

Hip and knee problems can limit an active lifestyle at any age —

whether your patients are suffering from osteoarthritis or other joint disorders. When traditional treatments fail to provide relief and you are recommending surgery, look to the Total Joint Replacement Center at Forest Hills Hospital for world-class orthopedic care—right here in our community.





CLINICAL EXPERTISE

Patients considering hip or knee replacement surgery want the best doctors and the most advanced care.

Your patients will find all this—and more—at Forest Hills Hospital's Total Joint Replacement Center. Our board-certified orthopedic specialists provide the expert medical and surgical care your patients expect—delivered with the highest skill, quality, and compassion.



COMPREHENSIVE CARE

Forest Hills Hospital's new Total Joint Replacement Center offers patients more than just the most advanced orthopedic care in the region. As a member of North Shore-LIJ Health System, Forest Hills Hospital benefits from thousands of specialists and the resources of being part of such a comprehensive healthcare system.



DISTINGUISHED SPECIALISTS

The orthopedists at Forest Hills Hospital bring the highest level of credentials, specialty training, and expertise to the Total Joint Replacement Center. They work together with a comprehensive treatment team, which includes an orthopedic nurse coordinator, case managers, a Director of Physical Therapy, and rehabilitation specialists.

This team provides a high level of personal attention to every patient, explaining what to expect before and after surgery, answering questions, and providing encouraging support and peace of mind. Our mission is to work collaboratively with referring physicians to ensure we are meeting your needs and those of your patients.



What You & Your Patients Can Expect

- Dedicated patient referral line—one call covers it all 1-718-830-1154
- Care Coordination Department assists with referrals, appointments, insurance, and more
- Prompt appointment scheduling—often within 3 to 5 days
- Full continuum of care, from pre-surgical counseling and pre-admission testing, to inpatient rehabilitation and discharge planning
- Expert joint replacement, reconstruction and revision surgery for knees, hips, elbows, ankles, shoulders, and wrists
- Most insurance plans accepted



ADVANCED TOOLS *and* TECHNOLOGY

The Total Joint Replacement Center provides patients with some of the latest surgical and technological advances.

From high-quality knee and hip prostheses to new minimally invasive surgical techniques, and transfusion-free services—our goal is to restore your patients' mobility and independence, relieve their pain, and help them resume their daily activities and leisure pursuits as quickly as possible.



MINIMALLY INVASIVE SURGERY

Minimally invasive knee or hip replacement is an option for many orthopedic patients at Forest Hills Hospital. Because this technique uses smaller incisions than traditional joint replacement, patients experience less blood loss and disruption of soft tissue structures in the leg. This speeds recovery and rehabilitation, minimizes postoperative pain and scarring, and shortens their hospital stay.



COMPUTER-ASSISTED NAVIGATIONAL SYSTEM

Forest Hills is constantly at the forefront of the latest advancements in total joint replacement surgery. In fact, one of our most recent additions is the OrthoPilot Orthopedic Navigational System. This new device allows our surgeons to place prosthetic parts with the most precise anatomic alignment—without the need for pre-operational exams or scans that are both time-consuming and costly.

BLOODLESS SURGERY

For patients who wish to avoid exposure to donated blood or blood products, our Bloodless Surgery Program provides extra reassurance and convenience. Orthopedic surgeons use special blood-conserving methods and meticulous surgical techniques to reduce blood loss during surgery.

PAIN MANAGEMENT

Controlling postoperative pain is an important part of the care provided by Forest Hills Hospital. Our accredited, board-certified anesthesiologists provide the latest pain assessment and management techniques, including regional anesthesia, intraspinal pain relief, transdermal patches, and more.



COMPREHENSIVE CARE *pathway*

Patients who undergo joint replacement surgery at Forest Hills Hospital will work with our experienced team of highly skilled orthopedists, nurses and rehabilitation specialists who specialize in total joint care.

Our care pathway is designed to ensure total care and peace of mind before, during, and after surgery. Appointments for consultations and surgery are promptly scheduled. Every detail is meticulously managed—from pre-admission testing through surgery, rehabilitation, discharge, and post-discharge planning.

EXTENSIVE PATIENT EDUCATION

Our program administrator meets individually with each patient and his or her family prior to surgery. Patients view a video and receive a notebook with information specific to their particular procedure. Special exercises and other health recommendations may be prescribed to help the patient prepare for surgery and physical therapy.



PERSONALIZED POSTOPERATIVE CARE

Patients recovering from joint replacement surgery at Forest Hills Hospital receive “five-star” pampering and highly personalized care. Patient rooms are equipped with new “smart-technology” beds designed to offer the ultimate comfort, convenience, and safety. In addition, postoperative patients share meals, which creates an interactive, encouraging environment.

EXPERT REHABILITATION

Inpatient rehabilitation begins the day after surgery in a specially designated area for joint replacement patients. Our experienced physical therapists provide both group and individual rehabilitation sessions, under the skilled guidance of a board-certified physiatrist. Stretching and strengthening exercises, endurance and balance training, and use of assistive devices are just some of the components of our comprehensive therapy program.

Throughout their hospitalization, patients are encouraged to wear comfortable clothes and have family members participate in their rehabilitation. Outpatient rehabilitation is also available once patients are discharged, although many go to rehab facilities.

INNOVATIVE WELLNESS PROGRAM

To promote community wellness, Forest Hills Hospital sponsors seminars on joint pain taught by licensed physical therapists. Discussions include the role of exercise, nutrition, medication and other strategies to reduce joint pain associated with arthritis. Your patients are encouraged to attend one of these free information sessions.





DISCOVER THE *difference*

Whether you wish to refer a patient for an initial consultation or a second opinion, we are confident that you and your patients will be very satisfied with the care provided by the Total Joint Replacement Center at Forest Hills Hospital.

Speak with our program administrator about a new case. Call 1-718-830-1154. Recommend one of our free educational seminars to your patients. Take a closer look at Forest Hills Hospital today. You'll see why we're the perfect partner for your patients who are considering hip or knee replacement surgery.

Forest Hills Hospital is a member of the North Shore-LIJ Health System. This means our patients receive the added benefit of access to the latest medical technology available and the specialized expertise of our thousands of highly experienced healthcare professionals within the system.



*A few words from one of our patients
and a referring physician*

Ajay Lodha, MD, Internist

“I have referred many patients to Forest Hills Hospital Total Joint Replacement Center. The program is very good, and my patients have been very satisfied with the care they received. Every detail is carefully coordinated, from pre-surgical consultations, to the surgery, post-operative care, and follow-up.”



E.C., Holliswood, New York

“My procedure was flawless, and I would highly recommend Dr. Sinha and the team at Forest Hills Hospital. The hospital and rehab staff were always available and helpful. I was completely prepared because Dr. Sinha took the time to explain and show me graphically what to expect. He answered all my questions. I had a great experience and had no qualms about having my other knee replaced a few months later.”



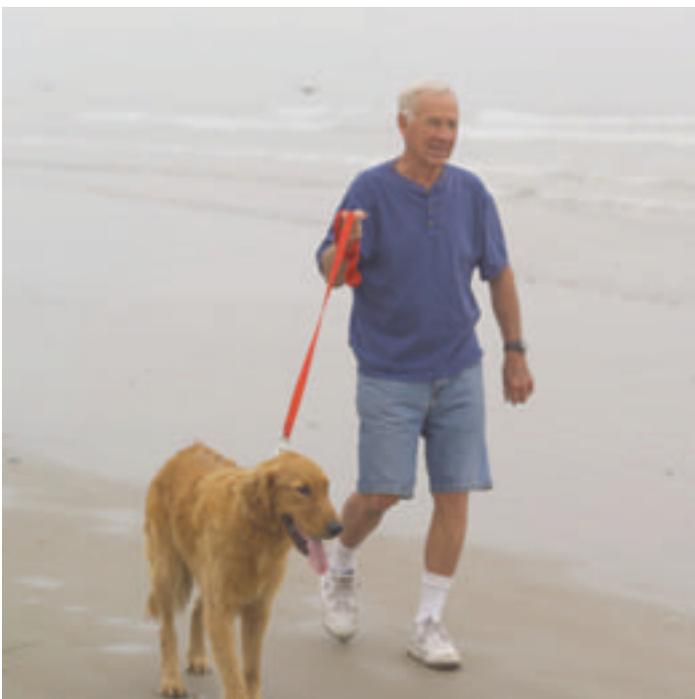
WHY REFER PATIENTS TO THE *The Total Joint Replacement Center at Forest Hills Hospital?*

When you recommend your patients to Forest Hills, you can feel confident knowing they'll get the most comprehensive joint replacement care in the region.

*For information call
1-718-830-1154*

We offer:

- Orthopedic specialists who are among the most distinguished in the region
- Some of the latest breakthroughs in orthopedic surgery and technology
- Personal attention, helping patients understand what to expect before, during and after surgery
- Postoperative care pathway, which emphasizes wellness, rehabilitation and recovery
- Immediate scheduling and acceptance of most insurance plans





Forest Hills Hospital, 102-01 66th Road, Forest Hills, New York 11375

Physician Bio

AJOY KUMAR SINHA, M.D.
Chief of Arthritis and Adult Reconstruction

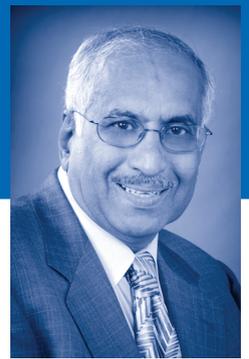


Dr. Ajoy Kumar Sinha is Chief of Arthritis and Adult Reconstruction in the Department of Orthopedic Surgery at Forest Hills Hospital. He joined the Hospital's staff in October of 2002. Prior to Forest Hills, Dr. Sinha was a Consultant Orthopedic Surgeon at both Forest Hills and New York Hospital Medical Center Queens. After getting his medical education in India, Dr. Sinha did post-graduate training in orthopedic surgery at the Mayo Clinic, Long Island College Hospital, Booth Memorial Hospital, the University of Maryland, the University of Ottawa and The Johns Hopkins University School of Medicine. He is a member of the Medical Society of New York, the Canadian Orthopedic Association and the American Academy of Sports Medicine. Throughout Dr. Sinha's career, he has been involved with academic research about orthopedics and other health-related topics. In addition, Dr. Sinha is author of many articles and research papers on the subject of orthopedics.

Physician Bio

KUMAR S. REDDY, M.D., F.A.C.S., P.C.

Director of Total Joint Replacement Center of Excellence



Dr. Kumar Reddy is board-certified by the American Board of Orthopedic Surgery. He has been performing joint replacement surgery since 1970. He did his residency in Orthopedics at Queens General Hospital, at that time an affiliate of Long Island Jewish Medical Center, and at St. Charles Hospital in Port Jefferson on Long Island. In addition, Dr. Reddy completed a fellowship in clinical orthopedics at New York Polyclinic Hospital in Manhattan. Dr. Reddy became an Associate Attending Physician in Orthopedics at Forest Hills Hospital in 1970. Dr. Reddy was recently appointed Director of Total Joint Replacement Center of Excellence at the hospital. He has extensive experience in performing total joint replacement surgery. He is a Fellow of the American Academy of Orthopedic Surgeons and the American College of Surgeons. Dr. Reddy is also a member of the New York State Orthopedic Society and the Eastern Orthopedic Society and he has published academic articles in his field.

Physician Bio

RICHARD M. SELDES, M.D.

Director of Department of Orthopedic Surgery



Dr. Richard SelDES is board-certified by the American Board of Orthopedic Surgery. Since September of 2000, he has been a practicing orthopedic surgeon at Forest Hills Hospital. Dr. SelDES specializes in mini-incision total joint replacements. Dr. SelDES received his M.D. and completed his orthopedic surgery residency at the University of Pennsylvania Medical School. This was followed by fellowships there in orthopedic surgery research and sports medicine. In addition, Dr. SelDES completed his fellowship training in total joint replacement at the Hospital for Special Surgery in Manhattan. The recipient of many honors in the field of orthopedics, Dr. SelDES has also written numerous articles in this field and given lectures in orthopedic surgery nationally and internationally. He is an active member of the American Academy of Orthopaedic Surgeons and the Arthroscopy Association of North America.

IMPORTANT *information & contacts*

Patient Seminar Signup
1-718-830-1154

One call covers it all

- Initial consultations and second opinions
- Appointment and surgery scheduling
- Preadmission testing
- Patient seminar signup
- And more!

*Recommend Our FREE
Educational Seminar
to your patients*

where:

*Forest Hills Hospital
102-01 66th Road
Forest Hills, New York 11375*

when:

2005

June 9 & 23

July 7 & 21

August 4 & 18

September 15 & 29

October 13 & 27

November 10

December 1 & 15

2006

January 12 & 26

February 9 & 23

March 9 & 23

April 6 & 20

May 4 & 18

June 1 & 15

rsvp:

*Seating is limited so tell your patients to register today.
Have them call the administrative director of the Total
Joint Replacement Center at Forest Hills Hospital*

1-718-830-1154





*Introducing the Total Joint Replacement Center at Forest Hills Hospital
Now Accepting New Patients*

Dear Dr. _____

For many years, our neighbors have counted on Forest Hills Hospital for expert medical care delivered with skill and compassion. Now we are responding to the evolving healthcare needs of our community with the addition of the Total Joint Replacement Center.

What makes our approach unique?

- We offer some of the latest breakthroughs in orthopedic surgery and technology, including minimally invasive arthroplasty, joint revision and reconstruction, bloodless surgery, and postoperative pain management
- We provide personal attention, helping patients understand what to expect before, during, and after surgery
- Our postoperative care pathway emphasizes wellness, rehabilitation, and recovery
- We collaborate closely with referring physicians through our direct referral line and program administrator, an RN who assists with appointments, insurance coverage, and more
- We accept most insurance plans—and provide immediate scheduling
- We host free “Arthritis & Your Aching Joints” seminars to educate patients about knee and hip pain

Forest Hills Hospital is a member of the North Shore-LIJ Health System. This means our patients receive the added benefit of access to the latest medical technology available and the specialized expertise of our thousands of highly experienced healthcare professionals within the system.

The Total Joint Replacement Center is a highly anticipated service expansion for Forest Hills Hospital, and we invite you to learn more about our services and capabilities through the enclosed Guide for Referring Physicians.

To refer your patient to an educational seminar or to speak with us, please call 1-718-830-1154.

Sincerely,

Kumar S. Reddy, M.D., F.A.C.S.
Director of Total Joint
Replacement Center

Richard M. Seldes, M.D.
Director of Department
of Orthopedic Surgery

Ajoy K. Sinha, M.D.
Chief of Arthritis
and Adult Reconstruction

P.S.—Please accept the enclosed patient pain scale with our compliments. It's a great tool to help your patients pinpoint the cause of their joint pain and describe the intensity of what they are feeling. We've also included a community seminar schedule—please share these with your patients.



PAIN SEVERITY SCALE & *Hospital Seminar Schedule*

ASSESSING & EDUCATING YOUR PATIENTS



**North
Shore LIJ** *Forest Hills Hospital*
North Shore-Long Island Jewish Health System

PATIENT PAIN *scale*

1 2 3 4 5 6 7 8 9 10

MILD—Low-level, intermittent pain while performing ADLs. Most noticeable while walking, getting in and out of cars and climbing stairs, but subsides at rest. Medication and physical therapy may temporarily relieve symptoms.

MODERATE—Pain persists, even at rest, and possibly interferes with sleep. Joint deformation, swelling, stiffness or crepitation may be present. Joint mobility may be impaired.

SEVERE—Intense, incapacitating joint pain. Walking may become impossible without assistive devices, and patient may be unable to perform ADLs. Medication and activity modifications no longer provide relief.



Forest Hills Hospital, 102-01 66th Road, Forest Hills, New York 11375



Attend Our FREE Educational Seminar

where:

Forest Hills Hospital
102-01 66th Road
Forest Hills, New York 11375

rsvp:

Seating is limited so register today.
Call the Administrative Director of the Total Joint
Replacement Center at Forest Hills Hospital
1-718-830-1154

when:

2005

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August 4 & 18
September 15 & 29
October 13 & 27
November 10
December 1 & 15

2006

January 12 & 26
February 9 & 23
March 9 & 23
April 6 & 20
May 4 & 18
June 1 & 15

“Arthritis & Your Aching Joints.”

If you or a loved one suffers from chronic joint pain, join us for a free seminar, led by one of our licensed physical therapists. You'll learn about the causes of joint pain; the role of nutrition, medication, and physical activity in reducing your pain; and the latest treatment advances.

**North
Shore LIJ** Forest Hills Hospital
North Shore-Long Island Jewish Health System

If you are considering joint replacement surgery, you might find it helpful to discuss the following with the primary care provider or orthopedic surgeon.

IS TOTAL JOINT REPLACEMENT RIGHT FOR YOU?

Possible questions to ask at the seminar

When medication and exercise fail to relieve your joint pain, your doctor may recommend joint replacement surgery. Orthopedic surgeons at the Total Joint Replacement Center at Forest Hills Hospital specialize in knee and hip replacement, using the latest advances in minimally invasive surgery whenever possible. We also have a “bloodless” program for patients who wish to avoid exposure to donated blood or blood products.

- *What procedures are available?*
- *How is the procedure performed?*
- *Are there alternatives to this procedure?*
- *What are the benefits of having surgery? How long will the benefits last?*
- *What are the risks associated with surgery? How likely are they?*
- *Will my health insurance cover the surgery?*
- *Will someone in your office help me confirm this with my insurance provider?*
- *Do you have any brochures or other written materials on joint replacement surgery?*
- *What kind of therapy will I receive after surgery?*
- *How much time will I miss from work?*
- *What will happen to me after I leave the hospital? Will I need care at home?*

For a referral to an orthopedic specialist at Forest Hills Hospital or to find out more about our Total Joint Replacement Center, call 1-718-830-1154 today.