St. Charles Hospital has earned The Joint Commission’s Gold Seal of Approval® for accreditation by demonstrating compliance with The Joint Commission’s national standards for health care quality and safety in hospitals. The three year accreditation award recognizes St. Charles Hospital’s dedication to continuous compliance with The Joint Commission’s state-of-the-art standards.

In order to achieve accreditation, St. Charles underwent a rigorous unannounced, four-day survey in January. A team of Joint Commission expert surveyors evaluated the hospital for compliance with standards of care specific to the needs of patients, including functions that are essential to providing safe, high quality care.

“In achieving Joint Commission accreditation, St. Charles has demonstrated its commitment to the highest level of care for its patients,” says Mark Pelletier, R.N., M.S., Executive Director, Hospital Programs, Accreditation and Certification Services.

The Joint Commission accredits and certifies nearly 21,000 health care organizations and programs in the United States. An independent, nonprofit organization, The Joint Commission is the nation’s oldest and largest standards-setting and accrediting body in health care. Learn more about The Joint Commission at www.jointcommission.org.

For more information about St. Charles Hospital, please call (631) 474-6797.
Traditionally, the Pope proclaims a holy year every 25 years. Pope Francis, in a break with this tradition, called for the Year of Mercy just 15 years after the Great Jubilee of the year 2000. Seeing a great need for mercy and healing around the world, the Pope designated this Holy Year or Jubilee Year, which officially began on December 8, 2015, as a time for the world to focus on forgiveness and healing.

The Year of Mercy offers all of us the opportunity to reflect on mercy and find ways to be merciful towards one another. In this addition of Count on St. Charles, you will read an article that speaks to the Year of Mercy and its connection with the healing mission of the thousands of individuals who provide compassionate care through Catholic Health Services.

Mercy, as defined in the dictionary, shows kindness or compassion and stresses benevolence and goodwill through broad understanding and tolerance of others. At St. Charles, I am especially proud of the way the true meaning of mercy is lived out every single day. I see the graciousness of the human spirit and the benevolence of our healing mission in the professional and expert care we provide to our patients. From the new lives we bring into the world, to the patients we take into surgery, the children and adults we rehabilitate and the patients who seek our help to free themselves from addiction; all are received with the same kindness and compassion on every level of care. As health care professionals, mercy is a way of life; it is ingrained in our culture and it is something for which we strive to achieve and accomplish for all we serve.

The difference you make in the lives of others when treating them with mercifulness is impactful and meaningful. So, in this Year of Mercy, I encourage you to find ways to incorporate mercy into your everyday lives. Whatever that means to you or however you choose to live mercifully, doing so will further this empathetic message of healing to all around you.

You can count on it!

James O’Connor

St. Charles Hospital is conducting an investigative study about Transcranial Magnetic Stimulation (TMS), a technologically advanced rehabilitation treatment for patients who have suffered a stroke. During TMS sessions, “paddles” which emit magnetic pulses are placed over study participants’ heads. The magnetic pulses pass through participants’ brain tissue to deliver pain-free electrical stimulation to the superficial layer of the brain.

Researchers at St. Charles apply TMS repetitively to explore how this stimulation may affect activity in specific areas of the brain changed by stroke. Physicians from St. Charles are identifying and selecting appropriate individuals for the study from among patients admitted to the hospital’s acute care rehabilitation unit.

For more information about stroke rehabilitation at St. Charles, please call (631) 474-6797.
St. Charles Hospital’s Weight Loss Surgery Center is one of the first on Long Island where patients can choose the gastric balloon, a new, nonsurgical weight loss option for adults who must lose 50-75 pounds but do not medically qualify for bariatric surgery.

“Results have shown that the gastric balloon can help patients shed up to 33% of their excess weight, but I have had patients lose substantially more,” said John Angstadt, MD, bariatric surgeon, St. Charles Hospital. “This is a viable solution for patients who have tried weight loss shakes or other temporary programs only to put the weight back on.”

The gastric balloon is an option for individuals with a Body Mass Index (BMI) of 30-40 and no other co-morbidities, which are conditions associated with obesity, such as Type 2 diabetes, cardiovascular disease, sleep apnea, hypertension or osteoarthritis. “These are the “in between” patients who need more help than medically supervised weight loss alone can provide,” explained Dr. Angstadt.

The gastric balloon procedure is performed endoscopically, meaning that physicians use an ultra thin tube to insert the balloon into the patient’s stomach via the mouth, rather than making incisions. The balloon is then filled with fluid, reducing the amount of food the stomach can hold and helping patients to feel fuller sooner when eating. The procedure lasts approximately 15 minutes and patients can return home the same day. The balloon is deflated and removed after six months, at which point patients continue working with a registered dietitian for another six months to maintain weight loss.

“The procedure itself is straight forward. For optimum results, it is important that our patients have strong pre and post-operative care, including regular physician consultation, nutritional counseling and peer support,” explained Dr. Angstadt. “Our program offers all this with the same compassionate care which has distinguished St. Charles Hospital for more than a century.”

For more information about the gastric balloon and weight loss options available through St. Charles Hospital’s Weight Loss Surgery Center, please call (631) 474-6797.
Here, Steven J. Litman, MD, ASA/PM, ABIPP, FIPP, section chief, Pain Management, St. Charles Hospital, discusses chronic pain and the advanced techniques which help alleviate it.

**What is chronic pain?**

Chronic pain is pain which lasts more than a few weeks. It can be a general pain or occur in your back, neck, head, knee, hip, ankle, elbow, or hand.

**How do I know when it is time to see a pain management specialist?**

If you have pain that does not go away or does not respond to over-the-counter pain killers. You should also reach out if you’ve had a month of physical therapy or chiropractic care and your pain score is 4 out of 10 or higher.

It is important to see a physician who is specializes in the management of pain and is board certified in pain management. Your specialist should take a multidisciplinary approach and use interventional techniques to help you find relief from pain while decreasing your dependence on medications.

**What are interventional pain management techniques?**

Interventional pain management techniques deal with pain at the source. For example, one interventional procedure uses x-ray images to find the precise location on your body causing pain so that specialists can apply relief to that exact spot. Physicians who can perform these precise procedures while patients are lightly sedated support communication between the doctor and patient. This is important because patients often feel safer when they can talk with their doctor during a treatment. They also have more peace of mind when these advanced procedures are performed in a hospital or ambulatory surgery center.

**What else can I do to manage pain?**

Be your own health care champion. Keep a file of medical records, a CD of MRI’s, a copy of consultations, lists of medications, allergies and surgeries.

Keep it as simple as possible: Choose one physician to oversee the care of your chronic pain, use one pharmacy and minimize your use of opiate and benzodiazepines pain medicines.

After surgery, limit how long you take opiates to avoid developing addiction-related problems. Use non-opioid pain medications before and after surgery to limit how often use opioids and your dosage.

Remain active. Exercise, swim, walk.

Quit smoking. Smoking dries out the discs in the spine and this can increase back pain.

If you are overweight or a diabetic, consult with a registered dietician. Diabetic nerve pain may be decreased simply by controlling blood sugar. A registered dietician can also design a weight loss plan for you. Studies show that losing weight can help relieve hip and knee pain that comes from carrying too much weight.

Finally, psychologists and social workers can help you identify behavioral tools to manage depression when it occurs and find ways for coping with chronic pain. They can help you think about your pain differently and focus less on your disability and more on the pride you get from employment, volunteerism and charity work.

For more information or to make an appointment with Dr. Litman, please call (631) 474-6797.
St. Charles Earns Sixth Consecutive Quality Award for Stroke Care

St. Charles Hospital has received the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award for the sixth year in a row.

For more information about the Stroke Center at St. Charles Hospital, please visit goo.gl/MMBeuF.

St. Charles Hospital Provides Free Dental Care on Give Kids a Smile Day

St. Charles Hospital provided free dental screenings, cleanings and fluoride treatments for children on Friday, February 5. The hospital’s event marked the American Dental Association’s “Give Kids a Smile” Day, a national campaign to promote good oral health in children who have limited access to dental care.

For more information about St. Charles Hospital’s community health initiatives, please visit goo.gl/eSKFtk.

Snowstorm Jonas Brings Two “Blizzard” Babies for St. Charles

Jonas brought more than just 22 inches of snow to Port Jefferson on Saturday, January 23, as two babies were born at St. Charles Hospital that day. Center Moriches residents Kimberly and John Cannarelli welcomed their first child, baby boy Jack, at 4:44 a.m on Saturday morning. Port Jefferson Village resident Yujin Cheng and William Thornton welcomed baby girl, Ally, at 4:29 p.m. Saturday afternoon.

To read more about their baby stories, please visit goo.gl/MMBeuF.

Risk Factors for Coronary Artery Disease

- Age
- Family history of heart disease
- Smoking
- High blood pressure
- High blood cholesterol levels
- Diabetes
- Overweight or obesity
- Physical inactivity
- High stress

Patients who cannot decide whether to start blood thinners, those who are unsure of their family history of heart disease and those who enjoy good health despite a strong family history of heart disease may all benefit from the information gathered from a CACS.

In CACS screening, cardiac imaging specialists at St. Charles examine CT scans of the heart to check for calcium deposits in the arteries that supply nutrients and oxygen to this organ. Unlike a CCTA, calcium scoring does not involve injecting patients with contrast dye to illuminate sections of the heart on the CT Scan. Prior insurance approval may be required for calcium scoring.

St. Charles performs both the CCTA and the calcium scoring screening utilizing the Phillips 256-slice CT scanner, which is designed to improve the overall patient experience and diagnostic accuracy. The speed of this system’s scanner means patients enjoy shorter scan times and reduced radiation exposure—up to 80% less. In addition, a wider internal opening provides greater comfort to larger patients. One of the risk factors for coronary artery disease is obesity.

For more information about cardiac imaging services at St. Charles Hospital, please call (631) 474-6797.
It has been five years since I lost my husband, Steve, to a decades-long battle with cancer. During his sick years, I would spend days sitting at his bedside in the ICU at St. Charles Hospital. During that trying time, St. Charles and its staff provided us a safe and comforting space. They shepherded Steve through the many hurdles associated with his illness and cared for me just as carefully as they cared for him. Steve’s illness allowed me to see firsthand the incredible work that is accomplished at St. Charles through the generous spirit of benefactors, volunteers and staff. My husband was one of those generous spirits and his illness was not the first time we had experienced St. Charles Hospital’s compassionate care.

We moved to the area as a young couple in the 1970’s. Steve opened a pediatric dentistry practice and soon began volunteering at the St. Charles Hospital Dental Clinic, where he and other local dentists dedicated their free time to providing dental care for the developmentally disabled, as well as children and families in need. Steve went on to become director of the Dental Clinic, spearhead its accreditation process and launch the Hospital’s Dental Residency program. The clinic was later renamed the Stephen B. Gold Dental Clinic to honor him and his commitment to St. Charles. Today, the Clinic continues to carry out its mission, helping more than 6,000 Long Islanders in need each year.

Although Steve’s passing was the most devastating moment of my life, I have found great comfort by following in his footsteps and working to make a difference in this world. I now volunteer on the St. Charles Hospital Foundation Board and donate regularly to advance the work Steve began in the Clinic.

“My husband’s passing was the most devastating moment of my life. Yet today, I find great comfort in following in his footsteps and working to make a difference in this world. That is why I have ensured my family’s support will continue beyond my own passing by making room for St. Charles in my will.”

Most importantly, I have made room for St. Charles in my will to ensure that my family’s support of the hospital will continue after I am gone. I consider this a legacy of love as it represents the love Steve and I had for each other, for our beautiful daughters who were both born at St. Charles, and for the Hospital that continues to be there for us in our greatest times of need.

I hope that sharing my family’s story will inspire you to join me and remember St. Charles in your own estate plans. The hospital stands as a beacon of strength in our community and we are responsible for its future.

With Love,

Ruth Gold

schfoundation@chsli.org
The Daughters of Wisdom Legacy Society is made up of friends of the Hospital who have chosen to remember St. Charles within their estate plans. St. Charles Hospital was founded in 1907 when the sisters of the Order of the Daughters of Wisdom welcomed 27 homeless and disabled children in need off of a train from Brooklyn and into their care. Stories of remarkable recoveries made by the children at St. Charles began to circulate throughout the region and helped establish its reputation for outstanding, compassionate care that remains today.

Like the generous spirit of the Sisters, members of the Daughters of Wisdom Legacy Society are true visionaries who have deemed the Hospital and its most vulnerable patients a philanthropic priority.

Supporting the critical programs and services that save lives at St. Charles Hospital through your will is easy. Charitable bequests allow for significant contributions with the added bonus of reducing estate tax liability. For more information on how to include St. Charles in your estate plans, please contact the St. Charles Hospital Foundation at (631) 474-6465 or lisa.mulvey@chsli.org.

St. Charles Hospital Foundation Federal Tax ID: 41-2076312
Count on St. Charles

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Join us on Facebook and Twitter.
Visit www.stcharles.org and click through.

St. Charles Orthopedics: Non-Operative Sports Medicine

Our Story... In 2011 our daughter, Kayla hit her head in gymnastics practice. We were referred to Dr. Hayley Queller. At the time we knew nothing about concussion but we sure learned fast! She ended up, among other things, needing a spinal tap and was out of school for the duration of the semester. Dr. Queller was with us every step of the way. She was just amazing.

Since that day Kayla has had additional injuries and our entire family has had a variety of orthopedic issues from broken ankles to broken wrists and fingers (all Nate), shoulder issues for me (I have full range of motion back!) and carpal tunnel for Mom. Each and every time we went right to Dr. Queller at St. Charles Orthopedics. Kayla is attending SUNY Brockport now, she is still in gymnastics and wants to be an orthopedic physician’s assistant, all because of Dr. Queller.

What I love about St. Charles and about how Dr. Queller handled each situation is that they didn’t rush into surgery. When Dr. Queller does send you to a surgeon, it’s only after exhausting every non-operative option and she still stays very active and interested in your case.

Wendy

Call St. Charles Hospital’s Orthopedics team at (631) 474-6797 or visit StCharlesOrthopedics.com.