MIRACLES EVERY DAY
Two Moms Share Their NICU Stories
A Message From the President & CEO

At Richmond University Medical Center, our goal is to deliver the most advanced treatment while focusing on our patients’ quality of life.

Eli Serur, MD, our expert surgeon and director of gynecologic oncology services, treats benign and malignant conditions of women’s reproductive organs with minimally invasive robotic and laparoscopic techniques, which gives women in need of surgery innovative, leading edge options. These surgical techniques result in smaller incisions, faster healing, and lower risk of infection. To learn more about your options for gynecologic oncology surgery, or to schedule an appointment with Dr. Serur, please call 718-818-2109.

Richmond University Medical Center starts out very early in watching out for the health of our community: our highly regarded neonatal intensive care unit (NICU) takes care of the tiniest and most fragile newborns. Our NICU survival rate of 98.8% according to the Vermont Oxford study is one of the highest rates nationally, a testament to the care and dedication of our doctors, nurses and staff. For more information about our NICU, please call 718-818-4294.

The Richmond University Medical Center website (rumcsi.org) and our Facebook and other social media pages are resources that we put together for your use. I encourage you to visit these sites, and find out more about us and how we can help.

Daniel J. Messina, Ph.D., FACHE, LNHA
President & Chief Executive Officer

Our Mission Statement

The Medical Center is a not-for-profit healthcare provider serving the diverse community of Staten Island and its neighbors. We provide quality patient-centered care through a full spectrum of emergent, acute, primary, behavioral health and medical services. We do this in an environment that promotes the highest satisfaction among patients, families, physicians and staff.

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SHARE YOUR BABY’S BEAUTY!
Tweet a photo of your RUMC baby with the hashtag #RUMCbaby. We can’t wait to see those precious pics.

FIND US ONLINE!
Scan this QR code for easy access to our website. No smartphone? Visit us on the web: www.RUMCSI.org

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Richmond University Medical Center is an academic and clinical affiliate of The Mount Sinai Hospital and has an integrated surgical program with SUNY Downstate Medical Center

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The information contained within this magazine is not intended as a substitute for professional medical advice, for which your physician is your best choice.
It was the most terrifying time of my life...and at the same time, it was the most wonderful experience I've ever had,” says Allison Moreau Trubits about the months she spent with the neonatal intensive care unit (NICU) at Richmond University Medical Center. “They were the best support group ever, totally on top of every possible situation.”

When Mrs. Trubits was in her early months of pregnancy, she and her gynecologist knew there was trouble. She was referred to Michael Moretti, MD, chairman of obstetrics and gynecology at Richmond University Medical Center, who specializes in high risk pregnancies.

“I spent over five weeks in labor and delivery, where everyone took amazing care of us.” She had been admitted to the hospital at 24 weeks for monitoring and bed rest to try to allow the infant to develop internally as much as possible, but when the fetal heart rate slowed, she had an emergency C-section at 29 weeks. Liam Trubits was born at just one pound, fifteen ounces; the tiny infant remained in the NICU for three months.

Mrs. Trubits shares that Liam had many of the issues associated with being born prematurely — and the medical staff at the Richmond University Medical Center NICU was prepared for every one. The baby, who was under close continuous medical monitoring by both equipment and the doctors and nurses, required many life sustaining measures including breathing support, surgery, blood transfusions, and intravenous nutrition.

“The care was just amazing,” Mrs. Trubits repeats.

Allison Stark Sena agrees. The two women — coincidentally both named Allison — met as roommates in the labor and delivery unit at the hospital, and became supportive friends. Like Mrs. Trubits, Mrs. Sena (who lived on the south shore at the time) came to Richmond University Medical Center at the recommendation of her gynecologist, who referred her to Dr. Moretti. She had been experiencing several issues with her pregnancy, and was put on several medications to help the baby’s development.

Mrs. Sena’s difficult pregnancy included a tough labor, but it resulted in a healthy vaginal delivery. James Sena was born at 27½ weeks and two pounds, eleven ounces; while he required blood transfusions...
and was fed through a port in his arm and a feeding tube, he did not need any surgery. He was kept in the hospital for about three months for his growth to catch up, and experienced no other setbacks. “I’ll never forget my delivery nurse, Diane Donaghy. She was so strong; it made me feel strong to have her by my side,” Mrs. Sena says.

Both women were discharged from the hospital shortly after their deliveries. They were healthy and able, but as worried as could be. The staff at the NICU was always there for them. “I could call at two o’clock in the morning — in fact, I called as often as every three hours — and someone was always able to answer my questions. How is James doing? How much is he eating? No matter how detailed my questions were, they knew the answers. I can’t tell you how reassuring that was,” Mrs. Sena recalls.

Mrs. Trubits confirms her statements. “I was anxious and not sleeping, so my husband and I would go to the hospital at three o’clock in the morning,” Mrs. Trubits confesses. “Everyone was steady, supportive, and welcoming. They always had the information I needed.” Parents are allowed to visit their infants 24 hours a day, which was a relief to both mothers and fathers.

The staff at the hospital would check on the infants even during their lunch breaks. Joann Stuart, the nurse manager for the floor, made sure everything was in order.

The babies, a year old now, are thriving, and are developing right on target with their age-adjusted schedules. James has a proud older sister, Juliana, and Allison and Donald Sena feel their family is complete. Shortly after Liam’s birth, the Trubits family announced another pregnancy; their second child, Colin, was born at Richmond University Medical Center in March of 2015. As Mrs. Trubits, who now lives in New Jersey, said, “Why would I go anywhere else?”

There has been an increase in the number of children who develop food allergies. A study released by the Centers for Disease Control and Prevention states that food allergies among children have increased approximately 50% between 1997 and 2011. It is important for parents to recognize potential food allergies in their children and to know the difference between food allergies and intolerance.

When a child has an allergic reaction to food, the body’s immune system views the food as a foreign substance (allergen) and creates antibodies to protect the body. Once the food is reintroduced there is an antigen (allergen)-antibody reaction which warrants the allergic reaction. The body then releases a substance called histamine, which dilates blood vessels and makes the vessel walls abnormally permeable, resulting in swelling and inflammation. Symptoms of an allergic reaction may include a runny nose; an itchy skin rash; tingling in the tongue, lips, or throat; swelling; abdominal pain, vomiting; or wheezing.

Symptoms of a food allergy can range from mild to severe. If an initial reaction causes only a few mild symptoms, this does not mean all reactions will be similar. As such, a food that triggered only mild symptoms on one occasion may cause more severe symptoms at another time.

Common Food Allergies: Your child may be allergic to any food, but these seven common allergens account for 90% of all reactions in children:

- Cow milk
- Eggs
- Peanuts
- Soy
- Wheat
- Nuts from trees (such as walnuts, pistachios, pecans)
- Fish (such as tuna, salmon, crab, shrimp)

Your pediatrician can perform tests to identify and track your child’s food allergies. If your pediatrician suspects a food allergy, you will likely be referred to a specialist in Pediatric Allergy and Immunology.

Teresa Lemma, MD, is a board certified pediatrician who practices at Pediatric Health Care PC. She is the Program Director for the Pediatric Residency Program at Richmond University Medical Center.
Dr. Eli Serur on Minimally Invasive Gynecologic Surgery

The high-tech approach can mean a faster recovery and a shorter hospital stay.

OUR RENOWNED EXPERT DISCUSSES OPTIONS FOR WOMEN

Eli Serur, MD, the director of gynecologic oncology services at Richmond University Medical Center, has been performing surgery at the hospital for nearly two decades. As a specially trained gynecologic surgeon dedicated to diagnosing and treating benign and malignant conditions of women’s reproductive organs, he provides screening for early cancer detection and genetic testing as well as treatment. Surgical options for women consist of traditional and minimally invasive techniques, including laparoscopic and robotic surgery. A laparoscopic procedure is a minimally invasive alternative to traditional “open” surgery in which a large incision must be made. When gynecological surgery is necessary, surgeons at Richmond University Medical Center provide patients with minimally invasive, leading edge options whenever possible.

Dr. Serur is trained to perform single site robotic hysterectomies; Richmond University Medical Center is the only hospital on Staten Island to offer this procedure. According to Dr. Serur, who is relied on as a resource for physicians in his field, the kind of treatment or surgery performed depends on the patient and her condition. “At Richmond University Medical Center, our goal is to deliver the treatment best suited to condition and health, focusing on quality of life. We need to do a work-up, find the diagnosis, determine the status of the disease, and evaluate overall health. There is not just one decision — there are options within each decision, all based on age, health, and condition. For example, many cervical or uterine cancer patients in the early stage of the disease may be eligible for minimally invasive techniques, and go home the next day, with full recovery within two weeks. Those with advanced conditions may have different options.”

Dr. Serur has performed thousands of laparoscopic surgeries and hundreds of robotic surgeries using the da Vinci® Surgical System. Robotic surgery can be particularly effective when the patient is obese, as can happen with endometrial cancer, as this condition is more prevalent in obese women because of related hormonal changes. “The use of the da Vinci equipment makes performing surgery on a highly overweight patient easier, as there is clearer organ visibility and facilitated manageability of the tissue.”

“When you come to Richmond University Medical Center,” he goes on to say, “You are evaluated by health care providers with vast experience in gynecological cancer and related diseases. You are provided with options, including the most current and up-to-date services that are applicable to your situation. Plus, we make sure to follow up with our patients on a regular basis to make sure they stay in remission. We have a high overall success rate.”

Richmond University Medical Center, through the hands of specially-trained expert physicians, offers patients who qualify minimally invasive surgical options that reduce complications and the time it takes to return to normal activities.

Benefits of Minimally Invasive Surgery:
• Smaller incisions/less scarring
• Less pain
• Less blood loss
• Shorter recovery time
• Faster return to normal activities

Dr. Eli Serur treats both benign and malignant gynecologic conditions, including:
• Abnormal uterine bleeding
• Ovarian cysts and masses
• Endometriosis and pelvic pain
• Uterine fibroids
• Large uteri
• Uterine cancer
• Cervical cancer
• Early ovarian cancer

At Richmond University Medical Center, the da Vinci® Surgical System can be used for many procedures, including:
• Abdominal Wall Hernia Repair
• Colectomy (for colon cancer and diverticulitis)
• Gastrectomy (removal of stomach tumors)
• Hiatial Hernia Repair (diaphragm repair)
• Hysterectomy (removal of uterine cancer and fibroids)
• Nephrectomy (kidney removal)
• Nissen Fundoplication (for acid reflux)
• Ovarian Cystectomy (removal of ovarian cysts)
• Single-Site Cholecystectomy (gallbladder removal)
• Splenectomy (spleen removal)

For more information or to make an appointment with Dr. Serur, please call 718-818-2109.

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6 CONVENIENT LOCATIONS THROUGHOUT STATEN ISLAND:

Primary Care Centers
1550 Richmond Avenue, 2nd floor
Staten Island, NY 10314
(718) 370-7700
• James Lamia, MD – Primary Care
• Tara Farahvash, DO – Primary Care

1794 Richmond Road
Staten Island, NY 10306
(718) 979-1794
• Alexander Beylinson, DO – Primary Care

Endocrinology and Oncology Center
1366 Victory Blvd.
Staten Island, NY 10301
(718) 727-1366
• Philip Otterbeck, MD – Endocrinology
• Lina Leykina, MD – Endocrinology
• Thomas Forlenza, MD – Hematology & Oncology

Primary Care and Women’s Comprehensive Center
4434 Amboy Road
Staten Island, NY 10312
(718) 984-9637
• Alexander Beylinson, DO – Primary Care
• Tara Farahvash, DO – Primary Care
• Manisha Rayavarapu, DO – Family Practice Medicine
• Miroslawa Kudej, MD – Endocrinology
• Helen Kay, DO – Minimally Invasive, Robotic and General Surgery
• Michael Moretti, MD – OB/GYN
• Paul Littman, DO – Urogynecology
This location also includes: Cardiology, Gastroenterology

Endocrinology and Surgery Center
11 Ralph Place
Staten Island, NY 10304
(718) 273-5666
• Philip Otterbeck, MD – Endocrinology
• Michael Bernstein, MD – General Surgery
• Vladimir Rubinshteyn, MD – General Surgery
• Jeffrey Cane, MD – Thoracic Surgery
• Akella Chendrasekhar, MD – Trauma Surgery
• Marc Song, MD – Vascular Surgery
• Xin Li, MD – Vascular Surgery
This location also includes Infectious Disease

Gynecologic Oncology and Surgery
355 Bard Avenue
Staten Island, NY 10310
(718) 818-2109
• Eli Serur, MD – Gynecologic Oncology and Surgery

For more information please visit www.RUMCSI.org
Healthy Living Q&A
PREVENTING DIABETES

The Staten Island YMCA and Richmond University Medical Center have teamed up to slow the rate of diabetes on Staten Island. The YMCA has been running the Diabetes Prevention Program for a few years, and now it has access to the hospital’s resources. Dr. Philip Otterbeck, the chief of the endocrinology division at Richmond University Medical Center, has become the program’s medical director.

Q. How long is the Diabetes Prevention Program, and what does it entail?
A. The program includes 16 weekly sessions, which are led by a lifestyle coach. Participants receive information and handouts that will help them adopt a healthy lifestyle. They use a journal to track their food and activity, and turn the journal in to their coach each week. After the program ends, participants still meet monthly for added support. Research has shown that programs like this can reduce the number of new diabetes cases by more than 50 percent.

Q. How much does it cost?
A. Participation in the YMCA’s Diabetes Program is available at no cost, through either Medicare or a grant for those at risk for type 2 diabetes.

Q. Who is the program designed for?
A. The program is for adults at high risk of developing type 2 diabetes. In medical terms, that’s people with an A1C level (a measure of blood glucose) of 5.7 to 6.4. If you don’t know your blood glucose levels, some other things that can indicate prediabetes — that you can notice for yourself — are, in combination, a family history of diabetes, an inactive lifestyle, and obesity.

Enlightened Crab Cakes

Ingredients
1 pound crabmeat
2 egg whites
1/3 cup finely chopped red bell pepper
1/3 cup finely chopped green onions (scallions)
1/3 cup chopped fresh parsley
3 tablespoons bread crumbs

Directions
Shred crabmeat. Mix with all other ingredients. Form into eight patties. Refrigerate for an hour. Spray a non-stick pan with cooking spray or an olive oil mister. Heat to medium high and carefully place crab cakes in pan. Let cook for five minutes undisturbed so crust forms. Turn carefully and cook for another five minutes. Serve with a swirl of avocado sauce.

Serves four

Nutritional Information:
Each serving of two crab cakes contains about 148 calories, 26 g protein, 2 g fat, 102 mg cholesterol, 6 g carbohydrates, 1 g fiber, and 446 mg sodium.

Avocado Sauce

Ingredients
1/2 cup avocado, mashed
1/2 cup reduced-fat sour cream
1 tablespoon fresh lemon juice

Directions
Mix all ingredients and refrigerate until ready to serve.

Serves four

Nutritional Information:
Each serving contains about 88 calories, 1 g protein, 8 g fat, 12 mg cholesterol, 4 g carbohydrates, 2 g fiber, and 15 mg sodium.
10 Reasons Why
We Provide Exceptional Patient Care

- **Advanced Cardiac Care**
  State-of-the-art cardiac catheterization lab with elective and emergent angioplasty/PCI procedures.

- **Minimally Invasive Laparoscopic and Robotic Surgery**
  The only single-site robotic hysterectomy and gallbladder removal, and robotic hernia repair available on Staten Island.

- **Level 1 Trauma Center**
  The highest level designation; providing emergency care to patients who have suffered serious traumatic injury.

- **Designated Stroke Center**
  National recognition from American Heart Association/American Stroke Association for five consecutive years.

- **State-of-the-Art Endocrine Services**
  Specializing in the diagnosis, management and treatment of diabetes, obesity, and other endocrine disorders.

- **Level 3 Neonatal Intensive Care Unit (NICU)**
  The highest level designation; NICU Survival Rate of 98.8% in 2013 according to the Vermont Oxford study.

- **Gynecologic Oncology Experts**
  Clinical team of experts with advanced surgical expertise, utilizing a minimally invasive or robotic approach, offering women the best possible care, a faster recovery, and a shorter hospital stay.

- **Behavioral Health Center**
  Comprehensive Psychiatric Emergency Program (CPEP) with the only child/adolescent inpatient unit on Staten Island.

- **The Joint Commission Gold Seal of Approval**
  Hospital accreditation which reflects our commitment to providing safe and effective patient care.

- **We Care**
  The trusted, resilient, steady source of care for borough residents, combining clinical expertise with a compassionate caring treatment philosophy.

Our Focus Continues To Be On What Matters Most...You.

Need a physician? Call our referral line at 800.422.8798 or visit us online at www.rumcsi.org