

Community Health Line

<http://www.hunthosp.org>

Spine Surgeons First in US to Use Pioneering Disc Replacement



“We have been selected to be one of approximately 20 different sites nationwide to be involved in this research study...”

Artificial disc is implanted in the cervical spine.

Arnold Schwartz, MD, and Paul Alongi, MD, attending orthopaedic spine surgeons, were the first in the United States to participate in a pioneering study taking cervical disc replacement surgery to the next level. Operating at Huntington Hospital, the surgeons recently implanted the investigational Mobi-C® disc, an innovative, second-generation artificial disc designed to provide an additional therapeutic option to maintain motion, in two patients for whom a cervical fusion would have been the standard treatment.

Individuals who are treated for a pinched nerve in the neck often undergo a discectomy, a surgical procedure to remove the damaged cervical disc. This is typically followed by a fusion, in which a piece of bone is surgically inserted into

the space between the vertebrae. Once the bones fuse together, the patient may be left with a degree of immobility. This may eventually lead to deterioration of the cervical spine at nearby levels. The goal of artificial disc replacement is to preserve mobility thereby reducing the chances of causing similar disc erosion in other nearby parts of the spine.

Drs. Schwartz and Alongi’s first patient to be enrolled in the investigational study, **Joseph McNally**, 46, of Kings Park, was the first patient in the United States to receive the Mobi-C device.

“The Mobi-C is a second generation disc replacement device,” said Dr. Schwartz. “It is the newest device that has entered clinical investigational evaluation studies.”

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HUNTINGTON HOSPITAL

COMMUNITY HEALTH LINE

NEW TREATMENT FOR PELVIC PROLAPSE

MINIMALLY INVASIVE KNEE REPLACEMENT SURGERY



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JULY 2006

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A Message from Kevin F. Lawlor President and CEO



Why Choose Huntington Hospital?

The concept of “choosing” a hospital in which to receive healthcare may seem unusual, and for the 44,000 men, women and children who turn to Huntington Hospital’s Emergency Room each year, there is often little time to make a deliberate choice. However for the rest of us, the concept of choosing a hospital makes perfect sense.

Huntington Hospital recently marked its 90th anniversary. Over the past nine decades, the hospital has evolved in unison with the community, and remained responsive to shifting community healthcare needs.

But don’t choose Huntington Hospital because it has been a trusted healthcare resource for 90 years.

Choose Huntington because of the expertise of its staff, the quality of its programs, and the commitment of its physicians, nurses, technologists, and support staff, many of whom are your friends and neighbors.

Choose our Medical Staff

Very often, the hospital to which you will be admitted will depend upon your physician and where he or she enjoys privileges. Huntington Hospital’s medical staff includes nearly 500 community based attending physicians practicing in nearly 40 specialties and subspecialties. Coming from highly regarded programs around the country, our doctors bring the best of 21st century medicine to the Huntington community.

Choose our Up-to-the-Minute Technology

With the opening of the 72,000 square foot Surgical Services Pavilion in January 2005 Huntington has become a more modern, patient friendly facility. The ten new, state-of-the-art operating rooms, new Post Anesthesia Care Unit, Ambulatory Surgery Unit, Intensive Care Unit, Intermediate Care Unit, Clark Gillies Pediatric Unit, and MRI are equipped with the latest medical and surgical technology, including digital radiology, robotics, the newest generation of hemodynamic monitoring equipment, and minimally invasive surgical instrumentation.

(Continued on page 12)

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Minimally Invasive Knee Replacement Surgery Affords Patients Less Pain, Faster Rehab

Kathy Kreytak lived with steadily worsening pain in her arthritic knees for a decade. With her knee joints worn to the point that bone was rubbing on bone, she knew that knee replacement surgery was her only option for alleviating the pain. Her internist recommended joint replacement specialist **Rajendran Naidoo, MD**, who operated on her first knee last fall. Following surgery, Mrs. Kreytak experienced significant pain and a long and arduous rehabilitation period. Then, this spring, it was time to replace the second knee. Dreading a repeat of her earlier experience, Mrs. Kreytak was pleasantly surprised when Dr. Naidoo offered her a new, minimally invasive procedure that involves a smaller incision and spares the muscles and tendons from being cut. The result, Mrs. Kreytak found, was signif-

“It was almost like a miracle...”

icantly less post-operative pain, a quicker return of mobility, and a much smoother rehabilitation period.

“My patients are able to climb stairs and drive within a week of having this minimally invasive knee replacement procedure,” said Dr. Naidoo. “It is a marvelous tool for restoring a patient’s quality of life.”

Dr. Naidoo explained that with the traditional approach, surgeons cut through the patient’s quadriceps.

“With this approach I spare the muscles completely,” he said. “Younger patients are up walking the same day as their surgery.” Most of his patients go directly home from the hospital and most are able to drive within days of having surgery. This is in stark contrast to those having the traditional surgery, which may be followed by up to two weeks of inpatient



Dr. Naidoo points to an x-ray image of the knee following minimally invasive joint replacement surgery.

rehabilitation and driving restrictions for up to six weeks.

“It was almost like a miracle,” said Mrs. Kreytak. “My second experience was totally different.”

With her husband working all day and her children living out of state, Mrs. Kreytak expected to go to a rehabilitation facility following surgery.

“I told my therapist that I would have to go to rehab because I wouldn’t have help at home, but Dr. Naidoo said I wouldn’t need it,” she recalled. And he was right. Within a week of having surgery Mrs. Kreytak was able to drive herself to daily outpatient physical therapy.

While the procedure is still relatively new, Dr. Naidoo has had such a positive experience with it that he now recommends it for 90 percent of his knee replacement patients.

Dr. Naidoo pointed out that surgeons need to undergo significant training in order to be able to perform minimally invasive knee replacement surgery. He spent more than a year attending continuing education courses and learning the technique from sur-

geons around the country. He now speaks at professional medical conferences and demonstrates the procedure for other surgeons wishing to learn the technique.

According to Dr. Naidoo, Huntington Hospital’s ten new operating rooms have made it more attractive for surgeons to perform sophisticated procedures such as this.

“Huntington’s new operating rooms, along with its fantastic nursing staff and anesthesia department give me confidence that my patients will not experience complications here that they might face elsewhere,” Dr. Naidoo said. “In addition, the presence of intensivists, hospitalists, internal medicine specialists and cardiologists contributes to an environment of caring and safety for patients.”

Dr. Naidoo trained at Yale University School of Medicine and Albert Einstein/Montefiore Hospitals. He is an assistant professor at Mt. Sinai School of Medicine and has been practicing in the Huntington community for five years.

Bone Density Testing Diagnoses a Silent Disease

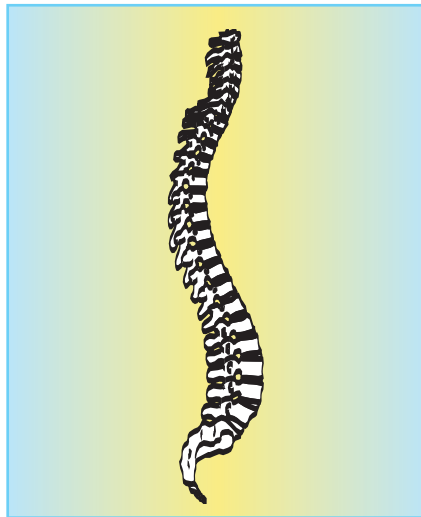
Osteoporosis affects 24 million American women and is responsible for 1.5 million bone fractures in the United States each year. Yet in its earliest stages the disease causes no pain, has no symptoms, and may progress unnoticed.

Since its risk factors are well known and osteoporosis screening is safe, fast and effective, healthcare professionals recommend regular bone density screenings as a way to prevent progression of the disease.

“Most physicians recommend a baseline screening for healthy women just prior to menopause,” said **Merrilee Kerr**, a licensed radiologic technologist. “Once a woman has completed menopause, she should be screened every two years.”

Individuals who are at increased risk for osteoporosis, including men and children who suffer from certain conditions or are being treated with certain medications, may also benefit from bone density screening.

“Huntington Hospital’s Women’s Health Center is equipped with the latest generation of software capable of scanning children as young as three, and adults, both male and female,” Ms. Kerr noted. Individuals who are



anorexic or bulimic, have Crohn’s disease, Cushing disease, Celiac Spruce, have been treated for any medical condition with the long-term use of steroids, or have undergone a prolonged period of immobilization, may be susceptible to bone loss that characterizes osteoporosis.

There is no treatment to cure osteoporosis, however with early detection of the condition, medications are available to slow or even halt its progression.

Huntington’s new bone density screening software enables physicians

to compare earlier bone density DEXA scans, even those performed at other facilities using other equipment, with current scan results.

“Patients simply have to bring their earlier scans with them and we can easily compare the older test results to our results in order to gauge the progression of the disease or the effectiveness of treatment,” said Ms. Kerr.

The hospital’s Picture Archive and Communication System (PACS), a fully digital diagnostic imaging system, permits scans to be viewed by physicians in remote locations, including other hospital units, the Emergency Department, or even their private offices.

The Women’s Health Center’s convenient hours and flexible schedule are designed to encourage women to schedule a bone density examination at the same time as their annual mammography. Bone density tests may be scheduled on Tuesdays through Thursdays, from 8:30 AM until 3:00 PM. For additional information or to schedule an examination please call (631) 351-2564.



Roberta’s Hope Foundation Supports Cancer Unit

Richard Hunken and Kathy Greene, Board members of the Roberta’s Hope Foundation, presented a \$20,000 check to Gail Probst, RN, AOCN, Director, Cancer’s Services, and Kevin F. Lawlor, President and CEO. The donation is in support of the Foundation’s \$200,000 pledge to underwrite the planned renovation of a patient/family lounge on the Don Monti Oncology Unit. Roberta’s Hope was established by friends and family of Roberta Smith, who died of breast cancer in 2001. The Foundation’s next fundraising event will be a 4.5 K walk at Caumsett State Park on September 24. For additional information please call (631) 427-5643.

New Surgical Approach to Treating Pelvic Organ Prolapse

Pregnancy and childbirth, menopause, the structure of the female urinary tract, and family history can all contribute to pelvic organ prolapse, in which the pelvic floor muscles become weak and can no longer support the pelvic organs – including the bladder, uterus, vagina, and/or rectum. The condition is common, especially among older women. In fact, more than 200,000 women in the United States undergo surgery to correct pelvic organ prolapse each year. However, more than 50 percent of women experience a recurrence after surgery, and one out of three women require another surgical procedure within four years. Physicians at Huntington Hospital are among the leaders in our region in offering women a new surgical approach to treating pelvic organ prolapse – one that appears to be far more effective than traditional surgical techniques.

The key to the new approach is the use of mesh to create a sling to repair these defects.

At Huntington, urologist **Alexander Epelbaum, MD**, and gynecologist **John Wagner, MD**, are proponents of the mesh sling and mesh cystocele repair to treat incontinence and bladder prolapse. Dr. Wagner, who also uses the technique to treat uterine,



John Wagner, MD



Alexander Epelbaum, MD

rectal, and vaginal prolapse, has presented data on his experience at a recent meeting of the American College of Obstetricians and Gynecologists. He performs the surgery vaginally, using a minimally invasive approach which spares women the need for a hysterectomy.

“The successful use of mesh in general surgery to repair hernias and in gynecology to treat incontinence suggested that mesh might also improve the long-term effectiveness of surgery to treat pelvic organ defects,” Dr. Wagner said.

His experience proved that the theory was correct. He observed no recurrence rate with the vaginal mesh repair, and a very low rate of complications, a clear improvement over traditional surgery.

Dr. Epelbaum has had similar success using mesh. “The beauty of this procedure is that it is minimally invasive, it is effective in approximately 90 percent of patients, and the results are evident shortly after the surgical repair,” he said.

Traditional surgical techniques rely on the use of sutures in an attempt to lift the prolapsed organs.

“The old procedures relied on connecting native tissues together, but unfortunately we were connecting bad tissue to bad tissue,”

Dr. Epelbaum stated.

With the new technique, surgeons anchor a mesh patch to ligaments in the pelvis, making for a stronger and more reliable repair.

With two years of experience in performing this surgery, Dr. Wagner has been pleased with the outcome. “I now offer mesh repairs to most of my patients who require surgery to treat pelvic organ prolapse or incontinence,” Dr. Wagner said.

Dr. Epelbaum, who also offers the procedure to appropriately selected patients, noted that surgical treatment of incontinence is usually an outpatient surgical procedure, while surgery to treat pelvic floor prolapse usually requires an overnight hospital stay.

Where Can You Shop For...

- Back to school
- Funky jewelry
- Housewares and accessories
- Must-read books
- Children’s clothing and shoes
- Outerwear
- Framed artwork
- Furs and couture clothing
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Donations are tax-deductible and accepted daily until 3 PM.

Please select Huntington Hospital when making your donation.

*The Community Thrift Shop has space available for an additional not-for-profit organization. Please call 271-4883 for more information

New Board Members Elected

At Huntington Hospital's recent annual meeting, the hospital's Board of Trustees elected three new members and honored several individuals for outstanding service.

New Trustees



Gregory Williams

Gregory Williams is President of Huntington Chevrolet. In this position he has maintained the highest customer service rankings in the metropolitan New York market. Mr. Williams has demonstrated his commitment to the industry as the founding member of the General Motors Minority Dealers Association (GMMDA), and founding member and chairman of the GM Minority Dealer Advisory Council (MDAC).

A veteran of the automotive industry for more than 33 years, Mr. Williams received the 2005 GMMDA Trailblazer Award in recognition of his significant contribution to the GM minority dealer network. He was also named GM Dealer of the Year in 2003, and received the Jack Smith Leadership Award – a prestigious honor given to only 110 dealers nationwide.

Mr. Williams supports his community as a board member of the Interfaith Nutrition Network (INN), a non-profit organization that operates soup kitchens and numerous homeless shelters on Long Island. He also presents college scholarship and internship opportunities to minority students in his community through the GMMDA Scholarship and Internship programs.

Mr. Williams and his wife **Vicki** reside in Melville. In his spare time, he enjoys world travel and dining.



Patricia Petersen

Patricia Petersen is president and chief executive of Daniel Gale Sotheby's International Realty in Huntington. A former public relations and marketing professional, Ms. Petersen helped Daniel Gale Real Estate grow into a \$2.5 billion organization.

Ms. Petersen has consistently set herself apart from her competitors by way of her public relations and marketing skills. She joined the company in 1974 as a sales agent. By 1985 she was named vice president and general manager of the company.

In addition to her professional accomplishments, Ms. Petersen is a donor to the Cold Spring Harbor Whaling Museum, the Heckscher Museum of Art, and the Caumsett Foundation. She is also actively involved in the Dress for Success Organization. An enthusiastic hospital supporter, Ms. Petersen served as Honoree of its 2003 Women's Golf Outing, spearheading the annual event's most successful year. She was also the 2004 honoree for the Family Service League's annual golf tournament, again helping to raise an extraordinary amount of money.

Among Ms. Petersen's most recent achievements is her induction into the "Long Island Business News Top 50 Most Influential Women in Business Hall of Fame," an honor reserved for women who have been named to the publication's annual "Top 50 Women on Long Island" list for three consecutive years. She was also named a "1999 Woman of Distinction," by Distinction Magazine and she serves on the Advisory Board of Enterprising Women.



Brian McNally

Brian McNally is President, North American Components, Arrow Electronics, Inc.. In this position he has responsibility for managing Arrow's \$4 billion semiconductor, passive, electro-mechanical and connector products and services business.

Since beginning his career at Arrow more than 20 years ago, Mr. McNally has held multiple positions, including Vice President Strategic Sales; President, Arrow Alliance; and President, Arrow Contract Manufacturing Services. In 2000, he assumed the role of Managing Director, Arrow Northern Europe. In this position, he was responsible for both the computer products and components businesses in the nine countries that make up Northern Europe. In early 2001, Mr. McNally helped to launch Alliance Europe before taking responsibility for this business unit in 2002. He was appointed to his current position in 2004.

Mr. McNally received a bachelor's degree of business administration in production operations and a master's degree in business administration, both from the University of Michigan.

Mr. McNally serves on the Board of the Long Island Association as well as the National Electronic Distributors Association. He is also a member of the Young President's Organization. He and his wife, Kathy, are the parents of two daughters, Kelly, 15, and Erin, 13. He enjoys boating and jogging.



On behalf of the Board, President and CEO Kevin F. Lawlor (left) presented a crystal gift to Paul Moulinie, MD, in appreciation of his dedicated service to the Board as former President of the Medical Staff.



Michael B. Grosso, MD (left) was thanked by Mr. Lawlor for his ten years of service as Chief of the Department of Pediatrics.



Mr. Lawlor and Board Chairman Anthony Giaccone (right) presented Gordon S. Hargraves with the Theodore Roosevelt Award in recognition of his many years of service as Treasurer of the Board.



In recognition of his 40 years of employment at Huntington Hospital, the last 17 of them as President and CEO, J. Ronald Gaudreault (center) was presented with a Theodore Roosevelt Award by Messrs. Lawlor (left) and Giaccone.

Huntington Hospital Hosts Cancer Survivors Celebration

Huntington Hospital recently hosted its fourth annual Cancer Survivors' Day. The event, held in conjunction with National Cancer Survivors' Day, honors those who are living with and beyond cancer. It allows individuals who have been treated in Huntington's Don Monti Cancer Center to reunite with the healthcare professionals who helped care for them.

Cancer survivors, their guests and

healthcare professionals gathered at Huntington Hospital to enjoy a bar-beque luncheon under a tent. The air was filled with jazz music provided by the **Commack High School Jazz Messengers**. After a welcome from hospital President and CEO **Kevin Lawlor**, a toast was led by oncology social worker, **Susan Degnan, LMSW, OSW-C. Gail Probst, RN, AOCN**, Director of Cancer Services, then

introduced Chief of Oncology, **Michael Buchholtz, MD**, who gave a salute to the survivors.

Guests heard moving testimonials from cancer survivors **Thomas Nugent, Nicole Vitale** and **Jim Neiland**.

The event was sponsored by hospital trustee **Rosalyn Gordon** along with many other generous donors.



Michael Buchholtz, MD, Chief, Oncology (right) and Dennis Dolitsky were among the many guests honoring the survivors.



(Left to right) Among the survivors who attended the event were Beth Neiland and Jim Neiland.



Social Worker, Susan Degnan (right) stands with Thomas Nugent (left), a guest speaker at the event.



Gail Probst, RN, AOCN, Director of Cancer Services, Michelle Obas (left) and Betsy Davis (right) participated in Huntington Hospital's Cancer Survivors' Day festivities.



(Left to right) Joanne Vitale, Nicole Vitale, Gail Probst, RN, AOCN, Director of Cancer Services, Janine Augustine, Susan Lyons and Robert Hassett, joined over 200 guests to pay tribute cancer survivors and their families.



(Left to right) Oncologist Raol Seth, MD with patient, Ronald Wicks joined in the celebration of life.



Maggie's Garden Grows

After **Maggie Frevola** lost her battle with breast cancer in 2004, her close-knit family formed Maggie's Wish, an organization dedicated to raising funds to support cancer programs at Huntington Hospital, where Maggie was treated. The hospital recently held a dedication for Maggie's Garden, a peaceful, flower-filled refuge in the front of the hospital where patients and visitors may visit for quiet reflection.

Maggie Frevola's family members, including (standing, left to right) her sisters, Chrissy Walker, Dotty DeMaria, and Katie Hansen, her mother, Mary Kurtz (seated, left), and her husband, Sal Frevola.



The family of June Gordon, a long-time Auxiliary member and hospital volunteer who died of cancer, also raised funds which were used to purchase seating for Maggie's Garden. June's family members, including her husband, Jim (standing, second from right) were on hand for the dedication.

Huntington Hospital Celebrates 90th Anniversary with Swing Dance

"It Don't Mean a Thing if it Aint Got That Swing!" Huntington Hospital's 90th Anniversary Swing Dance Celebration took place on Saturday, June 3. Guests in themed apparel entered the larger than life tent set up on the hospital grounds. They were welcomed with bright red, black and white polka-dot tablecloths and decorations. As guests walked past the tables, they were drawn to the large dance floor encircled with lights. At the start of the evening, complimentary Swing Dance Lessons were provided by the Ballroom of Huntington to break the ice and allow guests to

become acquainted with various dancing techniques.

After cocktails and hors d'oeuvres, guest speakers **Kevin F. Lawlor**, President and CEO, and **Michael Dannenberg, MD**, Chairman of the 90th Anniversary Committee welcomed the attendees. Dinner and dancing began as **Bill Wilkinson and the Long Island "Sound" Swing Band** played crowd favorites. Raffles for exciting prizes were sold while guests enjoyed their time on the dance floor.

A hard working committee, chaired by Dr. Dannenberg, helped

ensure the evenings' success. Along with the guests, many generous donors helped underwrite the event. Corporate and individual sponsors were led by the **Huntington Hospital Medical Staff, Claire Roche, Paul Alongi, MD, Richard Byrnes, MD, Daniel Gale Sotherby's International Realty, Huntington Medical Group and McKesson Provider Technologies**. The successful event raised more than \$250,000 toward expansion and renovation of the hospital's Emergency Room.



Among the Swing Dance guests were (left to right) hospital President and CEO Kevin F. Lawlor, New York State Senator John Flanagan and his wife, Lisa, Jeanne Giaccone and Anthony Giaccone, Chairman, Board of Trustees.



Carmen Friedlander and Anne Schwartz, two active members of the Decorating Committee, enjoyed the evening.



Michael Dannenberg, MD, and his wife, Carol, danced to the music of Bill Wilkinson and the Long Island "Sound."



Hospital Trustee Fred Buckholtz and his wife, Joan.



Paul Alongi, MD, and his wife, Jennifer.



The efforts of committee members (back row) Christopher Anselmi, MD, Rachel Spencer, and (front row, left to right) Kim Anselmi, a friend, and Nicole Gerberg, paid off.



Noah Finkel, MD, Risa Finkel, Barbara McCue, Scott Gross, MD, and Wendy Gross.



Board Chairman Anthony Giaccone, his wife, Jeanne, Adrienne Rosof and Board member Bernard Rosof, MD, greeted friends at the dance.



Patricia Skypala, MD, Bob Skypala, Carol Dannenberg and Michael Dannenberg, MD, took a break from dancing to socialize.

It Don't Mean a Thing if it Ain't Got that
Swing!

**Huntington Hospital's
90th Anniversary
SWING DANCE
CELEBRATION**
Saturday, June 3, 2006

King of Swing
SOCIAL PARTNER OF HUNTINGTON HOSPITAL

Bandleader
HUNTINGTON HOSPITAL, MEDICAL GROUP
CLARA KUCKE

All Star

PAUL ALLEN, MD RICHARD BRYSON, MD	DANIEL GALE ROYER'S ENTERTAINMENT GROUP	HUNTINGTON MEDICAL GROUP McKINNON PHOTONICS TECHNOLOGY
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Jazz Musician

BETHUNE FEDERAL CREDIT UNION Dr. & Mrs. Ed L. Ross HARRISON CHEVROLET & JEEP, INC.	HUNTINGTON HOSPITAL, DEPT. OF LABORATORY MEDICINE HUNTINGTON (FOR CREDIT) FEDERAL, INC.	RETAIL & BUSINESS MANAGEMENT THE PHYSICIAN OF THE WORTH HIGGS MEDICAL GROUP
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Percussionist

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Ultimately, it was all about dancing!

Message from Kevin Lawlor *(Continued from Page 2)*

Choose our Convenience and Amenities

Whether you require an MRI or another diagnostic test, are having surgery, being treated for illness, or having a baby, Huntington offers an array of services designed to make the experience safe and convenient for you and your family. Diagnostic testing including MRI studies, x-rays, CT scans, cardiac stress tests, EKGs, and many other tests can be performed on an out-patient basis using our digital system. Your diagnostic images may then be viewed by your healthcare team in the operating room, the emergency room, on the patient floors, or anywhere within the hospital and may even be viewed remotely from your physician's private office. Results are available on CD-Rom by request and are swiftly provided to your referring physician to minimize waiting.

Choose Care that is Close to Home

Living on Long Island provides us with a wonderful opportunity to enjoy the excitement of New York City whenever we choose. Restaurants, theaters, museums...New York has it all. When it comes to healthcare, however, staying close to home is often the smartest choice. When complications requiring emergency interventions occur, it is advantageous to have access to physicians who are familiar with your course of treatment, who can easily access your medical history, and who can rely on the back-up of a fully staffed hospital to ensure your total well-being and speed your recovery.

Choose to Support the Hospital that Supports Your Community

Huntington Hospital is a not-for-profit hospital. Its resources are reinvested into the facility, to purchase the latest medical technology, to create innovative healthcare initiatives, to recruit and retain the most highly skilled and experienced staff available, to care for our community's most vulnerable residents through the Dolan Family Health Center, and to offer free health education, information, prevention and screening programs to the entire community. When you choose Huntington Hospital you support our mission and help to ensure that we will continue to be here, to take care of you, your children, and future generations of Huntington residents, for the next 90 years and beyond.

Huntington Hospital's ANNUAL BASH

A Night in the Tropics



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2006
7-11 PM
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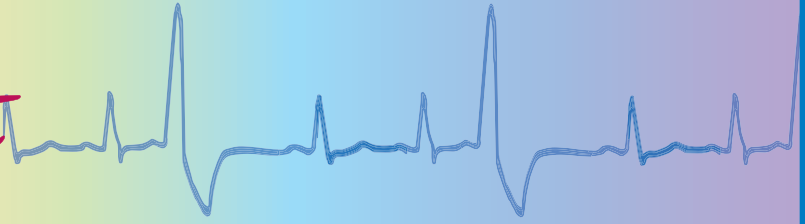
\$60 ADVANCE SALES ONLY
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Heart Beat



Quit Smoking to Help Your Heart

Of all the modifiable risk factors that impact on heart disease, cigarette smoking may be the most significant. On its own, cigarette smoking increases one's risk of cardiovascular disease, but it also works in tandem with other risk factors. That is why physicians recommend smoking cessation as one of the most important steps individuals can take to prevent heart disease.

"Smoking increases blood pressure, decreases exercise tolerance, makes blood more likely to clot, and decreases so-called 'good cholesterol' levels," said cardiologist **Paul Moulinie, MD**, Chief of Cardiology.

Smoking causes nearly one-fifth of all heart disease deaths, according to the American Heart Association. Almost 440,000 Americans die each year from smoking-related diseases, and 135,000 of those deaths are due to smoking-related cardiovascular disease.

Yet despite the overwhelming amount of evidence available on the dangers of smoking, 24 percent of men and 19 percent of women – nearly 47 million Americans – continue to smoke.

"Cigarette smoking is highly addictive and many people who would like to quit have trouble remaining smoke-free," said **Irene Housley, RN**, who oversees "Learn to be Tobacco

Resources to Help You Quit Smoking

- **"Learn to be Tobacco Free"** – free six week program funded by the Suffolk County Department of Health. Call Irene Housley, RN, (631) 351-2385
- **Nicotine Anonymous** – meets every Wednesday at 7:30 at Huntington Hospital – Trailer #1. Call Patti Aliperti (631) 754-2385
- **American Heart Association** – www.heart.org
- **American Lung Association** – www.lungusa.org
- **Suffolk County Department of Health** – www.co.suffolk.ny.us
- **New York State Smoker's Quitline**
1-866-697-8487



Free," a free smoking cessation program offered by Huntington Hospital in conjunction with the Suffolk County Department of Health.

"Learn to be Tobacco Free" is a six week group program that includes support, behavior modification, prescription medications and nicotine replacement products to help smokers successfully break the habit. A reunion is held one month after the conclusion of the six week program. The next session begins on July 27 and meets for six consecutive Thursday evenings at the Dolan Family Health Center in Greenlawn.

In addition to the six week program, Huntington Hospital also hosts a Nicotine Anonymous group. Using the 12 Steps as adapted from Alcoholics Anonymous, Nicotine Anonymous is a fellowship of men and women dedicated to achieving abstinence from nicotine. The group meets each Wednesday at 7:30 PM in Trailer #1.

Experts emphasize that, regardless of the amount or number of years one has smoked, the benefits of quitting begin immediately.

"Once a person quits smoking, their sense of taste and smell return, they can breathe easier, they can exercise, and their risk of heart disease, stroke, and lung cancer decrease," said Dr. Moulinie.

Huntington Hospital Golf Classic Scheduled for July 24

Huntington Hospital's Annual Golf Classic will take place on Monday, July 24. **Ferdinand Ruplin, CLU, ChFC**, Northeast Divisional Executive Vice President of the Long Island Branch for AXA Advisors, is this year's Golf Classic honoree.

Held at the prestigious Brookville and Glen Head Country Clubs, the Golf Classic has become one of Long Island's premier charity golf outings. Leaders from the business community join together with hospital friends and supporters, trustees, and physicians for a day that includes breakfast, golf, and dinner reception with an awards ceremony, auction, and raffle.

Since its inception, the outing has raised over \$2,000,000 in support of vital hospital initiatives.

Proceeds from this year's Golf Classic will be used toward the purchase of sophisticated patient bedside monitors for Huntington Hospital's Intensive Care Unit (ICU). Designed with both patient safety and comfort as priorities, the ICU is one of the units that has been redesigned as part of the hospital's 72,000 square-foot Surgical Services Pavilion, which opened in 2005.

For more information about the Golf Classic, or to participate as a golfer or sponsor, please call (631) 351-7040 ext. 103.



Ferdinand Ruplin, CLU, ChFC

Dr. Shareeff Attains Board Certification in EMG

Attending neurologist **Musarat Shareeff, MD**, has successfully completed her second specialty board and is now Board Certified in Electrodiagnostic Medicine. Dr. Shareeff will be inducted as a Fellow of the American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM). Her board certification brings a new level of expertise in electrodiagnostic medicine to the Huntington community.

Dr. Shareeff is Director of the



Musarat Shareeff, MD

Neurodiagnostics Center at NeuroHealth, where she practices with **Max Rudansky, MD**, Chief of Neurology at Huntington Hospital, and attending neurologist **Jacques Winter, MD**.

Dr. Shareeff has special interest and expertise in neuropathic/neuromuscular disorders related to systemic medical conditions including endocrinology/diabetes, rheumatology, oncology, and nephrology.

Celebrate Huntington Hospital's 90th Anniversary in July

With Dinner at One of These Fine Huntington Restaurants

Your Evening Out Becomes an Anniversary Gift to Huntington Hospital!

AIX EN PROVENCE

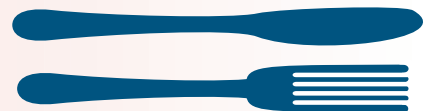
Will donate 10% of your dining check total to Huntington Hospital
EVERY TUESDAY IN JULY
(631) 549-3338
134 New York Avenue, Huntington

BLUE HONU

Will donate 25% of your entree total to Huntington Hospital
EVERY WEDNESDAY IN JULY
(631) 421-6900
363 New York Avenue, Huntington

JONATHAN'S RISTORANTE

Will donate 25% of the purchase price of Mollellino di Scansano, Bruni Wine
THROUGHOUT JULY
(631) 549-0055
15 Wall Street, Huntington



For additional information on the 90th Anniversary Restaurant promotion, please call (631) 351-7040 ext. 105

Commack Office Makes Huntington Hospital Care More Accessible

Thanks to the growth of one of its largest affiliated medical practices, Huntington Hospital's medical care has become even more accessible to residents of Smithtown, Commack, and East Northport. The North Shore Medical Group, a multispecialty practice in Huntington, has opened a new office at 66 Commack Road in Commack. The office will be staffed by internists **Grace Reina, MD** and **Joanne Kechejian, MD**. In addition, a variety of North Shore Medical Group specialists will offer dedicated office hours in gastroenterology, surgery, orthopedics, cardiology, and obstetrics and gynecology, among others.

"We have a growing number of patients from the Commack area, and it is a nice service to be able to provide care closer to where they live, especially for patients who are elderly, chronically ill, or pregnant and who may not wish to travel," explained



Grace Reina, MD

North Shore Medical Group Administrator Janet Street.

The office represents something of a homecoming for Dr. Reina, who spent 4 years in private practice in Commack.

"Many of my former patients have come back to see me in the new

office," said Dr. Reina. "I'm very happy to be back in this community."

Dr. Reina emphasized the convenience of the new office, which offers plenty of free parking, is open from 8:00 AM to 6:00 PM and will soon begin offering selected Saturday hours.

"Specialists from our group will be on-site one day per week so patients will not have to travel to the Huntington office for their consultations," she said.

As part of the larger medical practice, patients can be assured that they will find expert coverage for medical emergencies that occur around the clock.

"Someone is always on call," said Dr. Reina.

"This office provides our patients with the advantage of multispecialty care within their own community," said Ms. Street.

The new office can be reached by dialing 881-7660.



NY Organ Donor Network Raises Awareness

The NY Organ Donor Network, the organization that helps coordinate organ and tissue transplants in the New York area, recently sponsored a special event to highlight the critical need for organ donors. Held at Huntington, the event featured a number of organ donation recipients who spoke about what the precious gift had meant for them. (Left to right) Joy Oppedisano, MPA, NY Organ Donor Network, recipient Ann Trefeisson, Patricia Porter, RN, Huntington Hospital, recipient Kristen Jacobellis, hospital President and CEO Kevin F. Lawlor, and recipients Annette Trezza and Vered Ben-Shimon were among the honored guests.

East Woods Students Provide Healthcare to Uninsured Youth

KIDS FOR KIDS



Suzanne Beck, Development Associate (left) accepts a donation from Laura Ott, President of the East Woods School Student Council, as other council members gather to celebrate their success.

Throughout the school year, they organized spirit weeks, sports nights, dress down days, dances, canteen nights and bake sales. In June, the hard work of the East Woods School Student Council paid off when the students presented a check to Huntington Hospital's Dolan Family Health Center. Their impressive \$1,000 donation will help provide check-ups, immunizations and doctors' visits to uninsured boys and girls.

Each year, the student council at East Woods selects one or more local charities as the focus of their fundraising activities.

"Huntington Hospital is a great cause," said student council president **Laura Ott**, a graduating ninth grader. "It is important to all of us."

Organizing fun activities as the centerpieces of their fundraising drive

made the task easier.

"All students were willing and happy to donate," said student council representative **Hammy Wallace**, a sixth grader.

Sixth grader **Mimi Dobella**, another student council representative, said that the students learned many lessons from their year-long commitment.

"We learned organization, responsibility, and to get stuff done early," she said.

The students' efforts will be recognized with an engraved fish on the hospital's Kids for Kids donor wall "Aquarium," located outside of the nautically themed Clark Gillies Pediatric Unit.

Kids for Kids is a unique program that partners Huntington Hospital with local schools, scout troops, religious

and service organizations. Young people participate in a variety of fundraising activities to benefit children's programs at the hospital or the Dolan Family Health Center. At the same time, they gain experience with community service and philanthropy while learning about the valuable role that the not-for-profit hospital plays within the community.

Since its inception, the Kids for Kids program has raised more than \$5,700 toward hospital programs. Participants have included Dix Hills Jewish Center, Harborfields High School, CW Post, Temple Beth El of Huntington, Solomon Schechter Day School, and Woodhull Intermediate School.

For additional information on the Kids for Kids Program, please call (631) 351-7040 ext. 102.



Auxiliary Fundraising Efforts Pay Off

At the Auxiliary's annual luncheon this spring, auxiliary members presented a check to hospital President and CEO Kevin F. Lawlor (left) representing total funds raised by the group in 2005. Making the \$374,577 presentation were (second from left to right) Barbara Mawra, Auxiliary President, Irene Levee, Treasurer, and Lilly Welch, VP, Fundraising.

Huntington Hospital Presents Healthcare Scholarships



Huntington Hospital Healthcare scholarship recipients included (standing, left to right) Elizabeth C. Sutcliffe, Northport High School; Emily K. Feld, Harborfields High School; Jennie Zacharia, Commack High School; David G. Weinberg, Cold Spring Harbor High School; Praneet Korrapati, Half Hollow Hills East High School; Justin A. Abrams, Half Hollow Hills West High School; (seated, left to right) Anne E. Meinsen, Harborfields High School (Mary Ann Zillini Nursing Scholarship recipient); Rachel E. Bozwick, St. Anthony's High School; Bari D. Blumberg, Huntington High School; Amanda K. Mercurio, Walt Whitman High School; and David M. Sau, Elwood High School.

Ten well deserving graduating high school seniors recently received \$1,000 Healthcare Scholarships from Huntington Hospital and one student received a special nursing scholarship established in memory of **Mary Ann Zillini**, whose sister, **Donna Tanzi, RN**, is a clinical nurse specialist at Huntington Hospital. The scholarship initiative, which is supported by Huntington Hospital's Department of Nursing, was launched in 2004 to encourage young people who have

achieved academic excellence to pursue a career in healthcare.

"The caliber of the students who are applying for these scholarships is impressive," said **Myrna Myers-Laque, RN, EdD**, and Vice President for Nursing. "As a healthcare employer facing a shortage of nurses and other healthcare workers, we are committed to developing the future workforce."

Students graduating from a high school in the Town of Huntington,

who have achieved at least a 3.0 grade point average, have demonstrated a commitment to a healthcare career, and have been accepted into an accredited college, are eligible to apply for the healthcare scholarship.

Scholarship recipients and their families were invited to a reception at Huntington Hospital where they were congratulated by senior administrators and presented with their checks.

For additional information, visit www.hunthosp.org.



Vintage Handbag Party Raises Funds for Dolan

This spring, Carmen Friedlander (right) hosted a vintage handbag party at her home, with proceeds to benefit Huntington Hospital's Dolan Family Health Center. With support from Malissa Hewitt (left) and Lynn Garson Goodman of Garson Goodman Vintage Handbags, Mrs. Friedlander and her guests raised more than \$2,300 for the Dolan Center's Indigent Patient Endowment Fund.

Spine *(Continued from Page 1)*

“We have been selected to be one of approximately 20 different sites nationwide to be involved in this research study,” Dr. Alongi commented.

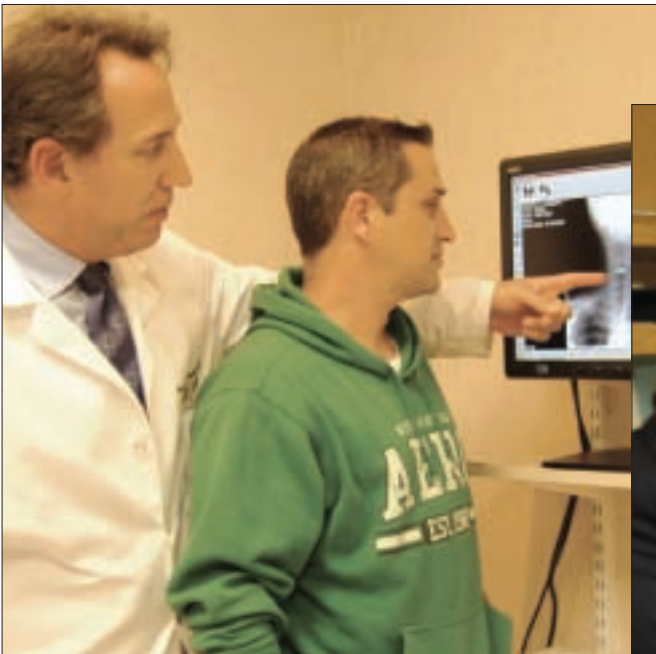
The possible advantages of artificial discs include a faster recovery time, decreased pain in the neck and/or arm, and reduced symptoms. There is no guarantee that using the Mobi-C prosthesis will produce these benefits. The current study is evaluating

whether or not the Mobi-C prosthesis is better than the devices that are currently FDA approved and available for general use.

“All told, approximately 600 people will be enrolled in this study nationwide,” said study coordinator **Rob McCord, PA**. “Huntington Hospital is the only Long Island facility to participate in this clinical trial.”

The Mobi-C cervical disc prosthe-

sis is an investigational device and is limited by federal law. The current clinical study was reviewed and approved by the Huntington Hospital Institutional Review Board, the committee that reviews research for the hospital and local physicians. Patients who enroll are randomized to receive either the standard disc replacement or the Mobi-C prosthesis.



Dr. Schwartz reviews Joseph McNally's post-operative x-ray with him.



(Left to right) Drs. Alongi, Schwartz, and Rob McCord, PA, are participating in the study.



LIBOR Supports Women's Heart Program

The Long Island Board of Realtors (LIBOR) recently held a fashion show at Oheka Castle to raise funds for Huntington's Women's Heart Program. LIBOR member Mary Fuedens (left), chair of the event, was thanked by cardiologist Salvatore Trazzera, MD, Associate Director of the Women's Heart Program, for LIBOR's efforts, which raised more than \$25,000 for the program.

ALL EVENTS ARE FREE EXCEPT WHERE OTHERWISE NOTED.

Community Calendar

JULY 20

'TREATMENT OPTIONS FOR THE PAIN IN YOUR NECK'

Arnold Schwartz, MD
 Attending orthopaedic spine surgeon
 6:30 PM light refreshments; 7:00 PM lecture
 Dolan Family Health Center
 For additional information or to register, please call (631) 351-7040 ext. 101

JULY 27

'LEARN TO BE TOBACCO FREE'

Meets six consecutive Thursday evenings
 Dolan Family Health Center
 Free support group, educational materials, and prescription medications including nicotine replacement products
 Supported by the Suffolk County Department of Health
 To register, please call (631) 351-2635

OCTOBER 30

CPR ANYTIME FOR FAMILY & FRIENDS

7:30 – 9:00 PM Gillies Conference Center
 Adult CPR (8 years +)
 Allows the general public to learn the core skills of adult CPR
 Course includes take home kit containing inflatable "Mini Anne" mannequin, CPR skills practice DVD, American Heart Association CPR for Family & Friends booklet, and accessories for the program.
 \$50 per person
 For additional information or to register, please call (516) 465-2500

ONGOING

BARIATRIC SUPPORT GROUP

For those considering weight-loss surgery and those who have had surgery.
 Meets the first Saturday of each month
 9:00 AM, Women's Health Center.
 For additional information or to register, please call Sue Degnan, LMSW (631) 351-2013

BEREAVEMENT SUPPORT GROUP

meets for 8 weeks, Mondays, three times a year
 Women's Health Center , 7 pm...call for dates.
 Contact Sue Degnan, LMSW, OSW-L, NBFC (631) 351-2013

BREAST CANCER SUPPORT GROUP I

For women newly diagnosed in the past year
 Meets the 2nd and 4th Thursday of each month
 5:30 PM, Women's Health Center
 Call Gail Probst, RN, AOCN at (631) 351-2568 or Judy Koles, RN, OCN, at (631) 351-2624

BREAST CANCER SUPPORT GROUP II

For women surviving breast cancer for more than one year
 Meets 3rd Thursday of each month
 7:00 – 9:00 PM
 One-South Conference Room #1
 Call Toni Lico at (631) 757-4581

GRUPO DE APOYO DE MUJERES

Latinas Con Cancer En Los Senos
 Pare mas informacion, por favor de llarmara
 Carmen a (631) 951-6908

HEPATITIS C SUPPORT GROUP

Sponsored by the American Liver Foundation
 2nd Tuesday of the month
 Trailer #1, 7 – 9 PM
 Contact Gina Pollichino (631) 754-4795

NICOTINE ANONYMOUS

A 12-step fellowship of men and women helping each other lead nicotine-free lives.
 Meets every Wednesday
 7:30 – 8:30 PM, Trailer #1
 For more information, please call Patti Aliperti at (631) 385-1410

ONCOLOGY SUPPORT GROUP

Meets every Wednesday
 7:00 – 9:00 PM Women's Center
 For more information please call Sue Degnan, LMSW, OSW-C, NBFC 631-351-2013

PROSTATE CANCER DISCUSSION GROUP

Meets the 2nd Monday of each month
 7:30 PM, One-South Conference Room
 For more information please call Christine Greiner, RN, CNS, MS at (631) 351-2449 or 351-2568
 Or e-mail cgreiner@hunthosp.org

SISTER'S NETWORK

An African-American Breast Cancer Survivors' Organization
 For information, please call Linda Hart at (516) 541-3370 or Gail Probst, RN, AOCN, at (631) 351-2568

Physicians in this Issue

This issue of the HealthLine features a number of Huntington Hospital's talented attending medical staff. Their names, phone numbers, and areas of specialization are listed below.

Alongi, Paul	Orthopaedic Spine Surgery	847-0200
Buchholtz, Michael	Oncology	427-6060
Byrnes, Richard	Radiation Oncology	351-2294
Dannenberg, Michael	Dermatology	421-4188
Epelbaum, Alexander	Urology	862-3700 or 462-6700
Kechejian, Joanne	Internal Medicine	881-7660
Moulinie, Paul	Cardiology	421-5885
Naidoo, Rajendran	Orthopaedic surgery	351-3728
Reina, Grace	Internal Medicine	881-7660
Rudansky, Max	Neurology	351-1250
Schwartz, Arnold	Orthopaedic Spine Surgery	847-0200
Seth, Raol	Oncology	427-6060
Shareeff, Musarat	Neurology	351-1250
Trazzera, Salvatore	Cardiology	385-0022
Wagner, John	Obstetrics/Gynecology	261-3322
Winter, Jacques	Neurology	351-1250



Honoring
Ferdinand Ruplin, ChFC, CLU
Northeast Divisional Executive Vice President,
Long Island Branch, AXA Advisors

MONDAY
JULY 24, 2006

Brookville Country Club
Glen Head Country Club

- Corporate foursomes or individual golfers welcome
- Auction & Raffle

For sponsorship opportunities or further information, call (631) 351-7040 x103

HUNTINGTON HOSPITAL
270 Park Avenue
Huntington, NY 11743