

Keeping Brooklyn Healthy

CARING FOR LAW
ENFORCEMENT 

ANNUAL FUN:
TBHC HEALTH FAIR 

WEIGHT LOSS SURGERY
SUCCESS STORY 

GET THE SHOT,
NOT THE FLU! 



**TBHC teaches
you how to
prevent and treat
coronary
heart disease**

See page 5 for
information

MESSAGE FROM OUR HOSPITAL'S PRESIDENT & CEO



As we look to the end of 2017, I am excited to report some real milestones regarding how The Brooklyn Hospital Center is committed to *Keeping Brooklyn*

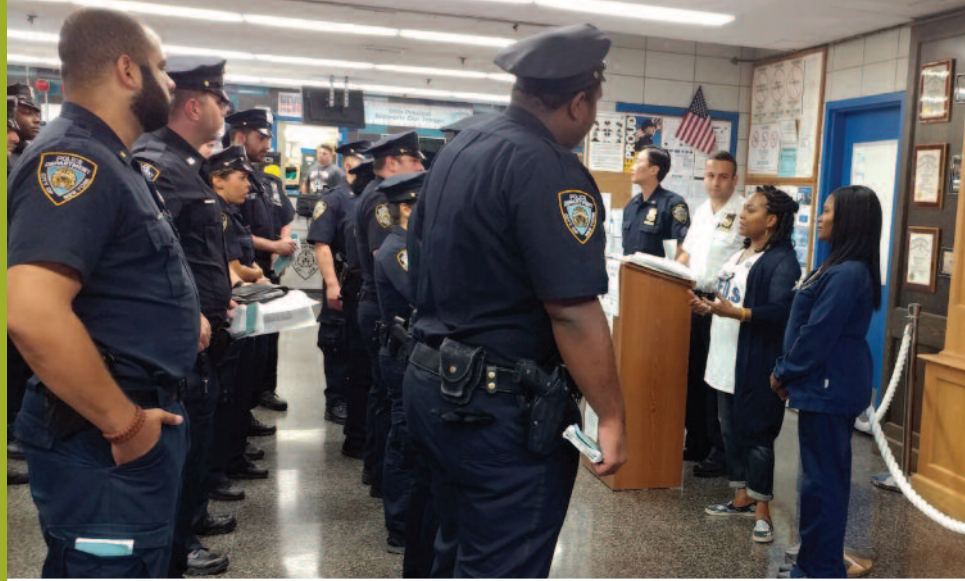
Healthy now and well into the future.

Our enhanced Brooklyn Heart Center has been up and running with great success. In November, we'll mark our official collaboration with Mount Sinai Heart. This alliance allows us to provide the very best in interventional techniques such as PCI and EPI, giving us the opportunity to deliver comprehensive cardiac care right here in Downtown Brooklyn. See more on page 5 about this development as well as for some advice on how to best take care of your heart.

A year ago we engaged an employee team to improve the patient experience. At that time, we selected staff members from different departments and disciplines to make significant contributions to the endeavor, including some important processes changes. We are moving toward the next phase of patient interaction improvements. I want you to know about TBHC's renewed commitment to providing a meaningful and quality patient experience to each and every one of you.

Finally, I want to take a moment to thank The Brooklyn Hospital Foundation for the successful 2017 Founders Ball! It was a thrill meeting special guest, football legend Joe Namath. It was an equal privilege to honor two of our very own physicians, Anders Cohen, DO, Chief of Neurosurgery, and Siamamba Veeramachaneni, MD, Director of Clinical Cardiology. We also honored Charles R. Modica, Chancellor and Chair of the Board of St. George's University, and Patrick Adams, a co-founder and Trustee of St. George's. Funds that evening were raised for programs such as the ones featured here in this issue.

Gary G. Terrinoni



TAKING CARE OF OUR LAW ENFORCEMENT OFFICERS

TBHC is sponsoring the Sonny Archer Law Enforcement Foundation, Inc. The background story is one of grief turned into good.

In June of 2011, New York City Detective 1st Grade Fermin S. "Sonny" Archer Jr. called his wife Amanda de Geneste-Archer to report he was in a minor fender bender while on duty. A few hours later, after complaining of pain in his abdomen, Amanda received a call that her husband was in the hospital. The stress of the accident had brought on symptoms that uncovered a dissected aorta. This serious condition happens when the inner layer of the aorta, the large blood vessel branching off the heart, tears. The cause? Untreated high blood pressure. "His pressure continued to be so high that they couldn't do the surgery he needed," says Amanda. Sonny Archer died 28 days later. He was 48 years old.

After about six months of terrible grief, Amanda realized she needed to do something. "I was so angry. Angry at Sonny that he didn't keep on top of his health, angry at myself that I didn't push him further." But Amanda also understood the stress and time limitations of Sonny's job. Amanda, too, was a law enforcement officer, a Supervising Detective Investigator with the Brooklyn District Attorney's office.

Amanda retired from work and started the Sonny Archer Law Enforcement Foundation to reach out to law enforcement officers and to the general public. "Hypertension is often present without symptom and can be deadly," she said. The foundation provides hypertension awareness and conducts blood pressure screenings (shown above, Amanda, in a white shirt, addresses the 84th Precinct's police officers during roll call).

The Brooklyn Hospital Center is now a proud sponsor of the foundation. "Together with TBHC, we are breaking the silence of hypertension in our communities," says Amanda. "Our hope is to better improve policing through better health."

GOOD NEIGHBORS

WORKING TOGETHER WITH OUR COMMUNITY

Scores of local residents were treated to free health screenings, medical information, face painting, music and fun at TBHC's annual "Saturday in the Park" health fair this past August.

"Keeping Brooklyn Healthy is our mission," said Gary G. Terrinoni, TBHC's President and Chief Executive Officer. "We were able to assist local residents by allowing them to talk to physicians and healthcare providers and learn about the many health and wellness services we offer at TBHC. I want to thank our sponsors and the people of Brooklyn for helping to make this year's event a big success." Sponsors included St. Joseph's College, HealthFirst, MCU, Empire Blue Cross/Blue Shield, The Health Care Education Project and United Health Care. Here are some peeks at the fun day!



INTERESTED IN JOINING THE TBHC TEAM? Visit our Careers page online at tbh.org/careers



ONE PATIENT'S EXPERIENCE

Christina Sandy: 28-year-old mom of two, TBHC weight loss surgery patient

"I was a thick, chubby child. In high school, I tried various diets and just gained weight. In my mid-20s, I went to a Manhattan hospital to learn about weight loss surgery, but I didn't feel

comfortable. It was impersonal. I figured I could do this on my own.

But it only got harder. I gained weight from two pregnancies and when you're a mom, it's a struggle to find time for yourself, let alone lose a big amount of weight. At my heaviest, I was 311 pounds.

I heard about the surgeons at TBHC's Weight Loss Center and decided to check it out. My doctor and the staff were supportive and compassionate. I was well prepared for my gastric bypass.

After surgery, I worked hard. I exercised regularly and ate the way the TBHC taught me. It's made a difference. I'm down to 166 pounds. I've lost literally an entire person's worth of weight!

Thank you, TBHC, for preparing me for success!"

To learn about weight loss surgery and other support, and for free information seminars, call 718.250.8920 or email bariatric@tbh.org.



GET THE SHOT, NOT THE FLU!

The Centers for Disease Control recommends the annual influenza vaccination (flu shot) for everyone age six months or older. Vaccination is especially

important for people at high risk of influenza complications, including pregnant women, older adults, young children and anyone with a chronic medical condition. "Autumn is the perfect time to get the flu shot so you can enjoy the benefit of the immunity throughout the entire flu season, but you can get the shot well into the winter, too," says **Sherry Abraham, MD**, family medicine practitioner.

Feel hesitant still? Here are 3 myths we'd like to bust about the flu shot:

MYTH: A flu shot can give you the flu.

FACT: The vaccine cannot cause the flu illness. Today's shot is made of viruses that have been inactivated and are, therefore, not infectious, or with no virus at all. You may feel

a little sore on your arm, and some people feel a little achy with a low-grade fever. These are normal side effects of the vaccine, which will go away quickly, but most people experience no reaction at all.

MYTH: It's better to get the flu and build up your own resistance.

FACT: Flu is a serious disease, carrying risk of illness, hospitalization, complications and even death. It's always a better bet to get the shot and not the flu.

MYTH: You don't need a shot every year.

FACT: Your body's immune response to last year's flu has declined and another vaccine is the best protection. Plus, the viruses are always changing from year to year. This year's shot has been tailored to this year's strains.

Don't have a physician? Call 1.877.TBHC.DOC or visit tbh.org/find-physician.

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



tbh.org



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TAKE TIME TO CONSIDER THE HEALTH OF YOUR HEART

TBHC newly enhanced cardiac care, in alliance with Mount Sinai Heart, offers essential heart services for Brooklyn. Do you need them? Ask yourself these questions.

Heart disease is often a silent disease. “About 47 percent of cardiac deaths occur outside a hospital, suggesting that many people with heart disease don’t know they have it,” says **Srinivas Kesanakurthy, MD**, director of TBHC’s newly enhanced program, a clinical collaboration with Mount Sinai Heart to provide comprehensive cardiac care in Downtown Brooklyn.

Better your odds by understanding something called risk factors, which are indications that your heart may be, well, at risk. Here are some questions Dr. Kesanakurthy recommends you ask yourself to help you evaluate your risk factors for heart disease and take preventive steps like making an appointment with The Brooklyn Heart Center.

Do I have high blood pressure?

Blood pressure is both a sign of heart problems and a probable cause of them. Check your pressure yearly. If it’s too high, understand and follow the diet and/or medications your doctor prescribes.

How are my cholesterol levels?

There’s “good” (HDL) and “bad” (LDL) cholesterol, and having too little of one and too much of the other can indicate and/or cause heart disease. A simple blood test will tell if you have a healthy balance of cholesterol.

Do I smoke?

Smoking is as much a threat to your heart as it is to your lungs. If you smoke, ask your doctor for advice on how to quit.

Am I overweight and/or out of shape?

Try to get to and maintain a normal, healthy weight for your gender, height and age. Your doctor can recommend diet and exercise regimes.

Do I have diabetes?

Heart disease is two to four times more common in people with diabetes. If you have diabetes, make sure you work closely with your physician to keep your blood sugars within a safe range, which will lessen this cardiovascular risk.

Is there heart disease in my family?

If a close relative (father, brother, mother, sister) had heart disease or a heart attack at a young age (55 years old or younger for men, 65 years old or younger for women), you have inherited a risk for heart disease. You can’t change your genes, but you can be careful about regular checkups and minimizing all the other risk factors in your control.

If you have one or more of these risk factors,

or if you are already a cardiac patient, know that TBHC is offering sophisticated preventive, diagnostic, interventional services such as electrophysiology (EP) studies, which help doctors understand the nature of abnormal heart rhythms, and percutaneous coronary interventions (PCI), also known as angioplasty with stents. PCIs use a thin flexible tube to place a small structure called a stent to open up blood vessels in the heart that have been narrowed by plaque build-up.

For information about TBHC’s comprehensive cardiac care, call 718.250.8265 or visit tbh.org/brooklynheart.



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Inside:

Are you at risk for heart disease?

How TBHC cares for Brooklyn's law enforcement officers

A wonderful weight loss surgery success story

Facts about the flu shot

NEW TO THE NEIGHBORHOOD?

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

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

Call **1.877.TBHC.DOC** to find the right doctors for you.
Or visit **www.tbh.org/find-physician** to request an appointment on line.

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

