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Comes to the Bronx



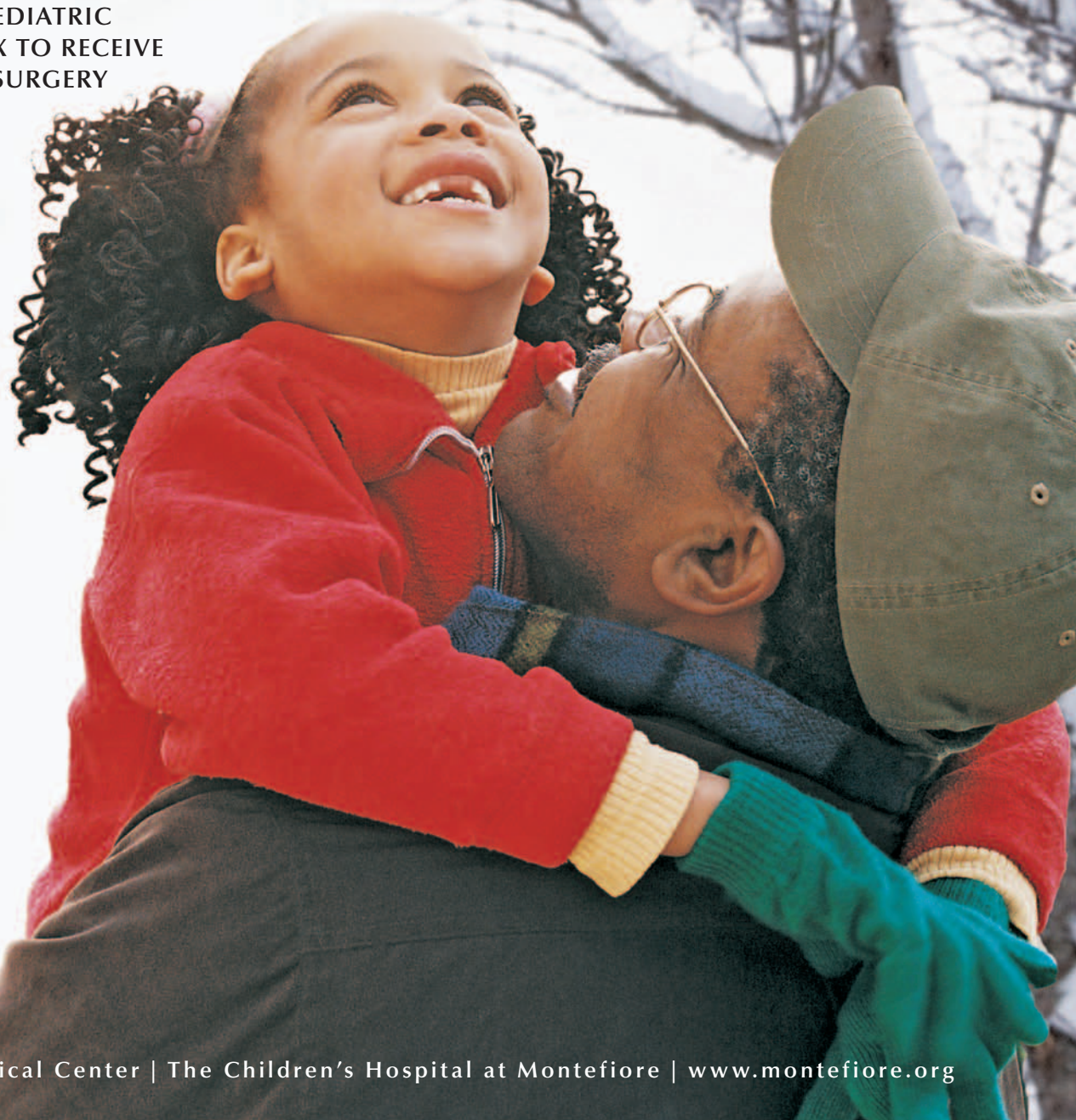
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Keeping You HEALTHY

WINTER 2010

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Keeping You Healthy is produced by the Marketing and Communications Department at Montefiore Medical Center. To learn more about the Montefiore services featured or for a physician referral, call 1-800-MD-MONTE or visit: www.montefiore.org

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Montefiore Patients, Guests Get Free WiFi

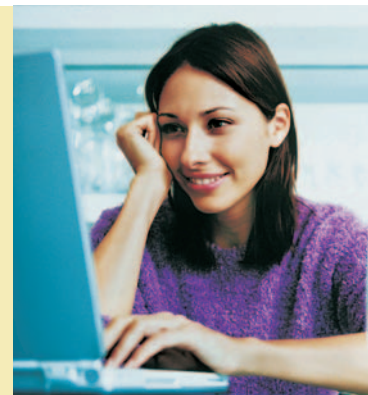
A new grandmother can send digital pictures of her newborn grandson's first days instantly. A dad can check in with work while waiting for his son's appointment for an outpatient procedure. A patient can stay in touch with family and friends or play online games to pass the time during a hospital stay.

Access to email and the Internet is everywhere these days, so why stop short at hospitals? At Montefiore Medical Center, we know how important it is for our patients and visitors to stay connected to the outside world, and for patients to be able to take their minds off their health conditions.

That's why we have invested in cutting-edge technology to provide you with fast, free and easy wireless Internet access in our Moses 210th Street main lobby, café and patio gardens. When users turn on their laptops in one of the many "hotspots," their computers automatically detect the

WiFi network, which directs them to a web page with information about Montefiore's health screenings and community events. From there they can connect to the Internet.

Montefiore has made additional investments in information technology in recent years and has been selected as one of the nation's top 100 Most Wired Hospitals in 2009 by *Hospitals & Health Networks*, a trade magazine published by the American Hospital Association. According to the magazine, these top-rated hospitals have demonstrated improved quality, satisfaction and patient care by investing in technology to streamline business and clinical practices, reduce medical errors and improve clinical outcomes. ■





Ellen Landsberger, MD, MS

To schedule an appointment for preconception counseling or prenatal care with Dr. Landsberger, call **718-904-2767**.

Eating for Two?

New Weight Gain Guidelines May Affect You

Think pregnancy is a time to eat whatever you want? Think again. Evidence linking weight gain and pregnancy outcomes is so compelling that an expert panel from the Institute of Medicine and The National Research Council recently issued a report outlining new guidelines based on pre-pregnancy body mass index (BMI).

The report stresses that women and their doctors should pay attention to how much women weigh *before* conception and how much weight they gain *during* pregnancy.

“Gaining too little or too much weight can lead to complications during pregnancy that can affect the health of both expectant moms and their babies,” says Ellen Landsberger, MD, MS, Obstetrical Director for the Diabetes in Pregnancy Program, a NY state-designated Diabetes Center of Excellence, and Assistant Professor of Obstetrics & Gynecology and Women’s Health Services at Albert Einstein College of Medicine. “Women who don’t meet or exceed these guidelines are at greater risk of having small or large babies, Cesarean sections, preterm births and other serious health consequences. Some of these problems can affect children throughout their lives.”

You only need about 300 extra calories a day if you’re in the normal weight category when you become pregnant. Your doctor may adjust that amount based on your prepregnancy BMI and the amount of calories you consume daily.

“We encourage women to make appointments for preconception counseling or for prenatal care early in their pregnancies so we can discuss how these new guidelines apply to them,” Dr. Landsberger says. ■



The Family Care Center is one of 23 Montefiore Medical Group sites that offers a range of health services, including prenatal care. The center is located at 3444 Kossuth Ave., Bronx, NY.

Preconception and Pregnancy Checklist

- Make an appointment for preconception counseling. Our doctors can help you set individual, realistic goals for improving your health before and during pregnancy. Preconception counseling benefits women being treated for conditions that may cause a high-risk pregnancy, such as sickle cell anemia, high blood pressure, heart disease or diabetes, as well as women who are not dealing with special issues but want to be well prepared for pregnancy.
- Improve your health before you become pregnant. Shed excess weight, eat healthy foods, exercise regularly and control chronic conditions.
- Ask your doctor if the medications you take are safe during pregnancy. If not, he or she can recommend alternatives.
- Take 400 micrograms of folic acid daily to help prevent serious birth defects.
- Quit smoking and avoid the use of illegal drugs.
- Make an appointment for prenatal counseling early in your pregnancy.
- Avoid alcoholic beverages, and foods and drinks containing caffeine during your pregnancy.
- Follow the new weight gain guidelines (see chart at left).

Weight Category	Total Weight Gain During Pregnancy	Weekly Weight Gain During 2nd and 3rd Trimesters
Underweight (BMI < 18.5)	28–40 lbs.	1 lb.
Normal (BMI 18.5–24.9)	25–35 lbs.	1 lb.
Overweight (BMI 25–29.9)	15–25 lbs.	0.6 lbs.
Obese (BMI above 30)	11–20 lbs.	0.5 lbs.

INSTITUTE OF MEDICINE AND THE NATIONAL RESEARCH COUNCIL

Q&A: Is Sleeplessness a Normal Part of Aging?



Shelby Harris, PsyD, CBSM, a board certified sleep medicine specialist, is Director of the Behavioral Sleep Medicine Program at the Montefiore Sleep-Wake Disorders Center and an Assistant Professor of Neurology and Psychiatry at Albert Einstein College of Medicine. Dr. Harris graduated from the Ferkauf Graduate School of Psychology at Yeshiva University and completed an internship at Montefiore Medical Center. She has advanced postdoctoral training in cognitive behavioral therapy.

Q: I SEEM TO BE SLEEPING LESS NOW THAT I'M IN MY 60s. IS THIS NORMAL?

A: You're not alone. About half of all older adults ages 65 and older say they have difficulty sleeping. The truth is that your need for sleep remains relatively stable as you get older, but your sleep patterns may change. You may not sleep deeply or sleep through the night. You may also notice the need to nap during the day. Arthritis and other painful conditions, menopause, depression, certain medications, stress and neuropathy are some of the factors that can rob you of a good night's sleep.

Q: SHOULD I WORRY IF I'M NOT SLEEPING WELL?

A: Sleep can affect how you function as well as your overall health. A lack of sleep can make it more difficult to pay attention or concentrate, and may increase your risk for falls and motor vehicle accidents. Older adults with a common sleep disorder called sleep apnea are more likely to suffer heart attacks and strokes.

Q: IS MEDICATION MY ONLY TREATMENT OPTION TO HELP ME SLEEP?

A: I recommend that patients try some simple sleep hygiene and behavioral techniques before taking medications. For example, avoid caffeine (after noon), alcoholic beverages, smoking and heavy evening meals. Go to sleep and wake up at the same time each day. Twenty minutes of exercise in the early evening, a hot bath or shower one to two hours before bed and relaxation techniques may also improve your sleep. If you can't sleep, get out of bed and do something relaxing until you're ready to sleep. Cognitive behavior therapy for insomnia is a very effective treatment that helps you change more specific behaviors related to sleep, as well as challenging your beliefs about sleep and its effects.

Q: SHOULD I TELL MY DOCTOR THAT I DON'T SLEEP AS WELL AS I DID IN THE PAST?

A: Yes. Talk with your doctor if you've had trouble sleeping for more than two weeks. He or she may refer you to a sleep specialist who can diagnose and treat sleep apnea, insomnia, narcolepsy, restless legs syndrome and other sleep disorders. ■

▶ To schedule an appointment with Dr. Harris, please call the Montefiore Sleep-Wake Disorders Center at **718-920-4841**. To learn more about sleep disorders, visit: www.montefiore.org/healthy





Umar Mian, MD



Roy S. Chuck, MD, PhD

To schedule an appointment with Dr. Mian or Dr. Chuck or to find out more about Montefiore's comprehensive diabetic eye services, call **718-920-2020**.

Diabetic Retinopathy:

Treatment Focuses on Slowing Progression of Eye Disease

If you have diabetes, yearly dilated eye examinations can help prevent, delay or control diabetic retinopathy—a leading cause of vision loss and blindness.

“Diabetes harms every vessel in the body, including those that nourish the eyes,” says Umar Mian, MD, Senior Ophthalmologist at Montefiore Medical Center’s Retina Service and Assistant Professor of Ophthalmology and Visual Sciences at Albert Einstein College of Medicine. “Everyone with diabetes is at risk for diabetic retinopathy.”

Although there’s no cure for diabetic retinopathy, eye specialists in the Department of Ophthalmology and Visual Sciences at Montefiore use the latest diagnostic techniques and therapies to prevent permanent vision damage.

“Type 2 diabetes is problematic in the Bronx and is a growing problem among children, teens and young adults,” says Roy S. Chuck, MD, PhD, Chairman of Ophthalmology and Visual Sciences at both Montefiore and Einstein. “Young patients with diabetes will live with the disease for a long time and may suffer vision damage at the most productive time of their lives.” Dr. Chuck is also the Paul Henkind Chair, named after the first unified department chairman.

UNDERSTANDING DIABETIC EYE DISEASE

Diabetic retinopathy occurs when the high blood sugars associated with diabetes damage or change blood vessels in the retina—the light sensitive tissues in the back of the eye that sense light and send messages to the brain.

In the early stages, vessels in the eye may swell, leak blood and close. Abnormal vessels may grow on the surface of the retina as the disease progresses. These fragile vessels may



hemorrhage into the center of the eye and lead to retinal detachment.

“Patients with diabetes shouldn’t wait for symptoms to see an eye specialist because most people don’t notice pain or vision changes until they’re in the advanced stages of diabetic retinopathy when vision loss may be permanent,” Dr. Chuck says.

DIAGNOSIS, TREATMENT HELPS PRESERVE VISION

Montefiore’s eye experts perform dilated eye examinations to look for damage to the retina and the optic nerve. They may also measure visual acuity and pressure inside the eye.

Treatment varies depending on the severity of patients’ disease. When doctors diagnose diabetic retinopathy early, they may simply monitor patients’ eyes and encourage them to control their cholesterol, blood pressure and blood sugar levels to prevent further damage.

In later stages, specialists use sophisticated laser techniques to slow the amount of blood leaking into the eye vessels or shrink the abnormal vessels that have grown on the retina. Some patients with more significant damage may need major eye surgery to remove the vitreous gel inside the eye.

“Treatments for diabetic retinopathy are very effective in reducing the risk for further vision loss,” Dr. Mian says. “Unfortunately, the disease continues to progress, so patients need ongoing monitoring to allow their doctors to determine when additional treatments will be needed. The ultimate goal is to prevent total blindness and keep vision loss to a minimum.” ■

▶ Take great care of your eyes. Learn more about diabetic retinopathy at: www.montefiore.org/healthy



First Pediatric Heart Transplant in Bronx Gives Baby Gift of Life

On March 26, 2009, Bronx-native Adrian Flores left the hospital, just 13 days after he had undergone a successful heart transplant. Scores of photographers were there to snap his photo as the new heart recipient exited through the hospital doors—in the arms of his happy parents.

Adrian was just 5 months old when he underwent the lifesaving surgery at The Children's Hospital at Montefiore (CHAM). It was the first pediatric heart transplant ever performed in the Bronx.



Sandra and 5-month-old Adrian Flores, Bronx's first heart transplant patient

CONGENITAL HEART DEFECT

Adrian's parents, Juan Carlos and Sandra Flores, first became concerned when they noticed that whenever he drank from a bottle he would breathe very fast. But when Adrian started to have difficulty with his normal breathing, his parents rushed him to their local hospital's emergency room.

Tests showed that Adrian had dilated or congestive cardiomyopathy, a serious condition that makes the heart muscle weak and enlarged, and he was in heart failure. That night, Adrian was transferred to the pediatric intensive care unit at CHAM where he received specialized care to stabilize his condition, and he was placed on the national heart transplant list.

Adrian's condition developed as his heart was growing during pregnancy, before birth. This type of heart disease is called a congenital heart defect and is present at

A Tradition of Excellence

Montefiore Medical Center has a long history of leadership in pediatric cardiology. Our surgeons were among the first in the nation to implant pacemakers in children.

That expertise continues today. The Children's Hospital at Montefiore—named one of the top pediatric specialty hospitals in the nation for the second year in a row by *U.S. News & World Report*—opened its Pediatric Heart Center last year. The hospital also has a new center for outpatient cardiology care and is building a dedicated pediatric cardiac catheterization laboratory.



Daphne Hsu, MD



Francois Lacour-Gayet, MD

To learn more about the Pediatric Heart Center at CHAM or to schedule an appointment, call **718-741-2343**.

birth. Acquired heart diseases develop during childhood. About nine of every 1,000 infants—or 36,000—born each year in the United States are born with a heart defect, which is the leading cause of death in children. The majority of heart defects have no known cause.

FULL RANGE OF CARE

Fortunately for Adrian, experts at CHAM were able to find a donor heart within a week of him entering the hospital. The heart was twice the size of Adrian's, but surgeons were confident that the 3.5 hour surgery would be a success. The team of 10 doctors worked tirelessly, but in the end, the baby received a healthy, new heart.

With Adrian now on the road to recovery, his parents believe his future looks bright and are grateful for their son's second chance to have a normal life. "It's very difficult to put into words our appreciation for everyone's efforts," says Sandra, 25, holding her son tight as she left Montefiore last March. "I'm very thankful for everything the transplant team has done and that we have our baby—and for the donor, too."

Adrian will have to take medication and return to the hospital twice a week to make sure there are no signs of rejection or infection. But Daphne Hsu, MD, Chief of CHAM'S Pediatric Cardiology Division and Co-Director of its new Pediatric Heart Center, has no doubt he will live a full, healthy life.



Daphne Hsu, MD, one of the nation's leading experts in children's heart failure and transplant, takes care of heart transplant patient Adrian Flores, 5 months.

"Heart problems in children are often very complex," says Dr. Hsu, who is also a Professor of Pediatrics at Albert Einstein College of Medicine. "Kids not only need expert diagnostic and treatment services, they also need long-term follow-up cardiology care. Our goal is to provide every service children with heart disease need right here in the Bronx." ■

▶ To learn more about the pediatric heart team, visit: www.montefiore.org/healthy

ADVANCED TECHNOLOGY, TREATMENTS HELP BABIES THRIVE

Advanced techniques in the new Pediatric Heart Center at CHAM help doctors detect heart problems earlier and more accurately than ever before. Specialists at the new center use sophisticated technology to diagnose heart diseases in the fetus, infant and child. These include echocardiograms, stress tests, angiography, noninvasive and invasive electrophysiology studies, cardiac magnetic resonance imaging (MRI), CT scanning and other techniques.

The center offers a full array of medical and surgical treatments, including: medications, minimally invasive catheter-based procedures, interventional electrophysiology procedures, traditional open surgery, pacemakers, ventricular assist devices and heart transplants to treat children with all types of heart disease.

"The outlook for children with heart disease has improved dramatically over the past 30 years," says Francois Lacour-Gayet, MD, the newly appointed Chief of CHAM'S Division of Pediatric Cardiothoracic Surgery, Co-Director of the new Pediatric Heart Center and a Professor of Surgery at Einstein. "Many children get better and are able to live full and active lives."



Sandra and Adrian Flores (center) with members of the Pediatric Heart Center team

Be proactive about your health. Schedule a consultation with Dr. Prince at **718-405-8471** to see if you can benefit from cardiac rehab.



David Prince, MD

Cardiac Rehab Helps Reduce Your Risk for Future Heart Problems

You may feel like taking it easy if you suffered a heart attack, had heart surgery or are coping with a heart condition. But that may not be the best way to safeguard your heart.

Many patients facing similar health concerns are taking an active role in their recovery at the Cardiac Rehabilitation and Recovery Program at the Montefiore-Einstein Heart Center.

“Our program features supervised exercise sessions and lifestyle modifications that help patients strengthen their hearts and maximize their recovery,” says David Prince, MD, a board certified physical medicine and rehabilitation specialist and Assistant Professor of Physical Medicine and Rehabilitation at Albert Einstein College of Medicine. “Studies show that cardiac rehabilitation is a safe and effective therapy for most cardiac patients. Unfortunately, fewer than half of the patients who need these comprehensive services are referred to cardiac rehabilitation programs.”

A recent Brandeis University-led study found that cardiac rehabilitation increases five-year survival in older patients with heart disease by 21 to 34 percent. But you have to stick with it. The journal *Circulation* found that the benefit of exercise vanishes just four weeks after it is stopped.

WHAT TO EXPECT

The Cardiac Rehabilitation Program’s multidisciplinary team of specialists—including physicians board certified in internal medicine and in physical



medicine and rehabilitation, an exercise physiologist, and physical and occupational therapists—develops personalized strengthening and conditioning programs for patients.

Most patients attend structured and supervised group exercise sessions three times a week for three months. Staff keep patients’ primary care doctors and cardiologists informed about their progress throughout the program.

“Patients enrolled in our program aren’t alone,” Dr. Prince says. “They exercise with other patients in a fun and supportive environment. Those fearful about exercising are reassured that a physician is present at every session to make sure they exercise the right amount in the right way. We have created a community of wellness where patients can complete their recovery process.”

BEYOND EXERCISE

Patients who participate in Montefiore’s Cardiac Rehabilitation Program receive informal education from staff about the importance of good nutrition, smoking cessation and stress management.

Who Benefits?

You may be eligible for cardiac rehabilitation if you:

- Suffered a heart attack
- Had a cardiac procedure, such as coronary artery bypass surgery, a valve repair or replacement, coronary angioplasty, stent placement or a heart transplant
- Have heart failure, stable angina pectoris (chest pain) or another cardiac condition

“Cardiac rehabilitation helps patients recover physically and emotionally,” Dr. Prince says. “While they may focus on improving their heart health, they also notice that their moods improve, they have more energy and they regain their confidence. More importantly, they realize they can live a full and active life after experiencing heart problems.” ■

▶ Learn more about cardiac rehabilitation and how it can help you regain your health at: www.montefiore.org/healthy

When Should You Exercise?

Take our online quiz to find out if you should see a doctor before starting an exercise program: visit www.montefiore.org/healthy





Shalom Kalnicki, MD, FACRO



Chandan Guha, MD, PhD



William Bodner, MD

For more information about RapidArc™ radiotherapy technology, call 718-405-8550.

New Technology Helps in the Fight Against Prostate Cancer

Hearing the words “You have prostate cancer” can be frightening for the almost 200,000 men diagnosed with the disease each year.

Fortunately, experts at Montefiore’s Center for Radiation Therapy are looking for ways to provide the most convenient and cutting-edge treatment options for those with the cancer. The Center’s RapidArc™ radiotherapy is the latest technology that takes image-guided, intensity modulated radiation therapy (IMRT) to a higher level, greatly increasing the best possible outcomes for treatment.

The Center, which is part of the Montefiore-Einstein Center for Cancer Care, was the first in the Bronx to offer RapidArc in April 2009, shortly after the U.S. Food and Drug Administration approved its use.

“RapidArc is the most advanced treatment available,” says Shalom Kalnicki, MD, FACRO, Chairman of the Department of Radiation Oncology at Montefiore Medical Center and Professor of Radiation Oncology at Albert Einstein College of Medicine. “We’re able to deliver radiation therapy in a more accurate and efficient way.”

IMPROVED TREATMENT

For those diagnosed with prostate cancer, traditional radiotherapy treatment has often been more time-consuming and less effective. With older technologies, radiation beams of varied intensities hit tumors at different angles, stopping several times during a session. Patients have to lie still for longer periods of time while the accelerator rotates around their bodies. Tumors sometimes move during these lengthy treatment periods, which can affect the radiation doses they receive

and can compromise treatment accuracy.

RapidArc technology is much more exact and patients are in and out in a matter of minutes. Doctors develop customized treatment parameters dictating how much radiation to direct at a tumor. The system’s software develops plans to meet those specifications, and the accelerator rotates around a patient while continuously delivering the desired radiation doses.

“The sophisticated computer-controlled system runs continuously during sessions so the treatments last only two to three minutes,” says William Bodner, MD, a radiation oncologist at Montefiore and Assistant Professor of Clinical Radiation Oncology at Einstein. “With faster sessions, there’s less tumor movement so we’re more confident of the amount of radiation reaching the tumors. And we’re better able to avoid healthy tissues and vital structures, which helps reduce urinary and erectile dysfunction.”

By decreasing the time it takes to deliver radiation, RapidArc has the potential to reduce the number of disruptions in the lives of patients while vastly improving the care they receive.

QUALITY CARE

While the advent of RapidArc has greatly improved the outcomes of those



RapidArc™ radiotherapy reduces the time it takes to deliver radiation to prostate cancer patients.

with prostate cancer, it takes a highly experienced team of professionals to employ it.

“We have a well-trained team of physicians, technologists, medical physicists and nurses who work together to help maximize use of this sophisticated technology,” says Chandan Guha, MD, PhD, Vice Chairman of the Department of Radiation Oncology at Montefiore and Professor of Radiation Oncology and Pathology at Einstein.

In the next few months, these same Montefiore experts will begin using RapidArc to treat pelvic malignancies, as well as head, neck and brain tumors. This will give other cancer patients a tremendous advantage in the fight against their disease and an opportunity to get back to the lives they love. ■

 To learn more about prostate cancer treatment services, visit: www.montefiore.org/healthy

For more information or to schedule a consultation with Dr. Fraioli, please call 718-920-4646.



Rebecca E. Fraioli, MD

Don't Let Nasal Airway Obstruction Get in the Way of *a Good Night's Rest*

Do you have trouble sleeping at night? The culprit may be a common condition that prevents you from breathing properly, called nasal airway obstruction.

Chronic nasal airway obstruction may affect a person's overall health and quality of life. "People with this condition have a hard time falling asleep and staying asleep because their mouths get dry when they breathe. And lack of sleep can drive people crazy. It's like having a bad cold all the time," says Rebecca E. Fraioli, MD, Otolaryngology Site Director at Montefiore Medical Center–North Division and Assistant Professor at Albert Einstein College of Medicine.

DIAGNOSING THE PROBLEM

Many factors may contribute to nasal airway obstruction. While some people suffer from seasonal swelling in the lining of their nose due to allergies, others may have structural defects within the nasal airway. For many people, the cause of the obstruction may be the result of a dislocation in the

cartilage divider between the two sides of the nose, known as the nasal septum. A deviated septum can block the nasal passage and make it difficult to breathe. "Most people have a deviated septum to some degree and it may not cause problems," says Dr. Fraioli, who specializes in reconstructive nasal surgery.

But for others, the deviated nasal septum may be severe enough to block airflow through the nose. In some cases, the septal deviation may have been caused by an injury to the nose or by minor birth trauma. In all patients who are experiencing nasal airway obstruction, a trip to the doctor is necessary to make a proper diagnosis. This is because without a detailed examination of the inside of the nose, it is impossible to tell whether the nasal obstruction is caused by nasal allergies, nasal polyps, a deviated nasal septum or even other factors such as a partial collapse of the supporting structures of the nose.

EXPERT CARE

At Montefiore's Department of Otolaryngology, specialists start by examining a patient's nose with the use of an endoscope. Treatment can range from prescribing allergy medication to surgery, but always depends on the cause of the obstruction.

For people who have a severely deviated septum, collapsed nasal walls or nasal polyps, surgical treatment is recommended. For a deviated septum, the procedure is known as septoplasty, which corrects the bone and cartilage inside your nose to restore breathing and normal mucus flow. In some instances, rhinoplasty, or a full nose reconstruction, is needed to restore airway function. This procedure can

Our Research Leads to Best Possible Outcomes

As the research arm of Montefiore Medical Center's Department of Otorhinolaryngology, the Institute of Human Communication (IHC) looks to improve treatment for those who suffer from a range of head and neck diseases and communication disorders, including:

- Hearing and balance disorders
- Defects of hearing, voice, speech and language
- Facial nerve disorders
- Voice box growths and tumors
- Skull-based tumors

The research advancements under the IHC contribute to early diagnosis and comprehensive care for more than 25,000 children and adults each year.

To learn more about the IHC, or to request a brochure, visit: www.montefiore.org/healthy

also be performed for patients who would like to change the aesthetic appearance of the nose.

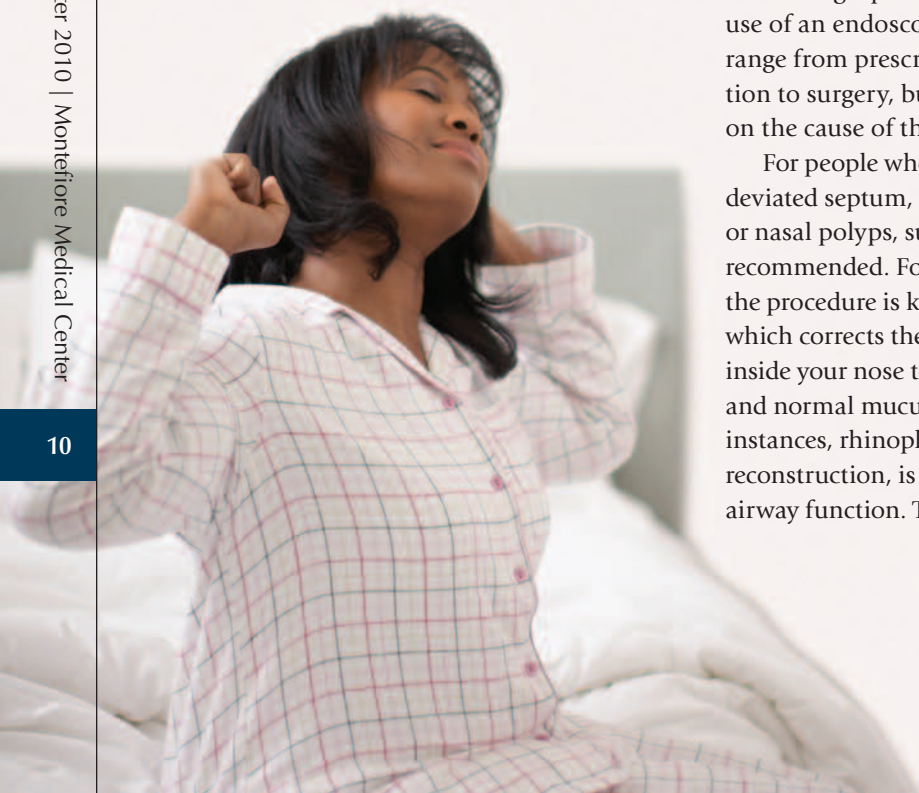
If you have any of the following symptoms of a deviated septum, relief could be possible with nose surgery:

- Difficulty breathing in one or both nostrils
- Postnasal drip
- Frequent sinus infections, including associated sinus headaches
- Frequent nosebleeds
- Breathing through the mouth during sleep

It is important to schedule a consultation with a physician to determine the best multidisciplinary treatment options. ■

▶ TROUBLE BREATHING?

Specialists at Montefiore's Department of Otolaryngology can help. Call 718-920-4646 to learn more about comprehensive treatment services.





Carolyn Bauer, MD

Get expert help for chronic kidney disease. Call the Montefiore Chronic Kidney Care Program at **718-920-4662** or schedule an appointment with Dr. Bauer.

Taking Aim at Chronic Kidney Disease

Early Intervention Means Better Health, Fewer Complications

More than 20 million Americans have some degree of kidney disease, and that number is rising at an alarming rate across the United States. Chronic kidney disease (CKD) is a major problem here in the Bronx because of the prevalence of high blood pressure and diabetes—the two most common causes of kidney disease. People with a family history of kidney disease are also at greater risk.

“Kidney disease damages the kidneys and hinders a person’s ability to remove excess fluids and wastes from the blood,” says Carolyn Bauer, MD, Director of the Chronic Kidney Care Program at Montefiore Medical Center and Assistant Professor of Medicine at Albert Einstein College of Medicine. “Many people don’t know they have chronic kidney disease because shortness of breath, swelling of the legs and other symptoms often don’t develop until they’ve already lost significant kidney function.”

ADVANCED CARE, BRIGHTER FUTURE

CKD is a serious condition that increases a person’s risk for heart attack, stroke and kidney failure. Fortunately, people in the Bronx don’t have to cope with CKD alone.

Montefiore recently opened its Chronic Kidney Care Program to intervene early and help slow the progression of CKD. As part of the innovative program, nephrologists (physicians who specialize in kidney diseases), a registered dietitian, a social worker, a nurse and a care coordinator work together to diagnose CKD and manage patients whose kidney function is 45 percent or less.

Treatment often includes medications to improve kidney function and control conditions that can damage the kidneys. Staff also screen for and treat kidney-related complications, such as anemia, weak bones, nerve damage and heart disease. When necessary, they can



safely prepare patients for kidney dialysis or transplantation.

SUPPORT IMPROVES OUTCOMES

Staff members educate patients about CKD and the importance of a healthy diet, exercise and smoking cessation, and encourage them to take active roles in their kidney health. They also coordinate care with patients’ primary care doctors.

“In the past, there was little we could do to halt the progression of kidney disease,” Dr. Bauer says. “The good news is that the outlook for these patients has improved dramatically over the past few decades. We usually can’t reverse or cure kidney disease. But with appropriate treatment, we can help the majority of patients with moderate kidney disease stay healthy, avoid hospitalizations, minimize complications and prevent or delay kidney failure.”

In addition to the new program, Montefiore has resources to help you and your family manage your chronic condition. ■

Be Alert to the Signs

Sometimes, by recognizing the early symptoms of kidney disease and talking with your doctor, “you can slow disease progression and protect yourself from serious side effects,” says Dr. Bauer. Look for any of these symptoms:

- Frequently swollen ankles or puffy eyes
- Fatigue
- Loss of appetite
- Confusion
- Dry or itchy skin
- Insomnia
- Muscle cramping
- A need to urinate more often than usual, especially at night

▶ To request a free brochure on the Chronic Kidney Care Program, call **718-920-4662** or visit: www.montefiore.org/healthy





To receive *Keeping You Healthy* by email or mail, call 1-800-MD-MONTE (1-800-636-6683) or sign up at: www.montefiore.org/newsletters

To be removed from this mailing, please call the number above and provide the source code from the newsletter mailing panel.

10061M

Make Your Favorite Meals Healthy Yearlong

You may have made a New Year's resolution to stick to a healthy diet, but that doesn't mean you have to forgo your favorite meals. Instead, look at your recipes and see if you can:

- Bake, broil or roast meat and poultry instead of frying it
- Use fresh vegetables instead of canned, which have added salt
- Season foods with herbs and spices instead of with salt

"Very few recipes need to be followed exactly, so learn what you can do to make your favorites healthier," says Miriam Pappo, MS, RD, CDN, Director of Clinical Nutrition at Montefiore Medical Center. "Making adjustments in the way you prepare food and in the ingredients you use can produce a dish that's just as good but fits better with healthy dietary guidelines."

Looking for ways to make your favorite dishes healthier without sacrificing taste? Take these steps for healthy recipe makeovers.

STEP 1: ADD HEALTHY INGREDIENTS

- Add lots of vegetables to casseroles, soups, salads and sauces. For example, perk up your spaghetti sauce with shredded zucchini, carrots, onions and bell peppers.
- Add legumes, which are high in protein and fiber, to salads. Try black-eyed peas or lentils. Or choose from a variety of beans, such as pinto, black, kidney or garbanzo.
- Flavor foods with herbs, spices and no-salt seasonings instead of marinades or butter.



- Sprinkle cereal with fresh fruit.
- Try nonfat toppings—lemon juice, dried herbs, thinly sliced green onions or salsa—on vegetables and salads.

STEP 2: SWAP HEALTHY INGREDIENTS

Try these healthy alternatives for key ingredients found in many recipes:

- Two egg whites or one cup of an egg substitute instead of one whole egg
- Low-fat sour cream or yogurt instead of regular varieties
- Low-fat instead of whole milk
- Soft margarine or cooking oil instead of butter
- Low-salt bouillon or broth instead of regular bouillon or broth
- Ground skinless turkey breast instead of ground beef or pork ■

Eat Health-Smart When Dining Out

It's one thing to eat a healthy diet when you're home. But it can be more challenging when you're at a restaurant. Here are some helpful tips:

- Opt for dishes that are designated heart-healthy, low-fat or light.
- Ask how dishes are prepared—and if they can be prepared differently. For example, ask to have fish grilled without butter or oil.
- Ask for dressing, sauces and gravy on the side, so you can use them sparingly. And ask for low-fat salad dressings, if available.
- Avoid deep-fried foods. Instead, opt for foods that are broiled, baked, grilled, roasted, steamed, poached, lightly sautéed or stir-fried.
- If you order poultry or meat, trim off all the visible fat.
- Eat the same amount of food you would if you were at home. If the portions are large, set some of the food aside and take it home.
- Choose pasta with tomato-based, rather than cream-based, sauces.
- Order entrées with vegetables as key ingredients.

▶ While supplies last, Montefiore is giving away a free copy of the cookbook *Good Health, Great Food*. Just visit our Web site to request yours at: www.montefiore.org/healthy

