



Medford Multicare: Family medical

What is rehab? Most people don't really know until they or a loved one requires rehabilitation after an illness or while recovering from surgery. Rehab may be help with recovery after a stroke, heart surgery or joint replacement. Rehab may also be necessary when an illness or injury has caused a loss of strength, balance or mobility. Occupational therapy can provide retraining in activities of daily living like getting dressed, eating, memory skills, picking things up or putting on shoes. Physical therapy can rebuild strength and mobility, such as getting up out of a chair, walking or get-

ting in/out of a car. Speech therapy not only improves speaking abilities, but frequently addresses swallowing difficulties and stimulation of the throat.

Where you choose to go for rehab can make all the difference in the success of your recovery. If your need for rehab is combined with the need for 24-hour nursing care, a skilled nursing facility might be your best option. Skilled nursing facilities provide retraining to help a person return home safely after a hospital stay where they were treated for an illness or injury. Medford Multicare Center for Living offers a full array of physi-



Karim Nensey, standing in center, director of rehab at Medford Multicare Center for Living, with rehab staff.

cal, occupational and speech therapy services. Our rehab team is made up of over 20 licensed therapists who provide therapy up to six days a week for many of our residents. Each therapist is committed to helping you achieve your maximum potential for independence!

Client and family centered treatment plans and goals are established for our short-term patients with the objective for them to return home. For long-term residents, our interdisciplinary team evaluates their medical, nursing, social services and psychological needs, activities of daily living, rehabilitation and nutrition and determines their need for rehab. Our long-term residents may also benefit from rehab services, when needed, to improve their functional ability and independence. Our team also evaluates our ventilator patients, and therapy may be provided to help them build endurance, strength and independence in daily activities such as eating, bathing,

transferring and ambulation. It is even possible for some ventilator-dependent residents to return home!

Medford Multicare Center is proud to welcome Mr. Karim Nensey, PT, as our new director of rehab services. Karim instills the belief that each resident should be treated as a whole person, as they have experienced a loss and that the rehab team must adequately address each resident's psychological needs to achieve maximum improvement. "It is amazing to see the results of the human spirit, to see how our wonderful team interacts with residents and family members, and the results of their efforts in recovery," says Karim. "We invite you to tour our facility, meet our staff and see what we have to offer." Medford Multicare Center is a 320-bed facility conveniently located at 3115 Horseblock Road in Medford, just off the LIE at exit 64. Call 730-3000 for more information, or visit our Web site at: www.medfordmulticare.org. ■

Retinal vein occlusion

Venous occlusive disease of the retina, or retinal vein occlusion, is one of the more common conditions treated by retinal specialists. Complications of these disorders are a significant cause of reduced vision in the near elderly and elderly population.

There are two basic types of retinal vein occlusion—branch and central, the latter generally, though not always, having a worse prognosis. These diseases are disorders of the venous blood supply, those vessels that drain blood away from the retina. In these conditions veins become obstructed or blocked, so that blood cannot drain and blood and fluid are forced out into the surrounding retinal tissues. Damage to retinal tissues can then occur either from edema (swelling), ischemia and hypoxia (poor blood and oxygen supply) or mechanical damage to retinal cells. The damage that ensues can affect the vision to varying degrees. Some of the complications of vein occlusion such as macular edema can be treated with laser photocoagulation in the office if the fluid does not go away on its own

in time. Laser is applied to edematous areas of the central retina and to areas of leakage. If needed laser can be supplemented by injections of drugs called anti-VEGF agents or with steroids directly into the eye. Recently the FDA approved the use of an intraocular slow-release pellet which is also injected into the eye and releases a steroid called dexamethasone slowly over time. These various drugs have the effect of promoting reabsorption of harmful edema fluid from the macula which is the portion of the retina subserving central vision.

Some forms of vein occlusion are mild and do not require any treatment. Some, such as those central retinal vein occlusions classified as ischemic, are more serious and less amenable to therapies which may improve vision, but may need treatment in order to salvage remaining vision or to prevent painful glaucoma (elevated pressure in eye), vitreous hemorrhage, or retinal detachment which can cause further deterioration of

See **VEIN OCCLUSION** on next page

Brookhaven Breast Health Services

Brookhaven Breast Health Services is a newly formed practice that is proudly affiliated with Brookhaven Memorial Hospital Medical Center. The practice will feature the expertise of Dr. Stephen Green and Dr. Stanley Klausner, surgeons who have had a long-standing practice dedicated to breast disease and who are committed to the health and well being of the community. To round out the team, Dr. David Mangiameli has joined the practice as the associate director of Breast Health Services.

Dr. Mangiameli is a cancer surgeon with advanced training and experience in the area of breast surgery. He was SSO Fellow for Breast Surgery at Columbia Presbyterian in New York, and has completed a fellowship in Immunotherapy for Cancer at the National Institutes of Health, and National Cancer Institute (NIH/NCI), Bethesda, MD. In addition he completed his fellowship of Surgical Oncology at NIH/NCI, Surgery Branch.

Dr. Mangiameli's expertise along with the experience of Drs. Green and Klausner, offer patients in the community a formidable team of dedicated physicians whose focus is breast health.

The Brookhaven Breast Health Services practice was created to give patients in eastern Long Island a local choice for breast health care. Many patients living in this area travel long distances in an effort to find reliable cancer care. The goal

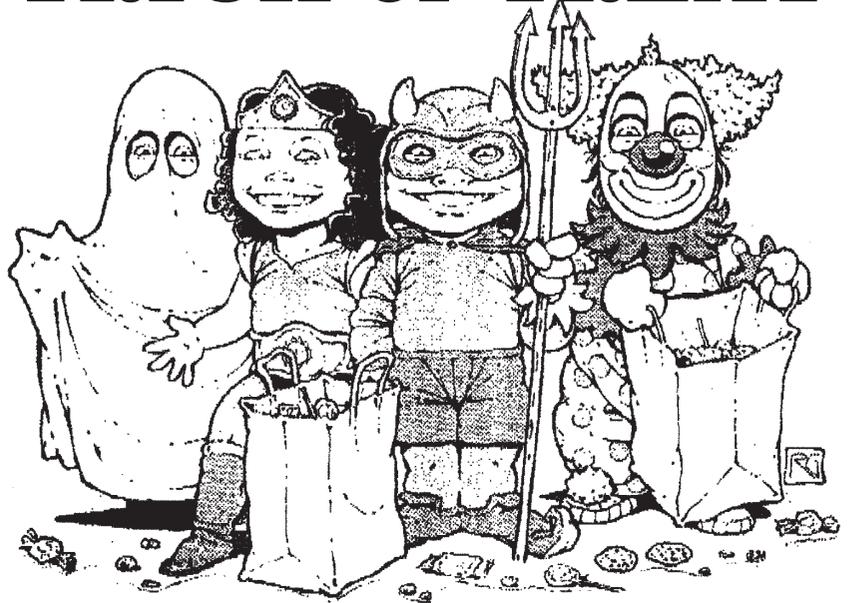
of this newly formed service is to offer patients a seamless breast cancer service line that is staffed by superior talent, and organized in a progressive way so that the patient's mind, body and spirit can be healed. The practice is currently located at 285 Sills Road in Patchogue and is affiliated with Brookhaven Women's Imaging Center.

Located at that same address, The Women's Imaging Center is a convenient, high technology-based facility offering a Full-Field Digital Mammography program that is accredited by the American College of Radiology (ACR) and certified by the FDA, Bone Density Testing utilizing the dual energy x-ray absorptiometry (DEXA) Scan, and an ultrasound system for breast, gynecological and obstetrical evaluation. Additionally Brookhaven Memorial Hospital Medical Center has the advanced diagnostic capability of the Stereotactic Breast Biopsy System.

Brookhaven Memorial Hospital Medical Center and its affiliated services, The Brookhaven Breast Health Services and The Brookhaven Women's Imaging Center, are committed to providing its patients and their families with personalized health care from a team of skilled professionals in a comforting environment, using advanced technologies to deliver the highest levels of quality and safety.

For more information call 631-654-7100 or visit www.brookhavenhospital.org. ■

TRICK or TREAT



Brush and Floss

Don't forget, with all the sweets around this Halloween, it is very important that you give additional attention to your dental health. At Dr. Graskemper's dental office, we are here to assist you with any problems or questions you may have concerning your dental health. Don't forget, we are always here to help you!



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