As the sun set on Friday, October 21, 2016, the beautiful Nissequogue Golf Club glimmered as The Foundation of St. Catherine of Siena Medical Center celebrated its Golden Anniversary Gala. “The Affair to Remember” was a reflective time to celebrate, a time to honor and a time to look forward.

A TIME TO CELEBRATE
The Medical Center celebrated its golden anniversary in the community—proudly still the only hospital in Smithtown since 1966.

Executive Director of the Foundation Tom McLaughlin coordinated a video presentation—A Journey Through the Ages—exploring every decade the hospital has been in the Smithtown community from 1966-2016. “I want to thank all of you who helped us tell your story and especially those who have worked at the facility for so many years,” said Mr. McLaughlin.

Coincidentally, as St. Catherine of Siena celebrated its presence in the community for more than 50 years, so does Nissequogue Golf Club—which made the venue even more fitting for the celebratory event.

CONT. ON PAGE 4
A MESSAGE FROM

PAUL J. ROWLAND
EXECUTIVE VICE PRESIDENT AND CAO

Dear Community Member,

“Give thanks unto the Lord, for His mercy endures forever.” In this Year of Mercy, we have so much to be thankful for. God’s favor surrounds us and we are thankful for being a Medical Center that has been blessed and guided by His work and His word.

I am filled with a deep sense of pride as we honor our legacy in the community for sustaining accessible health care for more than 50 years. I am also humbled to lead St. Catherine of Siena into 2017 and proudly introduce—St. Catherine On the Rise. Please read more about this in the Golden Gala tribute on page 4.

Today, our fiscal health has improved dramatically, and we have begun investing heavily in the Medical Center’s future. Renovations have been made to both of our ground floor units at the Nursing and Rehabilitation Care Center and I invite you to take a tour of the more modern, yet home-like facility. To continue the momentum, we have also begun renovations on our hospital surgical care units which will provide patients with a more comfortable experience. We are replacing an entire fleet of critical care beds and will be upgrading the hospital’s emergency electrical system.

While the renovations are significant, we have also upgraded radiologic and surgical equipment. We have installed a new 256-slice CT scanner, which enables our physicians to offer outpatient coronary care. We have equipped our brain surgeons with neuronavigation—a digital navigation system that guides surgeons through procedures and provides improved visualization—increasing efficiency, keeping skull openings small and thereby improving patient safety and outcomes.

St. Catherine of Siena health care professionals have been providing excellent services for women for many years and I am pleased to announce the consolidation of all our women’s service lines under one new recognizable brand banner that will be known as Siena Women’s Health. Learn more about this new comprehensive service line, which will be at the forefront of treating and caring for women of all ages and their families on pages 6-7 or visit sienawomenshealth.org.

We have been diligently working on making these improvements and more to better your community hospital, but what I am most excited about is the new 42,000sq ft Wellness Center at 500 Commack Road, which will allow St. Catherine of Siena the opportunity to better serve the health care needs of our community. The new Wellness Center will include our orthopedic surgeons, outpatient physical therapy, full imaging facility and primary care and specialist offices.

At St. Catherine of Siena, we are committed to keeping our community healthy. May the Christmas season fill your home with joy and your heart with love—I wish you a Happy and Healthy New Year!

Sincerely,

Paul J. Rowland
Introducing St. Catherine of Siena New Staff Physicians

Ravi Ainapudi, MD
Gastroenterology
Medical Director, Digestive Disease Program
Office Location: 317 Middle Country Road Suite 1, Smithtown, New York

Morad Awadallah, MD
Vascular Surgery
Medical Director, Vascular Surgery Program, Co-Medical Director, Wound Healing Program
Office Location: 300 East Main Street Suite 2 Smithtown, New York

Jana Deitch, MD, FACS
Breast Surgery
Office Location: 48 Route 25A Suite 301 Smithtown, New York

Kanika Kaur, MD
Gastroenterology
Office Location: 317 Middle Country Road Suite 1 Smithtown, New York

Justin Margolis, MD, FACS
Vascular Surgery
Office Location: 300 East Main Street Suite 2 Smithtown, New York

Phani Nimmagadda, MD, Internal Medicine
Office Location: 12 Manor Road Smithtown, New York

Shawn Tsekhan, DO
Neurology and Psychiatry
Office Location: 45 Terry Road Suite A Smithtown, New York

To schedule an appointment with a dedicated St. Catherine physician, please call (631) 870-3444.

Welcoming New Physicians

Omer Faruk Acı, DPM, Podiatrist
George Christopher Angelos, MD, Colorectal Surgeon
Clotaire Ariste, MD, Hospitalist
Wilbur Jeremiah Asghed, DO, Cardiologist
John J. W. Ashled Il, DO, Cardiologist
Mala Murthy Balakumar, MD, Colorectal Surgeon
Christian Cyril Bannerman, MD, Emergency Medicine
Eric Jay Bergson, MD, Otolaryngologist
Joseph Patrick Bonafeide, MD, Otolaryngologist
Alan Jay Boykin, MD, Radiologist
Todd Williams Cambell, MD, Otolaryngologist
Michael Raymond Christy, MD, Plastic Surgeon
Jaya Dasgupta, MD, Radiologist
Paula Irina Denoya, MD, Colorectal Surgeon
Nathanael Desire, DO, Hospitalist
Arif Amirali Dharsee, MD, Infectious Diseases
Azadeh Esmaeili, MD, Radiologist
Triantafillos John Fillos, MD, Hematologist/Oncologist
Robert Michael Gargano, MD, Otolaryngologist
Krishna R. Gujavarty, MD, Psychiatry
Michael Happes, MD, Cardiologist
Javed Iqbal, MD, Internal Medicine
Adam Jon Keslonsky, DPM, Podiatrist
Musa Ali Khan, DO, Emergency Medicine
Zeeshan Alam Khan, MD, Family Medicine
Azhar Iqbal Khokhar, MD, Psychiatry
Shafiq Rehman Khokhar, MD, Psychiatry
Jia Li, MD, Hematologist/Oncologist
Sham Mailankody, MD, Hematologist/Oncologist
Christopher Michael Mileto, MD, Orthopedics
Catherine Chavez Miranda, MD, Nephrologist
Dean P. Pappas, MD, Colorectal Surgeon
Rattan Mahendrakumar Patel, MD, Critical Care
Jiwanjot Kaur Narula, MD, Hospitalist
Steven Pelaez, MD, Colorectal Surgeon

Thomas Joseph Pettei, MD, Cardiologist
Michael Savetsky, MD, Ophthalmologist
Rena Shahalova, DO, Radiologist
Pankaj Kumar Singh, MD, OB/GYN
John Edward Stewart, MD, Radiologist
Julia Sverdlova, MD, Anesthesiologist
Pragati Tandon, MD, Hematologist/Oncologist
Louis K. Teitelbaum, MD, Psychiatry
Jane Marie Testa, MD, Radiologist
Meredith Theresa Vondovriff, MD, Plastic Surgeon
Alex Vidal, MD, Cardiologist
Gabriel Michael Wagman, MD, Cardiologist
Joel Scott Wolinsky, MD, Intra-Op Monitoring
Andrew Thomas Wong, MD, Radiology Oncologist
Wanping Iris Zhi, MD, Hematologist/Oncologist
Anthony Vincent Zizzamia, DPM, Podiatrist

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For a full list of physicians, please visit stcatherines.chsli.org
GOLDEN GALA CONT.

New Bishop to Lead Diocese of Rockville Centre

Most Rev. John O. Barres, STD, JCL, DD, has been named the new bishop for the Diocese of Rockville Centre, with the retirement of Most Rev. William Murphy. Bishop Barres officially will assume the leadership of this diocese on January 31 at a Mass of Installation at the Cathedral of Saint Agnes. In the interim, Bishop Murphy, who has led the Long Island diocese since 2001, will serve as apostolic administrator.

“It is my deep conviction that he will be a bishop for all of us, without exception,” said Bishop Murphy. “He has a deep love for the poor and will support Catholic Charities and parish outreach, as well as Catholic hospitals on Long Island.”

A native of New York’s Westchester County, Bishop Barres was baptized in 1960 by the celebrated Archbishop Fulton Sheen. After a seminary formation at Catholic University of America’s Theological College, he was ordained a priest in 1989. Consecrated a bishop in 2009, he since has led the Diocese of Allentown, Pennsylvania. The motto for his episcopal coat of arms is “Holiness and Mission.”

Bishop Barres earned a bachelor’s in sacred theology and a licentiate in systematic theology from the Catholic University of America. Subsequently, he was awarded his licentiate in canon law and doctorate in theology from the Pontifical University of the Holy Cross. Also, Bishop Barres holds a bachelor’s degree in English literature from Princeton University and a master’s in business administration (management) from New York University’s Graduate School of Business Administration.

Formed in 1957, the Diocese of Rockville Centre comprises 133 parishes across Nassau and Suffolk counties. In addition to other ministries, the diocese sponsors CHS, which includes six hospitals, three nursing homes, hospice, a home nursing service and a community-based multiservice agency for individuals with special needs.

For more information on Bishop-designate Barres visit drvc.org.

A TIME TO HONOR

Traditionally, the fall gala is one of the most prominent fundraising events, but it also is an opportunity to honor those who have had a significant impact on the medical center and the community. This year the honor was bestowed upon women in medicine. Hospital Administration formally honored all its female physicians at the Golden Gala.

During the program, St. Catherine’s Chief Medical Officer Jason Golbin, DO, gave a brief historical overview of the many women in history that have transformed the field of medicine. Dr. Golbin congratulated his female peers and thanked them, “The hours are long, the thank yous’ are sometimes few, but day in and day out you are here, making a difference in our patient’s lives, in our lives, and in the lives of all we serve in the community.”

Another woman honored at the gala was former Pastoral Care Director Sister Patricia McDonnell, who recently retired.

St. Catherine’s EVP and CAO Paul J. Rowland gave a presentation and thanked her for more than four decades of service to the medical center.

A TIME TO LOOK FORWARD

The Medical Center opened its doors in 1966—since then, the transitions to meet the ever changing landscape of health care needs for the community have been many—it will only continue and the administration of St. Catherine of Siena has vowed to stay at the forefront to continue meeting the growing needs.

Today when you walk through the main lobby doors, patients and visitors are welcomed to a modern yet warm environment. The Maternity Department has been completely renovated, along with the Intensive and Critical Care Units. The medical center is equipped with state-of-the-art brain lab navigation, a newly installed 256-slice Cardiac CT scanner, and provides a variety of robotic surgical treatments—just to name a few of the many recent advances.

Mr. Rowland thanked attendees, introduced the theme “St. Catherine on the Rise” and the newest division—Siena Women’s Health. Siena Women’s Health is a “consolidation of all our women’s service lines under one recognizable banner and I am pleased to say that all the evenings proceeds will benefit the new initiative,” said Mr. Rowland.

The Golden Gala was attended by more than 350 guests, with support from premier sponsors, including Suffolk Anesthesiology Associates, Island Medical Management, The Medical Staff of St. Catherine of Siena, St. Charles Orthopedics and Steel Equities. Proceeds will support Siena Women’s Health.

For more information about the St. Catherine of Siena Foundation, please call (631) 862-3780 or visit stcatherines.chsli.org.
Investing in Your Community Hospital

St. Catherine of Siena is working to shape the future of health care in our community as we invest in the most technologically advanced equipment. We are excited to share our most recent enhancements which will be a great benefit to patients in our community.

In 2016, St. Catherine of Siena invested a total of $11.5 million at the medical center, including a $2.5 million dollar unit renovation at the Nursing and Rehabilitation Care Center.

MRI Compatible Infusion Pump and MRI Compatible Patient Monitoring
The updated IV infusion pump ensures that patients are able to undergo an MRI with multiple medications requiring an IV pump. Our new monitor MR 200 provides a more stable platform that makes monitoring patients in the MRI environment more accurate.

Mobile C-Arm
The new Mobile C-Arm provides optimized imaging during vascular, spine and urological surgery.

RADIOLOGY

Philips iCT 256-Slice CT Scanner
Optimized for cardiovascular and complex imaging across a wide patient population, it uses a combination of low dose, low noise, low contrast detectability and high image quality. This increases the quality of advanced cardiac studies and diagnostic images for better diagnoses and treatment.

Philips Brilliance CT 64 Scanner
Designed for a wide variety of routine and advanced CT applications—provides large volume, thin slice coverage to enhance diagnostic confidence, image quality and productivity.

Carestream Digital Portable Units
The new units provide clear imaging that is acquired using lower dose using a wireless digital cassette. They also allow instant visualization of images seconds after being taken. This is a huge improvement for STAT x-rays needed in critical situations and in the Operating Room (OR).

Hologic Tomosyntheses Mammography Unit
Tomosynthesis technology is revolutionizing breast imaging. The 3D Tomosynthesis unit will increase our breast reader’s diagnostic accuracy by detecting cancers earlier and decreasing the amount of false positives when compared to 2D technology.

INFORMATION TECHNOLOGY

Mobil Lab
This new technology forces barcode recognition of the patient’s wrist band and production of the appropriate label at the initial contact of care.

ENGINEERING

- Physician Parking Lot Resurface
- Hot Water Tank System Upgrade
- HVAC Replacement
- Roof Upgrade
- Fire Sprinklers and CO Detectors
- F550 Truck for Snow Removal
- Security and Emergency Preparedness

Additional Hospital Investments
- New Furniture and Porch Awning for the Psychiatric Unit
- 23 New Critical Care beds
- 46 Medical/Surgical Beds
- NeoBlue Light Therapy in the NICU

NURSING AND REHAB CARE CENTER
St. Catherine’s Nursing and Rehabilitation Center, the only hospital based, post-acute facility on Long Island, was upgraded with newly renovated units. The new unit has been completely revamped, boasting a more modern, yet home-like environment. Call (631) 862-3900 to schedule a tour.
At Siena Women’s Health we focus on the unique health care needs of women and their families. A division of St. Catherine of Siena Medical Center, Siena Women’s Health is at the forefront of treating and caring for women of all ages and backgrounds. Our experienced physicians and professional medical staff provide the healthcare services women require throughout their lives in the private setting in Smithtown.

Siena Women’s Health is the first choice of women throughout the N.Y. tristate area when it comes to state-of-the-art medical treatments and compassionate care and support for their overall health and well-being. But what makes us truly stand apart in the field of women’s medical services is the compassion and expertise of our fine healthcare professionals, all of whom are dedicated to providing the personal attention every woman entrusted to our care needs and deserves.
Breast Health

Our division of breast health provides comprehensive treatment options for women of all ages, including the latest in minimally invasive surgeries, early breast cancer detection, advanced diagnostic imaging, breast conservation techniques, patient education and holistic treatment programs. The breast health imaging center is accredited by the American College of Radiology.

Digestive Health

We provide state-of-the-art digestive health treatments. Our physicians, nurses and support staff are experts in treating diseases of the gastrointestinal tract and in providing the personal care and critical attention necessary to bring about the best possible outcomes for our patients. Our surgical floor provides post-operative patients with nurses who are specifically trained and experienced in caring for surgical patients.

OB/GYN

The Maternity Department offers family-centered care, to obtain the best possible health outcomes for you and your family. We are committed to meeting your physical, and emotional needs throughout your pregnancy and after delivery. Your mother-baby nurse will provide comprehensive women’s care services to meet your family’s needs while respecting your cultural and religious beliefs.

Orthopedics

In partnership with St. Charles Orthopedics, our physicians, nurses, and researchers are the most qualified and best trained orthopedic professionals not only on Long Island, but nationally. Associated with the largest orthopedic practice in Suffolk County, specialists covering every field of orthopedics including arthritis, osteoporosis, osteopenia, fractures, ligament and tendon injuries, and all other issues related to your bone and muscle health is available to you.

Primary Care

Our primary care physicians are your partners in early prevention of disease and your direct link to the specialty medical services you may need. Our well-coordinated system of guided care is built to foster a culture of seamless connections between every special practice area at the medical center.

Urology

The Department of Urology provides the highest level of quality care and treatment for all urologic diseases and conditions. Our physicians, nurses and staff specialists have the expertise and compassion necessary to bring about the best possible health outcomes for urological issues related to kidney stones, kidney infection, bladder infection, bladder cancer, prostate cancer, kidney cancer and other urinary tract disorders.

Vascular

The Vascular Surgery Program provides the highest quality surgical care in diagnosing and treating conditions and diseases of the circulatory system. Our physicians, nurses and support staff are experienced, compassionate and eminently qualified in the latest minimally invasive endovascular and operative procedures, and advanced non-surgical procedures to treat varicose and spider veins, and all vessels of the extremities and organs.

Weight Loss

The Siena Proactive Internal Medicine Weight Management Program is a comprehensive plan focused on safe and effective weight loss through customized treatments in conjunction with permanent lifestyle modifications. In addition to the non-surgical weight loss program, Siena Women’s Health offers a broad range of bariatric surgical procedures to address your individual health and weight concerns and to ensure the optimal outcome for you and your family. Our programs provide patients with obesity screening, counseling, surgery and follow-up support.

To learn more about Siena Women’s Health, visit sienawomenshealth.org

For a physician referral, call (877) 727-4947
St. Catherine of Siena Medical Center received the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll Elite. The award recognizes the hospital’s commitment to providing the most appropriate stroke treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Hospitals must achieve 85 percent or higher adherence to all Get With The Guidelines-Stroke achievement indicators for two or more consecutive 12-month periods and achieve 75 percent or higher compliance with five of eight Get With The Guidelines-Stroke Quality measures to receive the Gold Plus Quality Achievement Award. To qualify for the Target: Stroke Honor Roll Elite, hospitals must meet quality measures developed to reduce the time between the patient’s arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reduce the effects of stroke and lessen the chance of permanent disability. St. Catherine earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period.

These quality measures are designed to help hospital teams follow the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients.

“The American Heart Association and American Stroke Association recognize St. Catherine of Siena Medical Center for its commitment to stroke care,” said Paul Heidenreich, M.D., M.S., national chairman of the Get With The Guidelines Steering Committee and Professor of Medicine at Stanford University. “Research has shown there are benefits to patients who are treated at hospitals that have adopted the Get With The Guidelines program.”

Get With The Guidelines®-Stroke puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping hospital care teams ensure the care provided to patients is aligned with the latest research-based guidelines. Developed with the goal to save lives and improve recovery time, Get With The Guidelines®-Stroke has impacted more than 3 million patients since 2003.

For more information about St. Catherine’s Stroke Program, please call (631) 870-3444.
Advancing Imaging at St. Catherine of Siena

Introducing the New 256-Slice CT Scanner to Radiology Services

St. Catherine of Siena recently added a 256-slice computed tomography (CT) scanner to its radiologic offerings. The CT scanner improves diagnostic imaging and can capture an image of the entire heart in just two beats.

The ultrafast speed builds a complete three-dimensional picture of the organ, offering physicians invaluable information with enhanced visualization to better diagnose and treat conditions such as ischemic stroke, carotid artery disease and other vascular disorders. The system’s speed means shorter scan times and reduced radiation exposure—up to 80% less. Also, a wider internal opening offers greater comfort to larger patients. In addition to the clinical advantages, these improvements contribute toward an enhanced patient experience.

This expansion of the hospital’s imaging capabilities brings cutting-edge technology to St. Catherine and its surrounding communities.

St. Catherine’s Director of Cardiac Imaging Lev Lubarsky, DO, FACC, FASE, FSCCT explained, “Dr. Emanuel Chryssos and I have been using this technology at other CHS hospitals and now are happy to bring advanced cardiac CT imaging to St. Catherine.”

The Radiology Department at St. Catherine of Siena provides comprehensive, state-of-the-art outpatient diagnostic imaging services in a convenient community hospital setting. The dedicated team of radiologists is all sub-specialty-trained, board-certified physicians who are committed to providing top quality care using the latest technologies. They go out of their way to be available to review and discuss radiology tests with patients and referring physicians.

The Department of Radiology is accredited by the American College of Radiology in Magnetic Resonance Imaging (MRI), Breast Imaging, Computed Tomography (CT), Ultrasound (US) and Nuclear Medicine.

For more information or to schedule an appointment, call (631) 862-3222.

Understanding Palliative Care

“Caring With Comfort and Dignity for Improved Quality of Life.”

Palliative care is a medical specialty that helps patients and their families facing a serious illness, providing expert assistance during a difficult time. Should you find yourself in this situation, St. Catherine offers guidance and emotional support to help you make complex medical decisions and coordinates care and treatment with doctors at any stage of your illness. An experienced team will help manage symptoms such as pain, nausea, fatigue, depression and anxiety following your wishes throughout the process.

Palliative care—which is not hospice care—can be initiated from diagnosis to advanced disease and is often given alongside a curative treatment plan. Hospice services are limited to those patients with a life-limiting illness, nearing the end of life, when curative treatment is no longer sought. The goal of palliative care is to relieve the pain, symptoms and stress of any serious illness. It is appropriate at any age and at any point in your illness. The hospital’s specially trained staff are here to help you physically, emotionally and spiritually.

Palliative Care Program Features

Pain and Symptom Management
Our board certified physicians are experts in the management of pain and other distressing symptoms associated with illness or treatments, such as shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping.

Family Meetings
Family meetings are scheduled to encourage open communication between the health care team and patients and families.

Support Groups
The diagnosis of a serious illness is a major life-changing event. Upon hearing the diagnosis, a patient, as well as loved ones, may be thrown into a whirlwind of emotions ranging from fear or anger to denial and overwhelming sadness. It is difficult enough to deal with the physical challenges of illness and treatment, but the emotional impact can be an even greater burden. Patients and loved ones need a “safe place” where they can share these feelings with other people who truly understand. Support groups are designed to provide a confidential atmosphere where patients can discuss any stress with others experiencing a similar situation.

For more information on palliative care services at St. Catherine, call (631) 870-3444.
Did you know that 1 in 8 women in the United States will be diagnosed with breast cancer, and, approximately 2,000 men will be diagnosed this year alone. Another fact is that “early and routine screening is the most effective way to decrease deaths associated with breast cancer,” stated St. Catherine’s Director of Radiology Anne Green, MD, as she provided updates at the breast cancer awareness event.

During the month of October, more than 100 breast cancer survivors attended The Pink Ribbon Salute, hosted by St. Catherine of Siena at Stonebridge Golf Club. The pink-illuminated room was filled with hope and the sounds of symphony by the talented Commack High School Chamber of Orchestra. Commack Orchestra Teacher Karen Dow, a patient of St. Catherine’s Breast Health Program Director June Lee, MD, and, St. Catherine’s Administrative Director of Reconstructive Microsurgery Diana Yoon-Schwartz, MD, took the opportunity to share her journey with other survivors, caregivers, family, friends, and staff of the medical center.

Ms. Dow eloquently described how one summer changed her life—and then took to her pink violin, gifted to her from her students upon her return to school—and played “I Will Survive”, conducted by her student Paul Mokotoff. The performance was moving, reminding everyone present that support comes in all forms and is powerfully uplifting to the spirit.

St. Catherine’s Executive Vice President/CAO Paul J. Rowland, Chief Nursing Officer Mary Jane Finnegan, and Director of Pastoral Care Elizabeth Meehan, were in attendance to show their support. Ms. Finnegan welcomed all the guests and reminded them that “We, the staff at St. Catherine of Siena, are right here for you—this evening is a celebration for you—the ever courageous.”

The event hosted by St. Catherine of Siena, originated as a celebratory dinner for survivors five years ago and has evolved into a hybrid event where survivors are invited as guests of the Medical Center—and in addition where the hospital can raise funds for breast health services. The metamorphosis of the event has been so well received by former guests, some even commented that they are so pleased to purchase a raffle ticket and/or additional tickets for friends and family because it is their way of giving back.

The event was made possible with support from New Street Plastic Surgery, Suffolk Anesthesia Associates, Genentech, Genomech and Laura Woodfield, raising $8,759.00 for breast health services at the Medical Center.

Every survivor was greeted by staff of St. Catherine of Siena, and given a pink rose, along with a swag bag filled with inspirational goodies in support of breast cancer awareness. And, for a special splash of pink, Grace Cooney was present to guide guests with pink hair strands to further encourage breast cancer awareness throughout the month of October.

After a special patient testimonial by Letitia Grass, a “Pink Ribbon Salute” was held. St. Catherine’s Breast Health Navigator Meiling Alsen, RN, MSN/ED, ONC, CBCN, and moderator of the event asked all the survivors to stand and hold a pink glow stick, followed by caregivers, and then she asked if anyone knew someone affected by breast cancer—to no surprise the entire room was lit with guests standing in unison, while the Commack High School Chamber Orchestra played “This is My Fight Song.” “It was a special moment and I was so thrilled that a simple idea could have such a powerful impact,” stated Ms. Dow.

St. Catherine of Siena is a Breast Imaging Center of Excellence, as designated by the American College of Radiology. The Breast Center provides innovative, comprehensive care for women of all ages and backgrounds in a welcoming and supportive environment, combining cutting-edge technology with personalized clinical and support services from screening and diagnosis to treatment and counseling.

To learn more or make an appointment, call (631) 870-3444.
Free Community Support Groups
For more information, call: (631) 870-3444 or visit stcatherines.chsli.org

Breast Cancer Support Group
You are not alone. This free support group is open to breast cancer patients. The group will offer a place for support and information.

General Bereavement Support Group
Together with CHS, St. Catherine of Siena provides resources for those in need of grief support.

Diabetic Education Group
Free diabetic support group offers education through dietary and group discussions, along with lectures from physicians and health care professionals.

Bariatric Support Group
Would you like to learn more about bariatric surgical options? Attend a free bariatric support group for complete education on bariatric surgical options.

Free Tai Chi for Arthritis
Free eight-week program designed to improve balance. Suitable for most people regardless of physical limitations.

Caregivers of People with Dementia
An open and friendly environment where you can share your experiences, learn how others cope, and get free supportive information.

Parkinson’s Young Onset & Parkinson’s General
This group offers those with Parkinson’s Disease an open community to share and discuss problems they share, as well as education and information.

Caregivers of Chronically Ill/Disabled Spouse or Partner
Receive emotional support, learn how others cope and share experiences in caring for someone with a chronic disease.

The Lupus Alliance of LIQ Support Group
This group provides people with lupus and their families an opportunity to share their experiences with those who can understand and identify with them. Support groups are educational, fun, interactive and positive.

Stepping On: Fall Prevention Program
Free seven-week program to help build confidence and reduce falls in active older adults. Some topics covered will include balance and strength, proper footwear and how to check your home for safety.

St. Catherine’s Maternity Department fosters a philosophy of family-centered care for you, your newborn and family. All Classes are open to the public. There is a nominal fee for the Infant Care CPR class.

Please call (631) 870-3444 to register for the following:

New Beginnings Maternity Tour
Offered every Tuesday night at 6 PM

Prenatal Breastfeeding Class: Learn About Infant Feeding
Offered every Tuesday night at 7 PM

Infant Care Class
Offered bi-monthly

Family and Friends CPR (Infant Only)
Offered monthly

Lactation Support Group
Offered every Tuesday
1:30 PM - 3:00 PM

Mothers’ Circle of Hope: A 10-week program, along with peer support for women experiencing pregnancy and postpartum depression/anxiety/OCD. The free support group provides emotional support and educational information. For more information, please call (631) 862-3330 or email us at postpartumsupport@chsli.org.

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New computer-assisted technology at St. Catherine is providing neurosurgeons with enhanced capabilities in the operating room. Neuronavigation puts digital patient data at the surgeons’ fingertips, allowing them to identify their approach before making an incision. Also, the system tracks the surgical tools in real time, showing their position relative to the patient data.

Additional benefits of neuronavigation include greater efficiency and reduced times for procedures, as well as increased patient safety and optimal outcomes. As part of the hospital’s “brain lab,” this advanced equipment can be used for cranial, spinal and other neurosurgical procedures.

“Neuronavigation offers improved visualization, enabling the procedure to be as precise as possible,” explained St. Catherine’s Chief of Neurosurgery Magdy Shady, MD. “Surgeons can take biopsies, place shunts or guide an endoscope with even more confidence.”

For more information, please call (631) 870-3444 or visit stcatherines.chsli.org