

# Keeping Brooklyn Healthy

U.S. News & World Report Recognition



New COVID & Flu Shots Are Here!



Two Great Imaging Options

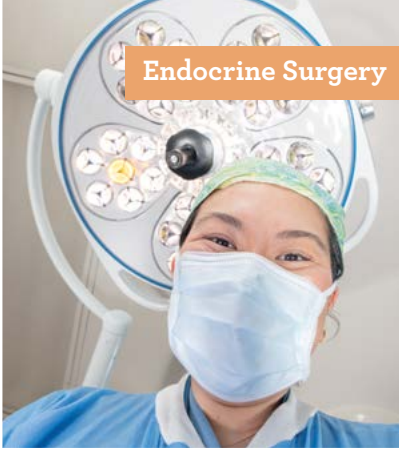


Come Be a TBHC Volunteer!



Sports Medicine

Providing for Our Community: A to Z Services



Endocrine Surgery



Dentistry & Oral Surgery



Gastroenterology



**Gary G. Terrinoni**

## MESSAGE FROM TBHC'S PRESIDENT A Milestone Achievement

I am delighted to announce that The Brooklyn Hospital Center has been named by U.S. News & World Report as a “Best Regional Hospital” in its “2023-2024 Best Hospitals” listings. This report is the country’s benchmark and a way for patients and their

doctors and providers to choose the right hospital for them. This is the first time that we have received this prestigious recognition.

U.S. News evaluated more than 4,500 hospitals across 15 specialties and 21 procedures and conditions; only 12% of evaluated hospitals earned a Best Hospitals ranking. Hospitals awarded a “Best” designation excelled at factors such as clinical outcomes, level of nursing care and patient experience.



**Of the common conditions and procedures, we also ranked “High Performing” in the following areas: COPD, Diabetes, Heart Attack, Heart Failure, Hip Fracture, Kidney Failure, and Stroke.**

I am very proud of this achievement and

how it recognizes the important and hard work we’ve been doing to improve our quality, services and patient experience. I like to think that the hospital’s founders back in the 1800s would also be proud of where we are taking this essential community hospital today, all the while, remaining loyal to our mission: *Keeping Brooklyn Healthy!*



## New Chief Medical Officer



TBHC is pleased to announce that Sam Amirfar, MD, MS, has been appointed Chief Medical Officer. He will continue in his role as Chief Information Officer. Given the importance of technology and data analytics in healthcare today, the integration of these two disciplines is becoming more relevant and crucial. Dr. Amirfar is a proven leader in healthcare technology and is an excellent clinician and out-of-the-box thinker.

Dr. Amirfar came to TBHC in 2014, as an attending physician and Chief Medical Information Officer, and then eventually was promoted to Senior Vice President and Chief Information Officer. In that capacity, Dr. Amirfar was responsible for building, maintaining and securing clinical data throughout the hospital network. In 2018, he implemented

the Epic outpatient electronic health record on time and under budget.

Dr. Amirfar graduated from Stanford University with a bachelor’s degree in Anthropology and a bachelor’s degree in Biological Sciences. His senior thesis examined an ancient structure built by the indigenous Anasazi people who lived in the Four Corners area of the American Southwest and used it as a “Stonehenge of the West.” He received his medical degree from New York University School of Medicine and completed his residency in Bellevue Hospital Center/NYU Medical Center. After a Chief Resident year at Memorial Sloan Kettering Cancer Center, he received his master’s degree and completed his Fellowship in Clinical Epidemiology & Health Services Research from Weill Cornell Medicine. He is board certified in Internal Medicine and Clinical Informatics.

# Two Excellent Imaging Options

TBHC's affiliation with New York Cancer & Blood Specialists (NYCBS) has opened up new avenues for seamless collaboration and enhanced patient care. One of the key benefits of this affiliation is the expanded access you have to diagnostic services.

At **TBHC's Radiology Department**, located at the hospital, you can find an array of advanced imaging services, including CT and MRI, general ultrasound, digital mammography and breast ultrasound, minimally invasive breast biopsies (stereotactic, MRI-guided and ultrasound-guided), as well as a variety of interventional procedures such as port placement, biopsies and embolizations

Our Radiology Department offers convenient on-site appointments, including walk-in X-ray, DEXA, screening mammography, and ultrasound imaging, as well as same-day CT appointments.



**Brooklyn Imaging**, located at 172 Myrtle Avenue, is a state-of-the-art facility with cutting-edge technology, including PET/CT, CT and MRI, which complements services offered by our Radiology Department. PET/CT and 3T MRI are particularly invaluable additions for cancer evaluation and prostate imaging.

Brooklyn Imaging offers free parking, several public transportation options, same-day appointments and even walk-in availabilities to make access as convenient as possible.

Whichever you and your doctor choose, the values and commitment to patient care demonstrated by the hospital's Radiology Department and Brooklyn Imaging closely align with TBHC's high standards of excellence.

For more information on TBHC's Radiology Department, visit [tbh.org/BrooklynRadiology](https://tbh.org/BrooklynRadiology). For more information on Brooklyn Imaging, visit [BrooklynImaging.com](https://BrooklynImaging.com).

## New COVID-19 Vaccine Approved

The FDA and CDC have approved the 2023-2024 version of the COVID-19 vaccine. Here are a few key points to know:

- Everyone 6 months and up is eligible for this shot, regardless of their previous vaccination history.
- This is NOT a booster. It is the 2023-2024 vaccine, similar to how we refer to the seasonal flu vaccines.
- For those 5 years plus, the vaccine is a single dose, whether or not your child has gotten prior COVID vaccines.
- For children 6 months to 4 years, there are three doses. Previous shots count towards the three doses.
- Those 65 years and up will be eligible for an additional "booster" of the vaccine FOUR months after receiving the 2023-2024 vaccine.
- Those deemed moderately to severely immunocompromised by their provider may also be eligible for a "booster" of the 2023-2024 vaccine TWO months after receiving the 2023-2024 vaccine.
- This COVID shot can be given along with flu and RSV vaccines. Keep in mind that the best protection is likely to last about 4 months with the COVID vaccine and about 6 months with the influenza vaccine. Flu season has been starting and ending later than in past years (December to June). Thus, timing the autumn vaccines together may make sense in November for the best defense against the flu, but one may want to get their 2023-2024 COVID vaccine sooner. RSV vaccines will be available soon for those over 60 years of age. Talk with your doctor about what vaccine timing works best for you.
- All insurance plans cover the vaccine and administration charge without a copay.

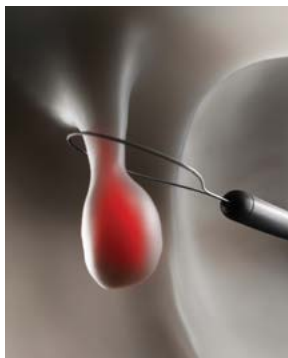
TBHC's Vaccine Center has the new COVID-19 vaccine and the flu shot. Visit [tbh.org/vaccine](https://tbh.org/vaccine).

## SPECIALTIES FROM A TO Z

# Taking a closer look at some of our services, and some

We have more than 50 surgical, medical and other specialties and subspecialties at TBHC, an impressive Endocrine Surgery, Dentistry & Oral Surgery, and Sports Medicine. We want you to know the depth of ex

### GASTROENTEROLOGY: New Colon Cancer Screening Recommendations



“45 is the new 50,” says Madhavi Reddy, MD, Chief of Gastroenterology (GI) and Hepatology at TBHC (shown on cover, lower right, with her Gastroenterology Fellows). “Among the many services we provide, we are committed to preventing colon cancer, which is the third most common cancer in both

men and women, yet is one of the most preventable types of cancer with early screening,” says Dr. Reddy.

Colonoscopy is a one-step screening test that can detect pre-cancerous growths called polyps in your colon and remove them simultaneously to prevent colon cancer (as depicted above in the illustration).

Here are the new screening recommendations:

- Ages 45 to 75 should undergo screening for colon cancer even with no symptoms. After 75 years of age, the decision to continue screening should be discussed with your doctor.
- If you have a personal or familial risk for colon cancer, you might need to start colon cancer screening earlier. Again, discuss this with your gastroenterologist.

“The good news is that colonoscopy prep is easier than what you may have heard or remembered from several years ago,” says Dr. Reddy. “Now, we have low-volume prep solutions and pills as well. We can talk through your options when we see you for an initial consult.” Other than colonoscopies, the division offers a full range of diagnostic and treatment procedures for most common GI conditions, including gastroesophageal reflux disease (GERD), peptic ulcer disease, gastritis, hepatitis B and C, diverticulosis, gallstones, celiac disease, Crohn’s disease and ulcerative colitis, and irritable bowel syndrome, among others. The division is also responsible for training future gastroenterologists with its accredited three-year fellowship program, one of Brooklyn’s oldest.

For more information or to make an appointment, visit [tbh.org/BrooklynGastroenterology](http://tbh.org/BrooklynGastroenterology).

### ENDOCRINE SURGERY: One approach for often overlooked conditions



The Division of Endocrine Surgery is a surgical subspecialty that treats endocrine diseases of the thyroid, parathyroid or adrenal glands. “Typically, patients are sent to us by endocrinologists or primary care providers, sometimes even a dentist who notices a lump in the neck area,” says Irene

Lou, MD (shown on cover, center photo, and here above).

“Ultrasounds and/or a biopsy are usually done, both of which are offered on an ambulatory basis in the Physicians Pavilion. Both ultrasound and biopsy, if needed, can be completed during the same office visit. This is really convenient for patients,” she adds.

Guidelines for thyroid, parathyroid or adrenal conditions are very specific. They can often be treated without surgery by following blood work, imaging and, sometimes, medication. “In many cases, patients never need surgery. We keep an eye on things along with the patient’s other doctors,” explains Dr. Lou. “If we see growth or hormonal changes, surgery is considered.”

Unchecked endocrine conditions, even when not cancerous, can be problematic. They can lead to trouble swallowing, difficulty breathing, kidney stones, osteoporosis and even high blood pressure.

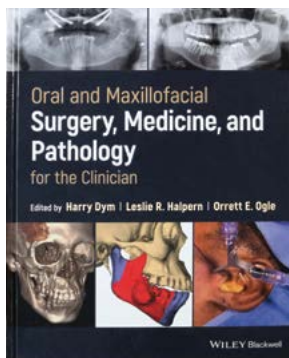
“While many of these conditions are common, especially in women, often they are discovered by accident – a scan or blood test is ordered for another reason and an endocrine gland or abnormality is found,” says Dr. Lou. Because endocrine conditions often go unnoticed, patients should have regular check-ups that can detect many of these conditions. “You should tell your primary care doctor of any family history of endocrine problems – some of them, like thyroid cancer, can be genetically predisposed. But, no matter your history, when you go for your yearly physical, make sure someone is feeling your neck!” advises Dr. Lou.

For more information or to make an appointment, visit [tbh.org/BrooklynEndocrineSurgery](http://tbh.org/BrooklynEndocrineSurgery).

# of the excellent providers behind them!

the roster from A to Z (well, really W for Wound Care!). In this issue, we focus on Gastroenterology, expertise available and the terrific providers who deliver that care.

## DENTISTRY & ORAL SURGERY: Discounted Implants and More



“I want the community to know that along with all of our surgery services, we provide quality implants at deeply discounted prices,” says Harry Dym, DDS, Chair of TBHC’s Dentistry and Oral & Maxillofacial Surgery (shown on cover, bottom left; and, here, is Dr. Dym’s 18th textbook!).

**General Dentistry**, headed by Ricardo Boyce, DDS, offers care for children and adults. Services include:

- Fillings and sealants
- Root canals, crowns and bridges
- Dentures and partials
- Bonding and cosmetic whitening
- Regular checks up and cleaning
- Orthodontics and clear aligners

**The Oral and Maxillofacial Surgery Center** offers a range of procedures, including:

- Dental implants, offered at a 40% discounted rate with flexible payment options
- Extractions
- Surgical treatment of a gummy smile
- Anesthesia in the OR for medically compromised patients, and IV sedation in the outpatient center
- Biopsies
- Treatment of facial pain including TMD and TMJ using non-surgical techniques
- Treatment of teeth, orbital, jaw and mid-face fractures
- Treatment of oral, sinus and facial infections
- Treatment of benign jaw cyst and tumors
- Oral surgery for medically compromised patients
- The placement and/or reconstruction of the jaw with bone substitutes for implants
- Treatment of skeletal jaw deformities through specialized orthognathic joint procedures
- Treatment of severe rheumatoid joint pathology using total joint replacement with custom-made TM joints

For more information or to make an appointment, visit [tbh.org/BrooklynDentistry](http://tbh.org/BrooklynDentistry).

## SPORTS MEDICINE: Start with a Light, But Effective Touch



“Sports Medicine, a subspecialty within Orthopedic Surgery, includes the treatment of high-level athletes but also the daily aches and pains of everyday life,” says Bryan Conti, MD, an Orthopedic Surgeon who is fellowship-trained in sports medicine (shown on cover, top right). “While we often operate

on some of these athletic patients, we approach each case with a light, but effective touch first, which can include physical therapy, medications or minimally invasive procedures, prior to considering surgery.”

Working closely with sports medicine/family medicine physicians, as well as the entire team of orthopedic surgeons, Sports Medicine at TBHC offers relief and curative plans for the following typical sports injuries:

### Shoulder

- Rotator cuff injury
- Shoulder instability/labral tears
- Biceps tendonitis
- AC joint injuries
- Impingement syndrome
- Frozen shoulder and shoulder arthritis

### Knee

- Meniscus tears and cartilage injuries
- ACL and other ligament (MCL, PCL, LCL) injuries
- Quad and patella tendon tears and instability
- Early osteoarthritis

### Foot and Ankle

- Sprains and stress fractures
- Achilles tendonitis and tears
- Peroneal tendon injury (acute and chronic)

“The beauty of athleticism is that sports is not limited to an age group. Because of that, we see all ages – from adolescents to seniors,” says Dr. Conti.

For more information or to make an appointment, visit [tbh.org/BrooklynOrthopedics](http://tbh.org/BrooklynOrthopedics).



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## Volunteer at TBHC!

After a pandemic hiatus, TBHC is delighted to announce that not only is the Volunteer Program back and up and running, it's thriving! Take a peek to the right at our current crop of volunteers.

If you are looking to give back to your community, this is the perfect opportunity for you, no matter your age. You can gain new skills, as well as further develop your current skillset. For young people or career changers, volunteering gives you a unique opportunity to learn about the healthcare industry from professionals themselves.

And for more seasoned folks, volunteering provides a wonderful way to share your experience to benefit an essential community hospital.

Some of the volunteer positions available include:

- Administrative aide
- Meeting, greeting and directing patients
- Patient visitor



- Spiritual Care visitor

Or, tell us what your interest is and we will do our best to find volunteer positions that best match your preferences and skills!

To learn more or to apply, please visit [tbh.org/volunteers](https://www.tbh.org/volunteers).