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Dialysis Center Planned for Cortland

Bruno "Brownie" Yacavone has been traveling from Cortland to Syracuse for the past five years for kidney dialysis treatments. His son Mark said the 45-

minute trips before and after his 3 1/2 hour treatments have been an added burden for Brownie. "It's tough enough

for Dad to undergo long treatments three times a week," Mark said. "Then add travel time to that and it takes up most of his day, especially in inclement weather."

In September, Cortland Memorial Hospital announced preliminary plans to partner with St. Joseph's Hospital Health Center in Syracuse to open a dialysis center on Route 281 in Cortland.

"CMH and residents of the greater Cortland community have long recognized the need for dialysis services locally," said Brian Mitteer, President/CEO of Cortland Memorial Hospital.

"The more we looked at meeting this need, the more it made sense to undertake a joint venture with St. Joseph's. For over 38 years, St. Joseph's has been providing dialysis services, and has a proven track record for providing excellent care to its dialysis patients."

St. Joseph's operates four dialysis centers in the Syracuse area. "They have the expertise and the resources," continued Mitteer, "And we were unable to fill the gap in services on our own. We look upon the partnership as an opportunity for two not-for-profit

organizations with a similar mission to

work together in the best interest of the greater Cortland community."

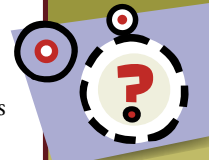
Based on the latest available information from the End Stage Renal Disease (ESRD) Network, it is estimated that 57 people residing in Cortland County are receiving outpatient dialysis services.

When a patient undergoes dialysis it impacts his or her whole family. "My sisters and I, as well as friends of ours, have always been glad to drive Dad to his appointments," Mark explained.

"It will be so convenient and will help him get some of his life back."

KIDNEY HEALTH AND DIALYSIS

DID YOU KNOW?



"Brownie" (see story at left) is one of approximately 217,000 Americans undergoing kidney

dialysis. Since the late 1960s, the procedure has been used in place of kidneys lost to disease, birth defects, or injury. It can be used temporarily until the kidneys resume function, the patient receives a transplant, or for years if those options are not available.

Dialysis is a treatment that performs some of the functions usually done by healthy kidneys. It is needed when the kidneys can no longer take care of the body's needs. Dialysis keeps the body in balance by removing waste, salt and extra water to prevent them from building up in the body, keeping a safe level of certain chemicals in the blood, and helping to control blood pressure.

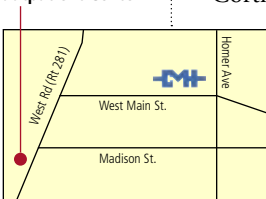
The treatment is used when a patient develops end stage kidney failure, usually by the time he or she has lost about 85 to 90 percent of their kidney function. The leading causes of end-stage renal (kidney) disease are diabetes and high blood pressure. The kidneys perform a vital function by continuously filtering blood and ridding the body of poisonous substances. When the kidneys are no longer able to do this important job properly, the condition is called kidney failure.

For more information on kidney health, please check with your family doctor.

Bruno "Brownie" Yacavone and his son Mark.



Proposed location of new Dialysis Center in Cortland Outpatient Center



continued on pg 2

Hospitalist Care a Good Fit for Cortland Hospital



Hospitalist Yun Namkung, MD examines a patient during daily rounds.

"I have really liked being here at Cortland Memorial Hospital. The warm reception we received has been wonderful. The patient population has been so respectful and accepting, something I've not always seen in other hospitals."

Dr. M. Fatah Maida reflected on his first month as a hospitalist at CMH. Beginning September 1st, doctors known as "hospitalists" began providing

care for many patients admitted to CMH. Hospitalists are highly qualified physicians who focus on the patient's care while in the hospital, from the time of admission to the time of discharge. They do not replace the patient's family physician, surgeon or specialist, but work in close consultation with them to provide case management during the patients' stay.

Dr. Maida serves as the regional medical director for Hospitalist Management Group (HMG), the company hired by CMH to provide services.

"The doctors here in Cortland have made our arrival much easier by helping their patients understand our role," observed Dr. Maida. "Many notified their patients in advance with letters to make them aware of this new system of inpatient care. When people understand that we are working together with the support of their primary care physician, that makes the transition smoother."

Hospitalists provide coverage 24 hours a day, seven days a week, 365 days a year. They function as any admitting physician would, making daily rounds, ordering diagnostic tests and lab work, planning treatment and consulting specialty physicians when needed. Dr. Maida noted that he and his colleagues dictate summaries of all their inpatient encounters, which are sent to the primary care physicians to assist in the future care of those patients.

"I like being a hospitalist," said Dr. Maida. "Much of my medical training focused on inpatient care and I am most comfortable in a hospital setting. This is where I feel I can make the best use of my skills."

Dr. Maida believes that the hospitalist program has gotten off to an excellent start at CMH. "We have been well received by patients and as time goes on we will get to know them better and be even more comfortable with each other. We have been working well with the primary care physicians, and the hospital nurses and ancillary staff have been very helpful to us and wonderful to work with. I think it has been a winning situation all the way around."

Dialysis Center Planned for Cortland Hospital

continued from front cover

"We'd do anything for him. But we all wished he could be treated close to home. My family is so pleased that Dad won't have to make the long trip but still have access to the same quality care he's always had."

In March 2005, St. Joseph's submitted a Certificate of Need (CON) to the New York State Department of Health requesting approval of a dialysis extension center in Cortland. The proposal calls for a 6,000 square foot building that would house 10 dialysis stations.

Nephrologists on both the St. Joseph's and CMH medical staff will provide physician coverage at the new clinic. Many Cortland area dialysis patients are presently under the care of these physicians in a Syracuse clinic. Soon they will have the same care, but closer to home.

The Cortland dialysis center is slated to be open and available to patients in late spring. It will have the added convenience of being located next to the CMH Outpatient Service Center,

which is home to a variety of services, including: X-ray, MRI, mammography, ultrasound, CT scans, bone densitometry, physical therapy, and laboratory.

"Dad has always been an active, independent man," reflected Mark on what the new dialysis center would mean to his Dad. "Now that he'll be able to have his treatments here at home in Cortland is a blessing. It will be so convenient and will help him get some of his life back."



Registered Nurse Sandra Holland applies a HUGS bracelet to a young patient.

“Hugs”: Added Security for Young Patients, Piece of Mind for Parents

Providing a safe and secure healing environment has always been a top priority at Cortland Memorial Hospital. However, two criminal incidents this past spring that took place in Central New York hospitals focused attention on the security of young patients during their stay.

“None of us likes to think about horrible things like child abduction,” noted Mary Twigg, R.N., F.N.P. “We associate those kind of crimes with big cities and not with small, quiet communities such as Cortland. The fact is abduction can happen anywhere, and we need to take precautions and be proactive to make certain our children are as safe as possible during their time with us.”

Twigg is nurse manager of 2 South, which is the unit that takes care of pediatric patients. To complement

Hugs® the unit’s existing security measures, the hospital introduced an electronic tagging system. “Hugs” is a child protection system designed to deter and prevent abduction in the hospital. By installing

“None of us likes to think about horrible things like child abduction”

this system, CMH joins hundreds of other hospitals nationwide that already use the system. Children ages 12 and younger wear a bracelet or tag on their wrist or ankle that is linked into a monitoring system. If a child wearing one of these bracelets crosses a certain point on the unit, an alarm sounds and all exit doors immediately close and lock automatically. If the bracelet is removed without authorization, an alarm sounds to alert hospital staff.

The hospital was assisted in the purchase of the Hugs system by Cortland Memorial Hospital Aid, a volunteer organization that provides funding and services to the Pediatrics, Nursery and Maternity Departments. CMH Aid generously contributed \$20,000 towards the new protection system.

So far the response to the “Hugs” system has all been positive. Twigg indicated that the nursing staff is comfortable using the system and welcome the added protection it provides. But, she added, the most positive comments have come from parents themselves. “There is so much feedback from parents about how much they appreciate it. ‘Hugs’ is a proven technology that makes our facility safer and helps put parents at ease.”



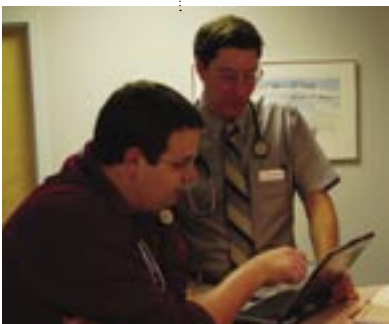
RMED & CMH: Helping Train Tomorrow's Doctors



Doctor Tony diGiovanna (above right) and RMED student Brad Lash discuss a patient x-ray.

For the past 14 years, many CMH physicians have been lending their time, expertise, and experience to a program that helps prepare medical students for their career in health-care. The Rural Medical Education (RMED) program is a partnership between the SUNY-Upstate Medical University in Syracuse and rural community hospitals including Cortland Memorial Hospital. It provides a nine-month educational experience for third year-medical students who are considering a primary care career in a rural setting.

Dr. Tony diGiovanna serves as one of the program preceptors. "This is a tremendous opportunity for the entire medical community here in Cortland," Dr. diGiovanna says.



"The big impetus for the program is to encourage students to practice in rural areas as primary care physicians. The advantage for students is that they are exposed to real world medicine, both primary care and sub-specialty medicine, as opposed to academic center medicine which is more tertiary care oriented, and not very reflective of the majority of physicians practices."

Students who take part in the program spend their time working with a primary care physician in both office and hospital settings. They also have the opportunity to rotate with specialists in a number of fields, such as: orthopedics, radiology, obstetrics/gynecology, and others.

One of the students currently taking part in the program in Cortland is

Brad Lash. Brad joined the RMED program because it allows him to interact with patients and work with mentors who "really care about teaching," as he puts it. "I feel the program is valuable because education is sometimes passive rather than interactive and not always reflective of real world experiences," added Brad. "I also enjoy the program because it provides a different environment than the academic one, where knowledge is gained through interaction and active questioning rather than just lectures." As Brad puts it, he "can ask questions, and get real answers."

"I enjoy the working with the students, their eagerness to learn and the questions they raise," added Dr. diGiovanna. "I am proud to be a physician and the RMED program gives me an opportunity to 'give back' to my profession."

Along with helping train the doctors of the future, CMH and the Central New York community have also

"...it provides a different environment than the academic one (where I) can ask questions and get real answers."

gotten some very tangible benefits from the RMED program.

Presently, three of its graduates are family practice physicians on the CMH medical staff: Dr. Lynn Cunningham, Dr. Cindy Johnson, and Dr. Cherilyn White.

"I believe about 70% of the RMED graduates have ended up in primary care medicine in rural areas. That's a fairly impressive success rate. Plus, to have three physicians come back to this area is a pretty good payback for Cortland."

Summer Events Big Success for Foundation

On Monday, August 8, the Cortland Country Club was the site for the Cortland Memorial Foundation (CMF) Second Annual Golf Classic. The event attracted 96 golfers, as well as other invited guests, for a day of fun, golf, and fine food. A total of 73 vendors made contributions to the CMF Golf Classic. All proceeds from the CMF Golf Classic support the permanent Endowment Fund, managed by CMF, to benefit Cortland Memorial Hospital. Thanks to the generosity of its many sponsors, the CMF Golf Classic raised over \$77,500.

“We are extremely pleased with the success of this event which is our major fundraiser for the year,” said Debbie Nadolski, CMF Executive Director. “The hospital partners with many vendors and organizations on a daily basis who enable us to provide the best care possible for our patients. Some of these vendors are right here in the Cortland



community while others are based in the region or even elsewhere in the nation. We greatly appreciate their generosity. Their financial support is an indication that they share our belief that area residents need and deserve a strong community hospital.”

Two weeks later the CMF hosted its Third Annual Nightingale Run for Motorcycles and Classic Cars. All proceeds from the Run, which this year totaled over \$3,000, benefit scholarship programs at Cortland Memorial Hospital. Each year the Foundation offers financial aid to students who are pursuing a college degree in nursing or other healthcare professions.

Approximately 150 participants hopped on their bikes and revved up their cars for a “cruise” through Cortland and then along Route 90 to Long Point Winery in Aurora. There the post-ride party experienced beautiful weather, lots of good food, beverages, and entertainment.



“We are extremely pleased with the participation of the Cortland community in this year’s Nightingale Run,” said Ken Munro, Vice-Chairman of the Foundation Board of Directors and co-organizer of the event. “The entire community benefits from having a well-trained, high quality staff at Cortland Memorial Hospital.”



One of the many foursomes who participated in the golf classic.



Pumpkins: Decorative and Nutritious?

With the arrival of fall, we can see the signs of the season popping up all over. Leaves change colors, the air gets cooler, and a certain familiar gourd takes its place as the unofficial mascot of fall. Of course, we are referring to the pumpkin. The pumpkin has long been a symbol associated with autumn and more specifically, with Halloween. Many people use them (and other gourds) as a festive decora-



tion inside and outside. We see them en masse on Halloween night when carved pumpkins stand watch outside homes to welcome trick-or-treaters. There are even competitions dedicated to who can grow the largest pumpkin.

Yet what many people don’t know is that the pumpkin actually makes a phenomenally healthy meal! Most people are used to using other gourds such as butternut or acorn squash for a holiday meal, but pumpkin makes a great

alternative and is easy to prepare. When you look at the health profile of the pumpkin it becomes clear just how good our orange friend is for you: 1 cup of cubed pumpkin (cooked or boiled and drained) has only 49 calories, but 1.76g of protein which helps aid in development of muscles. With very little fat, it is also a good source of fiber, potassium, vitamin C, beta carotene, and vitamin A.





TRUST

“When I was diagnosed with cancer, I trusted my doctor to make the best recommendations for me. Dr. Kye Bang was caring and informative every step of the way. I went through surgery, twice, and later radiation treatment with Dr. Michael Fallon all right here in Cortland. The informative and caring staff at CMH put me and my family at ease. Today, I am back doing what I love, with the people I love. I trust the doctors at Cortland Memorial Hospital for all my family’s medical needs.”

Betty
Betty St. Peter, Homer



Cortland Memorial Hospital

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For a calendar of currently offered health education classes, and class descriptions, visit our website at 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.

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