

Hats Off!

To Tyrus Castrovinci
and the rest of
our Shining Stars!

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A Message from Our Physician-in-Chief

Dear Colleagues and Friends,

This edition of *Shining Stars* highlights new transitions at Maria Fareri Children’s Hospital at Westchester Medical Center as well. We are very proud of our newest environment of care, the Arlene and Arnold Goldstein Family Foundation Athletics Neighborhood, which expands our capacity to meet the healthcare needs of our region’s children and their families. We are grateful for the continued support of all our donors, represented in these pages by the Berk Family, without whose help our ability to transition to our Neighborhood would not be possible.

This edition also notes our ability to care for children during that most important transition, from fetus to newborn, even if serious medical or surgical problems complicate the situation and require immediate lifesaving treatment.

As you read these stories of transition, as well as the features on how our role as a teaching hospital has evolved to include families in the education process and how even a “friendly bounce” can be a dangerous one, we hope you will be



Michael Gewitz, M.D.
Physician-in-Chief
Maria Fareri Children’s Hospital
at Westchester Medical Center

reminded of the work that goes on every day at Maria Fareri Children’s Hospital to help make all the transitions our patients and their families undergo be safe ones with the best outcome possible.

On behalf of all the Maria Fareri Children’s Hospital family, we hope you enjoy this Fall season of transition with your families and loved ones safely and in good health and that you remember that Maria Fareri Children’s Hospital at Westchester Medical Center is here to help you along the way.

Sincerely,

Michael Gewitz, MD

Maria Fareri Children’s Hospital at Westchester Medical Center is the children’s hospital for the Hudson Valley region of New York and Fairfield County, Connecticut. It is a local and national leader in pediatric care and an advocate for children’s health and wellness.

For more information about Maria Fareri Children’s Hospital at Westchester Medical Center, please visit www.westchestermedicalcenter.com/mfch

To find a physician, visit the website or call 1-877-WMC-DOCS.

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Maria Fareri
Children's
Hospital's
newest inpatient
unit will enable
the hospital
to care for
more than
450 additional
children each
year.



Samantha Fortuna, 5, of Ossining with Dina Greenfield, R.N., and Vicki Iannotti, M.D., in the new Arlene and Arnold Goldstein Family Foundation Athletics Neighborhood.

Welcome to the Neighborhood!

Remember when you were a kid and it was always big news when new kids moved into the neighborhood? Well, there are new kids in the neighborhood at Maria Fareri Children's Hospital—in fact, there's a whole new neighborhood at the hospital!

The general pediatric units at Maria Fareri Children's Hospital are divided by age group into different "neighborhoods," each with its own theme and décor. To serve the increasing demand for world-class pediatric care in the Hudson Valley and Fairfield County, the hospital recently opened the

Arlene and Arnold Goldstein Family Foundation Athletics Neighborhood, a new, nine-room inpatient unit.

Growing to Meet a Need

The new neighborhood represents the hospital's second expansion since opening in 2004 with 104 beds and brings the current total inpatient bed count to 136. This represents an investment in additional staff and resources of \$6.5 million by Westchester Medical Center and will enable the Children's Hospital to care for 450 to 500 additional inpatients each year.

"The Athletics Neighborhood reaffirms our commitment to providing care for all the children in the region, while also enabling them to stay closer to their home communities," says Michael Gewitz, M.D., Physician-in-Chief, Maria Fareri Children's Hospital at Westchester Medical Center.

While the new neighborhood will care for all children, it will specialize in the treatment of pre- and post-operative patients. The additional space will also enable the hospital to care for more children in services areas with an increasing demand for care,



1

Michael Gewitz, M.D.

Physician-in-Chief

Maria Fareri Children's Hospital
at Westchester Medical Center

"The Athletics Neighborhood reaffirms our commitment to providing care for all the children in the region."



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such as the pediatric bone marrow transplant program and diverse surgical subspecialties.

Like the existing six neighborhoods at Maria Fareri Children's Hospital (Sailing, Heroes, Flight, Theater, Literature and Arts), the Arlene and Arnold Goldstein Family Athletics Neighborhood features single-patient rooms with private bathrooms, showers, wide-screen televisions and sleeping accommodations for parents. Its decorative athletics theme—replete with life-size images of children running, jumping and playing sports adorning its walls—celebrates children's fitness.

1) *Pediatric Surgical Sub-Specialists Drs. Suvro Sett (Cardiac), Lianne DeSerres (Otolaryngology), and Michael Tobias (Neurosurgery) in the new Athletics Neighborhood.*

2 & 3) *The athletics theme of the new Neighborhood evokes a feeling of fitness and fun.*

Investing in Children and Families

The multi-million dollar investment in the Athletics Neighborhood follows the opening last year of the new Ronald McDonald House of the Greater Hudson Valley on the campus of Westchester Medical Center just steps away from Maria Fareri Children's Hospital. That \$7 million facility offers families with children undergoing extensive stays at the hospital a place to stay with its 12 bedrooms, private bathrooms, living, dining and play areas as well as a kitchen with multiple cooking stations. "The new Athletics Neighborhood and the Ronald McDonald House reflect our commitment to family-centered care at Maria Fareri Children's Hospital," says Dr. Gewitz. "We believe by creating an uplifting environment and including family in the care process we can positively influence a child's recovery."



3

The Berk Family: Building Blocks for Maria Fareri Children’s Hospital’s New Neighborhood

The new Arlene and Arnold Goldstein Family Foundation Athletics Neighborhood at Maria Fareri Children’s Hospital at Westchester Medical Center was made possible in part through a very generous gift from Wendy and Howard Berk, who want children and families in the Hudson Valley to have every opportunity to access the world-class care available at the hospital.

“When our daughter had a friend hospitalized at Maria Fareri Children’s Hospital, we saw for ourselves what a special place it is,” Wendy says. With its airy lobby that features a stunning walk-through aquarium and a large collection of miniature doll houses, Wendy says



The lobby aquarium was just one environmental feature that impressed the Berks.

“When our daughter had a friend
hospitalized at Maria Fareri
Children’s Hospital, we saw for
ourselves what a special place it is.”

Wendy Berk



Wendy and Howard Berk

it was clear that the hospital makes a special effort to distract children from the illnesses that have them at the hospital in the first place. “We think that anything you can do to keep the children’s minds off the reason they are there makes it easier for the doctors, nurses and therapists to do their jobs,” she says.

But it wasn’t just the lobby that amazed the Berks. Wendy says they also were struck by the facility’s wide, colorful hallways, its thematic neighborhoods—and more. “We were so impressed by the size of the rooms and how they catered to both the patient and the family, by providing room for parents to sleep and eat while they keep their children company.”

The Berks have made a commitment to direct many of their charitable contributions toward health care, both nationally and locally, and are happy they could help their neighbors in the Westchester County area. “Maria Fareri Children’s Hospital helped us realize that you don’t have to venture far from your own backyard to receive the highest level of care for our children,” Wendy says.

Seeing Into The Future

Thanks to Prenatal Testing, Parents Can Prepare for Newborn Cardiac Interventions

Like all expectant mothers, Dianna Miranda went to her 20-week ultrasound hopeful that the images of her baby would reveal 10 fingers and 10 toes and all the other signs that her baby was growing well. But when the screening revealed a problem with the right ventricle of the baby's heart, Dianna's obstetrician referred her to Bernard Fish, M.D., a pediatric cardiologist at Maria Fareri Children's Hospital at Westchester Medical Center. Dr. Fish, an expert in fetal cardiology, performed a fetal echocardiogram and determined Dianna's baby had tetralogy of Fallot, a congenital heart defect that causes low oxygen levels in the blood.

Knowing in advance that her baby would be born with a heart problem made it much easier for Dianna to decide where to deliver her baby: Westchester Medical Center. With an experienced pediatric cardiac surgical team on staff, Dianna and Larry Castrovinci knew that their baby would be in good hands and, should surgery be necessary immediately, their newborn would be delivered just down the hall from the Isaac & Naomi Kaplan Family Regional Neonatal Intensive Care Unit (RNICU).

To further alleviate their concerns, Dianna and Larry were able to confer with Suvro Sett, M.D., Chief of Pediatric Cardiac Surgery at Maria Fareri Children's Hospital, before the baby was born so they would know what to expect. "Dr. Sett was wonderful," she says. "He explained every detail of the surgery and how it would go."

Ready with Care

Although little Tyrus Castrovinci, born February 2, 2011, was rushed to the RNICU right after he was delivered, Dr. Sett, along with a combined team of Maria Fareri Children's Hospital pediatric cardiologist and neonatologists, determined his tetralogy of Fallot was not so severe as to require immediate surgery. So just four days after he was born, Tyrus went home to the Bronx.

Dr. Fish carefully monitored the baby during the next several months, during which time Tyrus grew well. But in August, it was clear that it was time to correct his heart condition. Following a cardiac catheterization by Markus Erb, M.D., Director of Pediatric Cardiac Catheterization at Maria Fareri Children's Hospital, Dr. Sett performed open-heart surgery. The repair involved closing a large hole in the heart and widening a passage to increase blood flow to the lungs. During the operation, Dr. Sett took special care to avoid damage to an unusual coronary artery branch as he completed the repair.

Tyrus Castrovinci can now strut his stuff thanks to prenatal testing and the pediatric cardiology team at Maria Fareri Children's Hospital.



Bernard Fish, M.D.

Pediatric Cardiologist (Fetal Cardiology Specialist)

Maria Fareri Children's Hospital at Westchester Medical Center

"Fetal echo cardiograms have developed to a point where we can now detect fine details of fetal hearts, and cardiac surgery has also developed to the point that we can repair tiny hearts even right after birth."

Superior Surgical Success Rates

Maria Fareri Children's Hospital at Westchester Medical Center had the second lowest adjusted mortality rate among the 12 hospitals in New York State that perform pediatric congenital cardiac surgery as reported by the New York State Department of Health last October. This statistic is even more impressive when you consider the fact that given the complexity and gravity of the cases our pediatric cardiac surgery program handles, it had the second highest expected mortality rate among the 12 hospitals.

We believe these impressive success rates are a ringing endorsement of our highly-skilled and experienced pediatric cardiac surgery team, led by Suvro Sett, M.D., and the exceptional care we are able to give every patient.



Dianna, with young Tyrus and Larry, is grateful for the hospital's technology and skilled practitioners.

Venture Photography

The multi-disciplinary teamwork between Dianna's obstetrician, Drs. Fish, Erb and Sett, and the team in the RNICU, reflects the continuum of care that is a hallmark of Maria Fareri Children's Hospital. Working together, medical professionals achieve positive outcomes for even the sickest children.

Today, Dianna and Larry—like any proud parents—describe Tyrus as "perfect." He is doing really well and you would never know there was something wrong," Dianna says, noting that Tyrus "thinks he's a big shot. He's quite the daredevil."

Skilled Physicians Utilizing Advanced Technology

Dianna is grateful for the modern medical technology and skilled practitioners who helped her son. "It is amazing what can be detected so early and in such detail," she says. "Knowing in advance what we were facing made it a lot easier to deal with.

"Fetal echo cardiograms," says Dr. Fish, "have developed to a point where we can now detect the finest detail of fetal hearts, and cardiac surgery has also developed to the point that we can repair tiny hearts even right after birth if necessary." He notes that when he started his medical career almost 40 years ago, the average age at which doctors would correct tetralogy of Fallot was five years. Today, the surgery can be performed on babies as young as three months.

The fetal cardiology program at Maria Fareri Children's Hospital also includes Drs. Deborah Friedman and Henry Issenberg in addition to Dr. Fish.

"We have lots of babies born at Westchester Medical Center with the most complex cardiac conditions and our team has treated them with tremendous success," Dr. Fish says. "I have never been more confident to refer babies to our pediatric cardiac surgery program."

To learn more about the fetal cardiology program visit www.westchestermedicalcenter.com/pediatriccardiology.



Suvro Sett, M.D.

Chief of Pediatric Cardiac Surgery

Maria Fareri Children's Hospital at Westchester Medical Center

Are Trampolines Safe for Your Backyard?

Injury risks outweighs benefits

If a famous professional baseball pitcher heard a chorus of voices after he dislocated his ankle while jumping on a trampoline with his son, he wasn't dreaming.

Soon after his injury became public, a chorus of doctors once again reminded

parents of the dangers of trampolines—including Darshan Patel, M.D., Chief of the Pediatric Emergency Department at Maria Fareri Children's Hospital.

"During the warmer months, we see at least one to two injuries in the ER per week

related to trampolines," says Dr. Patel. Injuries range from more common strains, contusions, and lacerations, to more serious fractures, head trauma or spinal cord injuries. "More than 50,000 Americans come to emergency rooms every

year for injuries sustained on trampolines," he says. "And those are the ones we know about."

Trampolines are especially dangerous for children, who Dr. Patel says become "little projectiles" when bounced around on the equipment. That is why the American Academy of Pediatrics does not recommend home use of trampolines for recreation, Dr. Patel says. "Trampolines should only be used under the supervision of a trained and qualified professional in a proper setting, with only one person on the trampoline at a time," he emphasizes. The trampoline should also have appropriate safety nets and pads that are checked regularly for tears and detachments.

Because prevention is the best medicine, Dr. Patel urges parents to abandon their backyard trampolines in favor of other forms of exercise and recreation. "There are lots of other, safer ways to for kids to find entertainment and exercise during the warm summer months," he says.



Statistics suggest "bouncing" trampolines from your yard.



Darshan Patel, M.D.

Chief, Pediatric Emergency Department

Maria Fareri Children's Hospital at Westchester Medical Center

"More than 50,000 Americans come to emergency rooms every year for injuries sustained on trampolines," explains Dr. Patel. "And those are the ones we know about."

A “Family-Centered” Approach to Bedside Care



Robin Altman, M.D.

Chief, General Pediatrics and Pediatric Hospitalist Medicine

Maria Fareri Children’s Hospital at Westchester Medical Center

“Family-centered rounds enable parents and guardians to talk with the care team and ask questions as their child’s management plan is being developed.”

In an effort to improve patient outcomes and satisfaction as well as to better train the next generation of pediatric medical providers, Maria Fareri Children’s Hospital has adopted family-centered rounds in all inpatient areas of the hospital.

This new approach enables the team of caregivers, including residents and nurses, to discuss a patient’s case at the bedside while the family is present. “Parents know their child best and are their best advocates,” says Robin Altman, M.D., Chief of General Pediatrics and Pediatric Hospitalist Medicine. “Family-centered rounds enable parents and guardians to talk with the care team and ask questions as their child’s management plan is being developed.”

A New Standard

Dr. Altman says that many children’s hospitals have started using this approach for some groups of patients. At Maria Fareri Children’s Hospital, however, it is now the standard of care for *all* inpatients.

Dr. Altman says family-centered rounds allow staff to assess gaps in understanding that may exist for family members as well as healthcare providers and trainees. “In old-fashioned teaching rounds, residents and medical students discussed patient cases in a separate meeting room with an attending physician who was not caring for the patient,” she says. “What was taught were broader concepts that did not necessarily translate directly to the patient’s

care. With family-centered rounds, the teaching is done at the bedside by the attending physician who is caring for the patient. Everyone—healthcare team and family—learns about the patient’s condition, asks questions, develops the care plan, and knows what to anticipate in terms of discharge.”

“We are completing our first year of operating under this new model and are addressing some obstacles, as might be expected with a new program,” Dr. Altman says. “But I feel confident that we will achieve our ambitious goal of linking world-class care to outstanding bedside teaching while focusing on the quality of the patient’s and family’s experience.”

Asher's Adventure

Multiple Medical Conditions Can't Stop This Dynamo

At the ripe old age of one year, Asher Levy-Dahl has led quite an adventurous life.

To look at him today, you might never know that during the first year of his life, this perpetually smiling little boy underwent several surgeries on his heart and brain at Maria Fareri Children's Hospital...and he's not finished yet. In fact, Asher is a prime example of the continuum of care one child can get under one roof at Maria Fareri Children's Hospital at Westchester Medical Center.

Prenatal screening revealed that Asher would be born with multiple congenital heart defects. Fetal diagnosis allowed his parents, Alexandra Levy and Ian Dahl, time to meet with the doctors, nurses and care team that would take care of Asher after he was born. The young parents also toured the Isaac and Naomi Kaplan Family Regional Neonatal Intensive Care Unit (RNICU) and the Arlene and Arnold Goldstein Family Foundation Pediatric Intensive Care Units at Maria Fareri Children's Hospital so they could feel comfortable with the continuum of care that Asher would receive once he entered the world.

Asher was born on July 1, 2011 weighing 6 lbs., 1 oz. But in order to prepare for the challenges that lie ahead, right after his delivery he was taken to the RNICU to gain some weight and get stronger. At two weeks of age, Asher had heart surgery to reconstruct his aortic arch, the large blood vessel that supplies blood to the brain and body. Suvro Sett, M.D., Chief of Pediatric Cardiac Surgery at Maria Fareri Children's Hospital, performed the complex operation with his team using a technique known as antegrade cerebral perfusion, which allowed blood to be supplied to Asher's brain while Dr. Sett and his team worked on the baby's aortic arch with a patch of pulmonary homograft material.

Following his surgery, Asher spent several weeks in the hospital, where he and his heart recovered beautifully. He finally went home with his parents but, unfortunately, he wasn't there for long.

Just weeks after being discharged Asher developed hydrocephalus, an accumulation of cerebrospinal fluid in his brain. When Maria Fareri Children's Hospital discussed hydrocephalus in the Spring 2011 edition of this magazine, Dr. Michael Tobias, the hospital's Co-Chief of Pediatric



Asher before his first brain surgery.

Asher with Daddy today!



After multiple heart and brain surgeries and in need of further treatment for other problems, Asher is a prime example of the continuum of care a child can get under one roof at Maria Fareri Children’s Hospital at Westchester Medical Center.

Neurosurgery, described the brain as “a rather fancy plumbing system” and that “hydrocephalus occurs when there are obstructions in the pipes that carry cerebrospinal fluid, or when the brain is unable to resorb the fluid normally.” In the months after his diagnosis, Asher underwent multiple neurosurgery procedures at Maria Fareri Children’s Hospital to address his particular hydrocephalus condition.

But Asher’s adventure isn’t over yet. In addition to his heart and brain procedures, he is slated for another operation later this year to address heterotaxy syndrome, also known as a “disorder of sidedness” where paired organs, such as the lungs or kidneys, are often mirror images of one another instead of being uniquely right and left and are often positioned on the opposite side of the body from where they are normally found. A general pediatric surgery team at Maria Fareri Children’s Hospital will perform an operation to correct intestinal malrotation—or twisting—of Asher’s bowels caused by heterotaxy syndrome.

Yet despite all his challenges, Asher’s doctors are very pleased with his progress. “He is growing very well and everything looks quite good,” says Dr. Sett.

“If you ever met Asher you would never know in a million years that he had all these surgeries,” his mom says. “He is always smiling, always happy.”

For mom, Alexandra, who was treated herself for Type 1 diabetes at Maria Fareri Children’s Hospital when she was 12, Asher’s adventure has given her the opportunity to see the care at the hospital from both patient and the parent perspective. “The doctors, nurses and staff have become our family. Even the kitchen staff would ask about how Asher was doing,” she says. “Even when things are looking a little negative, they always have hope. They saved my son’s life—more times than I can count.”

Asher’s story illustrates the multiple, advanced care pediatric services available to families at Maria Fareri Children’s Hospital at Westchester Medical Center. Our full range of pediatric services includes:

Medical Services

Adolescent Medicine	Hematology/Oncology and Stem Cell Therapies
Cardiology	Infectious Diseases
Critical Care/Pediatric Intensive Care Unit	Neonatology/Regional Neonatal Intensive Care Unit
Developmental Pediatrics	Nephrology
Emergency Services	Neurology
Endocrinology	Psychology
Gastroenterology	Pulmonology
General Pediatrics	Rheumatology
Genetics/Metabolic Diseases	

Surgical Services

Burn	Organ Transplant
Cardiothoracic	Otolaryngology
Craniofacial	Pediatric Gynecology
General & Minimally-Invasive	Plastics
Neurological	Trauma
Ophthalmology	Urology
Orthopedics	

To schedule an appointment with one of our pediatric specialists, dial 877-WMC-DOCS. Learn more about Maria Fareri Children’s Hospital at www.westchestermedicalcenter.com/mfch.

Holiday Giving

Please consider making a gift that truly matters this holiday season by making a donation to Maria Fareri Children's Hospital Foundation. Donations can be made at foundation.westchestermedicalcenter.com/holiday

You may also purchase holiday cards (design samples left and below) created by our patients' right here at Maria Fareri Children's Hospital. Proceeds from card sales benefit the Child Life and Creative Arts Therapy Department. To purchase cards, visit zazzle.com and enter "Maria Fareri" in the search box.



WHUD DJ's Mike & Kacey (sitting) with Vinny and Lisa Vespa.

Radio Waves

For the eighth consecutive year your favorite 100.7 WHUD personalities – Mike & Kacey, Tom Furci and Andy Bale – broadcasted live from the lobby of our Maria Fareri Children's Hospital for the annual Children's Miracle Network Hospitals Radiothon. During Radiothon, the DJs interviewed past and current pediatric patient families about their medical triumphs and why they're convinced Maria Fareri Children's Hospital is such a vital part of our community. For the first time, evening WHUD personality Kathy Millar joined in from the WHUD studios with recorded interviews featuring Children's Hospital staff members.

shining STARS



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