DIRECTORY

Services • Locations • Programs

We’re more than just a hospital.
A Continuum of Care

St. Joseph’s Hospital Health Center has been, and remains, the backbone of our integrated system, delivering award-winning care and providing enhanced value to our primary, specialized, and urgent care facilities throughout the region. A nationally recognized leader in cardiovascular and orthopedic surgical care, the 451-bed comprehensive medical care institution is advancing the standards of care through innovative technologies and improvement in patient care. Our two state-of-the-art ambulatory surgery centers offer outpatient surgery services that do not require an overnight stay.

The continuum of care extends to our comprehensive primary care services provided across multiple locations which help maximize personal health management and overall well-being. Supporting patients’ desire to live at home, Franciscan Companies provides a variety of health-related services including home medical equipment, respiratory therapy, sleep disorder treatments, home care, senior programs, wellness initiatives, Lifeline medical alert, medication dispensers and telehealth.

St. Joseph’s Health is part of Trinity Health, a Catholic national healthcare system located in Livonia, Michigan. The membership with a larger faith-based organization strengthens our mission of Catholic health care and together we are committed to providing better health, better care and lower operating costs in the communities we serve.

Commitment to the Community

An integral part of the Syracuse and Central New York community for over 145 years, St. Joseph’s remains committed to providing quality care compassionately to the sick and injured. In 2015, St. Joseph’s formally expanded several pilot partnerships between primary care providers and specialists to offer psychiatric telemedicine services in areas where access to psychiatrists is limited and to better support the provision of primary care services throughout the region – most recently in collaboration with our affiliate Lewis County General Hospital.
Welcome to St. Joseph’s. We are pleased to offer you a wide range of health care services, including hospital-based, as well as outpatient services. Our vast system of primary care includes everything from family medicine to dental to behavioral health. In addition, we offer home care, imaging, physical therapy and medical equipment, to name only a few. St. Joseph’s prides itself on being a compassionate health care provider, offering the highest level of care to the community. I personally invite you to discover the St. Joseph’s difference.

ST. JOSEPH’S HEALTH
Connecting More Lives Than Ever Before

St. Joseph’s Health is connecting more lives than ever before, providing services to patients throughout Central New York and northern Pennsylvania. From primary to specialty to home care, to our Magnet-recognized hospital, and in collaboration with our community partners, St. Joseph’s Health is advancing the health of the communities we serve through an expanding range of health care services to ensure our patients achieve optimum long-term health. In July 2015, St. Joseph’s Health finalized its membership with Trinity Health, a respected Catholic national health system located in Livonia, Michigan. The membership with a larger faith-based organization strengthens our 150-year old mission of Catholic health care and together we are committed to providing better health, better care and lower operating costs in the communities we serve.

The Continuum of Care
St. Joseph’s Hospital has been, and remains, the backbone of our integrated system, delivering award-winning care and providing enhanced value to our primary, specialized, and urgent care facilities throughout the region. Ranked by Consumer Reports among the top 15 heart surgery centers in the country, U.S. News “Best Regional Hospital” and a 15-time winner of the National Research Corporation Consumer Choice award, St. Joseph’s Hospital is widely recognized for quality, value and delivering the highest patient satisfaction. In 2015, St. Joseph’s Hospital conducted over 9,000 inpatient surgeries, provided nearly 66,000 emergency room visits and discharged over 26,500 inpatient visits. Our Level III NICU recently celebrated 45 years of caring for some of our most vulnerable patients.

While we continue to offer award-winning care within the hospital, it is our comprehensive primary care services offered through multiple locations in the region that help maximize personal health management and overall well-being. Receiving Patient Centered Medical Home recognition, St. Joseph’s nine seamlessly integrated practices provided nearly 245,000 visits in 2015. Franciscan Companies provides nearly 40,000 patients a variety of health-related services, products and programs to enable people to live home and live well. Services include home medical equipment, respiratory therapy, sleep disorder treatments, home care, senior programs, wellness initiatives, Lifeline medical alert, medication dispensers and tele-health.

An integral part of the Syracuse and Central New York community for over 145 years, St. Joseph’s remains committed to providing quality care compassionately to the sick and injured.
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BEHAVIORAL HEALTH

Behavioral Health Residential Services
The Residential Services Program offers two levels of care which provide structured and supportive environments for patients with psychiatric disabilities, 18 years of age and older.

The primary goal of both the supervised community residence program and intensive supportive apartments is to ensure that those in need will receive the support and services necessary to maintain the most appropriate level of independent living possible.

742 James St., Syracuse, NY 13203
PH: (315) 703-2812

St. Joseph’s Behavioral Health Community Residence
724 Oswego Rd., Liverpool, NY 13088
(315) 703-2812

Behavioral Health Services
St. Joseph’s has a full range of inpatient and outpatient behavioral health services for area residents of all ages with various needs. Funded and accredited in cooperation with the Onondaga County Department of Mental Health and the New York State Office of Mental Health, it is a state designated Community Health Center.

742 James St., Syracuse, NY 13203
PH: (315) 703-2700

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5704
FAX: (315) 423-6853

321 Gifford St.
Syracuse, NY 13204
PH: (315) 703-2600
FAX: (315) 703-2621

Peck Hall Clinic
601 E. Genesee St.
Syracuse, NY 13203
PH: (315) 726-8680
FAX: (315) 703-2730

614 S. Salina St., Ste. 300
Syracuse, NY 13202
PH: (315) 425-0599

713 E. Genesee St., Ste. 108
Syracuse, NY 13210
PH: (315) 475-3178

5100 W. Taft Rd., Ste. 3J
Liverpool, NY 13088
PH: (315) 452-2250
FAX: (315) 452-2252

6834 E. Genesee St.
Fayetteville, NY 13066
PH: (315) 446-3292
FAX: (315) 703-2880

Children & Youth Outpatient Clinic
The Children and Youth Clinic provides behavioral health services to children up to the age of 18 and their families. Children and youth are treated individually, in families, in groups, through collaborative services for parents and significant others. Medication services are also available.

742 James St., Syracuse, NY 13203
PH: (315) 703-2800

Comprehensive Homeless Access to Nontraditional Clinical Experiences (CHANCE)
A cooperative effort of St. Joseph’s, the Onondaga County Department of Mental Health, the Syracuse Rescue Mission, and the Salvation Army, CHANCE helps individuals transition from psychiatric inpatient units and correctional facilities into the homeless shelters.

742 James St., Syracuse, NY 13203
PH: (315) 703-2700

Comprehensive Psychiatric Emergency Program (CPEP)
CPEP is a licensed Psychiatric Emergency room, serving individuals from Onondaga and Madison counties, and visitors in the Greater Syracuse area. CPEP is fully staffed 24-hours a day, seven days per week.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-6555

Mobile Crisis Outreach
Mobile Crisis Outreach provides an off-site initial screening for individuals in emotional crisis. Individuals who require a full psychiatric assessment by the physician will be transported to CPEP by 911 services.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 726-8650

Personalized Recovery Oriented Services (PROS)
PROS is a comprehensive, recovery oriented program for individuals who are ready to overcome personal and social barriers that are often associated with severe behavioral health conditions.

CARDIOVASCULAR SERVICES
Cardiac Services
St. Joseph’s provides a full range of cardiovascular services through its award-winning program, including surgery,
interventional procedures, diagnostics and rehabilitation.

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

**St. Joseph’s Physicians Cardiovascular Specialists**
104 Union Ave.
Suite 804
Syracuse, NY 13203
(315) 703-5250

**St. Joseph’s Physicians Cardiovascular Specialists**
4939 Brittonfield Pky., Ste. 202
East Syracuse, NY 13057
PH: (315) 634-6699

**Cardiac Catheterization**
Our state-of-the-art cardiovascular laboratory is the highest volume facility in Central New York, serving more than 5,000 patients annually. The interventional cardiologists on staff have participated in national studies of promising new technologies, including the drug-eluting stent.

**Cardiac Rehabilitation**
Cardiac rehabilitation, or “cardiac rehab,” is an exercise and education program for patients with heart disease. This program can actually lower the risk of cardiac death by 25 percent. Requires physician referral.

**Cardiac Surgery**
St. Joseph’s cardiac surgery program offers minimally invasive valve and coronary artery bypass surgery. Surgeons continue to perform the most open heart procedures in Central New York with the lowest risk-adjusted mortality rates.

**Electrophysiology**
St. Joseph’s electrophysiology laboratory is used to diagnose and treat patients with cardiac arrhythmias (irregular heartbeats).

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-6117

**Transcatheter Aortic Valve Replacement (TAVR)**
TAVR is a less invasive alternative to open heart valve replacement surgery. It requires a referral from your physician.

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 448-5871

**DENTAL**
**Dental Services**
Dental hygienists and dental residents, along with dental assistants and other support staff, provide dental care under the direction of attending dentists from the community who volunteer their time.

**Diabetes Services**
**Diabetes Education**
St. Joseph’s Diabetes Self-Management Program teaches participants what good diabetes control is and how to attain it. You will get support from a nurse and a dietitian to make lifestyle changes. St. Joseph’s Diabetes Program is recognized by the American Diabetes Association for quality self-management education.

7246 Janus Park Dr.
Liverpool, NY 13088
PH: (315) 458-7171

**Nutrition Counseling**
St. Joseph’s offers counseling and education to help patients with weight loss and management, gastrointestinal issues, food allergies and intolerances, disorders of lipid metabolism, malnutrition and other issues.

7246 Janus Park Dr.
Liverpool, NY 13088
PH: (315) 458-7171

**St. Joseph’s Physicians**
4104 Medical Center Dr., Ste. 104
Fayetteville, NY 13066
PH: (315) 663-0059
FAX: (315) 663-0126

**DIALYSIS**
**Dialysis Services**
St. Joseph’s specializes in diagnosing, treating and educating patients with chronic kidney disease. Acute dialysis services are also provided in the inpatient Acute Kidney Unit located at St. Joseph’s Hospital.

**Camillus Dialysis Center**
5101 W. Genesee St.
Camillus, NY 13031
PH: (315) 488-2979

**Cortland Dialysis Center**
3993 West Rd.,
Cortland, NY 13045
PH: (607) 662-0140
Liverpool Dialysis Center
8302 Provo Dr.
Liverpool, NY 13090
PH: (315) 652-8474

Northeast Dialysis Center
4105 Medical Center Dr.
Fayetteville, NY 13066
PH: (315) 329-7200

Regional Dialysis Center
973 James St.,
Syracuse, NY 13203
PH: (315) 703-6700

St. Joseph’s Hospital Dialysis
St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5343
FAX: (315) 329-7203

North Medical Center
5100 W. Taft Rd., Ste. 1C
Liverpool, NY 13088
PH: (315) 452-2333

Northeast Medical Center
4100 Medical Center Dr., Ste. 103
Fayetteville, NY 13066
PH: (315) 637-7800

FRANCISCAN COMPANIES
Lifeline Medical Alert
Franciscan Companies offers a cellular medical alert system to connect users, with or without a home telephone line, with help in case of a fall.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 492-8175
FAX: 315-492-2723

Franciscan Health Support
Franciscan Health Support provides oxygen and sleep therapy, as well as medical equipment, to patients in a 30-county area stretching through NY and PA. If you need state-of-the-art equipment for respiratory conditions or sleep apnea, call Franciscan. Registered Respiratory Therapists will come to your home and provide you with clinical care to manage your condition through the TLC program.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200

Medication Dispensing Service
Franciscan Companies, offers a medication dispenser that ensures pre-loaded medication is taken at the correct times. Mismanagement of medication is the number one reason seniors are admitted to the hospital.

DURABLE MEDICAL EQUIPMENT (DME)

Medical Equipment
Our partner, Franciscan Companies, offers home medical equipment through Franciscan Health Support, Lourdes Health Support and other regional partners. Products including wheelchairs, walkers, beds and bathroom safety equipment, are delivered right to your door.

Franciscan Health Support
300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200
FAX: (315) 458-8640

945 E. Genesee St.
Syracuse, NY 13210
PH: (315) 458-3200
FAX: (315) 458-8640

Auburn Health Support Services
333 Butternut Dr., Ste. 100
DeWitt, NY 13214
PH: (315) 294-5464

Lewis County Health Support Services
7785 North State Street
Lowville, NY 13367
PH: (315) 377-2999

Lourdes Health Support Services
1155 Upper Front St.
Binghamton, NY 13905
PH: (607) 724-0115

Mountain Lakes Health Support
1001 West St.
Carthage, NY 13619
PH: (315) 519-6712

Oneida Health Support Services
601 Seneca St.
Oneida, NY 13421
PH: (315) 280-6699

Mohawk Valley Health Support Services (Formerly St. Elizabeth Health Support Services)
3899 Oneida St.
New Hartford, NY 13413
PH: (315) 737-0310

EMERGENCY SERVICES

St. Joseph’s Hospital
St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

Urgent Care
Urgent Care centers provide comprehensive walk-in, extended hour medical care for minor to moderate illness and injury that needs treatment immediately – but does not belong in an emergency department.

North Medical Center
5100 W. Taft Rd., Ste. 1C
Liverpool, NY 13088
PH: (315) 452-2333

Northeast Medical Center
4100 Medical Center Dr., Ste. 103
Fayetteville, NY 13066
PH: (315) 637-7800

DURABLE MEDICAL EQUIPMENT (DME)

Medical Equipment
Our partner, Franciscan Companies, offers home medical equipment through Franciscan Health Support, Lourdes Health Support and other regional partners. Products including wheelchairs, walkers, beds and bathroom safety equipment, are delivered right to your door.

Franciscan Health Support
300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200
FAX: (315) 458-8640

945 E. Genesee St.
Syracuse, NY 13210
PH: (315) 458-3200
FAX: (315) 458-8640

Auburn Health Support Services
333 Butternut Dr., Ste. 100
DeWitt, NY 13214
PH: (315) 294-5464

Lewis County Health Support Services
7785 North State Street
Lowville, NY 13367
PH: (315) 377-2999

Lourdes Health Support Services
1155 Upper Front St.
Binghamton, NY 13905
PH: (607) 724-0115

Mountain Lakes Health Support
1001 West St.
Carthage, NY 13619
PH: (315) 519-6712

Oneida Health Support Services
601 Seneca St.
Oneida, NY 13421
PH: (315) 280-6699

Mohawk Valley Health Support Services (Formerly St. Elizabeth Health Support Services)
3899 Oneida St.
New Hartford, NY 13413
PH: (315) 737-0310

EMERGENCY SERVICES

St. Joseph’s Hospital
St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

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North Medical Center
5100 W. Taft Rd., Ste. 1C
Liverpool, NY 13088
PH: (315) 452-2333

Northeast Medical Center
4100 Medical Center Dr., Ste. 103
Fayetteville, NY 13066
PH: (315) 637-7800

FRANCISCAN COMPANIES
Lifeline Medical Alert
Franciscan Companies offers a cellular medical alert system to connect users, with or without a home telephone line, with help in case of a fall.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 492-8175
FAX: 315-492-2723

Franciscan Health Support
Franciscan Health Support provides oxygen and sleep therapy, as well as medical equipment, to patients in a 30-county area stretching through NY and PA. If you need state-of-the-art equipment for respiratory conditions or sleep apnea, call Franciscan. Registered Respiratory Therapists will come to your home and provide you with clinical care to manage your condition through the TLC program.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200

Medication Dispensing Service
Franciscan Companies, offers a medication dispenser that ensures pre-loaded medication is taken at the correct times. Mismanagement of medication is the number one reason seniors are admitted to the hospital.
300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 492-8175

Pediatric Neonatal Respiratory Care
Franciscan Companies offers monitoring, phototherapy, ventilation, supplemental oxygen and breast pumps.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200

TLC (Teach, Learn, Comprehend)
Registered Respiratory Therapists from Franciscan Companies provide in-home assessments and education to manage chronic conditions like COPD.

300 Gateway Park Drive
North Syracuse, NY 13213
(315) 458-3600 ext. 203

HOME HEALTH/ INDEPENDENT LIVING
Home Health Care
Franciscan Health Support's Licensed Home Care agency provides high quality nursing services, home health aides, personal care services, physical therapy and other related needs for patients in their private residence, senior apartment building, assisted living facility, or any other place they call home.

Cortland County
165 Main St.
Cortland, NY 13045
PH: (315) 458-5600

Onondaga County
7246 Janus Park Dr.
Liverpool, NY 13088
PH: (315) 458-5600

Oswego County
113 Schuyler St., Ste. 3
Fulton, NY 13069
PH: (315) 598-1544

St. Joseph's Certified Homecare Agency
(CHHA) extends the reach of skilled services to include nursing, rehabilitation and support services from hospitals, clinics, and physician offices into the home. Working under the direction of your physician, our services are available 24 hours a day, seven days a week. Our family-centered approach includes teaching patients and their families about their care, coordinating additional services, and researching community resources.

7246 Janus Park Dr.
Liverpool, NY 13088
PH: (315) 458-2800

St. Joseph's Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5880
FAX: (315) 448-6161

HOSPITAL
St. Joseph's Hospital
Ranked by Consumer Reports among the top 15 heart surgery centers in the country, U.S. News “Best Regional Hospital” and a 15-time winner of the National Research Corporation Consumer Choice award, St. Joseph's is widely recognized for quality, value and delivering the highest patient satisfaction.

St. Joseph's Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5111

IMAGING
Medical Imaging Services
Through its inpatient and outpatient centers, Imaging at St. Joseph’s offers patients a full range of imaging services. The Imaging at St. Joseph’s outpatient center includes two digital X-ray rooms, one 64-slice CT scanner, and three ultrasound rooms. In addition, the outpatient center now includes the area’s newest digital mammography and bone densitometry (DEXA) unit to test for osteoporosis. A full range of services, including outpatient studies not currently available at the outpatient facility, are available in the hospital to all patients.

Outpatient Center
Medical Office Centre
104 Union Ave., 9th flr.
Syracuse, NY 13203
PH: (315) 703-5114

Medical Center West
5700 W. Genesee St.
Camillus, NY 13031
PH: (315) 631-6555
FAX: (315) 631-6559

North Medical Center
5100 W. Taft Rd.
Liverpool, NY 13088
PH: (315) 452-2555
FAX: (315) 452-2559

Northeast Medical Center
4109 Medical Center Dr.
Fayetteville, NY 13066
PH: (315) 329-7555
FAX: (315) 329-7559

SJIA at Oswego
300 St. Rt. 104 East
Oswego, NY 13126
PH: (315) 216-6060
FAX: (315) 216-6249

Radisson Health Center
8280 Willett Pky.
Baldwinsville, NY 13027
PH: (315) 635-6815
FAX: (315) 635-6816
Neurophysiology
St. Joseph’s neurophysiology department offers outpatient EEGs, EMGs and nerve conductions.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5203

CNY Infusion Services
CNY Infusion Services specializes in high-tech, same day, home infusion therapy providing infusion nursing and statewide infusion pharmacy services. With 24 hour availability, our most common therapies include: Total Parenteral Nutrition, IV Antibiotics and Immune Globulin Therapy. Our staff includes certified infusion pharmacists and nurses and specialty programs for Immune Globulin, TPN and Wound Care.

333 Butternut Dr., Ste 102
DeWitt, NY 13214
PH: (315) 424-7027
FAX: (315) 424-7638

Laboratory Alliance of CNY, LLC
North Medical Center
5100 W. Taft Rd., Ste. 2F
Liverpool, NY 13088
PH: (315) 452-2280
FAX: (315) 452-2298

Laboratory Alliance of CNY, LLC
Patient Service Center
Northeast Medical Center
4104 Medical Center Dr., Ste. 210
Fayetteville, NY 13066
PH: (315) 329-7047
FAX: (315) 329-7048

Laboratory Alliance of CNY
113 Innovation Ln.
Liverpool, NY 13088
PH: (315) 453-7200

4104 Medical Center Dr.
Fayetteville, NY 13066
PH: (315) 329-7047

8015 Oswego Rd.
Liverpool, NY 13090
PH: (315) 622-5041

5700 W. Genesee St., Ste. 9
Cazenovia, NY 13035
PH: (315) 468-0501

739 Irving Ave.
Syracuse, NY 13210
PH: (315) 470-2951

4 Chenango St.
Cazenovia, NY 13035
PH: (315) 655-3488

3452 Route 31
Syracuse, NY 13207
PH: (315) 652-1718

5100 W Taft Rd., Ste. 2F
Liverpool, NY 13088
PH: (315) 452-2280

5820 Heritage Landing Dr.
East Syracuse, NY 13057
PH: (315) 701-1399

Upstate University Hospital
Community Campus
Broad Rd., Ste. 1D
Syracuse, NY 13210
PH: (315) 492-5428

6221 Route 31, Ste. 108B
Cicero, NY 13039
PH: (315) 752-0077

4882B N. Jefferson St.
Pulaski NY 13142
PH: (315) 298-4743

Vascular Access Team/Phlebotomy Department
The Vascular Access Team (VAT) is a dedicated team of registered professional and licensed practical nurses who provide an assessment of the correct vascular access or line for each patient. They then place the line at the bedside or in collaboration with Interventional Radiology. The Phlebotomy team provides 24/7 venipuncture blood collection service to patients.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5691

LONG-TERM CARE/SENIOR CARE
Adult Outpatient Behavioral Health Clinic
The Adult Clinic provides comprehensive psychiatric outpatient care to adults who request treatment and who suffer from a psychiatric disorder.

742 James St.
Syracuse, NY 13203
PH: (315) 703-2700

Embracing Age
(Senior Program)
Embracing Age provides all the services needed to keep seniors...
Keeping Seniors In The Home They Love

Embracing Age Offers Compassionate Assistance and Support

- Transportation
- Companions
- Housekeeping
- Shopping Services
- Meal Preparation
- Home Health Aides
- Lifeline Medical Alert System

Contact Embracing Age Today (315) 877-3779 or www.embracingage.org

Personal Support for Better Living
333 Butternut Drive, Suite 100, DeWitt, New York 13214

Embracing Age is part of St. Joseph’s Health and Franciscan Companies

Comprehensive breast care starts here.

Connect with the skilled, compassionate specialists at St. Joseph’s Breast Care and Surgery.

- More than 15 years of experience serving the CNY community
- Complete evaluation and treatment planning for diseases of the breast
- Genetic counseling and testing
- Multi-specialty approach for coordination of care between surgery, radiology, pathology, medical and radiation oncology

Specializing in breast disease and treatment, our physicians and nurse navigators, led by Kara C. Kort, MD, truly connect with patients, providing support throughout the entire process. It’s our way of connecting lives while delivering the most advanced, comprehensive treatments. That’s a Higher Level of Care – and you won’t find it anywhere else.

4117 Medical Center Drive | Fayetteville, NY 13066
Call 315.744.1551 to schedule an appointment.
For more information, visit www.sjhsyr.org/breastcare.

A Member of St. Joseph’s Health
SYRACUSE
St. Joseph’s Hospital Health Center
CNY Family Care – ▲
CNY Infusion Services – JV
Behavioral Health Services
Dental Residency Clinic
Dialysis Center – Regional – JV
Family Medicine Residency Program
Laboratory Alliance of Central New York, LLC – JV
Loretto – ★
PACE-CNY Catherine McAuliffe Center – ★
Primary Care Center – Main Campus
Primary Care Center – West
Psychiatric Emergency Program
St. Joseph’s College of Nursing
St. Joseph’s Hospital Health Center Foundation
St. Joseph’s Imaging Associates – Syracuse – JV
St. Joseph’s Imaging Associates – MOC – JV
St. Joseph’s Physicians – Syracuse

AUBURN
Auburn Health Support Services – JV
Internal Medicine Associates – Auburn – ▲

BALDWINSVILLE
Silver Fox Senior Social Club – ★
St. Joseph’s Physicians – Baldwinsville
St. Joseph’s Imaging Associates – Baldwinsville – JV

BINGHAMTON
Lourdes Health Support – JV

CAMILLUS
Dialysis Center – JV
St. Joseph’s Imaging Associates – West – JV

CARTHAGE
Carthage Area Hospital Sleep Center – JV
Mountain Lakes Health Support – JV

CAZENOVIA
St. Joseph’s Physicians – Cazenovia

CICERO
Family Medicine Associates – Cicero – ▲

CORTLAND
Dialysis Center – JV
Franciscan Licensed Home Care

DEWITT
FHS Services, Inc/Franciscan Companies/
Franciscan Management and Consulting Services
Embracing Age

EAST SYRACUSE
St Joseph’s LINK
St. Joseph’s Physical Medicine and Rehabilitation

FAYETTEVILLE
Center for Wound Care and Hyperbaric Medicine
Dialysis Center – Northeast – JV
Northeast Urgent Care
Northeast Surgery Center
LIVERPOOL
Certified Home Health Care Agency
Dialysis Center – North – JV
Franciscan Licensed Home Care
North Urgent Care
North Surgery Center
PET/CT - Liverpool – JV
PROS Recovery Community – Liverpool
Sleep Lab – Liverpool
St. Joseph’s LINK
St. Joseph’s Physicians – Liverpool
St. Joseph’s Imaging Associates – North – JV

LOWVILLE
Lewis County General Hospital – ★
Lewis County Primary Care Network – ▲
Lewis County Health Support Services – JV

NORTH SYRACUSE
Franciscan Health Support
Franciscan Lifeline
PACE-CNY Sally Coyne Center

ONEIDA
Oneida Health Support – JV
The Sleep Center at Oneida Healthcare

OSWEGO
St. Joseph’s Imaging Associates – Oswego – JV

ROME
Rome Memorial Hospital – ★
(Affiliation in development stage)

UTICA
Mohawk Valley Health Support Services – JV

(Fayetteville Cont.)
Physical Therapy – Northeast
St. Joseph’s Physicians – Fayetteville
St. Joseph’s Imaging Associates – Northeast – JV
Sleep Lab – Fayetteville

FULTON
Oswego Health Home Care – JV
St. Joseph’s Imaging Associates,
River Vista Medical Center – JV

NOVEMBER 2016
living independently at home. Specialists work with our clients to arrange and assist with various services including companions, transportation, home health aides, Lifeline Medical Alert, housekeeping, meal preparation and a shopping service.

333 Butternut Dr., Ste. 100
DeWitt, NY 13214
PH: (315) 877-3779

**Fracture Care**
St. Joseph’s offers a Geriatric Fracture Program with a team approach to fracture care.

**Lifeline Medical Alert Service**
Lifeline Medical Alert keeps seniors connected to help with the touch of a button in case of a fall. Service is monthly and can be handled by the subscriber or caregiver. A cellular alert system is available for users without a home telephone line.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 492-8175

**PACE (Program of All-inclusive Care for the Elderly)**
PACE CNY is an alternative to nursing care that allows the frail elderly to continue to live in the community. It is a non-profit community-based managed-care program sponsored by Loretto in cooperation with St. Joseph’s Hospital.

**Catherine McAuliffe Center**
700 East Brighton Ave.
Syracuse, NY 13205
PH: 1-888-728-7223 or (315) 452-5800

**Sally Coyne Center**
100 Malta Lane
North Syracuse, NY 13212
PH: 1-888-728-7223 or (315) 452-5800

**Silver Fox Senior Social Club**
The Silver Fox Senior Social Club provides a fun, safe environment with activities, nutritious meals and assistance with personal care. All families are eligible for a FREE guest day, or call.

22 E. Genesee St.
Baldwinsville, NY 13027
PH: (315) 635-5335

**The Cottages in Cicero**
5460 Meltzer Ct.
Cicero, NY 13039
PH: (315) 699-1619

**ORTHOPEDICS**
**Orthopedic Services**
St. Joseph’s award-winning orthopedic program includes total and partial joint replacement surgery, hand/wrist care, fracture care, sports medicine and podiatry care.

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

**Hand & Wrist**
Through a dedicated surgery center for outpatient hand/wrist procedures, St. Joseph’s skilled surgeons help provide the services compassionately in one location.

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

**Spine Services**
St. Joseph’s offers a full range of spine/neurology services to treat conditions, such as arthritis, bulging disc, instability and ruptured or herniated discs.

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

**St. Joseph’s Physicians Spine Care**
Northeast Medical Center
4101 Medical Center Dr.
Fayetteville, NY 13066
PH: (315) 744-1739

**Sports Medicine**
Sports medicine is a subspecialty of orthopedics that deals with the treatment and prevention of injuries resulting from participation in sports and/or exercise.

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

**Syracuse Orthopedic Specialists PC**
Dewitt-Widewaters
5719 Widewaters Parkway
Syracuse, NY 13214
Ph: (315) 251-3100
www.sosbones.com/locations

**Total Joint Center**
The Total Joint Center is part of the 26 bed medical-surgical unit. Through comprehensive multidisciplinary care, the Center specializes in a wellness approach for those patients undergoing total joint replacement.

**St. Joseph’s Hospital**
301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138
PARMAII CARE
Primary Care
St. Joseph’s primary care practices are evolving as role models for excellence in primary care. Certified Level 3 Patient Centered Medical Home, St. Joseph’s nine seamlessly integrated practices that offer a full-range of services to care for you and your family at every stage of life. St. Joseph’s physicians are specially trained to treat the whole person regardless of age. Services include women’s health, pediatric care for newborns, adult and geriatric medicine and disease prevention.

St. Joseph’s Primary Care Centers
St. Joseph’s Primary Care Centers provide medical care — including delivering babies, caring for children, women’s health, care of hospitalized patients, and office care for most medical problems — to people of all ages and families.

Primary Care Center - Main Campus
101 Union Ave.
Syracuse, NY 13203
Ph: (315) 448-5491

Primary Care Center - West
321 Gifford St.
Syracuse, NY 13204
PH: (315) 726-2600

Primary Care Center - James
742 James Street
Syracuse, NY 13203
PH: (315) 703-2807

Obstetrics & Gynecology Office
You will be cared for by a staff, which specializes in women’s health care. The team includes physicians, a nurse practitioner, and registered nurses. Other services available include sonography, social services, nutritional counseling, financial counseling and phlebotomy.

Primary Care Center - Main Campus
104 Union Ave.
Syracuse, NY 13203
PH: (315) 703-5200

Pediatrics Office
When you are a patient of the Pediatric Office, you will be cared for by a staff which specializes in pediatric health care. The team includes board-certified physicians, other support staff. Other services available include social services, health care education, nutritional counseling and financial counseling.

Primary Care Center - West
321 Gifford St.
Syracuse, NY 13204
PH: (315) 703-2600

St. Joseph’s Physicians
St. Joseph’s Physicians is a role model for excellence in primary care delivery across the region. An NCQA certified Patient Centered Medical Home, our integrated approach links the physician and patient with a network of services to ensure that our patients receive the highest quality of medical care - all under one practice. Our board certified physicians are specially trained to treat the whole person regardless of age. Services include women’s health, pediatric care for newborns, adult and geriatric medicine and disease prevention.

Radisson Health Center
8278 Willett Pky.
Baldwinsville, NY 13027
PH: (315) 652-1325

North Medical Center
5100 W. Taft Rd.
Liverpool, NY 13088
PH: (315) 452-2828

Northeast Medical Center
4100 Medical Center Dr.
Fayetteville, NY 13066
PH: (315) 637-7878

St. Joseph’s Physicians, The Heritage Group
Heritage physicians are dedicated to promoting and preserving the health of each of their patients. In addition to all primary care services, our board certified family medicine physicians offer full range of women health and obstetric services, and pediatric care.

Cazenovia
132 ½ Albany St.
Cazenovia, NY 13035
PH: (315) 655-8171
FAX: (315) 655-5923

Northeast Medical Center
4100 Medical Center Dr., Ste. 104
Fayetteville, NY 13066
PH: (315) 663-0059
FAX: (315) 663-0123

St. Joseph’s Physicians Internal Medicine
St. Joseph’s Physicians Internal Medicine specializes in care for adults from age 18 through the end of life. Our physicians are board certified in internal medicine and treat both acute and chronic medical problems.

Medical Office Centre
104 Union Ave., Ste. 806-807
Syracuse, NY 13203
PH: (315) 474-0542
FAX: (315) 474-4340

CNY Family Care
CNY Family Care, LLP takes a team approach to meeting the
medical needs of our patients through compassion, respect and professional care. We are available to our patients and their families when they need us. We partner with our patients to provide a proactive approach to medical care, which improves their quality of life.

4939 Brittonfield Pky., Ste. 101
E. Syracuse NY 13057
PH: (315) 463-1600

Family Medicine Associates of CNY PC
5586 Legionnaire Dr., Ste. 1
Cicero, NY 13039
PH: (315) 699-2837

Internal Medicine Associates of Auburn
A private group physician practice located in Auburn, New York. Established in 1975, Internal Medicine Associates has enjoyed a long and distinguished history of health care delivery. The practice as we know it today includes eight physicians, board certified in family and internal medicine as well as six nurse practitioners certified in family and adult medicine.

77 Nelson St., Ste. 310
Auburn, NY 13021
PH: (315) 253-4463
FAX: (315) 253-5624

REHABILITATION/PHYSICAL THERAPY

Inpatient Services
St. Joseph’s Hospital
301 Prospect Ave., Ste. #103
(B Entrance)
Syracuse, NY 13203
PH: (315) 448-5430

Outpatient Services
Brittonfield
4939 Brittonfield Pky.
East Syracuse, NY 13057
PH: (315) 455-7203
FAX: (315) 455-7459

St. Joseph’s Outpatient Physical Therapy & Lymphedema Program
Northeast Medical Center
4100 Medical Center Dr., Ste. 401
Fayetteville, NY 13066
PH: (315) 329-7000
FAX: (315) 329-7578

Franciscan Health Support
Franciscan Health Support provides oxygen and sleep therapy, as well as medical equipment, to patients in a 30-county area. If you need state-of-the-art equipment for respiratory conditions or sleep apnea, call Franciscan. Registered Respiratory Therapists will come to your home and provide you with clinical care to manage your condition through the TLC program.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200

Pediatric Neonatal Respiratory Care
Franciscan Companies offers monitoring, phototherapy, ventilation, supplemental oxygen and breast pumps.

300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200

Pulmonary Services
Pulmonary care is necessary for patients who have chronic breathing problems, diseases such as pneumonia, or who are preparing for or who have had lung surgery.

Regional Affiliates

REHABILITATION/PHYSICAL THERAPY

Regional Center for Tobacco Health Systems
Let St. Joseph’s Health assist you in your smoking cessation efforts. We are committed to promoting the Clinical Practice Guidelines which have been developed by the United States Department of Health and Human Services. Considered “best practice,” the Clinical Practice guidelines consist of evidence based methods and treatments that help tobacco users quit.

7246 Janus Park Dr.
Liverpool, NY 13088
PH: (315) 458-7171

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PH: (315) 458-3200

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300 Gateway Park Dr.
North Syracuse, NY 13212
PH: (315) 458-3200

Pulmonology
The Pulmonary Rehabilitation Program is a program of information, exercise training, and support designed specifically for people with COPD (Chronic Obstructive Pulmonary Disease). Those with other pulmonary diseases may benefit from the program as well.

7246 Janus Park Dr.
Liverpool, NY 13088
PH: (315) 458-7171

REHABILITATION/PHYSICAL THERAPY

Regional Center for Tobacco Health Systems
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7246 Janus Park Dr.
Liverpool, NY 13088
PH: (315) 458-7171
**St. Joseph’s Hospital**  
301 Prospect Ave.  
Syracuse, NY 13203  
PH: 1-888-STJOES1 or (315) 703-2138

**TLC (Teach, Learn, Comprehend)**  
Registered Respiratory Therapists from Franciscan Companies provide in-home assessments and education for management of chronic conditions including COPD.

300 Gateway Park Drive  
North Syracuse, NY 13213  
PH: (315) 458-3600 ext. 203

**SLEEP SERVICES**  
**Carthage Area Hospital**  
Sleep Center  
1001 West St.  
Carthage, NY 13619  
PH: (315) 493-2512

Janus Park Sleep Laboratory  
7246 Janus Park Dr.  
Liverpool, NY 13088  
PH: (315) 218-9804

Northeast Sleep Center  
4400 Medical Center Dr., Ste. 400  
Fayetteville, NY 13066  
PH: (315) 329-REST or (315) 329-7378

Oneida Healthcare Sleep Center  
601 Seneca St.  
Oneida, NY 13421  
PH: (315) 363-4419

**SPECIALTIES**  
**Bariatric Services**  
A Bariatric Surgery Program of Excellence, St. Joseph’s has a dedicated team of surgeons, anesthesiologists, nurses, dieticians and other health care professionals devoted to guiding you through the process of weight loss surgery.

**Breast Care and Surgery**  
St. Joseph’s Breast Care and Surgery offers a comprehensive center of excellence for breast health, consisting of an interdisciplinary team of experts who provide diagnostic care, treatment and follow up based on national standards of care. St. Joseph’s Breast Care and Surgery is a member of Breast Care Partners and accredited by the National Accreditation Program for Breast Centers (NAPBC).

**Lymphedema Program**  
A treatment plan to reduce, delay and prevent progression of lymphedema following treatment, funded in part by the Central New York Affiliate of Susan G. Komen for the Cure.

**Northwest Medical Center**  
4117 Medical Center Dr., Ste. 117  
Fayetteville, NY 13066  
PH: (315) 744-1551  
FAX: (315) 744-1908

**Hospitalist Services**  
Hospitalists are residency-trained, board-certified physicians who specialize in taking care of sick patients in the hospital. Our hospitalists are available 24-hours a day, seven days a week, and are ready to assume care as soon as a patient is admitted to the hospital.

**St. Joseph’s Hospital**  
301 Prospect Ave.  
Syracuse, NY 13203  
PH: (315) 448-5704

**General Surgery**  
North Medical Center  
5100 W. Taft Rd., Ste. 2E  
Liverpool, NY 13088  
PH: (315) 634-3399  
FAX: (315) 634-3481

**SLEEP SERVICES**  
**Carthage Area Hospital**  
Sleep Center  
1001 West St.  
Carthage, NY 13619  
PH: (315) 493-2512

Janus Park Sleep Laboratory  
7246 Janus Park Dr.  
Liverpool, NY 13088  
PH: (315) 218-9804

Northeast Sleep Center  
4400 Medical Center Dr., Ste. 400  
Fayetteville, NY 13066  
PH: (315) 329-REST or (315) 329-7378

Oneida Healthcare Sleep Center  
601 Seneca St.  
Oneida, NY 13421  
PH: (315) 363-4419

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**Northwest Medical Center**  
4117 Medical Center Dr., Ste. 117  
Fayetteville, NY 13066  
PH: (315) 744-1551  
FAX: (315) 744-1908

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**St. Joseph’s Hospital**  
301 Prospect Ave.  
Syracuse, NY 13203  
PH: (315) 448-5704

**General Surgery**  
North Medical Center  
5100 W. Taft Rd., Ste. 2E  
Liverpool, NY 13088  
PH: (315) 634-3399  
FAX: (315) 634-3481

www.sjhsyr.org | Respiratory Therapy — Specialties
Outpatient Surgery Centers
St. Joseph’s offers comprehensive surgical care for ambulatory, elective and critically ill patients. Surgical services is comprised of pre-admission testing, the operating room, post anesthesia care unit, ambulatory surgery centers, and the endoscopy unit.

Northeast Surgery Center
4117 Medical Center Dr.
Fayetteville, NY 13066-6642
PH: (315) 329 7888

North Surgery Center
5100 W. Taft Rd.
Liverpool, NY 13088
PH: (315) 452-2014

Palliative Care
Palliative care is a specialized medical care used to support the needs of people facing advanced illness. This unique interdisciplinary medical approach focuses on managing the patient’s symptoms and effectively enhancing the quality of life.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5399

Thoracic Services
St. Joseph’s Physicians
Thoracic Surgeons
Medical Office Centre
104 Union Ave., Ste. 804
Syracuse, NY 13203
PH: (315) 475-8409

Vascular Services
St. Joseph’s vascular surgeons care for all the blood vessels in the body except the heart.

Medical Office Centre
104 Union Ave., Ste. 1005
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

SUPPORT GROUPS
Alcoholics Anonymous (AA)
Meetings for people with a desire to stop drinking alcohol. No fee.
Contact: Alcoholics Anonymous Service Center
PH: (315) 463-5011

AWAKE (Sleep Disorders)
AWAKE is an educational support group for people with Sleep Disordered Breathing that is open to the general public. No fee.
For more information please visit: www.sjhsyr.org

Meeting place:
Northwest Medical Center
5th floor conference room.
4100 Medical Center Drive
(off N. Burdick St.)
Fayetteville, NY
PH: (315) 234-0828

Ileo-Anal Reservoir
For patients who have ulcerative colitis and are considering 2 or 3 stage restorative surgery or have had such surgery. (This is in contrast to the conventional, permanent ileostomy.) No fee.
Meeting date & time: Every three months, 7 p.m. to 9 p.m.
Meeting place:
St. Joseph’s Hospital
301 Prospect Ave., Room 1142B
Syracuse, NY
PH: (315) 448-5853

St. Joseph’s Health provides a continuum of care for women and their families. From the low-risk and home-like Birth Place to the Level III Neonatal Intensive Care Unit providing care for the most critical of infants, the interdisciplinary team provides a higher level of care to all of its patients.

Birth Place
The only one of its kind in Syracuse, the Birth Place is the choice of low-risk families who want to have their baby in a comfortable, home-like setting.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5399

Breast-Feeding Class
Learn valuable information about breast-feeding, including how the breast makes milk, how the baby gets milk from breasts, and the benefits to both mom and baby, establishing a satisfying nursing relationship with your baby.
Meeting date & time: Every third Wednesday 1 p.m. to 3 p.m.

St. Joseph’s Hospital
301 Prospect Ave., Syracuse, NY.
Floor 5-1 (maternity) lounge
Contact: Cathy Patrick.
PH: (315) 448-5323

No fee for St. Joseph’s childbirth class and/or maternity patients; $10 all others.

Childbirth & New Family Classes
A detailed class schedule is available at www.sjhsyr.org/classes.
PH: (315) 448-5515
Fit and Healthy Pregnancy Class
Attend this class to learn what to expect as the fetus develops and grows, how your body will change, and safe exercises to maintain a safe pregnancy.

Gynecology Services
Our Women’s Medical Surgical Unit provides care for women who are hospitalized not only for gynecological problems but also for medical and other surgical issues. We also provide chemotherapy services on an inpatient and outpatient basis.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5515

Labor Preparation Class
You will learn how the mother’s body functions to deliver the baby, breathing and relaxation methods to help through labor, medical and non-medical options available during labor, information on cesarean births, and creating flexible birth plans. A tour of St. Joseph’s maternity units will be scheduled.

Lactation Support Services
As a Baby Friendly Hospital it is very important for us to provide support for infant feeding. Our lactation consultants provide care to inpatients on a daily basis and also have an outpatient support center after discharge. We do follow-up phone calls on 100% of our breastfeeding mothers.

Intensive Care Nursery
Our Level III Intensive Care Nursery (ICN) is equipped and staffed 24-hours a day to provide newborn critical care. Each year, sick or premature infants from 16 Central New York counties receive care in our Level III ICN. The nursery is located on the same floor as Labor and Delivery, the Mother-Baby Unit and the Birth Place.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5515

Lamaze Weekend
St. Joseph’s Hospital offers an alternative childbirth preparation course to learn how the mother’s body functions to deliver the baby, breathing and relaxation methods to help through labor, medical and non-medical options available during labor, information on cesarean births, and creating flexible birth plans.

A tour of St. Joseph’s maternity units is included. A continental breakfast and lunch are provided on Saturday.

Mother Baby Unit
Our Mother Baby Unit focus is family-centered care. You and your baby will be cared for by one nurse. Individualized teaching is done with all our patients.

St. Joseph’s Hospital
301 Prospect Ave.
Syracuse, NY 13203
PH: (315) 448-5515

Neonatal Services
Our team in the Level III Neonatal Intensive Care Unit provides care to those infants who are born too soon or have medical or surgical issues. We accept transports from throughout the region and are staffed 24/7 with neonatologists and neonatal nurse practitioners.

Newborn Care Class
Features a presentation on newborn characteristics and a hands-on practice session where you learn how to bathe your baby, take a temperature, diaper and care for the circumcision. Also covered are feeding issues, preparation for baby’s home and car safety.

Obstetrical Services
As a Level III Perinatal Service providing care to the complex and high risk obstetric patient, we have 24/7 coverage for epidurals and specialists. In Our 3 bed Birth Place, we provide care to the low risk obstetrical patient. Our Mother Baby Unit is the only post partum unit in Syracuse with all private rooms. As a Baby Friendly Hospital, we are the gold standard for support of breastfeeding and are the only hospital in central New York to hold that designation.
Sibling Class
Teaching children about normal infant behavior, feelings children may have, ways to help mom and dad with the new baby.

Staying in Touch
Topics include breast pumps (types; buying or renting), pumping (when and how), storage and transporting milk, introduction of bottled milk, and juggling children, work and school. Babies are welcome.

Women’s Services
Women and Children’s Services includes labor and delivery, postpartum, intensive care nursery and The Birth Place.

301 Prospect Ave.
Syracuse, NY 13203
PH: 1-888-STJOES1 or (315) 703-2138

WOUND CARE
Center for Wound Care & Hyperbaric Medicine
The Center for Wound Care and Hyperbaric Medicine features state-of-the-art services for patients whose wounds fail to heal normally.

Our team of experts provides comprehensive care for wounds caused by diabetes, circulatory problems, traumatic injuries, radiation, pressure, surgical wounds and other circumstances.

4206 Medical Center Dr., Ste. 206
Fayetteville, NY 13066
PH: (315) 329-7770
FX: (315) 329-7772
30 Years of Helping You and Your Loved Ones
Live Home and Live Well

FRANCISCAN
COMPANIES

Live Home. Live Well.

- Medical Equipment
- Home Health Care
- Oxygen & CPAP
- Lifeline Medical Alert
- In-Home Senior Services
- Medication Dispensing Service

Unmatched Clinical Support
We Care About You!

(315) 458-3200
www.franciscancompanies.com
Franciscan Companies is part of St. Joseph’s Health

Know Your 3 Indications

✔ BLOOD PRESSURE
An optimal level is less than 120/80; Pre-hypertension is from 120 to 139 (systolic) or from 80 to 89 (diastolic); Hypertension, or high blood pressure, is 140 or higher (systolic) and 90 or higher (diastolic).

✔ CHOLESTEROL
HDL (“good” cholesterol) of 50 mg/dL or higher, if you’re a woman, or 40 mg/dL or higher, if you’re a man; Total cholesterol of 200 mg/dL or lower; Optimal LDL (“bad” cholesterol) is 100 or lower; Triglycerides of less than 150 mg/dL.

✔ WAIST SIZE
A new study in the Journal of the American College of Cardiology found that heart patients with a large waist size (greater than 35 inches for women and 40 for men) were at increased risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure and abnormal cholesterol.

HEALTHY YOU...HEALTHY HEART.

FAMILY MEDICINE
INTERNAL MEDICINE

Proud Supporter of
The American Heart Association

St. Joseph’s Physicians
Your Healthcare Connection for Life

sjphysicians.org

North Medical Center
5100 W. Taft Rd.
Liverpool, NY 13088
315.692.2222

Northeast Medical Center
4101 Medical Center Dr.
Fayetteville, NY 13066
315.637.7678

Syracuse
Internal Medicine
104 Union Ave., Ste. 806-807
Syracuse, NY 13203
315.474.0542

The Heritage Group
132 ½ Albany St.
Cazenovia, NY 13035
315.655.8771

The Heritage Group
4104 Medical Center Dr.
Fayetteville, NY 13066
315.663.0059

Radisson Health Center
8128 Willett Parkway
Baldwinsville, NY 13027
315.652.1325
GLOSSARY OF TERMS

Adult Day Program (Silver Fox Senior Social Club) ..................14
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