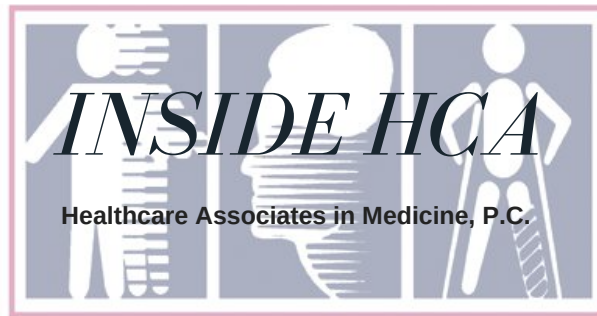




WINTER 2019



Need to Change or Make an Appointment?

TEXT US! (929) 203-8684

We are proud to announce that we now offer patients the option to text us their questions through KLARA, our secure patient messaging platform. Please message us regarding appointments, prescription refills, test results or any other questions. You can also visit our website at www.HCA-si.com and click on **Message Us** in the bottom right corner for assistance through KLARA.

HCA Director of Marketing and Communications, Gina Schlagel, and her marketing team, Yahira Ocasio & Diane Peruggia helped educate Staten Island residents about our physicians, specialties and services at the SIEDC Health Expo. Attendees were already familiar with our Orthopedic Walk-In Center but were happy to learn of our other services, including our Neuroscience Walk-In Center.

IN THIS ISSUE:

- HCA in the News
- Dr. Raval & Dr. Shiau talk Neurosurgical Techniques
- Extremity MRI
- Dr. Grossman Lectured at Columbia University
- Celebrating the Holidays
- Expressions of Gratitude

EXTRA:

- SIEDC Health Expo
- Welcome New Providers to the HCA Family
- And More

HCA at the SIEDC Health Expo



Congrats to the Staff at our Neuroscience Walk-In Center

Congratulations to the staff of our Neuroscience Walk-In Center! The Center, located on the 2nd floor of 3311 Hylan Boulevard, celebrated its one year anniversary on October 2, 2018. Dr. Germaine Rowe explains, "The Center provides diagnosis and treatment for new patients suffering from head, neck and back pain or injuries and possible concussions. Patients can also expect to be further evaluated or scheduled for follow-up visits with HCA's Neurology, Neurosurgery or Pain Management physicians." Call 718-448-3210 for more information. The Neuroscience Walk-In Center is open Monday-Friday 8am-6pm.



Germaine Rowe, MD, FAAPMR
Board Certified Pain Management Physician

HCA in the News

Neurosurgeon, John Shiau, MD, FACS, FAANS was featured in the fall issue of Bella magazine discussing the benefits of minimally invasive spine surgery techniques (MIS) and the founding of MISSI: Minimally Invasive Spine Surgery Institute in Manhattan. Read more on page 114 at https://issuu.com/bellanyc/docs/bella_fall_2018_issuu_v2



Pediatric neurologist, Steven Schwartzberg, MD, was featured on parenting website NYMetroParents.com discussing a study on the correlation between media use and ADHD. The study followed more than 2,500 adolescents for approximately two years and found that those who consumed the most digital media often had the highest perceived severity and frequency of symptoms. More information can be found on our website at www.HCA-si.com/latest-news.

Dr. Raval & Dr. Shiau Talk Neurosurgical Techniques

Neurosurgeons, Dr. Ami Raval and Dr. John Shiau partnered with SI-Bone to educate patients on an important but often overlooked cause of low back, hip, groin or leg pain which may stem from the sacroiliac (SI) joint. The SI joints are located between the iliac bones and the sacrum, connecting the spine to the hips. The best diagnostic test to confirm the cause of pain is through an SI joint injection. Once confirmed, our neurosurgeons will explore nonsurgical and surgical treatments.

In one video, patient, Jose Ramos, found relief with surgery after an iFuse Implant was performed by Dr. Shiau. Learn more about his recovery process and about the diagnosis and treatment of SI joint pain, explained by our neurosurgeons, on our home page at HCA-si.com. If you would like to make an appointment, please call 718-448-3210 or text us at 929-203-8684.



October 23, 2018, Dr. Raval (far right) presented on Sacroiliac Joint Treatments at Cielo Restaurant



Dr. Ami Raval & Dr. John Shiau speak on video on HCA-si.com

Extremity MRI

Our new General Electric (GE) Healthcare Optima Extremity MRI system at our 3333 Hylan Boulevard office will offer specific diagnostic imaging of the elbow, hand, wrist, knee, ankle and foot. The machine uses radio waves and a magnetic field to generate images of the inside of the extremity in order to diagnose problems with the muscles, bones, joints, nerves, or blood vessels.

For this kind of exam, you will simply sit in a comfortable chair and place your arm or leg in a small opening in the machine while your head and torso remain outside of the scanner. All MRI exams require a referral from your physician. For appointments, please call 718-667-3333.



Expressions of Gratitude

Here at HCA, we value and appreciate our patients taking the time to express their gratitude on the quality of service provided by our staff and treating clinicians. It helps motivate us to continue to do better and become greater participants in servicing our patients and our community. This is why we chose to highlight some of the comments shared with us from patient thank you letters, notes, emails and phone calls. Here are a few:

Patient, Diane P., wanted to go on record stating that she is very impressed with our orthopedic office. She complimented our Director of Orthopedic Clinical Services, Laura Isolda on how she runs "a tight ship." Diane went on to say how professional Physician Assistant Jillian Sarnelli was and how well she was treated by the front desk associates and medical assistants (Kathy J., Roe, Lisa Marie, Kristen, Leah and Ruya). Way to go team! **(Continued, page 4)**



Left to Right: Jillian Sarnelli (Physician Assistant), Leah, Laura Isolda (Director of Orthopedic Clinical Services), Ruya, Kathy J. and Roe.

Welcome to the HCA Family



Nicole Guzzardi,
Physician Assistant
at our Orthopedic
Department



Michelle Twito,
Physician Assistant
at our Neuroscience
Department



Mathew
Johnson, X-Ray
Technologist
Supervisor

Dr. Grossman Lectured at Columbia University

Orthopedic surgeon, Lauren Grossman, MD was a guest lecturer at Columbia University on October 27th, 2018. She discussed the diagnosis and treatment of conditions that affect the hand and wrist such as De Quervain's tenosynovitis, which typically causes joint pain, swelling, and stiffness at the base of the thumb. Dr. Grossman treats this and all orthopedic conditions of the upper extremity. For appointments, call (718) 667-3333 or text us (929) 203-8684.



Expressions of Gratitude (continued)

"What Our Patients Are Saying" - more expressions of gratitude from our patients can be seen at the bottom of our homepage at HCA-si.com or either of the two listed websites: RateMDs.com or Healthgrades.com



Sissey Kurian, RPA-C

"Sissey is an excellent PA. She is very knowledgeable, compassionate and listens to her patients. She always remembers everything I tell her from the previous visit. I wouldn't trade her."

HCA Pain Management Patient,
6/26/2018



Alejandro Mariano, PT, Cert. MDT

"He takes the time to listen to my concerns. Very personable. Always has a smile on his face. Love being under his care. He is intelligent & always know the proper healing method."

HCA Physical Therapy Patient,
1/11/2019



Alexander Tejani, MD

"Dr. Alexander Tejani performed 2 complicated surgeries on my young daughter and did an amazing job in repairing her knee. He has a wonderful bedside manner and is very caring as well. My daughter felt so comfortable with Dr. Tejani as her physician. This is so important - he is exceptional."

HCA Orthopedic Patient
11/27/2018



Nakul Mahajan, MD

"Dr. Mahajan helped my mother after she broke her hip. He is excellent!"

HCA Pain Management
Patient, 11/22/18



Jonathan Gross, MD

"I had MRSA, Sepsis, & Osteomyelitis. I have been battling this since February 2018. While I still have some decent pain, he is the one who saved my life and my leg. He handled my operation and walked me through the process of recovery. I am grateful for Dr. Gross and his ability to perform such an intricate surgery and help me."

HCA Orthopedic Patient,
12/27/18



Stephen Kulick, MD

"He was fabulous. He is an old school doctor that actually looks in your face and not in a computer when he talks to you."

HCA Neurology Patient
12/10/2018



Give Them A Hand! Patients Applaud our Occupational Therapy Department



Left to right: Chris DeMario & Mona Samaan

Occupational and hand therapists, Bart Zylewicz, Chris DeMario, and Director of Hand Center of New York, Mona Samaan, CHT make one outstanding team helping patients regain their independence and recover with intense rehabilitation, continuous support and not to mention positivity.

Our team of therapists work hand-in-hand with our physicians in order to provide the most comprehensive treatment plan possible. This close communication was experienced by patient, Ron Glinski. He states, "I was recommended to Dr. Giovinazzo for my dislocated shoulder. He sent me for an MRI and wanted me in occupational therapy immediately. Unfortunately, I went outside the practice with no progress. I returned and HCA's therapists, Bart and Chris were AMAZING. They loosened the shoulder within a few sessions and had me comfortably rebuilding the muscle. Not only were they good at their job, they were encouraging. The big take away for me was that everyone there functions as a team... This is the ONLY practice I'd recommend." You can read more reviews on the home page of our website, www.HCA-si.com.



HCA Patient Ron Glinski



Marie Briody, PhD

Neuropsychologist, Marie Briody, PhD: Helping Kids Connect to Literacy

HCA's Director of Neuropsychology, Dr. Marie Briody, has been active on the Planning Committee and Advisory Board of Bridge Prep Charter School. This new public elementary school on Staten Island is designed to meet the needs of students who struggle with reading, especially students with Dyslexia and English Language Learners.

Launching this Fall, the school will feature small class sizes and an Orton-Gillingham trained staff dedicated to improving literacy development for students at all levels.

To learn more visit www.bridgeprepcharter.org or email them at info@bridgecharter.org.



Chronic Pain Workshop



Lindsay Miarmi, PhD
Clinical Neuropsychologist

If you suffer from chronic pain and would like to learn how to be less dependent on prescription pain medications, join our Clinical Neuropsychologist, Lindsay Miarmi, PhD for a group workshop. It will meet for eight weeks at our 1099 Targee Street office on Saturdays from 11:00AM to 1:00PM. For more information, call Debby at (718) 448 3210 x441.

Three Decades of Care: Dr. Reilly & Dennis

Longtime orthopedic patient of Dr. John Reilly, Dennis Salerno, contacted us to let us know of a very special "anniversary" he was having - 30 years of seeing Dr. Reilly. "When I first started seeing Dr. Reilly, he had brown hair.. and I HAD hair!" Dennis initially came to HCA for treatment following a serious work accident where he almost lost his leg. After emergency treatment at a hospital in Manhattan, Dennis started seeing Dr. Reilly for his follow-up care. "Every other doctor told me to go back to Manhattan but Dr. Reilly said, 'Don't worry, I'll see you.' Dr. Reilly's staff and associates are fantastic - I've also been treated by his associate Dr. Lauren Grossman for hand surgery - she's an angel! And soon I'll be seeing Dr. Alexander Tejani for my shoulder. My wife tells me she's going to put me in bubble wrap so I'll stop getting hurt!," Dennis laughingly added.



Left to Right: Dr. John P. Reilly and patient, Dennis Salerno

Thank you Dennis for sharing your HCA story with us!

Do you have a story of your experience with HCA you'd like to share?

Contact us at pr@hca-si.com or (718) 448-3210 x184 and you just might see it featured in a future newsletter.



To see Dennis' video interview, go to HCA-si.com/latest-news.

Celebrating the Holidays

Once again, the annual HCA Holiday Party took place at the Staaten. This beloved tradition is something our staff looks forward to every year, celebrating another year of caring for Staten Island! A group of over 120 enjoyed catching up with co-workers and friends at the cocktail party, dinner, and of course on the dance floor!



The holiday spirit continued with HCA staff (pics on the bottom) hosting departmental Holiday Bakes, Kris Kringle and White Elephant gift exchanges, Ugly Sweater Contests and Suite Decorating Contests!



HCA Staff Recipes

MARIA MELENDEZ'S Coconut Flan



Ingredients:

- 1 (8 oz) can of Carnation Evaporated Milk
- 1 (14 oz) can of Magnolia Sweet Condensed Milk
- 1 (13.5 oz) can of Goya Coconut Milk
- 2 (8 oz) packages of Philadelphia Cream Cheese
- 1 tbsp of Vanilla Extract
- Small hand full of coconut flakes (optional)
- 1 1/2 cups of sugar

Directions:

1. Combine all ingredients except the coconut flakes and sugar within a blender.
2. Prepare the caramelized sugar - pour 1 1/2 cups of sugar into a pan over medium heat. Let the sugar melt but do not burn.
3. Pour caramelized sugar into either a glass or coated pan.
4. Pour the cheese mixture on top of the caramelized sugar.
5. Place the pan within another rectangular pan filled half way with water (method known as water bath).
6. Sprinkle handful of coconut flakes over the top of mixture and bake at 350 degrees for 1 hour.
7. After the hour is completed, make sure the top of flan is lightly browned. If not, continue to bake for another 10 -15 minutes.
8. Remove from oven and let cool before placing in refrigerator for at least 12 hours.
9. After refrigeration, loosen sides with knife and transfer onto serving plate upside down and enjoy!

HCA Spreads Christmas Joy

Healthcare Associates staffers collected and donated from fellow staff and friends 58 gift cards and 130 toys for local friends in need including pediatric cancer foundation, Gianna Nicole Heart of Hope Foundation. The initiative was assisted by Isabella, the daughter of HCA Authorization Team Leader, Pina Harvey.

For a second year in a row, new, unopened toys were collected at our Orthopedic Walk-In Center located at 3333 Hylan Boulevard and donated to Marine Corps Toys for Tots.

This worthy program has successfully distributed 548 million toys and supported 251 million children since 1947.



Left to right: HCA Staff Rose Garda, Marie Agosto, Cathy Spinelli, Pina Harvey, Nicole Palermo, Isabella Harvey, Suzanne Fallon & Virginia Aloï



Left to right: Nicole Palermo, Lorraine Tierney, Pina Harvey, Cathy Spinelli present gifts to Tammi D'Antoni from Gianna Nicole Heart of Hope Foundation



Orthopedic Staff at 3333 Hylan Boulevard
Toys for Tots Donation



HEALTHCARE ASSOCIATES in MEDICINE, P.C.

Mission Statement

To provide service to the Staten Island community and adjacent areas to diagnose, treat and assess all aspects of neurological/neurosurgical, orthopedic and related disorders, diseases and injuries that compromise the health and well-being of those we serve.

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Editor

YAHIRA OCASIO
Art Director &
Assistant Editor

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www.HCA-si.com

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Steven B. Schwartzberg, MD
Florence Shum, DO
Steven Lin, DO
Clare A. McHugh, RPA-C
Marissa Modafferi, MS, RPA-C
Otabek Pulatov, RPA-C
Michelle Twito, RPA-C

NEUROSURGERY

John S. Shiau, MD, FACS
Ami Raval, MD
Irina Richardson, RPA-C
Lauren Carneiro, MS, RPA-C

NEUROPSYCHOLOGY

Marie E. Briody, PhD
Lindsey Greenfield, PsyD
Lindsay Miarmi, PhD

PAIN MANAGEMENT

Germaine N. Rowe, MD, FAAPMR
Glenn D. Babus, DO
Nakul Mahajan, MD
Lindsay Martino, RPA-C
Michael S. Hood, MS, RPA-C
Sissey Kurian, MS, RPA-C

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Joseph J. Giovinazzo, MD, FACS
Vincent Ruggiero, MD
J. David Hip-Flores, MD
Lauren B. Grossman, MD
Hilary W. Alpert, MD
Jonathan Gross, MD
Alexander Tejani, MD
Angela Singer, MS, RPA-C
Claudia H. Geris, RPA-C
Lauren Paolino, MS, RPA-C
Jillian Sarnelli, MS, RPA-C
Constance Cordaro, RPA-C
Adam R. Bruccoleri, RPA-C
Kristina McEvoy, MS, RPA-C
Nicole Guzzardi, MS, RPA-C

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Bart Zylewicz, OTR/L
Christopher DeMario, OTR/L

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Bernadette Manabat, PT
Dean Zaneteas, PT

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Richard S. Pinto, MD, FACR
Salvatore DeSena, MD
Steve Sharon, MD