



ADIRONDACK HEALTH



**Quality care,
quality of life**



adirondackhealth.org

Welcome

The excellence of Adirondack Health's superb medical staff is not by chance. In 1873, Edward Livingston Trudeau, suffering from tuberculosis, came to the Adirondacks and Saranac Lake not only to cure but to try and find a cure for the disease. As a result of his extensive work in the development of a tuberculosis curing community, many physicians volunteered and worked in the Adirondacks to help find the cure for this debilitating disease, and to tend to the sick and suffering. Many of those physicians came to the area voluntarily as an act of humanity. This core of health care pioneers attracted some of the most highly trained physicians coming out of residency programs throughout the nation at that time.

This tradition is the foundation of the deep story of the medical community in the Adirondacks today. This strong pull and appeal continues to attract some of the best physicians to serve the residents of the Adirondacks, and to continue the strong and meaningful tradition of service to the community.

It is our hope that you will seriously consider being part of this collegial medical community that continues the tradition of compassionate care to all those in need. The medical staff of Adirondack Health embraces and continues the tradition of quality care for our patients and a superb quality of life in our community. We hope you will consider becoming a part of our deep story.



Sylvia Getman
President & CEO



Darci Beiras, M.D.
Chief Medical
Officer

Foreward

Our mission:

We honor a mission of excellence, healing and compassion close to home that goes back more than a century and goes forward just as far.

Adirondack Health continues a long legacy of healthcare in the region.

This history dates back to the late 1800s, when Dr. Edward Livingston Trudeau came to Saranac Lake to live out what he believed to be his final months. An outdoor enthusiast who had come to love the natural beauty of the area, Dr. Trudeau was suffering from tuberculosis.

To his astonishment, his stay in the village restored his health, thus forming the basis for a curing regimen that eventually established Saranac Lake as a pioneering health resort.



The village grew into a thriving community, and home to what is now the world-renowned Trudeau Institute. With it, came a dozen bustling hotels and a host of what became known as “cure cottages.” These unique structures are large boarding houses sporting several wide porches, many of which are still prominent landmarks around town.

Not only was this the founding of a healthcare tradition, but the beginning of a strong bond between the environment and the inhabitants of the Adirondack Park.

Community Information

Activities

Biking
 Bird watching
 Camping
 Canoeing
 Golf
 Hiking
 Photography
 Rock/ice climbing
 Swimming
 Year-round outdoor events

Sports

International sporting events

Alpine skiing
 Biathlon
 Bobsledding/luge
 Cross-country skiing
 Hockey
 Ice skating
 Competitive triathlon
 Ski jumping

Olympic training facilities

Bobsledding
 Luge
 Ski jumping

School/community

Baseball
 Hockey
 Lacrosse
 Football
 Soccer
 Skiing
 Basketball
 Summer fun run series
 Mini triathlon
 Track and field
 Cross country
 Half marathon



Dining

Casual dining
 Fine dining
 Microbreweries
 Pizzerias
 Fast food
 Catering

Shopping

National brand outlets
 Community specialty shops
 Antiques
 Sporting goods
 Marshalls department store
 Pharmacy
 Grocery
 Natural food stores
 Farmers markets

Museums/attractions

Adirondack Carousel
 Adirondack Experience history museum
 High Falls Gorge
 John Brown Farm State Historic Site
 Olympic Regional Development Authority (ORDA)
 Robert Louis Stevenson Cottage
 Saranac River Cruise Line
 White Pine Camp
 The Wild Center natural history museum

Arts

BluSeed Studios
 Art galleries
 Lake Placid Sinfonietta
 Pendragon Theatre Company
 Outdoor and indoor concerts
 Lake Placid Center for the Arts
 Adirondack Shakespeare and other touring theater groups
 Community theater

And much, much more!

Community Information

Service area population

Primary service area: 23,450

Secondary service area: 12,996

Total service area: 36,446

Education

Lake Placid Central Schools

www.lpcsd.org

North Country Community College

www.nccc.edu

North Country School (Lake Placid)

www.northcountryschool.org

Northwood School

www.northwoodschoool.com

Paul Smith's College

www.paulsmiths.edu

St. Bernard's Elementary School (Saranac Lake)

www.stbernardsschool.org

St. Agnes Elementary School

www.stagneslp.org

Northern Lights School

northernlightsschool.org

Saranac Lake Central Schools

www.slcs.org

Transportation

Franklin/Essex county public transportation

Adirondack Regional Airport in Lake Clear

Lake Placid airport charter flights

Lake Placid trolley (seasonal)

Taxi

Rentals

Uber/Lyft

Major employers

Adirondack Health

Adirondack Park Agency

Department of Environmental Conservation

North Country Community College

Olympic Regional Development Authority

Paul Smith's College

Sunmount

Trudeau Institute

Travel and tourism industry



About Us

A past of healing

1913 - General Hospital of Saranac Lake accepts first patient.

1951 - Placid Memorial Hospital serves first patient.

1967 - General Hospital outgrows former location and new facility constructed at current site on Lake Colby.

1988 - First major renovation project : New ED, eight-bed ICU and business office. Renovations for ASU, fourth OR, and expansion of medical imaging, pharmacy and respiratory therapy.

1991 - General Hospital of Saranac Lake and Placid Memorial Hospital consolidated to form Adirondack Medical Center.

1992 - Sports medicine program formalized and dedicated at the Lake Placid facility.

1997-98 - Several patient rooms on north wing renovated into a three-station dialysis unit. Twelve-bed geriatric psychiatric center added in 1998.

2000 - First bariatric surgery takes place as part of newly initiated program.

2003 - A major capital construction project, AMC for



A future of health

The Future of Care Campaign is giving Adirondack Health new opportunities to care for the community with a new surgical services wing in Saranac Lake and a new medical fitness building in Lake Placid.

The new Lake Placid building will include:

- Lake Placid Health Center
- Emergency Department
- Sports medicine and rehabilitation services
- Medical fitness center, including hydro-therapy and a 3-lane lap pool
- Laboratory and diagnostic imaging (X-ray)
- Lake Placid Sports Medicine

the 21st Century, was completed with hospital-wide renovations and construction of new medical office building.

2007 - AMC takes ownership of skilled nursing and rehabilitation facilities in Lake Placid and Tupper Lake.

2009 - Established the Countess Alicia Spaulding Paolozzi Breast Imaging Center in the medical imaging department. Short-term rehabilitation program launched.

2010 - Construction of medical office building in Tupper Lake for Health Center and private practice physician offices.

2011 - Organization united under single name, Adirondack Health.

2012 - Saranac Lake Health Center, Wound Care and Hyperbaric Treatment Center opens.

2016 - Groundbreaking for new Saranac Lake surgical services wing.

2017 - Groundbreaking for new Lake Placid health and medical fitness building.



Saranac Lake highlights include:

- 6 operating rooms, able to accommodate emerging technology
- 1 operating room will be a hybrid suite
- A 10-bed recovery room (PACU)
- 22-bed ambulatory surgery unit (ASU)
- 2 endoscopy rooms
- 1 Minor procedure room
- Dedicated family waiting area
- Private physician/family consultation room
- Central sterile processing department with direct access to the sterile core of the or
- A permanent MRI suite with a state-of-the-art MRI that is more open and as much as 75% quieter

New Operating Suite

Our new, state-of-the-art operating wing opened in November 2018. The wing is an addition to our hospital in Saranac Lake. With six brand-new operating rooms, including a hybrid suite, and more, the comfort and convenience of our patients can be given top priority. Additions to our surgical services department allows for an increase in the number of surgeries performed by adding capacity and improving the surgical case turnaround time.

Highlights of the new wing include:

- 6 operating rooms, able to accommodate emerging technology
- 1 hybrid operating suite
- A 10-bed recovery room (PACU)
- 22-bed ambulatory surgery unit (ASU)
- 2 endoscopy rooms
- 1 minor procedure room
- State-of-the-art central sterile processing department with direct access to the sterile core of the OR
- A permanent MRI suite with a state-of-the-art MRI that is more open and as much as 75% quieter
- Private physician/family consultation room



New Lake Placid facility

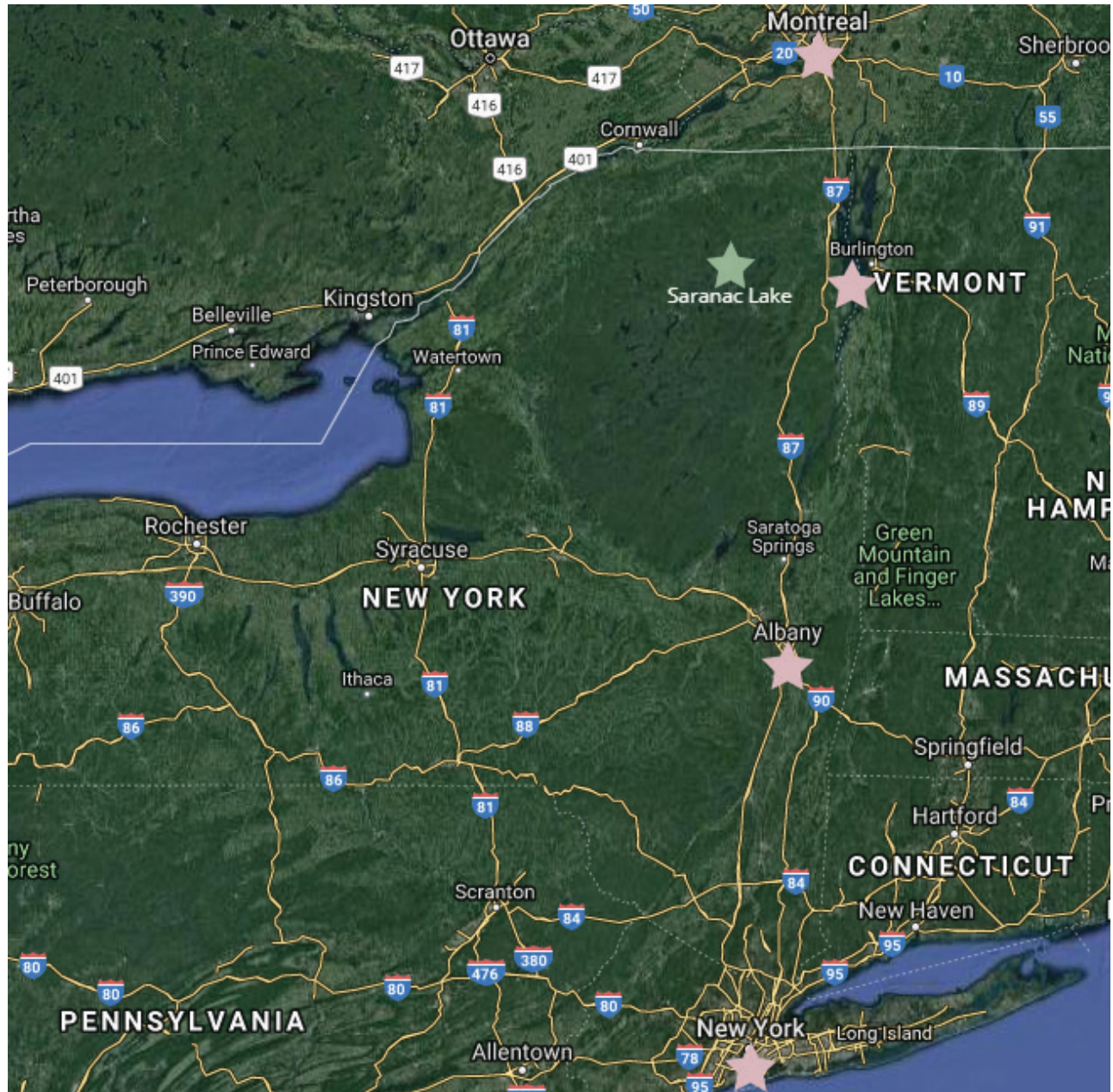


In January 2019, we opened the new Lake Placid Health and Medical Fitness Center. This beautiful new facility embraces a philosophy of medical fitness as a means to promote healthy lifestyles and achieve measurable health improvements. The focus is on preventative care, fitness, rehabilitation and wellness programs.

The new building houses:

- Lake Placid Health Center
- Emergency Department
- Our sports medicine and rehabilitation services
- Our new medical fitness center, which includes an expansive fitness floor with state-of-the-art cardio and strength training equipment plus a three-lane lap pool and hydrotherapy pool, all of which integrates seamlessly with our sports medicine and rehabilitation department
- Laboratory and Diagnostic Imaging (X-ray)
- Lake Placid Sports Medicine

Key Locations



Saranac Lake is centrally located within driving distance of three international airports: Albany, Burlington and Montreal. These mid- to large-size metropolitan areas offer additional cultural, educational, and entertainment opportunities.

Miles from
 Albany: 147
 Burlington, Vt.: 101
 Lake George: 93
 Montreal: 116
 New York City: 300

Serving Community Need

As our community changes and grows, so do its medical and healthcare needs. Adirondack Health has responded to those community needs through the growth and development of additional programs and services.

Buildings & Facilities

AMC - Saranac Lake

- Emergency Department: 2000
- Medical Office Building: 2000
- Saranac Lake Health Center: 2012

AMC - Lake Placid

- Health Center: 1988
- Sports Medicine: 1992
- Dental Center: 1993
- Emergency Department: 2000
- Outpatient physician offices: 2000

Tupper Lake

- Medical Office Building: 2010
- Mercy Living Center: 2010

Capacity (Number)

- Beds (total): 95
- ICU/CCU: 8
- Mercy Living Center: 60
- Bassinets: 7
- Operating rooms: 6
- OB operating room: 1

Volume for Medical Center (2017)

Inpatient Admissions: 2,554

Average Length of Stay: 4.1 days

Patient Days: 10,464

Deliveries: 171

ED Visits: 14,886

Outpatient Visits: 7,780

Health/Dental/Specialty Clinic Visits: 43,451

Surgical procedures: 4,000



Skilled Nursing & Rehabilitation Facility



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Adirondack Health owns and operates Mercy Living Center in Tupper Lake, a 60-bed skilled nursing facility.



The facility was founded on the rich heritage established by the Sisters of Mercy at the turn of the 20th century.

Dedicated physician and nursing services to serve medical needs.

Mass and weekly interfaith services held in the on-site chapel.

On-site physical, occupational and speech therapy and dialysis are provided by staff and aides.

Primary Care Clinics

Adirondack Health operates four primary health centers, each of which provide a broad range of care for area residents and visitors.

The health centers are based in the communities of Keene, Lake Placid, Saranac Lake and Tupper Lake.

Primary care is provided by a staff of board-certified doctors, physician assistants, adult and family nurse practitioners, RNs and LPNs.

Our preventive care services include education, fitness and health screenings and immunization programs.

Laboratory, medical imaging and physical, occupational and speech therapy are available at the Lake Placid and Tupper Lake health centers Monday through Friday.



Service Lines

- Adult inpatient psychiatry
- Angiography
- Athletic training
- Cardiopulmonary
- Cardiac Rehab Phase II & III
- Cardiology
- Colorectal surgery
- CT scanner
- Critical care
- Dental service
- Diabetes education
- Emergency (two sites)
- Endoscopy
- Fecal transplant
- Intensive care unit
- Joint Center of Excellence
- Laboratory (CAP)
- Lactation education
- Lipthotripsy
- Lymphadema program
- Mammography (ACR)
- Medical Fitness
- MRI
- Tele-Neurology
- Nuclear medicine
- Nursery (routine)
- Obalon Baloon System
- Occupational therapy
- Oncology
- Orthopedics/sports medicine
- Pain management (interventional, non-narcotic)
- Pediatrics
- PET scan
- Primary care centers
- Radiography
- Physical therapy
- Renal dialysis
- Rheumatology
- Sleep lab
- Speech therapy
- Stereotactic breast biopsy
- Surgery:
 - Ambulatory
 - Anterior hip replacement
 - Arthroscopic
 - Bariatric
 - Breast
 - Colorectal
 - Endoscopic
 - General
 - Gynecologic
 - Hand
 - Navigational Bronch.
 - Ophthalmologic
 - Orthopedic
 - Thoracic
 - Urologic
 - Uterine ablation
 - Vascular
- Women's health & OB/GYN services
- Wound care and hyperbaric treatment
- Ultrasound
- Urinary incontinence control
- Vestibular rehabilitation



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Better Health, Better Lives

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