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Totally Committed to Total Joint Replacements

Our aging population is increasing the need for total joint replacement procedures. Glens Falls Hospital supports patients before, during and after surgery.

Bringing the Latest Advancements Close to Home

By Douglas Kirkpatrick, M.D.
Chief of Orthopedic Surgery

With the opening of the Harry M. "Mac" DePan Surgical Care Unit, Glens Falls Hospital has taken a major leap forward in "Hometown Care" and comfort of its surgical patients. As part of our "Big-City Medicine" Promise, the hospital's orthopedic surgery department is leading the way with advancements in total joint replacements, improving patients' mobility and overall quality of life.



In early 2010, Glens Falls Hospital became the **second hospital in New York State** to utilize Patient Specific Instrumentation (PSI) in a total knee replacement. Today, more than 450 of these procedures have been performed successfully here.

With this technique, MRI technology is used to create a 3-D image of the patient's leg from the hip to the ankle. The image is used to build a custom mold that fits the patient's exact bone structure, ensuring a precise fit and alignment. The advanced planning inherent in the PSI method also reduces surgical time and requires less disruption to the femur (thigh bone), minimizing post-surgery swelling and

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Marilyn's Story: Joint Class Gets A+

Marilyn Tilton's last hospital stay was when her youngest child was born in 1967, and the Lake George resident was understandably anxious as she prepared for her recent knee replacement surgery.

Glens Falls Hospital's new Total Joint Education Class put her mind at ease. The two-hour class provides patients and their families with a detailed overview of what to expect from the time of hospital admission through recovery at home.

Participants meet their surgical team and hear presentations from surgical nurses, physical and occupational therapists, and the care managers assigned to provide support to each patient throughout the

process. Patients typically attend the class two to three weeks prior to surgery.

"It relieved all my fears," Marilyn says, adding that she particularly enjoyed meeting clinical and administrative staff who would be assisting during and after her surgery. "They called us by our first names. We called them by their first names. It gave me confidence that this experience was not going to be too bad."

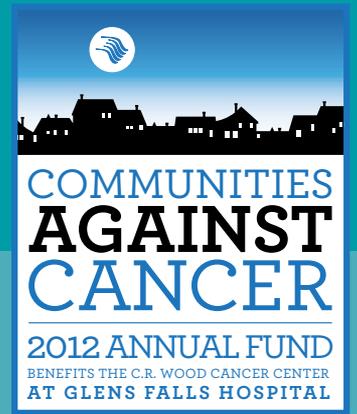
Marilyn says her surgical experience was exactly as promised. "I wasn't nervous like I thought I would be," she says. "Team members were all very nice. They were

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"They were right there to watch over me and that made me feel good."

— Marilyn Tilton, Lake George

Communities Come Together to FIGHT CANCER



\$1.7 Million Donated for Advanced Technology

Cancer patients from across the Glens Falls and Saratoga regions will soon have access to the latest in radiation therapy technology, thanks to the generosity of our regional community.

People and organizations from across our region joined together in 2012 to donate \$2.3 million to the Glens Falls Hospital Foundation — with nearly \$1.7 million given specifically to the “Communities Against Cancer” Annual Fund campaign for the purchase of a new linear accelerator.

Linear accelerators deliver cancer-destroying X-ray and electron beams to cancerous tumors. The new accelerator will replace a 20-year-old machine and provide advanced capabilities for treating highly complex, irregularly-shaped, and



Dr. Alex Frank
Director of Radiation Oncology
C.R. Wood Cancer Center

patients, treatment regimens could be reduced from five to seven weeks to one to three days, and daily treatment times cut from 20-30 minutes to as little as two minutes.

Dr. Alex Frank, director of radiation oncology at the nationally accredited Cancer Center, says the new linear accelerator continues the Center’s mission of providing advanced treatments close to home, family and friends.

difficult-to-reach tumors in critical locations in the body.

The new technology will deliver radiation more precisely than ever before, allowing people to be treated with larger doses of radiation without harming surrounding healthy tissue and organs. For some

“I feel very strongly when I tell you this,” Dr. Frank says. “The addition of this new linear accelerator will make a meaningful difference for cancer patients and their families. This is equipment that we really need.”

Many Helped, Many More Will Be Helped

Our Communities Against Cancer campaign inspired people across our region to step up in new and novel ways to ensure that the latest in cancer-fighting technology is available close to home for people across the Glens Falls and Saratoga regions. “Everyone knows someone impacted by cancer,” says Annual Fund Manager Claudia Higgins. “This campaign truly resonated with people of all ages.”



Van-tastic Success

Hundreds of people (and one giant buck-toothed beaver) made donations and filled our Communities Against Cancer van with magnet messages of inspiration for cancer patients and their families.



Cookies vs. Cancer

Spurred to action by the story of a classmate’s father, Glens Falls Middle School students Sophie Tougas, Anna Bayle and Amaya Berg organized a bake sale to benefit “Communities Against Cancer,” and presented a check to Annual Fund Manager Claudia Higgins.

“ The addition of this new linear accelerator will make a meaningful difference for cancer patients and their families. ” — Dr. Alex Frank



Our 64-Slice CT Scanner was purchased with gifts to a recent Annual Fund campaign. Shown here is Megan Jillson, Registered Technologist, Radiography.

Advancing Our Promise Together

We routinely hear from patients and families who are grateful that the Glens Falls Hospital network has been there for them in times of need.

Our presence as the largest hospital between Albany and Canada, and as this region's largest provider of primary care services, is reflective of our Promise of Big-City Medicine, Hometown Care.

Similar to most hospitals in New York State, our not-for-profit hospital has very limited — if any — surplus funds at the end of each year to purchase new technology.



David G. Kruczynski

In 2011, for example, we had just a two percent “gain.” That means, for each dollar earned, there were two cents left for reinvestment in technology and facilities. This is a mere fraction of the millions of dollars we must invest to continue providing our regional community with advanced quality care, close to home.

To fulfill our Promise, we must turn to our community for help.

In 2012, we focused our attention on our C.R. Wood Cancer Center and the “Communities Against Cancer” campaign. Cancer touches all of us in some way, and our regional communities responded with tremendous generosity — donating \$1.7 million for the purchase of advanced radiation therapy technology. This is in addition to another \$600,000 in gifts made to the Foundation last year for other programs and services.

Examples of past community support are visible at each of our 28 locations — most recently in the new Harry M. “Mac” DePan Surgical Care Unit on our main hospital campus (see page 7 for details).

On behalf of everyone here at Glens Falls Hospital, thank you for your past support. We hope that we can count on you once again in 2013.

To learn how you can help, call the Glens Falls Hospital Foundation at (518) 926-5960 or visit us online at glensfallshospital.org or facebook.com/glensfallshospital.

Your gifts make a difference in the lives of people across our region.

David G. Kruczynski
President & CEO

14 Years of Annual Fund Success

Since the inception of the Glens Falls Hospital Foundation's Annual Fund in 1999, our regional community has responded with gifts totaling more than \$10 million to advance the quality of care and improve the health of people across our region.

Here's a look at some of the many important projects your gifts have supported.

Advanced Diagnostic Imaging

The addition of a 64-slice CT scanner is helping doctors identify and treat life-threatening illnesses and injuries faster and more accurately than ever before.

Enhanced Surgical Suites and Technologies

Over a three-year period, your gifts helped Glens Falls Hospital continue, and elevate, its tradition of surgical excellence in the Glens Falls and Saratoga regions. We added important new technologies for eye and orthopedic surgery, and enhanced the infrastructure of our Floyd H. Rourke Inpatient Surgery Center.

The Harry M. “Mac” DePan Surgical Care Unit

Newly opened in the summer of 2012, this spectacular new unit features 27 private rooms for the comfort and privacy of our surgical patients and their families.

The Latest Cancer-Fighting Technology

In 2012, for the second time since the inception of our Annual Fund, your gifts provided our C.R. Wood Cancer Center with the ability to add advanced radiation therapy technology, ensuring local cancer patients continue to receive quality care close to home, family and friends.



The 2013 Annual Fund Will Once Again Support Important Medical Advances.

We Look Forward to Your Continued Generosity.

“It is extremely important we increase awareness of Barrett’s Esophagus and its treatment. The incidence of esophageal cancer is rising at an extremely fast rate, and most people who are diagnosed discover it at a very late stage – too late in many instances.”

Dr. Kevin Herlihy

An Uncomfortable Truth ...

Acid Reflux Can Lead to Cancer

Living with chronic heartburn caused by acid reflux can be a great annoyance. What most people don’t know is reflux can also lead to cancer.

When stomach acid repeatedly backs up into the lower esophagus, the normal esophageal tissue can be damaged and replaced by intestinal-type tissue – a condition known as Barrett’s Esophagus, the leading precursor for esophageal cancer.

Dr. Kevin Herlihy, attending physician at Glens Falls Hospital’s G.I. (Gastrointestinal) Center, says it is estimated that three million Americans are living with this condition and the vast majority of them do not know it.

Diagnosing Barrett’s Esophagus

“It is extremely important that we increase awareness of Barrett’s Esophagus and its treatment,” Dr. Herlihy says. “The incidence of esophageal cancer is rising at an extremely fast rate, and most people who are diagnosed discover it at a very late stage – too late in many instances.”

Dr. Herlihy advises anyone who has experienced reflux on a frequent basis over a period of five years or more, especially men age 50 and older, to consider undergoing a diagnostic upper



Dr. Kevin Herlihy and Mary Ellen DeSantis, RN, diagnose and treat patients with Barrett’s Esophagus caused by chronic acid reflux at Glens Falls Hospital’s G.I. Center. Barrett’s is the leading precursor for esophageal cancer.

endoscopy. This includes people whose reflux symptoms are being controlled by medication.

During this procedure, a thin, flexible videoendoscope is inserted into the esophagus while the patient is under moderate sedation so that the esophageal tissue can be examined.

New, Non-surgical Treatment

If Barrett’s Esophagus with a precancerous change called dysplasia is diagnosed,

Glens Falls Hospital now offers a non-surgical procedure called radiofrequency ablation (RFA) to remove the diseased tissue before it advances to cancer. With RFA, the doctor inserts a tiny balloon catheter into the esophagus. When inflated, the balloon applies a controlled level of heat, which removes precancerous tissue without damaging the underlying, healthy esophageal tissue.

“RFA has provided quite promising results since instituted,” Dr. Herlihy says. “It may literally be a life saver.”



Are You at Risk?

If you have experienced acid reflux on a frequent basis over five years or more, ask your doctor about scheduling a diagnostic endoscopy. For more information, call the Glens Falls Hospital G.I. Center at (518) 926-6220.

REVOLUTIONIZING REHABILITATION



Lake George resident John Kohland gets back on his feet with help from Physical Therapist Assistant Liz Clark (center) and Occupational Therapist Denise Romeu at Glens Falls Hospital's new Rehabilitation & Wellness Center in Queensbury.

New Facility Offers Largest Team, Innovative New Approach To Care

Glens Falls Hospital has long had the region's largest team of physical rehabilitation specialists. Now this wealth of expertise and experience is under one roof at The Rehabilitation & Wellness Center, newly opened on the corner of Quaker and Country Club roads in Queensbury.

Our team is made up of physical, occupational and speech therapists; exercise physiologists; speech-language pathologists; and a neuropsychologist, all with considerable experience in helping patients with a wide array of injuries, illnesses and developmental disabilities.

"We have a very collaborative team," says Outpatient Therapy Manager **Lisa Touse**. "We all work closely together to share experiences and ideas with a goal of helping our patients recover as completely and quickly as possible."

In addition to the experienced staff, the new Rehabilitation & Wellness Center offers patients advanced therapeutic and exercise equipment, including the region's only HydroWorx® aquatic therapy pool.

Here for you when benefits run out

The most innovative aspect of the facility is the incorporation of the wellness program, which offers medically oriented exercise under the direction of

exercise physiologists. The program is specially designed for people who have:

- Reached the end of their insurance-approved visits with a physical or occupational therapist, but would benefit from a continuing exercise program at an affordable cost;
- Completed physical or occupational therapy, but are nervous about exercising for fear of injury;
- Experienced any injury or illness and could benefit from a medically oriented exercise regimen.

"We are making it affordable for patients to continue or begin exercising under the guidance of experienced clinical professionals who understand their medical concerns and are specially trained to help them," says **Sharon Luckenbaugh**, executive director of Rehabilitation Services.

"It is common for people to be hesitant about exercising after an illness or injury. Our exercise physiologists know a patient's full medical history, and their guidance gives patients the knowledge and confidence to remain active and in good shape."

Participation in the wellness program is available for just \$38 per month.



Physical Therapist Assistant Carolyn Murray walks Pamela Fazio of Lake Luzerne through a session in the HydroWorx® therapy pool.

MAKING A SPLASH

The Region's Most Advanced Aquatic Therapy Pool

Pools have long been recognized as an effective rehabilitation tool because the buoyancy of water minimizes the stress on joints. But the HydroWorx® aquatic therapy pool at The Rehabilitation & Wellness Center takes aquatic therapy in this region to a whole new level.

Our pool is the same model used by many professional and major college sports teams, but Glens Falls Hospital is putting the technology to use to benefit people of all ages and abilities.

For example, the entire floor of the pool can be raised to surface level so that a patient can walk directly in, or enter in a wheelchair. Once in place, the floor features a built-in treadmill for walking exercises.

Other features include resistance jets to help patients build strength, as well as an underwater video camera so patients and their therapist can monitor their performance.

We Can Help

If you are in need of physical, occupational or speech therapy, choose The Rehabilitation & Wellness Center at the corner of Quaker and Country Club roads in Queensbury, (518) 926-2000.

Your New Cardiovascular System

ADIRONDACK CARDIOLOGY PARTNERS WITH GLENS FALLS HOSPITAL

The doctors of Adirondack Cardiology have entered into a partnership with Glens Falls Hospital to provide a new standard of cardiac care for the region.

At the heart of this innovative collaboration, the 10 locally based doctors of Adirondack Cardiology work together with Glens Falls Hospital's cardiovascular services team to coordinate a patient's care — from cardiac screening and wellness, to the diagnosis and treatment of cardiac conditions and follow-up rehabilitation.

"Our patients receive all their care, with the exception of cardiac surgery, at our convenient office locations in Queensbury, Wilton or at Glens Falls Hospital," says **Dr. Patrick Rowley** of Adirondack Cardiology.

This partnership is particularly important for people who may require a coronary angioplasty procedure to open clogged arteries.

Glens Falls Hospital is one of a select group of hospitals in New York state — and the only one in the Glens Falls and Saratoga region — that do not perform open heart surgery but are approved to perform angioplasty.

"While angioplasty is a very common procedure for our interventional cardiologists, this is a very stressful time for patients, families and friends," says Dr. Rowley. "We find that people appreciate that the angioplasty service is available close to home so they don't have the added burden of traveling outside the area for the procedure."



Dr. Patrick Rowley is one of 10 cardiologists with Adirondack Cardiology. Assisting him here is Melissa Potter, registered radiology technologist.

Adirondack Cardiology Locations:

> 6 Hearts Way
Queensbury

> The Medical Center at Wilton
135 North Road, Wilton

For more information, call
Adirondack Cardiology at (518) 792-1233

Glens Falls Hospital is one of a select group of hospitals in New York state — and the only one in the Glens Falls and Saratoga region — that do not perform open heart surgery but are approved to perform coronary angioplasty.

HELPING SGT. RYAN

It's hard to believe that the young man in the wheelchair, speaking so eloquently and joking with those around him, was shot twice in the head and nearly left for dead on the battlefields of Iraq seven years ago.

Today, Sgt. Eddie Ryan, 28, is continuing his amazing recovery at The Rehabilitation & Wellness Center, the state-of-the-art facility recently opened by Glens Falls Hospital off Quaker Road in Queensbury.

Sgt. Ryan suffered brain damage when hit twice by friendly fire — once above his right eye and once in his lower left jaw — on April 13, 2005. After a lengthy stay at the nationally recognized Helen Hayes (Rehabilitation) Hospital in downstate Rockland County, he returned to his family's Ulster County home, only



Sgt. Eddie Ryan is surrounded by his care-giving team, including (first row, left to right): Aide Jamie Waite and Speech Pathologist Cheryl Hoffis; and (back row, left to right): Physical Therapist Casey Clark; Sgt. Ryan's mother, Angie; Occupational Therapist Denise Romeu; and Exercise Physiologist Chad Scheidegger.

Hospital. So impressed were the Ryans by the comprehensive rehabilitation plan developed by the hospital team, Angie and her husband, Chris, packed their belongings and moved with their son to Lake George.

to find little in the way of rehabilitative care in that region. After five years with minimal services, the progress Sgt. Ryan made at Helen Hayes was regressing, says his mother, Angie. The family reached out to the U.S. Department of Veterans Affairs for help and were referred to Glens Falls

Since then, Sgt. Ryan's rehabilitative regimen at The Rehabilitation & Wellness Center has included physical therapy in the highly advanced HydroWorx® aquatic therapy pool; occupational therapy to help

Continued on Back Page

Today's Joint Replacements: Better Fit, Greater Durability

From Front Page

allowing the patient to regain range of motion faster.

In addition to PSI, orthopedic surgeons at Glens Falls Hospital are utilizing the latest in minimally invasive technology, allowing for smaller incisions. We are also using knee replacements made with cross-linked polyethylene, which is expected to extend the life of the knee considerably.

The use of cross-linked polyethylene components is also leading the way in total hip replacement advancements. The hip is a ball and socket joint. The larger the ball portion, referred to as the "head," the better the hip will fit and the more stable it will be, reducing the risk of dislocation. In the past, larger heads wore out much faster. Now, with the introduction of cross-linked polyethylene components, larger heads have far greater longevity.

As with knees, hip replacements have also benefited from the availability of minimally invasive surgical techniques with markedly smaller incisions and less tissue damage.

There have also been noteworthy advancements in pain management at Glens Falls Hospital for both knee and hip replacements. New medications and improved delivery methods are controlling pain better and with fewer side effects.

The skill and expertise of the orthopedic surgeons practicing here, and the hospital's outstanding nurses and surgical support teams, provide quality and compassionate care that helps our patients get back to the highest possible level of independence and mobility.



Gordon Hadsell of South Glens Falls is one of many patients who has benefited from the private care at our new Harry M. "Mac" DePan Surgical Care Unit. With him are his wife, Nancy, and Jaime Kilmer, RN.

"Back to Living" Rooms Offer Greater Privacy and Comfort for Our Surgical Patients

DePan Surgical Care Unit Features 27 Private Rooms

Glens Falls Hospital has once again advanced the quality of surgical care in this region with the Harry M. "Mac" DePan Surgical Care Unit.

This transformative new facility, named in honor of the late Dr. DePan and made possible by community gifts and the family's generous support, is designed for the maximum comfort of patients recuperating from total joint replacements and other major surgeries.

It also offers amenities and family-friendly areas encouraging the involvement of family and friends in recovery.

The unit features 27 private "Back to Living" rooms, helping patients



get "back to living" their lives — as quickly and completely as possible.

"The presence of family and friends when someone is recuperating from surgery has been shown to help speed the recovery process," said **Dr. Nick Dadian**, chief of surgery.

"Private rooms allow the patient to spend more time with family members, and also allow the patient to rest more comfortably when it's time to sleep."

Marilyn's Story: Joint Class Helped Ease My Fears

From Front Page

right there to watch over me, and that made me feel good."

Marilyn's new right knee was created using state-of-the-art Patient Specific Instrumentation (PSI). "It was made especially for me," she says. "I always thought it was one-size-fits-all."

Marilyn completed her hospital stay in a private room in what she describes as the "absolutely beautiful" new Harry M. "Mac" DePan Surgical Care Unit.

Family involvement is encouraged in the unit and her daughter was able to stay the night at her bedside.

After three days, Marilyn returned home to continue recuperating. Less than a month later, she was comfortably moving about her home and gardens — looking forward to longer walks around the neighborhood, doing a little dancing and, she says with a smile, stepping back into her favorite pair of high heels.

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THE PULSE

GFH News at a Glance



Greener Than Green

Singled Out For EPA's Leadership Club

Glens Falls Hospital is the only health care system in the nation to hold Leadership Club status in the U.S. Environmental Protection Agency's Green Power Partners program.

The hospital achieved this distinction by purchasing more than nine million kilowatt-hours of green wind power – or more than half of the total annual energy needs of all 30 of our facilities – in the form of Renewable Energy Certificates (REC), which are essentially vouchers that provide renewable energy owners with revenue that improves renewable energy economics, increasing their competitiveness with fossil fuels like coal and natural gas.



Energy producers generate green energy, such as wind power, and traditional fossil fuel energy. By purchasing RECs, Glens Falls Hospital supports the production of green power. GFH solicited bids for electrical power through a reverse auction process. The resulting energy prices were so low and the price of Green Wind RECs was so attractive that it allowed us to increase our green energy portfolio to 50% while still providing a significant cost savings for the organization.

The Hearing Center Gets A New Home

Glens Falls Hospital is pleased to announce that The Hearing Center has moved to a new home in the Cool Insuring Agency building at the corner of Quaker and Country Club roads in Queensbury, along with The Rehabilitation & Wellness Center (See Page 5). The Hearing Center combines the region's largest team of hearing aid specialists and audiologists with the most technologically advanced diagnostic tools and hearing aids to provide unparalleled care to patients throughout the area. **If you or someone in your family has a hearing-related concern, please call The Hearing Center at (518) 926-2060 to schedule a consultation.**



Eye Surgery Center Planned for Exit 16

Glens Falls Hospital will team with a group of board-certified ophthalmologists to open a new eye surgery center in Wilton this year. The facility will specialize in cataract and retinal surgery. Joining the hospital in the venture are **Drs. Amjad Hammad, David Westfall, Mark Hite and Steven Solomon**. The new eye center will be located just off Northway Exit 16 in Wilton, on land adjacent to our Medical Center at Wilton.

Downstate soldier relocates for Hospital's care

Continued from Page 6

with daily activities, such as feeding and dressing himself; and speech therapy. His progress has been significant, as reflected by his recent decision to prepare and present a motivational speech to the Center's staff about people who inspire him.

His number-one goal is to one day walk again. "I believe with the services he's now getting, that will definitely happen," says Angie. "All the therapists work so

well together and have been doing great work with Eddie. And the relationships he's developed are just as important as the therapy."

As his proud mom looks on, Sgt. Ryan reaches out and touches the back of one of his caregivers.

"I'm checking for her wings," he says. "Everyone here is my angel."