

# health matters

## LUTHERAN MEDICAL CENTER OUTSTANDING ORTHOPEDIC CARE



**T**hink all hospitals are the same? Think again. HealthGrades, America's leading independent health care rating company, has awarded Lutheran Medical Center the title of **best rated in Brooklyn and Staten Island for overall orthopedics**. This means our team of highly skilled physicians delivered better results than any other hospital in the area in 2009. To help patients maximize recovery, our orthopedists work closely with Lutheran's Rehabilitation Network to ensure patients receive individualized care.

**High level of care.** Follow-up in patients recovering from joint-replacement surgery or an orthopedic condition often begins with the therapeutic process before they even leave Lutheran Medical Center, and they frequently continue therapy at Lutheran Augustana Center for Extended Care and Rehabilitation. This provides a strong advantage for patients because they can continue to receive care from the same physicians and therapists from diagnosis through recovery.

No matter which facility patients choose for therapy, they can expect a comprehensive treatment program, says Salman Azhar, M.D., chief of the Stroke Center and director of Rehabilitation Services at Lutheran HealthCare. "Patients receive a minimum of three hours of therapy in our inpatient facility. In our subacute rehabilitation program, physical and occupational therapies are provided seven days a week."

**Outpatient services.** Most joint-replacement patients at Lutheran continue therapy as outpatients to further improve strength and range of motion. Lutheran HealthCare operates three outpatient sites offered through the Lutheran Family Health Centers network. "Our rehabilitation specialists keep in close contact with the patient's physician through all phases of treatment," says Vincent Cavallaro, P.T., assistant vice president of Corporate Rehabilitation Services. "Our team — inpatient, outpatient and subacute — meets weekly to help ensure we're doing everything we can to speed patients' recovery and improve their quality of life."

To learn more about our orthopedic and rehabilitation programs, please call **718-630-RXRX (7979)**.

### inside this issue:

- 2 Making Medicare Right for You
- 3 Potential Cure for Diabetes
- 4 Help Our Hospital: Donate Blood Today



**Lutheran  
HealthCare** SM

## MANGO SMOOTHIE

### Ingredients

- 2 cups 1 % (low-fat) milk
- 4 tbsp. frozen mango juice or 1 fresh mango (take out the pit and cut the mango into pieces)
- 1 small banana
- Ice cubes

You can use oranges, papaya or strawberries instead of mango.

### Directions

Put items into a blender. Mix until the drink is smooth and foamy.

### Nutrition Facts

- Per Serving (¾ cup):
- Calories 106
- Total fat 2 g (Saturated fat <1 g)
- Cholesterol 5 mg
- Sodium 63 mg
- Calcium 157 mg
- Iron <1 mg



# MAKING MEDICARE RIGHT FOR YOU

Choosing the right Medicare plan for yourself or your family isn't always easy. There are many options — and it can be confusing. But, for seniors and others who are Medicare-eligible, one choice is a Medicare Advantage Plan.

### What Is a Medicare Advantage Plan?

Medicare Advantage Plans are health plans approved by Medicare and run by private companies. Part of the Medicare program, they are sometimes called “Part C” or “MA” plans. Medicare pays an amount for your care each month to your Medicare Advantage Plan, and the plan must follow rules set by Medicare. Most of these plans have networks of doctors and other medical providers that see you if you belong to the plan. These are not supplemental health insurance.

### Who Is Eligible?

Generally, you are eligible to join a Medicare Advantage Plan if you:

1. **Have Part A and Part B Medicare**
2. **Live in the service area of plan**
3. **Don't have end-stage renal disease** — permanent kidney failure requiring dialysis or a kidney transplant — except under certain circumstances.

### What Is Covered?

Medicare Advantage Plans provide all of your Part A (hospital insurance) and Part B (medical insurance) benefits and must cover at least all of the medi-



cally necessary services that original Medicare provides. You may be able to receive extra benefits, like some coverage for vision, dental, hearing or health and wellness programs. Medicare Advantage Plans, however, can charge different copays, coinsurance and deductibles for extra services, and may require you to use participating plan providers. Make sure you find out what your services will cost and that a plan will meet YOUR needs before you join.

### HEALTH PLUS ELITE

Lutheran Medical Center is happy to announce that it is an affiliated provider of Health Plus Elite, a new Medicare Advantage Plan for eligible seniors and others. Health Plus Elite provides all the coverage of original Medicare, plus Medicare Part D prescription drug benefits.

**Want to learn more?** Please call **866-509-7999** for more information about Health Plus Elite.

# ASK THE EXPERT

Exercise, dietary changes and medication to lower the amount of sugar in the blood have long been the standard treatments for people with type 2 diabetes. Now, researchers are studying whether surgery can help people control the disease. Lutheran Medical Center is recruiting patients for a clinical trial to see if the surgery — known as laparoscopic duodenal-jejunal bypass surgery — can help people who are of normal weight or slightly overweight lower their blood sugar.



**George S. Ferzli, M.D.,**  
chair of surgery, senior  
vice president

## **Q. What does bariatric surgery have to do with treating diabetes?**

**A.** Conventional gastric bypass surgery performed on morbidly obese (extremely overweight) patients with type 2 diabetes has shown dramatic improvement. Interestingly, blood glucose levels return to normal within days of the surgery, before significant weight loss has occurred. This suggests that there may be other factors, besides weight loss, that are helping to improve the diabetes. Some researchers believe that the small intestine may play a role in the development of diabetes. So studies are being conducted to determine if redirecting the digestive track can lower patients' blood sugar levels.

## **Q. What is laparoscopic duodenal-jejunal bypass surgery?**

**A.** Laparoscopic surgery, also known as minimally invasive surgery, is surgery using small incisions. During this procedure, the surgeon separates the first two feet of the small intestine. One end of this section is connected to a lower part of the small intestine, and the other end is connected to the stomach. The purpose is to redirect the digestive track to keep food from coming in contact with the first part of the small intestine (duodenum).

## **Q. Who is a candidate for this treatment?**

**A.** The study is open to nonobese adults ages 18 to 65 with type 2 diabetes. Eligible patients are taking medication or insulin and are looking for an alternative way to control their diabetes.

## **Q. What are the potential benefits and risks of this surgery?**

**A.** Early studies are very promising. Some patients are considered “diabetes-free” (no longer needing medication or insulin). Others show significant improvement and are able to take smaller doses of medication.

There are risks for people participating in the study. Laparoscopic duodenal-jejunal bypass surgery is major abdominal surgery. This is a new procedure, so not all possible risks are known. After the study ends, you and your health care providers will need to monitor your health.

## **Q. Is this procedure covered by my insurance?**

**A.** Participants must pay for the costs of all tests, procedures and office visits. Because the surgery is experimental, it is not covered by insurance.

**Learn more about clinical trials.** If you would like more information about the duodenal-jejunal bypass clinical trial at Lutheran, please call Kristy Villa at **718-630-7351** or e-mail her at [kvilla@lmcmc.com](mailto:kvilla@lmcmc.com). You can also visit [www.clinicaltrials.gov](http://www.clinicaltrials.gov), click on “Search for Clinical Trials” and type “Ferzli” into the search box.

## **NEED HELP FINDING A PHYSICIAN?**

To find a Lutheran-affiliated physician, call **718-630-RXR** (718-630-7979) or visit [www.LutheranMedicalCenter.com](http://www.LutheranMedicalCenter.com). You can search for providers who are fluent in languages including Arabic, Chinese, English, Russian and Spanish. Our physicians participate in most major health insurance plans. For community residents without insurance, a sliding fee scale is available.




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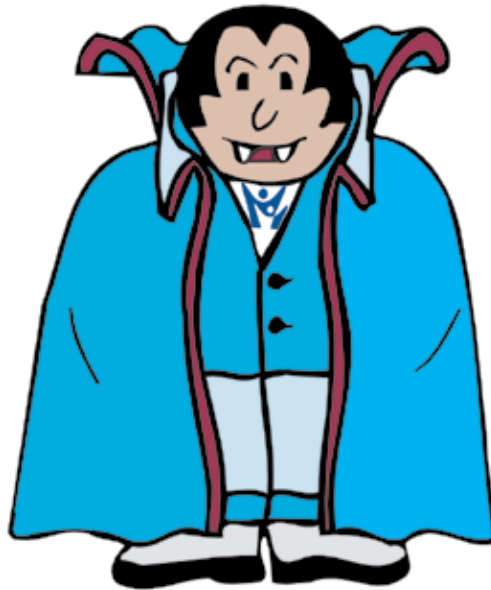
## HELP OUR HOSPITAL DONATE BLOOD TODAY

**D**onating blood is easy to do, takes little time — and just might save the life of someone you know. By donating blood at Lutheran Medical Center, you can make an important contribution to your community.

Lutheran has named 2009 “The Year of the Blood

Donor” in an effort to double its annual donations. Donating blood directly to Lutheran is significant for many reasons. First, your donation stays in Brooklyn, where it could help save a friend, family member or neighbor. Second, donating at Lutheran helps reduce the hospital’s dependency on local suppliers, who are more costly and subject to change when blood donations are down.

By donating regularly — every 56 days — you can help ensure that blood is always available when needed. Most healthy individuals weighing at least



110 pounds, who are ages 17 to 76 and have never had hepatitis, are good candidates to give blood. The entire process, including filling out forms and enjoying a light snack afterward, takes less than an hour.

**Walk right in!** The Lutheran blood donor center is open Monday through Friday, 9 a.m. to 5 p.m., and is located on the main floor at 150 55th St. in Sunset Park. Regular blood drives are also held in the community. For more information, please call **718-630-8900**.

## FIVE TIPS TO FEND OFF THE FLU

Stay healthy and sneeze-free this summer with these flu-fighting tips.

1. Stay home from work when you’re sick to help stop the spread of viruses.
2. Cough or sneeze into tissues, and then throw them away. If you don’t have a tissue, cough or sneeze into your elbow, not your hands.
3. Wash your hands often. With soap and warm water, rub hands together vigorously for 15 to 20 seconds. If soap and water aren’t available, alcohol-based sanitizers or wipes may be used.
4. Avoid contact with people who are sick.
5. And your best shot at staying well? Getting the flu vaccine every fall.

Could your symptoms be serious — or even swine flu? Learn when to call a doctor at [www.LutheranMedicalCenter.com](http://www.LutheranMedicalCenter.com). Click on “Swine Flu Information.”

