

good Health Matters

Samaritan's Newsletter to the Community

Healing Begins Here

Introducing the Samaritan Wound Care Center

Do you or a loved one have a wound that just won't heal, even after months or years? Then you are one of the eight million Americans suffering from chronic wounds.

Most wounds heal on their own. Whether it's a cut, an incision from a recent surgery or even a sore spot on your foot, the majority of us heal without specialized intervention. However, if you or someone you know suffers from a wound that won't heal, you know how painful and frustrating it can be. You know how it can affect your lifestyle and interfere with the activities you love.

Samaritan recently opened a new Wound Care Center in Watertown, specializing in advanced treatments that are proven to help chronic wounds heal faster. To provide this new service, Samaritan has teamed up with the nation's leading wound care specialists at Healogics. With exceptional outcomes and healing rates, as well as high patient satisfaction, Healogics is Samaritan's partner of choice.

Dr. James Stillerman, the Center's Medical Director and a physician solely dedicated to and specialty trained in wound



L to R: Emily Bachman, LPN; Pat Fralick, Program Director; James Stillerman, MD; Diane Freeman, PT; Lesley Beasley, RN; and Sueellen Allen, Receptionist.

care, leads the treatment team. "Our goal is to diagnose the cause of the wound, to get the wound to start healing and to finish healing rapidly," he explains. "We also educate our patients to help prevent reoccurrence of the problem."

According to Dr. Stillerman, the benefits of seeking care at a dedicated wound care center like Samaritan's are many. "Wound care is all we do, and it's what our treatment team is passionate about. We're here five days a week to provide continuity of care for our patients. With most wounds, we see the patient at least once a week to check on progress, allowing us to quickly change our treatment approach if necessary. For most patients, this means less pain at the wound site, a shorter healing time and fewer wound-related complications."

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Enhancing the Healthcare Experience... Samaritan Forms Patient & Family Advisory Council

While physicians, nurses and hospital staff are experts at planning how healthcare should be provided, hospitals nationwide are recognizing that patients and their family members can provide a unique perspective on all that is involved in the delivery of patient care.

"Patient and family advisory councils are becoming very common in healthcare today," explains Rachel Holmes, Manager of Patient Engagement and Community Relations at Samaritan

Medical Center. "These councils are composed of patients and family members from a variety of backgrounds to ensure that hospitals and caregivers are addressing all of the patient's needs during their healthcare experience. This approach is a best-practice for high performing hospitals, and we are excited to implement it here at Samaritan Medical Center. Who better to ask about their healthcare experience than the very people who entrust us with their care?"

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Healing Begins Here

continued from front cover

The Wound Care team provides a variety of medical and surgical treatment options to speed the healing process – including dressings, debridement (cleaning of wound surfaces), vascular assessment (evaluation of arteries and veins) and skin grafting. All are delivered in the Center's convenient location (165 Coleman Avenue, Watertown), keeping patients close to home for treatment.

The Wound Care Center also offers hyperbaric oxygen therapy (HBOT) to certain patients whose particular wound and condition warrant it. During this treatment, the patient breathes 100 percent oxygen while relaxing in a pressurized chamber. HBOT helps to heal wounds in several ways, including increasing the amount of oxygen in the bloodstream. It is approved for the treatment of diabetic foot ulcers, compromised skin grafts or flaps, acute traumatic injury, and osteomyelitis (bone infection).

Don't let a wound that won't heal keep you from doing the things that make you happy. Talk to your doctor and ask to be referred to the Samaritan Wound Care Center. For questions or more information, call 315-755-2024.



Dr. James Stillerman and Diane Freeman, PT examine a patient using a Doppler to assess arterial flow for the lower extremity.

When to Seek Treatment



Chronic wounds can stem from underlying health problems, such as diabetes, poor circulation or vascular disease. They also can result from surgery, a traumatic accident, radiation therapy or even immobility. Ask your doctor about visiting the Samaritan Wound Care Center if:

- **You have a wound that has not healed in 30 days or more.**
- **You have a sore with increasing pain, redness or swelling, foul odor or change in color.**
- **You have a surgical wound that becomes infected.**

Samaritan Forms Patient & Family Advisory... *continued from front cover*

In September, after an extensive application and interview process, nineteen community members attended their first meeting as part of Samaritan's newly formed Patient and Family Advisory Council. They are: Donna Barber, Candy Burke, Laura Cerow, Larry Coburn, Kimberly Contino, Sheryl Crandall, Mary Dasno, Hon. Rodger Duvall, Richard Greene, William Johnson, Erin Loomis, Donald Moody, Claudia Smith, Anthony Surber, Amanda "Mandy" Thompson, Denise Wallace, Yvonne Weiler and Stephanie Widrick. These Council members are a diverse group, who will provide insight that represents different genders, ages, incomes, geographic locations, personal inpatient or outpatient experiences, and more.

In addition to these community members, the Samaritan Patient and Family Advisory Council also includes physicians, nurses, and other staff. Through monthly meetings, the group will work to identify patient and family needs and concerns, provide feedback on current systems and processes at Samaritan, and generate new ideas to enhance the healthcare

experience. Feedback and suggestions from the Council will help Samaritan to evaluate everything from facilities and services to environment of care, equipment and various forms of patient communication.

"Our Advisory Council is grounded in the belief that some of the most informed voices on the care team are those of the patient and his or her family. Ultimately, they alone can confirm whether a plan of care was explained thoroughly; their questions and fears were appropriately addressed; care was tailored to their specific needs; systems worked efficiently and effectively; and each was treated as a person," says Mrs. Holmes. "Hearing their voices and examining the delivery of care through their eyes ensures that Samaritan is delivering the enhanced healthcare experience our patients deserve."

For more information about the Patient and Family Advisory Council, please call 315-779-5230 or email info@shsny.com.

Epidurals Get to the Root of Chronic Pain

If you're living with chronic lower back or leg pain, here's important news: help is available.

Today's pain specialists, like the practitioners at the Interventional Pain Management Center at Samaritan, have sophisticated new treatments from medication therapy to interventional options to provide pain relief.

One treatment option for many forms of low back and leg pain including sciatica, spinal stenosis, and degenerative disc disease, is an epidural steroid injection (ESI). This non-surgical, outpatient procedure typically provides pain relief and reduces inflammation, sometimes to the point of allowing a patient to start a rehabilitative stretching and exercise program.

There are three main methods for delivering steroid medication into the space around the spinal nerve roots. Two of these methods, the interlaminar and caudal approaches, spread the steroid out over a fairly wide area. The third, known as the transforaminal approach, is more targeted and requires more specialized training and equipment. Dr. Ivan Montalvo, a fellowship-trained pain management specialist at the Interventional Pain Management Center, offers this procedure.

"With a transforaminal ESI, the injection happens at the side of the spine next to the nerve root. This means we're able to place a small dose of the steroid directly into the affected area. We also include a local anesthetic that works to temporarily numb the nerve root. If this anesthetic immediately relieves the patient's pain, I know that we've targeted the correct area and identified the specific spinal nerve that is the source of the patient's low back or leg pain," explains Dr. Montalvo.

By helping to pinpoint the source of the patient's pain, the transforaminal epidural increases the likelihood of reducing that pain ... a decided advantage for the patient.

"The technology that we have at our fingertips these days is incredible, and our patients benefit tremendously," adds Dr. Montalvo. "Our patients also benefit from the caring and individualized treatment that they receive from every member of our staff here at the Pain Center. We all understand just how life-changing living with chronic pain can be. Our goal is to minimize that pain and improve quality of life for our patients so they can return to doing the things they love best."

Dr. Montalvo stresses that, with lower back, leg or any type of chronic pain, patients should ask to be referred to the Pain Management Center at Samaritan as soon as possible. "The earlier we start treatment, the better chance we have of being successful in relieving pain," he says.




**Pain,
pain, go
away!**

Millions of Americans suffer from chronic pain. Pain so intense that many find it difficult to work, sleep or maintain a satisfying quality of life. Is this happening to you or someone you know? If so, we can help.

The Interventional Pain Management Center at Samaritan has been helping North Country residents manage their pain for more than 20 years. A partnership between Samaritan and Jefferson Anesthesiologist Services, the Pain Management Center offers a wide range of advanced pain relief therapies, including procedures that can only be performed by a fellowship-trained physician.

Chronic pain is an ongoing condition that may include back and neck pain, hip/knee and pelvic pain, headaches or migraines, pain caused by tissue damage, pain caused by nerve damage, musculoskeletal pain or pain related to cancer or another illness. Treatment may take a single approach or use a combination of medications, therapies, and procedures.

**For more information,
please contact the
Interventional Pain
Management Center
at 315-785-4313.**



*Dr. Ivan Montalvo
explains the
epidural procedure
to a patient.*

Get Inspired to GIVE!

When you invest in Samaritan Medical Center, you are investing in the health of our community for generations to come!

Gifts to the 2015 Inspiration Fund are tax deductible. Donate online at samaritanhealth.com/foundation or contact the Foundation office at 315-785-5745.

Over the years, many community members have shared with us their stories and experiences with Samaritan Medical Center and our network of care across the North Country. These individuals have told us how inspired they are by the Samaritan organization, by the daily work of our talented professional staff, by the new programs and services being offered, and by the cutting-edge equipment found in our facilities.

From these stories, a new opportunity for supporting Samaritan was created. Earlier this year, the Samaritan Medical Center Foundation of Northern New York launched its first-ever annual giving campaign. Each year, the campaign – known as The Inspiration Fund – will raise money for specific hospital initiatives. The 2015 Inspiration Fund campaign aims to raise \$100,000 in support of the Samaritan Wound Care Center, the purchase of AccuVein vein finder equipment, and the endowment fund.

"It is our hope that this campaign will inspire giving in a new way," explains Mike Miller, Chair of the Annual Giving Committee. "We are challenged to continually strive to provide the highest level of care to our area families. However, we know that when our community works together in meeting a challenge such as this, we not only succeed, but the entire North Country community wins!"



Additional Imaging Services Now Available in LeRay!

This past summer, Samaritan made some big changes at its LeRay facility, including enhancing medical testing services. In addition to lab and X-ray, we now offer ultrasound, mammography and bone density scans ... making it even easier to get the healthcare you need, close to home.

X-ray & Lab Tests -
walk-in or by appointment
Mammography, Bone Density Scans and Ultrasound -
by appointment only

315-629-4525

26908 Independence Way • Evans Mills

Located just outside Fort Drum's Main Gate, off Route 11, behind Pizza Hut.

Samaritan Foundation Focuses on Building Its Endowment

Adds New Director of Major Gifts & Planned Giving

Caring, Healing, Leading. These are much more than words to the Samaritan organization. They are responsibilities. As the region's leading healthcare provider, it is important for us to look ahead and to continually plan for the healthcare needs of future North Country generations.

To help us do this, the Samaritan Medical Center Foundation has set a goal of building a \$30 million endowment, while also supporting current and future Samaritan projects.

An endowment is a permanent fund whose assets are invested with the sole purpose of generating income that can then be used to help to make important advancements at Samaritan.

As part of the efforts to reach this goal, the Foundation welcomed Bonnie Eppolito as its new Director of Major Gifts and Planned Giving.

"Ms. Eppolito is passionate about fundraising and brings a unique combination of skills to support fund development for Samaritan," says Beth Fipps, Vice President, Foundation and Community Services. "She will be working primarily with our current donors and community members who have the capacity to give at the highest level."

"Samaritan enjoys tremendous support from a generous community that understands the value of the care we provide," Ms. Eppolito adds. "They realize that, in the ever changing world of healthcare, our work is never done. There is always a new need."

Potential donors may consider funding the endowment with an outright gift, a planned gift, or a combination of both. To learn more, please contact Bonnie Eppolito at 315-779-6696.



Bonnie Eppolito, Samaritan Medical Center Foundation's Director of Major Gifts & Planned Giving, meets with Foundation Board member and donor, Steve Pierce.

North Country Healthcare Prepares for the Future

by Brian Marcolini, Director of the North Country Initiative
CEO of Healthcare Partners of the North Country

Healthcare reform comes in many different shapes and sizes. More than ever before, individuals are debating how to transform, what programs to be part of and with whom to partner. Nationally, people debate all varieties of reform, when in reality there are pros and cons to each option.

So who is right? That's the challenge, no one answer will work for all systems.

In the North Country, the partners of North Country Initiative (NCI) and Healthcare Partners of the North Country (HPNC) are poised and prepared to take on what appear to be exciting times in healthcare while preparing this region's healthcare system for the future.

One simple question is routinely asked when determining the direction of reform in the North Country: What is best for the patient?

With this single question guiding the direction and holding the organization to the mission, the NCI and HPNC are taking strides toward lasting healthcare reform. Additionally, decisions are being made to create sustainability through collaboration so that our providers, healthcare systems and community support systems are in place for our patients in the future. The path is not always clear or smooth, but

meeting the needs of patients will always remain the top priority as we develop a sustainable system and meet the challenges that healthcare faces.

At this point, you are asking yourself "how is this organization becoming part of the solution?" Like any topic that addresses the business of healthcare there are multiple answers and complexities.

One initiative is the formation of an Accountable Care Organization (ACO). ACO's are partnerships between doctors, hospitals and other healthcare providers designed to work together to provide higher-quality coordinated care to their patients, while helping to slow the growth of healthcare costs. HPNC will be one of 405 Accountable Care Organizations participating in a shared savings program. HPNC is presently a collaboration of six hospitals and five independent offices. Partners include: Carthage Area Hospital, Claxton-Hepburn Medical Center, Clifton-Fine Hospital, River Hospital, Massena Hospital and Samaritan Medical Center. Joining these six hospitals are Family Medicine of Carthage, Lowville Medical Associates, Watertown Internists, Howard T. Meny Family Practice and Edward Reason Internal Medicine.



ACO's were created around the principle of holding a group of individuals responsible for the care their patients receive and accountable for monitoring the cost of that care. ACO's receive a portion of the Medicare savings generated from lowering healthcare costs when they meet standards for high-quality care. They can share in any savings they generate for Medicare if they meet specified quality targets.

Earlier I mentioned the one question that is always asked: "What is best for the patient?"

That's answered simply with the stated goals of HPNC. Patients can expect improved communication, shared healthcare decisions, coordinated care, improved outcomes and, most importantly, the confidence that comes from knowing your healthcare provider is part of a collaboration to provide high-quality affordable care.

New Healthcare Providers

Samaritan Medical Center is proud to welcome the following physicians to the community.



Daniel Bryden, DO
General Surgery

428 Washington Street, Suite 1
315-782-1505

Dr. Bryden joins Dr. Eduardo Barayuga, Dr. Robert Kimball, and Dr. Deborah Norris at Samaritan General Surgery.

Medical School:
Lake Erie College of Osteopathic Medicine,
Erie, PA

General Surgery Residency:
Henry Ford Wyandotte Hospital, Wyandotte, MI

In Board process with:
American Board of General Surgery



Akshat Jain, MD
Family Medicine

26908 Independence Way, Ste 101 • Evans Mills • 315-629-4525

Dr. Jain joins the practitioners at the Samaritan Family Health Center at LeRay.

Medical School:
Ross University School of Medicine, Dominica,
West Indies

Family Medicine Residency: Rutgers
Robert Wood Johnson Medical School, New Brunswick, NJ

Board-certified with:
American Board of Family Medicine

HOPE *Starts Here.*

**If you or a loved one is facing cancer,
trust the expertise of Samaritan's cancer care team.**



**(L-R): Dr. Florence Arnold, Dr. Charles Romano,
Dr. Osagie Bello, Dr. John Poggi and Karen Nevills, FNP.**

Florence Arnold, MD

Medical School:

University of the Philippines College of Medicine,
Manilla, Philippines

Internal Medicine Residency:

Metropolitan Hospital Center, New York, NY

Oncology/Hematology Fellowship:

New York Medical College – Westchester County Medical
Center, Valhalla, NY

Board-certified with:

American Board of Internal Medicine with additional
certifications in Medical Oncology and Hematology

Osagie Bello, MD

Medical School:

Howard University, Washington, DC

Internal Medicine Residency:

Scripps Clinic/Scripps Green Hospital, La Jolla, CA

Oncology/Hematology Fellowship:

Scripps Clinic/Scripps Green Hospital, La Jolla, CA

Board-certified with:

American Board of Internal Medicine with additional
certifications in Medical Oncology and Hematology
in process

Samaritan Oncology-Hematology

531 Washington Street, Suite 1000, Watertown
315-788-7990

In July, Samaritan announced its plans to significantly enhance cancer care in our region, including the development of a new comprehensive cancer center, which is expected to be operational in 2017.

"Our priority is to offer first class cancer care by assembling all of our defenses against cancer under one roof ... from advanced diagnostics to respected oncology specialists to support services," says Mario Victoria, MD, Samaritan's Chief Medical Officer. "Cancer care encompasses so much more than chemotherapy, radiation or surgical treatment. It must also address the nutritional, social and spiritual needs of cancer patients. A truly coordinated program is enhanced by providing cancer care in one location."

Currently, Samaritan offers advanced services and procedures to diagnose and treat many forms of cancer, including a full range of imaging (radiology) procedures, radiation therapy, outpatient chemotherapy, surgical care and many others. However, these services are in multiple locations throughout the community, including the hospital, off-site clinics and physician offices. By establishing a comprehensive cancer care center, Samaritan will bring all of those services and specialists together in one location, ensuring that patient care is collaborative and convenient.

To assist with the planning and development of this significant project, Samaritan has engaged Oncology Solutions, the nation's largest, independent cancer consulting firm.

"The team at Oncology Solutions has been a tremendous partner to us as we embark on this important initiative," Dr. Victoria explains. "Their experience and expertise in establishing hundreds of comprehensive cancer programs worldwide have already proven invaluable to the planning process."

As the first step in expanding its cancer services, Samaritan recruited two new practitioners for its cancer care team. In July, Dr. Florence Arnold and Dr. Osagie Bello joined Dr. John Poggi, Dr. Charles Romano and Karen Nevills, FNP at Samaritan Oncology-Hematology.

"These practitioners offer advanced, personalized treatment and unparalleled care every step of the way. If you or your loved one is battling cancer, these are the men and women you want on your side,"
concludes Dr. Victoria.

For more information or to schedule an appointment with Samaritan Oncology-Hematology, please call 315-788-7990.

The Power of Affiliation

Samaritan Medical Center & Clifton-Fine Hospital

Celebrate Formal Partnership

ABOUT CLIFTON-FINE HOSPITAL

Located in Star Lake, New York, Clifton-Fine is a small rural Critical Access Hospital, which currently operates 20 special use beds (nine acute beds and eleven long-term care beds). Services provided include acute care, a swing bed program, 24-hour emergency room services, a primary care clinic, laboratory, physical therapy, radiology, pharmacy and long-term care.



Pictured signing the affiliation agreement are (Clockwise) Lisa Weber, SMC Board Chair; Thomas Carman, SMC President/CEO; Robert Seamon, CFH CEO; and Walter Todd, CFH Board Chair.

When Robert Seamon, CEO of Clifton-Fine Hospital, arrived in Star Lake in 2013, some of the most important discussions he had with the Clifton-Fine Hospital Board of Trustees were around the topic of affiliation. "The Board realized that a small, rural hospital like ours needed to find ways to collaborate rather than compete in order to overcome the challenges of healthcare reform and continue to serve the community long into the future," he says. "The Board had already begun the process of exploring options to affiliate with a larger hospital."

After a detailed request for proposal and response process, Samaritan Medical Center was selected.

Healthcare affiliations are becoming more and more common as hospitals search for ways to work together to reduce cost, navigate an increasingly complex web of regulations, and recruit physicians, all while improving quality of care and operational efficiencies.

"Our decision to work with Samaritan Medical Center was based on the people and the culture there," Mr. Seamon continues. "From the beginning of this relationship we understood that, with Samaritan Medical Center, we would be partners and peers."

"The communities we serve are at the heart of our mission, and we share an organizational culture that links us," says Thomas Carman, President and CEO of Samaritan Medical Center. "We are proud to welcome Clifton-Fine's staff, physicians and community into the Samaritan organization. There is much that we can learn from and share with each other in order to strengthen both hospitals and our communities."

While formal paperwork was signed in 2014, the two hospitals continue to explore the benefits of their new affiliation, such as shared patient care services, information technology upgrades and joint purchasing programs. All of which translate into better care with more options for the patients of both hospitals.

Visible Changes are Happening at Clifton-Fine Hospital... Introducing Their New Logo!

"There are few times in the life of an organization when it has the opportunity to reintroduce itself. With our partnership with Samaritan, this was a good time for Clifton-Fine to reposition ourselves in the community," explains Robert Seamon, Clifton-Fine Hospital CEO. "We wanted our logo to represent the strength, vitality and growth that comes from our partnership with Samaritan, as well as reflect our physical sense of place here in the Adirondacks."



Clifton-Fine Hospital
A SAMARITAN HEALTH PARTNER
Trusted Care. Close to Home.



Dr. Brian Shambo

Clifton-Fine Hospital Welcomes New Primary Care Provider

Dr. Brian Shambo has joined Dr. John Carthy and Deborah Body, Family Nurse Practitioner at the Clifton-Fine Hospital Primary Care Clinic. All three providers are accepting new patients. Appointments can be made by calling 315-848-5404.

Board-certified in Family Medicine, Dr. Shambo has provided care for families in Copenhagen, Lowville and the surrounding areas for the past 25 years. Most recently, he was part of Lowville Medical Associates in Lowville. At the Clifton-Fine Hospital Primary Care Clinic, Dr. Shambo will be available to see patients on a seasonal basis, from May - September.



Samaritan Medical Center
830 Washington Street
Watertown, NY 13601



  samaritanhealth.com

Samaritan Medical Center is interested in your comments! Please write or call and let us know your thoughts about this newsletter or any of our healthcare services. *Good Health Matters* is published quarterly by Samaritan Medical Center, 830 Washington Street, Watertown, NY 13601, 315-785-4504.

New MRI/Ultrasound Fusion Biopsy Provides Added Precision to Prostate Cancer Care

Samaritan Medical Center and the Samaritan Urology Center are now using a new combination magnetic resonance imaging (MRI)-ultrasound imaging system that can result in fewer biopsies and better treatment decisions for prostate cancer patients. Samaritan is the first and currently only healthcare provider in the North Country using this powerful cancer detection tool.

While prostate cancer may be suspected based on symptoms, the results of a protein specific antigen (PSA) blood test or a digital rectal exam, the actual diagnosis can only be made with a prostate biopsy. The current method of biopsy, which typically involves taking samples from twelve different areas of the prostate, provides a definite diagnosis for most men. However, there are some who would benefit from undergoing a fusion biopsy.

With the new fusion technology, called UroNav®, the patient first has an MRI at Samaritan Medical Center, which detects lesions in the prostate that may be cancerous. At a separate appointment at the Samaritan Urology Center, this MRI image of the prostate is “fused” with a real-time ultrasound image to create a clear, three-dimensional view of the prostate. The system then employs GPS-type technology to guide the biopsy needle to the lesions detected by the MRI. This improved view helps physicians perform biopsies with much higher precision, and increases prostate cancer detection, says Samaritan urologist Alejandro Rodriguez, MD.

“This is revolutionizing how we diagnose prostate cancer and make treatment decisions,” Dr. Rodriguez explains.



(L-R): Nicole Green, RN and Dr. Alejandro Rodriguez, MD

According to Rodriguez, prime candidates for fusion biopsies include:

- **Men who have a rising PSA despite multiple negative ultrasound-guided biopsies. The technology can locate hidden or hard to detect tumors missed by traditional biopsies.**
- **Men who have been diagnosed with small, slow-growing prostate tumors and who are on active surveillance, waiting on having surgery or radiation and instead undergoing periodic digital rectal exams, PSA tests and biopsies to see whether the cancer is growing. The fusion technology can possibly reduce the number of biopsies these men must undergo.**

“The new technology also provides greater certainty regarding the extent of the disease and more accurate staging of the tumor,” Dr. Rodriguez says. “This information in turn helps us develop a more targeted, individualized prostate cancer treatment plan that optimizes the patient’s outcome.”