

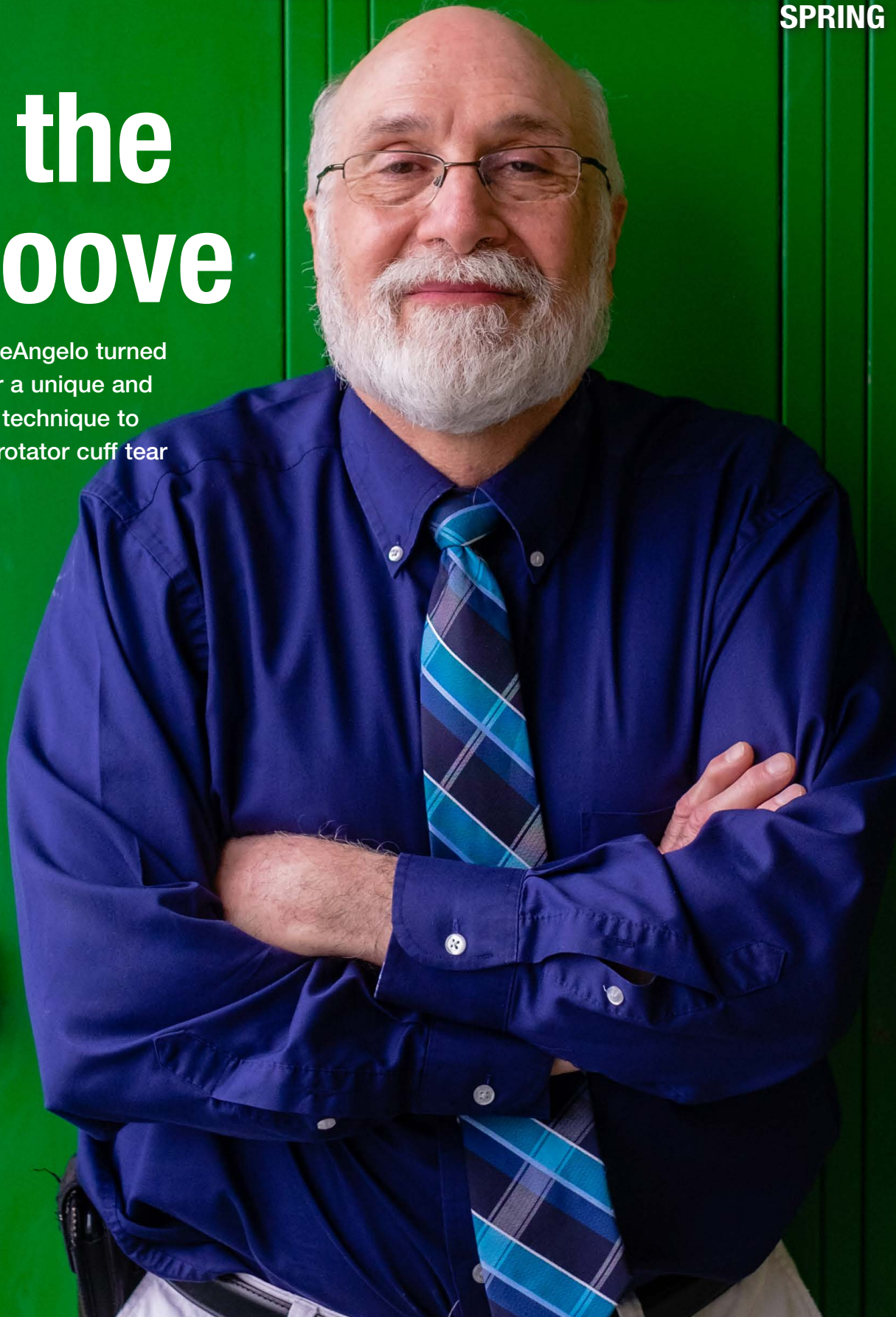


UHS **STAY** healthy

SPRING ISSUE 2018

In the Groove

Gregory DeAngelo turned to UHS for a unique and advanced technique to repair his rotator cuff tear



Bringing in the Best

Neil Gibson, MD, leading colorectal surgeon, joins the UHS clinical team

Care When it Counts

UHS Primary Care center moves to Robinson Street in Binghamton



Bringing in the Best

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Neil Gibson, MD

Even though colorectal cancer will affect more than 4 percent of the U.S. population, incidence of colorectal cancer has been decreasing since the mid-1980s. One of the main reasons for this is increased awareness of screenings such as colonoscopy. To get more people checked and to address and treat colorectal cancer and other colorectal health issues, UHS recently hired Neil Gibson, MD, a colorectal surgeon who has trained at leading universities as well as the Cleveland Clinic in Cleveland, Ohio.

Dr. Gibson was inspired to train in the medical and surgical management of colorectal conditions—which includes diverticular disease, pilonidal disease and inflammatory bowel disease, in addition to colorectal cancer—because of his experience at the Cleveland Clinic and his own family history of colon cancer.

At UHS, Dr. Gibson continues his patient-centered response to colorectal disease. He works closely with patients and the UHS

clinical team to create individualized plans that address each patient’s needs from diagnosis to treatment, follow-up care and support.

“Having UHS medical oncologists in-house, plus two full-time radiation oncologists and the nurse navigator program adds to the comprehensive approach we offer and truly benefits our patients,” says Dr. Gibson.

Whether you have an issue that can be managed with lifestyle changes or medication, or requires minimally invasive surgery, such as laparoscopy, or traditional surgery, the specialized care offered by Dr. Gibson and his team is tailored to your specific condition and needs.

>> GET CHECKED. If you think you may have a colorectal issue, talk to your doctor about a referral to Dr. Gibson’s practice. For more information or to make an appointment, call **763-8100**.

When to Undergo a Colonoscopy

Screening for early detection of colorectal cancer gives you the best chance for effective treatment, a better quality of life and survival if cancer is found. One of the most common and highly recommended screenings for catching colorectal cancer early is colonoscopy. Use this chart to determine when you should get one yourself:

Do you have a family history of colorectal cancer?

Yes

Was your relative younger than age 50 when they were diagnosed?

> Yes: Start screenings 10 years prior to your relative’s age at diagnosis and continue being screened every 10 years thereafter.

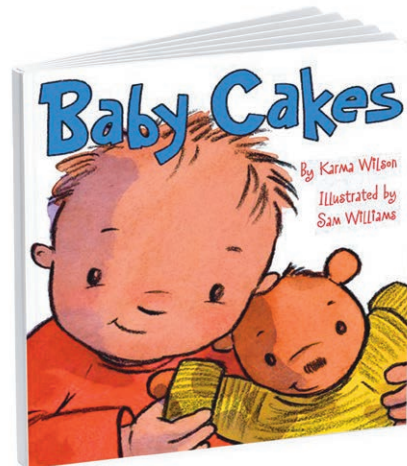
> No: Start screenings at age 40 and continue being screened every 10 years thereafter.

No

Start screenings at age 50 and continue being screened every 10 years thereafter.

Story Time

UHS helps parents share the joy of reading with “Baby’s First Book” program



Reading to your children has a profound effect on their brain development, no matter how young. While you might think that an infant isn’t able to get much out of being read to, that isn’t actually the case. When you read to your baby, you introduce them to the concept of communication, whether they understand what you’re saying or not.

Studies have shown that 85 percent of brain development happens in the first few years of a child’s life. Early exposure to reading and communication lays the groundwork for your baby’s future communication abilities.

Because it’s never too early to start reading to your child, UHS has partnered with the Literacy Legacy Project of Broome County to provide every baby born in Broome County with a book. This program, called “Baby’s First Book,” was developed by Broome County Executive Jason Garnar, in partnership with the Children’s Reading Connection, SUNY Broome’s Center for Civic Engagement, Staples, the Susquehanna River Region of 2-1-1, Lourdes Ascension and UHS.

The first book to be featured is *Baby Cakes*, a picture book written by Karma Wilson and illustrated by Sam Williams that encourages interaction and learning through repetition of fun and simple phrases.

Giving this gift to every family that gives birth at UHS—and Broome County at large—helps start the conversation about reading, and it helps parents give their babies a head start. While there is no shortage of devices that can keep infants and young children busy, nothing can take the place of the connection you make with your child when you read to them.

>> READ UP All babies born in Broome County will receive their “first book” courtesy of the Literacy Legacy Project. To learn more about the “Baby’s First Book” program, visit www3.sunybroome.edu/literacylegacy.



The Fine Art of Rehab

Hallway of art helps those with memory loss

Art can bring back memories. That's the idea behind the Interactive Gallery on the Inpatient Physical Rehabilitation Unit at UHS Binghamton General Hospital. Patients can visit the gallery, a hallway featuring about a dozen reproductions of paintings by a range of artists, both classical and modern. The art they observe can bring back precious memories from the past, help them deal with emotions and give them an avenue to stay connected to life.

Therapists are able to use the paintings to help patients deal with a wide range of issues, said Linda Wasser, UHS' Physical Therapy and Rehabilitation director. "Many of the patients on the 20-bed Rehab Unit are recovering from stroke, brain injury or other neurological issues," she said. "After a few weeks of therapy, they will be discharged back to their homes. Our therapists find the Interactive Gallery to be a very helpful part of the patients' rehabilitation."

The gallery is the brainchild of Christina Muscatello, a co-founder of the Memory Maker Project in the Southern Tier. "In addition to cultural programs we have done at UHS, we turned the one hallway in the hospital into an interactive gallery," she said. In the corridor are signs and cues that can prompt patients' visitors and therapists to engage in conversations that are then a springboard to enhanced memory.

Ms. Muscatello said: "If you ask someone with memory impairment how many children they have, it may cause anxiety—they may worry about where their children are. But if you show them a work of art with children in it, you can then ask them open-ended questions, and they are free to respond in whatever way they want to."

>> For more information, visit memorymakerproject.org

“Our therapists find the Interactive Gallery to be a very helpful part of the patients’ rehabilitation.”

—Linda Wasser

Stories Reflecting Excellence

Over the past few months, we at UHS have been developing a number of new programs and services that we are very excited about. We have strengthened specialties, added new providers and expanded locations to better serve you and your family. The articles in this issue of *Stay Healthy* magazine reflect some of our recent advances and our ongoing commitment to improving care and ensuring a patient-centered healthcare experience for all.



In these pages you'll read about a new type of rotator cuff surgery that works better than shoulder replacement for some patients. You'll be introduced to our new primary care office, centrally located on Robinson Street in Binghamton. And you'll learn how art is being used to aid patients with memory loss through rehabilitation at UHS Binghamton General Hospital.

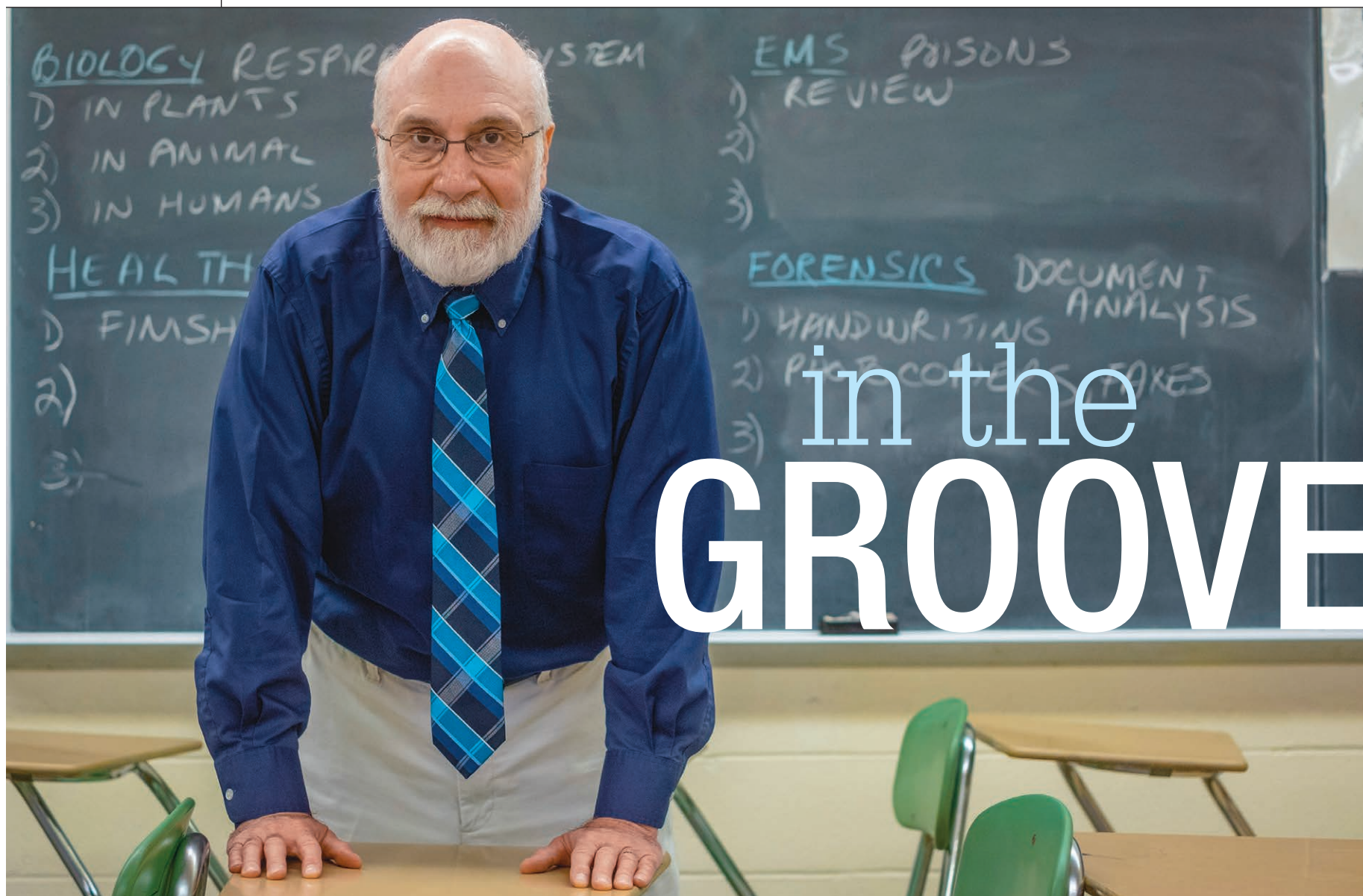
We have strengthened specialties, added new providers and expanded locations to better serve you and your family.

If you've always suspected that reading to your baby can have a positive effect on his or her learning abilities later in life, you'll want to check out "Baby's First Book," a description of a community-wide effort to encourage language skills and literacy at an early age.

We at UHS are very pleased to bring stories like these to you through *Stay Healthy* magazine, and to provide updates on all of our developments as they happen, via the Stay Healthy Today online newsletter and our website, uhs.net. Thank you for taking the time to follow our progress as a healthcare organization. Everything we do is designed to help you navigate our system, achieve wellness and maintain optimal health.

John M. Carrigg
PRESIDENT & CEO OF UHS





>>GREGORY DEANGELO TURNED TO UHS FOR A UNIQUE AND ADVANCED TECHNIQUE TO REPAIR HIS ROTATOR CUFF TEAR

Gregory DeAngelo lit the family's gas barbecue and it ignited with a louder whoosh than usual. "I pulled my arm back from the flame and twisted it. I knew immediately that I'd done something to my rotator cuff," Mr. DeAngelo recalls.

He pushed through the excruciating pain, although a year later the normally active, healthy, 67-year-old Binghamton resident still suffered chronic shoulder aches and reduced range of motion—which was impacting his life. In his position as a high school teacher, writing on the classroom board had become uncomfortable. In the gym, diminished range of motion made lightweight resistance training difficult, something he enjoyed doing to stay in shape.

With everyday movements limited, Mr. DeAngelo made an appointment to see David Gallagher, MD, orthopedic surgeon and sports medicine specialist at the UHS Orthopedic Center.

A RARE OPPORTUNITY

An MRI confirmed that Mr. DeAngelo had an irreparable rotator cuff tear, which had progressed beyond standard rotator cuff repair methods due to the time between his injury

and examination. Dr. Gallagher recommended a superior capsular reconstruction (SCR)—an advanced procedure that is not yet widely performed in the United States. However, Mr. DeAngelo was in luck.

Throughout New York's Southern Tier, Dr. Gallagher is the first and only surgeon trained, skilled and experienced in SCR surgery. "It's a technically demanding procedure, but for certain people with an irreparable rotator cuff tear, it's the best solution," Dr. Gallagher says.

To date, Dr. Gallagher has performed more than 250 successful superior capsular reconstructions, making him one of the most experienced SCR experts in the United States.

THE BENEFITS ADD UP

While an irreparable rotator cuff tear is often associated with the natural aging process, it can happen at any age

When to Seek Medical Help



If you suspect an injury to your rotator cuff, David Gallagher, MD, orthopedic surgeon and sports medicine specialist at the UHS Orthopedic Center, offers five signs that it's time to seek medical help.

- You have difficulty or pain raising your arm overhead.
- You're unable to do activities you enjoy doing.
- You suffer nocturnal symptoms, meaning noticeable pain when you lie down in bed. "When you rest on the arm, and there's no rotator cuff, the ball of your humerus hits the bone above it, and that's painful," Dr. Gallagher explains.
- Home remedies, such as heat or ice, resting the arm, or over-the-counter nonsteroidal anti-inflammatory drugs, can't help relieve pain.
- Physical therapy exacerbates the pain. "At that point, your body is telling you that the rotator cuff tear is irreparable," Dr. Gallagher says.

due to a myriad of reasons. The trigger may be a hard fall on an outstretched arm or, as in Mr. DeAngelo's case, a sudden, awkward twist of the arm.

Repetitive stress can also cause a tear, such as constantly lifting heavy objects, swinging a golf club or throwing a ball.

Superior capsular reconstruction, which is a minimally invasive, outpatient procedure, provides a relatively new, advanced alternative to treat an irreparable rotator cuff tear in younger, active patients with no arthritis. Prior to the SCR procedure, a reverse total shoulder replacement was the only solution to reduce pain and restore shoulder function.

A noted benefit of SCR is its lack of post-procedure weight restrictions. "After a superior capsular reconstruction heals, patients have no weight limitations. It's life as usual before the tear," Dr. Gallagher

explains. "On the other hand, after a total joint replacement you have a weight restriction and can't lift heavy objects without risking stability of the prosthesis. Can you imagine a 10-year-old with that kind of restriction?"

There's another benefit. "SCR allows me to preserve native bone and cartilage," Dr. Gallagher says. "This benefit helps achieve a permanent solution from pain, returned range of motion, original strength—and all without any weight restrictions. Being able to work with native bone also helps avoid possible side effects associated with total joint replacement, such as implant failure or dislocation, a higher infection rate and decreased post-op strength.

"So if a patient's shoulder joint is not arthritic and has a healthy cartilage, completely replacing the shoulder joint with a prosthetic joint is

excessive and a salvage procedure," Dr. Gallagher emphasizes.

AN IN-DEPTH LOOK

To appreciate this innovative procedure, it helps to first understand the shoulder's anatomy.

The ball-and-socket shoulder joint, called the glenohumeral joint, is formed by the head of the humerus (upper arm bone) fitting into the cavity of the scapula (shoulder blade). The resulting joint, which allows the shoulder to move in all possible directions, is surrounded and supported by a group of four muscles called the rotator cuff.

When a tear in the muscles qualifies for superior capsular reconstruction, the patient reclines in a chair while the surgeon uses a tiny, illuminated device, called an arthroscope, to insert, place and anchor a graft onto the existing weakened rotator cuff. This graft, which acts as a tendon, helps other muscles compensate for the torn rotator cuff and keeps the head of the humerus bone from slipping out of the glenoid.

It's this strong stability that relieves pain, restores shoulder function and delays or prevents development of arthritis in the shoulder joint.

Dr. Gallagher cites two recent studies that show how the graft revascularizes into the patient's own tissue within one year—meaning the body incorporates the graft into the shoulder joint, accepting it as a "native" tendon rather than a foreign patch. This, Dr. Gallagher stresses, is a significant reason for little or no rejection of the graft post-procedure.

LIFE AS USUAL

Once the healing process is complete, pain and disability are significantly reduced or completely relieved. In Mr. DeAngelo's case, it was a quick recovery, full pain relief and complete range of motion restored. "Dr. Gallagher suggested I stay away from heavy weight lifting—to prevent another tear—but that wasn't something I ever did anyway. So, as far as my life goes, the surgery was a complete success. I couldn't have asked anything more from Dr. Gallagher. I have plenty of strength, and I'm back 100 percent." **SH**

“So, as far as my life goes, the surgery was a complete success.”

—Gregory DeAngelo

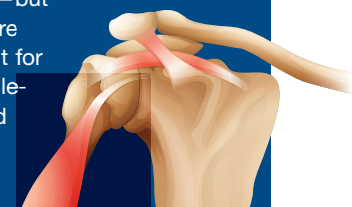
Preventive Care

To help strengthen your rotator cuff and possibly prevent a tear, there are steps you can take.

Light weight resistance training increases muscle mass as well as tendon thickness and strength, which reinforces the rotator cuff.

Stay active, says David Gallagher, MD, orthopedic surgeon and sports medicine specialist at the UHS Orthopedic Center. "A rotator cuff tear is more likely if you're sedentary and then suddenly take a bad fall or pick up more weight than you're used to lifting," he says.

"In addition to decreasing chances of injuring your rotator cuff, light weight resistance training also improves bone health, which reduces the chance of fracturing a bone during a fall," Dr. Gallagher adds. "This is important for young persons—but even more important for the middle-aged and elderly."



Welcome Our New Physicians

REGINA M. MEIS, MD

UHS Orthopedic Center
4433 Vestal Parkway East
Vestal, NY 13850
771-2220

Medical School: Boston University School of Medicine, Boston, MA

Specialty Training: Boston University School of Medicine, Boston, MA (Orthopedic Surgery Residency)

Fellowship: Hand and Microsurgery Fellowship, Yale University, New Haven, CT

Special Interests: Trauma; nerve injuries; microsurgery

WOODLEY DESIR, MD

UHS Orthopedic Center
4433 Vestal Parkway East
Vestal, NY 13850
771-2220

Medical School: SUNY Downstate Medical Center, Brooklyn, NY

Fellowship: Shoulder Surgery and Sports Medicine, Vanderbilt University Medical Center, Nashville, TN, and Hip Preservation University of Colorado, Aurora, CO



>> UHS PRIMARY CARE CENTER MOVES TO ROBINSON STREET IN BINGHAMTON

Patients have a brand-new option for their primary care needs in Binghamton. In order to provide patients with the highest-quality care in state-of-the-art facilities, UHS relocated our Kirkwood primary care office to 160 Robinson Street in the Weis Market plaza.

UHS Primary Care Robinson Street began seeing patients in mid-March. Brenda Schlaen, MD, and Meghan Laing, NP, are currently welcoming new patients and any of Dr. Schlaen's former patients from the Kirkwood office.

UHS Primary Care centers deliver basic diagnostic, treatment and preventive care in the most convenient way possible with same-day appointments and integrated services. Patients can expect the same great care at the Robinson Street office.

BRAND NEW

Robinson Street's new, state-of-the-art facility and central location are not only a significant upgrade from the Kirkwood office, they also represent an important move for UHS.

"UHS last had a presence on the East Side of Binghamton approximately 25 years ago, and had been looking

for an appropriate site to reenter this important market in a meaningful way," said Alan Miller, MD, president of the UHS Medical Group. "A stronger presence in this market has been a priority for the UHS System."

Currently the Robinson Street office will be open from 8 a.m. to 5 p.m., Monday through Friday, with X-ray and lab services on site.

NEXT STEPS

UHS plans to add additional primary care providers to the Robinson Street location to advance its team-based care and services for patients, explained Dr. Miller. Team-based care features multiple providers including physicians, advanced-practice providers (APPs) and wellness coordinators who collaborate to provide individualized care for each patient.

To better meet patient demand and improve convenience, the Robinson Street office plans to expand its hours and services to include walk-in services in the future. Walk-in services are expected to begin in the fall and will be available seven days a week. Patients will also be able to use Clockwise.MD, an online scheduling system, for walk-in services once they are available. **SH**

Primary Care Updates

Convenient access to quality primary care helps you stay healthy. To better serve patients' needs, the Downsville and Roscoe Primary Care centers now offer walk-in services five days a week for easy and immediate access to urgent care.

DOWNSVILLE

Monday: 8 a.m.–4:30 p.m.
Tuesday, Wednesday, Thursday: 8 a.m.–5 p.m.
Friday: 8 a.m.–12 p.m.

ROSCOE

Monday, Tuesday, Thursday: 8:30 a.m.–5 p.m.
Wednesday: 8:30 a.m.–7 p.m.
Friday: 8 a.m.–12 p.m.

The Walton Primary Care site has also recently expanded with an addition that now offers an education and consultation room for patients, space for more specialty clinics, as well as a telehealth space. The site is currently undergoing renovation with completion expected early this summer.



>> **CHECK IT OUT.** To learn more about the new Robinson Street Primary Care location and its services, visit uhs.net/care-treatment/primary-care.