

Latino High School Students Get an Inside Look at Healthcare Careers

In April the Latino Health Institute at Beth Israel launched its first annual Healthcare Career Day for Hispanic Youth in partnership with ASPIRA of New York, a nonprofit dedicated to the education and leadership development of young Latinos. The event gave high school students in New York City an opportunity to learn first-hand about careers in healthcare.

“Our goal with this program is twofold,” explained Hector Castro, MD, Medical Director of the Latino Health Institute. “We want to raise awareness of the serious health issues that face the Latino community today. But we also want to promote careers in the health industry to Hispanic students as a way to ensure the future well-being of their community.”

Fifteen Latino high school students were selected from the ASPIRA chapter at Flushing High School in Queens. The students received a welcome and orientation from Dr. Castro in the hospital’s board room followed by presentations from Sergio Gilbaud on Radiologic Services, Bob Bosakowski on Health System Pharmacies, Dr. Joseph Schappert on Medical Laboratory



Students prepare to visit Beth Israel’s Robotics Lab

Technology, and Hyacinth Hamilton-Gayle and Dr. Janet Mackin on Nursing Opportunities. Then the students had an opportunity to visit with and observe Beth Israel staff working in these fields.

“The Latino Health Institute’s program was a home run,” said Aida Ruiz, ASPIRA of New York’s Manager of Corporate Volunteer Services. “It really opened our students’ eyes and got them thinking about the exciting and lucrative careers available in healthcare.”

The United States has been facing an increasing shortage of skilled healthcare workers, with large deficits in medical labs, hospital pharmacies, radiologic technology and all aspects of the nursing field. Even world-class facilities like Beth Israel Medical Center must continually dedicate resources to recruiting and retaining the best available talent.

“This program is a natural off-shoot of our Latino Health Institute,” noted David J. Shulkin, MD, President and CEO of Beth Israel. “By engaging Latino youth in the healthcare industry through programs like this, we can raise awareness of the issue within the community while planting the seeds for our next generation of healthcare providers.”



LHI’s Healthcare Career Day began with a presentation on Radiologic Science





David Shulkin, MD



Hector Castro, MD

The Latino Health Institute has launched a full-scale assault to overcome the cultural, language, and other barriers to quality healthcare in the Latino community.

Dear Friends:

Welcome to the first issue of EL CURATIVO, from the Latino Health Institute at Beth Israel Medical Center. We created this newsletter to keep you informed about the outstanding work the Institute's physicians, nurses and allied healthcare professionals are doing to meet the specific health needs of New York City's Hispanic community.

One out of every four New Yorkers is Latino, yet these residents – the city's largest minority group – are facing health issues and challenges at rates that are considered epidemic when compared to the rest of the population.

The reasons for this Hispanic health deficit are complex, but cultural and communication barriers play a significant role. The Latino Health Institute was created to help New Yorkers overcome those obstacles.

The Latino Health Institute at Beth Israel was founded in 2006 as a partnership between Itzamna Medical Center, the city's first private-physician outpatient facility to reach out to the Latino community, and Beth Israel Medical Center. It is dedicated to improving the health and well-being of New York's growing Hispanic population.

It is a significant challenge. New York's Hispanics face higher risks for diabetes, high blood pressure, and HIV/AIDS. And the number of Latino children

suffering from asthma has been described as an epidemic by some.

The Latino Health Institute has launched a full-scale assault to overcome the cultural, language, and other barriers to quality healthcare in the Latino community.

We are operating on two fronts – the Institute is continuing Itzamna's tradition of community outreach, conducting educational seminars aimed at prevention and early diagnosis. It is also recruiting Hispanic and bilingual doctors, nurses, and staff to Beth Israel. They will provide direct patient care and help improve patient access at all levels of care.

By educating patients and creating a culturally sensitive medical environment, the hope is to make it easier for Latinos to see trained specialists and get the best possible preventive and clinical care.

We believe the creation of the Latino Health Institute is a big step toward eliminating ethnic and racial health disparities facing New York's Latino community. The health of our city depends on it.

Sincerely,

David Shulkin, MD
President and CEO
Beth Israel Medical Center

Hector Castro, MD
Medical Director
Beth Israel Latino Health Institute

El Curativo

NEWS FROM THE LATINO HEALTH INSTITUTE

Our Mission

Improve the health status of New York City's Hispanic community by providing culturally sensitive services, improved access at all levels of care, education about healthy life choices, and elimination of the causes of ethnic and racial health disparities.

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Latino Health Institute
Your Home In Healthcare | Su Hogar en Salud



ITZAMNA MEDICAL CENTER

The Healthy Cook's Corner

Overweight Hispanic and Latino Americans are at increased risk of type 2 diabetes. But here's the good news: Diabetes can be prevented. There are many small steps you can take to prevent diabetes – losing a small amount of weight by getting 30 minutes of physical activity such as vigorous walking most days and by making healthy food choices. With this in mind, we present a fast flavorful recipe that is low in calories, fat and carbohydrates. It's a great side dish that would go well with chicken rigatoni.

Oven-Baked Parmesan Zucchini

6 servings / serving size: ½ cup

4 small zucchini, scrubbed and diagonally sliced about ½ inch thick
 2 eggs, beaten
 2 Tbsp unbleached white flour
 3 Tbsp Parmesan cheese
 1 tsp dried oregano
 ½ tsp dried basil
 1 tsp paprika
 ½ tsp garlic powder
 1 Tbsp olive oil

1. Preheat oven to 350 degrees. Dip each zucchini slice into the beaten egg.
2. In a large zip-lock bag, combine the remaining ingredients except the oil. Shake the mixture well. Add the zucchini slices and shake well.
3. Place the zucchini slices on a cookie sheet or in a baking dish and drizzle with olive oil
4. Bake for 7-8 minutes until zucchini is golden brown.

© American Diabetes Association
 Recipe: Robin Webb.

LATINO HEALTH INSTITUTE / PHYSICIAN PROFILE

Ivan Fernandez Madrid, M.D.



A native of Hollywood, Florida, Dr. Ivan Fernandez Madrid dreamed of becoming a marine biologist when he grew up. But anyone who has had the misfortune of suffering a sports-related injury is certainly glad Dr. Madrid opted for medical school instead.

Dr. Madrid is a specialist in orthopedics and sports medicine – specifically joint replacement of the hip, knee, shoulder and elbow, as well as ligament and tendon reconstruction of the knee, shoulder, and elbow. He utilizes minimally invasive techniques such as partial knee replacement, whenever possible, to allow for faster recovery and quicker return to regular activity. He currently serves as orthopedic surgeon for the Latino Health Institute at Beth Israel Medical Center and as a clinical instructor of orthopedic surgery for the Department of Orthopedic Surgery at New York University's School of Medicine. He has been Chief of Orthopedic Surgery at St. Vincent's Midtown Hospital since April of 2003.

Step by Step

Face it. You need to get some exercise. Well stop feeling guilty and listen up.

Walking is one of the best (not to mention easiest) ways to increase your physical activity. Start slowly by walking 5 minutes more each day. Build up to 30 minutes five days a week.

To get in more steps, get off the bus one stop early, or park the car further from the entrance to stores, movie theaters or your job.

Research shows that exercise can:

- Lower your risk for heart disease and stroke
- Lower your blood pressure and blood sugar
- Lower bad cholesterol and raise good cholesterol
- Keep your bones strong and joints flexible
- Give you more energy and reduce stress

It's always wise to see your doctor before you start exercising. He or she can set up a program that is right for you.

Dr. Madrid received his Bachelor of Arts from Columbia University and his medical degree from SUNY Brooklyn. He did his post-graduate training at New York University's Medical Center, with an internship in general surgery and residency in orthopedic surgery at the NYU Hospital for Joint Diseases. He then did a fellowship in sports medicine at Wayne State University in Detroit. While in fellowship, he assisted the team physician for the NBA Detroit Pistons and the WNBA Detroit Shock.

A descendant of Argentinian immigrants and fluent in Spanish, Dr. Madrid has long been committed to giving back to the Latino community whenever he can. He has been working with Beth Israel's Latino Health Institute since shortly after its inception in 2006.

"Whether it's a senior citizen facing a serious hip problem, a worker who injured his elbow on the job, or a kid who tore up his knee on the soccer field, I want to make sure Latinos receive the best possible care available – en Español así como en Inglés," said Dr. Madrid. "The ability to communicate with patients regarding their healthcare is of primary importance, especially in their own language."

Volunteers Needed

Beth Israel's Latino Health Institute is always looking for committed individuals – adults as well as high school and college students – willing to lend their time to help out. Our volunteer opportunities allow participants to gain knowledge and experience in the public health sector while also helping BI to deliver the best possible care to patients. We are currently recruiting volunteers for the following positions:

1. Surgical Waiting Area Assistants at Beth Israel Medical Center, First Avenue at 16th Street
2. Concierge Attendants at Phillips Ambulatory Care Center, Union Square East, between 15th and 15th Streets
3. Clinical and Administrative Assistants at Itzamna Medical Center, Second Avenue at 21st Street

For more information about these positions or to volunteer, please call Sharon Voytush at 1-212-420-9225 or send an e-mail with your name address and phone number to svoytush@chnpnet.org

We'll be showing people the facts – health information that many of them will have never seen before – and then telling them what they can do to improve the health and well-being of themselves as well as those they love.

Saint Patrick's Old Cathedral, or Old St. Patrick's, is located at the corner of Mulberry and Prince Streets in Manhattan. It was the seat of the Roman Catholic Archdiocese of New York until the current Saint Patrick's Cathedral on Fifth Avenue opened in 1879.

Designed by architect Joseph-Francois Mangin, who also designed New York's City Hall, Old Saint Patrick's was built of local stone between June 8, 1809 and May 14, 1815. The church was originally a focus of the St. Patrick's Day parade, which later moved uptown to pass the new Cathedral.

In 1866 the structure was gutted by fire, but though the new St. Patrick's was already under construction, it was restored and reopened in 1868. Since 1879 it has been a parish church. Today it serves a multi-ethnic parish comprised of people from Chinatown, the Lower East Side, Little Italy and SoHo. Masses are celebrated in Chinese, Spanish and English.

St. Patrick's Old Cathedral was declared a landmark by the New York City Landmarks Commission in 1966. Film buffs may recognize the churchyard as a location for scenes in "Mean Streets" and its gothic interior from scenes in "The Godfather." In 1999, Old St. Pat's hosted the memorial service for John F. Kennedy, Jr.

Photo is by Wally Gobetz

Beth Israel Latino Health Institute Launches Community Outreach Program

Dr. Castro to Speak at Churches & Other Community Groups

The Latino Health Institute's Community Outreach Program serves two purposes. Putting Dr. Hector Castro out in the community, in front of groups of Latinos, helps raise awareness of the Institute and the services it provides. It also serves as a forum to help educate the public about the health challenges Latinos face.

As part of this program, Dr. Castro will be addressing church congregations and other community groups with large Hispanic populations. In these presentations, he will call attention to specific health issues that disproportionately affect the Latino community and provide culturally attuned information regarding the prevention and treatment of these maladies.

"In effect, we're taking it to the streets," said Dr. Castro. "We'll be showing people the facts – health information that many of them will have never seen before – and then telling them what they can do to improve the health and well-being of themselves as well as those they love."

Dr. Castro is scheduled to kick off the series by speaking at St. Patrick's Old Cathedral on Mulberry Street in Manhattan. He will be making a presentation on diabetes after the Sunday Spanish-language Mass on May 20, 2007.

"Diabetes was a natural choice for us as we roll out this program," explained Dr. Castro. "It's become a crisis in New York's Latino community, reaching epidemic proportions. The presentation is going to be a wake-up call for a lot of people, and hopefully we can inspire them to act."

Dr. Castro hopes that attendees will not only take steps to address the health issues they are facing, such as the threat of diabetes, but also to act as health ambassadors in their community – sharing the information they learned with others.

"If every person I talk to makes a positive change in their lives, and then tells someone else about it, we are that much closer to achieving our goal of improving the overall health and wellness of the Latino community," concluded Dr. Castro.

The Latino Health Institute is looking for other churches and organizations interested in participating in this program. In addition to diabetes, presentations will be given on asthma, nutrition, sexually transmitted diseases and other health issues that plague the city's Hispanic population.

If you are interested in having Dr. Castro come speak with your group, please contact Sharon Voytush at 212-420-9225 or send an email to svoytush@chpnet.org.

