

# *Keeping Brooklyn Healthy*

25 TBHC TOP DOCS  
RECENTLY NAMED



EMERGENCY CARE  
IMPROVEMENTS



OUR FAMILY  
HEALTH CENTERS



KNOW YOUR  
HEART NUMBERS



**Let us love  
your heart,  
too.**

See page 5  
for our heart-care  
services



## MESSAGE FROM OUR HOSPITAL'S PRESIDENT & CEO



I am delighted to be named the new President of The Brooklyn Hospital Center (TBHC). Let me introduce myself: I was previously with the Kennedy Health System

located in New Jersey where, as part of the leadership team, I guided that system toward financial and operational success. It is a privilege to now be working for TBHC, a hospital that has a historic record of serving Brooklyn since 1845.

As the healthcare landscape changes, it is our job to ensure that we continue our mission as an important care provider for our neighborhoods. Among many plans we have at TBHC, you can expect us to:

- Deliver coordinated primary and specialty care services to manage and maintain the health of Brooklyn's residents and provide healthcare services to all.
- Continue providing clinical quality and the best patient experience possible to ensure excellent outcomes and satisfaction for you and your family.
- Promote a culture of servant leadership to encourage TBHC staff always to Trust, Listen and Challenge (TLC) each other in a respectful way.

In March, I attended my first Annual Board of Trustees Retreat. There, we created a Blueprint for Financial and Operational Success, a guide for TBHC's immediate and prioritized needs for the next five years. This Blueprint focuses on financial, quality, operational, infrastructure, information technology and strategic items. I will be reporting more to you as we make plans according to its recommendations.

I look forward to building on our commitment during 2016 and beyond. I am especially excited to regularly update you about The Brooklyn Hospital Center's progress via *Keeping Brooklyn Healthy*, this new quarterly publication, which is named after our motto and mission!

Gary G. Terrinoni

# TOP DOCTORS NAMED, TOP RESULTS DELIVERED

The Brooklyn Hospital Center salutes these physicians who were acknowledged by Castle Connolly Medical, a publisher of the popular "Top Doctors" series. Those selected are nominated by their peers in an extensive survey process of thousands of American doctors each year. A physician-led team screens each nominee and only those who are among the very best in their specialties and in their communities are included. Here are TBHC's 2015 Top Doctors, all right in your neighborhood:



- |  |   |
|--|---|
| <b>1</b> Stephen Aji, MD<br>Pediatrician                                     | <b>14</b> Matthew Kaplan, MD<br>Pediatric Nephrologist                                    |
| <b>2</b> Armand Asarian, MD<br>Chief, Surgery                                | <b>15</b> Steven Levine, MD<br>Neurologist  |
| <b>3</b> Leonard Berkowitz, MD<br>Division Chief, Infectious Diseases        | <b>16</b> Dolly Manvar, MD<br>Allergist and Immunologist                                  |
| <b>4</b> David Berman, MD<br>Ophthalmologist                                 | <b>17</b> Viplov Mehta, MD, CMD<br>Internist  |
| <b>5</b> Ahmar Butt, MD<br>Internist   | <b>18</b> Nelson Menezes, MD<br>Division Chief, Vascular Surgery                          |
| <b>6</b> Anders Cohen, DO<br>Division Chief, Neurosurgery                    | <b>19</b> Steven Pavlakis, MD<br>Pediatric Neurology                                      |
| <b>7</b> Earl Ellis, MD<br>Geriatrician                                      | <b>20</b> Swayamprabha Sadanandan, MD<br>Division Chief,<br>Pediatric Hematology Oncology |
| <b>8</b> Howard Friedman, MD<br>Cardiologist                                 | <b>21</b> Eli Serur, MD<br>Obstetrician & Gynecologist                                    |
| <b>9</b> Romulo Genato, MD<br>Surgeon  | <b>22</b> Frederic Sherman, MD<br>Palliative Care   |
| <b>10</b> Fred Gilbert, MD<br>Pediatric Genetics                             | <b>23</b> David Sherr, MD<br>Radiation Oncologist   |
| <b>11</b> Stuart Green, MD<br>Division Chief, Rheumatology                   | <b>24</b> Alan Stein, MD<br>Infectious Disease Specialist                                 |
| <b>12</b> Ramesh Gulrajani, MD<br>Pulmonologist                              | <b>25</b> Jacob Warman, MD<br>Division Chief, Endocrinology                               |
| <b>13</b> Abraham Jelin, MD<br>Division Chief,<br>Pediatric Gastroenterology |   |



# IMPROVEMENTS TO THE EMERGENCY DEPARTMENT

The Brooklyn Hospital Center is an essential provider of medical services including emergency, urgent and ambulatory care to Brooklyn. We are constantly seeking ways to improve how we deliver this care. The centerpiece of our current efforts is an ambitious emergency department modernization.

Keeping Brooklyn healthy is a commitment we take seriously. A renovation of the emergency department (ED) is a key improvement for TBHC and is critical to ensuring that we meet current and projected community needs. Our ED was built to handle about 40,000 visits annually. Last year, we had more than 70,000 visits.

Clearly, a more spacious ED is required. We are working closely with our staff to create a modern emergency department that will significantly enlarge the space and provide a more welcoming environment. The projected \$15 million project will provide staff with updated work areas and advanced technology, helping our care providers to more easily provide you the best emergency care possible.

Perhaps, the most welcome news of all is that these improvements will result in a streamlined registration and triage experience for patients and family members. This means less waiting time during an already stressful situation.

This renovation is the centerpiece of a larger, integrated plan to improve the hospital's emergency and urgent-care services. We are increasing access to care to the community in a variety of ways including extending hours at many of our Family Health Centers and opening urgent-care centers in several Brooklyn neighborhoods.

Keep an eye out here in future issues for architectural renderings and progress updates as we embark on these exciting and critically needed improvements.

## IMPORTANT HEALTH SCREENINGS AT TBHC

TBHC has been keeping Brooklyn healthy for 170 years and counting. Preventive screening is essential to maintaining your good health. TBHC encourages you to consider:

### Cancer Screenings

For uninsured and under-insured people: Call 718-250-8708 to make an appointment for prostate, colorectal and breast cancer screenings or for more information.

### Cancer Screenings

If you are insured: Call 718-250-8425 or visit [www.tbh.org/find-physician](http://www.tbh.org/find-physician) to find a primary care physician who can help you receive prostate, colorectal and breast cancer screenings.

### Hepatitis C Screening Services

Call 718-250-8668 to make an appointment or for more information.

### Lung Cancer Screening

Call 855-NO-LUNG-CA to make an appointment or for more information.

# TBHC'S FAMILY HEALTH CENTERS

**Are you looking for a convenient facility that will take care of you and your family's healthcare needs? Look no further than right in your neighborhood.**

You may think just of TBHC's historic downtown location when you think about The Brooklyn Hospital Center. Many patients, however, access primary and specialty outpatient care beyond the hospital through our network of convenient, neighborhood-based Family Health Centers.

Brooklyn is a place of many diverse neighborhoods, each with its own culture, composition and languages. TBHC's Family Health Centers provide high quality services tailored to the health needs of each community in which they are located.

Most of the centers are designated as Patient-Centered Medical Homes, a special recognition that is awarded to organizations that achieve standards related to quality, use of an electronic medical record, patient education, and the integration of primary and specialty care services in a coordinated manner.

Every Family Health Center emphasizes preventive and primary care through a combination of family medicine, internal medicine, pediatrics and/or women's health services. Many centers have additional supportive programs such as those to help you quit smoking, manage your diabetes, or access a WIC program or a social worker so you can learn about valuable resources in your community.

The centers target the specific needs of their communities. For instance, our new Church Avenue Family Health Center in Flatbush-Ditmas Park provides a full range of primary care, and dental and specialty services. Most centers offer community midwifery services and surgery consultation. Many of the centers also include such specialty services as cardiology, gastroenterology, podiatry or sports medicine.

We make every effort to speak our community's languages. Every center has staff that speaks English or Spanish. You can also, however, find staff fluent in Creole at Church Avenue, Polish at Manhattan Avenue, Mandarin and Cantonese at 61st Street, and Yiddish at the Williamsburg site, each reflecting the cultures of the center's community.

See which Family Health Center is nearest to you and call to learn more about its specific services and office hours:

► **Church Avenue Family Health Center**, 2244 Church Avenue in Flatbush-Ditmas Park, 718-826-5656.

► **La Providencia Avenue Family Health Center**, 1280 DeKalb Avenue in Bushwick, 718-455-9000.

► **Manhattan Avenue Family Health Center**, 99 Division Avenue in Greenpoint, 718-599-6200.

► **61st Street Family Health Center**, 771 61st Street in Dyker Heights-Borough Park, 718-851-2323.

► **Williamsburg Family Health Center**, 99 Division Avenue in Williamsburg, 718-599-6200.



**LET'S CONNECT! There are lots of ways to connect with The Brooklyn Hospital Center on line, whether it be through one of the popular social media sites or our own website. Visit us at:**



[tbh.org](http://tbh.org)



[Facebook/brooklynhospitalcenter](https://www.facebook.com/brooklynhospitalcenter)



[@bkhospital](https://twitter.com/bkhospital)



[@bkhospitalfoundation](https://www.instagram.com/bkhospitalfoundation)

# TBHC EXPANDED HEART CARE SERVICES

Implanted heart devices—defibrillators, pacemakers—have become more common in the past 10 years and they have helped a lot of people live long and healthier lives. Unfortunately, our community has not had easy local access to these lifesaving devices, which are called electro-physiology (EP) services.

That is until now, because The Brooklyn Hospital Center (TBHC) has recently been given the green light from the New York State Department of Health to offer EP services and studies, and implant devices.

In fact, the Cardiology Division of the Department of Medicine, led by Chief Ramesh Gowda, MD (shown here with a patient), is proud to offer a newly expanded array of interventions, procedures and preventive services, with more on the way.

Traditionally, our communities have lacked access to sophisticated services to meet their heart-health needs. The result has been a significant number of preventable deaths and higher than predicted illness from cardiovascular disease. In a coordinated and aggressive effort to address this public health issue, The Brooklyn Hospital Center has been seeking to build upon its already excellent cardiology services.



**For more information about our full range of heart-health services, please call 718-250-8265.**

The new EP services complement the cardiovascular care we currently provide. In our catheterization lab, the cardiology team performs **diagnostic angiography**, procedures performed to view blood vessels after injecting them with a dye that can be seen on an x-ray; **peripheral angiography**, a procedure to find narrowed or blocked areas in one or more of the arteries that supply blood to the legs; and **implantable loop recorder**, a small cardiac monitor that records the heart's electrical activity.

The Brooklyn Hospital Center also offers **echocardiography**, ultrasound to see the heart's action in multiple dimensions; **treadmill stress test**; **nuclear stress test**, where a radioactive dye is injected into the bloodstream and the heart is monitored with imaging at rest and after exercise; and **cardioversion**, a procedure done to restore a normal heart rhythm for people who have abnormalities or arrhythmias. Our **general cardiology clinic** provides preventive and follow-up heart care.

Coming soon to this already rich array of services are plans to launch clinics for heart failure, Coumadin users, patients with heart devices, and those seeking to quit smoking. Stay tuned!

## KNOW YOUR HEART NUMBERS

There are key markers of heart health that are measured by numbers. It's important to visit your primary care provider annually to keep on top of these numbers to see that they are falling in the normal range. If they are not normal, your care provider can work with you on a plan that may include diet, exercise and medicine.

**Blood pressure**, the force of blood against the arteries when the heart beats and rests. High blood pressure is a risk factor of heart disease.

**Cholesterol**, a waxy substance produced by the liver. Because cholesterol is unable to dissolve in the blood, it can, over time, clog arteries, which can lead to heart disease.

**Blood sugar**, the amount of sugar (glucose) in your blood. Blood sugar can determine your risk of diabetes, a serious health issue in its own right, but also a risk factor for heart disease.

**Body mass index (BMI) and waist circumference.** An ideal weight varies by gender, age, height and frame. BMI and waist circumference are indicators if you are at a healthy weight for your heart.



# The Brooklyn Hospital Center

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[www.tbh.org](http://www.tbh.org)

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## NEW TO THE NEIGHBORHOOD?

Brooklyn is known for its great restaurants, beautiful blocks and friendly neighbors. Moving here also means reconsidering the best and most convenient way to take care of your family's wellness. The Brooklyn Hospital Center can help, providing you with top-notch medical services, right in your own backyard.

**Looking for a primary care physician?  
A good OB/GYN? A great pediatrician?  
A wide range of specialists?**

**Call 1-877-TBHC-DOC** to find the right doctors for you.  
**Or visit [www.tbh.org/find-physician](http://www.tbh.org/find-physician)** to request an appointment on line.

**While you're on our web site**, learn more about The Brooklyn Hospital Center, Keeping Brooklyn Healthy for 170 Years and Counting!

