



LAWRENCE HOSPITAL  
C E N T E R

# LifeLine

[www.lawrencehealth.org](http://www.lawrencehealth.org)

SPRING 2011

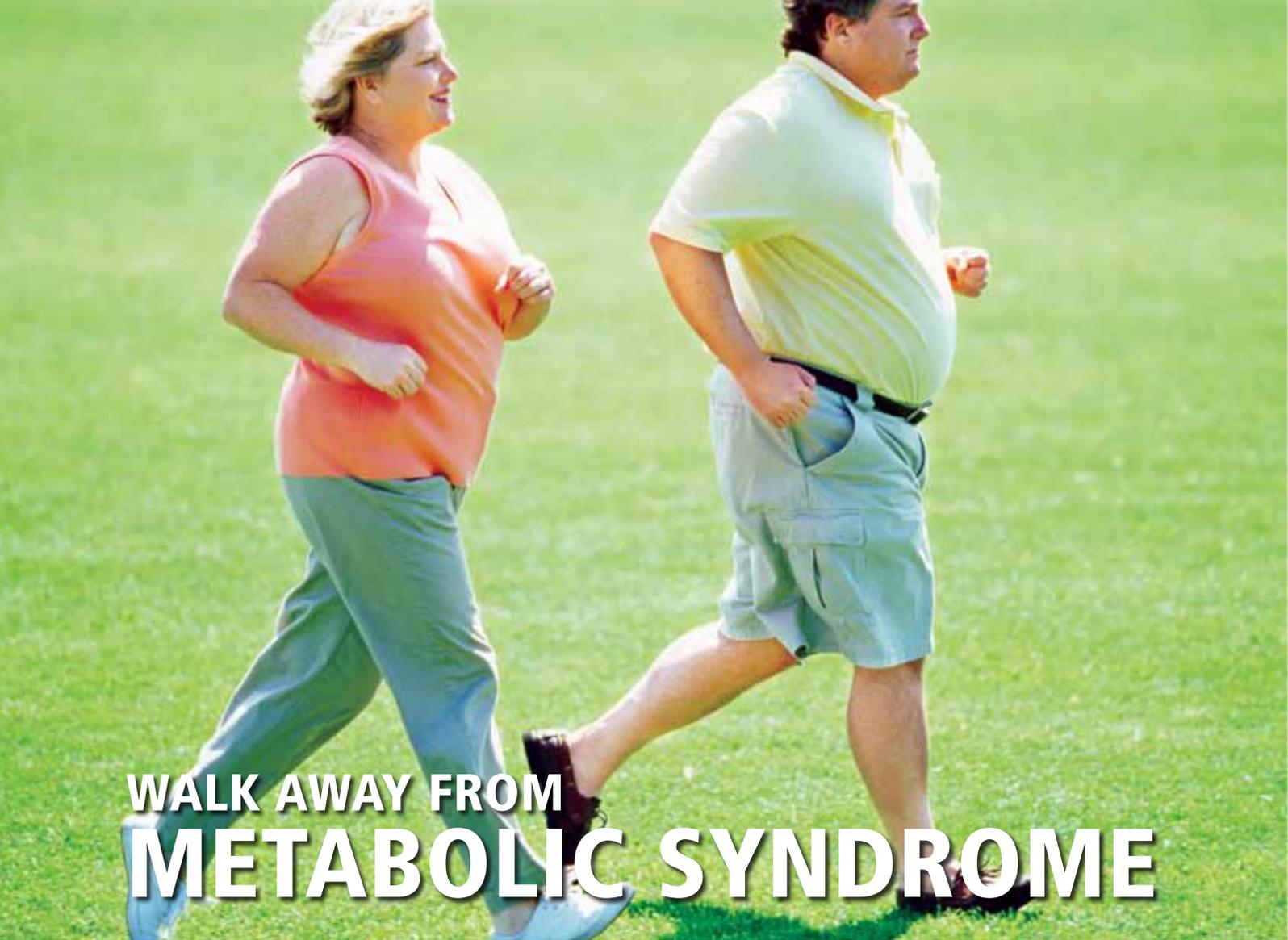
*Caring for Westchester Communities for Over 100 Years*

**Radiology Department  
Pledges to Image  
Patients Safely**

**May Is Stroke  
Month—Free  
Screenings  
and More**

**Hit the Snooze Button—  
Sleep Center Offers Hope to Patients**

• LAWRENCE HOSPITAL CENTER •



# WALK AWAY FROM METABOLIC SYNDROME

## QUICK TIP

Do you need help finding a doctor? We

can help put you on the path to wellness—call Lawrence Hospital Center's Physician Referral Service, 24 hours a day, seven days a week, at **914-787-5000**.

**T**he more steps you take a day, the lower your chance of developing metabolic syndrome, an extremely common condition that can lead to other health problems. Metabolic syndrome serves as an early warning system for heart disease, diabetes, and stroke.

Walking more seems to help prevent metabolic syndrome, according to a study in the *American Journal of Preventive Medicine*. In this study, people who took approximately 5,000 to 10,000 steps a day were 40 percent less likely to have the condition compared with those who took fewer steps. People who took 10,000 or more daily steps reduced odds for metabolic syndrome by 72 percent.

### A Combination of Risk Factors

About a third of American adults have metabolic syndrome, which is made up of several different risk factors. They include:

- A large waist
- High levels of the blood fat triglyceride
- Low levels of HDL—good cholesterol
- Elevated blood pressure
- Too much sugar in the blood

People with metabolic syndrome have at least three of those risk factors. The more you have, the greater your likelihood of future health problems.

### Take Charge

Several factors act together to cause metabolic syndrome, including older age and family history of diabetes or heart disease. Also to blame: inactivity and being overweight.

That's where walking fits in. Exercise can help you both lose pounds and stay at a healthy weight. The more active you are, the less likely you'll develop metabolic syndrome.

### did you know?

**Health experts advise at least 150 minutes a week of moderate-intensity exercise. A 30-minute walk at that intensity should equal about 3,000 to 4,000 steps.**



Rochelle Waldman, MD, Director of the Center for Sleep Medicine at Lawrence Hospital Center.

## HELP FOR SLEEP DEPRIVED PATIENTS

**D**o you snore? Feel tired during the day? You may be suffering from sleep deprivation. “Typically, it’s the patient’s spouse or significant other who notices the snoring and gasps for air during the night,” states Miroslav Nudelman, MD, FCCP. The board certified internal medicine and pulmonary critical care specialist at Lawrence Hospital Center sees patients who come in complaining about daytime drowsiness and sleepless nights. “After screening my patients, I determine if they need a sleep study. And if they do, I send them to the new Center for Sleep Medicine at Lawrence Hospital Center,” adds Dr. Nudelman.

One of those patients was Cormach Murrphy. “I’m self-employed and work long hours. When I started feeling exhausted in the middle of the day, I knew I needed help,” says the 37-year-old Bronxville resident. So Dr. Nudelman ordered a sleep study at the Center for Sleep Medicine at Lawrence Hospital. “The room was clean, just like a nice hotel, and the technician was nice too,” says Murrphy. After Murrphy spent the night in the Sleep Center, Rochelle Waldman, MD, Director of the Sleep Center, discovered Murrphy had Obstructive Sleep Apnea

(OSA). “It’s a common problem we see at the Sleep Center,” insists Dr. Waldman. “People with sleep apnea literally stop breathing repeatedly during their sleep, often for a minute or longer and as many as hundreds of times during a single night. OSA has also been associated with high blood pressure, stroke and heart disease,” adds Dr. Waldman.

If a person is not getting enough sleep, it can have a significant impact on one’s quality of life. People who are sleep deprived have memory and personality changes, are less productive at work, and are at increased risk for motor vehicle accidents. Additionally, there are several medical problems that can contribute to poor sleep, including gastrointestinal disorders, arthritis and other pain syndromes.

Cormach Murrphy is sleeping more soundly now after getting treatment for his sleep apnea. “I am full of energy and can do more things with my family. I only wished I had done this a lot sooner,” says Murrphy.

If you want to get a good night’s sleep again, call the Center for Sleep Medicine at **914-787-4400**.

## Signs of the Season

### From the President/CEO



Edward M. Dinan  
President/CEO

Spring has arrived and not soon enough! After a snowy and cold winter, it’s time to get outside

and enjoy the signs of the season. But, if you find yourself a little drowsy during the day and lacking energy, you might not be getting a good night’s sleep. Now just a little over a year old, our Center for Sleep Medicine can help put you on the road to better sleep. To learn more about sleep studies and the problems that can develop when you are sleep deprived, check out the article on this page. Also, in this issue of *LifeLine*, we are pleased to announce our participation in a new program. Our staffers in the Radiology Department have taken the pledge to do all they can to image children and adults using a limited or lower dose of radiation—thanks in part to our new Low Dose CT scanning device. Plus, May is National Stroke Awareness Month. We invite you to come to Lawrence for special screenings and stroke education. Here’s to your health and happy reading!



# RADIOLOGY DEPARTMENT PLEDGES TO IMAGE WITH CARE

Lawrence's Radiology department is pleased to announce its new affiliation with The Alliance for Radiation Safety in Pediatric Imaging. The Alliance is a national coalition of health care organizations dedicated to providing safe, high-quality imaging of children. As part of its commitment to the Alliance, the Radiology Department at Lawrence Hospital Center has pledged to "Image Gently" its tiniest patients and raise awareness of the opportunities to lower and limit radiation doses in medical imaging and intervention without compromising quality. If your child needs a CAT scan, X-Ray or MRI, you can count on us to use the most up-to-date protocols to ensure your child's safety.

At Lawrence, we are also concerned

about safely imaging adults. That's why we have also taken the pledge to "Image Wisely"—the adult counterpart to "Image Gently." The program's main goal is lowering the amount of radiation used in medically necessary imaging studies and eliminating unnecessary procedures for adults. As a patient, you may have concerns about the imaging procedures prescribed for you or your loved ones. How much medical radiation is too much? What are the benefits of CT scans? Does my age or gender affect my risk? What are the risks?

Since we recognize the growing concern over radiation exposure, Lawrence Hospital Center is proud to be a part



**IMAGE WISELY™**  
Radiation Safety in  
Adult Medical Imaging

of this important collaborative effort. With the acquisition of our new Low Dose CT scanning device (the only one in Westchester County), we are able to acquire images using up to 40 percent less radiation during a scan. That's why at Lawrence, we are confident that we can deliver on our promise to "Image Gently" and "Image Wisely" children and grown-ups alike.

## Stroke Program Earns National Award

Lawrence Hospital Center, a New York State designated Stroke Center, has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award. The award recognizes Lawrence's commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

To receive the Get With The Guidelines-Stroke Silver Plus Quality Achievement Award, Lawrence Hospital Center achieved at least 12 consecutive months of 85 percent or higher adherence to all Get With The Guidelines-Stroke Quality Achievement indicators, and achieved at least 75 percent or higher compliance

with six of 10 Get With The Guidelines-Stroke Quality Measures during that same period of time, which are reporting initiatives to measure quality of care.

"With a stroke, time lost is brain lost, and the Get With The Guidelines-Stroke Silver Plus Quality Achievement Award demonstrates that our staff is committed to providing care that has been shown in the scientific literature to quickly and efficiently treat stroke patients with evidence-based protocols," says Ronald Silverman, MD, Chief of Neurology and Director of the Stroke Program.

"Lawrence Hospital Center is to be commended for its commitment to implementing standards of care and protocols for treating stroke patients," says Lee H. Schwamm, MD, Chair of the Get With the Guidelines National Steering Committee and Director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital in Boston. "The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients."

Get With The Guidelines® is the American Heart Association/American Stroke Association's hospital-based quality improvement program that empowers healthcare teams to save lives and reduce healthcare costs by helping hospitals follow evidence-based guidelines and recommendations.



Members of Lawrence Hospital Center's Stroke Team.

Learn the signs of stroke by going to [www.lawrencehealth.org](http://www.lawrencehealth.org).

## FREE SKIN CANCER SCREENINGS

With summer just around the corner, it's time to start thinking about protecting your skin from the sun's ultraviolet rays. If you're concerned about your skin health, we can help. In May, a Lawrence Hospital Center dermatologist will perform free skin cancer screenings inside the hospital's Center for Advanced Surgery. For the date and time of the screenings, please call Joanne Lewis at 914-787-5050.



## STROKE AWARENESS EDUCATION

May is National Stroke Awareness Month, and to call attention to this disease, members of the Lawrence Hospital Center Stroke Team will be offering screenings and education to hospital visitors. On Wednesday, May 4 from 11:30 a.m. to 2:30 p.m., our clinicians will be stationed in the main hospital lobby to answer your questions and hand out information on stroke prevention. In addition, they will be offering free cholesterol and blood pressure screenings. All are invited to this free event. To learn more, call 914-787-5004.

## CANCER SURVIVORS DAY AND SUPPORT AT LHC

National Cancer Survivors Day, an annual, worldwide Celebration of Life, is Sunday, June 5. At Lawrence Hospital Center, we have a nationally recognized Cancer Survivorship Program. And as part of its program, Lawrence offers the After-Treatment Cancer Survivor Support Group for people who have had a diagnosis of cancer and have completed therapy. The support group meets the second Tuesday of the month at 4 p.m. and the third Wednesday of the month at 6 p.m. For more information, call Shirley Stagner at 914-787-4115.



## LAWRENCE HOSPITAL CENTER LAUNCHES REDESIGNED WEBSITE

We are proud to announce the redesign of the Lawrence Hospital Center website. The site is easier to navigate and has more information about Lawrence's programs, services and staff. Please visit [www.lawrencehealth.org](http://www.lawrencehealth.org) to see for yourselves. As always, our goal is for you to Know Us Before You Need Us. Happy surfing!

Edward M. Dinan  
President/CEO

Heather Morrison  
Vice-President, Development and  
Marketing

Alisa White Holland  
Manager of Marketing and  
Communications

LifeLine is published by Lawrence Hospital Center to provide reliable health information to those we serve. It is not intended to take the place of personal medical advice, which should be obtained directly from a physician.  
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For information, contact us at 914-787-1000 or at [www.lawrencehealth.org](http://www.lawrencehealth.org).

## New Gift and Estate Tax Laws Make This an Important Time to Review Your Plans...

AND A PERFECT TIME TO PLAN A LEGACY FOR LAWRENCE!

The Tax Relief, Unemployment Reauthorization and Job Creation Act signed into law December 17, 2010 not only extended the Bush tax cuts for two years, but also made major changes in gift and estate taxes. It is extremely important to review your estate plans at this time to maximize opportunities created by these new gift and estate tax provisions and to avoid serious problems potentially caused by outdated tax planning.

When you review your estate plans, please consider creating a legacy for Lawrence Hospital Center. You can remember Lawrence in your will or living trust by leaving a set dollar amount, a specific asset or a percentage of estate or trust assets. You can also name Lawrence Hospital Center as a beneficiary of your IRA, 401(k) or 403(b) plan by simply completing the beneficiary designation form provided by your plan provider. Or, you can name Lawrence the beneficiary of a life insurance policy on the beneficiary designation form provided by your life insurance agent.

Your legacy gift will help Lawrence Hospital Center modernize facilities and keep up with rapidly changing medical technology for years to come. In appreciation for helping Lawrence continue to

provide care beyond compare, you will be welcomed as a member of Legacies for Lawrence.

Lawrence Hospital Center will be holding a free seminar on May 3 from 10:30 a.m. to noon entitled *The New Tax Laws: New Strategies for Income Tax Planning, Estate Planning and Charitable Gift Planning*. The seminar will be conducted by Dr. Alice Pinsley, a Certified Financial Planner™ Professional, and followed by a free lun-

cheon with Edward M. Dinan, President and CEO of Lawrence Hospital Center. Registration for this event is required. To register or for more information, call Heather Morrison at 914-787-5268.



## LHC PRESENTS A FREE SEMINAR

The New Tax Laws: New Strategies for Income Tax Planning,  
Estate Planning and Charitable Gift Planning  
Alice Pinsley, Certified Financial Planner™  
Tuesday, May 3, 2011

10:30 a.m. to noon followed by lunch  
RSVP to Heather Morrison at 914-787-5268 or  
[hmorrison@lawrencehealth.org](mailto:hmorrison@lawrencehealth.org)