



Expanding Space for Specialized Care

Northwell Health's 147-year-old Manhattan Eye, Ear and Throat Hospital (MEETH) continues its tradition of specialty care.

WORLD-CLASS HAND AND WRIST CARE

MEETH is the newest home of Northwell Health Physician Partners' New York Hand and Wrist Center at Lenox Hill, where Co-directors Daniel Polatsch, MD, and Steven Beldner, MD, lead a team that provides comprehensive care for hand, wrist and elbow conditions and injuries.



New York Hand And Wrist Center Co-directors
Daniel Polatsch, MD, and Steven Beldner, MD

"All treatments, including minor procedures, can be performed at the New York Hand and Wrist Center," Dr. Polatsch said.

"The equipment is new, and the entire office is designed to maximize the patient experience by optimizing functionality in an aesthetically pleasing environment. I don't know of a place like it anywhere," Dr. Beldner added.

Physicians at New York Hand and Wrist Center have earned international recognition for their expertise in complex hand, wrist and elbow conditions, and the team has received a number of national honors, including being named top doctors by *New York* magazine, *The New York Times*, *Castle Connolly*, and *US News & World Report*.

Renowned hand, wrist and elbow care is within your reach. Call New York Hand and Wrist Center at 212-434-4263 or visit handsurgeonsnewyork.com.

MEETH opened its doors on Oct. 15, 1869, long before the discovery of penicillin and the first open-heart surgery. At the time, Manhattan was in dire need of critical medical services. Throughout its history, MEETH has delivered leading-edge medical treatment.

"We are continuing our tradition of providing the highest levels of care and are making significant investments in the renovation of MEETH's infrastructure," said Richard Braunstein, MD, Executive Director of MEETH and Vice President of Ophthalmology for Northwell Health. "We are also investing in staff and resources and expanding the availability of our existing services and the development of additional specialty services."

Some of MEETH's new areas of specialization include: the New York Hand and Wrist Center, the Glaucoma Center, and the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT).

SEEING THE FUTURE

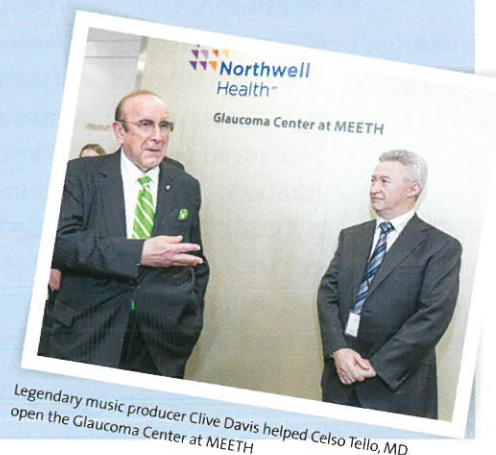
Many sight disorders cause gradually worsening vision that can, for a time, go unnoticed. For some conditions, such as glaucoma, early detection can help prevent blindness. To best care for New Yorkers with glaucoma, MEETH recently opened the 7,500-square-foot Glaucoma Center.

"Glaucoma is one of the leading causes of blindness in our country," said Celso Tello, MD, an internationally renowned glaucoma expert and Chair of Ophthalmology at both Lenox Hill Hospital and MEETH. "The disease is often diagnosed in its later stages because patients lose peripheral vision without realizing it. The goal of the Glaucoma Center is to create the opportunity for more patients to access state-of-the-art diagnostics and receive care from specialists trained to identify the disease process in its earliest stages."

Although glaucoma is incurable, options are available for controlling the disease and preserving vision. Providers at the Glaucoma Center use advanced technology to conduct eye exams and deliver follow-up medical or surgical treatments. Minimally invasive options include iStent and canaloplasty. These procedures are safe, reduce the risk of complications and improve recovery times when compared with traditional glaucoma surgery.

Glaucoma Center physicians are committed to advancing the science of glaucoma treatment and collaborate with international institutions to bring diagnosis and innovative care to New York.

If you notice decreased vision, act immediately. Call 212-702-7620 to schedule an evaluation at the Glaucoma Center.



Legendary music producer Clive Davis helped Celso Tello, MD, open the Glaucoma Center at MEETH

WORKING WITH ATHLETES

In 1973, the ribbon-cutting ceremony for NISMAT, the first hospital-based facility committed solely to sports medicine, opened the doors to a new era of the discipline. Today, the spirit of innovation lives on in a new space on the fifth floor of MEETH, where NISMAT orthopedic surgeons, physical therapists, exercise scientists, biomechanists, engineers, nutritionists, athletic trainers and conditioning specialists provide personalized care. The new facility houses:

- physical therapy space for patients recovering from surgery or injury;
- specialty clinics for runners, golfers and tennis players;
- space to conduct comprehensive fitness assessments and conduct individualized nutrition consultation; and
- space dedicated for high-level research into complex sports-related injuries and rehabilitation techniques.

If you have experienced a sports-related injury that won't heal, contact NISMAT at 212-434-2700.