

Traditions

Winter 2015

A publication for friends and supporters of The Miriam Hospital



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Cardiac Rehabilitation at The Miriam: A Hidden Gem

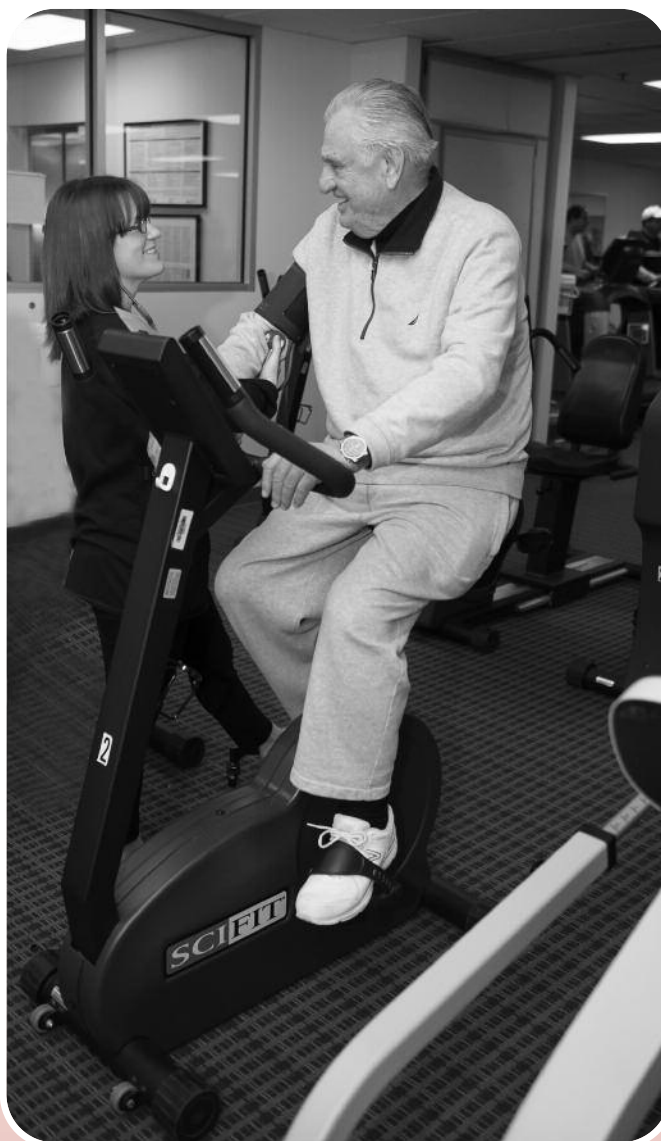
The Miriam Hospital is known for many things, among them its compassionate care, its expertise in minimally invasive surgery and cancer care. But what a lot of people don't know is that it is also home to one of the country's largest and most extensive cardiac rehabilitation programs. Research shows cardiac rehab saves lives, lowering the number of second heart attacks and the need for subsequent cardiac surgeries in patients that participated in rehab compared to those that did not.

The remarkable 12,500 square foot Center for Cardiac Fitness, located at Collyer Street, sees more than 150 patients a day and provides a multifaceted rehabilitation and maintenance program combining exercise, education and behavior modification to help patients who have had a serious cardiac event, from experiencing a repeat event. Both the initial 12-week rehabilitation program and the ongoing maintenance program are available to

patients who have recently experienced cardiac events including heart attack, heart failure, open heart surgery, bypass or valve replacement, angioplasty and stent placement, and heart

transplant. Participants attend three sessions a week, each including 30 minutes of classroom education, 60 minutes of cardio fitness and resistance training exercises, 15 minutes of cool down stretches and relaxation and 30 minutes of a behavioral health or nutrition consult.

81-year-old Providence resident and semi-retired architect and professor, Americo (Rico) Mallozzi, enrolled in The Miriam's Cardiac Rehabilitation Program at the referral of his cardiologist after undergoing open heart surgery for a double coronary bypass in March 2014. He began the rehabilitation program in April and after successful completion, continued with the Cardiac Maintenance Program.



Cardiac rehabilitation patient Rico with his case manager Danielle Beaudoin, RN

"From beginning to end of the rehabilitation process, I'm in awe," explains Rico. "As a professor, I've never given anyone above an A. I'm not easy to impress," he stresses. "But this place gets an A plus! From learning how to read food labels and understanding the medications we're taking, to cooking demonstrations and exercise cool downs, it's an impressive operation."

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The benefits each patient receives from the program depend on their age, diagnosis, cardiac risk factors and personal situation, but the primary goal of the program is to prevent a recurrence of their cardiac event and to halt the progression of their coronary artery disease. *"With patients ranging from 30 to 100 years old, their goals are all different. For some, they just want to be able to play with their grandchild,"* says Loren Stabile, Manager of The Cardiac Rehabilitation Program. *"For others, they're athletes and executives and they want to get back to life 'before,'"* she adds.

For Rico, he wanted to understand his medications and take responsibility for his health. And he did. Since beginning the program, he has lost more than 50 pounds, changed his diet and lifestyle, increased his exercise capability, and significantly reduced his need for a medication he had been taking for nearly 13 years. *"I went from 'I'll take the pills' to understanding why I was on them and then getting off them,"* Rico recalls, *"With the surgery and rehab I can have the life I want to have."*

The nationally known program is the result of a dedicated staff of 20 and great support from community physicians and interns from local schools. The interns include a culinary student from Johnson & Wales who teaches patients how to cook healthy meals, exercise physiologists, physical therapists and nursing interns from URI and behavioral psychology residents from Brown University. Most recently in January, a pharmacy intern was added to the program to help patients understand the medications they're taking.

"It's an impressive operation. And it's made a world of difference," says Rico. With the support of the program and the resources available at The Miriam Hospital, Rico also received referrals for other services outside of The Cardiac Fitness Center when he needed them. *"I've got a whole hospital to help me!"* He looks forward to getting back on the golf course and traveling back to Italy soon thanks to his new lease on life and improved health.

"My kids and everyone around me are in awe of the transformation in my lifestyle," says Rico. *"It is tough for an Italian to see me not eat as much though,"* he laughs.



Save The Date • May 9, 2015 • 6 p.m.
North Central Airport, Smithfield, Rhode Island

Join gala chairs **Elizabeth and David Greenberg, DPM** for an exotic celebration as we *Journey to the Serengeti* to benefit The Miriam Hospital's annual fund and help to advance life-changing oncology treatments for our patients. For more information, please call 401-793-2014 or visit giving.lifespan.org/TMH-2015-Gala.

THE MIRIAM HOSPITAL



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Caring Hearts...

Our Caring Hearts Program at The Miriam Hospital gives grateful patients and their loved ones the opportunity to support the hospital while paying tribute to caregivers who made a difference during the patient's visit or stay. Each honored Caring Hearts provider will receive a letter informing him or her of the thoughtful gift, as well as a custom-crafted lapel pin to wear proudly on their lab coat. Donations to The Caring Hearts Program will support The Miriam Hospital Fund for a New Generation, which provides vital resources to areas with the greatest funding needs, including patient care services, educational programs, and innovative research projects.



"The Caring Hearts nomination I received meant a lot. It's nice to be noticed for the things you do every day and knowing I made a difference in the lives of patients. I have always been drawn to helping people. When I was young, I'd pretend my dolls were hurt to fix them up. Now I actually get to fix them and take something new away from every experience. Knowing someone is so sick and so close to death, then seeing them walk out of the hospital days later, and that I made them more comfortable or less nervous during a procedure is rewarding."

—Jen Goslin, Cath Lab RN

For more information about the Caring Hearts Program please visit <https://giving.lifespan.org/Caring-Hearts>.

In Gratitude



Dear Mr Sampson,

Please allow this letter to convey my extreme pleasure with my recent stay at The Miriam, which in my opinion, is the finest hospital in Southern New England!

I was recently in on March 6-7 for a Cardiac Catheterization and subsequent stent placement. Your new Cath Lab/Wing is outstanding and your staff, from registration through my discharge, could not be scored even one notch below outstanding!

I wanted to especially praise the team who treated me during the procedure, RI's best Cardiologist Dr. Joe Mazza, Dr. Chaudry, Dr. Regnante, Andrew Clark, Brenda Glassey and specifically Jennifer Goslin. Not only did she take the time to settle my nerves with warm conversation before the procedure, her individual care and concern for me throughout was amazing. When the procedure got a tad painful, she was there to hold my hand, rub my shoulder to ease my discomfort and talked me through the most difficult part of the procedure. The pain was more severe because she explained my BP had dropped, not allowing her to give me more sedative as I begged. She made the difference for me; laughing and joking with me, thus helping me get through the procedure.

My overnight in the Cath Wing was so comfortable, quiet and the nursing staff was again, award-winning. Jennifer even came by my room after her 12 hour shift to say hello and check on me.

My experience with your facility has always been spectacular. This was my second stay and my extensive experiences with my late mom who had several long stays there was again nothing short of outstanding. I have for many years, consistently advised everyone I know, that if they ever have the unfortunate need for a hospital, they must not ever consider any health facility other than The Miriam.

Keep up the fantastic work and again, congratulations on your incredible staff. Oh and lastly... THANK YOU!

Respectfully,

Kevin M. Ferias, Warren, RI

Brown University's Football Team Flexes Muscles and Hosts "Bench Press for Cancer"

With the sun shining bright, more than 100 Brown University athletes, students, faculty, alumni and members of the community made their way to the school's main green on Monday, October 27 for a unique event with a two-fold mission: to honor the memory of fellow athlete Lawrence Rubida, and raise funds to benefit the Cancer Survivorship Program for Young Adults at The Leonard and Adele R. Decof Family Comprehensive Cancer Center at The Miriam Hospital. A former captain of the Brown University football team, Lawrence passed away in 2005 at the age of 23 from Ewing's Sarcoma—a cancerous tumor that grows in the bone and soft tissue surrounding the bone. His courageous and brave spirit while battling the disease energized the Brown community to take action and help other young adults fighting for their lives.



Participants flexed their muscles bench pressing a weight of either 75 or 165 lbs. for as many repetitions as they could manage. Having each secured a "per rep" pledge, participants were determined to lift until they could lift no more or until the six hour event ended. With sweat,

determination, thousands of bench press repetitions, and participants cheering each other on with chants of "Lift one more to fight cancer," the event raised a total of \$23,000.

"It's been heartwarming to see the way everyone has rallied together around this event; so many of us have had our lives touched by cancer in one form or another," said Caleb Cragle, one of the event's organizers and a member of the Brown University football team. *"We saw from our experience with Lawrence the devastation that cancer causes, so all of the money we raise will help young adults fighting the same battle he did."*

"I'm in awe of the dedication and determination of everyone involved with Bench Press for Cancer—these efforts are a perfect example of young people doing good to help their community," said Dr. Fred J. Schiffman, Medical Oncologist and Medical Director of The Leonard and Adele R. Decof Family Comprehensive Cancer Center at The Miriam Hospital.

To learn more about hosting your own creative fundraising challenge to benefit The Miriam, please contact Nicole Purcell at 401-793-2152 or npurcell@lifespan.org.



Members of the Brown University football team are joined by representatives from The Miriam Hospital to mark the start of this year's "Bench Press for Cancer" fundraiser.



Rachel Studley, (forefront) a RN at The Miriam Hospital, shows her muscle as Caleb Cragle provides a spot.