



SAINT RAPHAEL'S
better HEALTH[®]

January/February 2012

**Make
2012 your
healthiest
year yet!**

Healthy advice from the experts

12 tips for good nutrition

Healthy start for baby

Sponsored by the Sisters of Charity of Saint Elizabeth

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Chris O'Connor
President and CEO
Saint Raphael Healthcare
System

Connecticut residents will certainly remember 2011 – for its tropical storms, record snowfall (even in October), earthquake and power outages, as much as for events in our personal lives. At Saint Raphael's, we will also remember 2011 as the start of a historic process to join our first-class healthcare system with the strength and resources of Yale-New Haven Hospital. Following the September signing of the necessary agreements between our two hospitals, we are now working to satisfy federal and state regulatory requirements for the acquisition to move forward.

When approved, it will mark a new beginning in healthcare delivery for our patients and region. It's an exciting prospect for us all.

With the timing of affiliation uncertain, we continue to focus on offering the most advanced care to this community. We enter 2012 with enhanced surgical capabilities, thanks to a new state-of-the-art surgical robot. The da Vinci® surgical system replaces our former three-arm system, offering our surgeons a robotic fourth arm to perform intricate procedures in a wide range of applications – from gynecology to ear, nose and throat to colorectal surgeries and more. Patients will benefit from smaller incisions and faster healing times. The March/April edition of *Better Health* will include an article spotlighting this remarkable piece of equipment and patients who are benefiting from it as well as the high-tech equipment in our Father Michael J. McGivney Center for Cancer Care.

A higher quality of care, however, doesn't always involve sophisticated equipment. Our Vidone Birth Center is now the only hospital in New Haven County, the fourth in the state and one of about 110 nationwide designated as Baby-Friendly® by UNICEF and the World Health Organization. Read all about this important designation in this issue of *Better Health*.

That higher quality of care was also recognized by the American Heart Association and the American Stroke Association, which awarded our Stroke Center the Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award. This is an excellent example of how our standards of care are translating into lives saved. Learn more about this award on page 13.

We look to the new year with a renewed sense of purpose – to provide expert care for you and your family. The Sisters of Charity of Saint Elizabeth and our dedicated employees, medical staff and volunteers join me in wishing you a happy and healthy 2012.

overheard

what people are saying...

From our patient surveys:

“When I was admitted to Verdi 3 East, I could not have landed on a better place. The entire team was fantastic in every possible realm of care – physical, emotional, spiritual.”

“The doctors not only listened carefully to me . . . they listened carefully to each other. They were extraordinarily thorough in assembling information about my case.”

“I felt like a person whose care was placed in the hands of angels. The care is very personalized. My family was very impressed and grateful as well.”

From our mail:

Thank you for your (Saint Raphael employee food drive) donation of eight boxes of groceries . . . You have joined a large group of caring people who have chosen to share a little of their abundance with families that need the emergency services that Christian Community Action, Inc., provides in New Haven.

Electronic feedback:

More than 800 people “Like”



us on Facebook. Join us today!

Five cancer screenings that can save your life

You have a sore throat that just won't go away. Or you've found a mole on your shoulder that wasn't there before. While chances are it's nothing serious, prevention and early detection of potential health problems are important to successful, life-saving treatment. That's where screenings come in.

Throughout the year, the Hospital of Saint Raphael offers a variety of adult cancer screenings that could help save your life. While each has specific criteria for participation, most are open to the general public and the majority are free of charge. All require advanced registration and provide follow-up action plans if a problem is discovered. Speak with your doctor about screenings that may be appropriate for you.

Breast Cancer

Host/Sponsor: Women's Center for Breast Health. Offered several times a year, including October.

Who: While some are open only to women enrolled in or who qualify for the Connecticut Early Detection Program (for criteria, visit srhs.org/earlydetection program), others are available to all women.

What: Screenings include a clinical breast exam, calculation of Body Mass Index, a blood pressure screening and a risk assessment for developing breast cancer. Screenings associated with CT Early Detection Program include a mammogram. Call 1.888.577.9224, or visit srhs.org/breastcenter.

Prostate Cancer

Host/Sponsor: Project Brotherhood in collaboration with Saint Raphael's Urology Department. Offered twice yearly in April and September.

Who: Men 50+, age 45 for African-American men or those with a family history of the disease.

What: A digital rectal exam and blood test for PSA levels, a prostate cancer indicator. Call 203.867.5479, or visit srhs.org/projectbrotherhood.

Oral, Head and Neck Cancer

Host/Sponsor: Saint Raphael's Otolaryngology (Ear, Nose and Throat) Department in joint collaboration with the McGivney Cancer Center and Geriatric Outreach Services. Offered once a year in late April or early May.

Who: Adults – particularly smokers or former smokers.

What: An exam by an ear, nose, throat and/or facial plastic surgery physician. Call the Healthy Aging Line, 203.789.3275; or visit srhs.org/healthyaging.

Skin Cancer

Host/Sponsor: CareCard in collaboration with the Dermatology Department. Offered once a year in May, during Skin Cancer Awareness Month.

Who: Adults 55+ who are CareCard members. Visit srhs.org/carecard for more information.

What: A full-body skin screening/examination. *Note: There is a fee for this screening.* Call the Healthy Aging Line at 203.789.3275.

Colorectal Cancer

Host/Sponsor: A collaboration between the CT Department of Public Health, the Centers for Disease Control and Prevention and Saint Raphael's. Ongoing by appointment.

Who: Men and women, ages 50-64 who meet specific requirements (including being uninsured or under-insured). For more on eligibility, visit srhs.org/colorectalscreening.

What: A colonoscopy (scope of the colon and rectal canal). Call 203.867.5479.

Check Saint Raphael's website calendar at srhs.org/calendar or visit srhs.org to learn more.

12
for
12

Nutrition tips for the New Year



Try these 12 tips for healthful eating in 2012:

1 Nutrition by the plate: Fill half your plate with fruits and vegetables and you'll provide yourself with fiber, vitamins, minerals, antioxidants and fewer calories. The rest of your plate should be shared by lean protein and whole grains.

2 Wednesday is still spaghetti day: Whole grain pastas are exceptional, providing 6 to 12 grams of delicious, filling fiber per 2-ounce dry portion. This curbs appetite, stabilizes blood sugar and triglyceride levels and lowers cholesterol and LDL ("bad cholesterol").

3 Support "ROY G BIV": Red, orange, yellow, green, blue, indigo and violet. A colorful plate isn't just prettier, it's far more healthful. Choose a variety of vividly colored fruits and veggies for the best array of nutrients, but don't ignore



the paler ones. Bananas, pears, mushrooms, potatoes and many others have enormous benefits, too.

Contributing writer Mary Maloy, R.D., is a wellness nutrition specialist at the Hospital of Saint Raphael.

4 Beware of frivolous food fortification: Vitamins added to diet sodas; fiber added to candy? Get your nutrients naturally from the very best sources – fruits, vegetables, whole grains, healthful oils, lean protein, low- and non-fat dairy products.

5 Little things mean a lot: Pepperoni, anchovies, capers and many other ingredients rich in sodium are traditionally found on lists of foods to avoid. These, however, can be excellent flavor additions – in sensible quantities – to soups, sauces and stews.



6 The "H" is silent: Fresh, frozen or dried herbs provide unique flavors AND great doses of antioxidants to our foods. Spice is nice, too. Most herb and spice packages include recommendations for use.

7 Go nuts: All varieties of nuts – and seeds – have extreme nutritional benefits. Be sure to choose nut butters, like peanut butter, that are trans-fat free. Even better, choose a "natural" or "old-fashioned" variety.

8 Do the math: The number "5" is critical when you're evaluating sugar content. Five grams of sugar equals one teaspoon of sugar. A can of soda with 55 grams of sugar contains 11 teaspoons of sugar!

9 Meatless Mondays: One vegetarian day per week in every American household significantly improves health. Healthier decisions at the start of each week are usually more successful, but any day(s) will do.



10 Respect Popeye's girlfriend: Olive oils improve HDL ("good" cholesterol). High cooking temperatures, though, can destroy many of its benefits. Choose canola oil when cooking at high temperatures for nutritional benefits similar to olive oil.

11 Sounds Greek: Creamy, rich and double the calcium of regular yogurt, Greek yogurts are winners. Other natural calcium sources include low- and non-fat dairy products, dark greens, whole grains and canned fishes with edible bones.

12 Be supplement savvy: Despite celebrity endorsements and miraculous claims, most supplements lack scientific sanction and can be dangerous. Ask your doctor or registered dietitian for advice.

Let real foods work for you whenever possible – and enjoy every bite!



12
for
12

Healthy *advice* for a Healthy *year*

By Karen P. Kolb

At the beginning of each year, many of us – young and old alike – make New Year’s resolutions. However, within weeks, months, days or perhaps hours, some of us let those personal goals fade away. The good news is that it’s never too late to get on the wellness track or improve fitness choices. The path of least resistance – a lifestyle without healthy change – does not need to continue. Adopting healthy lifestyle choices is not only good for disease prevention but for overall good health.

Evidence-based advice

In delivering the best patient care possible, the Hospital of Saint Raphael follows best practices, blending the best evidence in clinical research with clinical expertise. Recently, Saint Raphael’s was ranked by *U.S. News & World Report* as one of the best regional hospitals in Connecticut with nine “high-performing” medical specialties. *Better Health* recently spoke with physicians from these specialties, including Cardiology and Heart Surgery; Diabetes and Endocrinology; Ear, Nose & Throat; Gastroenterology; Geriatrics; Gynecology; Nephrology; Orthopedics; and Pulmonology – along with physicians from the Father Michael J. McGivney Center for Cancer Care, Spine Services and Women’s Center for Breast Health – to offer the following evidence-based recommendations for good health in 2012:

BREAST HEALTH: 40? Get a mammogram

“Women should get a mammogram every year beginning at age 40,” says Denise Barajas, M.D., director of Saint Raphael’s Women’s Center for Breast Health. “Early detection of breast cancer is best for saving lives, and a mammogram is the most important tool for finding breast cancer early. Most women who are diagnosed with breast cancer have no family history of the disease. Getting screened for breast cancer beginning at age 40, maintaining a healthy weight and body mass index (BMI) as well as actively exercising are the important things a woman has control over. They can make a significant difference in her health.”

CANCER CARE: *Get appropriate screenings*

“The biggest advance today in cancer care is how people are able to live following a diagnosis of cancer,” says Joseph Cardinale, M.D., chairman of Radiation Oncology and medical director of Saint Raphael’s McGivney Center, “and that’s in large part due to early detection. In addition to a mammogram, a Pap smear and colonoscopy are screenings that have had a major impact on the early diagnosis and improvement in the cure rate of several cancers. The greatest strides we have made in cancer care in years have been because of preventive healthcare in adults,” Dr. Cardinale notes. “Living a healthy lifestyle with a proper diet, regular exercise, no excessive alcohol and no tobacco are essential.”

CARDIOLOGY & HEART SURGERY: *Stop smoking*

There are many well-documented, compelling reasons to stop smoking,” says Prescott S. Wiske, M.D., section chief of Cardiology. “Coronary disease and sudden death are two to four times more frequent in smokers. Peripheral vascular disease and leg pain are four times more common in smokers. Death from aortic aneurysm is six times more likely in smokers, and Alzheimer’s disease and vascular dementia are two times more likely to occur in heavy smokers.” But, does it matter if a 58-year-old stops smoking after 28 years? According to Dr. Wiske, the answer is a resounding yes. “The good news is that an increased risk of cardiovascular disease begins to decline immediately after a person stops smoking, dropping by 50 percent for coronary artery disease one year after the last cigarette.”

DIABETES & ENDOCRINOLOGY: *A healthy lifestyle prevents diabetes*

“You can prevent or delay the onset of diabetes through a healthy lifestyle,” says Saint Raphael endocrinologist Olga Sakharova, M.D. What’s the best way to prevent diabetes? “Results of a federally funded study indicate that healthy eating and 30 minutes of exercise five times per week slowed the onset of diabetes by 58 percent. Lifestyle intervention should become a part of everyday life,” she says. “However, you do not have to run a marathon to prevent diabetes; 150 minutes of moderate physical activity (like brisk walking) per week will significantly reduce your risk of diabetes and keep you healthier longer. It is never too late to start!”

EAR, NOSE & THROAT: *More good reasons not to smoke*

“Head and neck cancer is the sixth most common cancer, accounting for 6 percent of all malignancies,” says Ken Yanagisawa, M.D., section chief of Otolaryngology. “The effects of the disease and its treatments can be devastating. Facial disfigurement, diminished ability to swallow, speak and breathe and the loss of taste, smell, and/or vision are possible aftereffects. Smoking, especially when combined with alcohol intake, is the primary cause.” Dr. Yanagisawa recommends quitting or avoiding smoking, as smokers are at 15 times greater risk for developing head and neck cancer than non-smokers. He also recommends prompt evaluation of symptoms, such as non-healing mouth ulcers, lumps in the neck, prolonged hoarseness, and difficulty swallowing or breathing. Saint Raphael’s offers a free screening each April during national Oral Head and Neck Cancer Awareness Week.

GASTROENTEROLOGY: Colonoscopies save lives

“Colon cancer is the second leading cause of cancer death,” says Adam Gorelick, M.D., section chief of Gastroenterology. “It’s one of the most preventable types of cancer – often curable when detected early. A colonoscopy is the preferred method of screening for colon cancer. It allows physicians to look directly at the entire colon and identify and remove suspicious growths. A colonoscopy is recommended every 10 years beginning at age 50 (45 for African-Americans). Most early colorectal cancers produce no symptoms, which is why screening is so important. Some possible symptoms include blood in the stool, change in stool size or shape, change in bowel habits, chronic constipation or diarrhea. While these symptoms don’t always indicate colorectal cancer, they do raise concern. A person with any of these symptoms should see their physician or gastroenterologist.”

GERIATRICS: Stay active

“Aging is an exciting time,” says Gerard Kerins, M.D., section chief of Geriatrics. “It’s not the beginning of the end. It is a new beginning.” What can make aging more enjoyable? “Keep physically active, as it will improve cognition and mood. Have routine health screenings, including a memory screening. Not all memory loss is Alzheimer’s disease. Memory loss may be caused by medications or other conditions. Keep a list of all personal medications and inform all doctors of these medications. Avoid the ageist trap – don’t assume sleep disturbance, memory loss and depression are normal. They are not an absolute part of aging and may be treatable. Finally, keep active – go to a senior center, volunteer or commit to a hobby. Active people live longer and are more physically and cognitively fit.”

GYNECOLOGY: More reasons to stop smoking

“Quitting smoking is one of the best things a woman can do for her health,” says Howard Shaw, M.D., chairman of Saint Raphael’s Department of Women’s and Children’s Services. “It is a leading cause of death and increases a woman’s risk of cancer, heart disease and reproductive problems. A woman who smokes cigarettes shortens her life by five to eight years. It also doubles the risk of cervical cancer and is linked to reproductive problems, such as infertility and early menopause. Women should get appropriate cancer screenings, including a Pap smear for cervical cancer. A vaccine against the human papillomavirus virus is now available to prevent cervical cancer. It’s recommended for females ages 9 to 26 with the target population being girls between 11 and 12 years of age.”

NEPHROLOGY: Get checked for kidney disease

“Chronic kidney disease is more common than most people realize,” says Frederic Finkelstein, M.D., section chief of Nephrology. “It affects more than 15 percent of the general population. Speak with your doctor about kidney disease, which can be diagnosed by routine blood and urine testing. Kidney disease can be treated with the goal of slowing or preventing the progression of the disease. It is associated with an increasing risk of cardiovascular disease and treatment can decrease the risk of cardiovascular events. Treatment depends, in part, on the cause of the kidney disease and how far it has progressed,” he says. “But, cornerstones of management include good blood pressure control, the use of antihypertensive medications, tight control of diabetes and lipid abnormalities and dietary salt restriction. Appropriate treatment can improve a person’s outlook for a healthy life.”



ORTHOPEDICS: Watch your weight

“Too many people, particularly in the United States, are overweight,” says Kevin Lynch, M.D., medical director of the Saint Raphael’s Bone and Joint Center. “This can lead to degenerative arthritis of the hip and knee and may add to complications during or after surgery. For many, losing weight is a must for avoiding bone and joint injuries. A person can’t run away from their genes, but they can work on being healthy and, if necessary, focus on losing weight. This evidence-based recommendation outweighs everything else. Losing weight and maintaining a healthy diet and lifestyle are essential to good bone and joint health, not only for today but especially as people age.”

PULMONOLOGY: Get vaccinated

“There is clear-cut evidence that vaccinations for pneumonia and seasonal influenza save lives,” says Herbert Knight, M.D., section chief, Pulmonary Medicine. “Everyone six months of age and older should get an annual flu shot. The flu vaccine protects against severe pulmonary disease as well as other serious complications of influenza. It’s unwise or potentially deadly for people to refuse vaccination,” he says. “A pneumonia vaccine is recommended for adults over 65 and children over two with specific risk factors. It’s also recommended for adults 19 to 64 years of age who smoke, have asthma or other chronic conditions. People with lung disease are especially vulnerable to severe complications from pneumonia.”

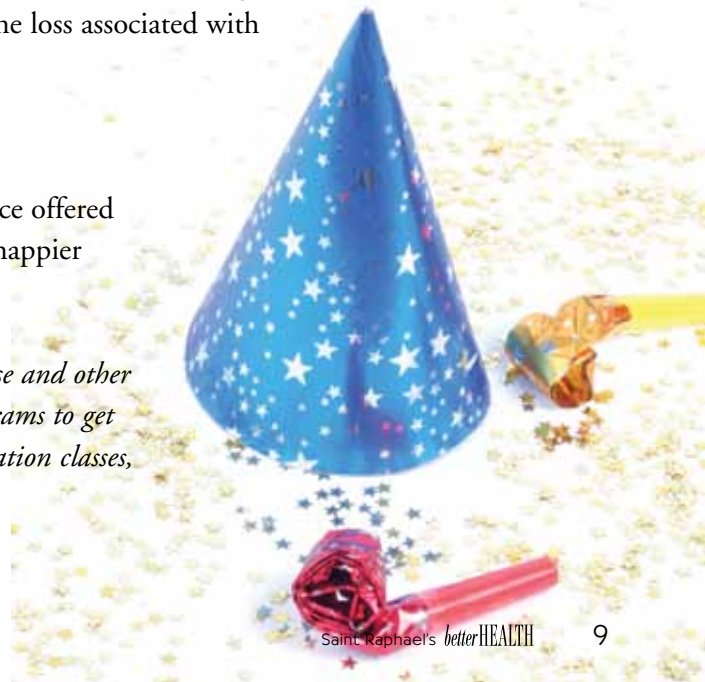
SPINE SERVICES: Be kind to your spine

“Spine health is closely tied to a person’s overall physique,” says John Beiner, M.D., attending orthopedic surgeon. “People who do regular cardio and core exercise and maintain a healthy weight and body mass index can help reduce degenerative changes in their spines. Evidence links obesity to lumbar arthritis and degenerative changes. Nicotine use is also clearly linked to advanced degenerative disc disease, and in patients who smoke, the average outcome of any spine surgery is poorer than in nonsmokers. Bone density scanning is available for women over 50 and can help women manage osteoporosis before the loss is so great that it causes fractures with simple daily activities. The goal is to prevent bone loss associated with estrogen before the damage is done.”

Ring in 2012 in a healthy style!

Start your New Year right: The evidence-based medical advice offered here can help men and women begin living longer, healthier, happier lives – today!

For more information about the many services provided by these and other specialties at Saint Raphael’s – as well as our full offering of programs to get your 2012 off to a healthy start – visit srhs.org. For smoking cessation classes, visit srhs.org/StopSmokingClasses.



Lisa and Samuel Baines are the proud parents of daughter Serena who was born at Saint Raphael's renovated Vidone Birth Center last June.



Beautiful beginnings

Give your baby a healthy start

By Jim Shelton

Giving your newborn a healthy start begins long before you bring your baby home from the hospital.

At the Hospital of Saint Raphael, the renovated Dr. Romeo A. and Lena B. Vidone Birth Center is dedicated to providing a healthy start for babies and their families – from offering parents and parents-to-be a range of programs to help them prepare for their baby's arrival to providing a soothing, tranquil environment in which moms and dads meet their new babies for the first time. A full menu of classes, breastfeeding support and advanced care for premature babies are all part of the many services offered at the Center by its specially trained staff.

“At the Vidone Birth Center, childbirth is seen as wellness, not illness,” said Howard Shaw, M.D., chairman of the hospital's Department of Women's and Children's Services. “We strive to provide the family with that special experience they desire. Our goal is to prepare families for active participation in both childbirth and parenting.”

Photo by Michael Dabbraccio

Start with a healthy pregnancy

Beth Maloy, M.D., an attending ob/gyn at Saint Raphael's, said many patients opt to take part in the Center's prenatal health series. "Women want to do the right thing during their pregnancy," Maloy said. "Many of them will tell you it's the most healthy they've ever been in their lives."

Classes include "Best Beginnings," which focuses on nutritional, emotional, physical and financial needs during pregnancy; "Prepared Childbirth Classes" for first-time parents; "Refresher Classes" for those with children; "Siblings at Birth" and "Infant Massage," among others.

Maloy recommends pregnant women avoid highly restrictive diets that are currently fashionable and try to maintain a nutritious diet with complex carbohydrates, lean proteins and healthy fats. She also suggests women talk with their doctor about vitamin supplements, as well as discuss any medications they currently take that may be harmful during pregnancy, such as certain

Did you know ...

- Saint Raphael's is the first hospital in New Haven County and the fourth in the state to be designated a **Baby-Friendly®** hospital by the World Health Organization and the United Nations Children's Fund.
- Saint Raphael's can treat newborns as young as 28 weeks gestation in its NICU.
- You can take a virtual tour of the Vidone Birth Center on our website at srhs.org/birthcenter or scan here.



blood pressure medications, antidepressants and anti-seizure drugs.

A real health danger, Maloy noted, is obesity. "The pregnancy itself poses some risk for gestational diabetes," she explained. "It's been shown that moms who are obese put the pregnancy at risk and even after the baby is born it sets the child up for a lifelong battle with weight." A pregnancy weight gain of 25-35 pounds is considered normal.



Welcome, Baby

Since May 2011, a short, sweet lullaby can be heard several times a day over Saint Raphael's intercom system, signaling the arrival of another new baby. "It is a gentle reminder of the new lives we help enter the world, and the beginning of new families," said Shaw.

This joyful reminder is representative of the birthing experience at the Vidone Birth Center, a \$2.2 million center featuring spa-style elements, such as therapeutic massage and labor and delivery rooms with soothing color schemes and accents. Renovations to the state-of-the-art facility were completed in early 2011; since then, more and more families are now enjoying the new space.

"It's a fantastic center," said Shaw. "Hardwood floors, flat screen TVs – just a nice, homey, comforting and welcoming environment for families."

Saint Raphael's is Baby-Friendly®

In November, Saint Raphael's was designated a Baby-Friendly® hospital – the first in New Haven County and the fourth in the state to receive the designation from the World Health Organization and the United Nations Children's Fund. The program stresses effective education for moms on successful breastfeeding and mother/infant bonding.

"It's quite an endeavor. We've been working on this for two years," said Annmarie Golioto, M.D., attending neonatologist and medical director of the Newborn Intensive Care Unit and Newborn Services. "We are promoting infant health through breastfeeding."



According to Golioto, providing infants with human milk gives them the most complete nutrition possible. “Breast milk provides the optimal mix of nutrients and antibodies necessary for a baby to thrive,” she said.

Under the Baby-Friendly® program, Saint Raphael’s promotes breastfeeding and “skin-to-skin” contact between babies and parents, along with encouraging mothers to “room-in” with their babies as much as possible when at the hospital.

For new mom Lisa Baines of Hamden, a patient of Dr. Maloy, the breastfeeding support she received at Saint Raphael’s was greatly appreciated when her daughter Serena was born last June. “All the nurses were very knowledgeable,” said Baines, 25. “They gave me tips on how to nurse and how to store milk.”

“In the past, nurses wheeled babies to their moms from the nursery every three hours to feed,” Golioto said. “We want to make it more like home and teach moms to recognize when their baby is hungry. When possible, we want to have the baby with mom 24 hours a day.”

Preparing to launch

In addition to breastfeeding tips, Saint Raphael’s also provides instruction on home safety and proper installation of car seats for babies.

“One of the important things in the newborn period is the sleep environment,” said pediatrician Maryellen Flaherty-Hewitt, M.D., section chief of Pediatrics. “We reinforce sleep safety: Not putting other objects in the crib with the baby. Making sure the baby sleeps on its back. It’s so important.

“Some parents will come in three months ahead of time with a checklist of questions for us,” Flaherty-Hewitt noted. “Others will come in and they haven’t fully thought about the reality of what it’s like to have a baby. Part of our role is to offer anticipatory care. It’s as much a part of our job as the health of the baby.”

Stamp of approval

For Baines and her family, Saint Raphael’s Vidone Birth Center was the right choice. “Everyone took their job very seriously, and the nurses were such nice people,” she said. “I knew I was well taken care of.”

For more information about the Vidone Birth Center, visit srhs.org/birthcenter, or call 203.789.3461.

NICU upgrades benefit at-risk infants

As part of its ongoing effort to enhance programs and facilities for babies and families, Saint Raphael’s is upgrading its Newborn Intensive Care Unit (NICU).

With a highly trained and specialized staff – including neonatologists and other neonatal specialists as well as respiratory therapists, lactation consultants, physical therapists, social workers and others – the NICU is a 10-bed unit offering 24-hour, neonatal care. The staff provide consultation for moms prenatally as well as during labor as needed. The unit is set up to handle newborns as early as the 28th week of gestation.

Anmarie Golioto, M.D., attending neonatologist and medical director of the unit, said the NICU is equipped to deal with respiratory care, nutritional care and a host of other issues such tiny patients encounter. “Critically ill and at-risk infants require specialized care from the moment of birth to ensure the best outcome,” Golioto explained.

In September, a 5K Miracle Walk was held to raise funds for the NICU, and many of the unit’s alumni families participated. Part of the unit’s enhancements will be to match the cosmetic elements of the renovated Vidone Birth Center as well as upgrades to the unit’s equipment. Golioto said the unit also wants to create more of a feeling of privacy for each mother and child, in keeping with the hospital’s new designation as Baby-Friendly®.

For more information about Saint Raphael’s NICU, visit srhs.org/NICU.



Stroke Center receives quality award for stroke care standards

Saint Raphael's has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award for its commitment and success in implementing a higher standard of stroke care by ensuring patients receive treatment according to national standards.



The hospital was recognized for achieving at least 12 consecutive months of adherence to specific quality measures of stroke care, including the aggressive use of brain-saving medications and therapies. Patients are also counseled to quit smoking and take other steps to limit their risk factors for future strokes.

“Time is brain’ when it comes to a stroke, and this award highlights the dedication of our Stroke Center staff to community education in stroke risk factors and signs, getting patients the quickest and most effective treatments, and implementing secondary stroke prevention measures,” said James McVeety, M.D., section chief of Neurology and medical

director of Saint Raphael's Stroke Center.

“Saint Raphael's is to be commended for its commitment to implementing standards of care and protocols for treating stroke patients,” said Lee H. Schwamm, M.D., the award's national steering committee chairman and director of the

TeleStroke and Acute Stroke Services at Massachusetts General Hospital. “The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients.”

Saint Raphael's has been certified as a Primary Stroke Center by the Connecticut Department of Public Health and was awarded advanced certification and a Gold Seal of Approval as a Primary Stroke Center by the Joint Commission, an independent healthcare standards group.

For more information about stroke and Saint Raphael's Stroke Center, visit srhs.org/stroke.

Auxiliary presents annual gift



upgrades; and \$1,000 for the Obstetrics Bereavement Program. The Auxiliary raises money each year through Glass Door Gift Shop and thrift shop sales, and from special events like the annual golf tournament. Betty LaBonia, immediate past Auxiliary president (pictured here), presented the check to Chris O'Connor, Saint Raphael president and CEO, on behalf of the Auxiliary.

Saint Raphael's all-volunteer Auxiliary presented the hospital with its 2011 gift – a check for \$171,800 – at its annual meeting in October. The gift includes \$120,800 for the Father Michael J. McGivney Center for Cancer Care, including \$15,000 for the Looking Forward program; \$50,000 for the Newborn Intensive Care Unit equipment and facility

Special note of thanks

The Hospital of Saint Raphael Auxiliary extends a special thanks to IKON, GBN Healthcare Management and Titan Energy – all generous sponsors of the Auxiliary's very successful Sept. 19, 2011, golf tournament. Printing deadlines for the tournament program did not permit their inclusion. We appreciate their commitment and that of all our terrific sponsors! Their generosity enabled us to raise more than \$125,000 to benefit Saint Raphael patients and programs.

– Hospital of Saint Raphael Auxiliary

Aversa appointed interim chairman of Orthopedics



John M. Aversa, M.D., has been appointed interim chairman of the newly created Department of Orthopedics at Saint Raphael's, reflecting the size and importance of orthopedic care to the hospital. As interim chairman, Dr. Aversa will develop systems to promote quality and safety, support programs for patient satisfaction, promote quality outcomes and physician satisfaction, supervise the Orthopedics' hospital-employed mid-level practitioners and serve as site director for Orthopedic residents. Dr. Aversa has previously served as Saint Raphael's Orthopedics section chief, Medical Staff president, and as a member of the Saint Raphael Foundation and Hospital of Saint Raphael Board of Trustees.

Marjorie Golden, M.D., named ID section chief



Marjorie Golden, M.D., has been named section chief of Infectious Disease at Saint Raphael's. Her responsibilities will include inpatient and outpatient infectious disease consultations, teaching of house staff and infectious disease fellows, and supporting section members in clinical research. She will promote the infection control agendas, especially antimicrobial stewardship and hand hygiene. Dr. Golden earned her undergraduate degree from Tufts University, her medical degree from Albany Medical College and completed her Internal Medicine and Infectious Disease training at the former New England Deaconess Hospital (now Beth Israel Deaconess Hospital). She has been affiliated with Saint Raphael's since 1994.

Magras appointed assistant VP, Medical Operations and Clinical Effectiveness



Lawrence Magras, M.D., has been appointed assistant vice president, Medical Operations and Clinical Effectiveness. The appointment recognizes the expansion of his role as medical director of Care Management and Utilization Review at Saint Raphael's to one that provides leadership in physician performance measurement and quality improvement. An overarching goal of his new position will be to improve patient throughput, quality and safety, as the organization moves toward more patient-centered, quality-driven care. Dr. Magras joined Saint Raphael's in 2010.

in the community



Ribbon-cutting celebrates Barnard computer lab

Hospital of Saint Raphael President and CEO Christopher O'Connor (at left) helped cut the ribbon at the new computer lab at Barnard Environmental Studies Magnet School in New Haven in October. A private \$13,000 donation earmarked for community outreach efforts enabled the hospital to fund 18 computers for the new Library Computer Center. On hand for the event were Barnard fifth-grader Eddie Ramirez, Principal Michael Crocco, fifth-grader Alexandria Campbell-Ferguson, and State Rep. Pat Dillon.

a success story

New hips and knees keep 92-year-old active

Of the many things Jacque Chapman enjoys in life, sitting still is simply not one of them. That's why the Wallingford resident – who flew his first solo flight at age 11, earning the name "Baby Eagle" – opted to have bilateral knee and double-hip replacement surgery at the Hospital of Saint Raphael over the past several years. Chapman recently spoke with *Better Health* writer Colleen Neleber about his decision to have the surgeries and discussed how joint replacement has optimized his quality of life.



Jacque Chapman's bilateral knee and hip replacement surgeries have helped him maintain an active lifestyle with his wife, Janet, his beloved bride of 70 years.

Photo by Michael Dabracio

Chapman, an active 92-year-old, still loves to work in his woodshop, creating and repairing beautiful wood pieces and, most of all, enjoys going for a walk with his wife of 70 years – Janet, his former high school sweetheart.

With his desire to stay active, Chapman, who grew up around airplanes and still maintains a great enthusiasm for aeronautics, did not want his joints slowing him down. When he started having trouble with his knees due to arthritis, he sought the advice of David Gibson, M.D., an orthopedic surgeon at Saint Raphael's Bone and Joint Center.

When nonsurgical methods did not control the problem, Chapman decided to have both knees replaced at once, in a one-time procedure performed by Gibson and Saint Raphael orthopedic surgeon Joseph Wu, M.D.

Gibson said that through the years he has formed a special bond with the

family, especially with Chapman. "We met about 10 years ago and we – Dr. Wu and I – replaced both knees in 2002," Gibson said. "I did his hips in 2004 and 2009. He had horrible arthritis and had trouble climbing stairs and putting on his socks and shoes," Gibson recalled. "It was limiting his lifestyle. He is a very busy guy, and always wants to do, do, do."

Chapman was "doing" at a very young age when he flew in Long Island, New York, at age 11. "It was just two days before they passed the law that you had to be 16," Chapman recalled. "My father was a flyer," he explained. "He owned eight airplanes and taught flying lessons. I grew up with them."

As a reminder of those special days, the Chapmans still have the propeller from his first plane hanging on the wall of their home, along with a lifetime of memories and family photos of his children, grandchildren and great-grandchildren.

For the Chapmans, the surgeries have given them back so many things, including the opportunity to spend time with family, something they say is priceless.

Gibson said that Chapman not only did tremendously with the surgeries, his recovery time was fairly quick, with no complications. "He did great," Gibson said. "The surgeries went well, he did fine and he followed the rehab steps."

Gibson noted that there is no limit in age as to who could benefit from joint replacement surgery. "It literally means the difference between a nursing home versus no nursing home," he said.

"It gave me back my life, and the things I love to do," Chapman said. And without a doubt, what he loves most is being with his wife. "She's my life," he said.

Saint Raphael's is a leader in joint replacement. Call 203.789.4140 or visit srhs.org/boneandjoints.



saint raphael's Wellness Corner & Healthy Living Calendar

All activities are open to the public and free of charge, unless otherwise noted.

CLASSES/WORKSHOPS/LECTURES

Look Good, Feel Better Workshop

Women currently being treated for cancer

First Monday of the month, 11 a.m.-1 p.m.

McGivney Cancer Center, New Haven
Call 203.789.5904; e-mail pperry@srhs.org.

Diabetes Healthcare Program

Anyone with diabetes (by physician referral)

Tues, 3-5:30 p.m.; Wed, 9-11:30 a.m.

Call 203.867.5695; cost covered by most insurance.

Preparing for Spinal Surgery

Patients scheduled for spinal surgery at Saint Raphael's

Second Thursday of each month,

11 a.m.-12:30 p.m.

Orchard Medical Bldg., Rm. 315,
Saint Raphael's.

Call 203.789.3275; register online at srhs.org/spinaleducation.

Childbirth Education Classes

Newborn Care Class; All-Day Childbirth Education Class; Breastfeeding Class;

Sibling Silly & Siblings at Birth;

Childbirth Education Series Class.

For class fees and to register, 203.789.3300; for more information, visit srhs.org/classes.

Weight Loss Surgery Seminars

Wed, Feb. 1, 5:15 p.m.; Wed, March 7, 5:15 p.m.; Cronin Auditorium.

Online Webinar:

Sat, Jan. 21,

10 a.m.; Sat,

Feb. 18, 10 a.m.

Call 203.789.6237;

register online at

srhs.org/weightlossseminars.



WINTER BEREAVEMENT SEMINAR

Saint Raphael's Bereavement Office is offering the following two-part educational seminar for those who have experienced the loss of a loved one:

Part 1 – Journey of Grief:

Wed, Jan. 18, 5:30 -7 p.m.

Part 2 – Tools for the Journey:

Wed, Jan. 25, 5:30-7 p.m.

Call 203.789.3247 or e-mail lirish@srhs.org for more information.

WINTER SUPPORT GROUPS

Professionally facilitated small groups. Attendance in two-part Bereavement Seminar (above) required.

Wed, 5:30-7 p.m., Feb. 1, 8, 15, 29, March 7, 14.

Call 203.789.3247 or e-mail lirish@srhs.org for more information.

DIABETES EDUCATION

Anyone with pre-diabetes

Find out what you can do to stop diabetes in its tracks!

Wed, Jan. 25, 6:30 p.m.

Call 203.789.4112 to register.

SUPPORT GROUPS

For a complete list of our ongoing support groups – including stroke, breast cancer, head and neck cancer, prostate cancer and more – visit srhs.org/supportgroups.

CALENDAR OF EVENTS

For a comprehensive list of Saint Raphael-sponsored events and activities, visit srhs.org/calendar.

If you receive multiple copies of *Better Health*, please mail or fax us the back page of the extra magazine at 203.789.4053 and write "delete" on the label. Don't cross out the name. If the mailing label is incorrect, please make corrections and return it to us. Please include your phone number, in case we have questions.

