

# *Keeping Brooklyn Healthy*

DARRYL STRAWBERRY  
VISITS TBHC



HEART ATTACK?  
WE'RE FAST



BACK ACHING?  
WHAT TO DO



ER (AND OTHER  
RENOVATIONS



**You asked.  
We listened.  
Emergency Room  
renovations  
begin.**

(See page 5  
for information.)





**Gary G. Terrinoni**

## MESSAGE FROM TBHC'S PRESIDENT: EXCITING TRANSFORMATIONS

In addition to the renovation of our Emergency Department (see page 5 for more), two other significant physical transformations will change how The Brooklyn Hospital Center (TBHC) delivers care to our communities.

Ambulatory care, the care we provide in an outpatient setting, is the wave of the future in medicine. We deliver excellent ambulatory care in our network of Family Health Centers, located throughout Brooklyn.

The flexibility of ambulatory care also allows us to provide service through our primary care and private practice physicians located in the Maynard Building at 240 Willoughby Avenue. In 2020, we will transition these doctor offices to a new 60,000-square-foot facility at 620 Fulton Street. This modern space, purposely designed for medical use, provides a better environment for our patients. The improved facilities will enable our staff to deliver enhanced and new services to meet the growing demands in our evolving community.

Also, by the end of this year, our outpatient Chronic Renal Dialysis Center will move from 19 Rockwell Place to a brand-new location at 218 Myrtle Avenue. This facility will continue to provide the best care possible to patients with renal disease. This center has been awarded the highest ranking of five stars from the Center for Medicare and Medicaid.

We are excited about these changes and for the positive effects they will have on the Patient Experience as we strive to continue *Keeping Brooklyn Healthy!*

## BASEBALL LEGEND DARRYL STRAWBERRY VISITS

This spring, The Brooklyn Hospital Center (TBHC) hosted two special guests who helped kick off TBHC's Colorectal Cancer Awareness Month. "I'm lucky because I survived twice," said Darryl Strawberry, baseball icon, author, pastor and colorectal cancer survivor. "I had symptoms like abdominal pain and blood in my stool. But I was hard-headed; I thought I didn't need a doctor. I was wrong. And now I'm urging others to get screened for colorectal cancer."

Mr. Strawberry is well known for his career in Major League Baseball. He helped lead the New York Mets to a World Series championship in 1986 and the New York Yankees to three World Series championships in 1996, 1998 and 1999.

Brooklyn Borough President Eric L. Adams similarly urged screening and congratulated TBHC on its continuing efforts to reach out to under-served communities. "As Brooklyn goes, so goes New York City. As New York City goes, so goes the country. As the country goes, so goes the globe," he said.

The Division of Gastroenterology, headed by Madhavi Reddy, MD, presented recent research findings and urged everyone to speak with their primary physicians about getting a colonoscopy. "In fact, we recommend age 50 for the general population, but 45 years of age for African Americans," said Denzil Etienne, MD, gastroenterologist.

**For more information or to schedule an appointment for a colonoscopy or other colorectal cancer screening, call 718.250.8867. No health insurance? Cancer Services Program of Brooklyn can help. Call 718.250.8708 for more information.**



**At TBHC's Colorectal Cancer Awareness event, Darryl Strawberry and Eric L. Adams.**



# HEART ATTACK? TBHC IS FAST!

THESE ACCOMPLISHMENTS REST ON A LONGSTANDING RECORD OF EXCELLENCE

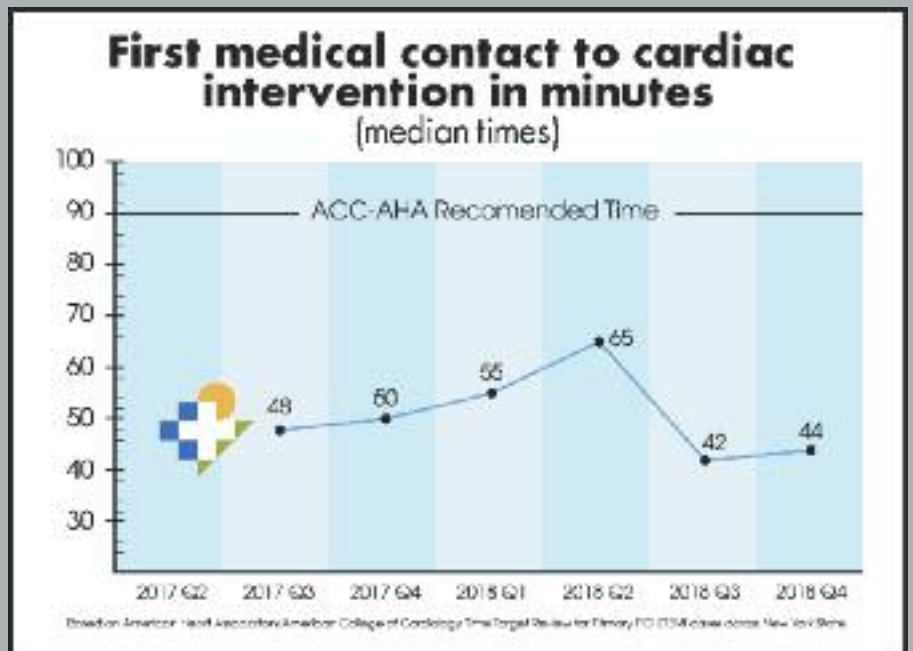
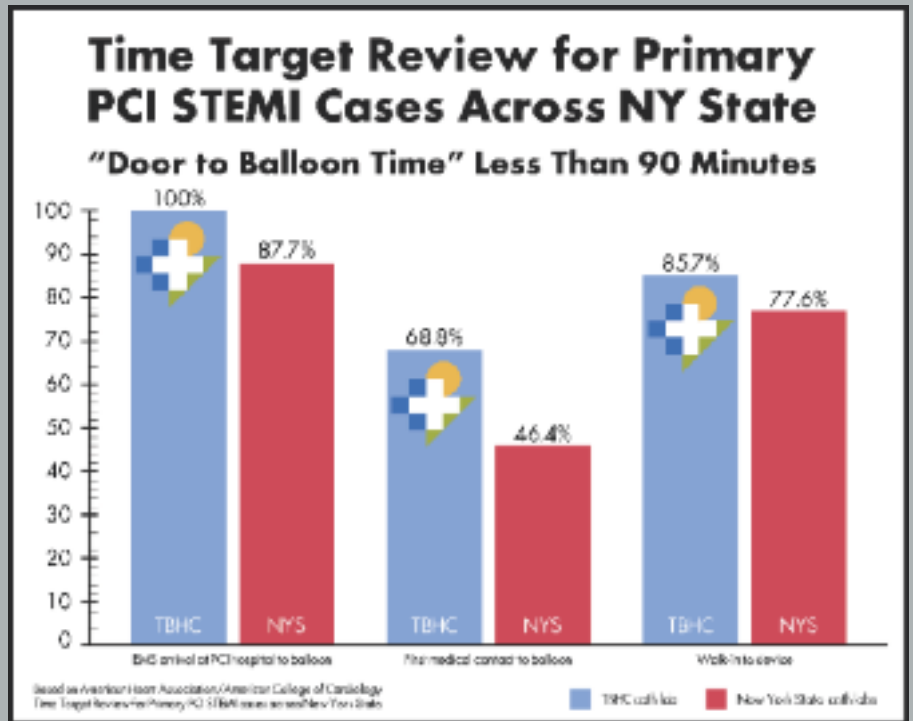
For nearly 1 million residents, The Brooklyn Hospital Center, in collaboration with Mount Sinai Heart, is a lifesaver. Having a hospital close by that offers percutaneous coronary intervention (PCI) services allows patients in cardiac emergencies to get fast care without travelling far. With heart emergencies, time saved equals lives saved.

Recent statistics show that TBHC patients save even more time because our “door-to-balloon” performance is speedy. According to the American Heart Association and the American College of Cardiology, the recommended time from a first medical contact to cardiac intervention in minutes is 90 minutes or less. We are consistently doing much better than that.

In the first bar graph shown at top, TBHC clocks in less than 90 minutes from EMS arrival to intervention 100% of the time (as opposed to the overall New York State figure of 87.7%). For first medical contact to balloon we are beating 90 minutes 68.8% of the time and for walk-in patients to device, 85.7% of the time—all consistently better than New York State percentages.

**Just how fast?** In the second line graph, shown at bottom, TBHC’s median time beats the recommended time by more than half.

Srinivas Kesanakurthy, MD, Director of TBHC’s Brooklyn Heart Center says, “With a full-service cardiac catheterization lab, our heart experts offer a full spectrum of quality cardiac care. When every second counts, our community can count on TBHC before, during and after a cardiac event.”



For comprehensive, quality cardiac care, please contact **1.833.TBHC.NOW (833.824.2669)** to make an appointment.

# 6 WAYS TO BABY YOUR BACK

## 1. STRENGTHEN YOUR CORE.

Your core muscles in your lower back and abdomen need to be strong to adequately support your spine. Research a good routine online or ask your doctor or a trainer at your gym for advice.

## 2. SIT SMARTLY.

If you sit most of the day, make sure your chair provides good lower back support and avoid sitting for long periods of time. Set your phone alarm to get up once every hour to walk a bit and relieve your spine.

## 3. GEAR UP.

Shoes and bags have more to do with your back than you'd think. Good shoes provide a supportive base that helps the spine and body remain in alignment. Consider using shoe orthotics or inserts if you need further support. Carry large loads in a comfortable backpack using both shoulder straps.

## 4. LIFT CORRECTLY.

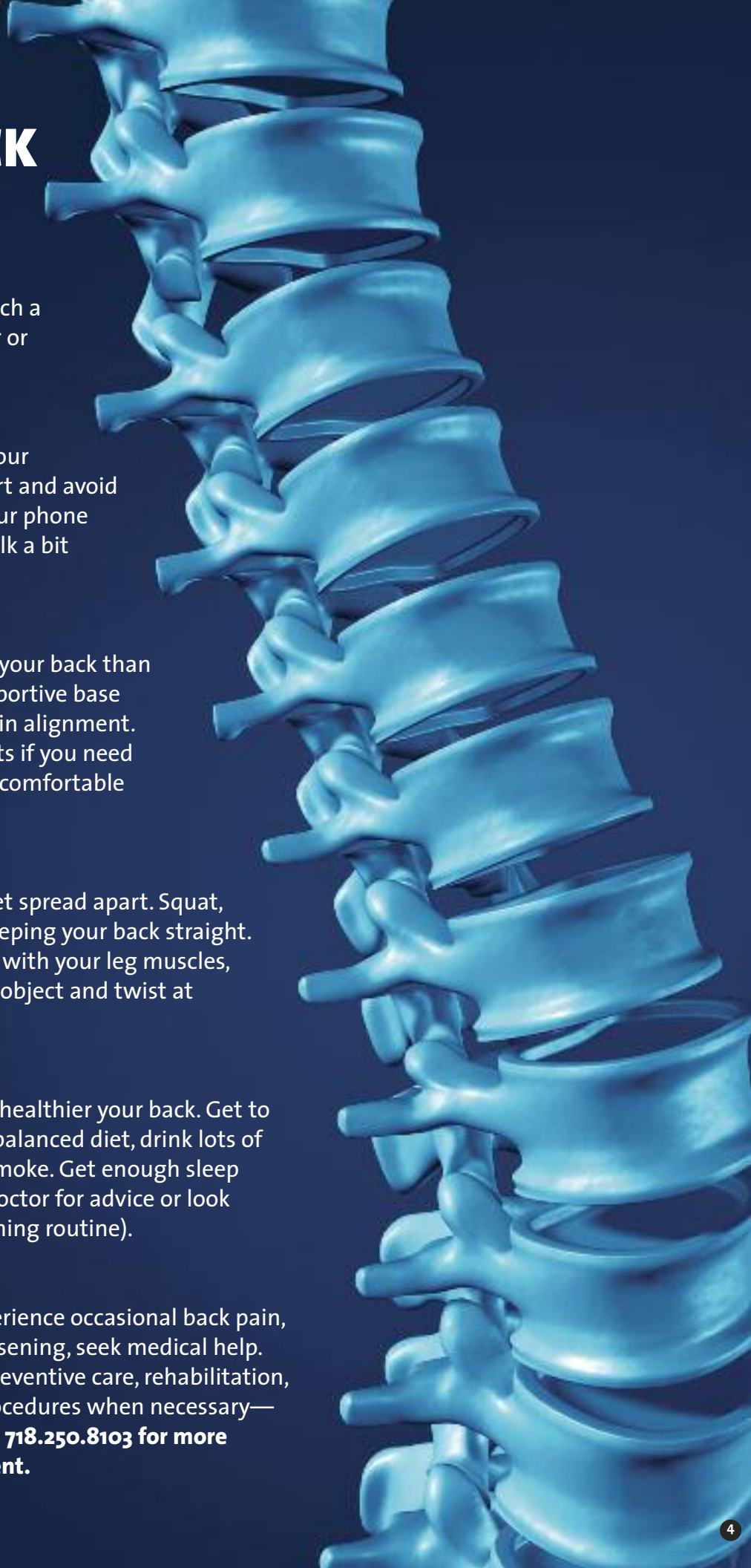
Stand close to the object with your feet spread apart. Squat, bending your knees and hips, while keeping your back straight. Contract your abdominal muscles. Lift with your leg muscles, not your back. Take care not to lift the object and twist at the same time.

## 5. SHAPE UP.

The better overall shape you're in, the healthier your back. Get to and maintain a healthy weight, eat a balanced diet, drink lots of water, avoid excessive alcohol, don't smoke. Get enough sleep and stretch every morning (ask your doctor for advice or look online for an easy back-friendly stretching routine).

## 6. GET HELP.

Pay attention to pain. Many of us experience occasional back pain, but if yours becomes chronic or is worsening, seek medical help. Our Division of Neurosurgery offers preventive care, rehabilitation, medical care and effective surgical procedures when necessary—many of them minimally invasive. **Call 718.250.8103 for more information or to make an appointment.**





# YOU ASKED FOR A NEW ER. WE LISTENED. CONSTRUCTION IS STARTING NOW!



Thanks to a \$25 million grant from the New York State Department of Health, TBHC is expanding and upgrading our Emergency Department facilities to meet current and future demands. We

have long heard from the community that the configuration of the department is inefficient and doesn't allow for the best patient, staff and visitor flow. We listened. "This renovation will result in a state-of-the-art facility within lifesaving minutes of our neighbors' homes," says Gary G. Terrinoni, TBHC President and CEO.

The renovation will allow for greater flexibility and will accommodate:

- New areas, including an area specifically designed for patients awaiting tests results. The entrance to the ED will be through a newly renovated lobby that will be transparent and welcoming with direct access to the triage rooms. Improved methods of registration will be used to accelerate patient flow to treatment.
- New triage, exam and treatment rooms, including a rapid assessment treatment area, and bariatric, psychiatric observation, cardiac treatment and bereavement rooms.
- Better space and flow for support services, including a radiology room, CT scan room, satellite pharmacy and discharge room.

TBHC's Emergency Department provides emergency services 24 hours a day, 365 days a year for 70,000 annual visits. We are a Level 2 Trauma Center, fully equipped to offer comprehensive emergency medicine to patients suffering traumatic injuries and illness. Furthermore, TBHC is a New York State Designated Stroke Center and has recently earned The American Heart Association and American Stroke Association's Get with The Guidelines® (GWTG) Heart Failure and Stroke Gold Plus Quality Achievement Awards for its best medical practices for stroke and heart care.

On July 10, NYS Assemblyman Walter Mosley, TBHC President & CEO Gary G. Terrinoni, Board Members Dino J. Veronese and Susan E. Skerritt, Community Advisory Board Chair Kim Best, PhD, and Emergency Department Chair Sylvie DeSouza, MD, officially broke ground on the project (see below).





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Inside:

**ER (and other) renovations!**

**Darryl Strawberry for colorectal cancer awareness**

**Heart attack? We're fast**

**6 ways to baby your back**



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## BROOKLYN, STAY CLOSE!

The Brooklyn Hospital Center has served Downtown Brooklyn and the surrounding neighborhoods for nearly 175 years.

Stop making the trek into Manhattan or deeper into the borough for your health care. We have great primary care (pediatrics, family medicine, obstetrics/gynecology). We also have many excellent specialties with terrific doctors and the latest technology, including in bariatric (weight loss) surgery, orthopaedic surgery, spine surgery, and comprehensive heart and gastroenterology care.

**Call 1-833-TBHC-NOW**

(1-833-824-2669) or visit us at **www.tbh.org** to find the right care where you need it most.

