

A HOSPITAL FULL OF **HEROES!**



Thank you to our doctors, nurses, and entire support staff at Richmond University Medical Center who continue to work tirelessly to care for our community during this unprecedented time.

W
L
C
N
O
R
H
C

From the President & CEO Daniel J. Messina, PhD, FACHE



Thank you. Two words spoken often, in many situations. Two words that right now carry more meaning than perhaps ever before. So let me say thank you once

again to each and every one of you for your drive, dedication, and compassion as we face this pandemic together. More people than you know are thinking of you, wishing you kind words, and thanking you. From our physicians to our nurses to our ancillary staff, each of you is on the minds of so many people. You all are healthcare heroes for your commitment to helping others during this very demanding time.

Each day brings new challenges and new information as we fight this invisible enemy known only as COVID-19. Lives have been affected; we extend our best wishes to the families of loved ones in this pandemic. Thanks to you, the number of people recovering and fully recovered continues to grow. This is due to the exceptional patient care being provided here at RUMC and at hospitals around the world. Never has the term “essential personnel” carried more

meaning. The drive that led you to follow careers in health care is the same attribute that will help us in the days and weeks to come for those who need us most.

Please also know that the safety and protection of our patients and staff have been and always will be our top priorities. Our hospital is closely following and implementing the infection control guidelines as directed by the New York City Department of Health and Mental Hygiene (NYC DOHMH) and we continually upgrade our infectious disease screening to include the latest guidance set by the Centers for Disease Control and Prevention, New York State Department of Health, and NYCDOHMH. We will continue to adjust our staff protection protocols in accordance with these healthcare partners to ensure you can care for our patients in complete safety and with peace of mind.

You are all pioneers in facing this new reality, and you are the very best team of healthcare professionals Staten Island could hope for. You are one RUMC family, acting as one cohesive unit seamlessly providing care and support to our patients and each other. In the words

of American industrialist and business magnate Henry Ford, “If everyone is moving forward together, then success takes care of itself.”

When you go home, make sure to spend time with your family. In this period of social distancing and self-isolation, spending more time with those we love is a rare positive brought on by this pandemic. Our daily routines when we are home might carry more meaning now and once this passes, and it will, we should never lose sight of the importance of family. That is the genetic engine of Richmond University Medical Center. They are the boost many of us need when we are down, especially during trying times like these. Family is our most precious asset and the best cheerleading team anyone could ever hope for.

On behalf of our entire RUMC family, let me close by wishing you, your family, and your loved ones a happy Easter and a joyous Passover.

**Remember the Power of One —
You Make A Difference!**

Grateful patients show our staff appreciation by gifting flowers and delicious treats!

DEPARTMENTS OF:

- LABOR AND DELIVERY



- SLB 6, MEDICINE AND CARE COORDINATION



- EMERGENCY DEPARTMENT



RUMC Sets Up Public Hotline for COVID-19 Anxiety



To support people feeling stressed or full of anxiety as a result of the rapidly changing developments around COVID-19, Richmond University Medical Center has set up a 24-hour hotline. The public can call and speak with clinical staff from the

hospital's department of psychiatry and behavioral sciences. The number is 718-818-6300. All conversations and information will be kept confidential.

The 24-hour hotline connects people directly with in-house experts who

can answer questions and provide tips on handling their stress and anxiety levels. The goal is to help people make sense of everything that is changing so rapidly as a result of the COVID-19 pandemic.

RUMC Receives Emergency Tents from Elected Officials



Richmond University Medical Center received two emergency medical tents as a result of help from elected officials including Borough President Jim Oddo and Rep. Max Rose.

One of the two tents was erected by the entrance of the emergency

department. It will be used to triage and isolate patients, but its design allows for flexibility should the tent be needed for other purposes. The second tent may be used at a location off the hospital campus for testing or to further triage patients.

Both tents have full utilities (electricity, heat, and air conditioning). RUMC extends its deep appreciation to Borough President Oddo, Congressman Max Rose, the Office of the Mayor, and New York City Emergency Management.

RUMC Announces New Chair of Medicine

Richmond University Medical Center has announced that Dr. Philip Otterbeck has been promoted to the position of chair of medicine. Dr. Otterbeck has been on staff since 2012 and currently serves as chief of endocrinology. In his new role as chair of medicine, Dr. Otterbeck will focus on medical education, research, recruitment, quality, and communication with community physicians. He will also continue to serve as chief of endocrinology.

Dr. Otterbeck brings an unparalleled level of commitment not only to Richmond University Medical Center, but also to our communities across Staten Island.

A native of Staten Island who was born at Richmond University Medical Center, Dr. Otterbeck is also a clinical assistant professor of medicine at SUNY-Downstate and a candidate for an MBA in health care administration at SUNY-Oswego.

"I am deeply honored to assume the position as chair of medicine in the hospital where I was born," Dr. Otterbeck said. "I look forward to advancing the training of our young physicians and medical students, who are the future of healthcare in our borough."



STRESSED OR ANXIOUS ABOUT COVID-19?



Richmond University Medical Center has set up a **24-hour hotline** with our experts who will answer questions, and provide tips on handling your stress and anxiety levels.

CALL 718-818-6300

Dedicated employee wellness hotlines are also available for anyone who feels in need of support:

1199 UNION MEMBERS

646-473-6900

ALL OTHER STAFF

800-964-3577

**Richmond University
Medical Center**

All conversations and information will be kept confidential.

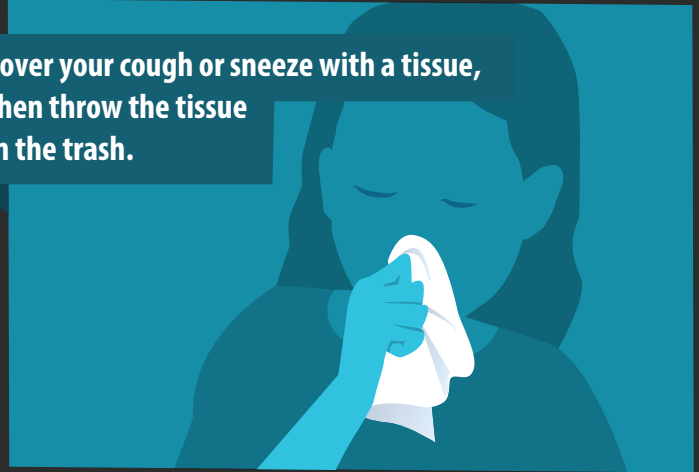
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

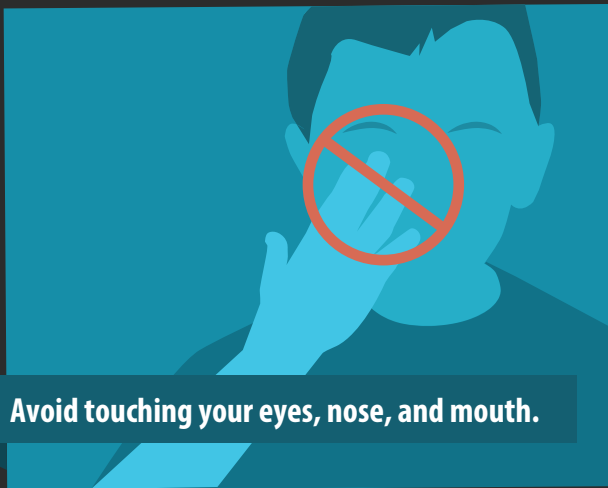
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



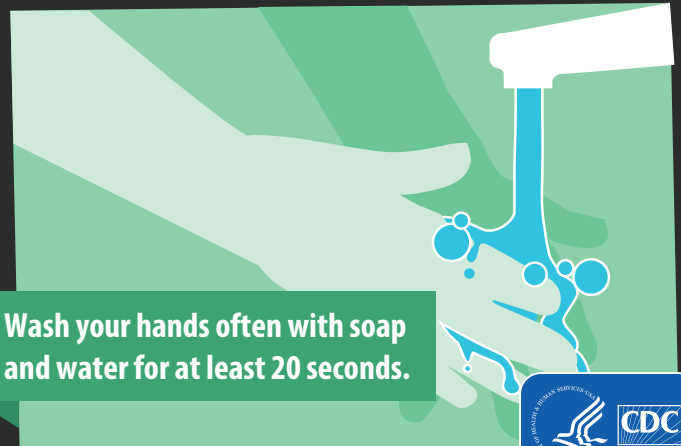
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



March New Hires — Welcome to RUMC!

Michael Bisceglie, *EMT Driver*
Dominique Brunson, *Medical Assistant*
Robert Chan, *Custodian*
Elizabeth Coldsmith, *Clerk*
Ariana Cortes, *Assistant Teacher*
Joseph Earl, *AVP*
Jayson Fine, *LMSW*
Jamie Hill, *Nursing Assistant*

Nirmala Joseph, *Asst. Director of Nursing*
Ellen Kozyansky, *Social Worker*
Denise Liu, *Medical Assistant*
Christa Maniglia, *Clerk*
Achal Modi, *PT*
Andrea Peralta, *DRT*
Suzana Rugova, *Registrar*
Christopher Stimus, *EMT Driver*

BOARD PROFILE

Meet Our Trustee: Catherine Paulo, Esq.



Catherine Paulo, former first vice president and senior trust officer of SI Bank and Trust, currently has her own registered investment advisory firm, Paulo Financial Advisors, LLC, on Staten Island. She is an attorney who has worked at two Manhattan law firms and with the New York State court system prior to her career in the financial industry. She is a former trustee of St. Vincent's Medical Center. Ms. Paulo has also served on

the board of the Community Resources Capital Foundation. In addition, she has volunteered for the Center for Migration Studies annual awards committee. She is a member of both the Richmond County Bar Association and the New York State Bar Association. She is married to Stephen Brown, professor of finance at New York University Stern School of Business.

Volunteer of the Month



Congratulations!

Suzanne Seck, Labor & Delivery



Women and Heart Disease: Four Things You Need to Know

Fiona Shehaj, MD, chief of women's cardiovascular health, shares four important facts women need to know about heart disease.



Women are at Risk

“Heart disease is the leading cause of death in women in the U.S. One of every three deaths in women is attributed to heart disease, with coronary artery disease being the leading culprit. In fact, heart disease takes the life of one woman every minute. While studies show that many women are most afraid of contracting breast cancer, the truth is that heart disease kills more women than all cancers combined,” said Dr. Shehaj.

Women's Symptoms Can Be Different Than Men's

Although the underlying reasons have yet to be explained by the medical community, “symptoms of heart disease and specifically heart attack in women can present differently than in men. Symptoms in women can also include tightness in the chest and shortness of breath, while other symptoms in women can be more subtle and vague. They can range from nausea and vomiting to fatigue, anxiety, and more — all symptoms that women may be apt to attribute to any one of a number of other causes.

“Because research within the medical community has historically focused more on men's symptoms, heart disease can end up being more deadly for women than men. For this reason, the ‘Research for All Act of 2015’ was passed by Congress in an effort to incorporate a higher percentage of women in research and help ensure that they're accurately represented in the data,” Dr. Shehaj said.

Women Can Help Control Their Risk

According to Dr. Shehaj, genetics/family history and other non-modifiable circumstances (such as past pregnancy issues and the early

or late onset of one's first menstrual cycle) can increase a woman's chances of developing heart disease. However, other risk factors for heart disease — including diabetes, high blood pressure, high cholesterol, obesity, smoking, and a sedentary lifestyle — can often contribute more significantly to one's risk and are far more controllable. “It's important to take ownership of the risk factors within your control,” she said.

Heart Disease Can be Treated

Dr. Shehaj encourages individuals to monitor their heart health on a regular basis and seek treatment as necessary. “It's important for women to have their glucose, cholesterol, and blood pressure levels checked at least once a year, and potentially more frequently depending on their risk factors,” she said. “We measure a patient's vitals, oxygen levels, heart rate, and electrical activity of the heart (through an EKG) to determine if there's been any damage to the heart, or if an event is happening right then.” She noted that effective medications to lower blood pressure and cholesterol and reduce the risk and/or slow the progression of heart disease are also available.

Depending on a woman's symptoms, physicians can order more specific tests to investigate a problem. “For instance, an echocardiogram, or sonogram of the heart, can reveal the presence of any structural heart disease, while an exercise, image-guided, or nuclear/radiological stress test can reveal problems with blood flow within the heart during physical activity,” she said. Patients found to be at significant risk can be sent for an angiogram or cardiac catheterization, at which point physicians can access the arteries surrounding the heart and, if necessary, insert a stent to open any blockages. Alternatively, patients with significant blockages also may be candidates for coronary artery bypass grafting surgery, or “bypass.” “Both of these procedures have high rates of success, and patients can ultimately resume their normal activities after a short hospital stay,” she said.

Richmond University Medical Center's Cardiopulmonary Rehabilitation Center is also available to help cardiac patients

increase their activity level, build their strength, energy, and endurance, and prudently manage a heart disease diagnosis.

“Overall, heart disease is a big concern, but thankfully there are many things women can do to significantly reduce their risk,” Dr. Shehaj said. “It's important to work together with your physician and to be aware of heart disease. By spreading knowledge and awareness, we hope to help put heart disease at the forefront, inform women of what they can do now to reduce their risk, and help close the gender gap.”

For more information on women and heart disease, contact Richmond University Medical Center at (718) 818-7425 or visit www.rumcsi.org/cardiology.

STEPS WOMEN CAN TAKE TO REDUCE THEIR RISK OF HEART DISEASE

Stop Smoking: “Even a few cigarettes a day can significantly increase one's risk of heart disease.”

Exercise Regularly: “Just walking 30 minutes a day and pursuing activities like taking the stairs instead of the elevator or escalator can reduce one's risk.”

Pursue a Heart-Healthy Diet: Dr. Shehaj recommends a diet high in fruits, vegetables, nuts, and good fats, such as olive oil, and low in fast/processed foods, sugar, and red meat. “The Mediterranean diet has been shown to be the healthiest approach,” she said, noting that Richmond University Medical Center can readily connect its cardiac patients to a nutritionist for counseling. “It's also important to avoid obesity by maintaining an ideal weight through diet and portion control,” she added.

Be Mindful: “It's equally critical to pay attention to your mental and emotional well-being, and to reduce stress, which is at the core of so many diseases,” she said. “This can be accomplished by doing things that bring balance to your life, such as getting enough sleep, meditating, and pursuing hobbies or interests that you enjoy.”

Written by Susan Bloom

Local community members and businesses demonstrate their appreciation to our hardworking and dedicated staff by donating lunch, supplies, medication, and more!

Here are just a few of the many, many donations. A tremendous thanks to all who have shown their support.

