

Intercultural Coordinators

NewYork-Presbyterian's CAHP coordinators offer services in English, and three Asian languages – Chinese (Mandarin and Cantonese), Korean, and Japanese – to reduce language barriers that non-English speakers face within the health care system. Our experienced intercultural coordinators will:

- work with health care providers to assist with referrals and simplify the process of obtaining the appropriate type and level of care to streamline the process for patients
- make appointments for patients and facilitate access to our comprehensive medical specialists at multiple locations
- offer assistance to patients with navigating the NewYork-Presbyterian health care system
- follow-up with patients to ensure their needs are being met and provide additional assistance as requested

NewYork-Presbyterian/Columbia has identified public health issues of particular concern to the Asian community, and seeks to work collaboratively with community groups to address those issues in a culturally and linguistically appropriate approach.

For More Information

Contact our intercultural coordinators for assistance with referrals, scheduling appointments, or for more information at:

646.317.6325 | asianprogram@nyp.org

Columbia Asian Health Program (CAHP)
NewYork-Presbyterian/
Columbia University Medical Center
627 West 165th Street
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NewYork-Presbyterian/Columbia

Asian Health Program

The Asian Health Program Initiative

As part of our dedication to providing the highest quality care to our local communities, NewYork-Presbyterian/Columbia University Medical Center has established the Asian Health Program, CAHP, offering comprehensive services tailored to the health needs that are particularly prevalent in our local Asian communities. These include:

- Breast cancer
- Colorectal cancer
- Gastric cancer
- Liver diseases, including Hepatitis B and C, often leading to transplantation
- Thyroid diseases, including thyroid cancer
- Women's health issues

Program Goals

In collaboration with community organizations that serve the Asian population, our goal is to provide a positive patient experience by adapting culturally and linguistically appropriate practices in the delivery of health care. The program focuses on:

- Building relationships and facilitating ongoing communication with community organizations
- Identifying relevant health care needs and developing culturally sensitive solutions
- Creating awareness of screening, prevention, and health care services available to local Asian communities
- Offering resources in multiple languages to increase health care literacy and promote awareness of risk factors for medical conditions that are predominant within the Asian population
- Improving delivery of culturally competent health care

NewYork-Presbyterian

NewYork-Presbyterian is one of the nation's most comprehensive health care delivery networks, providing innovative and compassionate care to patients in the New York metropolitan area and throughout the globe. In collaboration with two renowned medical school partners, Weill Cornell Medicine and Columbia University College of Physicians and Surgeons, NewYork-Presbyterian is consistently recognized as a leader in medical education, groundbreaking research, and clinical innovation.

The Asian Health Program Initiative

Breast Cancer Program

Breast cancer is generally the most commonly diagnosed cancer among Asian-American women.

The Breast Cancer Program offers a comprehensive program for diagnosis, second opinion, and treatment of patients with breast disease. Patients have the benefit of care by a multidisciplinary team with expertise in:

Novel Surgical Approaches

Savi Scout for Tumor Localization

Savi Scout® enables surgeons to pinpoint the exact location of tumors, including even very small cancers that cannot be felt, during surgery. The device allows surgeons to do better targeted surgery, which improves cosmetic outcome, and to use hidden incisions with a less visible scar. NewYork-Presbyterian/Columbia is the first hospital in New York to use Savi Scout.

MarginProbe® Cancer Detector

MarginProbe® is a new device that uses electromagnetic waves to detect cancerous cells during lumpectomy. When using the device, surgeons remove just small layers of tissue, one by one, while the device monitors the cells' makeup. If the MarginProbe shows that the margin is not clean, they remove another layer. This process allows surgeons to preserve as much healthy tissue as possible while having clear assurance in real time that they have achieved a clean margin.

Radiation Therapy

Intraoperative Radiation Therapy (IORT) provides an alternative to traditional radiation therapy. Administered in a single dose immediately after

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lumpectomy, IORT delivers a high dose of radiation directly into the tumor cavity. This spares patients from coming to the hospital for daily radiation treatments over several weeks.

For breast cancer patients who need radiation treatment after surgery, our surgeons are using BioZorb™ – a device that enables them to securely anchor six titanium clips at the tumor site. Made of all natural materials, the device eventually dissolves, leaving the radiation markers in position and resulting in greater treatment accuracy than previous methods. NewYork-Presbyterian/Columbia is the first hospital in the New York region to employ BioZorb.

Cancer Genetics Program

- Counseling for women with a personal or family history of breast, ovarian, or pancreatic cancer
- Genetic testing for *BRCA1*, *BRCA2*, and other genes that predispose women to these cancers

Support Services

- Reiki and other integrative therapies that can help reduce anxiety and promote well-being
- A dedicated patient navigator who guides patients and families throughout the duration of care
- Pain management therapy that can help to reduce pain and stimulate healing after surgery

Clinical Research

Our patients have access to clinical trials unavailable at other institutions. Current research focuses on genetic causes of breast cancer in Asian women, lymphedema reduction protocols, and use of laser ablation in breast tumors.

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Colorectal Cancer

Studies indicate that Asian Americans have significantly low rates for colorectal screening despite being vulnerable for colorectal cancer.

The Colorectal Surgery Division offers a major program – from screening and diagnosis, including second opinion consultations, to treatment and ongoing follow-up for patients with or suspected of having colorectal cancer.

Comprehensive Care

Patients have the benefit of care by a multidisciplinary team that includes specialists in colorectal surgery, gastroenterology, medical and radiation oncology, and pathology and genetics. Together our team members use the most current approaches to provide prompt and expert diagnosis and management of colorectal cancer. Every patient case is presented at a tumor board conference, where an individualized treatment plan is developed for the patient.

Nurse Navigator

Our dedicated Nurse Navigator provides ongoing support for patients and their family. This includes guidance on the care process, facilitating communication between the colorectal surgeon and other members of the team, and help with scheduling appointments.

Colorectal Cancer Screening

Our gastroenterologists and colorectal surgeons perform procedures in a dedicated endoscopy center equipped with the latest technology to allow the identification and removal of polyps – a key to the prevention of colorectal cancer.

Management of Colorectal Cancer

Since nearly all patients with colorectal cancer require surgery as part of their treatment, our colorectal surgeons prioritize the prompt assessment and management of patients newly diagnosed with cancer. Our No Wait Policy offers patients the earliest appointment at their convenience, often the very same day. When required, blood tests, CT scans, and MRI can often be obtained on the same day as well.

Our Expertise

- Our colorectal surgeons use minimally invasive surgical approaches whenever possible resulting in quicker recovery time and less pain. They also provide expertise in performing complex operations that involve preserving bowel function.
- Our gastroenterologists are at the forefront of the development of colonoscopy for colorectal screening and highly experienced in endoscopic procedures to remove tumors and polyps.
- Medical and radiation oncologists work closely with our colorectal surgeons, gastroenterologists, and other specialists to develop the best treatment plan for each patient. Treatment may include advanced radiation treatments pioneered by our physicians.
- Our genetics program provides prompt assessment and investigation of the hereditary basis of colorectal cancer. Genetic counselors are available to patients and their families regarding risks of developing cancer and how best to screen family members.

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Gastric Cancer

According to the National Center for Reducing Asian American Cancer Health Disparities, Asian Americans experience proportionally higher rates of cancers from infectious origin, such as liver cancer, cervical cancer, and stomach cancer.

Gastric cancer can be a curable disease with effective treatment options. The Gastric Cancer Care Program brings together an interdisciplinary team of specialists who develop a plan of care based on the stage of the patient's disease and the treatment options available to maximize the potential for cure and optimize quality of life.

Comprehensive Care

Our Interdisciplinary Team

Our interdisciplinary team is dedicated to bringing the most advanced treatment strategies to the care of our patients with cancerous, precancerous, and noncancerous tumors of the stomach. Team members includes surgical, medical, and radiation oncologists, interventional gastroenterologists, specialists in cancer genetics, and nutritionists who come together in case conferences to develop an optimal plan of care.

Diagnostic Studies

In addition to laboratory studies to detect the presence of stomach cancer, patients benefit from advanced imaging exams, such as CT, MRI, PET scan, or endoscopic ultrasound, to determine the size of the tumor and the stage of the cancer as precisely as possible.

Treatment

Surgery. The surgical approach to gastric cancer depends on the location, size, extent of the tumor, and symptoms. For very small tumors removal with an endoscopic surgery may be possible. Larger tumors are often amenable to a laparoscopic or robot-assisted procedure. Our surgeons use these minimally invasive approaches for more than 90 percent of surgeries for gastric cancer.

Chemotherapy. Chemotherapy regimens, including targeted therapies, are tailored to the individual patient and may be recommended before surgery to aid in removal of the tumor.

Radiation therapy. Radiation therapy may be recommended prior to or following surgery, often in conjunction with chemotherapy.

Palliative care. Pain management and nutrition services are also available to help with symptoms that may present as a result of the cancer or treatment.

Why Choose Us

- Leading experts in gastric cancer ensure that care for patients is seamless and that their needs are met throughout treatment and follow-up.
- Palliative care specialists assist in relieving symptoms associated with a cancer diagnosis.
- Genetic counseling is available if there is a family history of gastric and other cancers, especially in close relatives and at a young age.
- Patients have access to advanced techniques and clinical trials of the newest therapies not readily available elsewhere.

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Liver Disease and Transplantation

According to the Centers for Disease Control and Prevention, hepatitis B affects 1 in 12 Asian and Pacific Islanders, and the hepatitis B-related liver cancer incidence in the U.S. is highest among this population.

The Center for Liver Disease and Transplantation specializes in the management of acute and chronic liver disease in adults and children. Our highly experienced team members work closely together to achieve the best possible results for patients with hepatitis B and other liver diseases. The Center participates in numerous clinical research and trials of new medications for liver disease and liver transplant-associated conditions not accessible elsewhere.

Our Expertise

Our team of surgeons, hepatologists, gastroenterologists, and other specialists provide particular expertise in:

Hepatitis

Hepatitis B and hepatitis C are the most well known forms of chronic hepatitis. Both types can lead to cirrhosis, as well as liver cancer. Our physicians have extensive diagnostic and treatment experience with hepatitis B and C, including the most current anti-viral regimens available.

In light of the high rate of hepatitis B among Asian Americans, it is recommended that individuals born in Asia or in the U.S. who were not vaccinated at birth and has at least one parent who was born in East or Southeast Asia (except Japan) be tested to determine if they are at risk for or have hepatitis B.

Liver Cancer

Our surgeons and hepatologists work closely with oncologists and other specialists to diagnose liver cancer using advanced imaging techniques and biopsy procedures, as well as DNA studies to precisely characterize liver tumors and guide treatment.

State-of-the-art treatment may include:

- the newest drugs and biological agents
- tumor immunology using the patient's own immune system
- innovative radiation oncology techniques
- directed therapy to reduce tumor size

Our team has been able to prolong the lives of people who are not candidates for transplantation and also make transplantation available to patients previously not eligible because of their cancer stage.

Fatty Liver Disease

Nonalcoholic fatty liver disease is usually associated with obesity, abnormal lipid levels, diabetes, and pre-diabetes and can lead to cirrhosis and other serious conditions. Our hepatologists, nutrition consultants, and specialists in behavior modification work together to develop a care plan that includes diagnostic testing, lifestyle change recommendations for weight loss, and newer medical therapies.

Liver Transplantation

Our Center has one of the highest volumes in the country with outcomes that consistently exceed the national average. We also offer living donor liver transplant, making earlier transplantation possible for those in need. Our surgical expertise and research efforts often enable us to transplant patients who have been denied elsewhere and our program is one of few in the country providing transplantation as an option for patients co-infected with hepatitis C or HIV.

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Thyroid Diseases

The rates of certain thyroid diseases, such as Grave's disease and thyroid tumors, are higher among Asian Americans than other populations.

Through NewYork-Presbyterian/Columbia's New York Thyroid-Parathyroid Center, specialists in thyroid diseases offer the latest imaging modalities, diagnostic approaches, medical therapies, and surgical interventions available in the care of patients with thyroid and parathyroid disorders.

A Multidisciplinary Approach

The thyroid disease program brings together a team of radiologists, endocrinologists, nephrologists, geneticists, cardiologists, and endocrine surgeons who work together to plan the optimal course of treatment for the patient.

Our Expertise

The New York Thyroid-Parathyroid Center provides diagnosis and treatment for a wide range of medical problems related to the thyroid and parathyroid glands, including:

- Graves' Disease
- Hyperthyroidism – primary and secondary
- Hypothyroidism
- Multinodular goiter
- Thyroiditis
- Thyroid nodules
- Thyroid and parathyroid cancers

Assessment and Diagnosis

Thyroid nodules are a common disorder diagnosed in up to 30 percent of the population. A thyroid nodule evaluation involves a complete medical history, which will also include questions on risk factors for cancer; blood tests to determine thyroid-stimulating hormone levels; an ultrasound of the neck; and if indicated, a radioactive iodine scan and fine needle biopsy. Same-day appointments are available for biopsies, with results typically available in a few days.

Imaging

Standard imaging for parathyroid disease is only about 80 percent accurate in the best of cases. Our radiology specialists have pioneered a new imaging modality that has a 90 to 95 percent accuracy. Our novel parathyroid series can pinpoint even minimally enlarged glands, as well as those not easily seen because of their locations with a high degree of accuracy.

Surgical Treatment

Our physicians are leaders in the minimally invasive surgical treatment of thyroid disease, minimizing patient discomfort and facilitating recovery. Minimally invasive thyroid surgery refers to certain types of surgery in which the thyroid is removed through very small incisions using special techniques. Our surgeons perform minimally invasive thyroid surgery in over 95 percent of patients, typically using an incision measuring just an inch to an inch and a half in length. In addition to using very small incisions, our surgeons “hide” the incision in a natural skin crease that acts like camouflage. Most people will not be able to notice the incision once the redness fades away.

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Women's Health – Uterine Fibroids

The Center for Research and Advanced Fibroid Treatment offers personalized, advanced care for women with uterine fibroids. Our experienced fibroid experts work with each patient to identify the most appropriate treatment for her stage of life and her personal preferences.

A Comprehensive Approach

Multidisciplinary Team

The Center takes a multidisciplinary approach to fibroid treatment to ensure coordinated care of any related health care services patients may need.

Team members include specialists in:

- Gynecology
- Hematology/Oncology
- Minimally Invasive Gynecologic Surgery
- Reproductive Endocrinology and Infertility
- Pediatric and Adolescent Gynecology
- Interventional Radiology

A Comprehensive Diagnostic Workup

Our program offers all of the tests needed to diagnose fibroids, including endometrial biopsy, hysteroscopy, and radiological exams such as ultrasound and MRI.

Nonsurgical Therapies

Many patients can be successfully treated with hormonal therapies, non-hormonal medications, or intrauterine devices. We also offer endometrial ablation and uterine artery embolization, which can be performed in the office.

Minimally Invasive Fibroid Surgery

For women who need fibroid surgery, we take a minimally invasive approach whenever possible. Our surgeons perform myomectomies, a procedure to remove fibroids in which the uterus is preserved, and hysterectomies. We generally use hysteroscopy, conventional laparoscopy, or robotic surgery for these procedures. We reserve hysterectomy for women whose fibroids cannot be effectively treated using conservative means.

Reproductive Assistance

Women with fibroids who wish to bear children and are concerned about their fertility may consult the specialists in the Center for Women's Reproductive Care at NewYork-Presbyterian/Columbia.

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