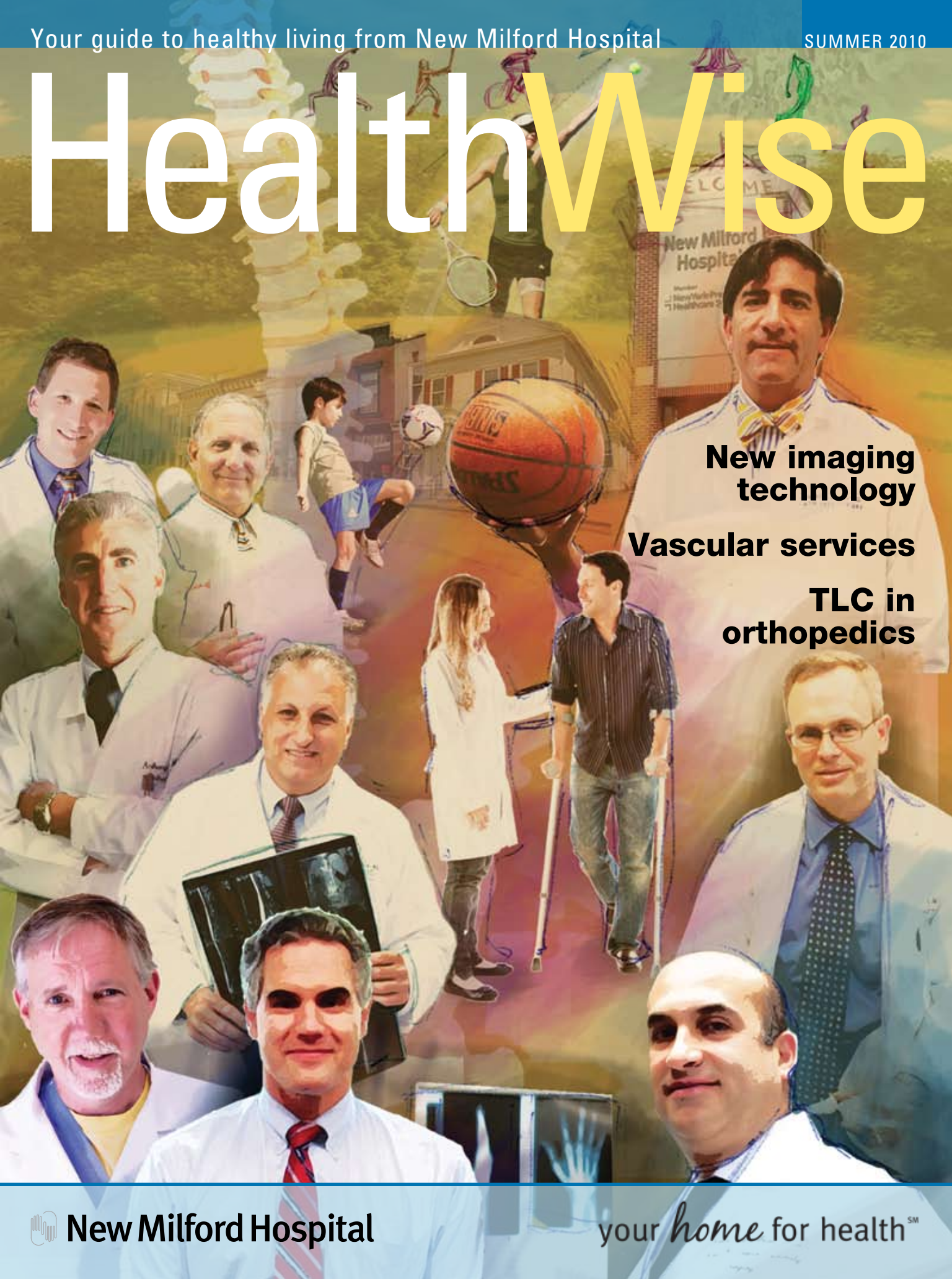


HealthWise



**New imaging
technology**

Vascular services

**TLC in
orthopedics**



A word from our president



Richard J. Henley, FACHE, FHFMA
Interim President
and CEO

We embark on warmer months with exciting developments at New Milford Hospital, where generous contributions from our community have enabled us to move forward with facility improvements to serve our patients and their families.

If you enter the main entrance of the Hospital (or “Main Street” as we call it), you’ll be greeted by an open foyer designed with pleasing colors, new carpeting and lighting that lead you to our homelike lobby and Planetree Gift Shop. You can read about this renovated space on page 12, as well as improvements to the newly designated area for our Center for Orthopedics and Joint Replacement (see right). Other upgrades in our operating rooms, cafeteria, Regional Cancer Center, CT scanner and a new building for a permanent MRI (opening August 1) have improved safety and convenience for our patients and the staff who care for them. These upgrades reflect our commitment as a Planetree hospital to provide high-quality care and a level of personal attention that nurtures every patient’s body, mind and spirit.

We also invite you to read about the prevention and treatment of peripheral vascular disease (see pages 10-11) and review our summer articles about diabetes; the importance of follow-up after receiving emergency care; and preventing and treating golf injuries.

As “your home for health,” we offer our best wishes for a safe, healthy and active summer!

Sincerely,

Richard J. Henley, FACHE, FHFMA
Interim President and CEO

Getting you back to a more active lifestyle

Our Center for Orthopedics and Joint Replacement offers hope for chronic pain sufferers

As persistent as chronic back or hip pain is, you can sometimes soften its effects and keep up normal day-to-day activities. However, if you can’t stave off the pain by making lifestyle changes, your chances of suffering from degenerative and inflammatory arthritis—common causes of back and hip pain—increase.

Chronic pain affects more than one in five people and is most common in middle-aged and older adults. Don’t let it get the best of you. If you’ve exhausted all other non-surgical medical options, New Milford Hospital’s Center for Orthopedics and Joint Replacement is committed to helping patients with a physical injury or disease causing pain and limited mobility. Located in dedicated space on the 3-East patient care unit, the center offers a comforting environment with private rooms equipped with daybeds and other amenities to promote rest and recovery following surgery. A new patient/visitor lounge also provides a convenient place for socializing, watching television and accessing a computer and vending machine.

“For many patients, orthopedic surgery comes after a period of time when pain has been persistent and has decreased overall quality of life,” says Richard J. Henley, FACHE, FHFMA, interim president and CEO. “When patients are ready, we want to attract them to our high-quality surgical care while offering them a comforting and restful environment that’s welcoming to their families.”

A STAND-OUT EXPERIENCE

Last year, our surgeons, nurses and other staff implemented several clinical improvements for patients undergoing joint procedures. The resulting clinical pathways have been instrumental in improving care and

communication for patient education, pain management, rehabilitation and overall satisfaction before, during and after surgery. More recently, the Hospital began to offer patients integrative therapies such as guided imagery, hypnotherapy and M-Technique (therapeutic hand and foot massage) as a means of preparing for surgery and treatment during their surgical stay at the Hospital. Additional amenities include our award-winning dining and nutrition services, free valet parking, pastoral care, an interfaith chapel and wireless Internet access.

“Together with our nurses, technologists and other staff,



we’ve prepared more detailed education to prepare patients for surgery and organized resources for aftercare to facilitate their successful return to more active lifestyles,” says Anthony Viola, M.D., orthopedic surgeon. “It’s important that each patient feels confident and supported to facilitate his or her recovery.

“Our surgical team has designed an experience that stands out for its clinical excellence and some ‘extras’ that we believe most patients will find appealing,” Dr. Viola says. “Our nurses are truly committed to clinical excellence and providing a high level of attention to personal issues and family conveniences.” ●

> Our specialists

Our board-certified orthopedic surgeons offer advanced techniques

that minimize pain, scarring and recovery time. They specialize in:

- total knee replacement
- total hip replacement and hip resurfacing
- sports/repetitive injury and arthroscopic surgery (knee/hip/hand/wrist/shoulder)
- shoulder resurfacing and replacement
- kyphoplasty, discectomy, disk replacement and X-STOP® for back and neck conditions

For more information about our orthopedic specialists, call **(877) 786-0638** or visit **newmilfordhospital.org**.



**John Keggi,
M.D.**



**Lee Rubin,
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**Orthopaedics New England
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**Andrew
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**Daniel
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**John Mullen,
M.D.**



**Evan
Rashkoff,
M.D.**



**Anthony Viola,
M.D.**



**Robert
Yaghoubian,
M.D.**

**New Milford Orthopedic Associates
Offices in Brookfield, New Milford,
Newtown and Sharon
(860) 355-8000**

Making patient comfort a priority

New Milford Hospital acquires the world's most spacious MRI machine

New Milford Hospital will soon install the region's first open bore, 1.5 Tesla (T), magnetic resonance imaging (MRI) system that combines a larger bore, or opening—ideal for claustrophobic and larger patients—with the ability to capture high-field quality diagnostic images. For the Hospital's full-time radiologists, Chairman Andrea Crowley, M.D., Paul McGuire, M.D., and Michael Waldman, M.D., it's an opportunity to support their fellow physicians and patients with one of the most advanced MRI systems available and in use at major academic centers such as Cleveland Clinic, Johns Hopkins Hospital and Hospital of the University of Pennsylvania. The MRI will be operational by July 31.

"The new MRI will dramatically improve patient convenience,"

says Dr. Crowley. "The patient-friendly design of this magnet will make it easier for patients to have an MRI examination. Faster scans and higher quality images will reduce the need to interrupt and repeat exams."

RESPONDING TO PATIENT NEEDS

With two-thirds of American adults overweight, the health care industry is challenged to accommodate larger patients with imaging systems that were designed for people who weigh much less. Claustrophobic patients present another challenge for MRI systems—they are often sedated, adding to their inconvenience and the time it takes to schedule and perform an exam. This new MRI provides advantages for larger and claustrophobic patients without compromising the quality of the images produced.

Siemens Medical Solutions designed the MAGNETOM Espree to ensure that all patients have the same access to innovative medical imaging technology used for visualization, diagnosis and treatment planning of cancer, diabetes, heart and vascular disorders and other diseases associated with obesity. This system features a bore opening of nearly 2.3 feet in diameter and almost one foot of free space between a patient's head and the magnet. The Espree also features the shortest 1.5 T magnet available. At 4 feet long, the magnet allows more than 60 percent of exams to be completed with the patient's head and feet outside the bore, helping to ease claustrophobia.

In addition, the Espree can perform advanced clinical applications in less time because it combines



> MRI fast facts

According to Dr. Crowley, the MAGNETOM Espree at New Milford Hospital provides the best patient comfort, high-quality images and diagnostic confidence for all patients. Key benefits include:

- greater comfort with more head, leg and elbow room
- having your head completely outside of the magnet for 60 percent to 70 percent of studies
- roomier opening, ideal for claustrophobic and large patients (up to 550 pounds)
- faster scan times (studies often completed in 15 minutes)



> New CT scanner accelerates care with less radiation exposure

New Milford Hospital has completed a significant upgrade to its imaging technology with the installation of the GE Healthcare VCT (64-slice) computed tomography (CT) scanner. Equipped with ASIR™ low-dose technology, the new CT scanner offers patients less radiation exposure with no compromise in image quality. This breakthrough technology actually improves image quality, while lowering radiation exposure by up to 40 percent for tests such as cardiac studies and full body scans.

In addition to lowering the radiation dose to patients, the CT scanner provides physicians with greater precision for accurate diagnoses and faster results. “These capabilities will enhance our evaluation and treatment of heart and vascular disease, cancer, orthopedic injuries and neurological conditions such as stroke,” says Andrea Crowley, M.D., chairman, radiology department. “It really is a win-win proposition. We can work more efficiently to serve our patients with a higher level of radiologic care.”

A CT scanner creates pictures of structures within the body painlessly by taking data from multiple X-ray images and turning them into pictures on a screen. A CT scan can reveal some soft-tissue and other structures that can't be seen in conventional X-rays. Using the same dosage of radiation as that of an ordinary X-ray machine, an entire slice of the body can be made visible with about 100 times more clarity.

strong gradient (incline) performance with Siemens' Total imaging matrix (Tim®) technology. Tim is the first whole-body surface coil design that enables the clearest images in the shortest time. ●

Addressing spiritual needs

New Milford Hospital recognizes that patients, along with the people who care for them, have unique spiritual support needs. As a Planetree facility, the Hospital is committed to addressing this uniqueness. Earlier this year, the pastoral care department launched a Voluntary Chaplaincy Program, which brings community clergy into the Hospital on a daily basis with services available 24 hours a day, seven days a week for emergencies, to enhance care for patients and their families. Information regarding the program is given to each patient upon admission to the Hospital, when they're also asked about their needs and preferences for religious support and visitation. Volunteer chaplains also offer non-denominational assistance for those who may not have a religious affiliation. Approved by the pastoral care department, volunteer chaplains represent a variety of faiths and can offer prayer, encouragement and support of both a religious and nonreligious nature based on the patient's needs.

“For many people, faith is a vital part of everyday life,” says Brenda Warren, director, plant operations and Planetree coordinator at the Hospital. “The need for pastoral and spiritual guidance and understanding often grows during a hospital stay. Pastoral care can be an important part of treatment and recovery.

“In addition to our Interfaith Chapel near the Main Lobby, the services of community clergy will greatly enhance our ability to meet the spiritual needs of all patients and their families. Our pastoral care department has worked hard to assemble a team of ordained clergy and chaplains—some representing a specific faith, and others serving in a multi-faith capacity,” says Warren.

For more information about the Volunteer Chaplaincy Program, call Rev. Chris Sakis, pastoral care chairman, at **(860) 355-3719**. ●



Volunteer chaplains from New Milford Hospital's pastoral care department include (from left) Russell Joyce, Chris Sakis-Chairman, Michael MacInnis, Don Olden and Michael Phillips. Volunteer Chaplains not pictured include Ann Beams, Gary Roberts, Matt Yukon and Ron Herman.

Peripheral vascular disease

Straight talk about a silent health threat

If you're concerned about your heart health, keep an eye on your arms and legs. They're the most likely targets for peripheral vascular disease (PVD), a narrowing of the blood vessels that can lead to health complications.

PVD involves the buildup of plaque—the same sticky substance that leads to coronary artery disease—in the peripheral arteries outside your heart. As the arteries become blocked, they are less able to transport nourishing blood to the arms, legs and other body parts. According to Jeffrey Sanderson, M.D., vascular and general surgeon at New Milford Hospital, PVD often runs its course silently until the blood vessels become so clogged that doctors must open them to avoid permanent damage to the surrounding tissues and limbs. Unfortunately, an artery can be 60 percent or more blocked before the first warning sign—pain in the area—occurs, Dr. Sanderson says.

RECOGNIZING THE SYMPTOMS

The amount of discomfort or pain you feel from the condition depends on the blockage's severity and location.

PVD commonly occurs in the legs. Sufferers often complain of a cramping pain (called claudication) when they walk. "This is a message from your muscles that they're not getting enough nutrients to do their job properly," Dr. Sanderson says. "With PVD, sufferers may also experience numbness or tingling, red or bluish skin discoloration, changes in skin temperature, buttocks pain, impotence and infections that won't go away."

DIAGNOSING PVD

Doctors can use several methods to determine if you're suffering from PVD:

- The **ankle brachial index** is a simple, noninvasive test that measures blood pressure in and around the affected area.
- An **ultrasound** uses sound waves to help determine if a specific artery is clogged by providing an image of the inside of the blood vessel.
- An **angiogram** can provide a blueprint of the blockage. During this test, a physician injects dye into an artery to identify blockages on X-rays.

TREATING THE CONDITION

If you're diagnosed with PVD, your doctor will consider a variety of treatments and may combine therapies to achieve the best results possible. This may include lifestyle changes, medications or surgery.

Aspirin and blood thinners can help prevent clotting right from the start. Cholesterol-lowering drugs called statins can reduce the plaque that forms in the arteries. Other medications may also help lower your blood pressure and improve circulation. In some cases, your doctor may administer a clot-busting drug directly into your blood vessels to clear the passageways.

If it's necessary to surgically remove the plaque from your arteries, angioplasty can unclog the blockage, which requires that your doctor insert a tiny balloon into the blood vessel and then inflate the balloon to open the

An artery can be 60 percent or more blocked before the first warning sign—pain in the area—occurs.



affected area. In some cases, your doctor will permanently place a tiny metal cylinder or “stent” in the congested vessel to help keep it open. Another therapy, called atherectomy, involves inserting a special cutting catheter directly into the vessel to slice through the sticky plaque. In some cases, patients may undergo bypass surgery to build “detours” around the blocked and damaged vessels, so blood can continue to reach and nourish various parts of the body.

LIFESTYLE CHANGES MAKE A DIFFERENCE

If you’ve been diagnosed with PVD or you want to reduce your risk for the condition, consider these lifestyle changes:

- **If you smoke, stop.** Nicotine narrows the blood vessels, and carbon monoxide from the smoke damages the artery lining.
- **Check your feet**, especially if you have diabetes. PVD may play a role in damaging the blood vessels of the legs and feet. This condition can go unnoticed until an infection or sore develops.
- **Keep your blood pressure in check** to ensure proper circulation.
- **Watch your cholesterol.** Work with your doctor to get and keep your numbers in the normal range.
- **Exercise.** Walking will help you maintain a healthy weight, decrease your cholesterol buildup and improve your overall circulation.

- **Eat a low-fat, low-salt diet** that stresses vegetables, fruits, whole grains, fish and low-fat meats.

- **Talk with your doctor** about using a pressurized “cuff,” which may help improve overall circulation. This slipper-like device contains an inflatable pad that pressurizes every few minutes.

- **Get regular checkups** if you have a family history of coronary artery disease. ●




> Physician profile

Jeffrey Sanderson, M.D.
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Dr. Sanderson completed a fellowship in vascular surgery at Columbia-Presbyterian Medical Center in New York City following post-graduate education at the University of Massachusetts Hospital and Mary Imogene Bassett Hospital in New York. He earned his medical degree from Georgetown University, Washington, D.C., and completed his undergraduate studies at Holy Cross College in Massachusetts.

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Our community keeps us going

Big or small, in whatever form, charitable giving is the lifeblood of New Milford Hospital. As the snow melted and the temperature warmed, many acts of kindness from the community signaled a season of hope and new beginnings for the Hospital and those we serve.

- In April, more than 200 women gathered at the New Milford VFW for "Ladies Night Out," featuring the popular game BUNCO, and helped raise \$7,000 for the New Milford Hospital Breast Care Program. Hosted by Denise Mariconda, R.N., B.S.N., O.C.N., the Hospital's breast health navigator, and more than 20 volunteers, the evening attracted women of all ages, many who've survived breast cancer.

- On Saturday, May 8, at the Garrick Farms Baseball Fields on Boardman Road, the New Milford Youth Baseball/Softball organization hosted a fundraising event that netted more than \$10,000 to benefit the Hospital's Breast Care Program. Thanks to the generosity of the Goldring Family Foundation, every team took the field in pink T-shirts to promote breast cancer awareness. Union Savings Bank (USB) donated \$5 for every run scored throughout the day. All

proceeds from the USB challenge, prize drawings and T-shirt sales, as well as sponsorships from local businesses, were donated to the Breast Care Program.

- Philanthropy is sometimes expressed by gifts of professional talent and services in place of cash. Tom Pilla, a local contractor and Hospital Board member, stepped forward and provided all the labor and materials required to give the Hospital's gift shop a complete makeover. His expert work saved the Hospital a significant expense and has helped transform the shop to the pleasure of patients, visitors, staff and volunteers.

- Betty Hettinger of the Hettinger Foundation and Rita and Gus Hauser of the Hauser Foundation were guests of honor at a reception on June 14 to thank them for making the recent renovation of the Hospital's main entrance possible. The Hettinger and Hauser Foundations have been generous contributors to the Hospital for many years and continue to make a difference in the comfort, care and security of our patients.

For more information about donating to the Foundation, call Victoria Lowrey, executive director, at **(860) 350-7345**. ●



"Goin' Yard to Fight Cancer ... One Run at a Time" brought more than 800 girls and boys together for a day of baseball and a great cause.



By the end of the evening, it was unanimous that "Ladies Night Out" would become an annual tradition on the Hospital calendar.