

# medical SUCCESS



# stories

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**DR. MICHAEL KOUMAS**

4 Hudson Valley Professional Plaza  
Newburgh  
845-562-1108;  
www.drkoumas.com



Judy Donovan, a 60-year-old who had just retired, came in to see me with the complaint of swelling and pressure on the right side of her mouth. After a thorough exam and x-rays of her teeth, I came to the conclusion that it could be an infection of one of the glands in her neck. I gave her an antibiotic and a follow-up appointment five days later.

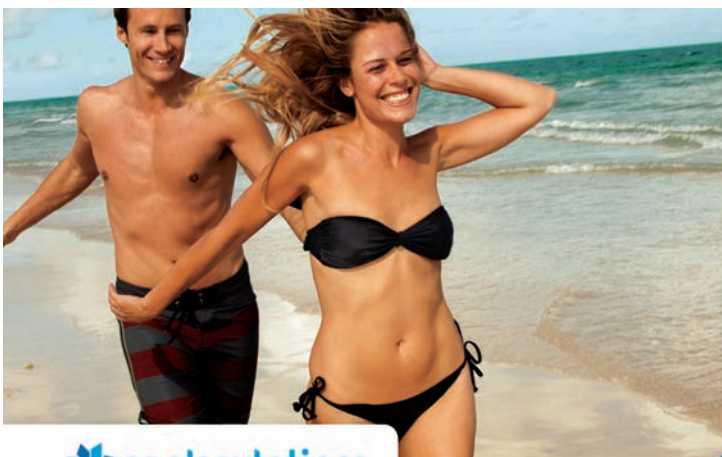
At Judy's follow up, there had been no change in her condition. I suspected cancer. I referred her for comprehensive testing and a biopsy. The diagnosis was squamous cell carcinoma in the floor of the mouth and neck. It was advanced. I referred Judy to a surgeon at Beth Israel Medical Center in New York City; within a week she underwent surgery to remove the cancer. That was five years ago. Because of vigilance and caution, Judy survived. She is enjoying her retirement.

**DR. MARIO LOOMIS  
LOOMIS PLASTIC SURGERY**

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www.drloomis.com



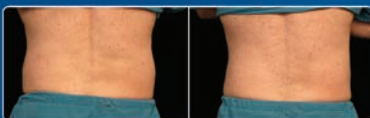
A teenage girl is born with a rare congenital disease; one breast a C cup, the other completely flat. The self-image of a teenager is precarious under ordinary circumstances — this was extraordinary. Possible solutions included simply living with it, using bra inserts, or a breast implant. None of these options were ideal. Dr. Loomis offered her a different choice. As a member of the New York State Stem Cell Board, Dr. Loomis became interested in how the body's own fat could be used to correct various conditions — including this congenital



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Mario G. Loomis, MD

225 Dolson Ave, Middletown, NY



Above procedure by Mario Loomis, MD  
Results and patient experience may vary. In the U.S., non-invasive fat reduction is cleared only for the flank and abdomen. CoolSculpting, the CoolSculpting logo and the Snowflake design are registered trademarks of ZELTIQ Aesthetics, Inc. 2013.



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disease. Using the girl's own fat from the hip and thigh regions, he was able to construct a breast of similar size and proportion to match the girl's existing breast. Taking advantage of new technology and new understandings of micro fat grafting to the body, Dr. Loomis helped this teenager achieve a normal shape without artificial implants.

### MONTEFIORE MEDICAL CENTER

111 E. 210th St., Bronx  
718-920-7000  
[www.montefiore.org](http://www.montefiore.org)



Kathy O'Donnell, 44, is an athlete and passionate about living a healthy lifestyle. But in May 2012, she collapsed during a workout and went into cardiac arrest. Clinically dead for 15 minutes, Kathy was revived by CPR and brought to Montefiore, where she remained in a coma for a week. Kathy's official diagnosis — severe mitral valve disease as a result of a congenital heart murmur — meant the valve between her left heart chambers didn't work properly, causing blood to leak backward into her heart. She had no previous symptoms. Rather than replace her damaged mitral valve with an artificial device, Dr. Robert Michler, surgeon-in-chief at the Montefiore Einstein Center for Heart and Vascular Care, fixed her native valve using a unique and complex surgical approach called the butterfly technique. Dr. Michler is one of a few elite surgeons in the nation performing this remarkable surgery. The procedure was a complete success and Kathy is back to training for marathons.

### NYACK HOSPITAL

160 N. Midland Ave., Nyack  
845-348-2000  
[www.nyackhospital.org](http://www.nyackhospital.org)



A patient collapsed in a doctor's office — no heartbeat. CPR was administered by the doctor,

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# Hudson Valley Magazine's



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## EXCELLENCE IN NURSING SCHOLARSHIP 2014

*Hudson Valley Magazine* is offering a \$1,500 Nursing Scholarship to a local high school senior who plans to pursue a career in nursing.

If you or someone you know has dreams of becoming a nurse contact [pr@hvmag.com](mailto:pr@hvmag.com) to learn more about submitting an application!

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HEALTHQUEST

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ORANGE REGIONAL MEDICAL CENTER

GOOD SAMARITAN REGIONAL MEDICAL CENTER  
Ben Seccombe Charity Health System

Hal Prince

MUSIC & ENTERTAINMENT

then EMS as the patient was transferred by ambulance to Nyack Hospital. The patient was revived, breathing, but did not regain consciousness. Emergency room staff was concerned about brain function.

The patient's collapse had been caused by cardiac arrest, and ischemia — the restriction of blood flow — had affected the heart and possibly the brain. Dr. Sachin Shah had introduced therapeutic hypothermia to the Emergency Unit less than a year ago, and this day it was put to good use. The patient's body temperature was lowered to 91°F to reduce the detrimental risks of ischemic injury to the brain. Closely monitored by ICU staff, the patient was slowly rewarmed over a period of 24 hours according to proper protocol. A day later, the patient woke up. Soon after, the patient walked out of the hospital. Healed.

### PUTNAM DENTAL ASSOCIATES

2435 Rte. 6, Ste. 7, Brewster  
845-279-3720  
[www.putnamdental.com](http://www.putnamdental.com)



Carol has been a patient at Putnam Dental for five years. She drives an hour from her Rockland County home to the office, but feels it's well worth it. She first came to Putnam Dental because her teeth had started to rot away. Poor dental hygiene as a child had severe repercussions for her in adulthood; Carol could no longer eat many of the foods she loved. Dr. Ern gave Carol a solution. He successfully provided her with dental implants, a fixed solution that changed her life.

Carol cried the first time she was able to take a pain-free bite out of a sandwich. People take the simple things in life for granted, but Carol relished that one bite. It was a symbolic moment, her entrance into a healthier life, filled with all of the foods she enjoys and things she loves. Carol's smile is radiant as she highly recommends Putnam Dental. ★