

# COMMUNITY HEALTHLINE

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## THE BIG IDEA: SMALLER SURGICAL INSTRUMENTS

**GYNECOLOGISTS** Ted Goldman, MD, and John Wagner, MD, are the only Suffolk County surgeons to be accredited by the American Institute of Minimally Invasive Surgery (AIMIS). AIMIS accredited members have advanced surgical skills, and share procedural and outcome data with their peers. AIMIS is the nation's pre-eminent educator



**Ted Goldman**, MD, shows a scaled-down microlaparoscopy device.

of advanced surgical techniques for women's health specialists.

"Eighty percent of the outpatient gynecological surgery that we perform is done laparoscopically or using minimally invasive techniques," said Dr. Goldman.

Unlike a traditional open surgical procedure, laparoscopic surgery is performed through three tiny incisions into which a miniature camera and surgical instruments are inserted. The surgical field is projected onto a high definition video monitor which the surgeon views as he manipulates the surgical instruments. Benefits of laparoscopic surgery include faster recovery time, less risk of infection and other surgical complications, and minimal scarring.

Dr. Goldman is currently turning his attention to microlaparoscopy, the next generation of laparoscopic surgery that uses even smaller instrumentation than what is used to perform traditional laparoscopy.

"The instruments used in microlaparoscopy are not much bigger than an intravenous needle," said Dr.

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Goldman. These instruments are passed through a portal known as a trocar. In microlaparoscopy, the trocar will become obsolete, as many of the instruments will be passed right through the skin.

"This permits us to make incisions that are so tiny that there is little or no visible scarring," said Dr. Goldman.

Dr. Wagner specializes in single port surgery, where all instrumentation is inserted into a single incision rather than the three incisions typically used for laparoscopic procedures. In many cases, he hides the incision within the belly button, leaving no visible scar.

"This is sometimes referred to as hidden scar surgery," Dr. Wagner said.

The pair uses these minimally invasive approaches for most gynecological surgeries, including hysterectomies, oophorectomies, (CONTINUED ON PAGE 13)

AUGUST 2011





# A MESSAGE FROM KEVIN F. LAWLOR

Huntington Hospital's President & CEO

**HUNTINGTON HOSPITAL CAN** play a larger role in your health! This issue of our HEALTHLINE newsletter will begin to tell you how.

For more than 95 years, Huntington has been the place where the community turns when they are faced with serious illness or injury. Our Emergency Department has

become one of the busiest around, logging nearly 50,000 visits each year, and we have devoted significant resources to addressing the special emergency care needs of infants and children through our Clark Gillies Children's Emergency Care Center.

For the past 16 years, our Dolan Family Health Center has provided excellent primary care to the entire community, regardless of insurance status or ability to pay. Last year, more than 9,000 Huntington area men, women and children made nearly 30,000 visits to the Dolan Center for check-ups, school physicals, immunizations, prenatal care, and management of diabetes, asthma, and other chronic health conditions.

Through comprehensive programs like our Mariani Family Cardiology Center and our Don Monti Cancer Center, we are a source

of high-quality diagnosis and treatment of potentially serious medical issues such as heart disease and cancer. You can read about the full range of services offered by our Cancer Program in our Cancer Annual

Report on pages 9 – 12.

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# IMPLANTED DEVICE Helps with Digestive Disorder



**WHEN THE DIGESTIVE** system works properly, food is eaten, broken down by stomach acids and moved through the digestive tract by powerful muscular contractions. But for some people, the stomach muscles don't contract properly. As a result, food remains in the stomach or moves too slowly through the digestive tract, causing chronic nausea, vomiting, reflux, and other symptoms that can interfere with quality of life.

The few effective treatments for this condition, called gastroparesis, include dietary modification, medication, and a unique procedure that stimulates muscle contractions by surgically implanting an electrical stimulator into the abdomen. **David Buchin, MD**, is one of a handful of surgeons on Long Island to perform this procedure, known as the Enterra® Gastric Neurostimulation System. Dr. Buchin is board certified in general surgery.

The implantation is done laparoscopically, meaning that the surgeon operates through three tiny incisions into which a camera

and surgical instruments are inserted. Images of the surgical field are then projected onto a video monitor which the surgeon views as he manipulates the instruments. Because the surgery is minimally invasive, patients are usually able to return home within one day.

"The device is similar to a cardiac pacemaker," explained Dr. Buchin. "Wire leads are placed on the stomach wall and connected to the device which generates an electrical impulse. This stimulates a muscle contraction in the stomach which helps move the food through."

The device itself is implanted just under the skin in the abdomen. Using a special magnet and a hand-held computer, Dr. Buchin can communicate with the device and adjust the timing and intensity of the electrical stimulation that it generates.

Dr. Buchin emphasized that gastric neurostimulation is not a cure for gastroparesis, but it may help to alleviate the



**David Buchin, MD**, (above) with the Enterra™ Device (left).

debilitating symptoms of the disorder. Gastroparesis may affect those with diabetes, but there is no known cause for the problem in a significant percentage of patients.

In addition to nausea and vomiting, patients with gastroparesis often report that they feel bloated and full after eating only a small amount of food. In severe cases malnutrition may occur.

"Gastroparesis can make people feel really awful and affect their ability to socialize or go to work or school," said Dr. Buchin. "For many of these patients, this device offers relief from these unpleasant symptoms and vastly improves their lives." //



## **Sharing Stories of Hope**

**Helen and Charles Reichert** (center and right) made a generous donation to underwrite the cost of printing "Breast Buddies," a moving and emotional booklet in which members of Huntington Hospital's long-standing breast cancer support group shared their personal stories of friendship and survivorship. **Lynn Cohen**, Development Office, thanked the couple for their gift. Copies of the booklet will be provided to all newly diagnosed breast cancer patients at the hospital.

# U.S. News Ranks Huntington Hos



**HUNTINGTON HOSPITAL** has been ranked #26 in the New York Metro Area in *U.S. News* Media & World Report's 2011-12 Best Hospitals rankings, available online at [www.usnews.com/besthospitals](http://www.usnews.com/besthospitals). In addition, Huntington was named a "high performer" in Diabetes & Endocrinology, Gastroenterology,

Geriatrics, Pulmonology, and Urology. The rankings, annually published by U.S. News for the past 22 years, will also be featured in the *U.S. News* Best Hospitals guidebook, which will go on sale August 30.

"Our clinicians, leaders and Board feel strongly that our patients deserve nothing less than our full attention to the

task of achieving and sustaining clinical excellence," said Michael B. Grosso, MD, Sr. Vice President of Medical Affairs at Huntington Hospital. "With our colleagues across North Shore-LIJ Health System we are committed to making healthcare safer, timelier and more effective."

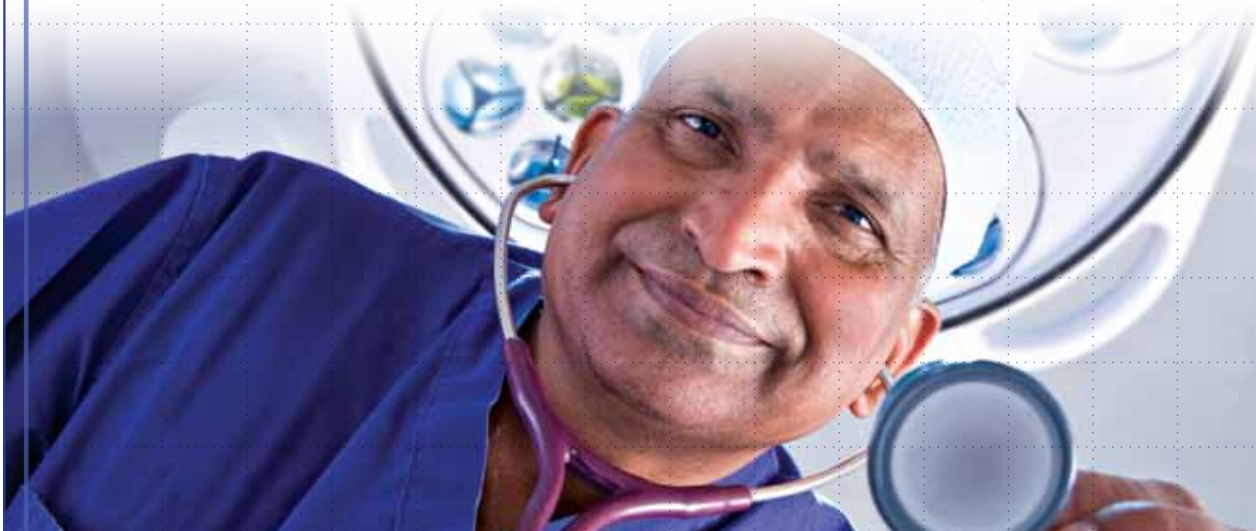
The core mission of Best Hospitals



When a heart attack strikes, seconds count. Living near Huntington Hospital gives you access to a door-to-catheter time that ranks as one of the fastest on Long Island, as well as some of the most advanced catheterization and electrophysiology services available. Preventing an emergency, however, is always better than surviving one. If you have a family history of heart disease, have your heart examined now. Call (855) 855-4448 to get connected with the team that's right for you.

**"Unfortunately, too many people meet me like this."**

— Raj R. Patcha, MD, Director, Cardiac Cath Lab



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# Hospital #26 in New York Metro Area

is to help guide patients who need an especially high level of care because of a difficult surgery, a challenging condition, or added risk due to other health problems or age. Covering 94 metro areas in the U.S., the regional hospital rankings complement the national rankings by including hospitals with

solid performance nearly at the level of nationally ranked institutions. The latest rankings showcase 720 hospitals out of about 5,000 hospitals nationwide.

Hard numbers stand behind the rankings in most specialties—death rates, patient safety, procedure volume, and other objective data. Responses to a

national survey, in which physicians were asked to name hospitals they consider best in their specialty for the toughest cases, also were factored in.

The rankings cover 16 medical specialties and all 94 metro areas that have at least 500,000 residents and at least one hospital that performed well enough to be ranked. //

## Ambulatory EEG Tests for Seizure Disorders in the Comfort of Patients' Homes

**LAST JULY**, Zaida Napolitano was diagnosed with a brain tumor. The Valley Stream resident underwent surgery to remove the tumor, classified as a grade 3 glioma. After the surgery, Mrs. Napolitano was placed on medication to prevent seizures. After a year, she was feeling well and ready to resume driving. Before he could give her the green light, **Alan Ettinger**, MD, Director of the EEG and Epilepsy Program at Huntington Hospital, needed to be sure that Mrs. Napolitano was seizure-free.

In the past, this would have required round-the-clock EEG monitoring, with the patient admitted to the hospital for several days. However, Huntington Hospital now offers Ambulatory EEG monitoring, which allows patients to wear a portable monitoring device at home. The device records electrical activity in the brain over a 36-hour period. Upon completion of the

exam, Dr. Ettinger downloads the information and identifies and interprets any abnormalities.

"While some tests we do require admission to the hospital, this can be performed as an outpatient exam so a person can be hooked up to the equipment, go home and undergo monitoring for a day to several days," said Dr. Ettinger. "When they return the equipment, we analyze the data that has been recorded."

Dr. Ettinger noted that round-the-clock EEG monitoring is beneficial in diagnosing patients whose symptoms are subtle or come and go.

"Many individuals suffer from episodic symptoms," he explained. "Something as subtle as a twitch, a slight movement, shaking, or momentary loss of consciousness can be difficult to evaluate or to capture during a regular EEG that records 20 minutes of activity in the office."

Ambulatory EEG records



Nancy Putnam explains monitoring test to Zaida Napolitano.

continuously, so it captures symptoms that patients may not even be aware of, such as small seizures that occur during sleep.

"With this test, we look for changes in electrical activity," said Dr. Ettinger. "If we find that a patient has epilepsy or a seizure disorder, which is caused by abnormal or excessive electricity in parts of the brain, medications can be used to control these symptoms."

Nancy Putnam, Director of EEG/EKG at Huntington

Hospital, calmly explained the technology to Mrs. Napolitano as she prepared to secure the electrodes to various locations on her head. Eventually, gauze would be wrapped around her head to prevent the leads from becoming dislodged. Then, Mrs. Napolitano would clip the monitoring device onto her waistband where it would remain for an entire weekend.

"This is a great test," Ms. Putnam said. "You don't have to change your daily routine, and you can remain in the comfort of your own home."

"This technology is not available at every hospital," Dr. Ettinger said. "It is primarily offered at hospitals that have special expertise in epilepsy and brain wave monitoring. At Huntington, Ambulatory EEG monitoring complements the very busy inpatient epilepsy monitoring program that has been in place for more than a decade." //

# HOSPITAL AUXILIARY RECEIVES HANYS Advocacy Award

**RECOGNITION** of Huntington Hospital's Auxiliary's array of outreach and advocacy initiatives, the Auxiliary received one of the Healthcare Association of New York State (HANYS) 2011 Advocacy Awards. The Auxiliary was also nominated for a 2011 Community Health Improvement Award sponsored by HANYS.

Auxiliary members provide much of the administrative support for the hospital's Healthier Tomorrows program, a one-of-a-kind project that targets pediatric obesity by providing children with elevated body mass index (BMI) with twice-weekly supervised exercise sessions along with bi-weekly nutrition education and psychosocial support. (See full story on Healthier

Tomorrows on page 7.)

"We depend heavily on Auxiliary members who give unselfishly of their time to assist us with this worthwhile program," said Healthier Tomorrows Medical Director **Thomas McDonagh, MD.**

Huntington Hospital's Auxiliary is one of the longest-running hospital Auxiliaries in New York State. In addition to supporting the Healthier Tomorrows Program, the Auxiliary is focused on health promotion, fundraising, and advocacy on behalf of the hospital throughout the Huntington community.

Auxiliary members augment the hospital's paid staff by supporting vital community education and outreach initiatives including health screenings, lectures, flu shot



Auxiliary President **Edna Fetkowitz** (left) and VP-Advocacy **Anita Rizzo** with the Advocacy Award.

programs, and health fairs.

The Auxiliary's Legislative Chairperson gathers information on health related legislative activities in both Albany and Washington and reports this information to the Auxiliary's general membership during monthly meetings. Auxiliary members and friends are encouraged to contact their elected representatives to voice their

objection to proposed cuts in healthcare funding that affect both the hospital and the Dolan Family Health Center.

Other activities include health promotion through a Teddy Bear Clinic that runs monthly throughout the school year and provides first graders with a first-hand experience with healthcare professionals during a non-threatening visit to the hospital. The Auxiliary also advocates on behalf of organ donation in collaboration with the New York State Organ Donor Network. The Auxiliary also sponsors numerous fundraising events throughout the year and supports the hospital's Development Office by volunteering at special events such as the annual Gala, Golf Outing, Bash on the Bay, and many others. //



## A Hair-Raising Event for Locks of Love

Recovery room nurse **Chris Fling** (seated) went to great lengths to help needy children with cancer, donating eight inches of her hair to Locks of Love, an organization that makes human hair wigs for cancer patients. Inspired to share her plan with other hospital employees, Ms. Fling organized a group haircutting event at the hospital. Four hospital employees donated a total of three feet of human hair to the organization. **Gail Probst**, RN, AOCN, Director of Cancer Services (standing) commended Ms. Fling and her colleagues for their generosity and compassion. Other hospital staff members who donated their hair included **Jennifer Baierlein**, RN-C, Labor and Delivery, and **Arleen Johnson Santiago**, Housekeeping.

# HUNTINGTON HOSPITAL HELPS KIDS TACKLE WEIGHT ISSUES

## Next Healthier Tomorrows Session Begins September 12



ACCORDING TO published data, nearly one in five children and adolescents in New York State is considered obese.

Parenting an overweight or obese child can be extremely challenging. Experts point out that the groundwork for obesity can begin in infancy, when babies may be overfed because crying is misinterpreted as hunger. Many families use food and snacks as a reward in order to influence young children's behavior.

The worst thing parents can do, say the pros, is to nag overweight children or restrict their eating by limiting their access to certain foods that others in the family enjoy. Instead, healthy eating and an active lifestyle need to be embraced by the entire family as a path to lifelong health, rather than a way to improve appearance.

As obesity rates have climbed, so have the rates of associated health problems. As the rate of overweight and obesity skyrocketed during the past 15 years, diabetes rates have nearly doubled, from 4.7 to 8.7 percent, and the rate of high blood pressure has increased from 22 to 27 percent.

"Diabetes, hypertension and other chronic diseases that we once saw primarily in adults are becoming more common in children," said Huntington pediatrician **Thomas McDonagh**, MD. "And research has shown that overweight children and adolescents are more likely to be overweight as adults, when they will face an even greater risk of chronic health problems."

Dr. McDonagh is Medical Director of Huntington Hospital's Healthier Tomorrows Program, a unique, three month program to help parents and children lead healthier lives by teaching them to embrace a balanced diet and exercise. The next session begins with an orientation on September 12.

Healthier Tomorrows is a unique program combining fun group exercise sessions with nutritional guidance and psychosocial support. It is sponsored jointly by Huntington Hospital's Department of Pediatrics, the Dolan Family Health Center and the Huntington YMCA.

Because children still need adequate nutrition and calories to sustain growth, Healthier Tomorrows focuses on healthy food choices rather than a traditional diet. A registered dietitian helps participants understand how the foods they eat impact on their overall well-being. To address the social and emotional implications of weight management issues, a social worker leads bi-weekly group discussion sessions.

Participants enjoy twice-a-week 45-minute group exercise classes led by exercise specialists at the Huntington YMCA. The sessions include games, sports, rock wall climbing, and other fun activities geared to children.

There is a nominal fee for this innovative program, with financial assistance available for those who are unable to pay. To learn more, please call (631) 351-7923. //

## THE CLARK GILLES CHILDREN'S EMERGENCY CARE CENTER

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- Board Certified Pediatric Emergency Specialists
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Hope lives here.™



# MyPlate Provides Visual Cue to a Balanced Diet

**CONFUSED ABOUT** how to eat a balanced diet? It's no surprise. Depending on your age, you may have grown up learning about the Basic 7 Food Groups, a guideline to healthy eating published by the United States Department of Agriculture (USDA) during World War II. In 1956, the USDA revised its recommendations and established the Basic Four Food Groups, which remained the gold standard until it was revised in the early 1990s. That's when the famous Food Pyramid was promoted, a refinement that indicated the proportions of each food group that should be consumed, and incorporated a recommendation for exercise as part of overall health. In June, the federal government scrapped the pyramid in favor of a simplified plate and glass divided



into the five recommended food groups.

MyPlate illustrates the proportion of foods that should come from fruit and vegetable, grain, protein, and dairy sources at each meal.

"The pyramid could be confusing because it recommended the number of servings from each food group for the day, but it doesn't

provide much guidance on how to divide the servings," said Huntington Hospital Clinical Dietitian Matt Borowka, RD. "The focus with MyPlate is simpler. It is not on the number of servings but rather how to balance each meal."

MyPlate is the cornerstone of an easy-to-navigate website, MyPlate.gov. Here, you can find information on the basic food groups, as well as tips for making the most out of your food choices. For example, the site encourages you, when selecting grains, to make half your grains whole grains. Brown rice, oatmeal and popcorn are examples of whole grains, while white bread, pretzels and most pastas are refined grains that are not as beneficial as whole grains. Grains should take up slightly more than one-quarter of your plate.

Fully half your (CONTINUED ON PAGE 17)

Huntington Hospital is a proud participant in the

*John W. Engeman*  
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**For further program information and to purchase tickets call 631-261-2900 or visit [www.engemantheater.com](http://www.engemantheater.com)**

\*Promotion code is not valid for Friday or Saturday Evening Performances.

Use the code to see **hairspray** in its final weeks! Now playing until August 28.  
THE BROADWAY MUSICAL

# THE DON MONTI CANCER CENTER

## HUNTINGTON HOSPITAL CANCER PROGRAM ANNUAL REPORT 2010

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**HUNTINGTON HOSPITAL'S COMPREHENSIVE CANCER PROGRAM**, under the banner of the Don Monti Cancer Center, continued to provide a full range of screening, diagnostic, therapeutic, and psychosocial support services to cancer patients and their families in 2010. The following pages contain a few of the program's highlights.

### A MESSAGE FROM BIRJIS AKHUND, MD, CHIEF, MEDICAL ONCOLOGY



Cancer remains the second leading cause of death in the United States, according to the federal Centers for Disease Control. It is responsible for more than half a million deaths each year. Despite this, there is a great deal of good news in the field of oncology. In its report on the Ten Great Public Health Achievements 2001 – 2010, the CDC notes that from 1998 – 2007, the colorectal cancer death rate declined by nearly three percent annually for both men and women, with slightly smaller declines seen for both breast and cervical cancer death rates. Widespread, evidence-based screening guidelines were credited with these achievements.

The proliferation of evidence-based guidelines, not only for screening but for diagnosis and treatment as well, has helped to standardize cancer care and ensure that patients here in Huntington have access to the same leading edge therapies that are offered at prominent cancer centers around the nation. Our physicians, nurses, and allied health professionals participate in conferences and educational symposia around the globe. Taking advantage of North Shore-LIJ Health System's sophisticated Distance Learning technology, we interact with our colleagues from across the 15-hospital health system to share ideas and best practices.

We also contribute to the pool of knowledge by conducting our own original research projects, often answering questions raised by our team's intellectual curiosity and desire to improve patient care. In conjunction with our community gynecologists (CONTINUED ON PAGE 10)

## A MESSAGE FROM BIRJIS AKHUND, MD (CONTINUED FROM PAGE 9)

we have initiated screening to identify those at high risk for breast cancer and counsel those women about prevention. Regularly scheduled case conferences provide us with the opportunity to collaborate with our peers from across multiple disciplines to customize comprehensive treatment plans for our patients and ensure that they benefit from the collective skills of our accomplished team.

Advances in medical technology move at the speed of light, and we are dedicated to remaining current by bringing the latest breakthroughs to the Huntington community. Technological breakthroughs such as the CyberKnife Robotic Radiosurgery system, which reduces the standard six-to-eight week radiation treatment regimen to just one-to-five treatments, is now available to Huntington Hospital patients through our unique collaboration with radiation oncologists Heather Zinkin, MD, and Richard Byrnes, MD. Patients with tumors in the brain, spine, lung and prostate, among other sites, are eligible for CyberKnife Radiosurgery, which has been shown in recently published studies to be well tolerated with improved outcomes. In our Interventional Radiology Suite, cutting-edge treatments such as embolization and ablations may be performed as a supplement to

more traditional therapies for liver related cancer.

Recognition of our efforts has come from objective agencies such as the American College of Surgeons Commission on Cancer, which certified us with commendation as a Comprehensive Community Cancer Center. We are also pursuing certification of our Women's Health Center through the American College of Surgeons National Accreditation Program for Breast Centers (NAPBC) and anticipate undergoing a survey as we move forward with this initiative in 2011.

While certification and external recognition is gratifying, ultimately it is the knowledge that our collaborative efforts make a tremendous difference in the lives of our patients that motivates us. This serves as the bedrock of our patient-family centered model of care. Knowing that a patient who was initially given a poor prognosis has lived to see his grandchild born, seeing smiles on the faces of hundreds of individuals who attend our annual Cancer Survivors' Day celebrations, receiving a heartfelt note from a family member thanking us for making their loved ones' last days peaceful and comfortable ... these are the touchstone moments that make all of our efforts worthwhile. //

## RESEARCH

**BASED ON RECENT** reports that Vitamin D may play a role in prevention of cancer and other diseases, Huntington Hospital's medical and radiation oncologists conducted a Vitamin D study on women who were newly diagnosed with breast cancer. This quality study concluded that 13 of the 15 women under the age of 50 who were diagnosed with breast cancer were either deficient or had low levels of Vitamin D. Among women over the age of 50, 64 of the 89 women tested were either low or deficient in Vitamin D. The Institute of Medicine has reviewed several large studies on this issue and has found that the evidence linking Vitamin D to the prevention of disease is inconclusive.

**IN AN EFFORT** to focus nursing attention on the issue related to constipation in cancer patients, which affects more than 20% of inpatients, Marie Brennan, RN, Nurse Manager of One-North, undertook a nursing quality initiative to examine the issue. The goal was to educate nurses on constipation as a quality of life issue for patients and provide nurses with the skills to adequately assess patients and make referrals for intervention when necessary. Toward this end, Scott Ingber, MD, Chief, Gastroenterology, provided an in-service training session for the oncology unit



Marie Brennan, RN, BS, OCN

nurses on assessment, causes and treatment of constipation. A follow-up study is planned to determine if these efforts result in fewer complaints of constipation among inpatients with cancer.

**A PATIENT SATISFACTION** survey was conducted in the Women's Health Center. Over a 6 month period, 211 surveys were completed for a return rate of 17%. Of those who completed a survey, 95% stated they would absolutely recommend the



Ron Vandover, RN, and Debbie Paci, RN on the Oncology Unit.



Judy Koles, RN, CBCN, OCN, with a Women's Center Patient

Women's Health Center. **A QUALITY STUDY** followed patients who had received chemotherapy within the previous two weeks and were admitted to the hospital because of fever with low white blood cell count. In cooperation with Emergency Department nurses and Michael Stratemeier, MD, Chief of Emergency Medicine, all patients admitted to the hospital with fever and low white cell counts now receive antibiotics within two hours in order to prevent further treatment-related complications.

# PATIENT CARE



Maria Hernandez, NA

**IN COOPERATION WITH** the surgical department, we have begun to place “power ports” in patients requiring intravenous

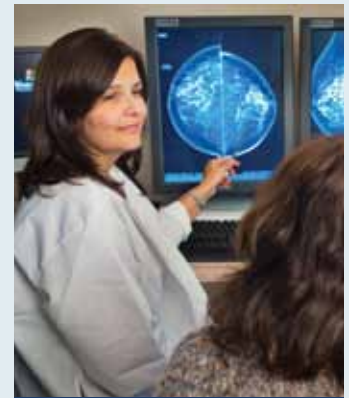
treatment for cancer. Use of this device reduces or eliminates the number of times a patient will require a new intravenous

injection into the arm or extremity for ongoing treatment. This will significantly improve quality of life for cancer patients.

**LOCAL GYNECOLOGISTS** continue to screen women during their annual exams to determine their risk for breast cancer. Those found to be at high risk may receive education and possibly prevention through medication. John Wagner, MD, Ted Goldman, MD, and Amy Hearne, MD, are among the physicians participating in this unique initiative.

**IN JULY 2010**, Joseph Milano, MD, a palliative care physician,

joined the hospital. He and his palliative care team offer consultations, support and guidance to patients and families.



Gita Khilnani, MD, reviews a digital mammography image.

# STAFF EDUCATION



Kari Riley, RN, Stephanie Feraco, RN and Keri Pecchia, RN, BC

**AN ONCOLOGY REVIEW** course was offered to eight registered nurses who work on the Oncology Unit. So far, three of these participants have passed this competency test and joined the ranks of our oncology certified nurses. Other nurses on the unit plan to take the test to

become certified in the near future. **IN JULY 2010**, under the direction of Erna Busch-Devereaux, MD, a weekly breast cancer tumor board was initiated. This provides a multidisciplinary panel of physicians, nurses and allied health professionals to join together to discuss the most appropriate, comprehensive management of patients diagnosed with breast cancer.



Erna Busch-Devereaux, MD

pulmonary, medical and radiation oncology, pathology, radiology and interventional radiology, with the opportunity to discuss patients with lung disease prospectively. This ensures that lung cancer patients

receive a comprehensive approach to managing their care early in the disease process.



Gail Probst, RN, AOCN, Director of Cancer Services, with gastroenterologist David Gabbazadeh, MD, and Oncology Unit Nurse Manager Marie Brennan, RN, BS, OCN.

**THE MULTIDISCIPLINARY** Thoracic Oncology Program (MTOP) continued to meet weekly in 2010. MTOP provides a multidisciplinary group of nurses and physicians representing the departments of surgery,



A multidisciplinary group of clinicians attends an MTOP meeting.

# OUTREACH

## CANCER SURVIVORS' DAY

continues to be a very successful event. More than 400 people attend the event annually to hear courageous survivors shared their inspirational journeys through diagnosis, treatment and beyond.

## OUR ANNUAL SKIN

cancer screening was held in May. More than 168 people were screened over three hours. Seven local dermatologists donated their time to this worthwhile community outreach event. Two cases of suspected melanoma were found, as well as five cases of suspected squamous cell and 12 cases of basal cell cancer.

## OUR MEN'S HEALTH

Screening in June provided prostate cancer, colorectal cancer, cholesterol, glucose and blood pressure screening for 99 men. Nearly

50% of the participants were found to have some abnormal screening result, including 12 men who were referred to a urologist or their primary care physician for further examination due to abnormal prostate cancer screening results.

**AN OPEN FORUM** on survivorship was held twice in 2010. The event, "Path to Wellness After Cancer: Prevention and Survivorship" featured a panel of physicians



Caroline Monti Saladino (center) delivered an inspirational keynote speech at this year's Cancer Survivors' Day. She was joined by (left to right) her husband, Arthur Saladino, son, Joseph, brother, Richard Monti (holding his daughter, Erin), and his wife, Erin.

and registered nurses who volunteered their time to answer questions from the audience of cancer survivors. The forum provides individuals with the opportunity to

discuss a wide range of issues and concerns, ranging from medical including complementary medicine, to psychosocial to legal, related to cancer survivorship.



A panel of experts assembles to discuss issues related to cancer survivorship.



Fully digital mammography, ultrasound and breast MRI are offered in the Women's Health Center.

# QUALITY

**BREAST SURGEON** Erna Busch-Devereaux, MD, has agreed to lead the process of obtaining National Accreditation Program for Breast Centers (NAPBC) for Huntington Hospital. Dr. Busch-Devereaux

has begun to work on satisfying the 17 standards with the assistance of Judy Koles, RN, Coordinator of the Women's Health Center, who will also begin functioning as the Nurse Navigator for breast care. //

## Surgeons Use Minimally Invasive Techniques (CONTINUED FROM COVER)

ovarian cysts, removal of scar tissue, and treatment of ectopic pregnancies.

The surgeons' interest in offering minimally invasive techniques to as many patients as possible is driven by their commitment to providing women with safer surgical procedures, less time spent recovering both in the hospital and at home, and improved cosmetic results.

"Our patients may go home on the

same day or the following morning after a laparoscopic hysterectomy," said Dr. Wagner. And, in stark contrast to an open hysterectomy which requires a six week recovery period, most are fully functional within a week. "Often you can't even tell by looking that they have had surgery. Their scars amount to a pin prick or an incision hidden inside the belly button." //



(Far left) a microlaparoscopy scissor is compared to a traditional laparoscopy instrument (near left). **John Wagner, MD**, above, specializes in single incision laparoscopic surgery.



With so many surgical options available, true surgical weight loss success begins with expert guidance. The bariatric team at Huntington Hospital specializes in laparoscopic gastric bypass, lap band and corrective weight loss surgery, in addition to being one of the first groups on Long Island to perform the innovative sleeve procedure. Each member of our team is dedicated to working closely with you to determine which minimally invasive course of treatment will work best with your individual needs. Call (855) 855-4448 to register for one of Huntington Hospital's free introductory seminars and discover a weight loss strategy that fits.

Not all weight loss procedures are right for you.  
We'll help you find your perfect fit.

Dr. David Buchin  
Huntington Hospital –  
Director of Bariatric Surgery



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Shore **LII** Huntington Hospital  
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Call (855) 855-4448 to meet your weight loss surgeon or visit [hunthosp.org/bariatric](http://hunthosp.org/bariatric) for more information.

# Bash on the Bay Raises \$85,000 for Interventional Radiology Equipment

**RECORD-BREAKING** crowd of more than 500 hospital friends and supporters packed the Historic Thatched Cottage in Centerport on July 28 for Huntington Hospital's annual Bash on the Bay. More than \$85,000 was raised toward the purchase of an Angiojet Clot Busting Machine for the hospital's Interventional Radiology Suite.

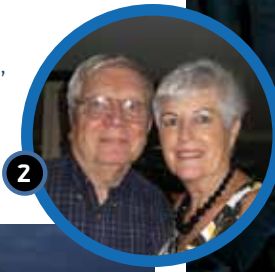
The night featured a buffet and sushi bar, dancing to music provided by a DJ, just-for-fun casino tables, a 50/50 drawing and scores of exciting raffles prizes. Perfect summer weather encouraged guests to enjoy the Thatched Cottage's waterfront deck, where there were additional games, music and food.

This year's Bash on the Bay was presented by lead sponsor Bethpage Federal Credit Union. Major sponsors were Huntington Hospital's Medical Staff and Swiss International Air Lines. Among the numerous other generous sponsors were Harborview Sponsors Debbie & Michael Alesandro, APEX Rehabilitation & Care Center, the Forster family, in Memory of John V. Forster, and James N. Romanelli, MD. //

**TO SEE MORE PHOTOS FROM THE EVENT, PLEASE VISIT**  
[joinus.hunthosp.org/netcommunity/bashpix](http://joinus.hunthosp.org/netcommunity/bashpix)

- 12 > Kevin Lawlor, Mike Greco and Lauren Scarcella
- 13 > Katherine Heaviside, Linda Armyn, Bethpage Federal Credit Union
- 14 > Lynn Cohen, Greg Pascucci, Atria East Northport, and Debra Ferrara, Sunrise Senior Living West Babylon
- 15 > Dr. Jim and Phyllis Romanelli

- 1 > Jim and Yvette Loughlin
- 2 > Edna and Fred Fetkowitz
- 3 > Elke Seccafico, Swiss International Air Lines, and husband Drew
- 4 > Debbie and Michael Alesandro, Geri Frank and Bill Cooperman



5 > Rachel Spencer and Kris Colleluori



6 > Ralph Lambert, Nicole Lynch



7 > Dr. Bernard and Adrienne Rosof, Kevin Lawlor and Karen Chivattoni



8 > Marie & Dr. Peter Pruden



9 > Mike and Kathy McGovern (left), Erin Dayton (standing), Kathleen and Dr. Doug Byrnes (seated, right)

10 > Carmela Anglim, Tom and Jeanne Lederer

11 > Kim Anselmi and Lisa McCartan

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Copenhagen Bakery  
Huntington Hospital's Dietary Department

## Message from the President (CONTINUED FROM PAGE 2)

The breadth and depth of our clinical programs often attracts patients from beyond our immediate community as well. For example, we are one of the few hospitals on Long Island to offer outpatient EEG monitoring for patients requiring evaluation of potential seizure disorders (see page 5). And, as both our cover story on minimally invasive gynecological surgery

and the article on the surgical treatment of a digestive disorder illustrate, members of our surgical staff are skilled in procedures that are not commonly found at other hospitals.

But we want to do even more for you and your family's health. We want to play a role in helping you stay healthy, not just treat you when you are sick. We want to be a resource for the latest health information,

and an advocate for wellness across the entire community. Healthy nutrition, exercise, and the prevention of disease and injury are critical aspects of the community's health.

In this issue of HEALTHLINE, we focus on your family's nutrition with information on the new dietary guidelines issued by the United States Department of Agriculture under the banner of MyPlate.gov. Future

# Win A Two-Year Lease!

of a  
**2011 JAGUAR XF** or  
**2012 RANGE ROVER EVOQUE** or  
**2012 VOLVO S60** or  
**\$10,000 Cash**

**Raffle tickets are \$25 each,  
3 for \$50 or 9 for \$100.**

Raffle Tickets may be purchased from the cashier in the main lobby using cash, check, or major credit cards. (Please make checks payable to Huntington Hospital.) Credit card orders may be placed by telephone. Call Huntington Hospital Office of Development and Community Relations at 631.470.5201. Now you can purchase tickets online at [www.hunthosp.org/carraffle](http://www.hunthosp.org/carraffle).

Drawing to be held October 12, 2011.  
Winner need not be present to win.

Proceeds will benefit Huntington Hospital's  
Dolan Family Health Center.



RANGE  
ROVER



2011 Jaguar XF



2012 Range Rover Evoque



2012 Volvo S60

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

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Members of the Long Island Automotive Group

editions of our newsletter will address a range of wellness topics.

Thank you for taking the time to read this publication. I hope that you find these articles helpful, educational and interesting. Like everything we do here at Huntington Hospital, this newsletter is dedicated to your health. Enjoy! //

### ATTENTION STATE & FEDERAL EMPLOYEES

*It's easy to  
make a gift to  
Huntington  
Hospital.*

Long Island-based New York State employees can donate through your State Federated Employee Campaign.

**USE CODE 65-00389**

Federal employees on Long Island and in New York City can donate through your Combined Federal Campaign (CFC).

**ON LONG ISLAND,  
USE CODE 22564.**

**IN NEW YORK CITY, FIND  
HUNTINGTON HOSPITAL  
ON YOUR GIVING FORM.**

*Thank You!*

Your support makes a difference to the patients we serve.

## MyPlate Provides Visual Cue to a Balanced Diet

(CONTINUED FROM PAGE 8)

plate at each meal should be fruits and vegetables, and you should choose fruits and vegetables of different colors in order to obtain a full variety of nutrients. Dark green vegetables such as broccoli and spinach, starchy vegetables like corn and potatoes, red and orange vegetables like carrots and red peppers, and beans and peas can add variety, flavor and texture to your meals.

When choosing dairy foods, fat free or low-fat options are healthiest. Low-fat yogurt, cheese, milk, and even pudding and ice cream can add calcium, an important nutrient, as well as protein to your diet.

The USDA recommends that adults eat eight ounces of lean seafood each week. In addition, when eating meat, pork or chicken, try to select lean cuts. Proteins also include beans and peas, eggs, nuts, and soy products. They should take up less than one-quarter of the plate.

"The focus should be on meeting your

### HEALTHY DIET TIPS

Among the overall tips that the USDA provides to help individuals eat a balanced, healthy diet and avoid weight gain are:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Drink water instead of sugary drinks.

calorie needs with healthier foods and not leaving room for empty calories," said Mr. Borowka. Empty calories include calories from solid fats and/or added sugars. These foods typically contain little or no nutritional value, but can contribute to overweight and obesity.

Mr. Borowka also emphasized the importance of daily physical activity in maintaining a healthy weight.

For additional information, including meal planning tips, recipes, and recommendations by gender and age, visit [MyPlate.gov](http://MyPlate.gov). //

## PHYSICIANS IN THIS ISSUE

This issue of the **HEALTHLINE** features a number of Huntington Hospital's talented attending medical staff. Their names, phone numbers and areas of specialization are listed below.

### Birjis Akhund, MD

Hematology/Oncology :: 425-2285

### David Buchin, MD

Minimally Invasive Surgery/Bariatric Surgery :: 351-2024

### Erna Busch-Devereaux, MD

Breast Surgery :: 423-1414

### Richard Byrnes, MD

Radiation Oncology :: 427-2273

### Alan Ettinger, MD

Neurology/Epilepsy :: 516-442-2250

### Ted Goldman, MD

Obstetrics/Gynecology :: 368-6915

### Michael Grosso, MD

Pediatrics :: 351-2609

### Amy Hearne, MD

Obstetrics/Gynecology :: 271-4330

### Scott Ingber, MD

Gastroenterology :: 351-3817

### Thomas McDonagh, MD

Pediatrics :: 425-2110

### Joseph Milano, MD

Palliative Care :: 351-2007

### James Romanelli, MD

Plastic & Reconstructive Surgery :: 424-3600

### Michael Stratemeier, MD

Emergency Medicine :: 351-2300

### John Wagner, MD

Obstetrics/Gynecology :: 368-6915

### Heather Zinkin, MD

Radiation Oncology :: 427-2273



## VIEW FROM THE CHAIR

# BERNARD M. ROSOF, MD

Chairman, Board of Trustees

**IN JUNE**, United States Surgeon General Regina M. Benjamin, MD, announced the formation of the nation's first National Prevention and Health Promotion Strategy. A partnership involving 17 heads of departments, agencies and other federal entities, the strategy formalizes a national commitment to improving America's health by focusing on four main strategic areas: building communities that encourage healthy behaviors; providing preventive care; eliminating health disparities; and educating the public about healthy lifestyle choices. The overall goal, which dovetails with the objectives of federal health care reform, is to encourage a shift from a health care system that treats

illness, to one that promotes wellness and prevention.

Under the Affordable Care Act, all new health plans are required to fully cover a number of evidence-based preventive services such as mammograms, colonoscopies, blood pressure checks, and childhood immunizations. On August 1, historic new regulations developed by the Institute of Medicine and announced by the US Department of Health and Human Services further require new health insurance plans to cover women's preventive services such as well-woman visits, breastfeeding support, domestic violence screening, and contraception without charging a co-payment, co-insurance or deductible.

This coincides with the long-range objectives of North Shore-LIJ Health System and Huntington Hospital. Our paradigm is changing. We recognize that the hospital of the future will look very different from the present configuration. We understand that patients, communities, and the entire healthcare system benefit when we are able to maintain good health, keep people out of the hospital, and give them the tools they need to stay well.

The goals of the National Prevention Council are ambitious. To achieve them, all of us will have to make a commitment to changing our thinking about health and wellness. The fragmented, episodic treatment of illness will have to be replaced by a coordinated system of health management.

Physicians, hospitals, and the government alone cannot effect a change of this magnitude. In order to hard-wire this new orientation, each and every one of us must be empowered as patients and healthcare consumers. We need to be educated about the latest medical advances as well as the most current thinking regarding health promotion. Diet and exercise, smoking cessation, moderate alcohol consumption and other healthy lifestyle decisions need to be emphasized as a way to stave off preventable illness such as many cancers, diabetes, high blood pressure and heart disease.

While these strategies promise to serve the public good by helping us contain healthcare spending, the more compelling reason to focus on prevention is one that we can all appreciate. Our quality of life, our ability to work, play and enjoy our families, are all tied inextricably to our good health. Prevention is an effort worth making. //

### NATIONAL PREVENTION STRATEGY

#### America's Plan for Better Health and Wellness





# COMMUNITY CALENDAR

ALL  
EVENTS  
ARE  
FREE

## ONGOING EVENTS

### Breast Cancer Support Group I

*For women newly diagnosed in the past year*

Meets the 2nd and 4th Thursday of each month

5:30PM • Women's Health Center

Call Gail Probst, RN, AOCN at (631) 351-2568 or Judy Koles, RN, OCN, CBCN at (631) 351-2564

### Breast Cancer Support Group II

*For women who have been diagnosed more than one year ago*

Meets the 3rd Thursday of each month (no meetings in July and Aug.)

7:00 – 9:00PM • 1-South Conference Rm

Call Toni Lico at (631) 757-4581 for info

### Grupo de Apoyo de Mujeres

*Latinas con cancer en los senos*

Pare mas informacion, por favor de llamara Carmen a (631) 951-6908

### Nicotine Anonymous – Ann's Hope

*A 12-step fellowship of men and woman helping each other to lead nicotine-free lives.*

Meets every Wednesday

7:30 – 8:30PM • Huntington Hospital

For more info, call Patti Aliperti at (631) 385-1410

### Oncology Support Group

Meets every Wednesday

7:00 – 9:00PM • Women's Health Center

For info, call Sue Degnan, LMSW, OSW-C, NBFC (631) 351-2013 or Mary Gordon, RN (631) 351-2343

## 8/22 WomenHeart of Huntington

*Offers support and education for women living with heart disease*

2PM • Dolan Family Health Center

For additional information, please call (631) 499-4160 or (631) 271-3766

## 8/23 Weight Loss Seminar

5 – 6PM • 224 Wall Street

Find out if you are a candidate for bariatric surgery, learn about the surgical procedures and realistic expectations for weight loss. Bring your family and friends. Bariatric surgeon David Buchin, MD, FACS, will answer all of your questions.

For additional information call (631) 351-2024 or visit [www.hunthosp.org/bariatric](http://www.hunthosp.org/bariatric)

## 9/4 Eating Disorders Support Group

*A professionally-led support group open to people with eating disorders, their families and friends.*

10 – 11:30AM • 1-South Conference Rm.

For more info, call Jeannie Gedeon, MPH, RD, CDN (631) 427-0002 or Hilary Brodsky, LCSW (516)-241-5139.

## 9/12 Sister's Network

*An African-American Breast Cancer Survivors' Organization.*

7PM • Babylon Pool and Recreation Center  
Also meets Oct. 11, Nov. 14 and Dec. 12

For info, call Ronice (631) 253-0430, Cynthia (631) 351-2343, or Judy (631) 920-5597.

## 9/12 Bereavement Group

*For adults grieving the death of a loved one.*

7 – 9PM • Women's Health Center  
Meets consecutive Mondays for 8 weeks

For more info or to register, call Sue Degnan, LMSW, (631) 351-2013.

## 9/13 Weight Loss Seminar

5 – 6PM • 224 Wall Street

Find out if you are a candidate for bariatric surgery, learn about the surgical procedures and realistic expectations for weight loss. Bring your family and friends. Bariatric surgeon David Buchin, MD, FACS, will answer all of your questions.

For additional information call (631) 351-2024 or visit [www.hunthosp.org/bariatric](http://www.hunthosp.org/bariatric)

## 10/24 Sister's Network

*An African-American Breast Cancer Survivors' Organization.*

7PM • Huntington Hospital

For info, call Ronice (631) 253-0430, Cynthia (631) 351-2343, or Judy (631) 920-5597.

## 11/14 Bereavement: Handling the Holidays

*For adults grieving the death of a loved one.*

7 – 9PM • Women's Health Center

For more info or to register, call Sue Degnan, LMSW, (631) 351-2013.

### HUNTINGTON HOSPITAL'S PRESCRIPTION FOR PARKING PROBLEMS

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