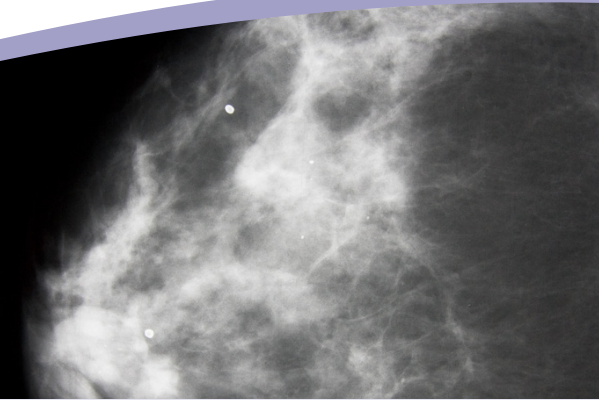


WomenCare Quarterly

News, announcements, and vital information about Catholic Health WomenCare for WNY physicians.

Summer 2016



I-125 Seed Localization

Catholic Health will soon be offering breast surgery patients the benefits of an I-125 Seed for localization of non-palpable breast tumor, or Seed Localization.

The traditional approach to 'localize' a breast mass has been to insert a wire that points to the tumor mass, which guides the surgeon to the mass. These wires are placed on the day of surgery and could involve the patient driving from a mammography suite, where it is inserted, then transported to the place of surgery. It is time consuming and adds more stress to an already anxiety-filled day for the patient.

The I-125 seed is a small radioactive metal implant that is placed in the breast up to five days ahead of the surgery. This 'seed' is a little smaller than a grain of rice and is inserted in or around the breast mass using ultrasound or mammography guidance. The seed emits a pitch that helps the surgeon locate the tumor for removal. The seed is also removed during the surgery. This procedure is more efficient for both the patient and the surgeon, reduces stress, and enables the surgeon to approach the mass from any part of the breast that is more appropriate.

For more information on this procedure, please call 862-2182.

Mount St. Mary's Center for Women

The Mount St. Mary's Center for Women, located on the second floor of Mount St. Mary's Hospital in Lewiston, is a family-centered practice with an established and caring staff. The center's providers are (clockwise from top left): **Daniel Burns, MD; Sharmilee Thota, MD; Mark Weissman, MD; Andrea Rosati, NP; Judy Wesolowski, MD;** and **Rachel Weselak, MD.** Their location within the hospital is helpful for providers and patients alike. Patients can access the imaging center or access lab work easily on site, and moms delivering at Mount St. Mary's have security in knowing an OB/GYN provider is nearby for them.



The Center for Women has been nationally recognized in the top 10% by Professional Research Consultants for its excellence in patient care and patient satisfaction. The Center provides full OB/GYN services, lactation consulting, and perinatal testing as well as natural family planning, menopausal

care and gynecological surgery. The staff at the Center for Women provide care to women in a comforting setting while having the resources of a hospital nearby. The Center is proud to be a facility that is mom/baby focused, with a family-centered birth process that emphasizes immediate skin-to-skin contact and the early initiation of breastfeeding. Lactation consultants are also available for all new moms.

"We are happy to be a family-centered practice," said Dr. Rachel Weselak, "and offer new options for our patients." One of those options is family-centered cesarean delivery, an innovative bonding method, also known as "natural cesarean". It allows new moms to bond almost immediately with their babies, similar to natural childbirth. The natural cesarean utilizes a special clear drape during the surgery to enable the mother to see her baby being born. Following the birth, the baby is placed bare skin to bare skin on the mother for immediate bonding.

Traditionally, a cesarean delivery necessitates a delay prior to introducing the newborn to the mother, but research has indicated that the immediate connection is an important part of the birth process and successful breastfeeding.

Mount St. Mary's Hospital is located at 5300 Military Road, Lewiston, NY 14092. The Center for Women, on the hospital's second floor, is open from 8:30 a.m. to 4:30 p.m. Monday through Friday.

Call (716) 298-2224.



News Briefs

Elegant Evening



Debbie Ziemanski, RN; Rob Dukarm, MD; and Linda Pollinger, RN, receive honors from the WNY Perinatal Bereavement Network for their work caring for bereaved parents and families.

When a Baby Dies...Are You Prepared?

Sisters Hospital and the Western New York Perinatal Bereavement Network hosted a special three-day training session at Catholic Health in April 2016 on perinatal bereavement services. *Resolve Through Sharing* is a national training program developed by Gundersen Medical Foundation in LaCrosse, Wisconsin to provide nurses, social workers, chaplains and others with life-changing training in how to care for moms and families who have suffered a miscarriage, stillbirth or infant death. **For more information on Catholic Health's bereavement programs, contact Amy Creamer, LCSW, at 862-1678.**



Nurse of Distinction

Maryann Cogdill, RN, director of maternity services at Mount St. Mary's Hospital, was honored as the overall 2016 Nurse of Distinction by the Professional Nurses Association of Western New York. Established in 1919, the association pays tribute to the important role RNs play in the health and welfare of our community.

Grant for Breast Pumps

Catholic Health received a \$5,080 Maternal Child Health Booster grant from the Health Foundation of Western and Central New York. The funds were used to purchase hospital grade breast pumps to support both new mothers and our own employees in their efforts to succeed at breastfeeding.



Miranda Kendrick, LPN; Renee Hansen, midwife; Jackie Bockhahn, LPN; Anne Adams, MA; and Lacey Miller, LPN, in Springville.

Catholic Health's New Car Seat Program

Catholic Health offers monthly car seat safety classes at our Administrative & Regional Training Center in downtown Buffalo. On the first Saturday of each month, our child passenger safety technicians are on hand to provide safety information and one-on-one installation help. Classes are free but donations are gratefully accepted. Car seats may be made available to registrants based on need.

Please call 447-6205 for more information.

Physician Spotlight



Douglas Hage, MD

A solo practicing Obstetrician/Gynecologist, Dr. Hage delivers at Mercy Hospital of Buffalo and has been caring for patients there for over 25 years. Early in his career, Dr. Hage spent time working out of both Niagara Falls and Derby, NY.

As the distance and constraints of providing care at both sites became difficult, he chose to concentrate his practice in Derby. He sees patients from as far away as Youngstown and Batavia, or as nearby as Eden and Angola.

Dr. Hage prides himself on creating longstanding and caring relationships with his patients. He enjoys the opportunity to be involved in patients' lives and sees himself as customer service oriented, which helps him build strong ties. "My patients know that they are going to see me, and only me. That makes a huge difference to some patients", he said.

He also cares for pregnant women with high risk complications, as well as diabetes. He performs minimally invasive surgery and has been a part of the award-winning team at Mercy Hospital of Buffalo, which is 5-Star Rated for Gynecologic Surgery from Healthgrades®.

In addition to delivering babies and general gynecological care, Dr. Hage provides emotional support, menopausal care, cancer care and oftentimes acts as his patients' primary physician. He also provides ultrasound services and there is a lab in his building.

Dr. Hage is supported by an excellent staff, including: Phyllis, Katherine, Melissa, Angie and Marie. They work together to make the experience in the office an effortless and caring one for patients.

Dr. Hage's office is located at 7020 Erie Road, #3 Derby, NY 14047. He can be reached at (716) 751-4385.



Upcoming Events

Catholic Health WomenCare is offers valuable community events throughout the year. Upcoming events include:

- June 28 *Knowledge is Power: Straight Talk on Breast Cancer* featuring Dr. Stacey Akers and Dr. Kathy O'Donnell. Millennium Hotel, 5:30 p.m. to 7:30 p.m. Free and open to the public.
- August 20 Visit the WomenCare table at the Bidwell Market for a chance to win a Tim Horton's gift certificate!
- October 15 American Cancer Society's *Making Strides Against Breast Cancer*. Sign up with Catholic Health at MakingStrides.org and show your support.

To learn more or for a complete list of our community events, visit chsbuffalo.org/events or call (716) 447-6205.