

Inside HCA



An Official Publication of Healthcare Associates in Medicine, P.C. - SPRING 2016



Celebrating 30 Issues of the HCA Newsletter

This past February marked the 16th anniversary of our internal company newsletter, "Inside HCA." In these last 30 issues we have dutifully worked to keep our physicians, staff and patients informed about our practice, our services and the state of health care (locally and nationally). This effort started with a short newsletter in 2000 in which we provided patients a basic overview of orthopedics and the treatment benefits offered by our physicians. We also tried to "make sense of insurance" and provided a "risk alert" regarding attempts from journalists to obtain information on medical malpractice litigation.

Since that issue we have added services, locations and providers. We've changed our look, too. Our initial newsletter was printed in black and white, on regular paper with one photo. We now have a glossy, four-page, full-color publication with many more photos. Our newsletter is also available online at hca-si.com. Stories in the newsletter have varied widely: we've documented HCA's softball team to the construction and openings of two new facilities to the dedication of a home in Sri Lanka for HCA Occupational Therapist Mona Samaan. We've also done our share of analyzing and criticizing "Obamacare" and its effects on the country. We are proud of this publication and look forward to many more issues!

Dr. Babus performing New Treatment Options for Pain Patients

For many years James Criso suffered from knee pain. While the retired postal worker had discomfort in both knees, it was his left knee that really bothered him. He had a procedure in the 1970's and a series of treatments after but nothing worked successfully. Smoking a cigar at the store he managed in Staten Island, Mr. Criso reluctantly accepted that he was unlikely to ever have his pain relieved.

Enter **Dr. Glenn Babus** and the HCA Pain Management team. Last year Dr. Babus (right with Mr. Criso to his left) began performing **amniotic fluid injections**. Using fluid derived from donated human placental amnion fluid, the non-invasive procedure contains more than 100 growth factors and other nutrients. It encourages healing in cells and soft tissue without the risk of dangerous side effects. Dr. Babus offered the treatment to Mr. Criso in an attempt to finally fix his knee. Eager for any help he could get, Mr. Criso signed up, came into the office and had the injection. Fortunately, he felt almost immediate relief. He began walking better, felt more agile and is now thinking about having the injection performed on his other knee. 40 years after his initial procedure Mr. Criso said he finally feels relief. For more information or to schedule an appointment, patients can call **718-448-3210**.



HCA offering Free Basic Life Support (BLS) Training Classes

In January we began offering free **BLS (Basic Life Support)** training classes to all HCA employees. The courses, valued at \$100, are being taught by certified instructors and HCA Physician Assistants **Michelle O. Twito, Michael S. Hood, Angela Grillo** and **Jillian Sarnelli**. All classes are being held upstairs at our **Imaging Center at 65 Columbus Avenue**.

In order to be compliant with accreditation requirements, all clinical employees are required to complete the course and become certified or re-certified. Classes are currently being offered on a first come, first served basis with preference given to employees with patient contact. Copies of the individual certifications are required to be submitted to Human Resources by April 1. All clinical employees that have yet to register are encouraged to call **Katelyn** at **extension 139** to schedule a class. Members of the public interested in attending should call **HR** at **718-448-3210, extension 174** for further information. Classes will be held throughout the spring until all employees are compliant with the required regulations. Don't forget to sign up and get certified!

Special 30th Issue

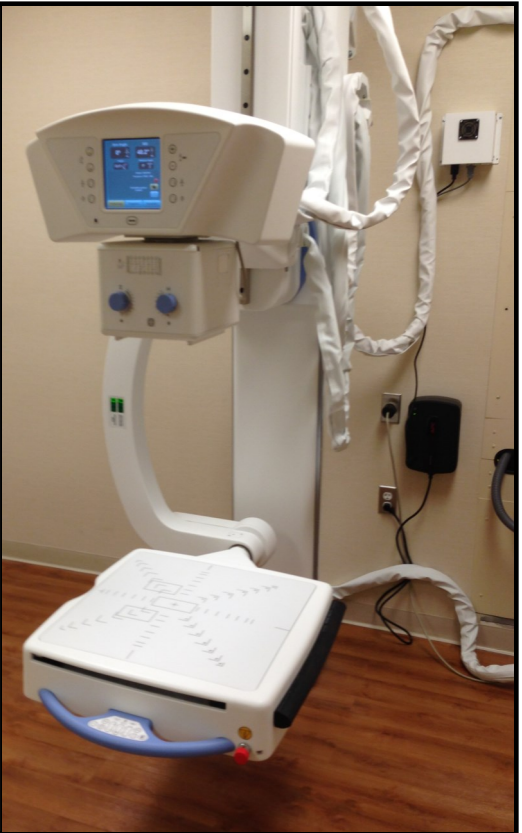
FEATURE STORY:

Come in, Relax and Stand Up – Upgrading HCA's X-Ray Department **By Angelo Spatola, LRT**

Here at Healthcare Associates in Medicine our orthopedic suites provide our patients the latest in radiological imaging. Specifically, our **Viztek U-Arm units** (right) allow patients to stand while having any body part imaged. It also permits the technician to position the patient in a more natural pose so that they may be comfortable for the exam. Fortunately, the days of asking a patient already suffering from pain to lie on a cold, hard table are over.

Our new and advanced filtration system allows for minimum radiation doses while providing maximum image quality. This is completed through our new digital system. Previously, using conventional radiology, it could take up to 90 seconds to produce one image. In computerized radiology it could take around a minute to produce the same image. In 2016, however, our digital Viztek unit produces an image in seven or eight seconds. Patients can now expect their wait time to be significantly reduced from what it was even just a few short years ago.

Our equipment is capable of producing specialty orthopedic views that aid our surgeons in treatment, surgical planning and post-operative care. We have two adjacent X-Ray rooms, each capable of producing more than 15 studies per hour. We are equipped to handle a wide variety of patients from pediatric to geriatric and special needs. Patients with new injuries can come in without an appointment to our walk-in department. This facility allows patients to be seen, examined, X-rayed and treated all in one location. HCA's board-certified physicians are also available for consultation or additional treatments. The X-Ray department is currently located on the second floor at **3333 Hylan Boulevard**. Patients looking to make an appointment or obtain more information are encouraged to call our office at **718-667-3333** or visit hca-si.com.



Patient Praises HCA's PT Providers

We often receive positive reviews from our patients. One of the most favorable obtained recently came from patient Phyllis La Tour. "I fell in February 2015," she began. "After many doctor appointments and evaluations I was finally diagnosed with a rotator cuff tear and other issues that resulted from my fall," Mrs. La Tour explained. During the period following her accident and prior to the diagnosis, she was treated by HCA Physical Therapist **Chintan Macwan** (left). Following a surgical procedure in late spring, Mrs. La Tour was again treated by our PT team.

"To date, I continue to go to Healthcare Associates because of these issues and I want to commend everyone there, including Tom, Francesco and Jenna, the PT aides, the receptionists Debbie and Leah and all the staff for their hard work and dedication," Mrs. La Tour added. "Without their diligent assistance, I would not be as mobile as I am today. I cannot say enough about how well I have been treated and taken care of."

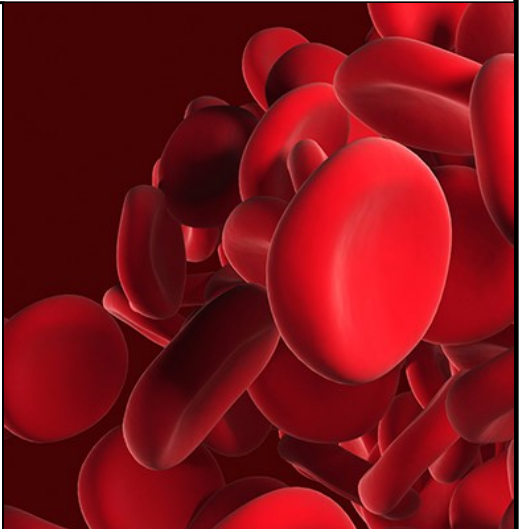
Our Physical Therapy team, led by **Alejandro T. Mariano, PT, Cert MDT** is now providing services at two locations: the PT home at our **Imaging Center, 65 Columbus Avenue** and in the downstairs suite at our orthopedic facility located at **3333 Hylan Boulevard**.



Dr. Grossman providing New Options for Orthopedic Patients

HCA orthopedic physician **Dr. Lauren B. Grossman** is now offering new treatment options for orthopedic patients. Specifically, Dr. Grossman is performing **Platelet Rich Plasma (PRP) injections** for patients suffering from a variety of orthopedic ailments. PRP therapy, which takes around 20 minutes to complete, starts with a small withdrawal of the patient's blood. The sample is then placed in a centrifuge to separate the platelet-rich plasma from the other components of whole blood. The concentrated platelets are then injected into the site of the injury. The platelets function as a natural reservoir for growth factors that are essential to repair injured tissue.

"This is great as a non-surgical option," said Dr. Grossman. "You heal faster naturally by using your own body cells. The patients I've performed this on have done really well and are feeling better." To date, the physician has found particular success with those suffering from "tennis elbow" (inflammation of the tendons of the elbow due to overuse of the forearm muscles). Typically three injections are performed one week apart in order to maximize the effectiveness. Patients interested in learning more about this injection are encouraged to visit hca-si.com or call the office at **718-667-3333**.





Notable Mentions



- Pain Management physician **Dr. Glenn D. Babus** completed an educational patient seminar in early November to discuss new remedies. Dr. Babus spoke about the amniotic fluid injections he is currently performing for patients to help ease their pain. Further information can be found at www.catalyst-connect.com.
- HCA board-certified Neurosurgeon **Dr. Anthony J.G. Alastra** held an educational dinner seminar in the fall for referring providers. Dr. Alastra (right) spoke about the sacroiliac joint which connects the sacrum (the end of the spine) and the ilium (or pelvis). Pain in the joint could be caused by trauma, scoliosis, obesity or even genetic predisposition.
- We welcomed a new pain management physician assistant at the start of the year. **Dmitriy Reznik** (bottom right) is currently treating patients at both of our pain management office locations.
- More than 70 friends, family members and co-workers gathered in late January to celebrate the retirement of veteran HCA Transcription Supervisor **Theresa "Terri" Ward**. Terri began working for HCA (then known as "Concord Neurological") in 1972 as an EEG technician. We wish her a happy, healthy and peaceful retirement.
- Congratulations to HCA Neurologist **Dr. Steven Lin**! Dr. Lin and wife Karen celebrated the birth of their first child on January 25th. Baby Stanley weighed seven pounds and was 20.5 inches tall.
- HCA Physician Liaison **Diane Peruggia** will be honored by Saint John Villa Academy in late April. Diane will be receiving "The Sisters of St. John the Baptist Humanitarian Award." Recipients of the award express the core values that the school represents. They are considered role models for Villa students because of the difference they have made in the lives of others.
- Have an item you want to see here? Is there a topic you're interested in learning more about? E-mail us at PR@hca-si.com.



WE SAID WHAT? LOOKING BACK AT "INSIDE HCA"

We've discussed quite a few topics in these pages. Here are some memorable quotes from the last 30 issues.

"...the estimate for the cost of the bill's insurance coverage provisions is in the neighborhood of more than \$1 trillion over the next 10 years. More deficits added to an already fragile economy could prove devastating." — discussing the potential effects of "Obamacare," **SEPTEMBER 2009**

"...in typical HCA fashion, our physicians and staff rallied together to help each other out. Clothes, food and supplies were routinely brought into our offices to help those who lost their belongings. A final tally showed our employees, friends and family raised more than \$20,000 with each home receiving more than \$2,000 each." — helping Hurricane Sandy victims, **SPRING 2013**

"...in the end, what we need is more active health-care provider participation in the process and it must be by practicing physicians who have lived the system, not just physician educators or academics who have, for the most part, been absent from the 'trenches' of providing health care." — Dr. Reilly on healthcare legislation, **MARCH 2010**

"...we employ over 130 people, perform more than 5,000 surgeries and see more than 100,000 patients a year." — CEO Paul Berkley discussing figures that have since doubled, **FEBRUARY 2000**

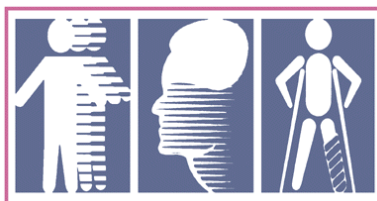
"...they make great dinner conversation." — Pat Honig, former Credentialing Manager, listing the top 10 reasons to read her internal memos, **SPRING 2001**

"...getting a claim processed is similar to solving a puzzle." — Diane Sanna, the HCA Director of Financial Services, on getting paid for care, **JANUARY 2010**

"...during the course of a red-eye United Airlines flight, three separate passengers became dangerously ill and were all found unresponsive. Flight staff quickly enlisted the help of Dr. Shiau. Using methods better suited for the emergency room instead of coach, the physician set up IV's for the sick passengers. Working quickly and effectively Dr. Shiau was able to successfully resuscitate and stabilize all three patients." — recounting a bumpy flight, **SPRING 2014**

"...there are so many new things to do, best stated as 'I was always proud to be Dr. Leventhal but now I am even happier to be known as Joan's husband.'" — HCA neurosurgeon Dr. Harvey Leventhal retiring after 40 years of service, **SEPTEMBER 2000**

"...welcome to the first edition of Inside HCA." — Volume I, Issue I, **FEBRUARY 2000**



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MISSION STATEMENT

The practitioners and support staff of Healthcare Associates in Medicine continuously strive to provide our patients with optimal C.A.R.E.—Compassion, Attention, Respect and Expertise. We are committed to offering the most advanced treatment options available, that we customize to each patient's individual needs and personal circumstances in a professional yet cordial and responsive environment. Our ultimate goal is our patients' overall well-being.

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