Providing Convenient Access to Healthcare Services in Your Community

- Centralized Access to Outpatient Care
- Exceptional Services Across the Region
- An Expanding Physician Network
- Health Education in Your Community

Our Comprehensive Ambulatory Care Network
Dear Friend,

First, I would like to wish you and your family a happy and healthy New Year. At Stamford Hospital, we remain committed to providing high-quality, patient-centered care to the community we serve, not only within the walls of our Hospital, but throughout all of our locations with an ongoing emphasis on preventing illness and promoting wellness.

Outpatient care – or ambulatory care – encompasses all medical services provided outside of the hospital setting. This may include visiting your doctor’s office, getting an X-ray, having your blood drawn or going for physical therapy, as just a few examples. This issue of Healthline highlights the broad scope of services included in our ever-expanding ambulatory network. Specifically, on the pages that follow, you will learn more about our:

- Newest ambulatory sites including:
  - Tully Urgent Care Center in Norwalk
  - Primary Care, OBGYN and Specialty Care offices in New Canaan
  - Primary Care and Diagnostic Testing services in Darien
  - Enhanced Sports Medicine program at Chelsea Piers Connecticut
  - Expanded outpatient surgery services in Wilton
- Comprehensive preventive, diagnostic and treatment services at the Tully Health Center
- Growing network of community physicians, who work in close partnership with the Hospital and one another to facilitate communication and provide coordinated care to our patients
- Diverse outpatient services that give new meaning to the phrase “community-based care”
- Extensive efforts to increase patient education and access to their health information
- Latest information regarding construction of the new Stamford Hospital

As the regional center for health, Stamford Hospital’s footprint extends well beyond the city of Stamford, and we are proud to offer the quality care our patients expect and deserve throughout lower Fairfield County. With the landscape of healthcare continuing to evolve, the future of Stamford Hospital is that of a caring partner, providing services across the continuum - not only in sickness but also in health. It is all part of how we are reimagining healing for those in our community.

Brian G. Grissler
President and CEO
A Growing Network of Ambulatory Services

An important way that Stamford Hospital serves the community is through ambulatory care, which includes our physician partnerships and a broad range of outpatient services. With a focus on accessibility and convenience, our ambulatory network brings the high-quality care offered by the Hospital’s providers to patients throughout Stamford and the surrounding communities. Accessing services within this network ensures patients a continuity of care and a seamless transition in the event additional healthcare services may be required.

“We recognize that access to convenient, high-quality outpatient services is important to the families that look to us for care, as more and more services are moving to outpatient settings and travel can be difficult in lower Fairfield County,” said David L. Smith, Senior Vice President, Strategy & Chief Strategy and Network Development Officer for Stamford Hospital. “In addition to access and convenience, the goals of our ambulatory network include providing outpatient services in lower-cost settings and one-stop shopping (much like the Tully Health Center) wherever possible.”

Year after year, this network continues to expand – both in terms of services provided and geography covered, with ambulatory centers developed in close coordination with the Hospital’s physician network, Stamford Health Integrated Practices.

Additionally, the Hospital plays an important role in community outreach, offering educational activities, special events and healthcare screenings across the region. All of this helps to make healthcare accessible in our communities, allowing us to meet the growing needs of those we serve.

“More growth to the network should be expected in the coming year,” added Smith. “Opening in 2015 will be our ambulatory site at 292 Long Ridge Road in Stamford and our Integrated Care Pavilion on campus, which will be connected to the new Stamford Hospital.”
Centralized Access to Outpatient Care

Stamford Hospital’s Tully Health Center offers comprehensive ambulatory diagnostic treatment and preventive services in a facility exclusively devoted to outpatient care. The centrally located campus on Strawberry Hill Court in Stamford provides area patients, both adults and children, with a wide range of services – from education and prevention to diagnosis, treatment and rehabilitation – all under one roof.

Rapid Treatment of Non-Life-Threatening Conditions

When patients and their families need immediate medical attention, our Immediate Care Center (ICC) is here when your physician is not available. The ICC is a walk-in center that provides rapid and high-quality evaluation of and care for non-life-threatening illnesses and conditions. Staff members are all emergency-trained, including advanced cardiac life support and pediatric advanced life support. The ICC is open seven days a week from 7 a.m. to 10 p.m., including holidays. For more information and a virtual tour, visit StamfordHospital.org/ICC.

Complementary Medicine

The Center for Integrative Medicine and Wellness provides patient-centered care that blends conventional and complementary medicine tailored to achieve the patient’s personal needs and goals for health and wellness. The Center offers a wide range of evidence-based programs designed to treat the whole person – body, mind and spirit – using an approach that is customized for each individual. Treatment modalities might include physician-administered acupuncture, nutritional counseling, trigger point injections, botanical and supplement consulting and mind-body therapies.

Physical Therapy and Much More

Our broad rehabilitation services are designed to help the athlete who wants to return to play; the adult who has had a stroke and needs to relearn physical, language or cognitive skills; the child who requires special equipment to maximize his or her potential; and the individual whose daily activities are limited by swollen extremities or difficulty breathing. The team works closely with patients, their families and physicians to help restore mobility, improve function and enhance quality of life.

The program’s expert team of rehabilitation professionals includes occupational and physical therapists, a speech and language pathologist, a rehabilitation psychologist and respiratory therapists. The staff works collaboratively with different departments within the Hospital, including the Bennett Cancer Center on its new STAR (Survivorship Training & Rehabilitation) Program. STAR expands the role of rehabilitation in cancer care, with the goal of having patients be in the best possible state of health before, during and after their treatment.

Convenient Access to Pediatric Specialists

The Steven & Alexandra Cohen Children’s Specialty Center brings the very best pediatric specialists to our community. A team of highly qualified doctors – most with faculty appointments at top-ranked medical institutions, including Columbia University College of Physicians and Surgeons – delivers expert care in a child-friendly setting.

Pediatric specialists are available for the following:
- Cardiology
- Gastroenterology
- General Surgery
- Genetics
- Hematology/Oncology
- Neurology
- Neurosurgery
- Ophthalmology
- Orthopedic Surgery
- Pulmonology
- Rheumatology
- Spine Surgery
- Urology
SPECIALIZED CARDIOLOGY SERVICES

A variety of cardiology services are offered at the Tully Health Center from cardiac testing to special programs that address and even prevent heart disease wherever possible.

Patients who want a more complete picture of their cardiovascular health can utilize the services of the Preventive Cardiology Program. This program includes advanced cardiac diagnostic testing to determine a person’s risk for heart attack and stroke. A multidisciplinary team, comprised of a cardiologist and a registered dietitian, works closely with patients to develop an individualized treatment plan to decrease their risk factors.

For patients with cardiovascular disease, our Cardiac Rehabilitation Program helps them learn how to exercise safely, improve their stamina, strengthen muscles and deal with lifestyle changes. Our Intensive Cardiac Rehabilitation Program, which includes exercise, nutritional changes and stress management, is medically proven to not only halt the progression of heart disease, but actually reverse its effects and reduce future cardiac events.

MEDICALLY SUPERVISED HEALTH & FITNESS PROGRAM

The Patty and George Sarner Health & Fitness Institute (HFI) offers area residents a resource to help reduce health risks and minimize their effects. The innovative health and wellness facility provides medically supervised health and fitness programs for exercise, nutrition, weight management, diabetes, stress reduction, osteoporosis, cholesterol control, pain relief and much more.

ONLY CYBERKNIFE® IN THE REGION

The CyberKnife® Center at Stamford Hospital is the only CyberKnife® in the greater Fairfield County area, providing convenient access for patients in Connecticut and Westchester County. The treatment – which delivers high doses of radiation to tumors with extreme accuracy – offers hope to patients who have inoperable or surgically complex tumors, or as an alternative to surgery. For most patients, there is minimal recovery time, and they can return to normal activities almost immediately.

SURGERY WITHOUT THE HOSPITAL STAY

Accredited by the Joint Commission, the outpatient surgery center performs a growing range of same-day surgery procedures. Surgeons are assisted by highly qualified anesthesiologists, registered nurses and support staff in operating suites that are equipped with state-of-the-art technology. The surgery center includes six operating rooms along with pre-operative and post-anesthesia recovery areas.

HIGH-TECH GI SCREENINGS

The Endoscopy Center is recognized as a GI Center of Excellence by the Society of Gastroenterologists National Association. It offers high-tech endoscopy screening tests, and every procedure is staffed by a physician and two specially trained endoscopy nurses. Our collaborative model of care means that if anything unusual is found during a procedure, we can consult easily and quickly with a pathologist, surgeon or genetic counselor.

COMPREHENSIVE BREAST SERVICES

The Women’s Breast Center is proud to be the first comprehensive breast center in the region to offer 3-D tomosynthesis to all screening mammography patients for better detection and fewer callbacks. For maximum patient convenience, we welcome walk-ins and offer day, evening and weekend appointments.

All patients seen during normal business hours receive their results before leaving the Center and those who schedule evening or weekend appointments can expect to receive their results the next business day. If necessary, appointments can be made to see a breast surgeon within 24-72 hours.
Exceptional Outpatient Services Across the Region

While the Tully Health Center provides a central location to access outpatient care in Stamford, the Hospital’s ambulatory network includes facilities throughout lower Fairfield County to provide an extensive range of healthcare services close to home. Patients who draw on these services appreciate the convenient access to top-quality care in their own community.

1351 WASHINGTON BLVD., STAMFORD
The Washington Boulevard location is the site of two key outpatient centers. The Diabetes & Endocrine Center is the only comprehensive center in lower Fairfield County for the care of medical problems such as diabetes and disorders of the endocrine system. The staff includes board-certified specialists who work collaboratively with a patient’s primary care physician to provide the most comprehensive care for men, women and adolescents. The Center also offers a Diabetes Self-Management Education Program that is recognized by the American Diabetes Association.

CHELSEA PIERS CONNECTICUT
Since opening in 2013, Chelsea Piers Connecticut (CPCT) has become a hub for the Orthopedic & Spine Institute (OSI). It is the location where many of the orthopedic specialists see patients in consultation, with additional space dedicated to providing motion analysis and comprehensive physical therapy services for athletes.

The collaborative relationship with CPCT has provided the Hospital with the opportunity to further expand its specialty in sports medicine, not just as it relates to surgery, but in providing a comprehensive menu of sports wellness services. These offerings include Motion Analysis, Sports Nutrition and the Concussion Center. Additionally, this partnership includes providing educational events for area healthcare professionals and the general public such as the annual Health, Wellness & Sports Expo.

DARIEN MEDICAL CENTER
Darien-area residents have convenient access to outpatient services at the Darien Medical Center, 1500 Post Road. In addition to an onsite lab draw station, the center has recently opened an office that offers comprehensive cardiac diagnostic testing. Specially trained technicians utilize state-of-the-art technology to perform a variety of diagnostic tests including: echocardiograms and stress echocardiograms, stress EKGs, Holter monitoring, and ambulatory blood pressure monitoring. Results are delivered quickly and can be shared efficiently with the patient’s physicians as needed. Additionally, cardiologists are available to see patients at this location to better meet the cardiac medical needs of patients in the Darien community.
LAB SERVICES

With more than two million tests performed each year, patients and their physicians can rely on Stamford Hospital’s Laboratory to provide timely and accurate information for making treatment decisions. For maximum convenience, the Lab operates nine patient service centers throughout Fairfield County where adults and children can have their blood drawn. Individual testing centers have their own hours, and some accept walk-ins. For more information, please visit StamfordHospital.org.

DARIEN IMAGING CENTER

In response to the growing demand for outpatient radiology services and provide nearby access for Darien residents, Stamford Hospital opened the Darien Imaging Center in 2006. The Center provides a warm, welcoming environment with private dressing and consultation rooms, consistent with the Hospital’s Planetree philosophy of patient-centered care.

Located at 6 Thorndal Circle, the Darien Imaging Center offers a wide range of diagnostic testing including: 3-D tomosynthesis for screening mammography, ultrasound, bone density, X-ray, CT scan and MRI. All tests conducted at the Darien location are staffed and read by board-certified radiologists and can be easily transmitted to other Hospital physicians and specialists, including those at the Women’s Breast Center at the Tully Health Center.

WILTON SURGERY CENTER

The Wilton Surgery Center, located at 195 Danbury Road, provides a convenient location to centralize outpatient services for Wilton-area patients. In partnership with local physicians, the facility houses practices that specialize in: gastroenterology, ophthalmology and interventional pain management.

NEW CANAAN PHYSICIAN OFFICES

The Hospital continues to expand its presence in New Canaan to increase access to primary care and other specialty physicians. An office at 161 Cherry Street houses specialists in diabetes and endocrinology, cardiology and obstetrics/gynecology, with primary care physicians located at 36 Grove Street. Both of these locations are positioned to best meet the growing needs of New Canaan area residents.

TULLY URGENT CARE

Located at 497 Westport Avenue, Tully Urgent Care provides quick, convenient access to care for non-life-threatening illnesses and injuries when your primary doctor or specialist is not available. The facility is operated by Clinic 21 and is open Monday through Friday, 9 a.m. to 7 p.m. and Saturday, Sunday and holidays, 9 a.m. to 5 p.m. Walk-ins are welcome. For more information, please call 203.276.4888 or visit tullyurgentcare.com.
An Expanding Physician Network

Stamford Health Integrated Practices (SHIP) is a partnership of local primary care physicians, healthcare specialists and Stamford Hospital, dedicated to bringing the best medical services to Fairfield County residents. The SHIP network was created in 2009 in response to the changing nature of healthcare in the U.S., where delivering the best care in the most efficient manner possible is the overriding objective.

Many of the most well-known and respected physicians in the greater Fairfield County area are a part of the SHIP network. Today, this list includes more than 100 physicians conveniently located in Stamford, Darien, Greenwich, New Canaan, Bridgeport and Wilton – and this network continues to expand year after year.

“SHIP practices are fully integrated with Stamford Hospital, and utilize an electronic medical record, which improves communication between physician practices (for referrals) and between practices and the Hospital for other necessary services from diagnostic testing to physical therapy,” said Rod Acosta, MD, SHIP CEO. “Ultimately this gives physicians the chance to spend more time with their patients and less on practice management, which is a great benefit to our patients.”

**CARDIOLOGY**
THE HEART PHYSICIANS
Stamford, CT | Darien, CT
New Canaan, CT
STAMFORD HOSPITAL
CARDIOLOGY
Stamford, CT | Darien, CT
GREENWICH MEDICAL GROUP
Greenwich, CT

**ELECTROPHYSIOLOGY**
Stamford, CT

**ENDOCRINOLOGY**
FAIRFIELD COUNTY DIABETES & ENDOCRINOLOGY
Stamford, CT | New Canaan, CT
MEDICAL ASSOCIATES OF STAMFORD
Stamford, CT

**FAMILY MEDICINE**
FAIRFIELD COUNTY PRIMARY CARE
New Canaan, CT
STAMFORD FAMILY PRACTICE
Stamford, CT

**GASTROENTEROLOGY**
MEDICAL ASSOCIATES OF STAMFORD
Stamford, CT
FAIRFIELD COUNTY GASTROENTEROLOGY
Wilton, CT

**GERIATRIC**
GREENWICH MEDICAL GROUP
Greenwich, CT

**INFECTIOUS DISEASE**
STAMFORD INFECTIOUS DISEASES
Stamford, CT
PRIME CARE MEDICAL
Stamford, CT
MEDICAL ASSOCIATES OF STAMFORD
Stamford, CT

**INTERNAL MEDICINE**
FAIRFIELD COUNTY PERSONAL MEDICINE
Stamford, CT
FAIRFIELD COUNTY PRIMARY CARE
Wilton, CT | New Canaan, CT
GREENWICH MEDICAL GROUP
Greenwich, CT
INTERNAL MEDICINE ASSOCIATES OF DARIEN
Darien, CT
MEDICAL ASSOCIATES OF STAMFORD
Stamford, CT
PRIME CARE MEDICAL
Stamford, CT
ROBERT A. LINDBERG, MD
Darien, CT

**NEPHROLOGY**
STAMFORD NEPHROLOGY
Stamford, CT

**NEUROLOGY**
FAIRFIELD COUNTY NEUROLOGY
Stamford, CT
FAIRFIELD COUNTY PEDIATRIC NEUROLOGY
Stamford, CT
NEW ENGLAND CENTER FOR HEADACHE
Stamford, CT

**OBSTETRICS & GYNECOLOGY**
FAIRFIELD COUNTY OBSTETRICS & GYNECOLOGY
Stamford, CT | Darien, CT
New Canaan, CT | Wilton, CT
RIVERSIDE OBSTETRICS & GYNECOLOGY
Riverside, CT

StamfordHospital.org
In August, well-known community physician Rod Acosta, MD, was named CEO of Stamford Health Integrated Practices (SHIP). In this role he is responsible for directing quality, strategy and growth initiatives as they relate to the employed physician network, while enhancing the collaboration between Stamford Health System and its medical staff.

“As part of our community for 30 years, I’ve been able to form trusting relationships with patients, nursing, fellow physicians and the Hospital’s leadership team,” said Dr. Acosta. “This provides a strong foundation upon which we can grow the SHIP network and continue to provide the highest-quality care to all in a constantly changing healthcare environment.”

Dr. Acosta joined Stamford Hospital in 1987 as an attending physician in the Department of Family Medicine. In 1995, he became a Founding Member and Partner of Stamford Family Practice, PC, which was the first primary care group to join SHIP in 2010. This helped develop the strong primary care base in a physician network that now includes over 100 physicians and is growing.

A physician leader at the Hospital for the past decade, Dr. Acosta has served as Chair of the Hospital’s Medical Staff, the Peer Review Oversight Committee, the Credentials Committee and the Department of Family Medicine. He has been a member of the Stamford Health System Board of Directors for three years and previously held the positions of SHIP Medical Director and Medical Director of St. Camillus Health Center in Stamford.

For more information about SHIP and a complete listing of area practices, visit StamfordHealthIntegratedPractices.org.
Access to Health Education in Your Community

As a regional center for health, Stamford Hospital is proud to offer a robust community outreach program to help maintain the health and well-being of area residents. Each year, the Hospital participates in nearly 150 events throughout Fairfield County – from lectures and community education activities to annual health awareness campaigns and other programs that provide health information and screenings. This effort reaches tens of thousands of people and provides more than 10,000 free screenings on an annual basis.

Some of the Hospital’s major and most visible community events include the following:

- **Celebrating Healthy Hearts**, a one-day event designed to showcase the Hospital’s cardiovascular expertise and provide free health information and screenings. (See the back cover for information on the 2015 event.)
- **The Fairfield County Women’s Expo**, an event that attracts more than 5,000 attendees and provides over 2,000 free screenings.
- **Mini-Medical School**, a free six-week series of lectures by Hospital physicians to create a medical school-like experience. The program, which has been offered twice a year in Stamford, has successfully been expanded to New Canaan thanks to a partnership with the New Canaan YMCA.
- **Chelsea Piers Connecticut Health, Wellness & Sports Expo**, a two-day event which features 75 exhibitors, fitness and dance demonstrations, celebrity athletes, free health screenings and more.
- **Paint the Town Pink**, a month-long breast cancer awareness campaign that reaches thousands of area women and increases screening mammograms by more than 10% year after year.

Additionally, the Hospital’s educational efforts include partnerships with other leading community organizations. Successful collaborations with the Darien Senior Center, Norwalk Community Center and New Canaan YMCA help to raise awareness for important health issues, support prevention and wellness efforts, promote Hospital services and showcase the expertise of Hospital-affiliated physicians.

Introducing the mySH Patient Portal

*Your health information at your convenience*

Stamford Hospital is committed to providing patients with access to their health information whenever they need it from wherever they are. The mySH Patient Portal is available over the internet, allowing patients to connect from virtually anywhere.

The mySH Patient Portal provides patients access to their personal health information along with the tools needed to better manage their health and promote a healthier lifestyle overall. The portal conveniently allows patients to:

- Request and cancel appointments
- Pre-register for appointments
- Submit payments via an external link
- Review most lab and radiology results
- Request updates to personal information
- Review medications
- View visit history and discharge information
- Access the portal of any family member or other individual for whom you have authorized written consent as a proxy

HealthFlash

You don’t have to be a patient to access Stamford Hospital’s HealthFlash blog, the go-to spot for the latest news and information related to health and wellness. Posts are designed to provide educational, health-related information and allow the community to gain insight from the Hospital’s medical and leadership teams.

HealthFlash covers a wide variety of topics with posts ranging from cancer, heart and orthopedic care to women’s health, wellness, nutrition, sports medicine and more.
EXPANSION ON THE MAIN HOSPITAL CAMPUS

As Stamford Hospital continues to expand its ambulatory network throughout Lower Fairfield County, expansion efforts are advancing on the main Hospital campus as well. In fact, construction reached a very special milestone this spring with the conclusion of steel work on the new facility. This was celebrated by Stamford Hospital officials, physicians and staff, along with donors, area leaders and community representatives at a Topping Off event in May. This traditional building ceremony, which signifies the end of steel construction, included brief remarks, tours of the steel structure and the signing of one of the final steel beams by more than 400 supporters in attendance.

With steel work complete, installation began on the building's exterior curtain of thermal glass. A total of 2,805 panels will eventually enclose the building, and this installation is scheduled to be finished by spring 2015.

Earning National Recognition for Patient-Centered and High Quality Care

At Stamford Hospital – and across our entire healthcare system – we are committed to putting our patients first. As a global leader, Planetree promotes the development and implementation of innovative models of healthcare that focus on healing and nurturing body, mind and spirit. This is what it means to be a Planetree hospital, where every aspect of our care centers on the needs of our patients and their families.

Our dedicated efforts to advance patient-centered care has recently earned Stamford Hospital the Planetree Distinction Award for Leadership and Innovation in Patient-Centered Care. We are one of only seven Planetree sites in the nation to receive this prestigious award, which acknowledges the Hospital’s ongoing commitment to enhance patient-centered care through participation in research, publication, outreach and innovation.

Additionally, we are proud to be the only hospital in lower Fairfield County and among 19% of accredited U.S. hospitals recognized by The Joint Commission to achieve excellence across a number of medical and surgical care areas.

The Joint Commission Top Performer on Key Quality Measures® 2013

We are proud to be the only hospital in lower Fairfield County recognized by the Joint Commission as a “Top Performer” in:
- Heart Attack
- Pneumonia
- Heart Failure
- Surgical Care

This recognition demonstrates our ongoing commitment to ensure the best quality outcomes for our patients.
FEBRUARY 21, 2015
9:00 A.M. – 1:00 P.M.
Tully Health Center
32 Strawberry Hill Court
Stamford Hospital
Registration is free and includes screenings and refreshments

AVAILABLE SCREENINGS
9:00 A.M. – 11:30 A.M.
Blood Pressure, Cholesterol (non-fasting), Glucose (non-fasting), Pulmonary Function Test, Stroke Risk Assessment

INFORMATION & RESOURCES
American Heart Association
Faces of Heart
Hands for Life
Demonstration & Training

PANEL PRESENTATION
Current Trends in Cardiac Care featuring David Hsi, MD, Edward Portnay, MD, Michael Coady, MD

EXHIBIT HALL
Ask the Doctor - Cardiologists
Center for Sleep Medicine
Diabetes & Endocrine Center
Heart & Vascular Institute
Integrative Medicine
Ask the Nutritionist
Ask the Pharmacist
Stroke Center
Cardiac Rehabilitation
Health & Fitness Institute
Pulmonary Rehabilitation

For more information, call 877.233.WELL (9355) or visit StamfordHospital.org/healthyhearts.