

Well! Well! Well!™

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Smile, the New Dental Center is Now Open



Ribbon cutting at the new Dental Center.

Jamaica Hospital Medical Center celebrated the grand opening of its new Dental Department last fall, and it was all smiles for this new arrival. Queens Borough President Helen Marshall and other elected officials took part in the event.

This impressive new facility features a fifteen-chair dental practice suite as well as a separate four-chair faculty practice for private cases. Moving from its old location, this larger dental center boasts 11,000

square feet of space, complete with the latest, state-of-the-art dental equipment, including fiber-optic high-speed drills, the most current oral cancer screening kits, and safe digital radiography units for x-rays. The dental center now welcomes its visitors in a new atmosphere, with bright glass panes and cheerful wall coverings. There is even a play area for children and plenty of space in the waiting area. Each exam room offers the utmost privacy and comfort.

With this new dental center, Jamaica Hospital is making great strides in its community outreach efforts, providing a wide array of services to its patients, including restorative dentistry, periodontics, endodontics, prosthetic treatment, pedodontic care, geriatric care, oral surgery, orthodontics, and dental implants.

Jamaica Hospital is proud of its ability to administer compassionate and professional dental care. Opening in 1972, its dental program was one of the first hospital-based dental residency training program in the area; today, still under the guidance of Dr. Paul Kaufman, the brand new facility operates as one of New York City's largest.

The Dental Center is located on the third floor of the Axel Building (situated next to the hospital's parking garage), offering 24-hour on-call services and weekend and evening hours. For more information, please call (718) 206-6980.

WHAT'S INSIDE

Tips for Poison Prevention	2
Seasonal Affective Disorder	2
Breakthrough Procedure Available for Heart Failure	3
Pulmonary Rehabilitation Classes Forming	3
Carbon Monoxide Poisoning Prevention	3
Songs of Love Created for Ill Children	4
Winter Asthma Tips	4

Candle Safety: Tips from the MediSys Health Network's Safety Department

Candle fires have been on an uphill track recently, reaching a nineteen-year high in 1998. That year, 12,540 fires resulted in 157 deaths. Do you practice good candle safety?

SAFETY TIPS

- Extinguish all candles when leaving the room or going to sleep
- Keep candles away from items that can catch fire, such as clothing, books, paper, curtains, and flammable decorations
- Use sturdy candleholders that won't tip over easily, are made of a material that can't burn, and are large enough to collect dripping wax
- Keep candles and all open flames away from flammable liquids
- Avoid candles with combustible items embedded in them

CANDLES & CHILDREN

- Keep candles up high, out of reach of children
- Never leave a child unattended in a room with a candle
- Children shouldn't sleep in a room with any lit candles



Tips for Poison Prevention Week; How Safe Is Your Home?

Most people regard their home as a safe haven, but it can also be a dangerous place for children, especially if they come into contact with common products that could cause accidental poisoning. That's why it is important to learn about the hazards that lurk in your home and find out how to poison-proof it, as well as what to do if you suspect that your child has ingested a dangerous substance.

The kitchen, bathroom, and garage are the least safe areas of your home, as they usually have the most toxic items. One of the most commonly reported accidents involves children coming in contact with everyday household products, such as those we store underneath our sinks, on garage shelves, or in medicine cabinets. Use the following tips for poison prevention in the your home:

- Choose the safest product you can find for the job
- Read the directions and labels of products and follow them carefully; pay attention to ventilation warnings and storage instructions
- Keep your local Poison Control Center number by the phone
- Keep a bottle of syrup of ipecac on hand – use ONLY when instructed (to induce vomiting)
- Always keep chemicals, cleaners, medicines, etc., in the original container with childproof lids
- Keep original container labels that are clearly marked and legible
- Never keep chemicals near food products
- Keep all chemical products, sprays, cleaners, etc., in a locked cabinet, out of reach of children
- Never allow children to be alone with the product while in use

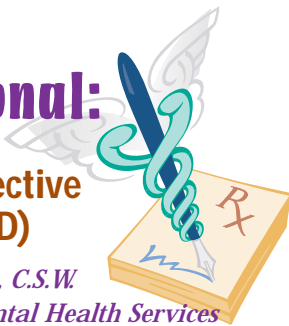


In case of exposure or ingestion, follow label directions on the chemical ingested (flush eyes or skin, remove clothing, etc.), notify your Poison Control Center immediately, and/or take the child to the closest Emergency Department.

Ask the Professional:

Seasonal Affective Disorder (SAD)

by Anthony Maffia, C.S.W.
Vice President, Mental Health Services



As winter approaches and the days get shorter, some people may experience a type of depression called Seasonal Affective Disorder, otherwise known as SAD. An estimated 25% of the population suffer from a mild form of winter SAD, and another 5% suffer from a more severe form of the disorder.



SAD may begin at any age but mostly begins between 18 and 30. Young people and women are at the highest risk, but it can affect anyone. SAD usually begins in September and ends in April, with the worst months being December, January, and February.

The most common characteristic of people with SAD is that they are very sensitive to changes in their environment. Patients living in northern areas where winters are longer may experience more profound symptoms.

SAD is not fully understood, but it is a real disorder. The best way to explain this disorder is that as the seasons change there is a shift in our “biological clock” which is triggered in response to the change in duration of sunlight. This can cause our biological clock to become out of step with our daily life schedules. When people suffer with SAD their bodies have difficulty adjusting to the winter timetable.

The symptoms of SAD include:

- Sleep Problems: A desire to oversleep or sleep disturbance
- Lethargy: Feeling of fatigue and inability to carry out normal routine
- Overeating: Craving for carbohydrates and sweets, and weight gain
- Depression: Feelings of hopelessness, sadness and not finding pleasure in normally pleasurable activities. Depression lifts in the spring but returns in the fall. Depressions are usually mild to moderate but can be severe
- Social Problems: Avoidance of social contact
- Anxiety: Tension and inability to tolerate stress
- Loss of Libido: Decreased interest in sex
- Weakened Immune System: During the winter some sufferers are more prone to illnesses

There are several treatments for SAD. Light therapy is the most common form of treatment. Light has been shown to reverse the depressive symptoms. One study found that a one-hour walk in the winter sunlight was also effective. Severe cases of SAD may be treated with phototherapy, psychotherapy and/or antidepressants.

If you think that you may be suffering from SAD please contact the Mental Health services provided by the Medisys Health Care system at Brookdale Hospital-(718) 240-5453, Jamaica Hospital-(718) 206-7160, Flushing Hospital-(718) 670-5562, or the Advanced Center for Psychotherapy in Jamaica-(718) 658-1123 or Forest Hills-(718) 261-3330.

Senior Corner



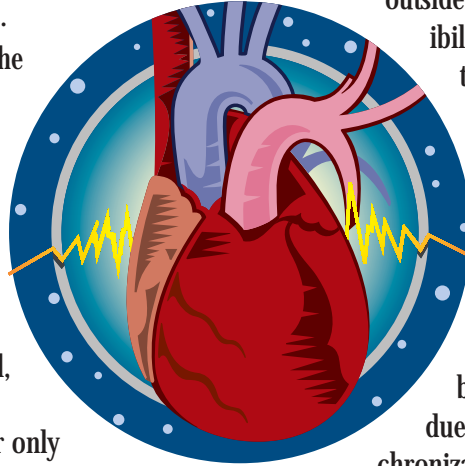
Breakthrough Procedure Available for Heart Failure

Cardiac resynchronization is a new procedure designed to improve the pumping power of the failing heart and offers new hope to those who suffer with heart disease.

Heart failure is the leading cause of death in the United States, afflicting more than five million Americans, with an estimated 400,000-700,000 new cases diagnosed every year.

Hospitalization for chronic heart failure totals more than 6.8 million days per year, and an estimated annual expense of \$38 billion is spent to treat this disease. Up until now, there has been no solution to this problem. In general, heart failure patients have a poor quality of life, tire easily, and can deteriorate rapidly, with their only solution being a heart transplant.

Many patients with advanced systolic heart failure exhibit conduction delays that disturb the synchronous beating of the left and right ventricles to the point where the left ventricle cannot pump blood efficiently enough to support the circulatory system. With the recent advancements of the implantable cardiac resyn-



chronization system, both the left and right ventricles can be paced to beat simultaneously. This is achieved by forcing the left ventricle to complete contraction and begin relaxation earlier, thus increases the heart's pumping efficiency.

Cardiac resynchronization requires an internal pacemaker-like device to be implanted into the pectoral area of the patient to resynchronize the action of the hearts chambers. Two endocardial leads are placed on the right atrium and right ventricle respectively, and a third lead is placed transversely on the outside of the left ventricle. Through "activation flexibility" capabilities, physicians are able to control the contractions of the right and left side of the heart independently.

In conjunction with proper medication therapy, the cardiac resynchronization system has yielded excellent results. Patients who received cardiac resynchronization have increased quality of life and have less fatigue. In one study, patients who were bedridden or had seriously restrictive lifestyles due to heart failure underwent cardiac resynchronization. Twelve months after the procedure, they all were able to participate in most daily living activities.

The procedure, which was first performed a little over one year ago, is still only available at a select few hospitals in the United States. Jamaica Hospital Medical Center has performed three cardiac resynchronizations so far, with each case yielding excellent results. For more information, please call (718) 206-7100.

Pulmonary Rehabilitation Classes Forming

Pulmonary rehabilitation classes are now forming for patients with COPD, chronic bronchitis, emphysema, asthma, pulmonary fibrosis, or other pulmonary disorders. Our multidisciplinary team of caregivers has created an outpatient program that combines education, group support, and exercise training in an effort to improve the quality of life for those with a pulmonary disorder. For more information, or to sign up, please call (718) 206-6742.

Our Mission:

To serve our patients and the community in a way that is second to none.

Our Vision:

To be the premier integrated delivery system by providing the highest quality, most cost effective service, which is accessible and sensitive to all.



Carbon Monoxide Poisoning Prevention

Carbon monoxide (CO) is odorless and colorless. CO poisoning occurs from a faulty or improperly used device that burns gas, oil, kerosene, wood, or charcoal. Many cases of CO poisoning happen slowly over time, but with severe exposure death can occur in minutes.

Symptoms of CO poisoning include headache, flu-like symptoms (without fever), dizziness, and sometimes changes in personality (lethargy, decrease in concentration, odd behavior). There may be fainting or loss of consciousness.

Follow these tips to reduce your risk of CO exposure:

1. Have your furnace inspected, cleaned, and/or repaired annually, before the cold weather season begins
2. Install carbon monoxide detectors and replace necessary batteries every year
3. Do not use a stove to heat a home
4. Do not use propane, kerosene, or other gas space heaters



Songs of Love Created for III Children



Jamaica Hospital Medical Center and Flushing Hospital Medical Center are pleased to announce their partnership with a local organization that provides a sentimental gift for seriously ill children at the hospitals.

The Songs of Love Foundation is a non-profit organization that creates original and personalized songs for chronically ill or terminal pediatric patients. By providing the “Medicine of Music,” founder John Beltzer hopes that hospitalized children will draw inspiration and happiness from these one-of-a-kind songs created especially for them. Founded in 1994 by the Queens resident, Songs of Love has received national recognition and contributions from such artists as David Lee Roth and Jamie-Lynn Signer. Despite all of the attention the foundation has received across the nation, no local hospital was an active participant until Jamaica and Flushing Hospitals signed on.

The service is free to the hospitals and patients. The medical and nursing staff identify seriously ill children who could use a boost from their own personalized song. The child’s parents or guardians are then approached to determine their interest. They then fill out a profile sheet that includes information on the child’s special interests, hobbies, and favorite things.

To create the song, Songs of Love brings together songwriters, singers, instrumentalists, and technicians to create unique lyrics and melodies, each reflecting a child’s distinct personality. The songs can be done in any format, including pop, country, or rap. Songs can also be arranged in many languages, based on the child’s ethnicity. After completion, the songs are delivered on a personalized CD or cassette to the child in the hospital.

Winter Asthma Tips

Many people with asthma experience a noticeable increase of symptoms in cold weather. The cold can cause a drying, narrowing effect in the airways, triggering an asthma attack. In addition, the long periods of time we spend indoors during winter months can trigger asthma, because our exposure to animals, dust mites, chemicals, viruses, and bacteria is increased.



Some tips to prevent asthma during the winter are:

- Avoid people with a cold or flu
- Get rest, eat a balanced diet, and exercise regularly
- Talk to your doctor about the flu shot
- Do not take over-the-counter cold remedies, such as antihistamines and cough syrup, unless recommended by your doctor
- Dress in layers, and wear a scarf over your nose and mouth
- Follow your asthma treatment plan, including your medicine regimen, exactly as prescribed by your doctor
- Know what triggers your asthma, and do your best to steer clear of those agents

HELPFUL PHONE NUMBERS

Jamaica Hospital Medical Center

Cardiology 718-206-7100	Pediatrics 718-206-TOTS
Corporate Health Services 718-206-8800	Prehospital Care 718-206-8300
Dental Services 718-206-6980	Pulmonary Rehabilitation 718-206-6742
Emergency Medicine 718-206-6066	Radiology 718-206-6112
High Tech Medical Equipment 718-441-3604	Rehabilitative Services 718-206-6596
Home Health Agency 718-206-8470	Trump Pavilion for Nursing and Rehabilitation 718-206-5109
Mental Health Services 718-206-7160	Women’s Health Services 718-206-MOMS

MediSys Family Health Care Centers

Astoria: 4-21 27th Avenue	718-278-6885
East New York: 3080 Atlantic Avenue	718-647-0240
Hollis: 188-03 Jamaica Avenue	718-740-2060
Hollis Tudors: 200-16 Hollis Avenue	718-736-8204
Howard Beach: 157-02 Cross Bay Blvd.	718-323-3589
Jamaica: 90-16 Sutphin Blvd.	718-523-5500
Ozone Park: 91-20 Atlantic Avenue	718-641-8207
Richmond Hill: 133-03 Jamaica Avenue	718-657-7093
St. Albans: 111-12 Merrick Blvd.	718-206-9888
Senior Health: 91-20 Atlantic Avenue	718-529-6241
Springfield Gardens: 130-20 Farmer’s Blvd.	718-723-4141
Women’s Health Ctr: 130-20 Farmer’s Blvd.	718-291-3276