



The Brooklyn Hospital Center

WINTER 2020

Keeping Brooklyn Healthy

New Physicians
Pavilion



Healthy
Winter Eating



Great GI Care
in the Neighborhood



TBHC and the
Community



Start Right, Grow Well

See pages 4 and 5
for information
on obstetric
and pediatric
services





Gary G. Terrinoni

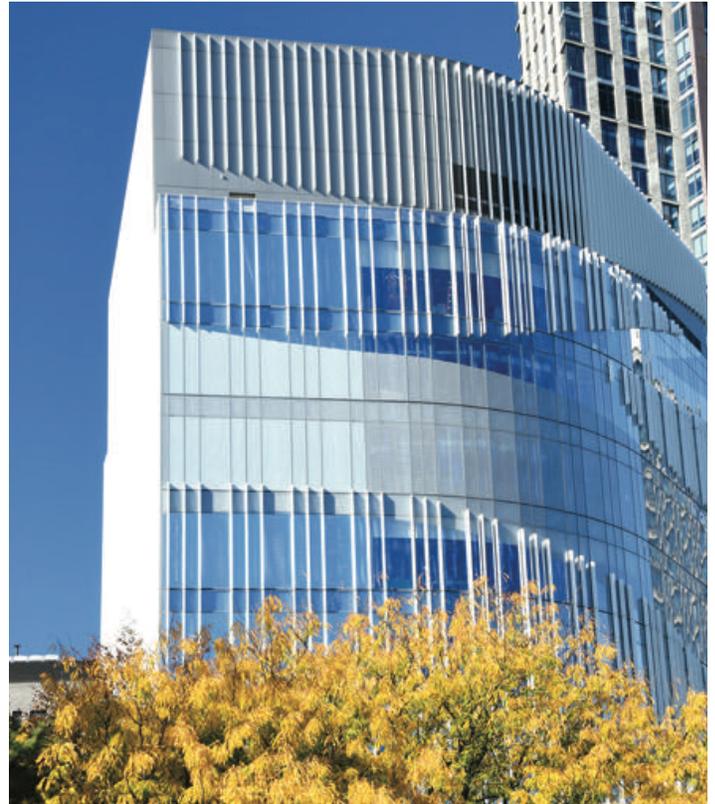
MESSAGE FROM TBHC'S PRESIDENT

Coming Soon: The Physicians Pavilion

For years, our community has been going to 240 Willoughby Avenue (the Maynard building) where, most of our doctors' offices were located. It's now time for a modern, patient-friendly place for you and your family!

The Brooklyn Hospital Center (TBHC) has leased six floors in a stunning, brand-new building where our doctors' practices will be relocated. This new Physicians Pavilion is just a block from the hospital with its own designated entrance on 86 St. Felix Street between Fulton Street and Lafayette Avenue. If you're already a patient, your doctor will let you know more. If you're interested in coming a convenient Fort Greene-based office for specialty care such as cardiology or obstetrics (among many others), we'll keep you posted through outreach as we get closer to the opening in a few months.

The goal of today's healthcare is to keep you out of the Emergency Room and the hospital. That's why in 2020, in addition to the Physicians Pavilion, TBHC will be opening a brand-new location for our outpatient dialysis service. This service will be relocated from Rockwell Place to 218 Myrtle Avenue in Fort Greene.



At TBHC, we are bringing every aspect of this independent, teaching hospital into the 21st century. What won't change—we're dedicated to *Keeping Brooklyn Healthy*.

3 Keys: Healthier Winter Eating

- 1. Eat what feels right.** "Listen to your body and limit portion sizes of treats," says TBHC's dietitian, **Mary Hall, RD**.
- 2. Color it up.** Think wintry carrots, citrus, squashes, collards, chard, spinach, kale, kiwi and radicchio. When you're craving comfort food on a blistery day, veggies are a great addition to a stew or soup, and fruit is always a nice, light dessert or snack.
- 3. Lighten baked goods.** The cold weather brings out the baker in many of us. Experiment with replacing some of the butter with Greek yogurt or apple sauce. Also try whole grains. "When your recipe calls for flour, split it 50/50 between whole wheat and white," says Ms. Hall.



Great GI Care in the Neighborhood

Merriam-Webster puts it like this: “gastroenterology: a branch of medicine concerned with the structure, functions, diseases, and pathology of the stomach and intestines.” You may have heard of this medical specialty as “GI”, a shortened version of gastrointestinal. Whatever you call it, The Brooklyn Hospital Center (TBHC) has excellent care right here in Downtown Brooklyn and at most of our ambulatory care sites.

The Division of Gastroenterology is led by Division Chief **Madhavi Reddy, MD**, along with a team of excellent gastroenterologists (see below). “Our gastroenterologists are board certified, caring and experienced physicians who provide the highest quality of care. They not only treat the disease, but they treat the person with the disease by spending time with the patient, listening to concerns and answering questions,” says Dr. Reddy.

Many of the procedures are done using advanced endoscopic technologies in TBHC’s state-of-the-art endoscopy suite. Endoscopy uses thin, lighted tubes inserted through the body’s natural openings into the digestive system. Because it is minimally invasive in that it doesn’t cut into the body, endoscopic procedures are relatively comfortable with easy recovery.

TBHC’s GI division offers diagnostic and therapeutic endoscopy (EGD), colonoscopy and percutaneous endoscopic gastrostomy (PEG) placement. Our interventional trained endoscopists also provide luminal and biliary stent placement, as well as diagnostic and interventional endoscopic ultrasound (EUS) and endoscopic retrograde cholangiopancreatography (ERCP).

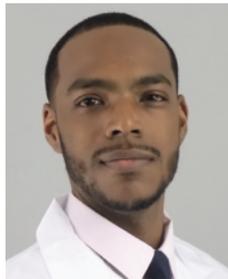
Here are common GI diseases and disorders treated:

- Colon cancer
- GERD (gastroesophageal reflux disease)
- Peptic ulcer disease
- Gastritis
- Hepatitis B and C
- Constipation
- Diverticulosis
- Gallstones
- Celiac disease
- Cirrhosis and other chronic liver diseases
- Crohn’s disease and ulcerative colitis
- Gastroparesis
- Anemia from gastrointestinal blood loss
- Irritable bowel syndrome
- Biliary tract disease
- Pancreatic diseases

If you need a gastroenterologist, ask your primary physician for a referral to TBHC. Call 718.250.8867 or visit tbh.org/BrooklynGastroenterology.



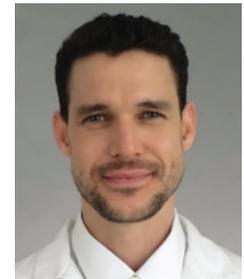
Madhavi Reddy, MD, FACG
Chief, Division of Gastroenterology;
Fellowship Program Director



Denzil Etienne, MD
Gastroenterologist and
Fellowship Associate Program Director



Derrick Cheung, MD
Director of
Interventional Endoscopy



Eduardo J. Quintero, MD
Interventional
Gastroenterologist

GI News You Can Use. Colonoscopy is a lifesaving procedure that can detect and prevent colorectal cancer. Did you know the recommended screening age is not the same for everyone? While the age for average-risk individuals to begin such screening is currently 50, for African Americans and others who are at higher risk for colon cancer, the age is 45. Talk to your doctor about when you should begin screening.

Start Right: Having Your Baby at TBHC

For many young families, the first experience with regular medical care begins with having a baby. The Brooklyn Hospital Center (TBHC) considers it a privilege to provide quality, convenient obstetric care to our community.

Whether this is your first baby or you are continuing to build your family, our expert physicians and clinical staff are here to help you every step of the way! TBHC is home to some of the most qualified and experienced obstetricians in Brooklyn. TBHC delivers more than 2,400 babies every year. We have the medical staff, services and equipment you need for a perfect delivery experience, including:

- **Family-friendly philosophy.**
- **10 state-of-the-art labor and delivery suites.** All are large and equipped with the latest technology.
- **Birthing rooms** that quickly convert into delivery rooms.
- **If interested, rooming-in** with your infant is allowed to encourage **breastfeeding.**
- **Educational classes.**
- **Tours of our labor & delivery unit.** Call 718.250.8440 to arrange a date and time.
- **Maternity rooms** that overlook scenic and historic Fort Greene Park.
- **The latest technology in ultrasound** to evaluate both low- and high-risk obstetrical patients and test for fetal health, along with reproductive genetic services.
- **Expertise in maternal-fetal medicine** for high-risk pregnancies.
- **Amenities and accommodations** for faith- and/or culturally based needs.

Whether you are looking for an obstetrician, have an obstetrician already who delivers at TBHC, or are having a birth via our Prenatal Care Services Program for uninsured or underinsured women, TBHC is committed to making sure you and your baby have a healthy, happy experience.



If you are looking for an obstetrician, call 1.833.TBHC.NOW (1.833.824.2669) or visit tbh.org/BrooklynOBGYN for more information and specific physicians.

Obstetric News You Can Use. To calculate your due date, add 7 days to the first day of your last period, and then count forward 9 months. BUT...experienced moms suggest you add 10 days to that date when spreading the good news of baby's arrival. Normal pregnancies can happen up to 41 weeks and first-time moms are more likely to go past their due date than deliver early. This way you avoid "is the baby here yet" texts that can try the patience of any woman counting down the days in the ninth month!

Grow Well: Care for Your Child at TBHC

TBHC's Department of Pediatrics is committed to meeting the needs of our community. We provide high-quality, compassionate care for kids from one day to 21 years old with the finest experts, technology and services.

Our board certified pediatric physicians and specialists, as well as our nurses and nurse practitioners, have years of expertise and are dedicated to providing convenient, courteous and culturally sensitive care to the children and parents of our diverse neighborhoods. Whatever your child's needs, our team will communicate with you every step of the way to ensure those needs are understood and met.

We offer a full spectrum of pediatric care:

- **Primary care** (outpatient check-ups, non-urgent sick care, school/camp medical clearances, vaccinations, sensitive adolescent health).
- **The Children's Health Center** (of which the Brooklyn Adolescent Center is part), is an easily accessed center located on the main floor of the hospital at 121 DeKalb Avenue in Downtown Brooklyn.
- **Child-focused emergency care** with a designated pediatric area in the Emergency Room.
- **Pediatric specialty care**, (including in cardiology, gastroenterology, hematology/oncology, nephrology, rheumatology and more).
- **24-hour intensive inpatient hospital care**, including a cutting-edge Level-3 perinatal care center/neonatal intensive care unit (NICU), and pediatric intensive care unit (PICU). For children who need hospital inpatient or emergency care, we have dedicated pediatric specialists and hospital physicians in multiple disciplines.
- **A Child Life Program** that works to provide warm support to children and their families at all levels of care.

If you are looking for a pediatrician, call 1.833.TBHC.NOW or visit tbh.org/BrooklynPediatrics for more information and specific physicians.



Pediatric News You Can Use. The dangers of vaping is making headlines. You may not realize this is a pediatric problem, as well as an adult one. These devices are now the most frequently used tobacco product among middle- and high schoolers. What began as an aid to quit smoking has now morphed into a popular—and addictive—product. Worst of all, many kids think vaping is harmless. Educate yourself and your child on the dangers of vaping and ask your adolescent's pediatrician to speak to your child, too.

TBHC and the Community

We partner with our community in a myriad of ways—from houses of worship to schools, block associations to businesses, police precincts to elected officials. Here's who we worked with recently:



Chances are you know our **Community Liaison Sakibeh Mustafa** from her time out in the neighborhoods at health fairs, screenings and events. We were thrilled that the **Arab American**

Association of New York, a Brooklyn nonprofit, acknowledged her contributions at their 2019 Benefit Gala.



Hats and heart-shaped quilts were hand-created for TBHC's preemie babies thanks to volunteers at **Emmanuel Baptist Church** (in Clinton Hill). Shown here: Program Leader **Veronica Monro** and volunteers **Paulette Jackson** and **Lillie Grant**.



TBHC is the official healthcare provider of the **Brooklyn Academy of Music (BAM)**. Combined, we share over 325 years of **#KeepingBrooklynHealthy**. As a partner, BAM sent winner of New York City's 'Best of the Best' Jazzmobile Vocal Competition, **Emily Braden**, to perform in-house. This Harlem-based and bilingual jazz vocalist sang a warm and welcoming acoustic set with her guitarist for patients and staff in our main lobby. It was a wonderful treat!



In partnership with **Team Brown Consulting**, TBHC hosted a men's health panel discussion, moderated by **Rev. Dr. Mark V.C. Taylor**, Senior Pastor, **The Church of the Open Door** (in Vinegar Hill). Shown here: panelist **Srinivas Kesanakurthy, MD**, Director of TBHC's Brooklyn Heart Center; **Rev. Taylor**; **Lenny Singletary**, TBHC's Senior Vice President; panelist and sponsor **Ed Brown** of Team Brown Consulting; and community member and panelist **Wilbert Gibson**.

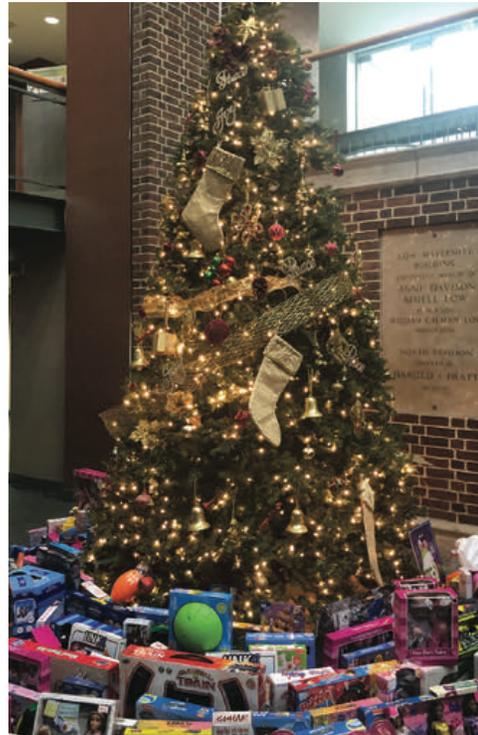
Partner with us! We have community outreach and health and wellness education, screenings and lectures we can bring to your organization. Call Community Affairs at 718.250.8391.

Looking Back at Holiday Happenings

December arrives and it's party party at TBHC, thanks to the many community groups who make our patients' days in the hospital more joyful:



New York Police Department's Patrol Borough Brooklyn North dressed as superheroes for their annual holiday toy giveaway, stopping throughout the borough to the delight of grownups and kids. We were fortunate to be on their route! Spiderman and friends visited and popped up in unexpected places!



Our wonderful **Community Advisory Board (CAB)** in collaboration with **First Calvary Baptist Church** (located in Stuyvesant Heights) brought over tons of donated toys, while the choir from the church joined in on the fun. The choir sang holiday carols around the brimming tree in the hospital's main lobby to the delight of visitors and staff.



TBHC and **Starbucks** recently partnered for the first time to sponsor a toy drive and help support our neonatal intensive care unit's (NICU) annual party for its "graduates." Starbucks stores across New York City collected toys from employees to create holiday giveaways and baskets for babies, children and families. Children received such goodies as teddy bears, dolls and books.



In support of **Crafting for a Cure**, the **Joffrey Ballet** partnered with our Children's Health Center to put on a little show. Candy canes, a sugar plum fairy, a nutcracker and this toy soldier all made dance appearances to the delight of our youngest patients!

Interested in joining the TBHC team? Visit our Careers page online at tbh.org/careers.



The Brooklyn
Hospital Center

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@official_tbhc

Brooklyn, stay close!

Stop making the trek to Manhattan or deeper into the borough for your healthcare.

The Brooklyn Hospital Center has served Downtown Brooklyn and the surrounding neighborhoods for nearly 175 years. We have great primary care (pediatrics, family medicine, obstetrics/gynecology). We also have many excellent specialties with terrific doctors and the latest technology, including bariatric (weight loss) surgery, orthopaedic surgery, spine surgery, and comprehensive gastroenterology and heart care.

Call **1.833.TBHC.NOW** (1.833.824.2669) or visit us at **www.tbh.org** to find the right care where you need it most.

