



ISSUE 2 / 2022

Stay Healthy

YOUR RESOURCE
FOR HEALTHY LIVING
AND WELLNESS



✦ Dianne Moore's (bottom right) family is happy to have her home after lung cancer treatment

Fighting lung cancer with technology

An early diagnosis and minimally invasive surgery using UHS robotic technology saved Dianne Moore's life

RETURN TO PLAY

This new ACL repair technique offers advantages for athletes

STAY BALANCED DURING THE HOLIDAYS

Here are tips to help you eat more mindfully this season

MyChart is the patient's friend and resource



You have a free, powerful tool at your disposal that connects you to your UHS provider, your pharmacy and every aspect of your care, all from the comfort of your home or mobile device. It's called MyChart, and it puts you in the driver's seat.

When UHS adopted the electronic health record system offered by Epic Systems Corp. two years ago, we also gained the ability to sign up patients for MyChart. It's one of the most universally accepted and easy-to-use patient portal giving consumers immediate access to their health records online.

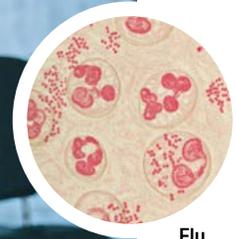
All you need to become a MyChart member is access to the internet, via either a desktop computer, laptop or mobile device (such as a smart phone), as well as an up-to-date browser, such as Chrome or Firefox. You will also need to create a secure username and password, and provide an e-mail address for receiving notifications.

You can connect with your care team, schedule appointments, e-mail your provider and view summaries of your visits. You can get a prescription refilled, update your medications, view test results and get online medical records downloaded for free. You can also pay doctor and hospital bills online—and even get a cost estimate ahead of time!

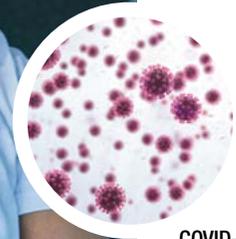
With MyChart, you also have the ability to share your health record with a family member or caregiver if you wish. Likewise, if you're a parent of a pediatric patient, you can keep track of your child's immunizations and medical conditions, and print copies of their vaccination records to provide to a school, summer camp or babysitter.

MyChart is easy to use, even if you are less than computer-savvy. Learn more at right, or join right now by visiting nyuhs.org/mychart.

John M. Carrigg
PRESIDENT & CEO OF UHS



Flu



COVID-19



Shingles

Schedule your vax online

Make appointments for flu, COVID-19 or shingles vaccines

If you're due for a flu, COVID-19 or Shingrix (shingles) vaccine, you can now make your appointment from the comfort of your own home. Appointments at the UHS Specialty Rx Vaccine Clinic for any of these vaccines can be made through nyuhs.org.

The Vaccine Clinic is open Monday through Friday, and specific availability can be found on the online schedule. Patients receiving the flu or shingles vaccines must be 19 or older, and the COVID-19 vaccine is available for all approved age groups. There is also dedicated parking on-site for vaccine appointments.



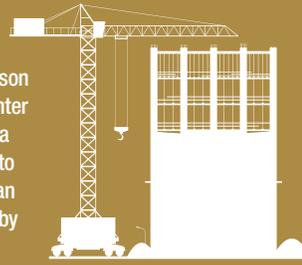
Schedule a vaccine today at nyuhs.org. Or call 607-422-3846 for more information.

DON'T LEAVE YOUR MEDICAL RECORDS IN THE COLD

Access your health information whenever and wherever you need it with MyChart

Are you planning on spending some time in the warm weather this winter? If so, make sure you sign up for MyChart, which allows you to digitally access your health information anywhere you go. Using MyChart on your desktop or mobile device, you can:

UHS is on a journey to lead, invest and innovate. The UHS Wilson Project will transform patient care at UHS Wilson Medical Center by adding 120 private rooms, an imaging facility and a trauma center. The UHS Foundation's \$10 million Journey Campaign to support this expansion has already raised \$6.9 million. You can show your support with a gift of any amount and learn more by reaching out to uhsfoundation@nyuhs.org.



Return to Play

A new ACL repair technique offers advantages for athletes

Whether you're a high school or college athlete or a weekend warrior, you're probably aware of the dangers of an ACL tear. The ACL, or anterior cruciate ligament, connects your thigh bone to your shin and is located in the knee. Many actions can cause an ACL tear, such as colliding with another athlete, twisting your leg while running or even a car or bike accident.

"Right after the injury people will often report they felt or heard a 'pop,'" says Kristen Herbst, DO, orthopedic surgeon at UHS Sports Medicine. "The hallmarks of the injury are a lot of swelling, pain and feeling like your knee is giving out."

Dr. Herbst explains that it's important to get this injury treated as soon as possible for the best outcome, and that is where the Micah Orthopedics BEAR® Implant comes in. This brand-new technology, just approved by the FDA in 2021, is an implant that heals the ACL without using a tissue graft from the patient's body, which is the way ACL tears are treated traditionally.

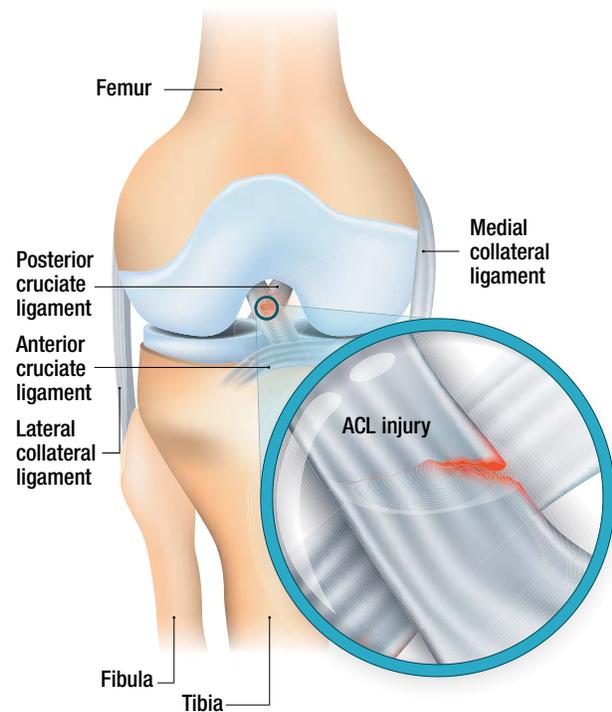
"This means there is no issue with a donor site," says Dr. Herbst. "Traditionally, when we take a tendon from somewhere else on the body, not only does that cause pain, but it also takes time to recover, which ultimately delays the return to play. The BEAR implant eliminates the pain and weakness athletes sustain when we take a graft."

Beyond avoiding a painful graft, the BEAR implant also produces a better result. "Nothing beats your native anatomy—it's what you were born with," Dr. Herbst explains. "We're able to take what's left of your ACL and get that to heal. Comparing one knee to another a year after surgery, a BEAR implant looks almost exactly the same as an uninjured knee, while you can clearly tell a difference with a traditional reconstruction."

After a BEAR implant procedure, athletes will go through a rehabilitation program similar to that used after traditional reconstructive surgery. Dr. Herbst notes that UHS makes this easy through the multidisciplinary collaboration between surgeons and physical therapists at the hospital.

"It's a huge benefit, and it shows that UHS is committed to the Sports Medicine service line," she says. "Having that support behind us gives us the ability to take care of athletes and other patients at every level. It's very exciting."

ANTERIOR CRUCIATE LIGAMENT INJURY

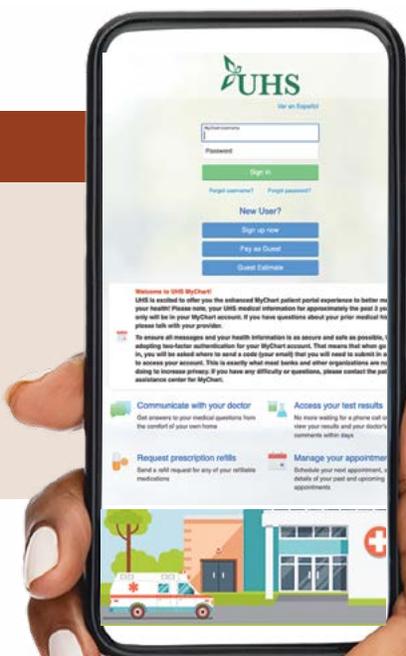


BACK IN ACTION

For more information about the BEAR implant for ACL tears, and the UHS Sports Medicine program, visit nyuhs.org/care-treatment/orthopedics-sports-medicine.

WHEN YOU TRAVEL

- View your medical record
- Request prescription refills
- View lab results
- Communicate with your provider
- Manage your appointments
- Pay bills



SIGN UP TODAY

Get ready for your winter trip and sign up for MyChart now at nyuhs.org/mychart.

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Learn how robotic surgery is improving diagnosis and treatment of lung cancer at UHS



FIGHTING

lung cancer with

technology

Lung cancer is one of the most common cancers in New York, according to the New York State Department of Health. Every year, more than 14,000 citizens are diagnosed with the disease. Recently, Dianne Moore, a 75-year-old resident of Cincinnatus, New York, unfortunately found herself to be one of those statistics.

Dianne smoked for about 50 years and, upon the recommendation of her doctor, started getting regular lung cancer screenings years ago. In 2021, her doctor identified a spot on her lung and, by 2022 it had grown larger. Her doctor referred her to M. Farhan Nadeem, MD, cardiothoracic surgeon at the UHS Heart & Vascular Institute. Dr. Nadeem joined UHS in 2021 with extensive training in robotic thoracic surgery for cancerous nodules in patients' lungs. Dianne is one of his first patients at UHS to undergo this minimally invasive procedure.



A lung cancer screening could save your life. For more information on how to get screened, visit nyuhs.org/care-treatment/cancer.



+ Dianne Moore is happy to be back at home with her family (left to right: Cody, Dianne, John and Paula) after a successful procedure utilizing the UHS surgical robot removed a cancerous nodule from her lung.

SCREENING TIME

According to the American Lung Association, lung cancer is the No. 1 cause of cancer deaths among men and women in the United States. However, the survival rate for lung cancer continues to increase, largely due to increased screening for the disease.

Bridget Metzler, director of Cardiac Services at UHS, notes why early diagnosis is so important: “The earlier we can treat lung cancer, the better. Patients’ survival rates are much higher when their cancer is detected earlier.”

Dianne Moore, a 75-year-old resident of Cincinnatus, New York, recently learned of the importance of screening firsthand. After decades of smoking, she got regular lung cancer screenings and a nodule in her lung was diagnosed early, allowing it to be removed before it caused any further damage.

“Every six months, I would get the scan,” she says. “I’m definitely glad I followed up on it because it could have been a lot worse for me.”

For more information about cancer screening at UHS, visit nyuhs.org/care-treatment/cancer.

THE ADVANTAGES OF ROBOTIC SURGERY

Dr. Nadeem explains how the minimally invasive robotic surgery works: “We use it to isolate patients’ nodules, sample those nodules to get results on whether they are cancerous and then complete the procedure if they are,” he says. “Compared to the traditional method, the risk of complications with the robot is very low. The length of stay is also shorter, and there are fewer transfusions and less blood loss.”

Using the robot to perform this procedure reduces the usual hospital stay significantly—from five to seven days down to one or two. Another important advantage is the size and placement of the incisions required. The incisions made by the robot are much smaller compared to the traditional procedure and they are lower on the chest, causing less pain and fewer complications.

The robotic method is also better for sampling lymph nodes that will be evaluated for the presence of cancer, which increases the accuracy of the diagnosis. “You’re surer of the patient’s stage of cancer, and, because of that, you’re surer that you’re

recommending the right treatment for that cancer. The best thing you can do to improve survival for cancer patients is to treat them appropriately right away, and this procedure increases the accuracy of treatment.”

GIVING PATIENTS PEACE OF MIND

For Dianne, the procedure was literally lifesaving. Dr. Nadeem identified that her nodule was cancerous and was able to remove it. “My heart just about stopped, I was so glad,” she says. “It was the best choice I could have made. I didn’t know what to expect with chemo and all of the other stuff, and I didn’t have to do that—he told me I was cancer-free with no need for chemo or radiation.”

Dianne also appreciated the minimally invasive nature of the procedure, compared to the traditional method. “It was a good experience. I can’t imagine if they had to open my chest for the procedure how much longer recovery would take.”

But the most important part was the peace of mind it gave her: “It’s amazing knowing that I will be around for my kids for a longer time.”



+ Enjoying her hobbies, like crocheting, is easier for Dianne Moore now that she is free of lung cancer.

winning the PAINING

UHS Spine Care & Pain Relief's multidisciplinary approach to care offers great relief



✦ After working with UHS Spine Care & Pain Relief, Aron experienced a 90% reduction in pain, allowing him to return to his favorite activities, including golfing.

which included 10 different back surgeries over 17 years. “I looked like a healthy 6’2” man on the outside, but on the inside, I was in so much pain,” he says. “It’s hard to explain the emotional strain.”

Fortunately, Aron was introduced to UHS orthopedic surgeon Matthew Bennett, MD, who included him in a trial of the Nervo HFX spinal cord simulation implant. This device interrupts pain by sending electrical impulses to nerves, calming them and reducing the pain signals sent to the brain.

The device changed Aron’s life, allowing him to finally get a full night’s sleep, get off of opioid pain relievers and reduce his pain by 90%.

“HFX has been a blessing,” he explains. “I can golf, cut firewood and travel again. It’s had a major impact on my quality of life. I’d do it again in a heartbeat.”

A TEAM-BASED APPROACH

Creating stories like Aron’s is what the providers in UHS Spine Care & Pain Relief strive for. The way they reach these positive outcomes for patients is through a multidisciplinary approach to care that involves collaboration among many different types of practitioners.

“We offer a team-based approach that is comprehensive in nature,” says Prakash Ramanathan, director of Clinical Operations & Neuroscience

If you don’t have back pain yourself, you probably know someone who does. According to the Centers for Disease Control and Prevention, acute low back pain is one of the most commonly reported types of pain and is responsible for more disability globally than any other condition. Few understand this better than Aron, a former high school athlete who enjoyed riding four-wheelers and being an active person before he was hampered by chronic back pain.

Aron experienced constant and sharp pain, plus numbness and tingling in his legs, and sought relief

AME

Services at UHS. “This includes everything from conservative therapies, such as physical therapy, chiropractic or medical management, to interventional care with injections or other procedures and, as a last resort, surgical operations.”

Focused communication between these teams is key to providing the best care, Dr. Bennett explains.

“We’re all cross-pollinated,” he says. “The orthopedic surgeon is understanding what the physical therapist is doing. The chiropractor is understanding when it’s the best time to do a procedure. We’re understanding how we all fit together—we’re here to protect the community’s well-being. Whoever on our team has the right skills for that patient, we use their skills to get our patients better.”

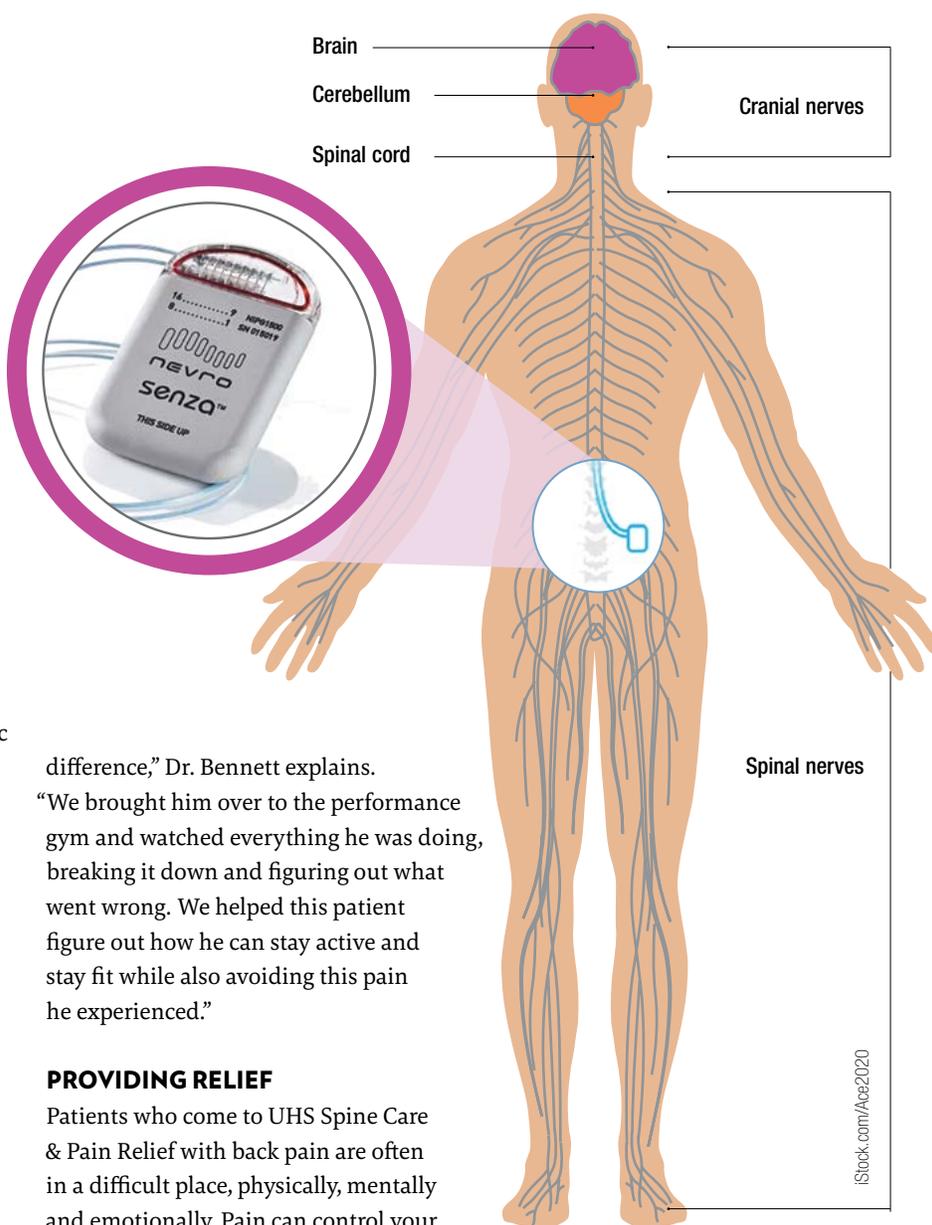
CURATING CARE FOR EVERY PATIENT

Both Mr. Ramanathan and Dr. Bennett explain that this multidisciplinary approach starts with the patient. Ensuring that every provider who works with a patient understands their case helps provide that patient with the best individualized care possible.

“I think the most important thing we do is that we listen,” says Dr. Bennett. “We listen to what’s really going on and we know that each patient is different and brings a unique set of problems to the table.”

Dr. Bennett points to a recent patient the team worked with as an example. The patient came into Dr. Bennett’s office with chronic back pain and muscle tightness. Dr. Bennett brought him to the integrative spine group, which included chiropractor Zachary Secoolish, DC, and physical therapist Kelly Buchsbaum, PT, MSPT, and they all looked at the patient’s issues together.

“Kelly is a golf pro, and this patient is an avid golfer. We found out there are some changes we could make to his golf swing that are going to make a big



difference,” Dr. Bennett explains. “We brought him over to the performance gym and watched everything he was doing, breaking it down and figuring out what went wrong. We helped this patient figure out how he can stay active and stay fit while also avoiding this pain he experienced.”

PROVIDING RELIEF

Patients who come to UHS Spine Care & Pain Relief with back pain are often in a difficult place, physically, mentally and emotionally. Pain can control your life in many ways. Giving relief to this strain is core to the mission of UHS providers.

“There are so many facets of daily living that spine injury or illness can affect,” says Mr. Ramanathan. “When we heal these patients, they can return to those normal functions that were affected. When we get patients better, back to their baseline, they are really thankful and appreciative of that.”

And the stories of patients like Aron make that clear. After being treated by Dr. Bennett and getting relief from debilitating pain, he was able to return to things he loved like coaching his daughter’s volleyball team. Echoing the experiences of the many patients UHS Spine Care & Pain Relief has successfully treated over the years, he says: “I’m enjoying life again!”



Learn more about UHS Spine Care & Pain Relief at nyuhs.org.

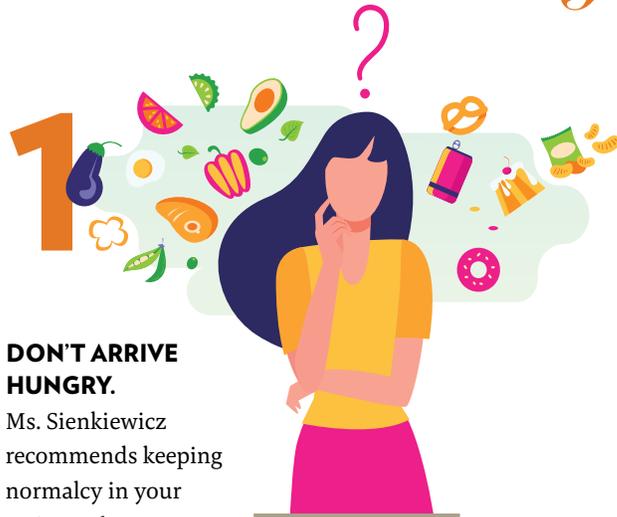
stay BALANCED

during the holidays

Tips for eating mindfully this winter

The holiday months bring a lot of joy, and feasts with family and friends are a big part of that. If you're tempted to overindulge in food and drink, having the right attitude can help you stay mindful and enjoy meals in a healthy way.

"It's not about indulging or depriving yourself," says UHS Nutrition and Health coordinator Laura Sienkiewicz, MS. "The key is to not splurge through all the holiday months, and instead pick and choose when to keep your routine and strike a healthy balance." Here are a few tips from Ms. Sienkiewicz that will help you this holiday season:



1 DON'T ARRIVE HUNGRY.

Ms. Sienkiewicz recommends keeping normalcy in your eating as best you can so you're not so hungry when you arrive that you overeat rich foods.



4 PAY ATTENTION TO YOUR PLATE.

Fill your plate with fiber-rich, nutrient-dense foods such as fruits and vegetables. "I always say, make sure your plate is half-full of vegetables," says Ms. Sienkiewicz. "If you want to splurge on desserts, cut back a little on other carbs you might not be as excited to eat."



2 SLOW DOWN AND DRINK WATER.

It sounds simple, but slowing down while you eat helps you realize when you're full so you can avoid overeating. Drinking water while you eat also helps you feel full.



3 TRY HEALTHIER VERSIONS OF YOUR FAVORITE RECIPES.

There are many ways you can make your holiday favorites a little healthier. Try replacing butter or oil in baked goods with Greek yogurt or apple sauce, for example. Visit stayhealthyuhs.org for Ms. Sienkiewicz's healthy butternut squash soup recipe!



For more health tips from UHS Stay Healthy, visit stayhealthyuhs.org.



Butternut Squash Soup Recipe

Roasting a butternut squash and making soup is a tradition for many families during the holidays. Some recipes call for a rich soup that includes heavy cream or other ingredients that increase the calorie count. This year, try this healthy version of the holiday favorite—brought to you by UHS Nutrition

and Health coordinator Laura Sienkiewicz, MS—as a nice change of pace. It still packs in all of the layered flavor you expect from butternut squash soup while replacing the cream with skim milk and a small amount of butter. Enjoy it today! Get the full recipe online at stayhealthyuhs.org.