

ST. JOSEPH'S  
Hospital  Health Center

A HIGHER LEVEL OF CARE

# Health services

For you & your family





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## **St. Joseph's Hospital Health Center Programs & Services**

Patients are the heart of St. Joseph's Hospital Health Center's programs and services. The quality of our patient care is recognized in our being designated a Magnet hospital for excellence in nursing by the American Nurses Credentialing Center.

St. Joseph's Hospital Health Center has a number and variety of health care programs and services to help you stay healthy or help get you well. The interconnection among these means you receive coordinated, continuous care.

Listed here are St. Joseph's Hospital Health Center's programs and services. If you can't find what you're looking for, please call St. Joseph's toll-free Resource Line at 1-888-STJOES1 (1-888-785-6371). In area code 315, call 703-2138. Our Web site is located at [www.sjhsyr.org](http://www.sjhsyr.org).



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# Aesthetic Surgery

## **Northeast Surgery Center**

4208 Medical Center Drive, Fayetteville, NY 13066

**315-329-7888**

Cosmetic and reconstructive surgery. Board-certified specialists. Safety, comfort and confidentiality are of primary concern.

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# Cardiac Services

**1-888-785-6371**

In area code 315, call **703-2138**.

Since performing the first open-heart surgery in Central New York in 1958, St. Joseph's continues to lead the way in the prevention, detection and treatment of heart disease and cardiac services for this area.

The emergency department also has an Early Chest Pain Evaluation Program. Emergency catheterizations and angioplasties are available 24 hours a day.

## **Cardiac Rehabilitation**

7246 Janus Park Drive, Liverpool, NY 13088

**315-458-7171**

Assessment, supervised exercise and nutritional counseling for patients who are at risk for a heart attack, have had a heart attack, heart surgery, or cardiac angioplasty/stent.

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## College of Nursing

### **St. Joseph's Hospital College of Nursing**

206 Prospect Avenue, Syracuse, NY 13203

**315-448-5040**

Two-year associate degree program with highly successful pass rate on the national nurse licensing exam. Two programs: full-time weekday or every other weekend options available. Tuition contract in exchange for three-year commitment to work at St. Joseph's Hospital Health Center following graduation.

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## Dentistry

### **Dental Office**

101 Union Avenue, Syracuse, NY 13203

**315-448-5477**

General dentistry and specialties.

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## Diabetes Education

### **Take Charge of Your Diabetes**

7246 Janus Park Drive, Liverpool, NY 13088

**315-458-7171**

Small group education, individual and group sessions focus on self-management. Long- and short-term complications, nutrition, self-care, home glucose monitoring, medications and community resources discussed.

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## Dialysis Programs

Diagnosis, treatment and education of patients with kidney disease.

### **Regional Dialysis Center**

973 James Street, Syracuse, NY 13203

**315-703-6700**

### **Camillus Dialysis Center**

5101 West Genesee Street, Camillus, NY 13031

**315-488-2979**

### **Cortland Dialysis Center**

3993 West Road, Cortland, NY 13045

**315-703-6741** (patient information)

**315-703-6700** (all other business)

### **Northeast Dialysis Center**

3105 Medical Center Drive, Fayetteville, NY 13066

**315-329-7200**

### **Seneca Dialysis Center**

8136 Oswego Road, Liverpool, NY 13090

**315-652-8474**

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## Disease Prevention/ Health Care Information

### **Wellness Place**

7246 Janus Park Drive, Liverpool, NY 13088

**315-458-2222**

Free health screenings and information. Staffed by registered nurses. Call for days and times of operation.

## **Smoking Cessation Program**

**315-458-2222**

Call for details.

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## **Emergency Services**

**315-448-5101**

Open 24 hours a day to treat patients with all kinds of sudden illnesses or injuries.

## **Early Chest Pain Evaluation Program**

Physicians quickly and efficiently identify and treat patients at risk for heart attack.



## **Fast Track**

For patients with minor illnesses or injuries;  
open 9 a.m. to 1 a.m.

## **Lifeline**

7246 Janus Park Drive, Liverpool, NY 13088

**315-492-8175**

Emergency response system available on a 24-hour basis to provide individuals with immediate contact with a trained personal response associate who has access to a profile and critical information.

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## **Home Health Care**

*Also see Medical Equipment & Supplies for the Home.*

## **St. Joseph's Certified Home Health Care Agency**

7246 Janus Park Drive, Liverpool, NY 13088

**315-458-4600**

Speech, occupational and physical therapies, and personal assistance by home aides. Skilled nursing, respiratory care, nutritional support and social services.

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## **Independent Living Services (ILS)**

**315-452-5800, ext. 356**

A Program of All-Inclusive Care for the Elderly, ILS provides alternative health care services for older adults who need skilled nursing care. Offered in partnership between St. Joseph's Hospital Health Center and Loretto, it serves residents in Onondaga County.

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## Infant Apnea

*See Maternity & Child Care Services.*

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## Mammography

301 Prospect Avenue, Syracuse, NY 13203

**315-423-4960**

Staffed by female technologists and nurses specifically trained in women's health, the center is equipped with state-of-the-art mammography equipment that has improved image quality and is able to detect smaller tumors.

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## Maternity & Child Care Services

301 Prospect Avenue, Syracuse, NY 13203

**315-448-5515 or 315-448-5399**

“Family-centered care” is the focus of St. Joseph's Hospital Health Center's maternity and pediatric services.

### **Classic Care Maternity**

For traditional deliveries, your own private room for labor, delivery and recovery. Private and semi-private rooms and baths for postpartum stays. One nurse cares for both mother and baby.

### **The Birth Place**

Syracuse's only hospital-based home birth center, with spacious and comfortable master bedroom suites for home-like deliveries.

### **Childbirth and Support Classes**

- Fit and Healthy Pregnancy
- Breast-feeding Classes
- Labor Preparation
- Newborn Care Class

- Luxury Lamaze Weekend Getaway
- Refresher Class
- Sibling Class
- Staying in Touch for women who are breast-feeding and returning to work or school

### **Intensive Care Nursery (New York state designated)**

Level III intensive care nursery for premature and ill newborns.

### **Center for Apnea (New York state designated)**

301 Prospect Avenue, Syracuse, NY 13203

**315-448-5861**

Medical care of infants and children with apnea, sleep disorders and family histories of Sudden Infant Death Syndrome.

### **Maternal Child Health Center**

*See Primary Care.*

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## Medical Equipment & Supplies for the Home

### **Franciscan Health Support, Inc.**

7246 Janus Park Drive, Liverpool, NY 13088

**315-458-4600**

Oxygen systems and respiratory care, including treatment of sleep-related disorders. Home medical equipment and supplies include wheelchairs, walkers, hospital beds and bathroom aids. Additional services include newborn and pediatric care, asthma and allergy management, as well as skilled nursing and rehabilitation.

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## Medical Imaging Services

301 Prospect Avenue, Syracuse, NY 13203

**315-448-5274**

Outpatient diagnostic and therapeutic medical imaging services provided by a team of board-certified radiologists and skilled technicians. Services, which require physician referral, include the following:

- Computed Tomography (CAT scans)
- Diagnostic Radiology
- Interventional Radiology
- Mammography  
(See description under its own category.)
- MRI
- Nuclear Medicine
- Ultrasound
- Peripheral Vascular Laboratory

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## Medical Services

**1-888-785-6371**

In area code 315, call **703-2138**.

St. Joseph's specialties span the spectrum of medical services. For a primary physician or specialist, call St. Joseph's Resource Line.

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## Mental Health Services

Full range of inpatient and outpatient services for area residents of all ages with various needs.

### **Inpatient Services**

301 Prospect Avenue, Syracuse, NY 13203

**315-448-5360**

## **Outpatient Services**

742 James Street, Syracuse, NY 13203

**315-703-2700**

Treatment includes reality therapy, group therapy, drug therapy combined with individual psychotherapy, family counseling, vocational counseling, and recreational and diversional therapy.

## **Adult Outpatient Clinic**

**315-703-2700**

Community-oriented mental health services for families and individuals over the age of 18 who are experiencing mental and/or emotional problems.

## **Comprehensive Psychiatric Emergency Program (CPEP)**

**315-448-6555**

Emergency and crisis intervention services for individuals and families living in Onondaga County who are experiencing psychiatric emergencies and emotional crises.

## **Continuing Day Treatment**

**315-703-2773**

Comprehensive, rehabilitative-focused psychiatric treatment and services for adults 18 years and older who have experienced emotional illness.

## **Rehabilitative Services**

**315-703-2750**

Intensive psychiatric rehabilitation treatment, New Connections Club and Residential Services Program.

## **Children Services**

**315-703-2800**

## **Children and Youth Outpatient Clinic**

Professional clinical care for individuals under the age of 18 and their families.

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## Nutritional Services

### **Nutritional Counseling**

301 Prospect Avenue, Syracuse, NY 13203

**315-423-4960**

Outpatient nutritional counseling and individualized nutrition plans for patients with diabetes, high cholesterol, high blood pressure or who need to lose weight.

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## Orthopedic Services

### **St. Joseph's Health in Motion**

**1-888-785-6371**

In area code 315, call **703-2138**.

St. Joseph's Human Motion Institute offers full surgical services in a relaxed atmosphere that encourages quick recovery. Patients are home again in a few days and back to an active lifestyle in a few weeks.

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## Outpatient Surgery

**1-888-785-6371**

In area code 315, call **703-2138**.

### **St. Joseph's Hospital Health Center**

301 Prospect Avenue, Syracuse, NY 13203

### **St. Joseph's North Surgery Center**

5100 West Taft Road, Liverpool, NY 13088

### **St. Joseph's Northeast Surgery Center**

4208 Medical Center Drive, Fayetteville, NY 13066

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## Pharmacy

### **Franciscan Pharmacy at Kinney's**

318 Prospect Avenue, Syracuse, NY 13203

**315-474-8851**

Complete prescription service. Free next day delivery in Onondaga County.

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## Physician Information

### **St. Joseph's Resource Line**

**1-888-785-6371**

In area code 315, call **703-2138**.

Information for people needing a physician or information about St. Joseph's programs and services.



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## Primary Care

Family health care services by family medicine physicians and/or other primary care physicians, including obstetricians/gynecologists and pediatricians.

### **Primary Physicians**

Private practices available in your neighborhood.

**1-888-785-6371**

In area code 315, call **703-2138**.

### **Family Medicine Center**

101 Union Avenue, 6th Floor, Syracuse, NY 13203

**315-448-5491**

### **Maternal Child Health Center OB/GYN Office**

516 Prospect Avenue, Syracuse, NY 13203

**315-703-5200**

Prenatal and postnatal health care and parenting classes as well as gynecological care and procedures for women.

### **Maternal Child Health Center Pediatric Office**

516 Prospect Avenue, Syracuse, NY 13203

**315-703-5270**

Children's health care includes well child exams, sick child care and immunizations.



## **Westside Family Health Center**

216 Seymour Street, Syracuse, NY 13204

**315-703-2600**

Bilingual staff. Family health care services by family practice physicians.

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## Rehabilitation Services

### **Court Street Physical Therapy**

2700 Court Street, Suite 7, Lyncourt Medical Center,  
Syracuse, NY 13208

**315-455-7203**

Outpatient physical therapy, including aquatic rehabilitation.

### **Northeast Medical Center Physical Therapy**

4401 Medical Center Drive, Suite 401, Fayetteville, NY 13066

**315-329-7000**

Outpatient physical therapy, including aquatic rehabilitation and a comprehensive lymphedema program.

### **St. Joseph's Inpatient and Outpatient Services**

301 Prospect Avenue, Syracuse, NY 13203

**315-448-5430**

Physical and speech-language therapies.

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## Respiratory Services

### **Better Breathing Program and Pulmonary Rehabilitation**

7246 Janus Park Drive, Liverpool, NY 13088

**315-458-7171**

Rehabilitation and education program for adults with lung and breathing disorders such as emphysema, chronic bronchitis, asthma and sleep apnea.

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## Sleep-Related Problems

### **The Sleep Laboratory**

945 East Genesee Street, Syracuse, NY 13210

**315-475-3379**

### **The Northeast Sleep Laboratory**

4400 Medical Center Drive, Fayetteville, NY 13066

**315-329-7378**

Diagnosis and treatment of sleep disorders including sleep apnea, a serious condition in which people have trouble breathing during sleep.

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## Smoking Cessation

*See Disease Prevention/Health Care Information.*

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## Spine Services

### **St. Joseph's Health in Motion**

**1-888-785-6371**

In area code 315, call **458-2222**.

St. Joseph's Human Motion Institute offers full surgical services in a relaxed atmosphere that encourages quick recovery. Patients are home again in a few days and back to an active lifestyle in a few weeks.

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## St. Joseph's Resource Line

**1-888-785-6371**

In area code 315, call **703-2138**.

Physician information about St. Joseph's programs and services.

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## Support Groups

301 Prospect Avenue, Syracuse, NY 13203

### **AWAKE**

**315-234-0828**

For people with sleep apnea.  
(*See Sleep-Related Problems.*)

### **Cancer Resource Program**

**315-448-5175**

For patients who are about to have or who recently have had treatment for breast cancer.

### **Internal Cardioverter Defibrillator (ICD) Support Group**

**315-448-6442**

For individuals who have an ICD implanted to control cardiac arrhythmias (abnormal heart rhythms).

### **Ileo-Anal Reservoir Discussion Group**

**315-448-5853** (Leave message)

For patients who have ulcerative colitis and who are considering two- or three-stage restorative surgery or who have had such surgery.

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## Surgical Services

*Also see Outpatient Surgery.*

**1-888-785-6371**

In area code 315, **call 703-2138.**

St. Joseph's specialties span the spectrum of surgical services. For a physician specialist, call our St. Joseph's Resource Line.

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# Guidelines for Health Exams

## Beginning at Age 20

It is recommended that you have a medical exam, including a complete lipid profile, every three to five years between the ages of 20 and 40. After age 40, a medical exam once a year (adding a vision check) is recommended. The Web sites of the American Cancer Society and the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality provide screening information. Their respective Web sites are <http://www.cancer.org/> and <http://www.ahrq.gov/>. Consult with your physician about your individual maintenance schedule for medical exams as well as for the tests and screenings listed here. If you have a personal or family history of diseases such as heart or lung, osteoporosis, cancer or diabetes,

Blood pressure reading

Breast self-exam (women)

Colorectal cancer screening

Dental check up

Eye exam

Hearing test

Height/weight

Influenza vaccine

Mammogram (women)

Pap smear/clinical breast exam (women)

Pneumonia vaccine

PSA (men)

Rectal exam (digital)

Testicular self-exam (men)

Tetanus booster

Tuberculosis skin test



consult with your physician about the screening schedule that is “right” for you. Some guidelines may not be widely accepted; your physician can best decide which exams and tests are appropriate for you.

Once a year

Once a month

Varies according to your personal and family history. Stool occult blood test each year after 50.

Once every six months

Once between 20 and 29. Twice between 30 and 39. After 40, every 1 to 2 years (especially if there is a history of serious eye injury or family history of glaucoma). After 65, complete eye exam to screen for cataracts, glaucoma and age-related macular degeneration. Those with diabetes, complete eye exam each year.

Every 2 to 5 years after 65

As part of medical exam

Yearly in October through December if older than 65 or at high risk due to chronic diseases such as diabetes.

Once between 35 and 40; every year after 40

Once a year

If otherwise healthy, once at 65. A repeat immunization may be necessary in 5 to 10 years. May be recommended for younger people in some cases.

Once a year after 50

Once a year after 40

Once a month

Once every 10 years

As part of medical exam







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301 Prospect Ave., Syracuse, NY 13203

315-448-5111

[www.sjhsyr.org](http://www.sjhsyr.org)

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