

# your Health Matters

A publication produced four times a year as a community service of South County Health

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South County Surgical Supply  
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## SOUTH COUNTY HEALTH WELCOMES JOSEPH RENZULLI, MD

**Dr. Renzulli brings daVinci robotic-assisted surgery to South County Hospital**

In May 2018, Joseph Renzulli II, MD, FACS, was named Chief of Urology at South County Medical Group Urology. Known and respected throughout the medical community, Dr. Renzulli was the first surgeon in Rhode Island to perform a variety of robotic-assisted laparoscopic procedures. He will introduce robotic-assisted technology for urologic surgery at South County Hospital using the latest robot generation, da Vinci Xi.

Dr. Renzulli is board-certified and is a member of the Alpha Omega Alpha national medical honor society. Among the vast number of medical contributions Dr. Renzulli has made during the course of his career, he instituted the robotic surgery program in conjunction with the Department of Surgery at The Miriam Hospital where he also developed the Minimally Invasive Urologic Institute.

He is currently an associate professor of urology at the Yale School of Medicine and has extensive experience treating urologic disorders. He has published over 50 peer-reviewed publications and 70 abstracts based on his research on prostate cancer and robotic-assisted laparoscopic prostatectomy outcomes, two areas that will play a key role in treating patients at South County Health.

The da Vinci Xi Surgical System is the most advanced robotic-assisted system of its

kind. Using this technology, patients experience less pain requiring less narcotics. They typically go home the next day and return to normal activities within three to four weeks.

South County Hospital is one of the first hospitals in Rhode Island to have the latest version of this robotic-assisted system.

While Dr. Renzulli has performed over 1,000 successful surgeries with the da Vinci robot, his best advice to patients is to prevent cancer or catch it early.

**Dr. Renzulli's advice: "Get screened"**

Prostate cancer is the number one malignancy in males and the number two cause of cancer-related deaths in men. "Getting the appropriate screening to identify

cancer early significantly increases the chance to cure it," he said.

PSA and digital rectal exam is the standard approach to prostate cancer screening. Most men should be screened at age 50 and continue through 70-75 years of age. "If someone has a family history or is of African American decent, screening should begin ten years earlier at age 40," he said.

Dr. Renzulli has begun accepting new patients and offers screenings, surgical and second opinion consults.

*Dr. Renzulli's office is located at the South County Health Medical Office Building, 70 Kenyon Avenue, Suite 324, Wakefield, RI 02879. To schedule an appointment call 401-788-8780.*



*Joseph Renzulli, MD, the new Chief of Urology at South County Health*

## TO YOUR HEALTH

### AH, SPRING! ENJOY AND TAKE CARE!



Louis R. Giancola  
President & CEO  
South County Health

April showers might bring May flowers, but as the warm weather of spring lures people outdoors, the increase in activity sometimes brings with it an increase in injuries, accidents, and illness. I mention this not to alarm you or dissuade you from healthy activities, but simply to remind you to prepare and protect yourself as you enjoy the spring season.

It's a fact of life - bumps, bruises, breaks, cuts, strains, and sprains

happen. While you can't always avoid getting hurt, there are steps you can take to minimize the risk of injury.

**CHECK-UP** Before you begin any exercise, particularly after months of inactivity, visit your primary care physician for a baseline assessment of your health. If there are any underlying health issues that you may or may not be aware of, your doctor can help you develop an exercise plan that will meet your needs and goals.

**WARM-UP** It may be warm outside, but your muscles are inside. Whichever activity you choose, take a few minutes to do some light stretching. After a few minutes of the activity, stop and stretch a little more. Tight muscles are more prone to strains. By warming up and staying loose, your body can respond better to the increase in physical activity.

**SLOW DOWN** When the warm sun and fresh air hits you, you might feel as though you can run a marathon after being cooped up all winter. But don't. Pace yourself. Start slowly and build your level of performance gradually. This practice, used by professional athletes and weekend warriors, allows your body to adjust to physical stress and become stronger. And don't forget that one of the most important parts of exercise is rest. Without it, your body wouldn't recover and build muscle.

**LOOK OUT** Be aware of your surroundings. Cracked sidewalks, potholes, roots, ruts, and roadways are some of the hazards that can turn a day in the sunshine into disaster. If you listen to music or use a cell phone during activity, don't let it distract you from seeing or hearing what's around you. Pay attention to motorized and non-motorized vehicles, dogs and other animals, as well as other people around you. What you don't see could hurt you.

**GET HELP** As I mentioned, bumps, bruises, breaks, cuts, strains, and sprains happen. So do bug bites, bee stings and blisters. If you experience any of these, or other discomforts while exercising or engaging in any activity, err on the side of caution. Ignoring pain or other discomfort can lead to greater harm. Whenever you are concerned that an illness or injury might need medical attention, don't hesitate to contact your primary care physician or visit an Express Care.

Like you, I'm also looking forward to getting outdoors to pursue physical activity. My days of athletic competition may be over, but I will wholeheartedly pursue my favorite activity - playing with my grandchildren. And I'll be sure to stretch.

lgiancola@southcountyhealth.org

After several months of exploring an enhanced delivery model to serve residents of Washington County and nearby Connecticut, administrators from South County Health and Yale New Haven Health System decided to forego further discussions of a unified healthcare system, and continue to operate independent from one another.

South County Health is a strong, independent system that has served Washington County for nearly 100 years. We are noted for our excellent staff and physicians, and will continue to invest in our growth.

During the next few months the South County Health Board of Trustees, in consultation with our medical staff, will revisit our strategic direction and determine what kinds of relationships will position us to serve our community well into the future.

The healthcare landscape in our state is changing, and we will continue to monitor how these changes affect South County Health and respond accordingly. At present, the most important thing we can do is to continue to provide the care and service that have distinguished South County Health as a preeminent healthcare system in Rhode Island.

LRG

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## AT SOUTH COUNTY HEALTH, NURSE PRACTITIONERS GIVE PATIENTS MORE PRIMARY CARE OPTIONS

In addition to South County Health's primary care physicians, certified nurse practitioners are giving consumers more choices and greater accessibility to primary care.

Jennifer Avedisian, RNP, and Mary Joyal, FNP-C, provide primary care in family medicine for children and adults. The different approaches to patient care - the nursing model used by NPs, and physicians' medical model - complement each other in the different ways of seeing an illness or situation. Throughout South County Health, this interdisciplinary model extends to clinicians, nurse practitioners, and physicians across specialties who interact with one another, collaborating as needed to provide the best care for each patient.

Rhode Island is among those states where nurse



*South County Medical Group Primary Care's nurse practitioners Jennifer Avedisian (left) and Mary Joyal.*

practitioners are able to practice independently without a supervising physician. Whether a patient chooses to see a physician or a nurse practitioner, the visit will be very similar – a baseline review of family, social, and medical history; discussing current health issues and concerns; ordering any necessary lab work or imaging; and making sure patients are up-to-date on vaccines and screenings. With nurse practitioners accepting patients, wait times for appointments are decreasing and more people are finding it more convenient to get their routine check-ups.

*To schedule an appointment with Jennifer Avedisian or Mary Joyal at the South County Health Medical & Wellness Center in East Greenwich, call 401-471-6760.*

## WITH ALL OUR THANKS!

After ten years of dedicated service to the South County Health Board of Trustees, we wish chairperson, Eve Keenan, a fond farewell with gratitude as her term limit and tenure with the board comes to an end.

During the past decade, Eve's contributions have led to significant improvements in South County Health's ability to provide exceptional patient care while expanding the breadth and scope of healthcare and medical services into Washington County.

After serving on nearly every board sub-committee, Eve was elected as chairperson in 2011, a role that suited her skillful leadership and ability to draw collaborative ideas. Under Eve's tenure on the board of trustees, South County Health achieved significant milestones, including:

- The implementation of the highly successful Mako robotic-arm assisted technology for hip and knee surgeries
- Earnest discussions with leadership from other healthcare systems in an effort to evaluate the potential benefits to patient care under a merger scenario
- Expansion of surgical services at South County Hospital with the addition of a sixth operating room



*Eve Keenan, R.N., Ed.D.,  
Chairperson South County  
Health Board of Trustees*

- Upgrades and renovations to the Women and Newborn Care Unit
- The expansion of services into the southern Washington

County communities with the Medical & Wellness Center in Westerly

- A successful \$6.5 million capital campaign resulting in the South County Health Cancer Center
- The creation of a palliative care program at South County Hospital to provide relief to patients experiencing the symptoms and stress caused by serious illness
- The acquisition of da Vinci robotic-assisted technology for general surgical procedures

The success and growth of South County Health was greatly influenced by Eve's unwavering desire to have South County Health ranked among the top ten percent of healthcare systems in the country – a goal that she can confidently say she helped achieve.

“Something that was important in all our decisions was how it would affect our patient experience, safety and quality,” Eve said.

Eve was recognized for her service at the South County Health Annual Meeting on April 30, 2018.

## EVENTS CALENDAR

SOUTH COUNTY HEALTH  
INVITATIONAL DAY OF GOLF

Wednesday, May 30  
The Misquamicut Club



Join us for a relaxing, leisure day of golf at the exclusive Misquamicut Club in Watch Hill. Includes:

- lunch
- 18 holes of golf with carts
- dinner reception
- and raffles!

This event supports South County Hospital and South County Home Health.

To inquire about foursomes and tee sign sponsorships, contact Carrie Brown, Special Events Coordinator, 401-788-1610 or [cabrown@southcountyhealth.org](mailto:cabrown@southcountyhealth.org)

SOUTH COUNTY HOSPITAL  
AUXILIARY FASHION SHOW

Wednesday, June 27  
The Dunes Club



- Boutique shopping, lunch, raffles
- Runway fashion show by Seaside Style, models including SCH friends!
- Guest speakers, silent auction

This year's goal is to raise \$35,000 to support South County Health. In the past, the Fashion Show has helped make possible the addition of hospice and cancer resource rooms, wheelchair-accessible van, x-ray machines and much more.

Tickets on sale in early May. For sponsorship opportunities, including tickets, contact Carrie Brown, Special Events Coordinator, at 401-788-1610 or [cabrown@southcountyhealth.org](mailto:cabrown@southcountyhealth.org).

**SKIN CARE SCREENING**

Thursday, May 17  
6:30-8 p.m.

South County Health Medical & Wellness Center, 268 Post Road, Westerly, RI

Dr. Robert Dyer, Dr. Vincent Criscione and Nancy Kate Staley, PA, of South County Dermatology will provide a FREE skin screening, helping you protect yourself from the negative effects of the sun. To ensure your space, please register online at [southcountyhealth.org](http://southcountyhealth.org) or call 401-788-8727.

**CANCER SURVIVORSHIP  
CELEBRATION**

Thursday, June 7  
5:30-7 p.m.

South County Hospital, Main Lobby  
100 Kenyon Avenue, Wakefield, RI

In honor of National Cancer Survivors Day, please join us as we recognize those who are fighting or who have fought cancer. Please register, online at [southcountyhealth.org](http://southcountyhealth.org) or call 401-788-8728.

**CAR SEAT SAFETY CHECK**

Wednesday, June 13  
5-7 p.m.

South County Health Medical & Wellness Center  
268 Post Road, Westerly, RI  
To register, visit [southcountyhealth.org](http://southcountyhealth.org) or call 401-788-8729.

**SOUTH COUNTY HEALTH NIGHT  
AT THE OCEAN STATE WAVES**

Thursday, June 21  
6:30 p.m.

Old Mountain Field  
South Kingstown, RI

The South County Health Invitational Annual Tournament will be held on Wednesday, June 6. This event is close to a sell-out, contact us today at 401-788-1610 for available opportunities.

# DON'T FORGET TO SIGN UP FOR OUR PATIENT PORTAL!



**South County Hospital Portal**

[www.southcountyhealth.org](http://www.southcountyhealth.org)

Did you know you can access your health information 24 hours a day via the Hospital's secure, private web portal?

- Review your visit history, insurance information, medications, and more
- View diagnostic imaging, laboratory, and EKG reports
- Confirm your contact information and demographics
- Update your health information, including allergies, medical conditions, procedure history, and current providers, as needed
- Review statements and pay hospital bills online
- Request or confirm an appointment
- Receive email alerts when new documents are added
- Complete your medical health history prior to surgery
- Keep track of dependent information and share your records with providers as you choose

For more information and how to get started with your account, contact the Health Information Management Department at 401-788-1147.

## WE VALUE YOUR OPINION

Overall, how would you rate *Your Health Matters* compared to other hospital wellness newsletters you receive?

EXCELLENT    VERY GOOD    GOOD    FAIR    POOR

What health topics would you like to read about in future issues?

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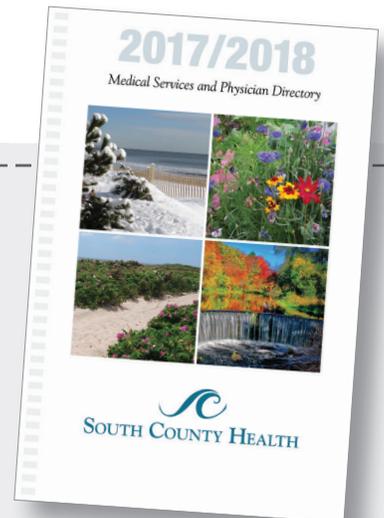
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## FROM SUGAR TO SURGERY, SOUTH COUNTY HOSPITAL'S BORDA WING COMES WITH HISTORY

In May 1970, the three-story red brick structure that is a landmark for South County Hospital was dedicated as the Borda Wing. But much of its history goes unnoticed in the plaque that reads:

*“Borda Wing Dedicated to the Memory of Wenceslao Borda, Jr. and Joseph Wenceslao Borda by their mother Emilie Obnovlenski-Thompson and their sister Emilie Luiza Borda.”*

In February of 2018, Robert Gates, an attorney who helped manage and execute what is known as the Borda Trust, recalled the background of the Trust and the Borda family's legacy.

Emilie, whose name appears on the plaque, was a local woman who married into the wealthy Borda family. It was her father, Louis Bell, who owned the construction company that built the wing in 1925.

Mr. Gates served on the South County Hospital Board of Trustees from 1963 to 1973. He became familiar with the family's history through the legal proceedings that accompanied the bequest.

The \$1.5 million gift to South County Hospital, Mr. Gates said, was part of the proceeds that came from the sale of land in Puerto Rico, a once lucrative sugar cane farm including an estate known as La Esperanza. The property belonged to three brothers of Austrian descent – Leopold, Charles and Wenceslao Borda, recalled Mr. Gates. It had been in the family since the mid-1800s when it was

acquired and used to keep cavalry horses for France's invasion of Mexico.

When the sugar industry declined, the property was transferred to Wenceslao. Part of it was sold to the Puerto Rico government to be used as conservation land. The remaining land was used and managed by local farmers and ranchers.

“I was on the property twice. It's beautiful, palm trees, beaches. A beautiful piece of property,” Mr. Gates said.

Wenceslao and his then-wife, Avice, settled in Narragansett, RI. Mr. Gates said that Emilie Bell was hired to assist in taking care of the family's household. Over time, and a bitter divorce, Wenceslao married Emilie. When Wenceslao died, the land in Puerto Rico and other assets went to Emilie.

“Emilie inherited a fractional interest in the remaining property and ended up with most of it. But it was a headache. Squatters were moving onto it and managing it was difficult. She wanted to get rid of it and leave something to the hospital her father built,” he said.

In 1967, the Emilie Luiza Borda Trust was established to support an “extended care wing” at South County Hospital.

Proceeds from the Borda Trust have funded projects and other needs to support patient care at South County Hospital.

As the construction contractor, Louis Bell undoubtedly knew that the structure he built for South County Hospital would be the community's center for exceptional medical care. He would likely be proud to know that his daughter's good

fortune is sustaining the fruits of his labor, for the health of the South County community.



*Become a member of South County Health's Flagship Society. To include South County Health in your estate planning, begin by contacting Claudia Swain, VP of Fund Development at 401-788-1608 or by e-mail: cswain@southcountyhealth.org*

## SPECIAL THANKS TO THE FUND-A-NEED DONORS



South County Health is grateful to the generous donors who made a Fund-A-Need gift at our 2017 Gala to benefit the South County Healthy Bodies, Healthy Minds (HBHM) program. South County faces significant – perhaps unprecedented – behavioral health crises: the state’s highest rates of suicides, lethal alcohol binging in every age grouping, and opiate overdoses and deaths, just to name a few.

HBHM will use your gift to help reverse the tide. HBHM is a collaboration of the region’s key institutions, including South County Health in a supportive role. All the members are committed to working on lifelong health and mental wellness issues. You can read about the many efforts at [www.bodiesminds.org](http://www.bodiesminds.org).

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**Our sincere apology to those donors whose names were omitted in the 2017 Winter Newsletter. Your gifts mean so much to South County Hospital and we are grateful to have your support.**

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*We have made every effort to be accurate with our recognition. If we have inadvertently omitted or misspelled your name, please accept our apologies and notify us at 401-788-1492 or by email at [cfoisy@southcountyhealth.org](mailto:cfoisy@southcountyhealth.org)*

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## OPIOID SPARING PATHWAY: NON-NARCOTIC APPROACH TO PAIN MANAGEMENT



*Drs. Michael Bradley and Henry Cabrera ease pain without opioid side-effects.*

As communities struggle with the issues caused by opioid abuse, physicians at South County Hospital have implemented an alternative protocol for pain management that minimizes the use of narcotics. Doctors hope to see that by using non-narcotic options, patients will heal quicker and feel better.

Called an opioid sparing pathway, orthopedic surgeon Michael Bradley, MD, and anesthesiologist Henry Cabrera,

MD, developed “a multi-modal attack on pain” that begins prior to the patient having surgery. The goal is to minimize, or in some cases eliminate, opioid use for surgical patients.

“The pendulum has swung,” Dr. Bradley said. “We’re not loading people up with narcotics to eliminate pain. We’re having them understand that you will have some pain and we’ll help you get through it.”

*Doctors hope to see that by using non-narcotic options, patients will heal quicker and feel better.*

The pathway was rolled out in December 2017. The South County Health Orthopedics Center was used to introduce the initiative, given the volume of patients who receive hip and knee surgeries at South County Hospital. To date, approximately 200 patients have benefitted from the method.

“If the level of pain begins to compromise patient success, we’ll reassess the pathway used for that patient and change as necessary,” Dr. Bradley said.

*For more information on the opioid sparing pathway, visit [www.southcountyhealth.org/news](http://www.southcountyhealth.org/news)*