

NewYork-Presbyterian Hudson Valley Hospital

Creating a Personalized **Birth Experience**



healthy**living**

Spring 2016

Recognized for
Excellent Patient Care

Striving to achieve the best possible patient outcomes and improving access to care are at the heart of the mission of NewYork-Presbyterian/Hudson Valley Hospital.

In the past year, the hard work of the hospital staff and administration as they meet and exceed high standards of care has been recognized by the most prestigious national and regional accreditation organizations.



THE JOINT COMMISSION

The hospital was recognized as a Top Performer on Key Quality Measures® for 2015. This award spotlights hospitals that improve patient outcomes in areas such as heart attacks, heart failure, pneumonia and stroke.



PRESS GANEY

For the second year in a row, the Ambulatory Surgery Team was awarded the Guardian of Excellence Award for improving patient experience year over year.



AMERICAN NURSES CREDENTIALING CENTER

In 2007, NewYork-Presbyterian/Hudson Valley Hospital became the first in the region to earn the American Nurses Credentialing Center's Magnet Award for Nursing Excellence. This award, which is the country's most prestigious nursing award, acknowledges the outstanding clinical nursing team and the high standard of patient care at the hospital. The hospital was recertified in 2012, and the staff is currently working toward recertification for 2016.



AMERICAN HEART ASSOCIATION

NewYork-Presbyterian/Hudson Valley Hospital has achieved the highest possible designation from the American Heart Association for stroke care – the Get With The Guidelines® – Stroke Gold Plus Quality Achievement Award.



AMERICAN COLLEGE OF SURGEONS

The Ashikari Breast Center received a full, three-year accreditation from the National Accreditation Program for Breast Cancers for operational excellence and achievement.



NICHE

NewYork-Presbyterian/Hudson Valley Hospital is a redesignated NICHE (Nurses Improving Care for Healthsystem Elders) facility with “Exemplar” status, a coveted recognition from the Hartford Institute for Geriatric Nursing at New York University College of Nursing.

For the latest updates on awards and achievements, visit nyp.org/hudsonvalley and select “Awards” from the “About Us” menu.

President's Letter



Dear Friends,

Since our last issue, we concluded an exciting year at our hospital, resulting in much change and opportunity. Alongside a tremendous team of leaders and with the continued excellence of our doctors, nurses and employees, we have cemented our role in the NewYork-Presbyterian Regional Hospital Network. This means we can deepen our 127-year commitment to the residents of the Hudson Valley communities with access to more of the best and brightest of people and resources in global health care today.

Spring is the perfect time of year to share our pride in our Maternity Center. In this issue, you will read more about how we provide each mother with top-quality, personalized care. Expert obstetricians, Magnet nurses and neonatologists are on hand to provide the finest medical care, safety, security and comfort of mother and baby. Learn more, too, about our strong relationships with midwives and doulas. Our birthing approach centers on the whole family, and an extensive program that encourages breastfeeding success and our overall superior care have earned us national merit.

Our Institute for Wound Care & Hyperbaric Medicine is also award-winning, and we're among only six hospitals in New York State to have earned accreditation with distinction from the Undersea & Hyperbaric Medical Society, the leading authority in the nation for hyperbaric medicine.

Rounding out this issue is an introduction to five new doctors, whose talents and expertise enhance our medical staff of more than 400, representing 62 specialties.

As always, we invite you to learn more about all the ways we encourage healthy living. See the calendar or visit our website at nyp.org/hudsonvalley to learn more.

Thank you, as always, for placing your family's trust in us.

Yours in good health,

John C. Federspiel, President
 NewYork-Presbyterian/Hudson Valley Hospital

**NewYork-Presbyterian
 Hudson Valley Hospital**

SPRING | 2016
 healthyliving

This free tri-annual publication is prepared by the Marketing Department of NewYork-Presbyterian/Hudson Valley Hospital, 1980 Crompond Road, Cortlandt Manor, NY 10567.

For comments or to be removed from our mailing list, contact Marketing at 914-734-3159.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Expanding the Team

Our new physicians join 410 medical staff members in 62 specialties to deliver the highest quality and most reliable and empathetic care to our patients and their families.



SHALENE BADHAN, M.D., BOARD-CERTIFIED RHEUMATOLOGIST

NEWYORK-PRESBYTERIAN MEDICAL GROUP/
HUDSON VALLEY:
CORTLANDT MANOR, NY
914-930-2007

Dr. Badhan completed medical school at St. Matthew's University, followed by a residency at St. Joseph's Hospital in Phoenix and a rheumatology fellowship at The Ohio State University. She treats a wide variety of autoimmune diseases, including psoriatic and rheumatoid arthritis, myositis, lupus, and vasculitis. Dr. Badhan takes the time to get to know her patients and understand their concerns. In her spare time, the self-proclaimed "foodie" enjoys traveling and spending time outdoors.



HIMANI CHANDRA, M.D., BOARD-CERTIFIED ENDOCRINOLOGIST

NEWYORK-PRESBYTERIAN MEDICAL GROUP/
HUDSON VALLEY:
CORTLANDT MANOR, NY
914-930-2007

Dr. Chandra completed medical school at Georgetown University, followed by a residency at Beth Israel Deaconess in Boston and a fellowship in endocrinology at Mount Sinai Medical Center in New York City. In her practice, Dr. Chandra treats an array of endocrine issues, including diabetes, thyroid disease, osteoporosis and polycystic ovary syndrome. She is dedicated to helping her patients achieve a healthy lifestyle. When she's not practicing medicine, Dr. Chandra loves to travel and play and watch sports.

To find a physician at NewYork-Presbyterian/Hudson Valley Hospital, please call 800-482-4842 or visit nyp.org/hudsonvalley and select "FIND A DOCTOR." To order your own free copy of our 2016 Physician Directory, call 914-734-3159, email marketing@hvhc.org, or mail your request and address to NYP/Hudson Valley Hospital, 1980 Crompond Road, Cortlandt Manor, NY, 10567, Attn: Marketing Department.



PAUL J. GAGLIO, M.D., TRIPLE BOARD-CERTIFIED IN INTERNAL MEDICINE, GASTROENTEROLOGY AND TRANSPLANT HEPATOLOGY

COLUMBIADOCTORS
NEW YORK, NY
212-305-0914*

Dr. Gaglio earned his medical degree from UMDNJ-New Jersey Medical School

and completed his residency at Mount Sinai Medical Center in New York City and a digestive disease/liver transplantation fellowship at New Jersey Medical School. He is a specialist in hepatology, liver disease and liver transplant, and he is the Director of Hepatology Outreach at NewYork-Presbyterian Hospital/ Columbia University Medical Center. Dr. Gaglio takes tremendous pride in providing complete and thorough attention to his patients and developing individual treatment plans for them.

**Appointments with Dr. Gaglio for his Eastchester and Suffern offices can be made by calling this number.*



ROY OOMMEN, M.D., BOARD-CERTIFIED THORACIC SURGEON

COLUMBIADOCTORS
NEW YORK, NY
914-293-8600

Dr. Oommen completed medical school at Howard University, followed by a general surgery residency at New York

Medical College and fellowships in cardiothoracic surgery at Montefiore/Albert Einstein College of Medicine and in minimally invasive thoracic surgery at Boston Medical Center. He is dedicated to remaining at the forefront of health care and his specialty. In his spare time, Dr. Oommen serves as volunteer Medical Director for Love Without Reason.



CHANG XU, M.D., PHD, BOARD-CERTIFIED INTERNIST WITH A SUB-SPECIALTY IN NEPHROLOGY

NEWYORK-PRESBYTERIAN MEDICAL GROUP/
HUDSON VALLEY:
CORTLANDT MANOR, NY
914-962-5533

Dr. Xu received a medical degree from Tianjin Medical University and earned her

PhD in neuroscience at the University of Connecticut. Following a residency at North Shore-Long Island Jewish Medical Center, Dr. Xu completed her nephrology fellowship at the University of Chicago. Dr. Xu has published numerous peer-reviewed articles and has a special interest in sepsis-induced acute kidney injury and polycystic kidney disease. Her patients say she is compassionate, caring and committed to their total health and well-being. Outside of the hospital, Dr. Xu enjoys hiking, reading, writing and watching movies.

Oh, Baby!



Welcoming a new baby into your family is a special event, and it needs to happen in a special place. The team of caregivers at NewYork-Presbyterian/Hudson Valley Hospital wants to help make the experience as personalized and wonderful as possible for your growing family.

Each year, more than 850 babies are born in the Maternity Center at NewYork-Presbyterian/Hudson Valley Hospital, and each of those experiences is unique for the family involved. Some women will choose a traditional birth, where a physician delivers the baby with the mother's partner in the room coaching her through, while others will elect to have a midwife deliver the baby with a doula providing support. Regardless of the way you want your baby to enter the world, the progressive team at NewYork-Presbyterian/Hudson Valley Hospital is here to help.

"Our hospital is unique because the physicians, midwives and nurses work cohesively to support parents with their childbirth goals, and we're very open to discussing birth plans during our patients'



Jonelle Bingham-Alexander,
M.D., OB-GYN

prenatal care to address any safety concerns," said Jonelle Bingham-Alexander, M.D., OB-GYN at NewYork-Presbyterian Medical Group/Hudson Valley. "We all work together to provide the family with the birth experience they want, as long as mother and baby are both doing well. It is our goal for families to treasure the birth experience."

PATIENT-CENTERED SERVICES

Mothers delivering at NewYork-Presbyterian/Hudson Valley Hospital labor, deliver and recover in a modern, fully equipped suite located in the hospital's Maternity Center. In these private, state-of-the-art rooms, a mother-to-be can labor in the way that is best for her – whether she chooses to relieve pain with an epidural or opts for more natural

pain-relief techniques that might include laboring in one of the in-room whirlpool tubs or bringing in someone to provide hypnobirthing, aromatherapy or acupuncture. Doulas – trained professionals who provide physical and emotional support to women during labor and delivery – are also welcome, as are family members and friends.

After delivery, whether the baby is born vaginally or surgically with a cesarean section, the new family is able to begin bonding right from the start.

"We encourage our moms and babies to be skin to skin in the first hour of life," said Linda LeMon, IBCLC, C.D., CBE, lactation consultant at NewYork-Presbyterian/Hudson Valley Hospital. "As soon as the baby is born, we put the baby right on mom's chest. The baby's heart rate and temperature stabilize faster that way, and breastfeeding is also more successful."

5 Ways We're Different

1 Our nurses are magnetic. Almost a decade ago, the nurses at NewYork-Presbyterian/Hudson Valley Hospital were the first in the region to be awarded the Magnet status from the American Nurses Credentialing Center. This prestigious designation recognizes our nurses for their excellence, innovation and best practices. Research shows that patients in Magnet hospitals have better outcomes.

2 We're "Baby-Friendly." NewYork-Presbyterian/Hudson Valley Hospital is the only hospital in the region certified as Baby-Friendly by Baby-Friendly USA, a joint initiative of the World Health Organization and the United Nations Children's Fund. In addition to acknowledging that our hospital is dedicated to promoting breastfeeding and mother-baby bonding, the Baby-Friendly designation also recognizes our hospital for its research and best practices.

We are respectful of feeding choices and, at our hospital, more than 90 percent of babies are exclusively breastfed, a significantly higher percentage than the state and national averages.

THE CARE YOU NEED

After the baby is born, the mother continues her recovery in one of the hospital's private rooms. Here, she enjoys the hospital's amenities in a hotel-like atmosphere, complete with space for a guest to spend the night and room for plenty of visitors. The baby is encouraged to "room in," allowing the mother to gain confidence as the baby stays in her room rather than in a nursery.

Throughout the mother's and baby's stay in the hospital, award-winning, Magnet-certified nurses provide education and guidance as they care for the patients. Nurses are specially trained to answer breastfeeding questions, and a lactation consultant certified by the International Board of Lactation Consultant Examiners is on staff and available to provide additional help.

"We all strive to do what's best for moms and babies, and we reach for the stars and make sure that we're providing the care they need and deserve," said Sabrina Nitkowski-Keever, MSN, RNC, Director of Maternal Child Health at NewYork-Presbyterian/Hudson Valley Hospital. "When parents choose the hospital that they deliver in, they want a hospital that can provide advanced care and also give them the birth experience that meets their vision and expectations. We're the hospital that offers the total package, and that's what sets us apart."

To schedule a tour of the Maternity Center, call 914-734-3258.

A Happy Homecoming

The details of the April 2014 delivery of their baby boy at NewYork-Presbyterian/Hudson Valley Hospital remain vivid for Ashley Windle and her husband, Andrew Gurman. Just 34 weeks pregnant, Windle experienced severe and persistent headaches – diagnosed by her Peekskill midwife as preeclampsia, life-threatening high blood pressure that is only treated by delivering the baby.

Within a short time, Windle was at her birthing center of choice, NewYork-Presbyterian/Hudson Valley Hospital, and her son, Carter, was delivered by Laura Mieszerski, M.D., and Theresa Wang, CNM. Carter weighed 3 pounds, 8 ounces, and was immediately incubated in the Neonatal Intensive Care Unit (NICU).

"I was recovering from kidney failure and high blood pressure, so I did not see Carter for 29 hours," remembered Windle, a professional violinist from Manhattan. "But I saw him the next day, and even though it was an extraordinary set of circumstances, everyone made an effort to make it seem normal for me.

"Every time I visited the NICU, all the nurses would say, 'Here's Mom!' Or they would tell me 'He did a great

job eating!' You know, funny little stories that made my husband and me feel that they really knew our baby," Windle said. "When I would see the NICU nurses hold the babies, I knew they were doing the same for Carter when I wasn't there. They were taking care of all the newborns for their mothers, like a mother would want."

Carter came home from the hospital on May 9, 16 days after his birth, just in time for Mother's Day. Carter left the hospital weighing 4 pounds, 4 ounces – ready for his parents' full-time care – and Windle says Carter is now a happy and active toddler.

Windle continues to express her gratitude to the hospital and offer support to other mothers by creating gift bags that she personally delivers for Mother's Day and the holidays.

"They're nothing fancy," Windle said of the bags, which contain a notebook and a pen to write down memories, tissues, Chapstick, some gum, and chocolates. "They're just something from one mom who's been there and gone through it to another mom, and the bags let the moms know they are not alone and their baby is in great hands."

3 We provide care for babies who need special attention. Our Level II Neonatal Intensive Care Unit (NICU), located within the Maternity Center, provides 24-hour care for babies born at 32 weeks gestation or later and full-term babies with medical conditions that need a little extra attention.

4 We encourage vaginal birth after cesarean (VBAC). In the past, women who delivered via cesarean section were almost always required to have subsequent babies delivered that way, too, due to the perceived risk and additional staff requirements a VBAC would require. However, at NewYork-Presbyterian/Hudson Valley Hospital, VBACs are encouraged and supported. In fact, the hospital has one of the highest VBAC rates and one of the lowest cesarean section rates in the state.

5 We care for the whole family. Classes are available to teach older brothers and sisters to be siblings, refresh grandparents on baby care, and prepare parents for the joys and challenges they will face as they learn the skills they will need for their new addition. Support groups and programs are also available to parents after the baby goes home. See our full listing of childbirth programs included in our calendar.

Where Hard-to-Heal Wounds Aren't Hopeless

Chronic wounds have a way of casting a shadow over life, but specialized wound care can help patients step back into the light.



John Ko, M.D. PhD

A wound that isn't at least half healed after four weeks is classified as chronic. These wounds often develop on the legs and feet due to a variety of factors, including diabetes-associated nerve damage and dry skin, as well as poor circulation that causes blood to pool in the veins. Chronic wounds often behave differently than acute wounds.

"Minor acute wounds can be treated at home, but if they show signs of infection, such as redness and drainage, they deserve immediate medical attention," said John Ko, M.D., PhD, board-certified plastic surgeon and certified hyperbaric

medicine specialist at NewYork-Presbyterian/Hudson Valley Hospital. "A chronic wound may not have those signs. It may look healthy and ready to heal, but if its progress stalls within three or four weeks, it may need specialized care."

FINDING SOLUTIONS

That kind of specialized care is available at NewYork-Presbyterian/Hudson Valley Hospital's Institute for Wound Care & Hyperbaric Medicine. Led by Dr. Ko and Hisham Hourani, M.D., the wound care team of physicians, certified hyperbaric nurses, technicians and technologists works with endocrinologists, vascular surgeons, infectious disease specialists and other providers to address the underlying causes of chronic wounds, while also treating the wounds themselves.

"We use a variety of treatments, often in combination with each other," Dr. Ko said. "These include debridement [a procedure to remove dead tissue], a wide range of topical products and advanced treatments, such as biologic skin substitutes and hyperbaric oxygen therapy. We craft an individualized plan for each patient to give him or her the best chance to heal."

If you have a lingering wound, don't let another day go by without seeking care. To learn more about how the Institute for Wound Care & Hyperbaric Medicine can help, visit nyp.org/hudsonvalley, choose "Patient Services" and select "Wound Care." To make an appointment, call 914-734-3030.

A Grateful Patient

Susan Aubry, a long-time resident of the Peekskill/Cortlandt Manor area, was a patient at the Institute from November to December 2015. Aubry, a cancer survivor, provided a testimonial praising the amazing clinical team after they healed an incision that opened after a second surgery in October 2015. Aubry particularly appreciated the positive emotional support she was provided at every step along the way.

"I can't brag enough about the services I received here," Aubry said. "I received wonderful care from Dr. Ko and the nurses, especially Eileen Donatelli and Christine Rogers, [and the patient care tech] Carol Morales. They are all top-notch professionals and were in every way cheerleaders for my recovery. They are phenomenal.

"At the Wound Center, I was never unsure," Aubry continued. "The staff assured me from the very first time with their air of confidence – and they did it with love. That is what helped keep me going. Not only did they heal my wound, they healed my soul."



Susan Aubry, second from left, with caregivers

LEFT TO RIGHT,

STANDING: Rich Rivera, Certified Hyperbaric Technologist (CHT); Christine Rogers R.N., WCC; Marie Rotundo, Patient Access Coordinator; Eileen Donatelli, R.N., BSN, CHRN, WCC, and the Institute's Coordinator; and Geoffrey Lopez, CHT

Seated, from left: Migdalia Robles, CHT; Carol Morales, Patient Care Technician



NYP/HVH Wound Care & Hyperbaric Medicine Team



Hyperbaric chambers

Typically, a hyperbaric oxygen treatment, which accelerates healing, involves 90 minutes at the prescribed treatment pressure, plus the time required to pressurize and depressurize the chamber. All the hyperbaric chambers at the Institute are equipped with an entertainment unit, so patients can watch programs or movies during treatment to help pass the time.

SUPPORT GROUPS

Please call 914-734-3557 for dates, times and locations for these free support group meetings.

Diabetes Support Group
Living With Cancer Support Group
Breast Cancer Support Group
Look Good...Feel Better®

NEW BEGINNINGS

All About Baby!

Breastfeed with Certainty

June 7, July 5, Aug. 2

6:30–9:30 pm

Ground Floor Conference Room

Instructor: Linda LeMon, IBCLC, CBE, C.D.

To register, please call 914-734-3257.

Breastfeeding Group

Second and Fourth Friday of the month
 May 13 & 27, June 10 & 24, July 8 & 22,
 Aug. 12 & 26

11 am–1 pm

Ground Floor Conference Room

For more information, please call 914-734-3257.

Birth with Confidence - Childbirth Classes (One-day Program)

May 14, June 11, July 9, Aug. 6

9 am–5 pm

Ground Floor Conference Room

Instructor: Linda LeMon, IBCLC, CBE, C.D.

To register, please call 914-734-3896 or

email llemon@hvhc.org.

Fee: \$150

How to Support Your New Grandchild and His or Her Family

June 20

4–6 pm

Hospital campus

Tips for grandparents about supporting the breastfeeding mom, basic baby care, safety and other real-life skills

To register, please call 914-734-3257.

New Baby in the House/Sibling class; Sibling Attending a Birth; VBAC class; and Tours for Maternity

Please call Linda LeMon at 914-734-3257 to learn more.

HEALTH & WELLNESS IN THE COMMUNITY

Free Skin Cancer Screening

Wednesday, May 18

4–8 pm

Cheryl R. Lindenbaum Comprehensive Cancer Center
 1978 Crompond Road, Cortlandt Manor

Registration required. Please call 914-293-8474.

Community CPR

June 11, Aug. 6

9:30 am–2 pm

Dempsey House

Fee: \$65

Registration required. Please call 914-734-3779.

Farmers' Market 2016

The first and third Tuesday of every month

May 17, June 7 & 21, July 5 & 19, Aug. 2 & 16

Main lobby

Chef Peter X. Kelly Teaching Kitchen

For a complete listing of upcoming classes, visit nyp.org/hudsonvalley or contact our staff at marketing@hvhc.org or 914-734-3159. All classes are \$15.

Weight-loss Surgery Seminars

Fourth Tuesday of the month

May 24, June 28, July 26, Aug. 23

6–7 pm

Ground Floor Conference Room

Presented by Eric A. Sommer, M.D., FACS, FASMBS

A monthly educational seminar for people interested in bariatric surgery, hosted by Dr. Sommer. Discuss virtually scarless surgical options such as the gastric bypass, sleeve gastrectomy and adjustable gastric banding. Hear from patients who have undergone surgery. Family and friends are welcome.

Registration required. Please call 1-800-633-8446 to learn more.

All programs at NewYork-Presbyterian/Hudson Valley Hospital are free of charge unless otherwise indicated. For more information about these programs and events, please visit nyp.org/hudsonvalley.

UPCOMING EVENTS

Ask the Doctor: Lunch and Learn Lecture Series

Each month we feature a new physician and a new topic. Location: Ground Floor Conference Room, NYP/Hudson Valley Hospital, 1980 Crompond Road, Cortlandt Manor, NY Time: All programs are held from noon to 1 pm Please register by calling 914-734-3159.

Thursday, May 19: Shalene Badhan, M.D., presents "Osteoarthritis"

Osteoarthritis is the most common form of arthritis. In light of Arthritis Awareness Month, we will discuss pain management of this condition. Know at what point you should seek medical help and what your options are to alleviate your pain.

Thursday, May 26: Joseph Voli, M.D., presents "Laparoscopic General Surgery"

Laparoscopic surgery, sometimes called "minimally invasive surgery," is a way of performing surgery using small incisions. This type of surgery has many benefits including smaller incisions, faster recovery and smaller scars. Dr. Voli will discuss laparoscopic approaches to common general surgical problems.

Thursday, June 16: Himani Chandra, M.D., presents "The ABCs of Diabetes"

A1C, blood pressure and cholesterol are some of the key factors in managing your diabetes. Learn the basics of diabetes and important steps to prevent its onset.

Thursday, June 23: Ihor Iwaniw, M.D., presents "Health Symptoms for Men to Pay Attention To"

Men often overlook their health issues rather than seeking clinical advice. Symptoms such as high blood pressure, chest pains, frequent urination or unusual markings on your skin can develop into a more serious condition if not examined or treated. Dr. Iwaniw will discuss the most common symptoms that occur and when to seek medical attention.

Thursday, July 21: Surbhi Agarwal, M.D., presents "Is Taking Vitamins Beneficial?"

Many of us take multivitamins, B12, vitamin C, zinc tablets and more. We will discuss different types of vitamins and supplements available in the market and how they are both beneficial and harmful to us.

For NYP/Hudson Valley Hospital Physician Referral Assistance, call 800-482-4842.

2016 UPCOMING FUNDRAISING EVENTS

Wine and Dine Around the World

Thursday, May 5

5:30–8 pm

Sleepy Hollow Country Club

777 Albany Post Road

Briarcliff Manor, NY

39th Annual Golf Tournament

Tuesday, June 7

AM and PM Shotguns

Hudson National Golf Club

40 Arrowcrest Drive

Croton-on-Hudson, NY

Fall Gala

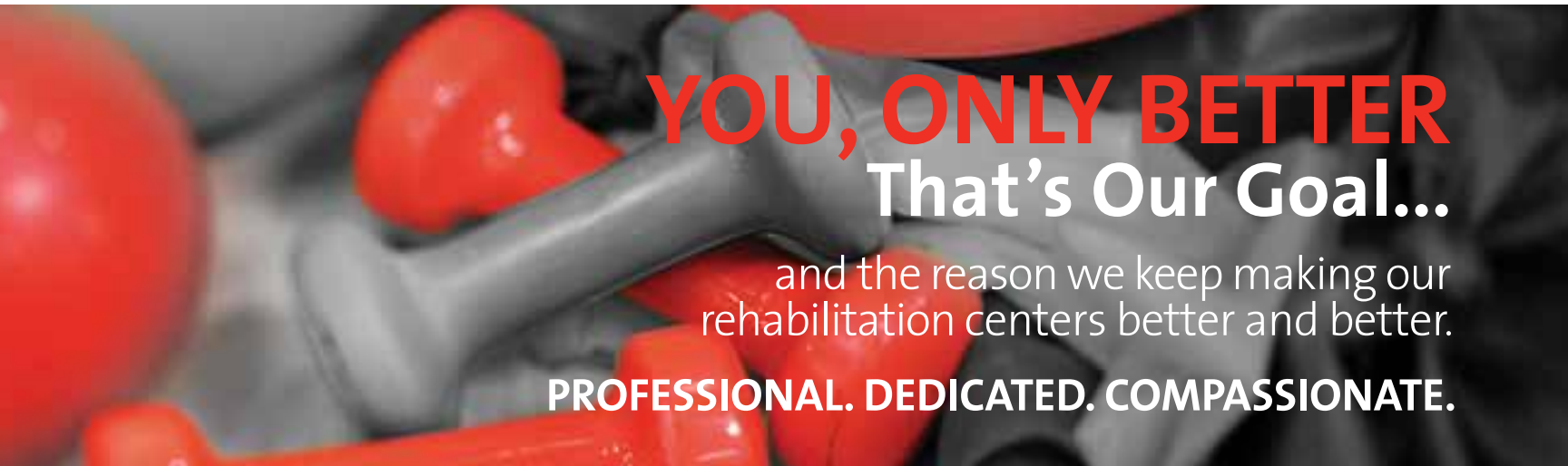
Friday, Oct. 21

6 pm Cocktails/7 pm Dinner

Tarrytown House Estate On The Hudson

Tarrytown, NY

For more information, please call 914-734-3526.



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Phone: 914.734.3251 Fax: 914.737.6439

COLD SPRING

1756 Route 9D
Cold Spring, NY 10516
Phone: 845.265.6541 Fax: 845.265.3349

CROTON-ON-HUDSON

420 South Riverside Avenue
Croton-on-Hudson, NY 10520
Phone: 914.827.9070 Fax: 914.827.9069

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