

# careconnection

*A Healthy Lifestyle Today for a Better Tomorrow*

Holiday 2023



New Providers

Women's Health

Flu Shots

Radiology Services



## Save the Date!

River Hospital's Polar Bear Dip is back!

February 24, 2024

For more information, please visit  
[www.riverhospital.org/events](http://www.riverhospital.org/events)



# River Hospital Welcomes Our Newest Providers



## Dr. Mursel Momand, MD

Dr. Momand received her Medical Degree at Windsor University School of Medicine in Saint Kitts and Nevis, and is board certified in Family Medicine. She did her Family Medicine Residency at Western Michigan University. As a family medicine provider, she values community and the necessity of providing family medicine in a rural healthcare setting.



## Dr. Eyal Kord, MD

Dr. Kord is part of River Hospital and Upstate Medical University's partnership, offering patients of the river community access to Urological Care, close to home. Dr. Kord is currently a Clinical Assistant Professor of Urology at SUNY Upstate Medical University. He completed his residency in urology from Shamir Medical Center, Zerifin, Israel in 2021.

Both Dr. Momand and Dr. Kord are accepting new patients.

**Give us a call to schedule today at 315-482-2094**



## Time to Get Your Flu Shot!

Last flu season was a rough one. The CDC says there were as many as 640,000 flu-related hospitalizations. Adults ages 65 and older were at higher risk for serious complications. Often, the vaccine will keep the flu away. Even if you do get sick, your symptoms may be milder. Vaccination could make the difference between a minor issue and a life-threatening illness. To schedule a flu shot for you or your family, contact River Hospital Family Health Center at **315-482-2094**.



Did you know that River Hospital now offers Echocardiograms?

Give us a call at **315-482-1154** if you would like to schedule one.



River Hospital's Radiology Dept participated in a team-building activity at this year's Thompson Park Boo at the Zoo Scarecrow Games.



On Wednesdays in October, River Hospital Family Health Center wore pink for breast cancer awareness.



# The Importance of Women's Health

When thinking about women's health, there's a lot to consider. Knowing the diseases and conditions that are among the top health risks for women, such as heart disease and breast cancer, is important. But for many women, effectively managing other matters that affect daily health, such as premenstrual syndrome, birth control, fertility, menopause and more, also is key to enjoying a vibrant life.

One topic that often raises many questions is breast health. What does it mean if you have dense breast tissue? What should you do if you find a breast lump? Is breast pain a cause for concern? And as you get older, your health concerns are likely to change. Could belly fat lead to health problems? Are Kegel exercises really necessary? What's the best way to deal with the changes of menopause? No matter what your age, lifestyle choices can go a long way toward lowering health risks and helping you live the life you want. Exercise and fitness coupled with a healthy diet can make a big difference in your health. These are great topics to bring up with your provider so you can make the best plan for your health.



River Hospital's Women's Health Specialist Chris Jewett, FNP-C is here to help. Chris cares for the whole woman, from pelvic pain and female cancers to menopause management, family planning, incontinence and beyond. Call today to get scheduled, **315-482-2094**.



## Want An Easy and Fun Holiday Appetizer? Pigs In A Blanket Wreath

Steven Hawes, Dietary Manager

This adorable holiday appetizer will become an instant legend to all your family and friends (who doesn't love pigs in a blanket?!). It's a centerpiece worthy of your holiday table—plus one that you can eat, which is the best kind of centerpiece in our opinion.



### Ingredients

- 1 tube refrigerated crescent rolls
- 24 mini hot dogs
- 1/4 c. Dijon mustard
- Egg wash
- 2 tsp. poppy seeds
- Rosemary sprigs (for decoration)
- Ketchup, for serving

### Directions

**Step 1:** Preheat oven to 375° F. Line a large baking pan with parchment paper. Slice crescent rolls lengthwise into thirds. Brush all over with dijon mustard. Place

a mini hot dog on the thick end of each triangle and roll up.

**Step 2:** Arrange the pigs in a blanket, side by side, in a circle on the baking sheet. They should be touching! Brush with egg wash and sprinkle with salt and poppy seeds.

**Step 3:** Bake for 15 to 20 minutes, until the crescents are golden. Let cool for at least 20 minutes.

**Step 4:** Lay rosemary sprigs around the inside of the wreath and place a small bowl filled with ketchup in the center.

## We see your health more clearly

If you need diagnostic imaging services, tell your doctor you choose River Hospital for excellent care and services close to home.

We have state-of-the-art radiologic technology with personalized care. Our radiology department is staffed by Board Certified Radiologists and Registered Technologists offering general and specialized radiography exams.

Services include:

- 3D Mammography
- Fluoroscopy
- Emergency and Routine X-ray
- Computerized Tomography (CT)
- Bone Densitometry
- Ultrasound
- Echocardiogram



We have 24-hour emergency and inpatient coverage. Routine X-ray walk-ins are welcome Monday-Friday 7:00am to 8:00pm. Outpatient procedures are by appointment and can be scheduled by calling 315.482.1156. For any questions on our Radiology services, call **315.482.1122**.

## Happy Holidays!

Wishing you a healthy New Year. This holiday season reminds us that we are blessed to be part of this great community. Your support of our hospital is appreciated, and not something we take for granted. From your friends and neighbors who make up our family of healthcare professionals, we wish you a Happy Holiday and a New Year filled with health and happiness.



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