

Keeping Brooklyn Healthy

The Brooklyn
Cancer Center



Latest on
COVID-19



7 Reasons to
Have a TBHC Baby

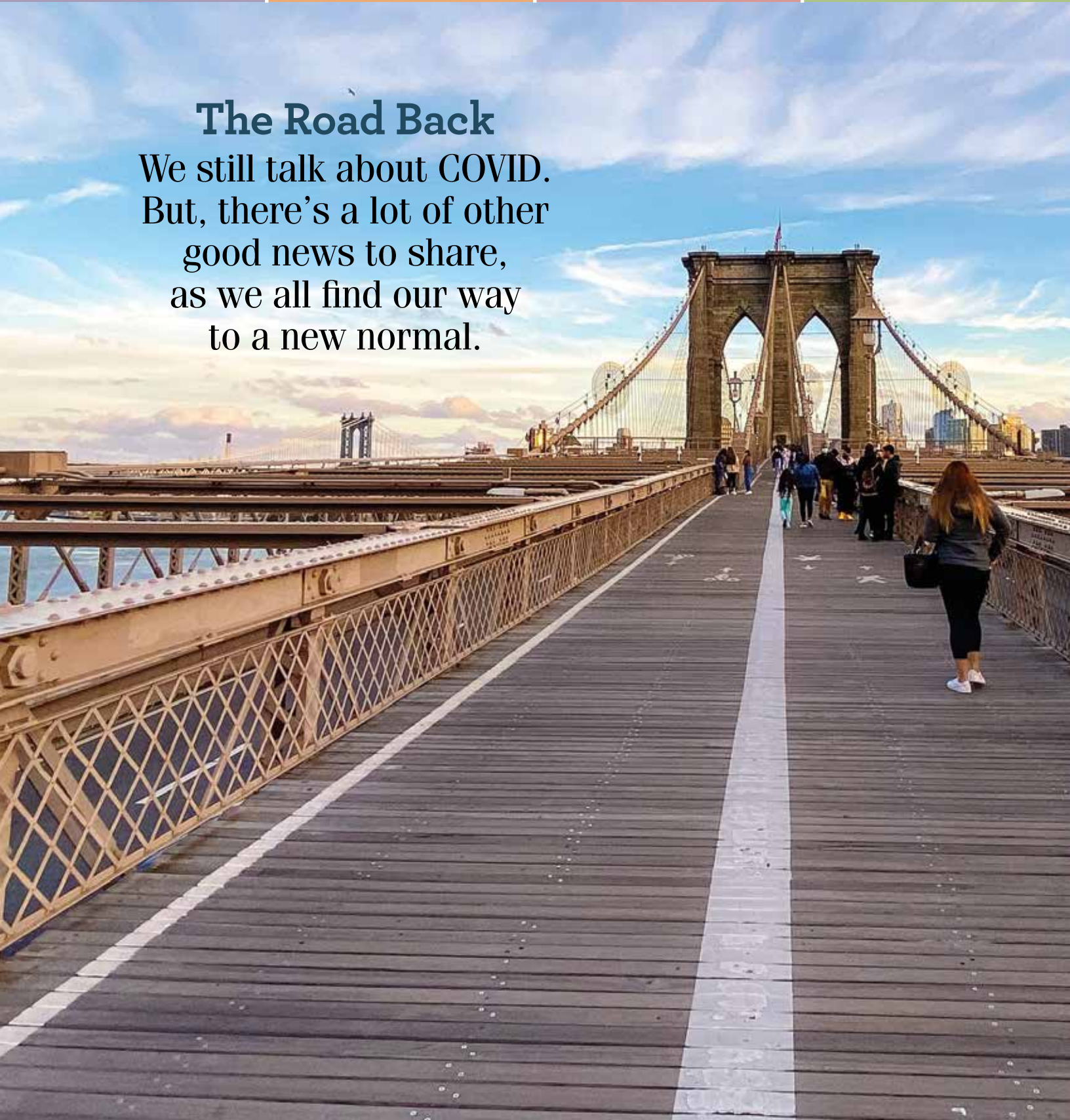


Robotic Surgery
Milestone



The Road Back

We still talk about COVID.
But, there's a lot of other
good news to share,
as we all find our way
to a new normal.





Gary G. Terrinoni

MESSAGE FROM TBHC'S PRESIDENT Finding the New Normal

For more than a year now, COVID-19 has naturally taken center stage for us as an institution. It's not over yet – plenty of people remain unvaccinated and we don't know what challenges the virus' variants will bring. Like everyone else, The

Brooklyn Hospital Center (TBHC) is searching for a new normal, somewhere between caution and optimism.

Part of this new normal is continuing to keep an eye on COVID-19. As you'll read in these pages, as long as the virus remains in our midst, we are dedicated to

fighting it directly with the latest treatments, doing our part to prevent it through vaccination, and sharing important information to our community about how to keep safe.

We also have a lot to share in this issue that is not COVID-related. We have new clinical programs and expansions, established programs that warrant another look, and projects and new sites launching on the horizon.

This spring feels like a turning point between a difficult year behind us and the promise of a healthier year ahead. Whatever the future brings, TBHC is committed as ever to being here for you and *Keeping Brooklyn Healthy*.

The Brooklyn Hospital Center's Video Visits Program Flourishes, Thanks to TD Bank

Thanks to a grant from the TD Charitable Foundation, the charitable giving arm of TD Bank, TBHC has been able to launch and refine our Video Visits telemedicine program with the goal of making healthcare visits more accessible to all.

Now patients – especially those who are vulnerable to COVID-19 or who face transportation and other accessibility challenges – can “see” a doctor from a wide range of primary and specialty care practices. With TD's support, we've been able to conduct thousands of new video visits, keeping vulnerable populations connected to their doctors in a safe, virtual way.

You can stay home, stay safe and stay comfortable by self-scheduling a video visit (as long as you have a smart phone or computer with a camera, one of which is required). It's easy, just:

1. Go to www.tbh.org/VideoVisitNow.
2. Pick a specialty.
3. Choose “video visit”.
4. Pick a doctor and time.
5. Need help? Call 718.250.8755.



Introducing The Brooklyn Cancer Center

New York Cancer & Blood Specialists (NYCBS), one of the leading oncology practices in the nation, has partnered with The Brooklyn Hospital Center (TBHC), to create a new comprehensive cancer care program, The Brooklyn Cancer Center.



NYCBS is a leading practice in the national OneOncology partnership, the network of

independent community oncology practices. With access to OneOncology technology, integration, support and capital, NYCBS will provide access to the most advanced oncology care, including clinical trial research, across Brooklyn.

A new facility is planned for the end of 2021, but the community does not have to wait for the excellent care this partnership provides. All The Brooklyn Cancer Center physicians are currently practicing at TBHC at 121 DeKalb Avenue.

The Brooklyn Cancer Center has also named noted leader and board-certified hematologist-oncologist Maxim Shulimovich, DO, as its new Chief of Hematology and Medical Oncology. His recruitment promises to lead the cancer center as a unified division to provide expert care and culturally sensitive services for patients with all types of cancer and blood disorders.

“I am excited to join The Brooklyn Cancer Center, which provides patients with the opportunity to remain close to home and their support systems when undergoing cancer treatment,” says Dr. Shulimovich. “In my years of practice, I have learned that, beyond the incredible advances of chemotherapy and immunotherapy, working with patients is a matter of listening, learning and understanding that we are working not only with their bodies and minds but also with their families.”

Don't travel out of the borough for excellent cancer care! Right in Fort Greene/Downtown Brooklyn, you can find a unique path to treatment with comprehensive support. The Brooklyn Cancer Center provides cutting-edge care and culturally sensitive services for all types of cancer and blood disorders, including:

- Adrenal cancer
- Anal cancer
- Anemia
- Appendix cancer
- Bladder cancer
- Brain cancer
- Breast cancer
- Cancer of unknown primary origin
- Coagulation disorders
- Colorectal cancer
- Esophageal cancer
- Gallbladder cancer
- Gynecologic cancer
- Kidney cancer
- Leukemia
- Liver cancer
- Lung cancer
- Lymphoma
- Myelodysplastic syndromes
- Myelodysplastic/myeloproliferative neoplasms
- Myeloma
- Pancreatic cancer
- Prostate cancer
- Skin cancer
- Stomach cancer
- Thyroid cancer

Services include:

- CT scans
- Chemotherapy
- IRT (intensity-modulated radiation therapy)
- Immunotherapy
- Infusion therapy (also for non-oncology conditions)
- PET-CT scan (positron emission tomography)

For more info, please call 718.732.4080 or visit BrooklynCancer.com.

Cancer News You Can Use: Screening tests can help you find many cancers early when treatment is most likely to work. Make a note on your birthday to check out cancer.org to see which screenings are appropriate for you and your age. And then schedule them!

COVID-19

The latest on everything COVID-19 related at TBHC,

In late December, TBHC began providing the COVID-19 vaccine to our staff, with priority to patient-facing employees. TBHC continues to prioritize our employees, even as we turn our attention to vaccinating patients and our community.

Getting a Vaccine at TBHC

Earlier in the year, TBHC began offering vaccines to existing and eligible patients, reaching out to them through our electronic medical record, MyChart. (If you are a TBHC patient, sign up for MyChart by visiting tbh.org/patient-portal.) Now, we are offering vaccines to the community. Please visit tbh.org for vaccine appointments and for the latest updates on all things relating to TBHC's response to COVID-19.

FAQs About Vaccines

We turned to Leonard Berkowitz, MD, Chief of Infectious Diseases at TBHC (shown below on this page, far right), for some answers to your pressing questions. Here's what we learned.

What are the benefits of vaccination? Studies show that you will definitely be very well protected from getting a severe case of COVID-19 and, in fact, will probably remain asymptomatic if you are infected. As of this writing, just .01% of fully vaccinated people in the United States are known to have caught the virus. Also each vaccinated person brings us one step closer to achieving herd immunity and ending this pandemic. Finally, vaccinated people will enjoy more freedom as regulations lift.

Is the vaccine safe, since it was developed quickly? Yes, they are extraordinarily safe. The Food and Drug Administration (FDA) closely monitored the development of available vaccines, and are continuing to monitor future vaccine developments.

Will I get side effects? Each body reacts differently. Many people report a sore arm, some people experience fevers or fatigue. The likelihood of side effects are slightly higher after the second dose of the two-dose vaccines and are more common in women than men. Many people also experience little to no side effects. Having or not having side effects does not change the immunity you receive from a COVID-19 vaccine. If possible, schedule the vaccine when you can take it easy the next day.

Am I immune after my vaccine? You receive the full benefits of the vaccine two weeks after the second dose (or two weeks after a single-dose vaccine).

Can I meet people without masks? This is a fluid situation. As of this writing, the Centers for Disease Control and Prevention (CDC) has said that, in many instances, vaccinated people can meet vaccinated and unvaccinated people indoors and outdoors without masks. Visit cdc.gov for the latest guidelines.

Should I test for antibodies after the vaccine? No, antibody tests do not detect the kind of immunity you have after a COVID vaccine.

Other measures TBHC is taking

Masking. Everyone must remain masked unless in a private office or a single patient room.

Social Distancing. As best as possible, please try to maintain six feet distance between others while in the hospital or other TBHC sites. To achieve better social



from vaccines to new ways of doing things

g personnel. While the majority of TBHC’s staff are vaccinated as of this writing, the hospital community.

distancing in our outpatient waiting areas, we ask that you come alone to your appointment unless you are someone who needs a support person (for instance, a child or a patient with physical or cognitive impairment). Also, do not come earlier than 15 minutes to your appointment.

Screening for COVID-19. All admitted patients are tested for COVID-19. If you have a scheduled surgery, you are required to be tested in advance (see back page for more on pre-admission testing).

Housekeeping. Every room and public area in the hospital is cleaned and disinfected regularly following a rigorous infection protocol.

COVID-19 patients are separated from the non-COVID population. There are separate PACU (recovery), nursing and critical care units for COVID-19 versus non-COVID patients. The Emergency Department has a separate area for those who are suspected as having COVID or who have tested positive.

Visting Hours. As of May 2021, these restrictions apply.

Upon entry, you:

- Are required to wear a mask
- Will be asked to perform hand hygiene with an alcohol-based hand sanitizer
- Will undergo symptom and temperature checks
- Must present ID, your name, address, cell phone number, and name of patient(s) you are visiting

You will be screened for COVID-19 symptoms and exposure and NOT be able to visit if:

- Your temperature is equal to or greater than 100°F
- You report any significant COVID-19 exposure during the prior 14 days
- You report recent travel from a state that has a significant rate of COVID-19 transmission or if you are currently under a 14-day quarantine

While in the hospital, you must:

- Wear a visitor badge
- Wear and keep your mask on
- Maintain social distancing
- One visitor over the age of 18 is permitted
- Limit your visit to no more than 4 hours each day
- Visit only during 2 pm to 6 pm

On the patient floors, you must:

- Practice hand hygiene and wash or sanitize your hands when entering and exiting a patient’s room
- Wear appropriate personal protective equipment (PPE) for isolation rooms, as recommended by the New York State Department of Health and the CDC
- Maintain a physical distance and refrain from physical contact with the patient
- Remain in the patient’s room throughout the visit except when directed by hospital staff to leave to provide necessary treatment or maintenance

In the Emergency Department

Due to ongoing construction and the restricted space available, TBHC will maintain a “No Visitor” policy inside treatment areas.

What happened to the flu this year? Instances of influenza (flu) infections and deaths were at a record low this past winter. The flu is spread in similar ways to COVID-19 (via respiratory droplets), so the precautions many people used to prevent COVID – such as mask wearing, frequent hand washing, physical distancing, school and work closures – cut down flu activity.

So why didn’t COVID-19 go away? Remember, no one on the planet was immune to this brand-new virus, as opposed to most of us having some immunity over a lifetime of exposure to influenza viruses. But the takeaway from this disappearing flu phenomenon is that masks, hand washing and social distancing work to cut down diseases like COVID-19 and should continue to be in place until more people are vaccinated.

7 Reasons to Have Your Baby at TBHC!



“If you are expecting, our expert physicians and clinical staff are here to help you every step of the way! TBHC is home to some of the most qualified and experienced obstetricians in Brooklyn. We have the medical staff, services and equipment you need for a perfect delivery experience. And here are 7 more reasons!” says Erroll Byer, MD, Chair of OB/GYN.

1. The labor and delivery wing offers private birthing rooms on a

first-come, first-serve basis, with views of Fort Greene Park and space for your birth support person to settle in comfortably. All are large, tastefully decorated and equipped with the latest technology.

2. Great care, just down the hallway. In the event of a c-section, our operating room is down the hall from the delivery rooms. If your baby requires more attention and care, our cutting-edge Level-3 perinatal care center/neonatal intensive care unit (NICU) is equipped with our expert medical team. Parents can visit their newborn at any time in the NICU.

3. Our experienced maternity nurses are here to help you ease into life with your infant, providing options for rooming-in with your baby, breastfeeding and other educational support.

4. Offices at the new Physicians Pavilion.

Most of our obstetricians have hours at our new, elegant location, 86 Saint Felix Street, just a few blocks from the hospital. Go to tbh.org/MyChartOpen Scheduling and click “Obstetrics and Gynecology” to see what appointments are available and where they will be located.



5. The latest technology and experts in ultrasound to evaluate both low- and high-risk obstetrical patients and tests for fetal health, along with reproductive genetic services. And we have expert maternal-fetal health specialists right on staff!

6. A virtual Labor & Delivery tour! Now playing on tbh.org/BrooklynBaby, come tour our facilities from the convenience of your own home.

7. Ongoing care of your child, if you choose, via our excellent Pediatrics Department. For more info, visit tbh.org/BrooklynPediatrics.

Learn more here: tbh.org/BrooklynObGyn



Obstetric News You Can Use. During pregnancy you should avoid: alcohol; raw or undercooked meat, fish, shellfish and eggs; raw sprouts and unpasteurized juices and dairy products. While most fish is great for you and the developing baby, you should avoid these high-mercury choices: shark, swordfish, king mackerel, tuna, marlin, tilefish, orange roughy. Take care to only eat washed fruits and vegetables to avoid harmful bacteria that may be on the unwashed produce.

TBHC Reaches Milestone 1,000th Robotic Surgery

For several years, TBHC has been taking minimally invasive surgery to the highest level with robotic surgery, using the advanced da Vinci Xi System. This robot provides an immersive 3D, high-definition vision system for a magnified view. Late last year, TBHC performed its 1,000 robotic procedure.

During robotic surgery, the surgeon controls the robot's "hands" via a video console, which gives the physician a full range of motion while simplifying complex procedures and ensuring greater precision. Benefits of robotic surgery also include reduced surgical complications, decreased blood loss, less postoperative pain, fewer and smaller scars, a shorter hospital stay, and a faster recovery time.

"We use robot-assisted surgeries in many divisions at TBHC, such as general surgery, urologic surgery and gynecologic surgery," says Luca Milone, MD, Director of Robotic Surgery. "Robot-assisted procedures include gallbladder surgery, hernia repairs, colorectal surgeries, hysterectomy and prostate surgeries, among others." Dr. Milone is shown here with the robot.



For a surgical consult or for more information, call 718.250.8811 or 1.833.TBHC.NOW (1.833.824.2669), or email RoboticSurgery@tbh.org, or visit tbh.org/BrooklynSurgery.

Newly Arrived, Coming Soon

We have a lot to look forward to here at TBHC! Keep your eye out for:



Myrtle Avenue Dialysis Opens: On May 3, TBHC moved its award-winning outpatient dialysis service from 19 Rockwell Place to the newly named Myrtle Avenue Dialysis, with 25 brand-new dialysis stations located at 218 Myrtle Avenue in Fort Greene, Brooklyn.

The Brooklyn Cancer Center: TBHC has entered a partnership with New York Cancer & Blood Specialists to create this comprehensive program (see page 3 for more information). While

the program is fully operational now at the main hospital, the complete service will be moving to a new site opening on 86 Fleet Street before the end of 2021.

The Emergency Department renovation: The first phases of this long-awaited renovation is being completed and the next phases begin this spring. In total, the project will create bright, airy spaces that accommodate new waiting areas, including those specifically for results. The entrance to the ED will be through a newly renovated hospital lobby that will be transparent and welcoming with direct access to the triage rooms. There will be a 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 such as a radiology room, CT scan room, satellite pharmacy and discharge room will also be included. Final completion is expected in 2022.



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Inside:

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WHERE IN THE WORLD IS... Pre-Admission Testing

TBHC has made quite a few physical changes to the hospital to create bigger and more up-to-date patient areas. But, you may be a bit confused finding the new locations. We're here to help!

Pre-Admission Testing has always been an important location for patients who have a scheduled procedure, elective surgery or other reason for admissions. Formerly in the now-closed Maynard Building, you can find Pre-Admission Testing on the mezzanine level near the Cafeteria. Follow these directions:

1. Enter TBHC through main lobby (at the top of the horseshoe driveway on 121 DeKalb Avenue).
2. Take the escalator up one flight to the mezzanine level.
3. Walk past the Starbucks coffee kiosk (on your left) until you are facing the gift shop.
4. At the gift shop, turn right.
5. Walk past the elevators and through the double doors.
6. Take a left in the hallway.
7. Pre-Admission Testing is on your left, just before the Cafeteria.

