

careconnection

A Healthy Lifestyle Today for a Better Tomorrow

WINTER 2025



River Hospital is hosting a blood drive on March, 18th 2025 at the Alexandria Bay Municipal Building from 10am-3pm.

Please sign up at [redcross.org](https://www.redcross.org).
Walk-in's also welcome!

River Hospital Welcomes...



Scott Beeles, PA-C

Primary Care Provider at
River Hospital Family Health Center

Accepting
New
Patients!



Frederic Seifer, M.D.

Internist and Pulmonary Specialist

To schedule an appointment, please call 315-482-2094.

A Favorite Winter Salad

Salads may not seem top-of-mind in winter, but it's nice to have something crisp and tart to balance the winter stews and soups. As well, winter salads are a good opportunity to take advantage of seasonal produce!

Ingredients (Salad):

6 oz. shredded kale
1/2 small lemon, juiced
1 Tbsp. extra-virgin olive oil
6 oz. shredded vegetables, such as Brussels sprouts, cabbage, carrots
2 medium apples, cored and diced
1 1/2 cups candied pecans
4 oz. crumbled goat cheese
1 1/2 cups roasted butternut squash
1/2 cup pomegranate arils

Ingredients (Dressing):

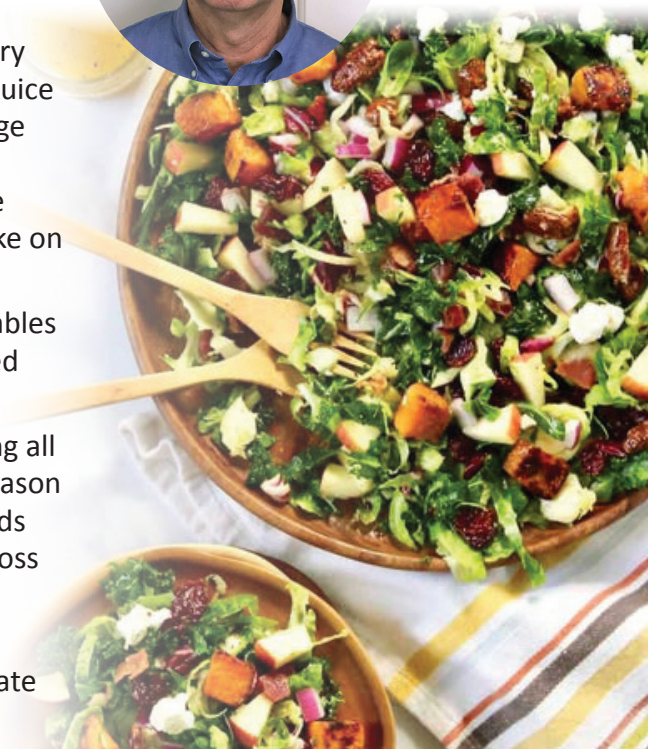
1/2 cup red wine vinegar
4 tsp. whole grain or dijon mustard
4 tsp. pure maple syrup
1 tsp. kosher salt
1/2 tsp. ground black pepper
1/2 cup extra-virgin olive oil

Directions:

1. Place the shredded kale in a very large salad bowl. Add the lemon juice and oil. Use your hands to massage the lemon juice and oil into the greens, about a minute or so. The greens should wilt slightly and take on a deep green color.
2. Add the other shredded vegetables to the bowl as well as the chopped apple.
3. Make the dressing by combining all of the dressing ingredients in a mason jar. Shake vigorously for 30 seconds and then pour it over the salad. Toss well to combine.
4. Add the pecans, goat cheese, butternut squash, and pomegranate arils on top. Serve.



Steve Hawes,
Dietary Director



March is Colorectal Awareness Month

Did you know that it's one of the few cancers that's preventable thanks to screening?

Here are **two reasons** why getting checked matters:

Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.

Screening can also find colorectal cancer early, when treatment is most effective.

Learn About Your
SCREENING OPTIONS *for*
COLORECTAL CANCER

What

COLORECTAL CANCER IS THE THIRD MOST COMMON CANCER yet it is one of the **most preventable**. It is **highly treatable** and is often **curable** when caught early.

Who

AGE 45 to 75
Adults at **average risk** for Colorectal Cancer should **get screened**

AGE 75+
The decision to continue **screening should be personalized** in adults over age 75

When

10 VS. 1
In general, **colonoscopy every 10 years** starting at age 45 for average risk adults is recommended as a screening test as compared to the alternate **stool FIT test** which you have to undergo **every 1 year**.

How

1-STEP TEST
Colonoscopy is a one-step test that looks for growths called polyps in your entire colon (large intestine) and rectum. Your doctor can remove polyps and prevent colorectal cancer.

2-STEP TESTS
If they are positive, tests such as Fecal Immunochemical Tests (FIT) or Multitarget Stool DNA tests need a follow-up colonoscopy to diagnose any problems. Two steps are needed to screen.

1-Step Test

COLONOSCOPY
Your doctor can see and remove pre-cancers called polyps and prevent or detect or confirm colorectal cancer **ALL IN 1 STEP.**

2-Step Test

1ST STEP
Stool-Based Test
FIT Test (Fecal Immunochemical Test)
Multitarget Stool DNA

OR

Flexible Sigmoidoscopy

OR

Imaging Test
CT Colonography
Colon Capsule

POSITIVE TEST?

2ND STEP
Colonoscopy



Dr. Chris Brandy, M.D.



Dr. Kiri Brandy, M.D.



Dr. Amit Goyal, M.D.

Please give us a call at **315.482.2094** to get yourself screened.

Dr. Brian Zafonte, M.D.



River Hospital has partnered with Samaritan Medical Center to expand orthopedic care to residents of the North Country

Dr. Brian Zafonte, MD will work alongside River Hospital's orthopedic team to provide office visits and perform outpatient surgeries. The partnership began in mid-2024 as a pilot program and has already been beneficial to patients.

"This collaboration has allowed for continued growth, additional appointments, and surgical options for our patients," said CEO and President Kelley Tiernan. "This opportunity has allowed us to expand our offering for high-quality, efficient orthopedic care to the communities we serve. With healthcare constantly evolving, we realized that in order to continue to be successful in providing orthopedic care, we needed to add to our current services and this partnership with Samaritan fills that need".

"Samaritan Orthopedics is pleased to partner with River Hospital to bring local orthopedic care to their patients and members of the St. Lawrence River communities," stated President and CEO, Tom Carman. "We applaud River Hospital for identifying a need and reaching out to a local partner to help. The Samaritan Orthopedics team continues to grow, and we are pleased to see the success of this local partnership."

For more information about River Hospital's orthopedic services, or to schedule an appointment please give us a call at 315-482-1250.