

# yourhealth

the magazine for healthy living summer 2009

## 2009 COMMUNITY UPDATE

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Excellence  
One Brick  
at a Time  
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Spine Care: Restoring  
Quality of Life, Patients  
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# FROM THE President and CEO



Each day, Orange Regional Medical Center enhances the healthcare we provide to you and your family. New orthopedic, cardiac and surgical programs are improving the health of countless patients who no longer have to leave the area for specialty care. We've added many new services and technology initiatives, and we'd like to share them with you in this community update.

Last year, we celebrated the official groundbreaking of our new hospital scheduled to open in 2011. This seven-floor building, located at 707 East Main Street in the Town of Wallkill, will transform area healthcare by bringing our two existing hospital campuses together on one site. The new hospital, which is easily accessible from Route 17 and I-84, will feature state-of-the-art technology and patient-centered healthcare.

In 2008, Orange Regional Medical Center was named one of the nation's 100 Top Hospitals®: Performance Improvement Leader by Thomson Healthcare for the second year in a row (out of 2,867 comparable U.S. hospitals). This honor validates our efforts to enhance quality while striving to make Orange Regional Medical Center the best regional hospital in New York State.

Our organization is on its way toward many great accomplishments for our community. We thank you for your continued support.

*Best Regards,*

Scott Batulis, President and CEO  
Orange Regional Medical Center

## New Cancer Technology COMING THIS FALL

In the fall, Orange Regional Medical Center will introduce the leading-edge Varian RapidArc™ radiation oncology therapy system at the Eleanor Snow Radiation Oncology Center, located at the Orange Regional Medical Pavilion, 75 Crystal Run Road, Middletown.

RapidArc provides image-guided intensity-modulated radiation therapy (IMRT) at a faster rate than the current IMRT. Treatment time is reduced to approximately 90 to 100 seconds as opposed to 20 minutes for existing IMRT technology. This reduction in treatment time is made possible by RapidArc's ability to deliver

radiotherapy treatment with only a single rotation of the treatment machine around the patient. During the rotation, the treatment beam is continually shaped and reshaped to the size, contour and position of the tumor within the body, thereby limiting radiation exposure to healthy tissue surrounding the tumor.

With RapidArc, clinicians can deliver radiation more precisely and in much less time, resulting in enhanced outcomes, quality and patient comfort. This new technology represents Orange Regional's commitment to providing the latest technology advancements to our community.

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The Public Relations & Marketing Department of Orange Regional Medical Center publishes *Your Health*. This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any new exercise or dietary routine. For more information about support groups, health screenings and hospital services; to find a physician; register for health education classes; or to be added to our mailing list, call us toll-free at 1-888-321-ORMC (6762), or visit us online at [www.ormc.org](http://www.ormc.org).



*Building for Excellence*

# 2009

## Foundation UPDATE

### PHILANTHROPY at Orange Regional Medical Center

The Orange Regional Medical Center Foundation's sole purpose is to raise funds in support of the hospital, its programs and its services. As Orange Regional continues construction of its new hospital, community awareness and local philanthropic support become more important than ever.

Each year, the Foundation sponsors an annual giving campaign called The Century Club and stages a large golf outing in June to garner philanthropic support. Moving forward, we must build upon these giving events to continue our growth and provide the highest level of care to our patients and our community.

A monumental project such as building a new hospital, warrants unprecedented philanthropy. Last year, we embarked on a \$21 million *Building for Excellence* capital campaign—the largest ever in the hospital's history—to help build the first freestanding hospital in the State of New York in 20 years. A campaign of this magnitude ultimately reaches out to everyone who is touched by Orange Regional—patients, physicians, staff, community members and businesses. To date, we have raised more than \$17 million, and the campaign will continue until the doors of the new hospital open in spring 2011.

“Each gift, no matter how large or small, is gratefully

received and will guarantee that this campaign continues to move forward,” said John Galanti, *Building for Excellence* Capital Campaign Chairman.

Mr. Galanti explained that there are a variety of significant support opportunities, including named gifts in memory or in tribute to a loved one and pledges are payable over a five-year period.

In addition to the ability to pledge and pay over time, methods of giving include cash donations, securities or closely held stock, life insurance and provisions in a will or trust. Gifts to the Orange Regional Foundation's capital campaign are tax-deductible to the extent allowed by law and an individual's own tax circumstances.

*For additional information or to make a donation to the Building for Excellence capital campaign, please contact the Orange Regional Medical Center Foundation office at (845) 294-2135, e-mail Foundation President Christine Maraia at [cmaraia@ormc.org](mailto:cmaraia@ormc.org) or use the enclosed envelope to make a gift today.*

# ORANGE REGIONAL MEDICAL CENTER Earns Top Honors, Accreditations



Orange Regional Medical Center employees Cleveland Forde, Aileen Kelly, Lionel Oquendo and Stephanie Quill.



Orange Regional Medical Center nurses Faith Ralph and Constance White.



Orange Regional Medical Center's Horton Campus employees Catris Cronin and Elizabeth Cronin, R.N.



Orange Regional Medical Center's Tucker Center for Cancer Care employees Yolanda Polchowski and Jayne O'Malley.

At Orange Regional Medical Center, our vision is to pursue excellence in all that we do. Toward that end, Orange Regional achieved many successes in 2008 and is off to a great start in 2009.

For example, in 2008, Thomson Healthcare named Orange Regional Medical Center to its 100 Top Hospitals®: Performance Improvement Leaders list. This designation is awarded to 100 hospitals out of 2,867 comparable hospitals across the United States that make the greatest progress in improving hospital-wide performance over five consecutive years.

Orange Regional Medical Center was named one of the best places to work by *Hudson Valley Magazine*; we, once again, received The Joint Commission accreditation; and Ingenix Corporation recognized us as one of the Top 200 Coding Hospitals in the United States. Additionally, the Arden Hill Campus Emergency Department had the best patient satisfaction scores in the State of New York.

Orange Regional Medical Center's Board of Directors is comprised of an extraordinary group of volunteers who are highly committed to improving the health of our community. In September 2008, Lou Heimbach, Vice-Chair of Orange Regional Medical Center's Board of Directors, was awarded the Trustee Leadership Award from the Healthcare Trustees of New York State (HTNYS). This prestigious award recognizes trustees who provide exemplary leadership to a New York State healthcare institution in today's challenging healthcare environment.

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THE STAFF AT ORANGE REGIONAL MEDICAL CENTER STRIVES FOR EXCELLENCE. THEIR EFFORTS HAVE BEEN RECOGNIZED BY SEVERAL NATIONAL HEALTHCARE ORGANIZATIONS.

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Orange Regional's Rehabilitation Unit at the Horton Campus has again received accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF) and demonstrated exemplary compliance during its participation in its recent triennial survey. CARF surveys healthcare facilities

and promotes quality, value and optimal outcomes through a consultative accreditation process that centers on enhancing the lives of patients.

The Stanley S. Dunkelman Diabetes Treatment Center was awarded with a third consecutive Education Recognition Certificate by the American Diabetes Association for its quality diabetes self-management education program.

The Ray W. Moody, M.D. Breast Center was designated by the American College of Radiology (ACR) as a Breast Imaging Center of Excellence and is fully accredited in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy. Peer-review evaluations, by board-certified physicians and medical physicists who are experts in the field, have determined that the Center has achieved high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures and quality assurance programs.

Orange Regional's Horton Family Program for Alcoholism and Chemical Dependency (HFPA) received its license renewal from the New York State Office of Alcoholism and Substance Abuse Services (OASAS). The OASAS surveyor performed an extensive review of patient records, interviewed patients to determine their satisfaction with services received, inspected the facility for safety compliance and cleanliness, and reviewed policies/procedures manuals and education files.

Orange Regional Medical Center's Public Relations and Marketing Department received five prestigious national marketing awards from the 2008 Annual Healthcare Advertising Awards competition and the Aster Awards for excellence in medical marketing. Orange Regional's advertising campaign for Oncology and quarterly magazine, *Your Health*, were singled out for excellence.

# HOW ADVANCED SPINE SURGERY Is Improving Quality of Life

Thousands of people in the Hudson Valley suffer from back or neck pain—but you don't have to be one of them. When it comes to safe, specialized spine surgery, Orange Regional Medical Center is a trusted and convenient option. We offer comprehensive spine care surgeries and therapies that alleviate the need to travel long distances for specialized care.

Orange Regional has a team of experts in all aspects of spine surgery, including minimally invasive surgery (for a faster and more comfortable recovery), and the latest technology, which offers greater precision than ever before. Our specialists have received extensive training at the most prestigious academic medical centers such as Harvard University and the Cleveland Clinic.

## Tim Benson—Disc Herniation

In January, Tim Benson's life came to a screeching halt. Walking was almost impossible, and therefore every aspect of his life was impacted. While he did not know what the problem was, the City of Matamoras Director of the Department of Public Works and avid Pennsylvanian outdoorsman did know he needed immediate medical attention.

After three weeks of failed pain management, Mr. Benson sought the advice and recommendation of a friend and went to see Alexander Jones, M.D., Medical Director of the Spine Program at Orange Regional Medical Center and a member of Hudson Valley Neurosurgical Associates in Goshen, New York. "A patient walking into the office bent over is always a memorable patient," Dr. Jones recalled from his first meeting with Mr. Benson. "When I saw Tim, I knew he was in pain."

Dr. Jones held his internship in general surgery and his residency in neurological surgery at Louisiana State University and Cleveland Clinic Spine Institute and has been practicing surgery for several years.

Within minutes, Dr. Jones admitted Mr. Benson into the Horton Campus of Orange Regional Medical Center and scheduled him for a microdiscectomy the next morning.

"It went as great as it could go," said Mr. Benson. "The whole goal was to have me up and moving as soon as possible."



Tim Benson can enjoy the outdoors once again following spine surgery at Orange Regional Medical Center.

But physician knowledge and good judgment also were huge factors in diagnosing Mr. Benson's problem.

"There are a number of options as far as spinal surgery," said Dr. Jones. "But you have to have empathy for and understanding of the patient's condition. The spine and brain are such important parts of the body. I go through, in detail, the risks of surgery and categorize the severity of the condition to put it into some sort of perspective for the patient."

In Mr. Benson's case, the microdiscectomy, a very common procedure where a problematic disc is moved just enough to release pressure from the nerve root, took just over an hour to complete. Mr. Benson was home and pain-free by dinnertime. The irony, Dr. Jones explained, is that many people suffer with this pain for months or years.

Mr. Benson could not believe his expeditious surgery and recovery at Orange Regional. "At times, I told the nurses to go and assist other patients. They had done everything they could to make me comfortable."

Before he arrived at Orange Regional, his mobility was limited. "It was such a quality of life issue and I remember fantasizing about all that I used to do—hunting, fishing, camping," Mr. Benson said. "Now, thanks to Dr. Jones and the staff at Orange Regional, I will be able to do all of that again like nothing ever happened."

### Maria Leo—Spinal Cord Compression

Maria Leo, a hairstylist from Walden, New York, thought the numbness in her arms and fingers was carpal tunnel syndrome. After seeing a number of local doctors and becoming increasingly concerned as her symptoms progressed down to her lower back and legs, she was referred to Howard Yeon, M.D., a surgeon at Orange Regional and a member of Crystal Run Healthcare. Dr. Yeon discovered that Ms. Leo's symptoms were caused by the compression of the spinal cord in her neck. Ms. Leo's surgery in September 2008 could not come soon enough. The surgery decompressed her spinal cord and stabilized the vertebrae in her neck.

Dr. Yeon, who received his medical degree and held his residency in orthopedic surgery from Harvard Medical School and was a Fellow in spinal surgery at the Hospital for Special Surgery in New York, made sure that Ms. Leo was comfortable with every aspect of her upcoming surgery.

Six months after her successful surgery, Ms. Leo is back to enjoying her life. Her experience with Orange Regional Medical Center and Dr. Yeon was positive, and she enjoys sharing her story with the community.

"He showed me the research on my condition and made it so simple to understand. He made it digestible and much less scary. I think one of my favorite things about Dr. Yeon was the care and compassion he showed, not just to me, but to my family—everyone connected to me. My sons were so worried, and one of Dr. Yeon's top priorities was to ensure that they understood everything and were not scared. My stay at Orange Regional was impressive," she said. "The nurses were wonderful. Dr. Yeon was there every day making sure I was feeling good about the surgery and my recovery."

*If you or someone you know is interested in finding a spine surgeon or for more information about Orange Regional's Spine Program, please call Deirdre Pettus, Rehabilitation Unit Referral Specialist, at (845) 342-7206, or visit [www.ormc.org](http://www.ormc.org).*



Maria Leo got her life back on track following successful neck surgery at Orange Regional Medical Center.

# Orange Regional Commemorates Milestones While *Building for Excellence*

Orange Regional Medical Center continues progress on its new \$350 million state-of-the-art hospital project. Located at 707 East Main Street near the Route 17 and I-84 interchange in the Town of Wallkill, the new hospital will be the first new freestanding hospital built in New York State in 20 years.

Several milestones have been achieved to move forward with the construction of your new hospital. Orange Regional received initial Certificate of Need approval from the New York State Department of Health for its new hospital project in March 2007. In December 2007, Orange Regional entered into a sale/leaseback for its hospital campuses with two Local Development Corporations (LDC) facilitated through the Community Foundation of Orange and Sullivan counties and the Gerry Foundation Inc. The arrangement allows Orange Regional to continue operations at the campuses in Goshen and Middletown as a tenant

until consolidating in the new facility in spring 2011.

In May 2008, Orange Regional closed on \$261 million in tax-exempt bonds issued by the Dormitory Authority of the State of New York to help fund the new hospital construction. Approximately 77 percent of the total project costs are being funded through the issuance of these tax-exempt bonds to be repaid from the hospital's annual operations. The balance of the new hospital construction costs is being funded from several sources, including monies currently in the bank, philanthropy, state grants and proceeds from the sale of Orange Regional's two existing campuses.



## + Frequently Asked Question

As Orange Regional Medical Center's new hospital project continues, we are often asked whether the new building will have enough bed capacity for all of our patients. Orange Regional is currently licensed for 450 beds on its two campuses. However, on any given day, our patients occupy approximately 300 beds.

In fact, on any given day, the number of beds occupied is well below our new hospital capacity of 374 beds. This 374-bed complement is also in

line with the Berger Commission's recommendation to "close the existing campuses and consolidate operations at a new, smaller replacement facility that is downsized by approximately 100 beds." Securing the Commission's recommendation was critical for state support and funding.

Further, the new hospital design will help us to utilize our beds more effectively and will incorporate:

1. Private rooms, which provide increased infection control

measures and allow for a more restful recovery.

2. An increase in monitored beds to avoid the Emergency Department backup that now occurs because patients are waiting for a monitored bed.
3. The ability to expand horizontally and/or vertically, if necessary.

In addition, we have the opportunity to make operational changes that will reduce average length of stay further, thereby freeing up bed capacity.

In June 2008, Orange Regional announced the public phase of its capital campaign and celebrated the official groundbreaking of the new hospital, located on 61 acres in the Town of Wallkill. This seven-floor building will consolidate our two existing hospitals on a single site. Orange Regional's new hospital was embraced by the Commission on Health Care Facilities in the 21st Century, also known as the Berger Commission, formed to reconfigure the healthcare delivery system statewide through greater efficiency and increased community benefits. As a Berger Commission hospital, Orange Regional received HEAL funding totaling \$48.6 million to assist with planning and construction.

In January 2009, Orange Regional held a Topping Off Ceremony at the new hospital construction site. A Topping Off Ceremony is a tradition among construction companies and ironworkers to mark the end of steel construction on a new project.

Highlights of the new hospital include 354 private patient rooms, an Emergency Department with 50 treatment bays, a planned Level 2 Trauma Center, a helipad, an advanced Birthing Center with a planned Level 2 neonatal Intensive Care Unit, 12 spacious surgical operating rooms, an electronic health record and a healing garden.





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# KEEPING THE PACE: Hip Resurfacing Offers New Lease on Life

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In addition to the wide range of advanced therapies and treatments offered at its Bone & Joint Center, from total ankle and knee to shoulder and elbow replacement, Orange Regional Medical Center now offers a relatively new surgical procedure called hip resurfacing. It is giving patients with hip problems a new lease on life. During hip resurfacing surgery, the end of the thighbone is capped with a metal covering that fits smoothly into a metal cup in the hip socket. The metal covering, or cap, swivels inside of the cup, replicating the hip joint.

Hip resurfacing surgery preserves the bone and helps keep the patient's otherwise healthy bone intact. The surgery resurfaces the bone instead of removing large amounts of it, making it closer in size and shape to the natural hip.

Eric Martin, M.D., Chief of Total Joint Replacement Surgery for the Bone & Joint Center at Orange Regional, and Kevin Trapp, M.D., Chairman of the Orthopedics Department at Orange Regional Medical Center, work with patients at the Bone & Joint Center to increase quality of life and reduce pain associated with a variety of orthopedic problems.

"This surgical procedure offers younger, more active patients the ability to get rid of pain with less post-operative activity restrictions and a faster return to vigorous daily activities," said Dr. Trapp, a member of Crystal Run Healthcare.

Dr. Martin, a member of Catskill Orange Orthopedics, noted, "hip resurfacing affords

a more natural range of motion and more closely reproduces human anatomy, allowing an active patient to return to aggressive physical activity. It is an opportunity to get rid of pain and get back to a daily job and lifestyle."

Dr. Trapp received his training for hip resurfacing at the Hospital for Special Surgery in New York City and Dr. Martin received his training at Rush-Presbyterian-St. Luke's Medical Center in Chicago.

"We are all proud of the services our department has provided for this community and are constantly striving to make our Bone & Joint Center the most comprehensive, highest quality center anywhere. We will continue to keep pace with leading-edge technologies," said Ronald Israelski, M.D., Medical Director of the Orthopedics Department at Orange Regional Medical Center. "In addition to traditional joint replacement, where appropriate, we offer new technologies such as minimally invasive surgery, total ankle, shoulder and elbow replacement, ceramic/metal-on-metal low-wear friction hip replacement, rotational platforms and uni-compartment knee replacements."

"Our other sub-specialty lines include hand, sports trauma and spine care," added Dr. Israelski. "Our doctors are among the best of the best, and we adhere to best-method protocols and evidence-based medicine in all of our service lines.

*If you would like more information on hip resurfacing or any of Orange Regional Medical Center's Bone & Joint Center services, please call 1-888-321-ORMC (6762), or visit [www.ormc.org](http://www.ormc.org).*



# CARDIAC SERVICES at Orange Regional



(Left to right:) Catherine Maione, Cardiology Supervisor; Jerry Dunlavy, Vice President of Business Development; Sandra Abraham, Registered Nuclear Medicine Technologist; Inderpal Singh, M.D., Medical Director of Cardiology; Roger Morin, Registered Nuclear Medicine Technologist; and Benson Egbuta, Registered Nuclear Medicine Technologist, are pictured with the new SPECT Cardiac Nuclear Camera in the Peter Frommer, M.D. Heart Center.

Orange Regional Medical Center is proud to offer advanced cardiovascular services to our community. Whether you need preventive care, diagnostic testing or intervention in the case of a cardiac emergency, the comprehensive services at Orange Regional's Peter Frommer, M.D. Heart Center can help.



Cardiac services at the Peter Frommer, M.D. Heart Center include leading-edge care from Orange Regional’s Diagnostic Cardiac Catheterization Laboratory, emergency angioplasty technology, electrophysiology and rehabilitation services to help patients with heart disease get back to normal. Orange Regional also offers cardiac support and education with its Adult Cardiology Clinic and the Healthy Heart Program.

### Advanced Diagnostic Cardiac Technology

With the recent installation of a new Philips single photon emission computed tomography (SPECT) nuclear camera in its Peter Frommer, M.D. Heart Center, physicians can quickly determine whether blood is flowing adequately to the heart by tracking radioactive isotopes injected into a patient’s bloodstream. The nuclear camera is different from a computed tomography, or CT scan, which looks at images of the body to determine the presence of calcium in blood vessels or tumors.

“We have enhanced the quality of nuclear imaging to minimize the use of invasive diagnostic testing and to help in making an early diagnosis of obstructive coronary artery disease—which is the leading cause of mortality in the United States, especially in Orange County,” said Inderpal Singh, M.D., Medical Director of Cardiology at Orange Regional.

The new nuclear camera at Orange Regional Medical Center increases the accuracy and speed of the images taken. In addition, it requires less isotope radiation to be injected into a patient’s bloodstream. Images can also be taken from the back of the heart. The machine is more comfortable for patients with claustrophobia and can accommodate patients up to 500 pounds.

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**“WE’VE ELEVATED THE QUALITY OF CARDIAC IMAGING IN ORANGE COUNTY TO THE HIGHEST LEVEL, COMPARABLE TO ANY HEART CENTER IN NEW YORK CITY,” SAID IINDERPAL SINGH, M.D.**

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He added that the camera has twice the resolution of older versions and that the process time of images has been cut in half.

*For more information on cardiac services at Orange Regional Medical Center’s Peter Frommer, M.D. Heart Center, please call 1-888-321-ORMC (6762), or visit [www.ormc.org](http://www.ormc.org).*

## A Thankful Heart

James Soules, an 82-year-old woodworking enthusiast, credits his life to the quick, comprehensive care he received at Orange Regional Medical Center.

In 2008, the active senior began feeling sharp pains coursing through the front of his chest and into his back. Like many people suffering from a myocardial infarction—or heart attack—he wasn’t sure what was happening. He laid down, and his wife called an ambulance.

“When the EMT crew arrived, they rushed me to the Horton Campus of Orange Regional,” said Mr. Soules. “As soon as I hit the door of the Emergency Department, a team was working on me. I knew immediately that I was in good hands.”

### THE CARE HE NEEDED

Shortly after Mr. Soules arrived at Orange Regional, physicians found a blockage in his coronary artery.

“The team, including an interventional cardiologist, arrived immediately to perform emergency angioplasty to clear the blockage. The procedure was performed in under an hour, saving valuable heart muscle,” explained William Gotsis, M.D., Co-medical Director of the Interventional Cardiology Services Program at Orange Regional Medical Center.

### ROAD TO RECOVERY

After the successful procedure and a few days in the hospital, Mr. Soules returned home to recover. Today, he’s back to his normal life.

“The people at Orange Regional are absolutely fantastic,” said Mr. Soules. “I have my life today because they stepped in and provided me with the care I needed.”

**TO LEARN MORE ABOUT CARDIAC CARE AT ORANGE REGIONAL MEDICAL CENTER, CALL 1-888-321-ORMC (6762), OR VISIT [WWW.ORMC.ORG](http://WWW.ORMC.ORG).**

# BARIATRIC SURGERY—Safe, Effective Weight-loss Solutions for a Healthier Lifestyle



Janet Kovler, M.S., R.D., C.D.N., C.D.E., Bariatric Surgical Services Coordinator at Orange Regional Medical Center, and Wayne M. Weiss, M.D., Medical Director of Bariatric Surgery at Orange Regional Medical Center

**A**t Orange Regional Medical Center, we believe your life shouldn't be defined by what your body will and won't let you do. For obesity sufferers, this can be a day-to-day struggle, but it doesn't have to be thanks to Orange Regional's Bariatric Surgery Program.

Led by Medical Director Wayne Weiss, M.D., the Bariatric Surgery Program offers two minimally invasive weight-loss procedures: gastric bypass and LAP-BAND®, both of which can help you reduce the risk of obesity and get you back on track to living a healthier and more active lifestyle. And because these leading-edge procedures are offered at the Arden Hill Campus of Orange Regional Medical Center, you won't have to travel far from home.

Dr. Weiss is board certified in general surgery and surgical critical care. He received his medical degree from New York University and completed a surgical residency at New York University Langone Medical Center. A trauma surgeon for more than 22 years with an established record of excellence, Dr. Weiss has been performing laparoscopic gastric bypass

and LAP-BAND® surgery for close to a decade and has performed hundreds of bariatric surgeries.

## Learn More at a Free Seminar

If you've been considering weight-loss surgery, come to a free weight-loss surgery seminar. You'll learn more about each procedure, including what you can expect in the days, weeks and months after surgery. Doctors will also be on hand to answer any of your questions.

You may also attend our bariatric surgery support group, which includes presenters comprised of plastic surgeons, certified fitness instructors and nutritionists and is facilitated by Orange Regional's Bariatric Surgical Services Coordinator. There's even time during the support group to ask questions and obtain support from both health professionals and fellow support group members.

*To learn more about your weight-loss options, find a bariatric surgeon or attend a free weight-loss surgery seminar or support group, call the Orange Regional Health Connection at 1-888-321-ORMC (6762) or, visit [www.ormc.org](http://www.ormc.org).*

## Gastric-Bypass Versus LAP-BAND®

### WHAT IS GASTRIC-BYPASS?

This procedure involves the reorganization of the digestive system to create a small pouch in the upper part of the stomach by stapling it together. The surgeon then attaches part of the small intestine to the new pouch, effectively "bypassing" the part of the stomach that has been sealed off. This causes your body to absorb fewer calories, leading to weight loss.

### WHAT IS LAP-BAND®?

During this procedure, the surgeon places an inflatable and adjustable band around the upper part of the stomach, partitioning it into two parts. The band creates a small opening that allows limited food to pass through each section, resulting in controlled food intake. This means you will feel full while eating less.

# ADVANCING SERVICES *to Meet Your Needs*



Orange Regional now offers emergency angioplasty as part of its comprehensive range of cardiac services at Peter Frommer, M.D. Heart Center. Orange Regional's cardiology program is affiliated with Montefiore Medical Center in New York City, and its cardiac rehabilitation program has been re-accredited through 2011.

Additional highlights in Orange Regional's clinical developments include launching a bariatric surgical weight loss program and adding a new bariatric surgeon to its staff; assigning two radiologists exclusively to its Ray W. Moody M.D. Breast Center; expanding specialty surgeries to include spine, hip resurfacing and total ankle, shoulder and elbow replacement. Orange Regional has also secured robotic technology and will be offering minimally invasive surgical techniques this summer. Orange Regional has also acquired the Varian RapidArc™ radiation oncology therapy system, which will be available this fall. Orange Regional's Intensivist Program has also made enhancements to the Intensive Care Units at both campuses. This improvement places a physician in the Intensive Care Unit for six continuous hours on a daily basis to collaborate with a patient's healthcare providers and

While planning for your new hospital, Orange Regional Medical Center has continued to vigorously pursue new program and technology initiatives at its existing campuses.

ensure the patient is making progress.

Orange Regional also refurbished six pediatric rooms with pediatric amenities including wireless Internet connection, flat-screen televisions, videogames and age-appropriate décor. Additionally, Orange Regional submitted a plan for Level 2 trauma service in its Emergency Departments; was granted approval for a Certificate of Need for a second catheterization lab at the Horton Campus and is currently developing a plan to perform elective angioplasty.

Orange Regional also introduced a series of live monthly Clinical Pathologic Conference case presentations (known as Grand Rounds). These educational learning sessions are led by physicians and staff and are made available to all employees. Their purpose is to educate by means of discussing a specific medical topic utilizing clinical cases of one or more anonymous patients.

In the coming year, we will grow our spine, bariatric and cardiac programs while adding other service enhancements. We will continue to build our new facility, which is more than 30 percent complete and recently entered its second year of construction. These accomplishments through the year, and Orange Regional's plan for the future, speak to our commitment to the community.

*To learn more about all of Orange Regional's services, call 888-321-ORMC (6762), or visit us at [www.ormc.org](http://www.ormc.org).*



This is a  
recyclable product.

## YOU DON'T NEED NYC FOR ADVANCED SPINE SURGERY



**Thousands of people in the Hudson Valley suffer from back or neck pain – you don't have to be one of them.** When it comes to safe, specialized spine surgery, Orange Regional Medical Center is a trusted and convenient option. We offer comprehensive spine care treatments and therapies, including leading-edge, minimally invasive surgical techniques – for a faster, more comfortable recovery.

Backed by true experts in all aspects of spinal surgery, we offer many of the same procedures as the nation's leading spine care centers. Our specialists have received extensive training at the most prestigious academic medical centers such as Harvard and the Cleveland Clinic. When surgery is necessary, we can ease your pain quickly... right here, in your community.

You don't need to travel far. You don't need to compromise.

**For more information, call  
1-888-321-ORMC (6762) or visit [www.ormc.org](http://www.ormc.org).**

### Our Expert Spinal Surgery Team

**Jeffrey W. Degen, M.D.**  
*Neurosurgery*  
Hudson Valley Neurosurgical  
Associates

**Damon DelBello, M.D.**  
*Orthopedic surgery*  
University Orthopedics

**Alleynne B. Fraser, M.D.**  
*Neurosurgery*

**Alex Jones, M.D.**  
*Neurosurgery*  
Hudson Valley Neurosurgical  
Associates

**Jeffrey Oppenheim, M.D.**  
*Neurosurgery*  
Hudson Valley Neurosurgical  
Associates

**Daniel E. Spitzer, M.D.**  
*Neurosurgery*  
Hudson Valley Neurosurgical  
Associates

**Howard B. Yeon, M.D.**  
*Orthopedic surgery*  
Crystal Run Healthcare