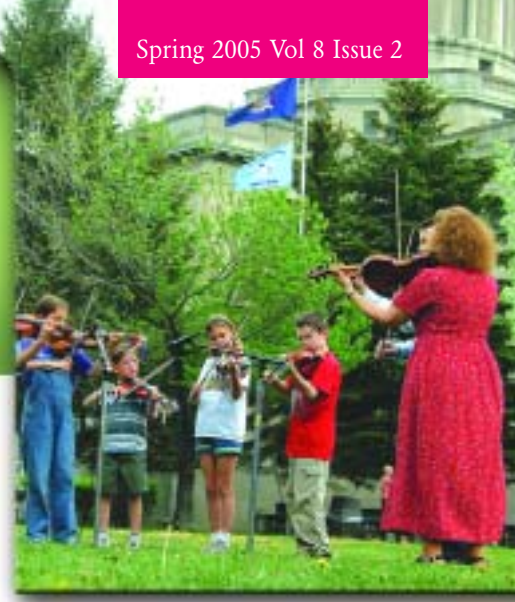


# HEALTH *first* cortland memorial hospital

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*Cortland*



**"We're So Blessed to Have Cortland Memorial Hospital in our Community."**



*Sandy Bernheim enjoys spending time with her grandchildren, Jackson, Julia, and Jed.*

Like any family, the Bernheims have had their fair share of visits to the hospital. And for Sandy and Charlie Bernheim their hospital of choice is Cortland Memorial.

an important place to me... I was born here.. my children were born here... but it's more than that," says Sandy. "Cortland Memorial Hospital has always been here for me and my family."

First, one of the Bernheim children experienced a bout with meningitis in the fourth grade and was hospitalized for a week. Later another child was admitted to the hospital after an allergic reaction to an antibiotic. Charlie, Sandy's husband, has had hernia surgery at CMH.

"It was just last year," Sandy explains. "Dr. Christopher Moheimani was wonderful. He performed the surgery, Charlie was back home that night, and now there's just a tiny scar. I feel very confident in the level of care that my family has received at CMH."

son. When her mother needed to have open heart surgery, a procedure not available at CMH, it was performed at a Syracuse hospital instead. "It was like a conveyor belt," Sandy shares. "The day my mother was released, they were making up her bed for someone else before we even had her out the door." Within a week of returning home, Sandy's mother was suffering from complications from the surgery, and her family physician, Dr. Robert Castellanos, admitted her to CMH. She was treated for almost a month before being ready to return home again. "The nurses and staff were so attentive and caring. My mother always said that she had to come home to Cortland Memorial Hospital to get better," Sandy says.

Sandy does have some basis for compar-

*continued on page 5*

## *Heart Disease: Not Just a Problem for Men*

Heart disease. It's long been thought of as a man's disease, but that's far from true. In fact, according to the American Heart Association, heart disease is the leading cause of death among women. While the number of men dying from heart disease has fallen in recent years thanks to better diagnosis and treatment, the number of women who die has increased to over 500,000 a year.

Dr. Stuart Gillim, an internist on the CMH Medical Staff, says most women don't recognize heart disease as a serious concern. A 2003 American



Heart Association study of over 1,000 women showed that few women identify heart disease as their top cause of death. According to the results, only 13% believe that heart disease and stroke are the greatest health threat to women. Significantly more women fear breast cancer, yet more women die from heart disease each year than from all cancers combined.

"Every day women are diagnosed with, disabled by, or die of heart disease. We need to let them know that heart disease can be prevented," says Dr. Gillim.

*continued on page 6*

# Helping Hands



Losing a cherished loved one is difficult enough, but sometimes finding emotional support for the grief you're feeling can be even harder. This is one of the reasons that Cortland Memorial Hospital has started a support group for those coping with grief and loss.

The Grief and Loss Support Group, which meets the third Wednesday of every month at the hospital, provides a safe and structured place for people to come together to share stories of their loss, learn more about the grieving process, and work through their feelings.

"We identified a tremendous need for this kind of service in the Cortland County community," explains Chaplain Ina Warren,

CMH Spiritual Care Coordinator. "There aren't really any other on-going support groups of this nature that are open to everyone in the community."

The idea for the support group initially originated from Chaplain Warren's interactions and correspondence with other hospital chaplains. "To me, the hospital is a natural place for this support group to be," she says. "As a community resource, it's a place that people would come to."

Each meeting of the Grief and Loss Support Group is based around a topic that opens possibilities for discussion and sharing. Past meetings have centered around Setting Realistic Expectations for Yourself After a Loved One's Death, When You Didn't Get to Say Good-bye, and Walking with God through Grief and Loss.

According to Chaplain Warren, these meetings aren't intended to be one-sided lectures.

## Providing Support in Times of

*Many CMH staff members are helping others not only at work, but by taking an active role. "Helping Hands" is our salute to these individuals.*

"They're a way to bring things to the surface and to start an open discussion. It's amazing how much people are willing to share to support one another... even though many times they don't know each other at all."

The CMH Grief and Loss Support Group is open to any community member coping with the loss of a loved one. There are no limitations... the death may be recent, or an older loss; the loved one may have passed away in the hospital, at home, or elsewhere.

"If you're feeling the need to share your grief with someone, you are welcome in this group," says Chaplain Warren.

Meetings of the CMH Grief and Loss Support Group are confidential, and no pre-registration is necessary.



## Make Healthcare Decisions Now with Advance Directives

An Advance Directive is an important document to have at any stage in your life. It's a legal form that tells your doctor what kind of healthcare you would like to have if you become unable to make medical decisions for yourself (if you are in a coma, for example). Without an Advance Directive in place, some of the hardest and most important decisions of your life can be left entirely in the hands of medical professionals and your family. Not only do you risk having a decision made that you might not support; but your family members may be forced to make up your mind for you, often

leaving them feeling unsure that they've made the right choice.

An Advance Directive guarantees that you will remain in control of your healthcare treatment, no matter what your medical condition may be. They are legal in every state in the US. Some of the items that can be addressed in an Advance Directive include:

- Whether to accept or deny certain medical treatments
- Pain Control
- Resuscitation wishes
- Wishes for organ donation

- Appointing an agent to make decisions on your behalf

"I feel it's important for people to think about what medical treatment they would want to receive while they are healthy and can make decisions without the stress a crisis situation brings," says Chaplain Ina Warren, Spiritual Care Coordinator at Cortland Memorial Hospital. "This also allows them time to discuss their decisions with family members."

*For more information on developing an Advance Directive of your own, please call Social Work Services at 607-756-3812.*

# of Loss

the role in our community.

For more information about the CMH Grief & Loss Support Group, please contact Chaplain Warren at 607-756-3179



## Skating through Spring



Skateboarding, rollerblading, biking, and riding a scooter can be great springtime activities for adults and children alike; however, they can also be dangerous. To keep your spring injury-free, always make sure you and your children wear helmets and knee and elbow protection.

# Young at Heart



## Screening Tests That Can Save Your Life

Welcome to our new column: *Young at Heart*, which will provide health tips and information for our readers who are 50 and older.

Good health can never be taken for granted. One easy way to stay healthy is to have regular screening tests for cancer and other health conditions. Regular health screenings are important because they can identify potential problems early, and possibly help save your life. When disease is diagnosed early, less invasive and less radical treatments are often available. Early detection also often means a better chance for a full recovery.

### ♥ Breast Cancer

Breast cancer is the second leading cause of cancer death in American women. Beginning at age 40, women should have a mammogram and clinical breast exam each year.

### ♥ Colorectal Cancer Screening

The American Cancer Society estimates that 90% of colorectal cancer cases and deaths could be prevented with regular screenings. All adults 50 and older should have a fecal occult blood test every year, a sigmoidoscopy every five years, and a colonoscopy every 10 years.

### ♥ Diabetes Screening

The American Diabetes Association (ADA) recommends a fasting plasma glucose (blood sugar) test every three years for men and women over age 45.

### ♥ Eye Disease Screening

The American Medical Association believes that people over age 60 should get examined by an ophthalmologist every year for diseases including glaucoma, macular degeneration, and cataracts.

### ♥ Osteoporosis Screening

More than half of American men and women over age 50 suffer from osteoporosis or dangerously low bone mass. The National Osteoporosis Foundation recommends that women over age 65 (or younger women who have gone through menopause) have a bone density test.

### ♥ Prostate Cancer

Prostate cancer is the second most common cancer in men. Men 50 and older should have both a prostate-specific antigen (PSA) blood test and a digital rectal exam yearly.

### ♥ Skin Cancer Screening

According to current estimates, 40-50% of Americans who live to age 65 will have skin cancer at least once. Everyone should receive an annual skin exam starting at the age of 40.

## Cortland Memorial Foundation Sponsors ATV Raffle



Mix work and play with your very own Kawasaki Prairie 360 4x4 all-terrain vehicle. The Cortland Memorial Foundation is currently selling tickets for a chance to win this mid-class sport utility ATV. It's the perfect machine for hunting, farming and adventure enthusiasts.

"This is a fun way for people to support the hospital, while maybe winning a great prize," says Deborah Nadolski, Executive Director of the CM Foundation.

## Connecting "Down Under": CMH and NightHawk Radiology Services

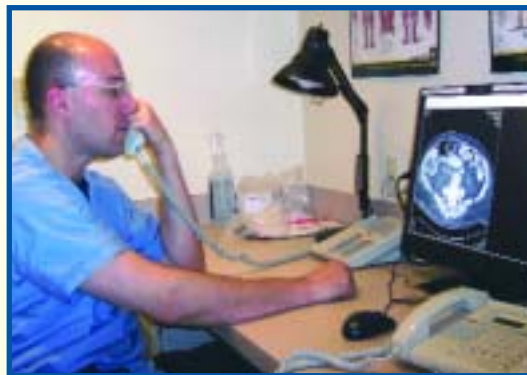
If an illness or injury brings you to the CMH emergency room for a late night visit, you may get an assist in your care from an expert radiologist thousands of miles away. That's because your CAT scan, MRI, ultrasound, or nuclear medicine test is sent in seconds to Australia to be read by a physician in his office.

Cortland Memorial Hospital is part of the growing trend of hospitals across the country using an innovative combination of new digital imaging technology and off site radiology services to help ensure prompt diagnosis and patient care, particularly during overnight hours. NightHawk radiologists are all trained in the United States but presently make their homes in Sydney, Australia. Dr. Kirwin Gibbs, Chairman of the CMH Radiology Department, sees advantages to working with NightHawk.

"The benefit to our patients is tremendous," says Dr. Gibbs. "Because the consulting radiologists are ready at their workstations, alert and well rested, local on-call physicians no longer need to wake up and travel to the hospital or their office to interpret images... which means shorter wait times for diagnosis and treatment of patients.

Dr. Gibbs adds that, with NightHawk, the Cortland community has access to top-notch specialists. "These radiologists are 'the cream of the crop'. Not only were they trained in the

best medical centers in this country, but they are all board certified by the American College of Radiology and licensed by the state of New York.



Dr. Andrew Jenis reviews a patient study with a NightHawk radiologist.

The NightHawk radiologists are used primarily by the CMH Emergency Department, where 24-hour radiology coverage is vital. Dr. Andrew Jenis, Chairman and Medical Director of CMH Emergency Medicine, has frequent interaction with NightHawk. "The NightHawk group is fantastic. We are extraordinarily fortunate in Cortland to have them and the PACS (Picture Archiving and Communications System) for diagnostic purposes."

According to Dr. Jenis, if a trauma case arrives to the emergency room at 3:00 a.m. and a CAT scan is taken, the scan is sent through the hospital's computer network to the NightHawk radiologist in Australia. The scan is read immediately. In cases where time is not as

crucial, the Nighthawk physician reads the scan and returns a report to the ER, usually in 30 minutes or less.

"During the day if there is something on an imaging study that is markedly abnormal or critical, we get a telephone call from a radiologist based here at the hospital," says Dr. Jenis. "During overnight hours, we now get that call from Australia. With the computer-based imaging system, I can call up a study here in the ER and the radiologist in Australia can be viewing it on his computer at the same time, and we can walk through it together."

In the unlikely event there is ever a transmission problem, a CMH-based radiologist is always on call.

Dr. Gibbs notes NightHawk radiologists provide preliminary results, and that all the studies they read overnight are then reviewed by an on-site CMH radiologist the next morning. This provides a "second pair of eyes" to ensure proper diagnosis.

Dr. Gibbs views the arrangement with NightHawk Radiology Services as nothing but positive for both the hospital and its patients and has every confidence in the group "Down Under." The NightHawk radiologists have been very accurate. Through the many hundreds of cases they have read for us, we have never had a major difference of opinions. Their level of quality is extremely high."

Proceeds from the raffle will go to the Cortland Memorial Foundation. All gifts to the Foundation directly benefit the community through the purchase of state-of-the-art medical equipment; improved and expanded patient care programs, services, and facilities; and education and training of hospital personnel through scholarships and loan programs.

Tickets may be purchased at the Foundation Office, the CMH Switchboard or on-line at [www.cortlandhospital.org/foundation](http://www.cortlandhospital.org/foundation). The price is \$10 each or 3 tickets for \$20. They are going fast. Buy yours today!



**Ergonomics:** *The science of making things fit people instead of asking people to fit things. Ergonomics uses knowledge from anatomy, mechanics, physiology and psychology to utilize human energy most effectively. Something that is ergonomic is designed for safe, comfortable, and efficient use.*

With so much of what we do nowadays involving computers, taking care of your eyes is vital. In order to maintain healthy eyesight, our eyes need to use their entire range of vision: from near to far. Unfortunately, working with computers and other paper-based tasks results in use of only near vision. The predominant use of near vision can be a cause of eyestrain and tension in the neck, shoulders, and back. The following are some easy tips to minimize problems experienced from living in the Computer Age:

- Your monitor should be about 20-26 inches away from your eyes and about 4-6 inches below eye level.
- Try to match the level of brightness of your monitor to the brightness of the environment you work in. Too much or too little light from your monitor will result in near instant stress to the eyes.
- Try to consciously blink more often. Studies have revealed that people tend to blink five times less when using a computer. Blinking more often can help increase self-moisturizing of the eyes. You can also speak with your family physician about using moisturizing drops if dry eyes are a problem for you.
- Ask about an anti-glare monitor or cover; glare from overhead lights strains the eyes. Sometimes just a slight adjustment to the monitor angle will help, but don't compromise your ergonomic typing position!
- Finally, and perhaps most importantly, because constant use of near vision and lack of changing focus/eye position are the main culprits for eyestrain, you should take a moment every 5-10 minutes to look away from the screen. You should also close your eyes and rest them for a moment a few times each hour.

And then there's Sandy herself, who found herself using the hospital's Evening Care-Weekends Too! service just a few months ago. "I'd been suffering from what I thought was the flu, and put off going to the doctor.

Then one night I started having trouble breathing. I wasn't sure what to do, but my daughter told me about Evening Care. We went right there and they were wonderful. Dr. Sandra Holland did a thorough examination, ordered a chest x-ray and then diagnosed me with pneumonia. I was able to pick up a prescription on the way home and was feeling better within days."

"No one ever wants to think about being sick or getting injured," she adds. "But it is such a comfort to know that Cortland Memorial Hospital is right here if something does happen."

Sandy has also had hip replacement surgery at CMH. "The care was wonderful. I went to Dr. Jack Sproul on the recommendation of my neighbor who also had a hip replacement. The only reason I was willing to have it done was because it could be done right here in Cortland. I didn't want my family to have to drive long distances to visit me. I didn't want to give up seeing my grandchildren. I've heard people say that they need to go out of town for anything complicated like a hip replacement, but that's definitely not true. We have very good doctors here, and they provide excellent care."

In fact, every day, hundreds of Cortland Memorial Hospital employees, physicians and volunteers work hard to ensure that their friends and neighbors are receiving the highest level of healthcare possible.

"Over the years, I've discovered what makes CMH so special," Sandy concludes. "The hospital has state-of-the-art equipment; it provides the newest medical procedures; it has experienced physicians... but it's the 'patient comes first' attitude of the entire staff that really defines Cortland Memorial Hospital."



## Heart Disease...

continued from front cover...

Studies have also found that women usually wait longer than men to seek treatment once they begin having symptoms. A woman having a heart attack may have the same classic symptoms as a man: chest pain, pain in other parts of the upper body and shortness of breath. But women are more likely than men to have subtle symptoms such as nausea, fatigue, dizziness or stomach pain. "Most people have only subtle symptoms... a heart attack does not have to cause a high level of pain," Dr. Gillim says, while encouraging women not to wait to seek help.



Gladys Harding of Cincinnati uses one of the treadmills in the CMH Safe Shape exercise program.

Prevention, of course, is key. According to Dr. Gillim, the biggest factors that contribute to heart disease in women are smoking, high blood pressure, high cholesterol, family history and age. The good news is that you can substantially reduce many of your risk factors for heart disease and stroke with a few simple lifestyle changes.

- **Don't smoke.** More than half of the heart attacks in women under 50 are related to smoking.
- **Control your blood pressure.** Treating high blood pressure can lower your risk of heart attack and stroke.
- **Control your cholesterol level.** The risk of heart disease rises as cholesterol levels increase.
- **Maintain a healthy weight.** Extra weight puts strain on your heart and arteries.
- **Exercise regularly.** Your heart is a muscle, and needs regular exercise to stay in shape. Aerobic exercise gives your heart the best workout.
- **Take aspirin.** If you are over age 65, aspirin has been shown to prevent heart attacks.



Obesity in kids is now epidemic in the United States.

The number of children and adolescents who are overweight has doubled in the last two to three decades; currently one child in five is overweight. If that isn't bad enough, according to the American Academy of Family Physicians, overweight adolescents have a 70 percent chance of becoming overweight or obese adults.

Many parents are rightly concerned about their child's weight. Obese children now have diseases like type 2 diabetes that used to occur only in adults.

"Many obese children have high cholesterol and blood pressure levels," explains Cathy Zarzecki, M.D., a pediatrician on the CMH Medical Staff. "Obese children also have a high incidence of orthopedic problems, liver disease, asthma, and sleep apnea."

But perhaps more devastating to an overweight child than the health problems is the social and emotional fallout. Children who are overweight are often teased or bullied by their peers, which can lead to low self-esteem, anxiety and depression.

There are many causes of childhood obesity. While there's no doubt genetics plays a role, the main culprits are the same as those for adult obesity: moving around too little and eating too much.

If you're concerned your child may be overweight, talk to his or her doctor. Whether your child is overweight, at risk of becoming overweight or currently at a healthy weight, you can take proactive measures to get or keep things on the right track.

*Here are some ways that parents can establish a lifetime of healthy habits for their family:*

- Start by being a positive role model. "Parents play a vital role in the development of their children," says Dr. Zarzecki. "Take notice of lifestyle habits that can contribute to overeating and inactivity in your children - then set a good example."
- Plan family activities that involve exercise.
- Limit television, video and computer time.
- Plan a healthy diet for the whole family. Eat meals together as a family at the table. Eat slowly and enjoy the food.
- Keep healthy snacks on hand.
- Avoid using food as a reward or the lack of food as punishment.
- Be supportive. "Talk to your kids directly about health and fitness," says Dr. Zarzecki. "Help them set positive goals and work with them to meet those goals."





## CMH Team Participates in CNY Heart Walk

The team representing CMH raised funds and participated in the American Heart Association "CNY Heart Walk" on April 9th. The event drew thousands of walkers from Onondaga, Cortland, Cayuga, and Oswego Counties and raised over \$500,000 to help fund studies seeking causes and cures for heart disease and stroke.



# SERVICE EXCELLENCE

## SOCIAL WORK SERVICES—SPECIALISTS IN PERSONALIZED CARE



Tom Obuck, Interim Director of Social Work Services, reviews information with Cortland Memorial Nursing Facility resident, Beverly Osterhoudt.

*At CMH, we've established a common goal of "Service Excellence" -- achieved by treating everyone we serve, and each other, with courtesy, respect, dignity, and professionalism. The departments highlighted in this column truly personify Service Excellence.*

Recently a patient was admitted to Cortland Memorial Hospital, where he was ultimately diagnosed with a terminal illness. His wife was distraught. Making the situation worse, was the fact that the couples' two sons were both in the military, and stationed overseas. That's when Tom Obuck, Interim Director of Social Work Services, stepped in to help. One of four CMH social workers, Obuck was able to help the wife cut through the bureaucratic red tape to locate her sons and get word to them of their father's condition. Both sons were shipped home, and were able to be at their father's bedside before he passed away.

Acting as an intermediary on behalf of the patient is just one small part of what the CMH Department of Social Work Services does on a daily basis. Social workers are an integral part of the healthcare team, and are available to help patients and their families cope with stress, solve problems, make decisions and get connected to supportive hospital and community programs.

"Every patient is different," explains Obuck. "We look at each individual, not as a collection of symptoms, but as a unique

person with a wide variety of needs... medical, of course, but also psycho-social, emotional, and behavioral. No two treatment plans are alike."

It's this philosophy that has earned the department high marks from many satisfied CMH patients. "We're very proud of the hospital's on-going commitment to patient satisfaction," says Obuck. "That commitment is part of a real sense of family and teamwork at CMH. And the social worker is a key part of that patient care team. We track the patient's progress, and work closely with physicians, nurses, therapists, nutritionists, technicians and other healthcare professionals to help the patient."

In fact, there seems to be no end to the services that the social workers provide to help the patient. Because medical terminology can often sound confusing, social workers can help interpret the information into understandable terms. They can also direct patients to the most appropriate resource for medical insurance and other financial assistance. They can find community resources for transportation to medical appointments, durable medical equipment, home nursing, or other needs.

Although the Social Work Services Department works primarily with inpatients at CMH, they also provide crisis intervention services to the Emergency Department, consult with physicians, and serve as a community resource. "Our department receives phone calls from community members all the time, asking about referrals. People may not be sure where to go or what to do, and they turn to the hospital for help," explains Obuck. "A medical problem can place a tremendous strain on the patient and his or her family. Our job is to help wherever and how ever we can."

*For more information about the Social Work Services Department, please call (607) 756-3812.*



"My husband, Joel, and I were both born at Cortland Memorial Hospital... so it's always been kind of special to us. When it came to having our own kids, CMH was our first choice. We both knew and trusted the level of care I would receive there. Five kids later, I can tell you that, while each birth was a different experience, it was always excellent... from our oldest, right down to the twins.

## Seven Happy Beginnings.

My obstetrician, Dr. In-Whan Oh, was terrific. He made me feel relaxed and confident right from the start. And the Maternity nurses are not only fabulous at what they do, but they very quickly become your friends.

I've been to other hospitals, and it just isn't the same. There's a connection that you feel at CMH. Which is exactly why I came back... and back... and back... and back."

-- Lorrie Riehlman, Fabius, NY

At Cortland Memorial Hospital, our goal is to make childbirth as special as possible for you and your family. You'll receive compassionate care from skilled doctors, midwives, and nurses in comfortable surroundings, complete with birthing suites, private

rooms, and a focus on family-centered care. Make the same connection as Lorrie Riehlman. Start by calling CMH Maternity Services at 756-3750 to schedule a personal tour, or visit us online under Patient Services at [www.cortlandhospital.org](http://www.cortlandhospital.org).



**We're Your Friends,  
Your Neighbors,  
Your Life Long Healthcare Partners.™**

**For a calendar of currently offered health education classes,  
and class descriptions, visit our website at [www.cortlandhospital.org](http://www.cortlandhospital.org).**

Cortland Memorial Hospital is interested in your comments! Please write or call and let us know your thoughts on this newsletter or any of our healthcare services. HEALTH FIRST is published quarterly by Cortland Memorial Hospital, 134 Homer Avenue, PO Box 2010, Cortland New York 13045, 607-756-3500. Comments should be addressed to: Tom Quinn c/o Cortland Memorial Hospital. tel: (607) 756-3513 e-mail: [tquinn@cortlandhospital.org](mailto:tquinn@cortlandhospital.org)



**Cortland Memorial Hospital**  
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### **What's Inside:**

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