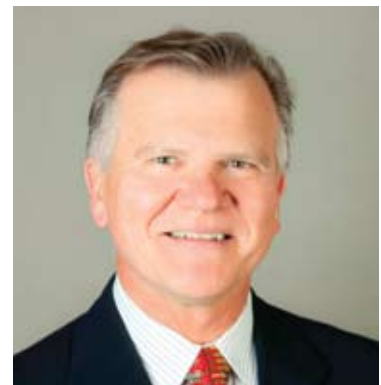
To ensure that good results are achieved, needle techniques should be done only by a surgeon who has special expertise to perform the procedures.

Not all hand surgeons are experienced in the use of needle techniques.

Bioengineering

Patients undergoing hand surgery today also benefit from the use of biologically engineered tissues and bone, which can substitute for damaged structures, gaps in nerves or loss of tendon tissue. The availability of these man-made products – including collagen sheets, skin and bone substitutes and nerve tubes – minimizes the need for taking skin grafts, nerves or bone from another part of the patient's body.

Patients in our community are fortunate that the latest hand surgery procedures are available locally.



George Pianka, MD, is an orthopedic hand surgeon at Phelps Memorial Hospital and Chief Emeritus of hand surgery at Lenox Hill Hospital. He is board certified in both orthopedic surgery and hand surgery. Dr. Pianka completed a hand surgery fellowship at the Hospital for Joint Diseases Orthopaedic Institute. Recognitions include teaching awards by the Lenox Hill Hospital orthopedic residents, New York Magazine Top Orthopedic Doctors, Castle Connolly Top Doctors for five years in a row, The New York Times Top Doctors in the nation, and Patients' Choice Award. Dr. Pianka is a member of Hudson Valley Bone and Joint Surgeons, located at 24 Saw Mill River Road in Hawthorne (914-631-7777).

Emergency Life-Saving Training at Phelps

A car spins out of control, its driver pinned behind the wheel. In minutes, sirens wail and the Emergency Medical Technicians arrive, assess the unconscious patient and prepare him for the trip to the hospital for life-saving treatment.

But this isn't just any ambulance, nor is this just any patient. It's a specially constructed emergency medicine simulator and mannequin — all part of the Hoch Center for Emergency Education at Phelps, where scenarios like this one enable emergency care professionals to experience "real-life" medical situations with no risk involved.



Established two decades ago, Phelps' emergency training center has provided 30,000 training sessions to Emergency Medical Services (EMS) agencies and healthcare providers throughout Westchester County, the Hudson Valley and beyond. The center trains all levels of healthcare providers

to manage medical emergencies – from the citizen CPR provider to the specialist physician – helping them to develop a wider range of crisis experience and critical thinking skills. Phelps has the only hospital-based EMS training center in Westchester, and one of only two advanced-level training centers in the county.

At the Hoch Center, lifelike computerized mannequins can be programmed to "experience" a variety of medical conditions, such as constricted airways or response to anesthesia. A simulated ambulance allows EMTs to become familiar with actual ambulance equipment and layout, and in a simulated emergency department, monitors mimic those used in a real ED.

"EMTs, firefighters and healthcare providers can learn how to handle emergency situations they don't experience every day in the same way airline pilots learn to handle emergencies by training on a flight simulator," says Jeff Meade, director of Emergency Life Support at Phelps. "Ultimately, this type of training saves lives."



The Hoch Center offers students true-to-life simulations where they can fine tune their emergency care skills. At a computer (left), an instructor controls the mannequin, "SimMan," and videotapes students for a later debriefing. Above, a 150-pound mannequin allows students to practice a safe lifting method for transferring patients in and out of a simulated ambulance and experience what it is like to provide medical treatment within the confines of the vehicle.

An Exciting Way to Give Back to the Community

"Emergency care doesn't start when patients arrive at the Emergency Room," says Meade. "We rely on the ambulance corps to provide expert care in the ambulance while they transport patients to the Emergency Department. That is why it is so important to the hospital and the community that there be an adequate supply of trained professionals who can provide the necessary service."



Unfortunately, there is currently a shortage of people signing up to help save lives, and local ambulance agencies are desperately seeking volunteers, including drivers, EMTs, even office workers. The depressed economy may be partly to blame – people who would have volunteered their time in the past may be working more hours or taking on additional jobs.

Mike Farley, captain of the Tarrytown Volunteer Ambulance Corps, says his agency is looking for anyone who wants to help, especially drivers and EMTs. Farley started out as a driver for the Tarrytown squad seven years ago, but when he became interested in providing patient care, he took an EMT course. Recently he became an instructor at the Hoch Center.

According to Farley, many volunteers stay with the corps for years. A number have passed the 25-year mark and are still very involved. When on call, volunteers usually respond to calls from their homes, but if they live too far away, they stay at headquarters. "Once our pager goes off, we have to be in the ambulance in four minutes," Farley explains.

"We get all kinds of calls," says Farley. "From simple aches and pains to car accidents to shootings to mothers in labor whose babies are occasionally delivered in the back of the ambulance. Every call is different, exciting and interesting. Sometimes it's very sad, sometimes it's very happy, but it's always satisfying when you feel that you've been able to help someone and have actually made a difference."

Gary Diggs, captain of the Croton Volunteer Ambulance Corps, wholeheartedly agrees: "Making a difference in a person's life is one of the greatest rewards a volunteer can receive. I've handled births, tiny cuts to major traumas, more CPR calls than I can remember, people seeking emotional help – even some who just need a little TLC."

Volunteering Sometimes Runs in the Family

Kevin Hunt volunteers as an EMT and captain of the Briarcliff Manor Fire Department, where the ambulance corps is part of the fire department. He joined in 2005 and says, "I wish I'd started 20 years ago, or even more." In his case, volunteering is a family affair: his son Lars, a senior at Briarcliff Manor High School, is also a member of the Ladder Company who completed training in the summer of 2010. "It was a life-changing experience for him. He gained a sense of self-confidence he didn't know he could have," says Hunt.

Hunt points out one of the many benefits of being an EMT: "You'll learn things that very few people know how to do





that will help you with your own family and friends. I've been at gatherings when someone gets ill or hurts themselves. You can't imagine how grateful people are when they find out that you can help them. The fact that you're there and you know what you're doing is an incredible comfort."

Volunteering also creates a greater sense of community. "Before I was a member of the BMFD, I knew practically no one in my town," says Hunt. "After a few short years, I now know hundreds. If I ever need help with anything, there's an incredible group of people who are more than happy to lend a hand – and vice-versa. Becoming a volunteer firefighter and EMT is one of the best decisions I've ever made."

Ambulance agencies in Sleepy Hollow, Tarrytown, Croton, Briarcliff Manor, Pleasantville, Dobbs Ferry, Irvington, Hastings, Valhalla, Hawthorne, Chappaqua, Ardsley, Elmsford and Ossining are all currently seeking volunteers. If you are interested in volunteering for your local ambulance corps, please call the Hoch Center at 914-366-3577 for more information.



Phelps has the
only hospital-based
EMS training center
in Westchester, and
one of only two
advanced-level
training centers
in the county.

Adele, Mayer, Urban, and American Idols – Why So Many Voice Problems ?

A voice problem
does not occur
in isolation.



Adele



John Mayer



Keith Urban

British pop singer Adele has quickly become a blockbuster star. When her soulful voice recently became dangerously hoarse, a vocal hemorrhage was reported to be the cause. After canceling several of the shows in her 2011 tour she had vocal fold surgery.

Last fall rock singer/songwriter John Mayer announced the cancellation of several performances and had a nodule removed from his vocal fold.

Country music star Keith Urban recently had surgery for a polyp on his vocal fold and had to postpone a number of his performances.

Many American Idol performers have been plagued with voice problems.

No singer, actor or professional voice user needs to have voice problems like these. Early diagnosis of ongoing and chronic issues – together with proper voice training, vocal care and awareness – can prevent these kinds of problems from ever happening to you.

Over the past decade, there has been an explosion of interest in singing, from the popularity of shows like American Idol to online outlets such as YouTube. In the past, most singers became popular over a period of time. They started their careers in television shows, movies or theater; and may have had years of voice training. Since American

Idol, however, careers have been jump-started overnight, with completely unknown (and untrained) individuals soaring to blockbuster success. That rapid success has created an increase in the vocal demands on these performers, leading to an increase in hoarseness and other vocal problems.

What they all have in common is a simple issue: vocal overuse, misuse and vocal damage. A voice problem does not occur in isolation. It takes a “perfect storm” to create one. The acute voice traumas that we hear about are typically the final straw that sends a singer “over the edge.”

What is an acute voice trauma and what are the chronic factors leading up to the perfect storm?

What Are Vocal Folds?

The vocal folds (also known as vocal cords) are located in your throat above your trachea (windpipe). They play a critical role in speech, swallowing and breathing. When you speak, your vocal folds come together and the tissue covering them vibrates, producing the sound of your voice.

Acute Trauma

Acute trauma occurs when the stress and strain of using the voice causes the vocal folds to become so swollen that

photo credits: (Adele) ©Helga Esteb/Shutterstock.com; (John Mayer) ©Gustavo Miguel Fernandes/Shutterstock.com; (Keith Urban) Featureflash/Shutterstock.com

they can't vibrate normally or close completely – both elements that are key to normal vocal quality. One type of acute trauma is a *hemorrhage*, which can be caused by yelling, screaming, straining to reach a high note, clearing the throat, coughing, or even lifting. The same forces can disrupt the skin overlying the vocal folds and cause another type of acute trauma – a *tear in the vocal cord*. Finally, muscle strain and fatigue can lead to poor vocal behaviors and compensatory muscle use that can cause physical changes in the vocal fold such as the formation of *nodules* (small calluses of the vocal fold skin) or *polyps* (little bumps filled with fluid or scar tissue). Both nodules and polyps cause asymmetrical vibration of the vocal folds, poor closure, and hoarseness.

Prior to the occurrence of acute trauma, however, there are almost always long-standing and cumulative issues that predispose a singer or anyone who uses his voice for work, play or communication to an acute problem.

Long-Standing Voice Issues

Reflux disease is a major health problem in our society. Many people have heard of GERD (gastroesophageal reflux disease), with classic symptoms including heartburn and indigestion. Less known is *Laryngopharyngeal Reflux* (LPR), in which a backflow of stomach acid goes into the esophagus, throat and voice box. People with LPR have symptoms including throat clearing, voice changes, trouble swallowing, coughing, a lump in the throat, burning in the throat and post-nasal drip. Chronic LPR can lead to acute vocal fold injury and cause chronic hoarseness.

Lastly, upper respiratory infections (colds), allergies, coughing, and certain medications can cause vocal fold swelling, a predisposition to bleeding, vocal fatigue and acute and chronic changes.

The singers mentioned in the beginning of this article probably had chronic overuse of their voices combined with an allergy, laryngopharyngeal reflux

or vocal abuse and/or trauma. Several elements came together to create a problem that required intervention.

So, what can we do to prevent these problems, maintain clarity and excellence in our voices, and prevent damage to the vocal folds?

How to Prevent Voice Problems

Recognize there is a problem. If you are a singer or speaker and you (or someone you know) has noticed changes in your voice, schedule a stroboscopic examination. A laryngologist (an ENT doctor specially trained in voice disorders) will examine your voice box (the vocal folds and the supporting muscles) for signs of chronic and acute changes. Voice changes to look out for include: hoarseness, raspiness, breathiness, loss of voice, breaks or cracks in the voice, inability to hit high notes (or mid/low), discomfort when singing or speaking, need for longer warm ups, trouble with transitions in voice, and vocal fatigue. Early recognition of a problem can lead to early detection and prevent a disaster.

Get proper training. Vocal training is extremely important in preserving your singing and speaking voice for long-term use. Guidance from an experienced singing teacher, vocal coach, or musical director can help you find your appropriate range, recognize what your abilities are (show tunes or opera singer), and determine your comfort zone. A voice professional's trained ears can help detect problems early. There are many gifted children who plan to pursue a life of singing only to have their dream cut short because of vocal trauma.

Get treatment. 90 percent of the time, when a singer or speaker is having a problem, early intervention with specialized voice therapy can lead to excellent vocal quality and avoidance of an operation. The voice therapists at Phelps are classically trained singers with backgrounds in opera, theater and professional speaking. Together with their extensive experience and educational background in the professional

voice, nearly all voice issues can be resolved through exercises, education and modifications in technique.

Surgery. Always to be left as a last resort! When necessary, however, surgery can be career saving. Microsurgery techniques have evolved, allowing for removal of damaged vocal fold tissue while leaving behind as much normal tissue as possible. This results in the best possible voice outcome. New laser technologies, surgical techniques, instruments, and experience have led to the creation of the subspecialty field of laryngology, with improved vocal outcomes for professional voice users.



Craig Zalvan, MD, FACS, Westchester's only full-time laryngologist specializing in voice disorders, treats many of the region's singers, actors and professional voice users. Dr. Zalvan is very involved with the community, speaking at many area music conservatories and schools. He also works closely with the region's singing teachers, speech pathologists, and musical directors to ensure proper care for any singer with voice difficulty. Together with his team of classically and professionally trained voice therapists at the Institute for Voice and Swallowing Disorders at Phelps, thousands of singers have regained their voices and prevented long-term voice problems. His office is located on the Phelps campus at 777 North Broadway, Sleepy Hollow (914-366-3636).

Hospitalists – The In-Hospital Link to Primary Care Physicians

Hospitalists are physicians who specialize in caring exclusively for hospitalized patients while working closely with their primary care physicians.

The field of hospitalist medicine in the United States has grown from a few hundred physicians in 1996 to more than 20,000 today, making it the fastest growing physician specialty in medical history. Hospitalists are physicians who specialize in caring exclusively for hospitalized patients while working closely with their primary care physicians.

Following medical school, hospitalists typically complete residency training in internal medicine, general pediatrics, or family practice, but they may also receive training in other medical disciplines. Some hospitalists undergo post-residency training focused on hospital medicine, or acquire other indicators of expertise in the field, such as the Society of Hospital Medicine's Fellowship in Hospital Medicine (FHM) or the American Board of Internal Medicine's Recognition of Focused Practice (RFP) in Hospital Medicine.

Phelps established a hospitalist program more than 10 years ago, and recognizing the benefit of hospitalist care for patients, has expanded its program significantly. The group of Phelps hospitalists includes seven full-time physicians who are board certified

in internal medicine, six of whom joined Phelps' staff in 2010.

"Since Phelps is 'home' for my hospitalist colleagues and me, we work as a team with the staff and are well connected to specialists and Phelps primary care physicians," says Dr. Jill Waldman, Director of the Adult Hospitalist Program. "This ensures that we are able to provide patients who are under our care with prompt, high quality care." Dr. Waldman, an experienced hospitalist director and emergency medicine physician, is an active member of the Society of Hospitalist Medicine and has been awarded a fellow of Hospitalist Medicine by the Society.

"Because hospitalists are here around the clock, we can respond to any medical urgency quickly," she adds. Waldman and her team also work to devise comprehensive continuity of care for patients. "We help ensure patients get good continuing care through their primary physicians after they're released," she says.

Having hospitalists oversee the care of their patients is also a benefit to primary care physicians. For example, Janine Kelly, MD, whose patients are often seen by hospitalists, explains how having them handle her admissions allows her to work more efficiently. "I don't have to interrupt an office visit to run to the Emergency Department to admit a patient," says Dr. Kelly. "It is also reassuring to know that I won't have to rush to the hospital in the middle of the night because I know my patients are in good hands."

"We get to work with patients at one of their most vulnerable times, answering their questions, easing their suffering, reassuring their loved ones, and helping them negotiate the healthcare maze," says Dr. Waldman. "It's a privilege to be members of the Phelps family, and we love being here."



Jill Waldman, MD, (center) director of the adult hospitalist program, reviews a patient chart with hospitalists Falguni Kalra, MD, and Amarpreet Bains, MD.

Phelps Hospitalist Starts Local Chapter of Hospitalist Society

When Dr. Jeffrey Gindi, assistant director of the Hospitalist service at Phelps, started looking around to join a local chapter of the Society of Hospital Medicine, he discovered that there weren't any chapters in New York City. So he decided to start one himself.

"There was a need to establish a local chapter to get people from the region together," says Dr. Gindi, president of the New York City chapter, which he founded in 2011.

"The Society of Hospital Medicine provides a platform for hospitalists to network and share innovative trends and ideas in efficiency and quality, which ultimately leads to improved patient care," says Dr. Gindi

The NYC chapter's most recent meeting was held at Natsumi restaurant in Times Square. Dr. Joseph Li, a faculty member at Harvard Medical School and president of the Society of Hospital Medicine, was invited to speak on "The Future of Hospital Medicine." Among the topics Dr. Li discussed were recent technological advancements in the field, including the role of technology in the remote management of hospitalized patients

in suburban and rural areas, and the ongoing development of a critical care certification for hospitalists.

The November meeting attracted more than 60 hospitalists from throughout the region, not only from Phelps, but from hospitals including Cornell, Columbia, NYU, and others.



"I am encouraged by the overwhelming popularity of this chapter, and am looking forward to our next meeting in May," says Dr. Gindi. In addition to holding several meetings a year, the chapter will be offering educational conferences on topics of interest to hospitalists.

Phelps Community Pharmacy

Did you know you can fill your prescriptions at the Phelps Community Pharmacy located on the first floor of the 777 Building?

The Pharmacy also carries over the counter and post surgical items.

(914) 366-1400

Hours: 9 am – 6 pm,
Monday through Friday

Save The Date New Tests and Treatments for Lung Cancer

Thursday, April 12, 2012
7:00 pm – 8:30 pm
Phelps Memorial Hospital Center
Light refreshments will be served at 6:30 pm



Primary Care Physician Catalina E. Cincu, MD, Joins Phelps

Phelps welcomes primary care physician Catalina E. Cincu, MD, to the medical staff. Before coming to Phelps, Dr. Cincu (pronounced chink-oo) practiced in White Plains. She is board certified in both internal medicine and nephrology. Dr. Cincu earned her medical degree in Europe in 1992 and completed a residency in internal medicine and a fellowship in nephrology at the Metropolitan Hospital Center in Manhattan.

Dr. Cincu is multi-lingual, speaking Spanish, French and Romanian. Her office is located on the Phelps campus at 755 North Broadway, Sleepy Hollow, NY, in Suite 560. For an appointment with Dr. Cincu, call 914-366-5490.

Rhinoplasty

A Q & A with Dr. Bergstein

What is rhinoplasty?

Rhinoplasty is surgery to change the structure of the nose. Most often, it is a cosmetic procedure to enhance one's appearance, but sometimes rhinoplasty is needed to correct a breathing difficulty caused by a deviated nasal septum (the partition inside the nose that separates the right and left nostrils). The cause of a septum becoming crooked is usually trauma. Even getting hit in the nose with a basketball can cause the septum to move over.

How do you decide what the new nose should look like?

The new nose should balance and melt into the face. A nose that looks nice on one person could look unattractive on another. If someone remarks, "What a pretty nose," it probably means that the nose stands out too much. It should be "invisible" and harmonize with the rest of the face.

What risks are associated with rhinoplasty?

With an experienced surgeon, the risks of rhinoplasty are minimal. One risk is bleeding after the operation. To prevent this, the patient's blood is tested prior to surgery to make sure it clots properly and that there is no bleeding disorder. Another risk is loss of smell, although this is rare.

Does a new nose make people happier?

If the purpose of rhinoplasty is to improve facial appearance, it is important that the patient does not have unrealistic expectations. I make sure my patients are emotionally, psychologically and physically prepared to undergo the surgery.

Improved appearance can certainly make people happier. Those who were shy or insecure often become more

confident. It is also possible for patients to be disappointed in the results. If a surgeon is too aggressive, it may cause an imbalance in appearance – an unnatural "surgical" look. In such cases, it is possible to have another surgeon perform revision surgery.

Most important, the patient must be able to breathe properly after the procedure.



Michael Bergstein, MD, FACS, a senior attending physician at Phelps, is the hospital's Chief of Otolaryngology and Surgical Director of its Sleep Center. He is also Assistant Clinical Director of the Department of Otolaryngology at Mount Sinai School of Medicine. In addition to being board certified in otolaryngology, Dr. Bergstein is board certified in facial plastic and reconstructive surgery. A senior partner in ENT and Allergy Associates, he has been in practice for more than 25 years, specializing in all aspects of nasal and sinus surgeries. Dr. Bergstein has offices in Sleepy Hollow (914) 631-3053 and Yorktown Heights (914) 245-2681.



Before



After

Maternity & Baby Care Classes

The ChildbirthExperience/ LaMaze Method

Tuesday or Wednesday evenings
7:30 – 9:30 pm for 5-6 weeks
**Start dates: January 25, February 14,
March 7 or March 27, 2012**
OR two-day weekend session,
10 am – 3 pm:
**January 14-15, February 11-12,
or March 10-11**
Cost: \$170 per couple

Breastfeeding: First Choice for Babies

February 2, March 1, April 2, 2012,
7 – 9 pm
Cost: \$45 per couple

ABCs of Baby Care

**January 26; February 6, 23;
March 5, 22, 2012**
6 pm
Cost: \$65 per couple

Big Brother/Big Sister: Sibling Preparation

**January 21, February 18,
March 17, 2012**
10:30 am
\$20 per child

Totsaver Program: American Heart Association CPR for Family and Friends

February 4, March 3
9 am
\$55 per person
For up-to-date schedule, visit
www.phelpshospital.org or call (914)
366-3382 for information or to register.

Prenatal Clinic: Phelps Memorial Hos-
pital Center and Open Door Family
Medical Center, participants in
the Medicaid Prenatal Care
Assistance Program, joint-
ly 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, 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 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. Paramayor información, sírvase llamar al: (914) 941-1263.



Winter Programs

Look Good . . . Feel Better

This free program teaches beauty techniques to women going through cancer treatments to help them manage the appearance-related side effects of their treatment. Sessions are conducted by trained cosmetologists. Two-hour sessions will be held from 7-9 pm on Monday, February 6 and Monday, March 5. Registration is required. For more information or to register, call the American Cancer Society at 1-800-227-2345.

Bereavement Support Groups

Phelps offers afternoon and evening bereavement support groups. Both groups meet twice a month on Thursdays. The afternoon support group meets from 2 – 3:30 pm on January 26 and February 9 and 23. The evening support group meets from 6:30 – 8 pm on February 2 and 16. For more information, call Bess Steiger at 914-366-3325.

The Breakfast Club

The Breakfast Club at Phelps Memorial Hospital is a series of free breakfast meetings designed especially for seniors. Each session includes a healthy breakfast, a presentation on a healthy lifestyle topic and a light exercise program. It's a great opportunity for seniors to get out and meet new friends! The Breakfast Club is held from 8:30 am to 10:30 am at Phelps in the hospital cafeteria (G Level). The winter sessions will be held on the following Thursdays: February 9 and March 8. For more information or to register for this fun and informative program, call Ellen Woods at 914-366-3937.

*Watch for the Spring Calendar of
Healthy Life programs in the next issue
of Phelps Today.*



Area Resident Donates \$10,000 to Phelps Cardiovascular Lab

Longtime Phelps supporter Donald Richenthal (right) recently donated \$10,000 to the Phelps Cardiovascular Lab for the purchase of an ambulatory blood pressure monitoring system. A patient wears the monitor for 24 hours and it records blood pressures during that time. Afterwards, the information is downloaded and an eight-page report is produced. Mr. Richenthal, a Bedford Hills resident, has been making generous donations to the Phelps Cardiovascular Lab for 25 years, enabling patients to benefit from advanced diagnostic equipment. He is pictured here with Kenneth Kaplan, MD, medical director of the Phelps Cardiovascular Lab.

Ossining Man Makes 100th Blood Donation at Phelps

Ossining resident Edmund Cook recently donated blood at Phelps for the 100th time. "People like him are always there when you need them — especially during the holidays, when the blood supply is very low," says Carol Stanley, supervisor of Phelps Blood Donor Services, pictured here pinning a commemorative 100th donation pin on Mr. Cook. "He has given so much of his life to helping others, and now works at the Vet Center in White Plains helping veterans adjust to life after service."

Of course, we can't all be like Mr. Cook, but please consider making a blood donation — even just one time every year. "If people in the community would donate just once a year, it would help our blood supply dramatically," says Carol. To schedule an appointment to donate blood at Phelps, call 914-366-3916.



Do You Have Chronic Pain?

Have you been living with chronic pain for six months or longer? Are you a high school graduate and at least 18 years old? Can you read and communicate in English?

If you answered “yes” to all of the above questions, you are invited to participate in a free five-week support group at Phelps, part of a research study exploring the health-promoting benefits of a support group for individuals with chronic pain.

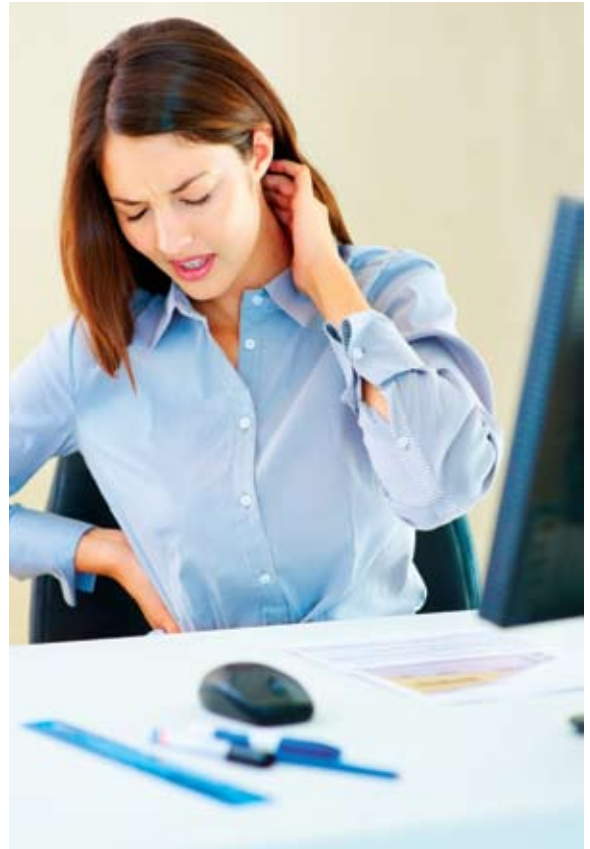
To learn more about the chronic pain support group, you can attend either of the following information sessions, which will be held on the Phelps campus in the 755 Building:

Thursday, February 23, 2012 from 10:30 am -12 noon
Room 545 of the 755 Building

Thursday, March 1, 2012 from 10:30 am - 12 noon
Room 235 of the 755 Building

If you are interested in participating and are eligible, you will attend an orientation session, followed by five group meetings. The orientation will be held on Thursday, March 22, and the support group will meet on the following Thursdays: April 5, 12, 19 and 26, and May 3.

Upon completion of the support group and a final questionnaire, all participants will receive a complimentary self-hypnosis/relaxation/imagery audio recording. For information, call either Pam Louis at 914-366-3047 or Martha Maresco at 914-366-3578.



Ongoing Health Programs and Support Groups

Alzheimer's Support Group

For information, call Curtis Au
(914) 253-6860

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

Look Good Feel Better®

for women undergoing cancer
treatment
(800) ACS-2345

Mammography

(914) 366-3440

Maternity & Baby Classes

(914) 366-3382

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)

Parkinson's Support Group at

Kendal on Hudson

(914) 922-1749

Physician Referral

(914) 366-3367

Pulmonary Rehabilitation

(914) 366-3712

Sleep Well Support Group

(914) 366-3755

Avances importantes en la cirugía de próstata

Ahora, todos los hombres con BPH pueden beneficiarse de un nuevo tipo de tratamiento con láser más potente, que se ofrece en Phelps desde septiembre de 2011. Incluso los hombres que toman anticoagulantes pueden recibir el tratamiento que les permitiría dejar de tomar medicamentos para la próstata de manera permanente.

Hasta hace poco tiempo, los hombres que tomaban medicación anticoagulante no tenían una opción quirúrgica para el tratamiento de problemas urinarios causados por la hiperplasia benigna de próstata (BPH) ni por el cáncer de próstata. Este grupo incluye hombres que toman anticoagulantes porque tienen fibrilación auricular o un stent cardíaco, y quienes toman anticoagulantes para prevenir un stroke, un ataque cardíaco, una trombosis venosa profunda o una embolia pulmonar.

La única opción de tratamiento para estos hombres era tomar medicamentos adicionales para relajar la próstata y así orinar con más facilidad. Las desventajas de manejar los problemas urinarios con medicamentos incluyen efectos secundarios como impotencia, agrandamiento de los senos, hipotensión y arritmias cardíacas, sin mencionar el costo que puede ser prohibitivo.

Ahora, todos los hombres con BPH pueden beneficiarse de un nuevo tipo de tratamiento con láser más potente, que se ofrece en Phelps desde septiembre de 2011. Incluso los hombres que toman anticoagulantes pueden recibir el tratamiento que les permitiría dejar de tomar medicamentos para la próstata de manera permanente.

Los urólogos de Phelps Jack Hershman, MD, y Arno Housman, MD, han usado versiones anteriores de este sistema láser durante años, pero esos láseres no eran lo suficientemente potentes para tratar a hombres que tomaban anticoagulantes ni hombres con próstatas más grandes. El nuevo sistema, llamado Green Light XPS, es lo suficientemente potente para tratar rápidamente incluso glándulas grandes, y con el resultado de mucho menos sangrado que los antiguos tipos de cirugía, porque mientras actúa sella los vasos cardíacos de manera más eficiente.

¿Qué es la BPH?

La hiperplasia benigna de próstata (BPH) es un agrandamiento no canceroso de la próstata. La próstata es una glándula del hombre que está ubicada debajo de la vejiga y rodeando la uretra, el conducto que lleva la orina desde la vejiga a través del pene. La próstata crece hasta tener el tamaño de una nuez en la adolescencia, pero puede crecer nuevamente cuando un hombre llega a mediana edad. A la edad de 80 años, el 80 por ciento de los hombres tienen próstatas agrandadas debido a BPH, lo que a menudo causa síntomas. El agrandamiento no tratado de la glándula prostática puede bloquear el flujo de orina que sale de la vejiga y puede causar problemas de la vejiga, del tracto urinario o de los riñones.

Síntomas de una próstata agrandada

Una próstata agrandada presiona en la uretra, lo que puede causar obstrucción del flujo de orina. Esta obstrucción puede causar problemas, incluyendo:

- Orinar con frecuencia, especialmente de noche
- Flujo débil de orina
- Urgencia súbita de orinar
- Dificultad para comenzar y detener el chorro de orina
- Incapacidad de vaciar completamente la vejiga
- Necesidad de pujar o esforzarse para orinar
- Dolor o ardor al orinar

TURP—el método quirúrgico telescópico tradicional

La resección transuretral de la próstata (TURP) ha sido el estándar de oro de la cirugía de próstata. Durante esta cirugía, que se realiza con el paciente

bajo anestesia general o raquídea, se inserta un instrumental quirúrgico en la uretra a través de un citoscopio, un telescopio muy fino que permite al médico ver dentro de la vejiga y recortar el exceso de tejido prostático que bloquea el flujo de orina. Es una operación que generalmente exige una estadía hospitalaria por lo menos de uno a dos días, la irrigación continua de la vejiga mientras el paciente está hospitalizado para prevenir coágulos de sangre, y dejar colocado un catéter para drenar la orina de la vejiga del paciente durante uno a tres días. La intervención TURP generalmente se usa para tratar próstatas de tamaño moderado.

¿Cómo se hace la cirugía láser?

Durante la cirugía láser, se inserta un instrumental láser en la uretra mediante un citoscopio mientras el paciente está bajo anestesia general o raquídea. El láser administra energía de alta potencia, que calienta el tejido en la próstata agrandada y hace que se “vaporice”, con el resultado de un canal amplio para el pasaje de la orina. El procedimiento lleva de 30 a 90 minutos, según el tamaño y la anatomía de la próstata. Se ha comprobado que el tratamiento da alivio por lo menos durante cinco años.

Aunque no es necesaria la estadía de una noche en el hospital, muchos pacientes del Dr. Housman y del Dr. Hershman permanecen hasta el otro día en el hospital. A la mañana siguiente, el catéter es retirado y los pacientes dejan el hospital.

“Comparado con la intervención TURP, esta es una operación con reducida incomodidad postoperatoria”, dice el Dr. Hershman. “La mayoría de los pacientes pueden retomar las actividades normales en un par de días, y actividades más agotadoras, incluyendo sexo, en un plazo de dos a tres semanas”.

“La ventaja real para estos pacientes es sacarlos de los medicamentos para la próstata”, dice el Dr. Housman. “Este es un procedimiento seguro, rápido y bien tolerado. Los hombres aprehensivos de someterse a cirugía, o para quienes la cirugía antes no se consideraba una opción, ahora son excelentes candidatos”.



Jack Hershman, MD, es médico certificado en urología. Él asistió a la facultad de medicina en el Centro Médico Mount Sinai. Completó una residencia en cirugía general en el Hospital Lenox Hill, y una residencia en urología en el Hospital y Centro Médico Montefiore. El Dr. Hershman tiene consultorios en el campus de Phelps en 777 North Broadway, Suite 309 (914-631-3331) y en 132 Maple Street en Croton-on-Hudson (914-271-9331).



Arno Housman, MD, miembro de la junta médica de Phelps, es médico certificado en urología. Él es presentador de un programa de TV cable sobre temas médicos llamado “Vital Signs” (Signos vitales), producido por Phelps y que se puede ver en el sitio Web del hospital. El Dr. Housman asistió a la facultad de medicina en SUNY Downstate y completó una residencia en cirugía general en el Centro Hospitalario del Condado de Kings seguido de una residencia en urología en la Facultad de Medicina de la Universidad de Yale. Sus consultorios privados están en 325 South Highland Avenue en Briarcliff Manor (914-941-0617).

Phelps Community Pharmacy

¿Sabía usted que puede surtir sus recetas médicas en la Phelps Community Pharmacy ubicada en el primer piso del Edificio 777? La Farmacia también tiene artículos de venta libre y post-quirúrgicos.

Horario de lunes a viernes de 9 a.m. a 6 p.m.

Llame: (914) 366-1400.

¡Tome note de la fecha!

Pruebas y Tratamientos Nuevos para el cáncer de pulmón.

Jueves 12 de abril de 2012
7:00 – 8:30 p.m.

Se servirán refrigerios ligeros a las 6:30 pm.

Adele, Mayer, Urban, y estrellas surgidas de American Idol... ¿Por qué tantos problemas de la voz?



Adele



John Mayer



Keith Urban

La cantante pop británica Adele rápidamente se ha transformado en una estrella de gran éxito. Cuando hace poco su voz llena de sentimiento enronqueció peligrosamente, se dijo que la causa era una hemorragia vocal. Después de cancelar varios espectáculos en su gira 2011, fue sometida a cirugía de las cuerdas vocales.

El pasado otoño el cantautor del rock John Mayer anunció la cancelación de varias presentaciones y le extirparon un nódulo de su cuerda vocal.

Keith Urban, estrella de la música country, recientemente se sometió a cirugía por un pólipo en su cuerda vocal y debió posponer varias presentaciones.

Muchos artistas de American Idol han sufrido problemas de la voz.

Ningún cantante, actor o usuario profesional de la voz necesita tener problemas de la voz como estos. Un diagnóstico temprano de problemas actuales y crónicos –junto con el debido entrenamiento de la voz, cuidado vocal y toma de conciencia– pueden prevenir que estos tipos de problemas jamás le ocurran a usted.

En la última década hubo una explosión de interés en el canto y lo prueba la popularidad de espectáculos

como American Idol y de tiendas de distribución en línea como YouTube. Antes, la mayoría de los cantantes se hacían famosos a lo largo de un período de tiempo. Comenzaban sus carreras en programas de televisión, películas o el teatro y podrían haber tenido años de entrenamiento de la voz. A partir de American Idol, sin embargo, las carreras se han lanzado de la noche a la mañana, con personas completamente desconocidas (y sin entrenamiento) que surgen al éxito arrollador. Ese éxito acelerado ha aumentado las demandas vocales en estos artistas, que ha producido un aumento de afonías y otros problemas vocales.

Lo que todos tienen en común es un problema simple: uso excesivo, mal uso de la voz y daño vocal. Un problema de la voz no ocurre aisladamente. Se necesita una “tormenta perfecta” para crear uno. Nos enteramos de traumatismos agudos de la voz que son típicamente la gota que colma el vaso y que ponen en peligro la carrera del cantante.

¿Qué es un traumatismo agudo de la voz y cuáles son los factores crónicos que llevan a la tormenta perfecta?

¿Qué son las cuerdas vocales?

Las cuerdas vocales (también se conocen como pliegues vocales) están ubicadas en la garganta por encima de la tráquea (tubo aéreo). Juegan un papel crítico cuando la persona habla, traga y respira. Cuando la persona habla, sus cuerdas vocales se juntan y el tejido que las cubre vibra, produciendo el sonido de la voz.

Traumatismo agudo

Ocurre un traumatismo agudo cuando la exigencia y el esfuerzo en el uso de la voz inflaman tanto las cuerdas vocales que estas no pueden vibrar normalmente ni cerrarse completamente (los dos son elementos clave para la calidad vocal normal). Un tipo de traumatismo agudo es una hemorragia, que puede ser causada por emitir gritos o alaridos, forzar la voz para llegar a una nota alta, aclararse la garganta, toser o incluso levantar pesos. Las mismas fuerzas pueden alterar la piel que cubre las cuerdas vocales y causar otro tipo de traumatismo agudo: un desgarro en la cuerda vocal. Finalmente, el esfuerzo muscular y la fatiga pueden llevar a malas conductas vocales y al uso de músculos compensatorios, que pueden causar cambios físicos en las cuerdas vocales, como la formación de nódulos (pequeños callos en la piel de las cuerdas vocales) o pólipos (pequeños bultos llenos de líquido o tejido cicatrizal). Tanto los nódulos como los pólipos causan vibración asimétrica de las cuerdas vocales, cierre incompleto y afonías.

Antes de que ocurra el traumatismo agudo, sin embargo, casi siempre hay problemas acumulativos y de larga

data que predisponen a un cantante o a quien usa su voz para trabajar, actuar o comunicarse a sufrir un problema agudo.

Problemas de voz de larga data

El reflujo es un importante problema de salud en nuestra sociedad. Muchas personas han oído hablar de GERD (enfermedad de reflujo gastroesofágico), con los clásicos síntomas de ardor estomacal e indigestión. Menos conocido es el reflujo laringofaríngeo (LPR), en el que un retroceso del ácido estomacal ingresa en el esófago, la garganta y la laringe. Las personas con LPR tienen síntomas que incluyen la necesidad permanente de aclarar la garganta, cambios en la voz, dificultad para tragar, tos, bultos en la garganta, sensación de ardor en la garganta y posterior goteo por la nariz. El LPR crónico puede llevar a lesiones agudas de las cuerdas vocales y causar afonía crónica.

Por último, algunas infecciones de las vías respiratorias altas (resfríos), alergias, tos, y algunos medicamentos pueden causar inflamación de las cuerdas vocales, una predisposición al sangrado, fatiga vocal, y cambios agudos y crónicos.

Los cantantes mencionados al comienzo de este artículo probablemente tuvieron uso excesivo crónico de sus voces, combinado con una alergia, reflujo laringofaríngeo o abuso y/o traumatismo vocal. Varios elementos se unieron para crear un problema que requirió intervención.

Por tanto, ¿qué podemos hacer para prevenir estos problemas, mantener la claridad y excelencia de nuestras voces y prevenir daños de las cuerdas vocales?

Cómo prevenir problemas de la voz

Reconozca que hay un problema. Si usted es un cantante o locutor y ha notado (o alguien que conoce ha notado) cambios en su voz, haga una cita

para un examen estroboscópico. Un laringólogo (un médico especialista en ENT y especialmente entrenado en trastornos de la voz) examinará su laringe (las cuerdas vocales y los músculos de soporte) para detectar signos de cambios crónicos y agudos. Los cambios de la voz que deben generar alerta incluyen: afonías, carrasperas, balbuceos, pérdida de la voz, fallas o crepitaciones en la voz, incapacidad de emitir notas altas (o medias/ bajas), incomodidad al cantar o hablar, necesidad de calentamientos más largos, dificultades con las transiciones de la voz y fatiga vocal. El reconocimiento temprano de un problema puede llevar a la detección temprana y prevenir un desastre.

Obtenga el entrenamiento adecuado.

El entrenamiento vocal es extremadamente importante en la preservación de su voz para cantar, hablar y usarla prolongadamente. La orientación de un maestro de canto experimentado, entrenador vocal o director musical puede ayudarlo a encontrar su rango adecuado, reconocer cuáles son sus habilidades (temas musicales modernos o cantante de ópera) y determinar su zona de confort. Los oídos entrenados de un profesional de la voz pueden ayudar a detectar problemas tempranamente. Hay muchos niños con un don que planean una vida dedicada al canto y ven truncados sus sueños debido a un traumatismo vocal.

Obtenga tratamiento. El 90 por ciento de las veces, cuando un cantante o un locutor tienen un problema, la intervención temprana con terapia especializada para la voz puede llevar a una excelente calidad vocal y evitar una operación. Los terapeutas de la voz en Phelps son cantantes clásicamente entrenados con experiencia en canto de ópera, actuación teatral y locución profesional. Junto con su amplia experiencia y antecedentes educativos en la voz profesional, casi todos los problemas de la voz pueden resolverse a través de ejercicios, educación y modificaciones de las técnicas.

Cirugía. ¡Siempre debe ser un último recurso! Cuando es necesario, sin embargo, la cirugía puede salvar una car-

ra. Las técnicas de microcirugía han evolucionado, permitiendo remover el tejido dañado de las cuerdas vocales y al mismo tiempo dejar lo máximo posible de tejido sano. Esto tiene como resultado el mejor desenlace posible de la voz. Nuevas tecnologías láser, técnicas quirúrgicas, instrumental y experiencia han llevado a la creación del campo de subespecialidad de la laringología, con mejores resultados vocales para usuarios profesionales de la voz.



Craig Zalvan, MD, FACS, el único laringólogo a tiempo completo en Westchester que se especializa en trastornos de la voz, trata a muchos cantantes, actores y usuarios profesionales de la voz en la región. El Dr. Zalvan está muy involucrado con la comunidad y da conferencias en muchos conservatorios musicales y escuelas del área. Él también trabaja en estrecho contacto con maestros de canto, logopedas y directores musicales de la región para asegurar una atención adecuada para cualquier cantante con dificultades de la voz. Junto con su equipo de terapeutas de la voz, entrenados clásica y profesionalmente en el Instituto para Trastornos de la Voz y la Garganta, miles de cantantes han recuperado sus voces y prevenido problemas de la voz a largo plazo. Su consultorio está ubicado en el campus de Phelps en 777 North Broadway, Sleepy Hollow (914-366-3636).

Programs and Services at Phelps

Bereavement Support	(914) 366-3325
Blood Donor Services*	(914) 366-3916
Cardiovascular Diagnostic Lab	(914) 366-3740
Cardiac Rehabilitation	(914) 366-3742
Child Care – Robin’s Nest	(914) 366-3232
Diabetes & Metabolism Center**	(914) 366-2270
Diabetes & Endocrine Center for Children & Young Adults*	(914) 366-3400
Educational Programs and Free Screenings	(914) 366-3220
Emergency Department	(914) 366-3590
Emergency Department’s PromptCare	(914) 366-3660
Emergency Education Center*	(914) 366-3577
Gastroenterology & Advanced Endoscopy*	(914) 366-1190
Hospice	(914) 366-3325
Hyperbaric Medicine Center	(914) 366-3690
Infusion Center*	(914) 366-3523
Laboratory (Clinical)	(914) 366-3910
Maternal Child Center	(914) 366-3382
Memorial Sloan-Kettering Cancer Center**	(914) 366-0664
Mental Health – Outpatient Counseling*	(914) 366-3600
Mental Health – Outpatient Chemical Dependency	(914) 944-5220
Mental Health – Inpatient Substance Abuse – Co-occurring Disorders	(914) 366-3027
Mental Health – Inpatient Psychiatry	(914) 366-3513
Nutrition Counseling	(914) 366-2264
Pain Center	(914) 366-3794
Pastoral Care	(914) 366-3090
Pharmacy for the Community**	(914) 366-1400
Physical Medicine & Rehab (PT, OT, Aquatherapy) - Outpatient*	(914) 366-3700
Physical Medicine & Rehab - Inpatient	(914) 366-3702
Physician Referral Service	(914) 366-3367
Prenatal Care Assistance Program (PCAP)	(914) 941-1263
Pulmonary Physiology Lab and Pulmonary Rehabilitation	(914) 366-3712
Radiology/X-Ray	(914) 366-3430
Respite Care	(914) 366-3356
Senior Services and Memory Loss Evaluation*	(914) 366-3669 or 3677
Sleep Center	(914) 366-3626
Speech & Hearing – The Donald R. Reed Center**	(914) 366-3010
Surgery – Call Physician Referral	(914) 366-3367
Thoracic Center for Chest Diseases*	(914) 366-2333
Vascular Institute	(914) 366-3008
Voice & Swallowing Institute**	(914) 366-3636
Volunteer Services	(914) 366-3170
Wound Healing Institute*	(914) 366-3040

*Located in the Phelps Medical Services Building (755 North Broadway).

** Located in the Phelps Professional Building (777 North Broadway).

For more information about Phelps services, visit phelpshospital.org and click on “Programs & Services.” It is now possible to request an appointment for many services on the Phelps website. Just go to phelpshospital.org and click on “Request an Appointment Online.”



*Save the Dates:
An Evening of Fine Wines
with Fine Friends*

Friday, April 27, 2012
Tappan Hill, Tarrytown, NY
Contact: Ruth Burton • 914-366-3115



*9th Annual
Phelps Golf Classic*

Monday, June 11, 2012
Sleepy Hollow Country Club, Scarborough, NY
Contact: Ruth Burton • 914-366-3115

PHELPS

Phelps Memorial Hospital Center

701 North Broadway

Sleepy Hollow, NY 10591-1096

www.phelpshospital.org

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Atria Senior Living on the Hudson,
Ossining
Basilico Pizza, Pasta and Gourmet,
Mt. Kisco
The Boathouse, Ossining
Brasserie Swiss, Ossining
Bridge View Tavern, Sleepy Hollow
The Cabin, White Plains
Canfin Gallery, Tarrytown
Capri Pizza & Pasta, Ossining
Caravela, Tarrytown
Carpet Giant, Ossining
Casa Rina, Thornwood
Coffee Labs Roasters, Tarrytown
Crabtree's Kittle House, Chappaqua
Creative Flooring, Mt. Kisco
Doca's Portuguese Restaurant,
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Sleepy Hollow
Don Juan Mexican Restaurant,
Pleasantville
Doubletree Hotel, Tarrytown
Eldorado West Diner, Tarrytown
Elite Hair Design, Tarrytown
Elmsford Chiropractic, Elmsford

Fairview Golf Center, Elmsford
Family YMCA, Tarrytown
TGI Friday's, Tarrytown
Geordane's Deli, Irvington
Goldfish Restaurant, Ossining
Good Food, Briarcliff Manor
Gordo's, Hawthorne
Green Valley Nursery, Hawthorne
Hair on the Hudson, Tarrytown
Heritage Frame & Picture,
Tarrytown
Highland Dry Cleaners, Ossining
Horsefeathers, Tarrytown
Horseman Restaurant & Pizza,
Tarrytown
Il Sorriso Ristorante, Irvington
Images Art Gallery, Briarcliff Manor
Isabella Italian Bistro, Tarrytown
J.P. Doyle's Restaurant,
Sleepy Hollow
Jacob Burns Film Center,
Pleasantville
Josephine's Hair Salon, Ossining
Karma Lounge Martini Bar & Grille,
Ossining
Kendal on Hudson, Sleepy Hollow
L3 Couture, Briarcliff Manor
Landmark Diner, Ossining
Louie Linguine's Casual Bistro,
Pleasantville

Main Street Sweets, Tarrytown
Mandee, Ossining
Manor Wine & Spirits,
Briarcliff Manor
Marriott Westchester, Tarrytown
Mediterraneo, Pleasantville
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Ossining
Moon River Grill, Sleepy Hollow
Moonbeam Café, Briarcliff Manor
Mr. Nick's Brick Oven Pizza,
Tarrytown
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NY School of Esthetics, Tarrytown
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Ossining
Old Stone Trattoria, Chappaqua
Paese Pasta & Pizza,
Briarcliff Manor
PHR Center of Electrolysis,
Tarrytown
Pleasantville Colonial Diner,
Pleasantville
Red Hat Bistro & Bar, Irvington
River View Wine & Spirits,
Tarrytown
Rock Island Sound, Tarrytown
Sheraton Hotel, Tarrytown

South of the Border, Ossining
Sparx Hair & Makeup Salon,
Pleasantville
Squire's Restaurant, Briarcliff Manor
Striped Bass, Tarrytown
Sunset Cove, Tarrytown
Tarry Tavern, Tarrytown
Tarrytown Woodworks, Tarrytown
Taste of China, Tarrytown
Terra Rustica Ristorante,
Briarcliff Manor
Thornwood Ale House, Thornwood
Tramonto Restaurant-Bar-Café,
Hawthorne
Trapp Optical, Tarrytown
The Tuscan Grille, Briarcliff Manor
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