

HEALTH WATCH NEW HAVEN

The Hospital of Saint Raphael

At every stage of a woman's life, the Hospital of Saint Raphael is there with the latest technology and state-of-the-art care provided by expert physicians and experienced, compassionate staff. It's no wonder Saint Raphael's has received regional and national recognition for the quality of its clinical programs.



Spine team members Shirvinda Wijeskera, M.D., Elizabeth Milewski, P.A., and Dan Zeek, C.S.T., perform surgery in one of Saint Raphael's state-of-the-art operating rooms.

Spine Care

As Southern Connecticut's leader in spine surgery, Saint Raphael's provides top experts and the latest technology and techniques to treat a broad range of spine conditions.

A healthy spine is vital to healthy aging, and women are at risk for a variety of spine conditions — including spinal stenosis and fractures due to osteoporosis. From cutting-edge surgical procedures and medical treatments to spine-health programs developed specifically for women, Saint Raphael's attracts patients from around the region for expert spine care, offering:

- Wellness and prevention programs designed for women of all age groups
- Coordinated expertise including orthopedic surgeons and neurosurgeons, along with other physicians, nurses, therapists and specialists
- A comprehensive spectrum of care ranging from surgery, injections and non-surgical therapy to rehabilitation
- The latest technology in artificial disc replacement, the X-Stop implant for spinal stenosis, and state-of-the-art procedures like lateral interbody fusion

With focused programs and options aimed at every phase of a woman's life, Saint Raphael's is a proactive partner helping women maintain spine health.

In recognition of Saint Raphael's expertise, Anthem Blue Cross and Blue Shield in Connecticut in 2010 designated the hospital a Blue Distinction Center for Spine Surgery.

To learn more about Saint Raphael's spine services, call (203) 789-5997 or visit www.srhs.org/spine.

Women's Center for Breast Health

With personalized care every step of the way, Saint Raphael's is a top choice for coordinated, compassionate breast-cancer treatment.

From the day you walk into the Women's Center for Breast Health at the Hospital of Saint Raphael, a "patient navigator" will help take some of the worry out of an overwhelming process, guiding you through all aspects of diagnosis and treatment, from filling out forms to accessing services.

"We offer a depth of expertise in all aspects of breast health and our specialists work together as a team, focused on the needs of the whole patient and her loved ones," said Denise Barajas, M.D., general surgeon and center director.

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This patient-centered and multidisciplinary approach is at the core of the Women's Center for Breast Health, the first center in the region and the second in the state, to be accredited by the National Accreditation Program for Breast Centers.

Saint Raphael's spectrum of breast care includes:

- Top specialists in oncology, radiology, pathology and surgery
- Advanced technology like digital mammography, ultrasound-guided biopsy, MammoSite® targeted radiation therapy and CyberKnife® radiosurgery
- Integrative wellness services like the award-winning Looking Forward program

For more information about the Saint Raphael's Women's Center for Breast Health, call (203) 789-3244 or visit www.srhs.org/breastcenter.



Denise Barajas, M.D., director of Saint Raphael's Women's Center for Breast Health, provides breast health counseling.

Specialized care for women's health needs



Saint Raphael's new maternity facilities, scheduled to be complete by late 2010, have been designed for patient comfort and family access.

Obstetrics/Gynecology

Sophisticated, compassionate, patient-focused, family-centered care is the hallmark of Saint Raphael's gynecology and maternity services.

You want the best for yourself and your baby when you choose an obstetrics/gynecology provider, and Saint Raphael's can help with the latest in technology and a top-of-the-line, family-friendly staff, facility and services.

"Our physicians, midwives and staff members are dedicated to providing the quality care women expect and deserve for themselves and their children," said Brian Rigney, M.D., acting chairperson of Obstetrics and Gynecology at Saint Raphael's. These services include:

- Robotic gynecological surgery with the da Vinci® Surgical System
- Newborn Intensive Care Unit (NICU) for premature babies as young as 28 weeks old
- Maternal Fetal Medicine Unit providing high-risk patients with special testing and care, including non-stress tests, Level II ultrasound, amniocentesis and genetic counseling
- Highly trained midwives offering a unique birthing experience and gynecological services

To ensure that expert care is provided in the best possible setting, designers are working with physicians, nurses and midwives to remodel Saint Raphael's maternity facilities with a focus on family-centered patient care.

The renovations, expected to be complete by the end of 2010, will update patient areas in a way to encourage family members to be part of the birth experience.

For more information about OB/GYN services at Saint Raphael's, call (203) 789-3663 or visit www.srhs.org/womenandchildren.

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Senior Services

With special attention to the needs of women both as patients and caregivers, Saint Raphael's offers a full range of senior health and wellness services.

Keeping seniors healthy and independent as long as possible is a top priority at the Hospital of Saint Raphael, where geriatric programs attract seniors from across the region.

At the heart of Saint Raphael's programs is the Senior Assessment Center, a comprehensive service that helps seniors and their caregivers handle age-related concerns.

"The first step in providing the best care for seniors is determining their needs, both as patients and people," said Gerard Kerins, M.D., F.A.C.P., chief of Geriatrics at Saint Raphael's. "We involve family members and our entire geriatric team to help ensure that seniors stay healthy and maintain their independence and maximum function as long as possible."

Resources available through Saint Raphael's also include the CareCard Program of health and wellness services and Philips Lifeline®, a personal response service that automatically detects falls in the home.

Additional services for seniors include Saint Raphael's community-based primary care clinics, short- and long-term rehabilitation at the Sister Anne Virginie Grimes Health Center and the ground-breaking Down Syndrome Adult Assessment Program.

For more information about Saint Raphael's senior services, call the Healthy Aging Line at (203) 789-3275 or visit www.srhs.org/seniors.



Gerard Kerins, M.D., Saint Raphael's chief of Geriatrics, reviews healthcare options with a patient.



**Hospital of
Saint Raphael**

A member of the Saint Raphael Healthcare System