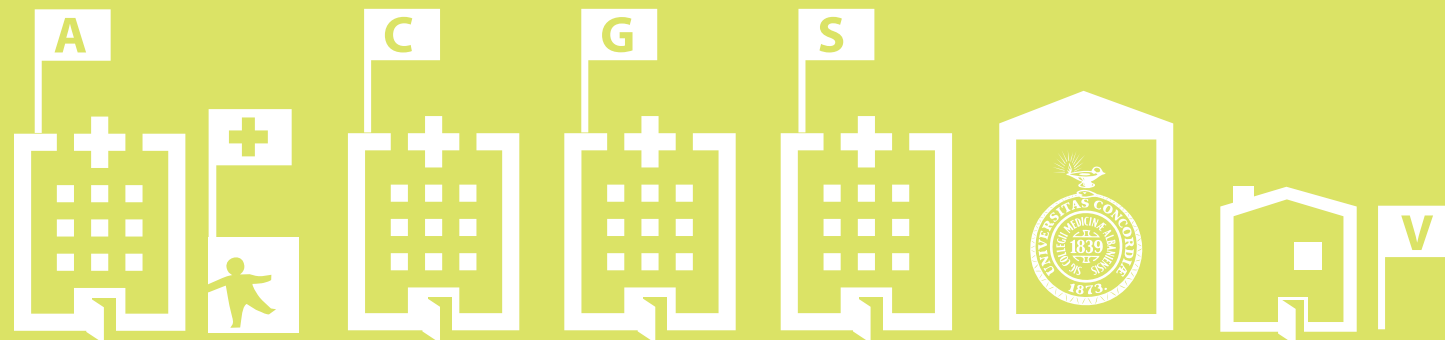




# INDISPENSABLE

Albany Med Health System | 2024 Annual Report

# Four Hospitals One Children's Hospital One College and the Visiting Nurses



## A Message from the CEO and Board Chair

Dear Friends,

*"Your child has cancer, but there's a cancer treatment center for children at Albany Medical Center."*

*"The patients from the accident were sent to Glens Falls Hospital."*

*"They need help getting back on their feet—the Visiting Nurses will come to the house for physical therapy."*

*"She needs a new primary care physician, so we're going to Columbia Memorial Health."*

*"Dad wants to transform his life, so he is meeting with a bariatric surgeon at Saratoga Hospital."*

The relief knowing the care you, your family, your neighbors need is right here, high-level and close to home. This is what indispensable means.

You probably don't think about the Albany Med Health System every day—unless you are one of our 16,000 employees—but are reassured knowing that we're here. And not only in times of medical crisis. Our doctors and nurses treat almost every condition, and are the best source of expertise and compassion for primary and preventive care.

With the formation of the Albany Med Health System, we not only brought the Albany Med brand to our community hospitals, but created new connections: our patients know they can be cared for under the Albany Med umbrella anywhere in our vast region from the mid-Hudson Valley to the Canadian border.

Our System is built on the strengths of each member, including the extraordinary role each plays in their communities as trusted health care facilities. It's the best of both worlds for patients, access to care from physicians they know, with access to the highly specialized services of our region's only academic medical center.

In these pages you will see example after example of our impact, not just on health care but on community, education, financial wellbeing, and the quality of life in our region.

Thank you for your trust and support.

**Dennis P. McKenna, MD '92**  
President and CEO,  
Albany Med Health System

**Robert T. Cushing**  
Chair, Albany Med Health System  
Board of Directors



Read our **Impact Report**  
highlighting our indispensable  
role in the Capital Region.



A health system is the heart of its region. The people, and the miracles they perform, keep that heart beating.

**THE HEART OF NEW YORK'S  
CAPITAL REGION IS THE ALBANY  
MED HEALTH SYSTEM. IT IS  
INDISPENSABLE TO THE HEALTH,  
WELFARE, AND IDENTITY OF  
A PLACE NEARLY THREE MILLION  
PEOPLE CALL HOME.**

**The impact can be seen everywhere.**

The Albany Med Health System is renowned for exceptional patient care, education, and research—key to our mission of improving health. The essence of who we are extends beyond a hospital visit, medical procedure, or doctor's appointment.

It goes to a child's birthday party. A great workout. A day trip. A new job. A marriage proposal. A promise. A dream. Good health makes all things possible. It allows every moment to hold great meaning.



**Our story is the story of caring for our region for more than a century**—with each of our hospital's roots beginning around the turn of the 20th century. We began at a time when the region's urban centers were manufacturing powerhouses and transportation hubs. The population diversified and spread out into neighboring areas and suburbs. Industries shifted to education, research, and innovation.

To meet the needs of our changing communities, we have continuously evolved. In recent times, Columbia Memorial Health in Hudson, Saratoga and Glens Falls hospitals, and the Visiting Nurses joined Albany Medical Center and Albany Medical College, creating the Albany Med Health System—a vast network of community locations and advanced specialties. By partnering with Albany Medical Center, our community hospitals are able to offer more specialized services, and extend more resources from staff and expertise, to our neighbors wherever they are. In a similar way, our local hospitals also collaborate to strengthen care delivery in all corners of our region.

Our story is about the people who live here, our patients, our employees, and their families and communities. It's about all of us and the indispensable role the Albany Med Health System plays in their lives.

We know the healthier the community, the more it can thrive.

As the only academic health system in northeastern New York and western New England, we are dedicated to providing the best care to all who enter our doors. Every day thousands of patients seek the specialized care that can only be found locally in our System.

We offer the most diverse and advanced medical specialties. We are home to the region's only Level 1 adult and pediatric trauma centers, children's hospital and pediatric emergency department, Level IV NICU (the most advanced), childhood cancer center, Alzheimer's centers, primary and comprehensive stroke centers, and a state-designated HIV program, to name just some.

By developing expertise in the System, our patients can receive highly technical care without the added stress of logistics and travel. For example, instead of heading to large metropolitan areas like Boston or New York City, a child can be treated at our cancer clinic, and families can return home that night. Or a patient can receive a kidney transplant right here through a program that since 1969 has rivaled those found in larger cities.

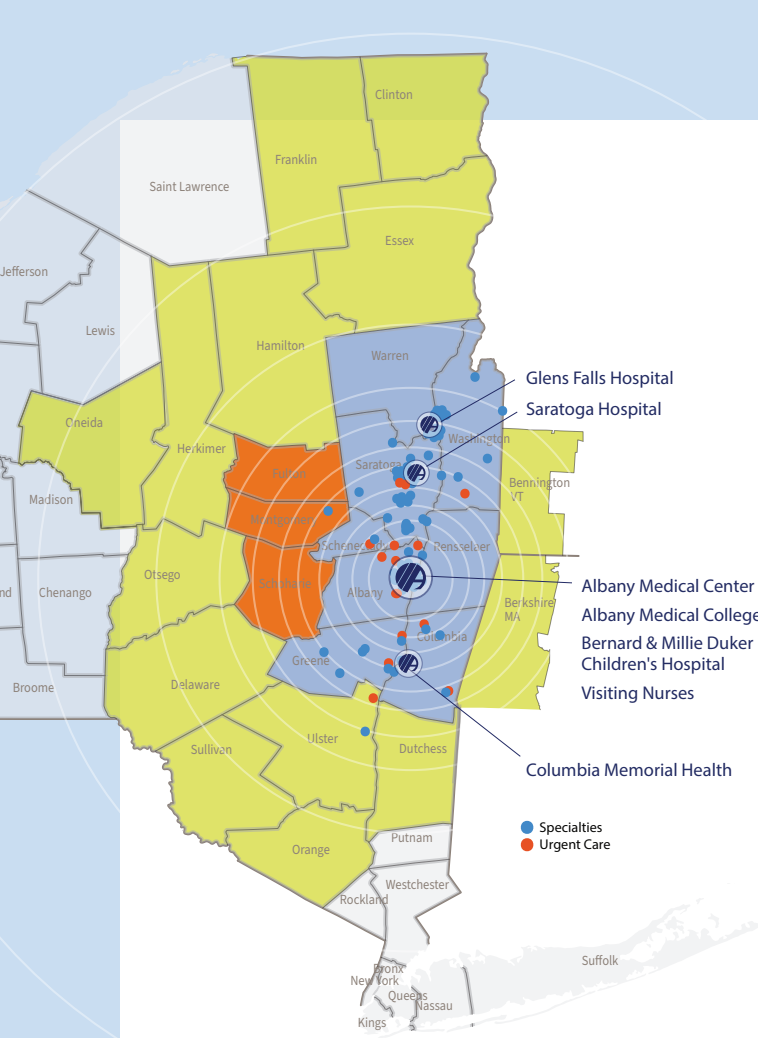
At the same time, our primary care teams provide routine and preventive care for patients of all ages. Our primary care offices offer additional services including on-site pharmacists, vaccinations, behavioral health services, women's health, referrals for community-based services to address health-related social needs, home-care practices, and more. Our urgent care centers offer walk-in and scheduled visits for conditions that require same-day attention, all with the safety net of the care available at our hospitals just in case.

The System's emergency rooms are open at all times, with our team ready to treat any life-threatening conditions and ailments. Our Logistics Center helps coordinate care between hospitals, to ensure a patient receives the right level of emergency care—with the ability to

*(continued)*







# Our local governance allows us to best serve the needs of our neighbors with swift excellence and a direct, targeted approach to what our communities need most.

quickly stabilize and transport patients in need of dedicated resources to Albany Medical Center. Our physicians also work with emergency responders and treat patients at accident scenes, stabilizing them for transport, and providing care when every second counts.

We treat everyone who needs us regardless of their background and life circumstances, and regardless of insurance. We believe in the right to high-quality, equitable health care, and are honored to be the leading force of the area’s health care landscape.

As a not-for-profit organization, we exist solely to improve the lives of our neighbors in the community. We are able to best serve the needs of our communities through local governance—and as such have a particularly close connection to the communities we serve. This is reflected in our values of excellence in continuous improvement, integrity, compassion, a diverse, equitable, and inclusive environment, responsiveness, and fiscal responsibility.

Our local governance allows us to accomplish all these things with swift excellence and a direct, targeted approach to what our communities need most.

We live here, care for our own neighbors, and when we make decisions, they affect all of us.

Residents of the region can rest assured that we are available when they need us. This backdrop of reliable care allows our region to flourish.

Companies choose where to set up their businesses based on where people will want to live, and with proximity to health care a major driver. As New York State has focused on bringing more industry to upstate New York, we welcome our new neighbors.

We have a critical role in the local economy: we are an economic engine, with an annual estimated impact of \$5.8 billion, and the area’s largest employer, with more than 16,000 employees.

We are proud to reflect the communities we serve: all races and ethnicities; 80 birth countries; five generations; all education levels and abilities. Under one umbrella, people from such varied backgrounds come together with different talents—the System has 920 job titles—and work to achieve the same mission. In fact, *Newsweek* named Albany Medical Center among their 2024 Greatest Workplaces for Diversity, celebrating our unique workforce there and at our community hospitals in Hudson, Glens Falls, and Saratoga Springs. *Forbes* has recognized two of our hospitals among the best employers in the state.

We believe in investing in our employees, with a strong commitment to recruiting and retaining top talent. Employee salaries and benefits make up more than 60 percent of our expenses. The System’s referral programs and sign-on bonuses aim to attract new team members, and we partner with local organizations to highlight both clinical and nonclinical careers in various settings. We introduce high school and college students to occupations in

health care, and encourage our staff to explore opportunities to grow within the System, through mentorship and training programs, and tuition discounts and reimbursements.

Approximately 40 percent of local physicians have been educated or trained at Albany Medical College. Our medical school provides education in the health sciences, preparing the next generation and ensuring the continuation of top talent to care for our region. Throughout our hospitals and clinics, medical students and residents are integral parts of our teams, enhancing care and bringing the latest in medicine to the bedside. They also contribute to our local economy by enjoying everything this region has to offer. We are particularly proud of those who come here to learn and choose to stay, enriching the diverse pool of talent that can be found in the Capital Region.

Albany Medical College also supports key biomedical and clinical research that contributes to the body of medical knowledge, creating new ideas, procedures, and drugs that advance high-quality health care. Significant investments from the National Institutes of Health (NIH) indicate the importance of the College’s ongoing work to understand disease and lay the groundwork for new treatments and therapies. In fact, our college leads the region in the amount of NIH funding it secures.

The College also leads important community engagement activities—from the dozens of nonprofits participating in the College’s Day of Service to ongoing programs focused on patients with varying illnesses. We strongly believe that to be the best health care providers, our learners must become

fully immersed in the community. When we understand the experiences of our neighbors and what matters most to them, we meet their needs with the highest level of expertise and compassion.

That is also why the System contributes to countless organizations throughout the region in various capacities: playing a major role in a camp for children facing critical illness and injury; holding pop-up clinics for traditionally underserved populations; supporting organizations that focus on racial and socioeconomic equality. We work with local groups dedicated to addressing the social determinants of health; we hold car seat checks; we educate our communities about hypertension and heart disease.

Our team works with EMS and law enforcement on best practices for treating opioid overdoses; our trauma education team teaches high school students and others how to perform CPR and stop bleeding in emergencies; our forensics teams care for victims of abuse and assault of all ages with compassion and expertise.

When we say we are “*with you for everything*,” it is not just a phrase. The Albany Med Health System is ingrained in the fabric of New York’s Capital Region. We are indispensable to the health of our region and every person who calls it home.

We are honored, and proud of this role—and look forward to the next century of caring for our communities.

**The heart of our region grows stronger with every beat.**

# THE HEALTH OF ALBANY MED IS DIRECTLY CONNECTED TO THE HEALTH OF OUR COMMUNITIES.





PATIENT CARE IMPACT

2.9 million  
outpatient visits

238,000 urgent care visits at  
14 locations  
+ 52,000 visits at Malta Med's 24/7 advanced urgent care

185,300

Emergency  
Department  
visits at  
4 hospitals

35,000  
visiting  
nurse visits



PATIENT CARE



PATIENT CARE HIGHLIGHTS *from* 2024

**The Albany Med Health System is fulfilling a promise** to the three million people of our region to provide the highest level of patient care right here, at home in our communities. Drawing on the strength of 16,000 employees, including 900 physicians, and more than 125 practice locations, the System is a resource and a beacon of hope. Good health and prosperity are elevated in our communities every day, due to medical breakthroughs and a commitment to excellence in all that we do.

**ENHANCED ROBOTIC TECHNIQUE BENEFITS KIDNEY DONORS**  
Albany Medical Center’s Kidney Transplant Program began offering robotic nephrectomy as a less invasive option for kidney donation and transplantation, improving the experience for living kidney donors.

“The robotic technique provides a three-dimensional view and smaller, more flexible instruments in which to remove the kidney, often leading to a quicker recovery for the patient with less pain and scarring than a traditional surgery,” said Rauf Shahbazov, MD, chief of the division of Transplant Surgery at Albany Medical Center and robotic surgeon.

John Church, 60, of Delmar, who donated a kidney to his longtime friend Stephen Smith, 64, of East Greenbush, was one of the first patients to undergo the surgery using the new technique.

“I was committed to donating my kidney to Stephen either way, but I was happy to hear that there was a much less invasive procedure with a better chance of success,” Church recalled. More than 90,000 people are on the kidney transplant waiting list in the United States, inspiring potential donors to be tested to determine if they are a match for a friend, loved one, or in some cases a stranger.

**GROUNDBREAKING ALZHEIMER’S TREATMENT AVAILABLE THROUGH SYSTEM**  
Albany Medical Center and Glens Falls Hospital began offering a therapy that has been shown to delay the progression of Alzheimer’s disease. Lecanemab, manufactured by Eisai and Biogen, was approved by the U.S. Food and Drug Administration after it was shown to delay cognitive and functional decline by approximately five months in an 18-month double-blind, placebo-controlled trial.

“This is a new era of disease-modifying treatments for Alzheimer’s disease, altering the biology of the disease,” said Maria Katakai, MD, PhD, director of the Alzheimer’s Center at Albany Medical Center, where the first infusion was administered to a patient in July 2024. “As the first hospital to offer this therapy, we are thrilled to revolutionize the treatment of Alzheimer’s disease in our region and to offer new hope to our patients and their families.”

**CENTERS OF EXCELLENCE CONTINUE STRONG SUPPORT FOR ALZHEIMER’S PATIENTS**  
The Alzheimer’s Centers at Albany Medical Center and Glens Falls Hospital are both New York State-designated Centers of Excellence for Alzheimer’s Disease—part of a medical network recognized nationally as experts in the diagnosis and care of those living with dementia. As such, they serve as comprehensive resources for the health care community—providing diagnostic and consultative services to primary care physicians and caring for patients.



“Through a combination of medical assessment and management, along with education for physicians, advanced practice professionals, and the public, our System centers offer expertise that complements the state’s mission to build capacity for diagnosing and treating Alzheimer’s,” said Heather O’Connor, administrative director of the program at Glens Falls Hospital.

**NEW SPACE FOR PEDIATRIC BEHAVIORAL HEALTH PATIENTS**  
The Massry Family Children’s Emergency Center opened an area designed specifically for behavioral health patients, creating a place for pediatric patients waiting for psychiatric evaluation and inpatient placement in the region.

Named “The Cove,” this space is secure and separate from the main pediatric emergency department with five private rooms with specific safety measures to prevent patients from harming themselves or others: furniture is secured to the floor; walls and ceilings are built with stronger materials difficult to punch through; and the rooms have no ligature points. Each room has a camera so the health care team can monitor the patient from the nurse’s station, which can be turned off when privacy is needed. There is also a common area for patients and families. The Albany Medical Center facilities team renovated the existing space to add these special safety features.

“This is a safe, calm, and private space for our patients,” said Nicole Friedman, RN, nurse manager in the pediatric emergency department. “For a child who needs less stimulation, putting them in a busy emergency department can be overwhelming, and sometimes patients could be waiting for inpatient placement for a while.”

**SYSTEM’S ADVANCED STROKE CARE OFFERED TO PATIENTS THROUGHOUT REGION**  
The New York State Department of Health renewed its designation of Albany Medical Center as a Comprehensive Stroke Center. Top-notch stroke care is a hallmark of the System as Columbia Memorial Health, Glens Falls Hospital, and Saratoga Hospital all earned the New York State designation of Primary Stroke Center.

This network provides appropriate stroke care quickly for patients across the System. The Primary Stroke Centers are led by physicians and nurses with training in the diagnosis and treatment of stroke and have established

protocols to ensure a rapid response for patients who could be having a stroke—including immediate imaging and evaluation.

Albany Medical Center also earned The Joint Commission’s Gold Seal of Approval and American Stroke Association’s Heart-Check mark for Advanced Certification for Comprehensive Stroke Centers. To earn this certification, hospitals must demonstrate compliance with stroke-related standards expected of advanced comprehensive stroke centers, and meet additional requirements, including volume of complex stroke and cerebrovascular patients, quality of care and outcome, advanced imaging capabilities, 24/7 availability of specialized treatments, and providing staff with the unique education and experience to care for complex stroke patients.

**SYSTEMWIDE ELECTRONIC MEDICAL RECORD EXPANDS ACCESS TO CARE**  
In 2024, the System launched a single electronic medical record, Epic, at its hospitals and community locations. With Epic, patient records for both inpatient and outpatient services are now on one single platform, elevating care delivery and the experience of both patients and employees.

This platform unifies patient records, scheduling, registration, and billing at each hospital, outpatient location, and urgent care facility. It also reduces repeat tests and paperwork for patients.

Epic allows staff from across the System to view and share patient data in a more seamless, secure, and efficient manner, helping ensure that providers have the most up to date patient records to deliver the most informed care possible.

This ease of access removes barriers to care, allowing patients, including those in more remote areas, to connect to more specialties.

Additionally, patients now have access to a single patient portal, MyChart, which replaces numerous independent portals that had been in use at different locations. Patients can schedule and manage appointments, quickly view test results, request prescription refills, message their doctor, pay a bill, apply for financial assistance, and more.



More than 161,000 patients registered for an Albany Med Health System MyChart account.





▲ (Top) Otolaryngologist Nathan Tu, MD, and neurosurgeon Robert Heller, MD. (Bottom) Patient Ian Yorks (right) with his wife and daughter.

#### TEAM EFFORT RESTORES PATIENT’S HEARING IN REGIONAL FIRST

When Ian Yorks presented with one-sided hearing loss, Nathan Tu, MD, otolaryngologist, ordered an MRI. The scan revealed an acoustic neuroma, a rare but benign tumor that develops on the main nerve leading from the inner ear to the brain, often impacting balance and hearing. Treatments vary according to the tumor’s size, location, and whether it is causing complications: many only require monitoring, but some need surgery or radiation. Many of them will not regain their hearing.

Dr. Tu and neurosurgeon Robert Heller, MD, who often collaborate on acoustic neuroma resections, felt Yorks was a candidate for a different approach given his age and hearing loss—placing a cochlear implant during the same procedure that removes the tumor, an option only performed at a handful of centers around the country.

The surgeons carefully dissected the tumor away from the cochlear nerve without issue. “Once the tumor was out and we saw that the nerve was intact, we proceeded with the cochlear implant,” Dr. Heller said. The procedure was a success.

“When I went into surgery, I knew that there were no promises it would work. I awoke to fantastic news—they got the tumor out and went ahead and put the implant in,” Yorks recalled.

After several weeks of healing, the cochlear implant was activated, with Yorks working closely with Albany Medical Center’s Hearing Center. In a relatively short amount of rehabilitative time, Yorks could understand 88 to 94 percent of speech information presented with the use of his implant. Yorks returned to work managing a hardware store and spending time with his family.

Dr. Tu noted the implants were recently approved by the Food and Drug Administration for unilateral hearing loss and are being covered by more insurance plans, making them available to more patients.

“This procedure is one of the best options for patients with these tumors who traditionally have had no hearing left after surgery,” Dr. Tu said.

“THIS PROCEDURE  
IS ONE OF THE BEST  
OPTIONS FOR PATIENTS  
WITH THESE TUMORS  
WHO TRADITIONALLY  
HAVE HAD NO HEARING  
LEFT AFTER SURGERY.”  
—NATHAN TU, MD



## EMERGENCY DEPARTMENTS COLLABORATE TO CARE FOR COMMUNITY

The hospitals of the Albany Med Health System are open for emergency care 24 hours a day, seven days a week.

Our emergency teams work with first responders and the LifeNet rescue helicopter service to ensure patients get the care they need as quickly as possible—coordinating with specialists to eliminate delays upon arrival. For example, while enroute to the hospital, EMS connects with the cardiac team to prepare for a patient having a heart attack, reducing time to an intervention.

A Systemwide Logistics Center helps coordinate care between hospitals. Nursing and physician leaders from each hospital connect with the System Access Center to ensure patients receive the right level of emergency care: a patient with a very serious injury can be transferred from a community hospital to Albany Medical Center, while a patient recovering can receive care at a hospital closer to their home.

Every year 17,000 patients are transferred from community hospitals and other health care facilities to Albany Medical Center’s Emergency Department, which serves more than 25 counties and three million people.

As part of our Systemwide commitment to reducing pressure on our Emergency Departments, Glens Falls Hospital is expanding and upgrading the Sheridan Family Emergency Center. The renovation includes new equipment, ambulance bay, and a behavioral health area. Albany Medical Center will be renovating and expanding its Emergency Department in 2026.

**185,300** Emergency  
Department visits  
throughout the System





**DID YOU KNOW?**  
The Visiting Nurses provides a variety of care in home settings, including:

- Rehabilitation
- Wound care
- Cardiopulmonary and asthma
- Infusion therapy
- Diabetes management

**NEW MRI TECHNOLOGY INTRODUCED IN HUDSON**

Orthopedic patients in Albany Med Health System’s southern region are now able to have MRI scans taken without the need to leave their provider’s office. The Esaote O-scan technology installed at Columbia Memorial Health’s Bone and Joint Center in Hudson also means isolated scans can be taken of arms, wrists, hands, legs, ankles, or feet so certain patients don’t have to undergo a fully immersed MRI.

“The nature of a traditional MRI can be problematic for patients who are claustrophobic,” said Rakel Astorga, MD, chief medical officer, Columbia Memorial Health. “The O-scan design eliminates the need for full immersion to scan limbs, and the in-office location allows us to quickly assess a situation and develop a plan for treatment.”

The Hudson office was remodeled, including the purchase of the O-scan MRI machine, thanks to fundraising efforts from the Columbia Memorial Health Foundation.

**SARATOGA HOSPITAL ADDS ADVANCED IMAGING TECHNOLOGY**

In 2024, Saratoga Hospital added newer imaging technology to provide exceptional care for patients.

In the Emergency Department, the hospital replaced its CT scanner with a state-of-the-art Siemens X. Cite model, which offers advanced imaging capabilities that enable quicker, more precise diagnoses, significantly enhancing the hospital’s ability to provide timely care.

At Wilton Medical Arts, the new GE Healthcare Omni Legend PET/CT system is designed with the flexibility to scan with new, emerging tracers. The first of its kind in the region, it can help detect and diagnose diseases at an earlier stage, leading to possibly more effective treatment plans and improved outcomes for oncology, neurology, and cardiology, including cardiac PET imaging.

Both technologies were made possible due to the generosity of key community donors.

**REGION’S ONLY CATHETER-BASED PROCEDURE FOR PEDIATRIC PULMONARY VALVE REPLACEMENT**

A new procedure introduced at Albany Medical Center eliminates the need for children with critical congenital heart defects to undergo open heart surgery.

The FDA-approved Edwards SAPIEN 3 Transcatheter Pulmonary Valve System (TPVS) with the Alterra Adaptive Pre-stent consists of a catheter-based stent, an artificial heart valve, and the tools used to implant the stent and valve without having to perform open heart surgery.

The next closest hospitals to offer the catheter-based Alterra device procedure are in Boston or New York City.

The first patient at Albany Med, a teenager, went home 48 hours after the procedure.

**SCLERODERMA CLINIC OFFERS EXPERTISE FOR RARE DISEASE**

Albany Medical Center’s scleroderma clinic is a designated Scleroderma Research & Treatment Center where rheumatologists, nursing and administrative teams, and a range of specialists including pulmonologists, nephrologists, gastroenterologists, cardiologists, occupational therapists, and pharmacists care for several hundred scleroderma patients.

Scleroderma is a chronic autoimmune disease that causes a hardening and tightening of the skin and connective tissues. This can lead to symptoms, including thickening skin, incontinence and other gastrointestinal issues, joint pain, and sores on fingers. It can also affect the lungs, kidneys, heart, and other internal organs.

New therapies and treatment options can help patients manage their symptoms and sometimes even get better.

“We build relationships with our patients,” said rheumatologist Michael Allen, MD. “By the time they come to us, they’ve often seen many providers, so it’s reassuring to them to know that this clinic exists and that we’ll manage their care and coordinate with all their other specialists.”

**GROWING FORENSICS PROGRAM CARES FOR VULNERABLE PATIENTS**

In 2024, forensic examiners at Albany Medical Center’s Emergency Department performed nearly 900 exams. These medical professionals have specialized training to provide comprehensive, compassionate care to victims of violence—including sexual assault, interpersonal violence, elder abuse, strangulation, workplace violence, and human trafficking.

Albany Medical Center is a New York State Department of Health SAFE Designated Hospital, recognized by the International Association of Forensic Nurses. Sexual Assault Forensic Examiners (SAFEs) are specially trained and certified professionals skilled in performing quality forensic medical-legal exams. Glens Falls Hospital and Saratoga Hospital Emergency Departments also have SAFE-trained staff available to provide forensic examinations.

“It is difficult to hear some of the patients’ histories during their examination but it’s heartening to be able to provide such a program to the Capital Region and beyond,” said Kaylin Dawson, RN, SAFE program manager. “When patients leave here, they feel supported, they know they have someone at the hospital who is here for them.”



**BREAKTHROUGH TECHNOLOGY HELPS RESTORE MOBILITY FOR STROKE SURVIVORS**

The first in upstate New York, Albany Medical Center began offering MicroTransponder’s Vivistim Paired VNS System, an FDA-approved breakthrough technology that uses vagus nerve stimulation during rehabilitation.

While the patient performs a specific task, such as opening a door, preparing food, or getting dressed, their occupational therapist uses a wireless transmitter to signal the device to deliver a gentle pulse to the vagus nerve—part of the nervous system where bodily functions are controlled.

Alexandra Paul, MD, endovascular neurosurgeon at Albany Medical Center, was the first to use the technology in an outpatient procedure performed on Jenna Shersky, 46, of Delmar, in September. Previously an avid skier and hiker, Shersky has had limited use of her dominant (left) side since experiencing an ischemic stroke in 2022.

“Like many ischemic stroke survivors, Jenna’s rehabilitation therapy had reached a plateau, but she has noticed progress since using the Vivistim therapy,” said Dr. Paul. The pairing of rehabilitation exercise with vagus nerve stimulation helps strengthen neural connections to improve upper limb function.

“VIVISTIM IS THE MOST PROMISING TECHNOLOGY FOR STROKE SURVIVORS WITH CHRONIC UPPER LIMB IMPAIRMENT THAT HAS EMERGED OVER THE COURSE OF MY ENTIRE CAREER IN OCCUPATIONAL THERAPY.”  
–FRANCES WILLIAMS, OT

**VISITING NURSES PROVIDE CARE AT HOME, AND THE HOSPITAL**

The Albany Med Health System’s Visiting Nurses extend top patient care outside of medical settings into patient’s homes—including nursing, physical therapy, occupational therapy, speech therapy, and home health aide, dietician, and social work services. The Visiting Nurses also provides staffing support at System hospitals.

With the Visiting Nurses as a valued part of the System, patients can access a continuum of care from the hospital to home.

THE VISITING NURSES ALSO PROVIDES STAFFING SUPPORT FOR THE SYSTEM’S FOUR HOSPITALS THROUGH THE STAFFING ALLIANCE.

One of the oldest continually operating home health care providers in the nation, the Visiting Nurses offers skilled nursing services and specialty care to patients throughout the region. This allows individuals to receive the most appropriate level of care in their own homes instead of the hospital, rehabilitation facility, or nursing home. They also coordinate services for Nursing Home Transition and Diversion and Traumatic Brain Injury programs.

The Visiting Nurses also provides staffing support for the System’s four hospitals through the Staffing Alliance—an internal travel nursing agency for the System for RNs, LPNs, surgical and ultrasound technologists, and X-ray technicians at all System campuses. The Alliance is also intended to serve as a pipeline for full-time in-hospital employment.





### SEAMLESS HEART CARE OFFERED AT REGION'S ACADEMIC HEALTH SYSTEM

The Albany Med Health System provides heart care using the latest techniques and leading-edge surgical procedures to address routine and complex medical issues. Because the System is an academic health system, patients have access to clinical trials for new treatments and devices, and they benefit from the ongoing research conducted at Albany Medical College.

Patients can receive heart care at Albany Medical Center, Columbia Memorial Health, Glens Falls Hospital, and Saratoga Hospital, with the option to transfer patients in need of more advanced care to Albany Medical Center.

Across the System, physicians are working together more than ever to quickly and securely share information that raises the level of patient care. The new Systemwide electronic medical record supports these efforts.

One of the longest standing partnerships began in 2017, when Albany Medical Center and Columbia Memorial Health formally and fully integrated their cardiology services. Since then, specialists and subspecialists on the cardiology teams at each hospital have been collaborating to share resources and technologies, and several cardiologists see patients at both the Albany and Hudson campuses.

"A patient who enters any point in the Albany Med Health System should and will receive the highest standard of care," said Edward Philbin, MD, chair of the Department of Medicine at Albany Medical Center and medical director of cardiac services at Columbia Memorial Health.

### COLUMBIA MEMORIAL HEALTH OPENS CENTERS FOR WOMEN'S HEALTH

In 2024, Columbia Memorial Health unveiled the Women's Health Center.

The state-of-the-art Women's Health Center is a centralized hub that is specifically designed to provide the most advanced, integrated, and responsive gynecological care possible.

Columbia Memorial Health president and CEO Dorothy M. Urschel, DNP, said, "The new space provides a calming healing environment. Our goal is to improve health outcomes, offer compassionate care, and be a trusted partner for women throughout their lives and health care journey."

According to Edward Marici, DO, chief of Gynecology, "The opening of the Women's Health Center is a significant milestone for advancing



women's health in our community. This facility will allow us to offer comprehensive services—from preventative screenings to advanced, minimally invasive surgical treatments—all under one roof."

The Center was made possible by grants from Stewart's Shops and the Dake Family Foundation, Fenimore Asset Management, and donations to the Columbia Memorial Health Foundation.

In 2023, Columbia Memorial Health opened the Center for Breast Health to provide screening and diagnostic breast health services in a dedicated, modern, and comfortable location.

The Center for Breast Health adopts a leading national model of comprehensive and integrated breast care that improves both quality

**"Our goal is to be a trusted partner  
for women throughout their lives  
and health care journey."**

—Dorothy M. Urschel, DNP, President and CEO  
Columbia Memorial Health

of care and patient outcomes. It was made possible in part by generous grants from the HRBT Foundation, Fenimore Asset Management and the Columbia Memorial Health Foundation.

"This Center stands as an example of how a community can work together to meaningfully improve health care services. It blends the experience and expertise of our providers with advanced diagnostic technology in a soothing and comfortable environment. It's a significant step forward in our continuous efforts to provide the best care possible for our community," said Dr. Urschel.

## PARTNERSHIP CONNECTS PATIENTS TO VIRTUAL BEHAVIORAL HEALTH



One in five adults experience mental illness each year, and less than half receive treatment for their condition, according to the National Alliance on Mental Illness. But in the Capital Region, a partnership between the Albany Med Health System and behavioral health provider aptihealth helps connect patients to mental health services, with the goal of improving their health and outcomes.

In 2020, Glens Falls Hospital began working with aptihealth, a value-based care provider with headquarters in Saratoga Springs. By 2023, in addition to other mental health services, all System campuses were offering aptihealth services to patients in need of emotional and mental health support.

"Through our partnership with aptihealth, we created a seamless connection between medical and mental health care," said Sean Bain, MD, vice president for medical affairs and chief medical officer at Glens Falls Hospital. "Patients can access quality care through a confidential online platform, from the privacy of their home at their own convenience, eliminating many barriers to care."

With the launch of the electronic medical record Epic, the referral process has become more streamlined.

At Albany Medical Center, an on-site navigator meets with patients to discuss the aptihealth approach and enrolls patients to set up an assessment to understand the patient's individual needs. Within days of leaving the hospital, patients connect with a behavioral health provider, leading to increased patient satisfaction and a decrease in hospital readmissions.

The patient and therapist then create a personalized care plan to improve mental health within 90 days, that includes: weekly online video sessions; if recommended, a prescriber added to the care team, with biweekly sessions; secure direct messaging between patients and therapists; and 24/7 support services.

### DID YOU KNOW?

Industrywide, health care workers report anxiety, depression, and burnout at higher rates than five years ago. To help address this trend, the System offers employees and their families access to aptihealth for emotional and mental health care support.





▲ Dr. Henry Tan performs a heart procedure.

#### RESTORING RHYTHM IN THE NORTH COUNTRY

Since 2017, patients at Glens Falls Hospital have had direct access to electrophysiology (EP) to repair and diagnose some heart ailments.

While EP is a large practice at Albany Medical Center, this area of practice is not always available at community hospitals.

This specialty is about the “electrical” components of the heart. Interventional cardiologists focus on the narrowing or blockages, the plumbing of the heart, whereas electrophysiology focuses on the electrical pathways of the heart and each patient’s unique heart rhythm.

Electrophysiologist Henry Tan, MD, who joined Glens Falls Hospital from Albany Medical Center’s EP Lab, performs procedures such as implantation of pacemakers, cardiac defibrillators, and cardiac monitors. He also conducts electrophysiology mapping, which helps to determine the pathway of the cardiac impulse and if it is normal or abnormal.

Dr. Tan also performs cardiac ablation for patients with arrhythmia. In this procedure, the abnormal pathway of the dysrhythmia can be “burned” and rerouted to a normal heart rhythm.

Albany Medical Center houses an EP Lab with a team of cardiac electrophysiologists who use the latest innovative technology and testing to measure electrical activity in the heart. Conditions they treat include atrial fibrillation, atrial flutter, bradycardia, ventricular fibrillation, and supraventricular arrhythmia. Pacemaker and defibrillator insertion is available as well as traditional ablation and minimally invasive catheter ablation and other high-level procedures.

Although some Glens Falls Hospital patients must be seen in the EP Lab at Albany Medical Center, many electrophysiology cases can be performed in Glens Falls, resulting in treatment closer to home.

#### ALBANY MED HEALTH SYSTEM NAMED “MOST WIRED”

The Albany Med Health System has been recognized among the “Most Wired” health care organizations in the nation by the College of Healthcare Information Management Executives (CHIME).

CHIME’s Digital Health Most Wired survey is an international benchmarking and recognition program that evaluates the adoption, integration, and impact of technologies at health care organizations across the world. The 2024 survey assessed nearly 48,000 facilities in eight key areas, including



“We are proud to once again be recognized for our information technology achievements in support of patient care.”

—Kristopher Kusche, Senior Vice President and Chief Information Officer of the Albany Med Health System

infrastructure, security, administrative/supply chain, analytics/data management, interoperability/population health, patient engagement, innovation, and clinical quality/safety.

The System was recognized for its optimal use of technologies in both the Acute Care and Ambulatory Care categories.

“We are proud to once again be recognized for our information technology achievements in support of patient care,” said Kristopher Kusche, senior vice president and chief information officer for the System. “With a new, single electronic medical record system in place at all of the Albany Med Health System hospitals, as well as state-of-the-art cybersecurity measures, data analytics, and many, many other behind-the-scenes innovations, we are providing safe, secure care for our community while enhancing each patient’s experience.”

## QUESTIONS *with*

### Nicoleta Daraban, MD, FACC

Medical Director and Chief of Cardiology, Saratoga Hospital Medical Group; Medical Director, Diagnostic Center, Saratoga Hospital

Dr. Daraban decided to pursue cardiology while studying in Romania. She wanted to combine science with direct patient care in a field that was, and continues to be, very dynamic. “In cardiology you have a balance of science and practical solutions to help and heal.”

#### HOW HAS THE SARATOGA HOSPITAL MEDICAL GROUP’S CARDIOLOGY PRACTICE EVOLVED IN THE LAST TEN YEARS?

Dr. Theodoros Laddis was the original visionary for the practice and established the Saratoga Hospital Cardiology group in 2014. It felt like a leap of faith at the time, but I was excited to join forces with him and build a practice starting from the ground up. Initially, we provided only basic services, with one diagnostic cath

and mostly hospital based noninvasive cardiac testing.

Many times we had to transfer patients to Albany for invasive procedures. At the time, Saratoga Hospital was not providing emergent cardiac care services such as acute MI/STEMI (emergency invasive procedure to open blocked coronary arteries) or coronary intervention programs.

As we continued to grow, we began to enhance our cardiac services. We built a coronary intervention program as the hospital upgraded our Cath Lab to add an additional procedural room. We began performing STEMI procedures.

Our diagnostic lab received accreditation for the full scope of diagnostic non-invasive procedures, including vascular ultrasounds, echocardiography, and stress testing.

#### WHAT TYPES OF SERVICES ARE AVAILABLE TO CARDIAC PATIENTS AT SARATOGA HOSPITAL?

We are extremely proud of the quality of services we provide, and are continuously working on improving technology and patient access to quality care. We want to provide diagnosis and treatment of most cardiac conditions locally and in a timely manner.

Our goal is to provide “boutique cardiology” to our patients—high quality cardiology services that are easily accessible. Being part of the Albany Med Health System is a great support for our local medical practice. We keep our dedication to the patients in our community, and also share the benefits of being part of the Albany Med Health System through expansion of services and medical resources.

#### CAN YOU SPEAK TO THE IMPORTANCE OF PREVENTION AND GOOD CARE FOR CARDIAC WELLNESS?

Any good medical care should start with prevention. Preventative cardiology has been growing over the past 20 years. When I began my training, prevention meant being aware of the importance of nutrition and exercise. Today, more and more discussions focus on weight management and helping the patient be proactive in their approach to nutrition, weight management, and physical activity—the cornerstones of good medical care. We are able to help coordinate that care through interaction with our partners in bariatrics, primary care, and other providers we refer the patients to for their continuum of care.



“Only about 10 percent of cardiologists are women, but a generational shift is starting to occur, and we are starting to see more and more women in medical leadership positions.”



# 1 Day in the Life of the System

**508** Emergency Department visits

**175** patient admissions

**46** patients transferred

**1,036** inpatients

**150** surgeries

**11** babies born

**45** babies in NICU

**94** home nursing visits

**12,511** pharmacy interactions

**3,100** meals prepared

**19,100** laboratory tests

**7,900** outpatient visits in clinics, urgent care, labs, radiology

**2,000** images (Xray, CT, MRI, ultrasound, mammogram)

## STRONG WORKFORCE KEY TO PATIENT CARE

The Albany Med Health System depends on our more than 16,000 employees to meet our mission by providing top patient care, education, and research our communities depend on—and we are dedicated to recruiting and retaining top talent.

The System invests \$1.8 billion in employee salaries and benefits, nearly 60 percent of our total expenses. Our salaries are competitive, and our benefits are robust: For example, Albany Medical Center offers a free state-of-the-art gym, on-site childcare, and universal access to CDTA public transportation network; Columbia Memorial Health offers enrichment opportunities, paid training, education and development programs, and employee appreciation events; Glens Falls Hospital offers on-site employee health services and Wellness Dollars to use toward medical expenses; Saratoga Hospital offers a subsidy for YMCA memberships and discounts at local attractions.

There are more than 920 unique positions in the System—from the medical professionals in the hospitals and clinics, to the educators and researchers, to the supporting services. Our employees reflect the communities we serve, and include all races and ethnicities; 80 countries of origin; five generations; and all abilities and education levels.

To help ensure our workforce continues to grow and meet the demands of health care, we continuously recruit. We attend career fairs and host hiring events; offer referral bonuses to encourage employees to share openings with friends and family; partner with academic institutions to offer discounts, tuition reimbursement, fellowship programs, on-the-job training while earning a degree, and even learning opportunities for high school level students.

Glens Falls Hospital alone has more than 20 affiliation agreements with local, regional, and online nursing programs.

Albany Medical Center's "Grow Our Own" program, which started in 2004, provides eligible employees with academic training and financial aid as they work to become full-time registered nurses. To date, nearly 300 Albany Medical Center employees have become registered nurses through partnerships with Maria College, Russell Sage College, and Hudson Valley Community College (HVCC).

A new program with Russell Sage College offers a grant to graduates staying local to start their nursing careers.

## SYSTEM HOSPITALS NATIONALLY RECOGNIZED

Albany Medical Center was recognized as one of America's Greatest Workplaces for Diversity 2024 by *Newsweek*. As the anchor for the Albany Med Health System, Albany Medical Center's designation celebrates the unique role of its workforce, which has grown in collaboration with the System's

community hospitals in Hudson, Glens Falls, and Saratoga Springs.

Saratoga Hospital was recognized by *Newsweek* as one of America's Best-In-State Hospitals 2024, based on nationwide patient surveys and hospital quality metrics. Saratoga Hospital was also named one of America's Best Maternity

Hospitals 2024 in recognition of its commitment to excellence in childbirth and postpartum care. This reinforces the team's dedication to high-quality care in the community.

Additionally, *Forbes* named Albany Medical Center one of the best employers in New York State.



To help recruit future medical professionals, the System partners with dozens of local high schools and BOCES programs. We also work with regional colleges, including:

University at Albany  
Albany College of Pharmacy  
Binghamton University  
Bryant and Stratton College  
College of Saint Rose  
Columbia-Greene Community College  
Fulton-Montgomery Community College  
Hartwick College  
Hudson Valley Community College  
LeMoyne College  
Maria College  
Mount Saint Mary College  
Mohawk Valley Community College  
Rensselaer Polytechnic Institute  
Russell Sage College  
Siena College  
St. Elizabeth College of Nursing  
SUNY Adirondack  
SUNY Brockport  
SUNY Delhi School of Nursing, Arts & Sciences  
SUNY Morrisville  
SUNY Plattsburgh  
Union College  
Utica College



# Jason Mouzakes, MD

Executive Vice President and Hospital General Director at Albany Medical Center;  
Professor of Otolaryngology and Pediatrics at Albany Medical College

Dr. Mouzakes first came to Albany Medical Center in 1988 as part of an accelerated degree program with Union College. Now he collaborates with leaders across the System to enhance patient care.

**WHAT DO YOU SEE AS OUR ROLE AS THE ONLY ACADEMIC MEDICAL HEALTH SYSTEM IN THE REGION?**

Our tripartite mission really distinguishes us: It's not only the clinical excellence that we embrace, but the educational and research elements, and the drive toward science in all that we do. Creating an atmosphere of learning really engenders passing the legacy on to the next generation, for any field, from nursing to tech support. It's in the fabric of who we are.

We also take incredible pride in our heritage and our community tradition. Each of the members of our System were founded in the 1800s—with long traditions of care. Now that we've created a "neural network" with Epic, the electronic medical record, we are all intricately connected.

**HOW DO OUR PATIENTS BENEFIT FROM THE SYSTEM?**

This is about access—the broad reach across the 25 counties we cover, the three million people. The key to leveraging our system-ness is providing access points to the entire region.

I am really proud of our commitment to try to get to yes. Our leaders reinforce that message, and it really defines us. When so many of our colleagues across the state don't have capacity or ability to treat patients, we have always found a way to get to yes and serve the population of our community.

**WHAT IS THE COMMUNITY IMPACT OF THE SYSTEM?**

Because of our rich traditions and heritage we're able to work collaboratively with organizations to make a difference far beyond the clinical like the Boys and Girls Club, Double H Ranch, Pride Parade, and so many others. But that doesn't tell the whole story.

Yes, we support organizations monetarily and through volunteerism, but we also empower the community. For example, we work with the Capital City Mission and have taught CPR to their volunteer staff, as well as some folks staying at the shelter. I heard from the Mission's chief of staff, and last year three of those guests landed jobs because they had been trained in CPR. It's truly incredible to be able to influence that and give back.

**OF EVERYTHING IN THE SYSTEM, OF WHAT ARE YOU MOST PROUD?**

The way that we serve every patient every time.

Health care is a basic human right, and not a privilege. I am absolutely blessed to work in an institution that truly believes that. Even in times when we've faced fiscal difficulties when it's a challenge to make ends meet, it's pretty glorious that we hold true to that value.

Also the workforce. We all work to put our best effort forward, but it's more than that, it's about feeling valued and feeling part of something bigger.

We are here 24/7, 365. We are here quietly doing amazing things each and every day and we do it with an approach that preserves the dignity of every human being that walks in here. We really take pride in caring for all.

**HOW DO YOU APPROACH YOUR ROLE IN THE SYSTEM?**

I am a fierce advocate for the patient and the workforce. When people hear experience, they think about the patient. Yes, its important to focus on the patient but it is also important to focus on our workforce and their experience, and our visitors and their experience, and our learners and their experience. I constantly ask myself, "How can we enhance a person's experience here?"

**DID YOU KNOW?**

1 | While a resident at Albany Medical Center, he served as a representative to the Graduate Medical Education Council.

2 | For 13 years, he served as the director of the ENT residency program.

3 | He joined the Department of Surgery as the first pediatric ENT, then chief of the Division of Otolaryngology, then inaugural chair of the Department of Otolaryngology.

4 | Dr. Mouzakes was named executive vice president and hospital general director at Albany Medical Center in May of 2024.



“HEALTH CARE IS  
A BASIC HUMAN  
RIGHT, AND NOT  
A PRIVILEGE.”

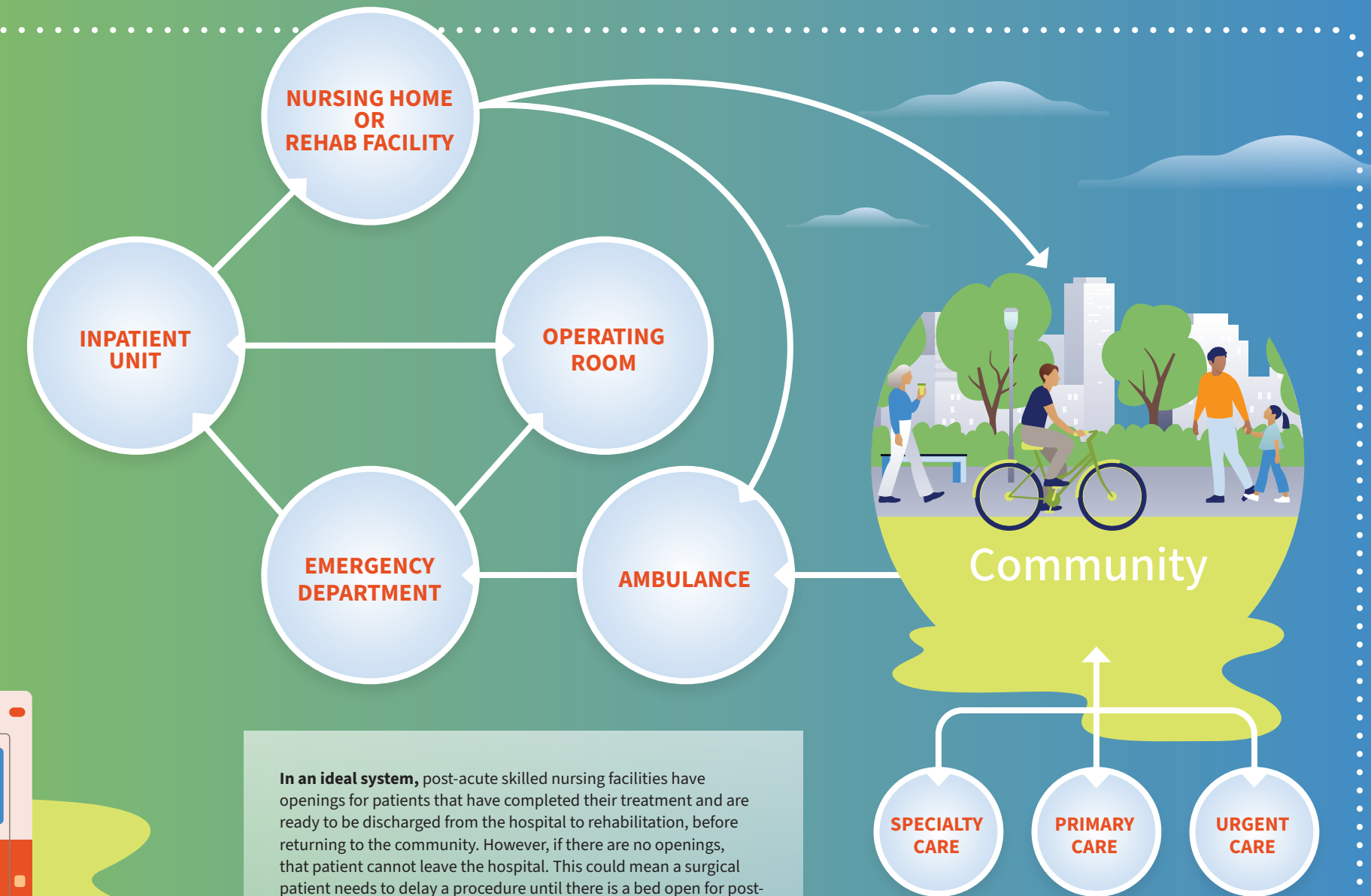


# OUR PLACE

## in the Health Care Landscape

### ALBANY MED ECOSYSTEM AT A GLANCE

An individual's journey to good health is dependent on many factors within the health care ecosystem—the interconnected providers and organizations that work together to provide care and support patients. When people can access primary care and specialists as needed, they are able to get the right level of care in the most appropriate setting.



**In an ideal system,** post-acute skilled nursing facilities have openings for patients that have completed their treatment and are ready to be discharged from the hospital to rehabilitation, before returning to the community. However, if there are no openings, that patient cannot leave the hospital. This could mean a surgical patient needs to delay a procedure until there is a bed open for post-operation recovery. This could also mean a patient arriving in the Emergency Department cannot be quickly admitted to the hospital, and instead receives treatment within the ED.

At the same time, some patients have to rely on the ED for all their health needs, further straining the resources of an already stressed system. Emergency Departments across the country are working to address this trend.

Primary, urgent, and specialty care sites allow patients to get care they need close to home.





# RESEARCH

## RESEARCH AT A GLANCE

**\$18.1** million  
in sponsored scientific research

**592** peer-reviewed  
articles published

**127** basic science  
faculty

**406** active  
scientific research awards





**BENCH TO BEDSIDE**

In northeastern New York, Albany Medical Center is the only place where research happening in our laboratories can be cross tested and understood in the context of patients at the bedside. Ongoing research focuses on vital health issues like Alzheimer's disease, breast cancer, long Covid, addiction, flu, and so much more.

**ALBANY MEDICAL COLLEGE LEADS NEW YORK'S CAPITAL REGION** in research funding from the National Institutes of Health (NIH), with 30 grants in 2024 totaling \$13.2 million, according to an analysis by the Center for Economic Growth (CEG). This is higher than all other colleges and universities in our area.

The consistent financial support our scientists receive from the federal and state government, corporations, and private philanthropy is a significant indicator of the importance of their ongoing work to understand the mechanisms of disease and lay the groundwork for new treatments and therapies.

**EXPLORING ESTROGEN THERAPY TO PREVENT DEMENTIA**

Research scientists at Albany Medical College are studying the effects of menopause on Alzheimer's disease and other dementias, with an eye toward the role of estrogen therapy.

Estrogen decreases during menopause. Low estrogen levels are associated with an increased risk for Alzheimer's disease, vascular disease, and cognitive decline. It is also known that the earlier menopause begins, the higher a woman's risk of developing dementia.

"Menopausal women may be a uniquely vulnerable population who could benefit most from new preventative therapies," said Kristen Zuloaga, PhD.

In collaboration with colleagues at another local institution, the Neural Stem Cell Institute, the team is testing the effects of perimenopause, menopause, and a brain-specific estradiol prodrug—that is, an estrogen therapy that metabolizes when it reaches the brain—on mouse models of Alzheimer's disease and multiple etiology dementia (when someone has more than one type of dementia).

The five-year study is supported by a \$4 million NIH grant.

**NEW STUDY FOCUSES ON ORGAN FAILURE**

Scientists at Albany Medical College received a five-year, \$2 million grant from the National Institutes of Health (NIH) to study the role of endothelial cells in organ failure.

"Previous research by my lab and others has shown that the endothelium play a key role in critical illness, when one or more organs fail to function properly," said Alejandro Adam, PhD, who is leading the study.

Endothelial cells line blood and lymphatic vessels and are crucial to regulating blood flow and preventing blood clotting. But they can be damaged during critical illness or sepsis, when the body's immune system

overreacts to an infection. When that happens, the endothelium may release a multitude of small proteins called cytokines.

Cytokines regulate immune responses, but they can also lead to overactive blood clotting, causing small blood clots throughout the body, a life-threateningly high number of white blood cells in the bloodstream, or excessive swelling as fluid accumulates in the body's tissues—all of which contribute to tissue damage and organ failure.

**GROUNDBREAKING STUDIES ON LONG COVID**

In early 2020, as the import of what would become the Covid-19 pandemic came into view, pulmonologist Ariel Jaitovich, MD, professor in the Departments of Medicine and Molecular and Cellular Physiology, and his lab team pivoted their focus from COPD and other lung diseases to the novel coronavirus.

In collaboration with scientists at other institutions, they have since been working to better understand the mechanisms of long Covid, with some intriguing results.

In one study supported by a \$3.9 million NIH grant and published in the journal *eBioMedicine*, their sophisticated analysis of blood samples showed that the blood DNA methylation levels of long Covid patients differ from those of healthy patients, and that people with long Covid have the same blood biomarkers even when they have different symptoms. This indicates that long Covid is a single disease, rather than an aggregation of multiple conditions.

According to Dr. Jaitovich, further research could one day help gauge the severity of long Covid, identify who is likely to suffer from the most severe form of the disease, aid in treatment monitoring, and ultimately, facilitate the development of a blood test to diagnose long Covid.



**Joining Forces to Focus on Age-Related Disease**

In the research labs at Albany Medical College, a cross-departmental team of scientists is teaming up to tackle the prevalent diseases of aging like cardiovascular disease and dementia.

As part of a new collaboration, Professors Margarida Barroso, PhD, and Gabrielle Fredman, PhD, in the Department of Molecular and Cellular Physiology, Professor Kate MacNamara, PhD, in the Department of Immunology and Microbial Disease, and Professor Kristen Zuloaga, PhD, in the Department of Neuroscience and Experimental Therapeutics are working together to better understand the disease processes related to aging, and to explore the links between aging and age-related diseases.

"Our work unites cardiovascular, neurovascular, hematologic, and drug targeting fields," said Dr. Fredman, whose own research focuses on atherosclerosis.

Atherosclerosis, also called hardening of the arteries, can lead to a range of cardiovascular diseases, including heart attack and stroke, which collectively are the leading cause of death in the U.S. and worldwide.

With seed grant support from the chairs of MCP and DNET, one of the first projects the scientists are partnering on is a study of the relationship between atherosclerosis and dementia.

"Heart disease can exacerbate dementia and it's known that atherosclerosis increases the risk of dementia by two and-a-half times," said Dr. Zuloaga, a neuroscientist who studies Alzheimer's disease and other dementias.

Drawing on the expertise of Drs. Fredman and Zuloaga, as well as Dr. MacNamara's knowledge of immunology and how blood production changes during aging, and Dr. Barroso's skills in advanced imaging techniques for

measuring the efficacy of drug therapies, the researchers hope to uncover the mechanisms that link atherosclerosis with cardiovascular disease-related cognitive decline.

"Each of our individual programs are strengthened by collaboration with the others," said Dr. Fredman.

With their combined expertise and resources, the scientists are poised to broaden their investigations into the role of aging on disease and health, and to contribute more widely to the field of geroscience. "We hope to push the envelope toward safer medications and a better understanding of the aging process," said Dr. Fredman. "Moving forward, we also hope this type of scientific collaboration will be the model, not an exception."

*From left: Kristen Zuloaga, PhD, Margarida Barroso, PhD, Gabrielle Fredman, PhD, and Kate MacNamara, PhD*





**CLINICAL STUDY SHOWS LOW RISK OF COMPLICATIONS FOLLOWING PROSTATE BIOPSY**

A clinical study led by Albany Medical Center urologists found the risk of infection following a prostate biopsy to be quite low, regardless of whether it was performed through the transrectal or transperineal (skin puncture) approach, and there was no difference between the two procedures in the risk of infectious complications. Further, both procedures carried only a low risk of minor complications.

The results of this first-ever randomized clinical trial—the gold standard for clinical studies—were published in the February 2024 issue of *The Journal of Urology*.

A prostate biopsy is the best way to diagnose prostate cancer and is usually performed following an abnormal PSA (prostate-specific antigen) test. Nearly one million prostate biopsy procedures are performed annually in the U.S.

“This study provides objective verification that, contrary to some observational analyses, either method of prostate biopsy is a safe way to detect suspected prostate cancer,” said Badar M. Mian, MD, professor in the Department of Urology and the lead author of the study. “When cancer is found early, it can be treated early and there is a greater chance of long-term survival.”

Researchers found no difference in the overall infectious complication rates between the two groups, and no difference in post-biopsy infection-related issues, including fever, antibiotic prescriptions, ER visits, and hospital admissions. Additionally, no patient experienced any significant bleeding after either of the procedures.

“Most importantly, no participants experienced sepsis or needed intensive care following either of the biopsy procedures,” added Dr. Mian.

**STUDIES FOCUS ON CELLS’ ROLE IN CHRONIC HEPATITIS B**

Scientists at Albany Medical College received a \$2.4 million grant from the U.S. Department of Defense to study the role of dendritic cells in immunity against hepatitis B virus (HBV).

HBV infections, which affect nearly 300 million people worldwide and an estimated one to two million people in the U.S., increase the risk of developing serious diseases including cirrhosis of the liver and liver cancer.

According to the World Health Organization, an estimated 1.1 million people worldwide died from the virus in 2022.

“A vaccine can prevent the infection, but doesn’t benefit people who already have HBV,” explained Michael D. Robek, PhD, professor and chair of the Department of Immunology and Microbial Disease, who is leading the study.

Dendritic cells, a specific type of immune cell, are known to be essential for initiating immune responses to viral infections, but their role in the immune response to HBV is poorly understood. Using several techniques, Dr. Robek and his team are eliminating specific dendritic populations in mouse models. “This allows us to study how dendritic cells control HBV replication, and how they initiate immunity against HBV,” said Dr. Robek.

Ultimately, the researchers will seek to define the role of dendritic cells in immunity against HBV as well as their impact on vaccine efficacy—data that could be used to design treatments to cure chronic HBV and also applied to the development of new therapies for other diseases.

**\$3.8 MILLION GRANT TO ADVANCE DEVELOPMENT OF TULAREMIA VACCINE**

For more than 20 years, scientists at Albany Medical College have been among the top researchers focused on tularemia, a rare and potentially fatal disease. Most recently, they were awarded a five-year, \$3.8 million grant from the National Institutes of Health to test the efficacy of a new potential vaccine.

Tularemia is most commonly found in rabbits and similar animals in rural areas and can be passed to humans. There is concern that a sophisticated laboratory could manufacture it as a bioweapon and it’s listed as a Tier 1, Category A bioterrorism agent. Tularemia is currently treated with antibiotics, although engineered antibiotic-resistant strains of the *Francisella* bacterium are a concern.

Bacteriologist Karsten Hazlett, PhD, is heading the study on this new vaccine candidate in collaboration with fellow principal investigators Eileen Barry, PhD, of the University of Maryland School of Medicine, who created the vaccine, and Douglas Reed, PhD, of the University of Pittsburgh Center for Vaccine Research, an immunologist and aerobiologist.

“In this final step before human clinical trials, we hope to show our vaccine to be just as effective in non-human primate models,” said Dr. Hazlett.

**NEW INSIGHTS INTO ROLE OF IRON IN BREAST CANCER GROWTH**

In a study published in the journal *Oncogene*, Albany Medical College scientists offered new insights into the potential role iron may play in the metastatic growth of breast cancer.

“Our research shows that the role of iron may be different, depending on whether it’s in a cancerous tumor in the breast or in cancer cells that have metastasized and spread from the breast,” explained Margarida Barroso, PhD, professor in the Department of Molecular and Cellular Physiology.

The multi-institution study was made possible with support from a grant from the National Cancer Institute and included researchers from the Tisch Cancer Institute at Icahn School of Medicine at Mount Sinai, Binghamton University, Graz University of Technology, Ghent University, and Rensselaer Polytechnic Institute.

**ALBANY PRIZE**

The Albany Medical Center Prize in Medicine and Biomedical Research is one of the largest awards in medicine and science in the United States, awarded annually since 2001 for exceptional work in medicine and biomedical research.

The 2024 Prize was awarded to three RNA scientists whose discoveries have led to significant advancements in the understanding of and treatments for a wide array of diseases:

- Howard Y. Chang, MD, PhD, Stanford University
- Adrian R. Krainer, PhD, Cold Spring Harbor Laboratory
- Lynne E. Maquat, PhD, University of Rochester

Established by the late Morris “Marty” Silverman to honor scientists whose work has translated from “the bench to the bedside” resulting in better outcomes for patients, the \$500,000 prize is funded by a gift from the Marty and Dorothy Silverman Foundation to be awarded annually for 100 years.

Recipients have included Anthony Fauci, MD, former director of the National Institutes of Health; CRISPR pioneers Emmanuelle Charpentier, PhD, and Jennifer Doudna, PhD; National Medal of Science and National Medal of Technology and Innovation winners; and *TIME* Magazine “Heroes of the Year.” Ten awardees have gone on to win the Nobel Prize.



**NERVE REPAIR FOCUS OF PAIN STUDY**

The National Institutes of Health (NIH) awarded scientists at Albany Medical College a five-year, \$2.6 million grant to study the role of a specific protein in peripheral nerve disorders.

The study will focus on peripheral demyelinating neuropathies, which affect approximately three million people worldwide. Symptoms occur most often in the hands and feet and include numbness, muscle weakness, fatigue, and chronic pain.

According to Sophie Belin, PhD, who is leading the study, “Regardless of the specific cause, it is damage to myelin—the protective sheath that wraps around nerves—that causes the debilitating symptoms.”

Using mouse models, Dr. Belin and her team are focusing on the peripheral myelin protein 2 (PMP2), which is thought to stabilize myelin, seeking to understand its role as a fatty acid chaperone and how modulating its expression could regulate nerve repair. They are also studying the molecular factors that regulate PMP2.

“Clarifying the function of PMP2 in myelin cells could lead to new discoveries on how to enhance remyelination, as well as shed light on potential pharmacological approaches that could target PMP2,” said Dr. Belin.

“Clarifying the function of PMP2 in myelin cells could lead to new discoveries on how to enhance remyelination, as well as shed light on potential pharmacological approaches that could target PMP2.”

—Sophie Belin, PhD, Assistant Professor, Department of Neurosciences and Experimental Therapeutics



# Gabrielle Fredman, PhD

Principal Investigator and Professor, Department of Molecular and Cellular Physiology, Albany Medical College

Dr. Fredman studies the link between aging and atherosclerosis, and how chronic, non-resolving inflammation drives the progression of the disease. She organizes a series of forums to highlight how translational research partnerships within the System are expanding our understanding of diseases and leading to new treatments.

**WHAT IS THE IMPORTANCE OF RESEARCH AT ALBANY MEDICAL COLLEGE FOR THIS REGION?**

Albany Medical College has a rapidly growing reputation for cutting-edge research conducted within a uniquely collaborative and supportive culture. In a sense, we set the tone for innovation, to foster cross-disciplinary partnerships, and to serve as a beacon for translational research that directly benefits the health of our communities. I hope the College continues to leverage its clinical strengths and research to empower the next generation of researchers.

**WHAT IMPACT DOES OUR RESEARCH HAVE ON THE COMMUNITY?**

Nearly all of us have been touched by disease whether it is as a patient, caregiver or a loved one. Most of our biomedical research is dedicated to advancing our understanding of human diseases. What many may not realize is the profound impact this research has on both the System and the broader regional economy.

Beyond generating important discoveries that could lead to new, and potentially safer, treatments for common diseases, our research efforts also create a wide range of jobs and career opportunities for our community.

For instance, most of our research is funded by grants specifically to support research activities and pay the salaries of the scientists conducting experiments but also help fund the salaries of essential support personnel, including grant administrators who meticulously manage funding, safety officers who ensure proper handling and disposal of hazardous materials, and other professionals.

Additionally, we host a variety of high school and undergraduate research programs, providing valuable hands-on experience and mentorship to aspiring young scientists throughout the region.

**HOW DO OUR PATIENTS BENEFIT FROM OUR RESEARCH?**

While not all discovery science research has an immediate impact on patient care, every study contributes to the larger foundation of scientific knowledge that fuels future breakthroughs. For example, discovery science often focuses on understanding the fundamental mechanisms of disease. Though these findings may not translate into treatments right away, they lay the essential groundwork for developing new therapies over time.

Translational and clinical research that is conducted here, on the other hand, is more immediately connected to patient care. These studies aim to move promising discoveries from the clinic or lab into real-world medical applications. In many cases, this progress is only possible because of the generosity and altruism of patients who choose to participate in research studies, not just for their own benefit, but to help advance treatments that may one day improve or save the lives of others.

Our patients are often among the first to access innovative therapies, technologies, and new clinical approaches that aren't yet widely available. Ultimately, the culture of research not only drives medical advancement, but fosters a deeper sense of purpose, where patients and researchers work together for the common good.

**DID YOU KNOW?**

Albany Medical College conducts a breadth of biomedical research, including:

- Aging
- Alzheimer's disease and related dementias
- Cancer
- Cardiovascular diseases
- Infectious diseases
- Pulmonary disease (COPD and asthma)
- Vaccine development



“WE SET THE TONE  
FOR INNOVATION  
TO SERVE AS A BEACON  
FOR TRANSLATIONAL  
RESEARCH.”



COLLEGE STATS

570 medical students | 6,500+ community service hours

40% of all regional doctors train here | 54 physicians fellows

287 graduate students | 516 resident physicians | 8,512 alumni in our region, nation, and beyond



EDUCATION



**For more than 180 years, Albany Medical College** has been revered for its commitment to academic excellence, fostering exemplary physicians, compassionate caregivers, and leading researchers within the field of medicine.

Albany Medical College is northeastern New York’s only medical college and its contribution to our community is monumental:

- More than 40 percent of the region’s health care professionals have been educated or trained at Albany Medical Center. Medical students, residents, and fellows are integral members of our teams, learning first-hand the best in patient care and research, as are the next generation of nurse anesthetists, scientists, bioethicists, and physician assistants.
- Through the College’s progressive curriculum, integrating emerging technologies with hands-on experiences and groundbreaking research, students are trained to excel in the rapidly changing health care landscape while discovering their individual calling in medicine.
- Our intimate, collegial environment fosters humane values and genuine learning. Since its founding in 1839, Albany Medical College’s MD program has maintained a small class size of approximately 145 diverse and multi-talented students in our first-year class.

**DISABILITY CURRICULUM BRINGS  
LIVED EXPERIENCES TO MEDICAL STUDENTS**

As a second-year medical student, Kimberly Lipton had been learning about neuroscience and how the nervous system works. They had read about clonus—an abnormal reflex response—but had never witnessed it.

Then she met Riley Barker, a 28-year-old with cerebral palsy. He explained his condition and how his pain has progressed. When she applied pressure to his right foot, it started involuntarily rhythmically shaking.

“We saw clonus,” said Lipton. “It’s amazing to see this in-person after learning about it in dry, clinical reading.”

Barker was one of 20 disability self-advocates recruited by Jennifer Earle Miller, MD, to share their lived experiences with medical students. Supported by a National Inclusive Curriculum for Health Education grant

from the American Academy of Developmental Medicine and Dentistry, the workshop connects medical students with real-life situations before they begin their clinical curriculum.

“Students have the opportunity to engage with actual patients with actual complaints,” said Dr. Miller, director of the disability curriculum at Albany Medical College and associate professor in the Division of Physical Medicine and Rehabilitation. “As they have more experience with patients, they will know how to better serve this patient population.”

Students learned how to perform a comprehensive physical exam for patients with limited mobility; ask about accessibility in both health care settings and elsewhere; and address disability-related conditions from chronic disease to physical safety. Dr. Miller stresses: What can the physician do to help patients navigate the world?

“As the only academic  
medical center within a  
150-mile radius, we are  
committed to patient  
care, medical education,  
and biomedical research,  
ensuring access to  
medical and technological  
innovations for the region’s  
three million people.”

—Alan S. Boulos, MD ’94,  
The Lynne and Mark D. Groban,  
MD ’67 Distinguished Dean,  
Albany Medical College

Dr. Miller highlighted parts of a wheelchair and how different settings can be used to best examine the patient, while Michele Dollar demonstrated in her electric-powered chair.

An RN, Dollar has multiple sclerosis and welcomed the opportunity to work with students. She described an incident where she was having falling issues, and a change in muscle tightness. Unsatisfied with a diagnosis of an MS relapse, Dollar contacted her neurologist who discovered she had a UTI—and it was so advanced she needed IV medication immediately.

“It is important to be respectful and defer to the patient—they are the experts on their bodies and their condition,” said Dr. Miller.

While nationally there has been a move to incorporate more disability education in medical schools, Albany Medical College’s curriculum—and introduction of self-advocates—is unique. Dr. Miller hopes the students call on this experience as they move into patient settings, with comfort and patient safety top of mind.

Between sessions, students questioned how spaces designated ADA-compliant could be better designed for patients in wheelchairs. Lipton called the training a highly valuable experience. With her plans to become an obstetrician, “of course I will have patients with disabilities.”

**PHYSICIAN ASSISTANT STUDENTS DON WHITE COATS**

In 2024, the Center for Physician Assistant Studies at Albany Medical College welcomed its incoming class of 42 students.

Physician assistants, or PAs, are clinicians with master’s degree-level training. The PA profession was developed in the late 1960s to help address a national shortage in primary care physicians. Albany Medical College established its own program in 1972—only the 11th in the nation at the time—and transitioned to a master’s degree program in 2004.

Now the Center for Physician Assistant Studies graduates 42 PAs a year from the 28-month program, highly qualified clinicians who, in collaboration with a physician or surgeon, can diagnose, treat, prescribe medication, and often serve as the principal health care provider for patients.

The Albany Medical College Class of 2026 was selected from more than 3,000 applicants—with roughly half of the class hailing from New York.



**STUDENTS CELEBRATE NEXT PHASE OF MEDICAL TRAINING**

Fourth-year medical students around the country, including 134 at Albany Medical College, learned where they will continue their medical training at an event called Match Day.

Forty students, or 30 percent, were matched to programs in New York State. Forty-one percent pursued much needed primary care specialties, including family medicine, internal medicine, medicine-pediatrics, pediatrics, and obstetrics and gynecology. Fifteen students stayed at Albany Medical Center to complete their residencies, joining 113 others from around the country who chose the System.

“The Class of 2024 is particularly special, as they entered medical school at the height of the Covid-19 pandemic and fulfilled their responsibilities with grace,” said Alan S. Boulos, MD, ’94, The Lynne and Mark D. Groban, MD, ’67 Distinguished Dean of Albany Medical College. “We are proud of the resiliency and strength they’ve shown and are confident they will leave well equipped to handle any challenges they may face.”

The System successfully filled residency positions in programs participating in the Match, including anesthesiology, emergency medicine, family medicine, general surgery, preliminary surgery, internal medicine, preliminary medicine, medicine-pediatrics, neurology, neurosurgery, obstetrics and gynecology, orthopedic surgery, otolaryngology, pathology, pediatrics, physical medicine and rehabilitation, plastic surgery, psychiatry, radiology, integrated vascular radiology, and vascular surgery—including six residents in family medicine at Saratoga Hospital.

After graduating from medical school, physicians enter residency programs for an additional three to seven years of training. Residency assignments begin in July for most trainees.

**DID YOU KNOW?**

Albany Medical College partners with three local colleges on joint programs leading to medical degrees:

- Rensselaer Polytechnic Institute (RPI) for an accelerated biomedical program focused on medical research, where students complete both their BS and MD in seven years

- Siena College with an emphasis on humanities, ethics, and social services, where students earn both a BA and MD

- Union College for a joint program focused on health care management, where students earn both their BS, MS, or MBA and MD degrees in eight years





**DOCTORAL DEGREE IN NURSING PRACTICE PREPARES STUDENTS FOR FULL RANGE OF CLINICAL SETTINGS**

Since 1951, Albany Medical College has been educating and preparing Certified Registered Nurse Anesthetists (CRNAs) to provide the highest quality patient care. The Center for Nurse Anesthesiology accepts 25 students annually for the three-year program.

In the System’s team-based care, CRNAs are an integral part of the perioperative team providing direct patient care from pre-op to recovery. Our CRNAs are trained in all aspects of the specialty, including obstetrical and surgical anesthesia, pain management, and trauma stabilization services. They are qualified to work in all settings where anesthesia is provided, and improve access to care by serving as the primary anesthesia providers in rural areas and critical access hospitals.

During their Doctor of Nursing Practice degree program, students train throughout the system and other clinical sites in northeastern New York and western Massachusetts for a broad range of clinical experiences. Students also engage in a comprehensive simulation curriculum at the College’s Patient Safety and Clinical Competency Center. The clinical and didactic education that the students receive at Albany Medical College qualifies them for the national board certification exam.

**COLLEGE RESIDENCY PROGRAM BRANCHES FARTHER INTO REGION**

Each year, more than 100 new physicians begin their residency training through the Albany Medical College program, with most of them performing their residencies at Albany Medical Center. In recent years, a handful of residents have begun training at another System partner—Saratoga Hospital.

In 2024, Saratoga Hospital successfully matched its second class of six medical residents who began their three-year residency training.

The Saratoga Hospital Family Medicine Residency Program, a collaboration with Hudson Headwaters Health Network, focuses on providing training with a special emphasis on behavioral health, addiction treatment, population and community health, and rural health. Medical residents see patients at Saratoga Hospital and the Saratoga Hospital Community Health Center, along with the Saratoga Hospital Backstretch Clinic at the Saratoga Race Course. They also train at Hudson Headwaters Glens Falls Family Health and Ticonderoga Health Center.



According to Ephraim Back, MD, Saratoga Hospital Family Medicine Residency Program director, “Together, we’ve built an enriching 21st century family medicine training program. This is a testament to the quality of the program and faculty and the unique and rewarding opportunities to practice medicine in our region.”

**GRADUATION TAKES PLACE AT SPAC**

Albany Medical College awarded more than 200 degrees at the 186th Commencement in May:

- 135 medical degrees (MDs)
- 39 MS degrees in Physician Assistant Studies
- 9 MS or doctoral degrees (PhDs) in biomedical sciences
- 10 MS degrees from the Alden March Bioethics Institute
- 8 doctoral degrees from the Alden March Bioethics Institute

**WHITE COAT CEREMONY WELCOMES NEW MED STUDENTS**

Albany Medical College celebrated its White Coat Ceremony with 145 incoming medical students selected from more than 13,000 applicants. In addition to donning their symbolic white coats for the first time, students from the Class of 2028 recited the Declaration of Geneva, a modern-day physician’s oath.

*Class of 2028 represents:*

- 25 states
- 49 New Yorkers
- 24 Capital Region residents
- 31 languages spoken
- 21 birth countries



**DAY OF SERVICE BRINGS MEDICAL STUDENTS INTO THE COMMUNITY**

As part of their orientation at Albany Medical College, students and faculty participated in an annual Day of Service and Engagement in July.

“Our hope is that as they provide aid and learn about their new community, our students will begin to understand how the conditions in which people work, live, and learn play an integral part in their health and well-being, and that they will continue to address health equities throughout their medical careers,” said Angela Antonikowski, PhD, associate dean of the Division of Community Outreach and Medical Education at Albany Medical College.

The Day of Service was launched in 2010 by a student from Colorado who wanted to learn more about the Albany community. The single-day event kicks off a year of service learning that is part of the students’ medical school curriculum.

2024 volunteer activities included:

- Vegetable gardening projects at Myers Middle School and Delaware Community School in Albany
- Cleanup at Capital Roots’ community garden in Albany
- Harvesting produce at Regional Food Bank of Northeastern NY’s Patroon Land Farm in Voorheesville
- Maintenance at Albany Therapeutic Riding Center in Altamont
- Community clean-up day with Youth Life Inc. in Schenectady
- Yardwork at the Joan Nicole Prince Home for palliative care in Scotia
- Organizing food pantry at Capital District Latinos Cultural Empowerment and Community Engagement Center in Albany
- Distributing materials with Community Caregivers in Albany



**ALZHEIMER’S PROGRAM CONNECTS PATIENTS WITH FUTURE CAREGIVERS**

To understand the impact of cognitive decline outside of the clinical setting, Albany Medical College’s Generations Together pairs medical students with patients diagnosed with Alzheimer’s disease or related dementias.

Students spend three hours a month with their assigned patient, referred to as a “mentor” or “buddy,” doing various activities such as going for a walk, talking, or visiting a museum. This one-on-one relationship gives the medical students a unique understanding of cognitive decline, and patients and their families have the opportunity to share their experiences with this illness.

Third-year medical student Thu Lu spends time with her mentor talking, walking in nature, and quilting.

“She was an avid quilter,” said Lu, who has been working with this mentor for two years as she transitioned to a memory care facility. “It really opened my eyes being able to see how dementia affects how she does what she loves.”

Lu intends to specialize in geriatric care, and was drawn to the nature of the Generations Together program’s one-on-one relationship with the patient and family. About 15 to 20 participating medical students meet monthly to discuss challenges and successes with their paired patients.

This year Lu also began working with a second mentor—with a different dementia. “Each patient is so, so different,” she said.

**DID YOU KNOW?**

Albany Medical College’s Patient Safety and Clinical Competency Center offers simulations and clinical training resources to educate students and health care professionals. Using clinical tools, life-like manikins and actors trained to portray patients, the PSCCC simulates patient care in a safe and realistic setting.



# Boahema Pinto, MD

Associate Professor of Emergency Medicine; Assistant Director of Emergency Ultrasound; Associate Dean of Diversity, Equity, and Inclusion

Dr. Pinto specializes in emergency medicine and emergency ultrasound, and oversees the College and System’s efforts to make patients from all walks of life feel welcome when accessing care.

**HOW DO YOU SEE THE IMPORTANCE OF OUR ROLE AS THE ONLY MEDICAL COLLEGE IN NORTHEASTERN NEW YORK?**

We’re the only Level 1 trauma center in our region and the busiest trauma department in the state of New York. We recognize the weight of that statistic. We see the responsibility carried with it and it’s reflected in the way we move—the students, the faculty, and staff—you see it in the way we approach education, knowing we are developing the next generation of providers who will be equipped to care for people in a large region, and able to handle the complexities that go along with that. You see it in the way the medical school continues to revamp the curriculum, always trying to match the ever-changing landscape.

Students participate in a trauma simulation as part of community outreach efforts led by Dr. Pinto. ▼



**HOW DOES THE COLLEGE CONNECT WITH THE COMMUNITY?**

We are a part of the community. It is how we function. We are intricately involved in the lives of so many people. Our job, in addition to taking care of the patient in front of us, is to think about the big picture. How do we work together to serve and work with our bigger community?

We are at health fairs, seminars, and other events, hearing directly from people about what is impacting them, along with the formal community health assessments. We have whole divisions that are geared toward community outreach doing tons of work and making those connections.

Our service learning projects make community engagement a very defined, explicit curriculum to involve medical students at the start of their careers. You are in the community and not just in your books. It begins during orientation when students are introduced to dozens of local service organizations and continues throughout their time here.

**HOW DO YOU SEE YOUR EFFORTS IMPACTING THE COMMUNITY?**

I am a physician, and professor, and a Black woman. We are the largest hospital system in the northeast, and we inherently serve patients from everywhere, far and wide, with a range of backgrounds. These patients are from urban areas, rural areas, different socio-economic backgrounds, all different races, ethnicities, countries of origin, different languages, there are so many different levels to it.

**DID YOU KNOW?**

Dr. Pinto serves several roles in the System:

- 1 | Emergency Medicine physician
- 2 | Emergency ultrasound instructor for Emergency Medicine residency and the medical student ultrasound thread
- 3 | Associate dean of Diversity, Equity, and Inclusion for Albany Medical College
- 4 | Co-chair of the Emergency Department DREAM Team which focuses on recruitment and allyship in medicine
- 5 | Faculty advisor for medical student-led groups: Underrepresented Students Alliance; Student National Medical Association; Domestic Violence and Sexual Assault Awareness



“I STAYED BECAUSE I REALLY ENJOYED MY WORKPLACE CLIMATE AND FEELING LIKE I BELONGED AS THEY HELPED ME MANEUVER MY CAREER PATHWAY.”

Representation matters. I know it matters to our patients when one stops me to say, “I’m proud to have someone that looks like me as my doctor.” I’ve heard that many times in many variations. Having a diverse group of providers goes a long way when it comes to increasing trust.

At the College, I focus on how we can assure that everyone feels welcome—our staff, our faculty members, our different learners and students, and our patients. Whether in the learning space or in the clinical space, regardless of what their identities are, how can we acknowledge that we all come from different backgrounds, and although sometimes these different identities can impact the way that others interact with us and how we interact with the world, together we can work to foster an environment where everyone can thrive and feel that they belong.

**WHY DID YOU CHOOSE TO STUDY AT ALBANY MEDICAL COLLEGE?**

I came to Albany Med for my residency because I knew I was going to be exposed to all types of pathology, high-acuity volume, and I was going to be prepared for anything. I stayed because I really enjoyed my workplace climate and feeling like I belonged as they helped me maneuver my career pathway.

**HOW DOES HAVING A COLLEGE IN OUR SYSTEM IMPACT PATIENT CARE?**

Patients come here understanding that this is a teaching hospital, and they know that there’s going to be a robust team. But when you’re an institution that is built around a teaching hospital, there is also a sense of innovation and groundbreaking research and techniques going on, being on the leading-edge of diagnoses and treatments.



COMMUNITY IMPACT

**\$5.8** billion economic impact

**\$88** million in **charity care** and **uncompensated** care

70% of admissions are **Medicare** and **Medicaid** patients

**100+** community partnerships throughout the System

**\$414** million in community **benefit** and **investments**

COMMUNITY





COMMUNITY HIGHLIGHTS *from* 2024



**DID YOU KNOW:**  
The System boasted the largest team in the 2024 CDPHP Workforce Team Challenge—a 3.5 mile footrace through Albany’s Washington Park—with 383 participants. Our Emergency Medicine physicians also staffed the race’s medical tent and treated patients on the course.

**Hospitals are integral to the communities they serve,** far above and beyond the health care they provide: educational programs, promoting healthier lifestyles, outreach to the underserved. As a large, mission-driven organization, the System also supports local organizations, partners with schools and nonprofit groups, and builds key connections to improve the wellbeing of our region and enhance the everyday lives of the three million who live here.

**HEALTH CARE FOR THE HEART OF THE TRACK: SARATOGA BACKSTRETCH CLINIC**

Horse racing is a key part of the history, tradition, and culture of Saratoga Springs, and as a result, Saratoga Hospital leaders had been investigating ways to support key members of the racing community by taking care of the people who take care of the horses—the backstretch workers.

Having a job as a backstretch worker can be demanding, often accompanied by long hours. For many of them, health care services are not part of their reality. In 2022, hospital leadership began a collaboration with the Backstretch Employee Service Team (BEST) and New York Racing Association (NYRA) to address the need for accessible health care among workers during their time at the Saratoga Race Course.

In May 2023, the Backstretch Clinic opened its doors with four exam rooms, an on-site lab, and administrative space. Construction began the summer before with a significant investment by local philanthropist John Hendrickson in honor of his late wife Mary Lou Whitney and her love of the Saratoga Race Course.

“For many of our patients who seek care in the clinic, this is their only opportunity to receive primary care,” said Alexander Cardiel, MD, the clinic’s medical director. “For some, it’s the first time they’ve seen a physician in this country.”

During its first year, Saratoga Hospital clinicians provided primary care and behavioral health services to 623 patients, along with specialty services in dermatology and endocrinology.

“A team of skilled clinicians provide the workers with comprehensive health care while they are here, offering services that go beyond basic medical care,” said Scarlet Clement-Buffoline, vice president of operations at Saratoga Hospital. “It’s important to ensure the well-being and health of backstretch workers while supporting our community.”

The clinic, which offers bilingual services, operates seasonally, aligning with the Saratoga Race Course calendar from May to October.

**BLOOD LAB AT CENTER FOR DISABILITY SERVICES ENHANCES PATIENT ACCESS**

Albany Medical Center partnered with the Center for Disability Services to launch a new blood lab at the Center Health Care Clinic in Albany specifically designed to meet the needs of individuals with intellectual and developmental disabilities.

The System and the Center for Disability Services care teams collaborated on layout, which includes space for wheelchairs and is close to the building’s entrance for easier access. Services are provided by Albany Medical Center phlebotomists.

Albany Med is proud of our decades-long relationship with the Center for Disability Services—which provides programs and services for 12,000 individuals who have disabilities each year, ranging from infants to senior citizens, and their families—and our shared commitment to expand access to quality care.

**DOUBLE H RANCH PROVIDES CAMP EXPERIENCE FOR KIDS WITH CHRONIC ILLNESS**

A partnership between the System and the Double H Ranch in Lake Luzerne, Warren County, allows children with medically complex conditions the opportunity to have a summer experience similar to other youth by blending medical care into a camp environment safe for these children to enjoy activities, making it a physically safe and medically sound environment.

The Double H Ranch was co-founded by Charles R. Wood and Paul Newman in 1993 to provide specialized programs for children and their families dealing with life-threatening and chronic illnesses. The System’s doctors, nurses, and other health care volunteers provide year-round on-site medical support while Double H Ranch enriches lives by providing adaptive experiences and “medically safe fun.”



The week-long Adirondack experience includes fishing, boating, swimming, and ziplining in summer, and skiing and snowboarding in winter. All activities are adaptive. Campers develop a sense of connection with one another, resulting in life-changing resilience and a support structure that helps in their emotional, physical and mental health development.

**EMMERSON BOOT CAMP ENGAGES FUTURE HEALTH CARE WORKERS**

For three days each year EMmersion Bootcamp brings area high school students from underrepresented communities into the hospital to highlight the many career options available in medicine—bolstering the next generation of health care professionals. After four years, nearly 100 students have participated: some have come back as interns or to shadow specific positions; and many have indicated that they have changed their career goals to consider roles in health care.

“While here, students connect with doctors, physician assistants, nurses and nurse practitioners, as well as other health care professionals,” said Pamela Young, PA-C. “We emphasize, ‘Why not you? You can be here at Albany Medical Center too. One day we would like you to be working

alongside of us.’ So many of our students never thought of themselves as being able to be medical professionals. It’s important for us that they see themselves in this way.”

Organized by the Emergency Department, the camp includes training in CPR, a guided exploration of heart and brain anatomy, sessions on sutures and splints, and a trauma simulation. The program also highlights the “unsung heroes” who are integral to the success of the organization, but often unknown to many youth, including security, social work, food and nutrition, administration, and scientific research.

**MEDICAL STUDENTS SUPPORT UNHOUSED POPULATION WITH FOOT CARE**

Albany Medical College and Albany Medical Center’s Department of Orthopedics partnered with the Interfaith Partnership for the Homeless to distribute more than 70 pairs of shoes and socks to community members. Called Soleful Hearts, the event provided essential foot care services and well-fitting shoes to people experiencing homelessness. Foot and ankle surgeons conducted foot exams and helped connect individuals to additional health care services.



System volunteers prepare Double H Ranch for the season (left). Our team ensures children with medical conditions can enjoy a safe, fun-filled summer experience (above).

Watch the Healthcare Association of New York State’s Member Spotlight on our Double H Ranch partnership:







#### DID YOU KNOW?

About 50 students and their parents joined Albany Medical Center's Bring Our Kids to Work Day to visit various departments and learn about the many career paths available at the hospital. The Patient Safety and Clinical Competency Center's simulation lab and therapy dogs were crowd favorites.



"One of the main goals of this event was to help restore confidence and empower individuals by providing them with well-fitting shoes," said Sabrina Harrath, a second-year medical student at Albany Medical College. "These shoes will not only provide the essential support they need, but also help restore confidence, dignity, and self-worth."

#### FAMILIES TRAVELLING FOR CARE CHOOSE AMANDA'S HOUSE

For patients and their families who have traveled at least an hour for health care services at Glens Falls Hospital, Amanda's House offers accommodations just a few blocks from the hospital.

Instead of a traditional hotel, Amanda's House provides comfortable room and board, with three bedrooms, two bathrooms, and a house kitchen, communal dining room, and living rooms.

The home was recently renovated by volunteers and continues to get operational support from the local community. In 2024, Amanda's House had more than 60 guests from 9 states—with occupants on more than 190 days.

#### SUN SAFETY WITH GLENS FALLS HOSPITAL

Glens Falls Hospital is a partner of New York State Department of Health's Cancer Prevention in Action (CPiA) program, supporting local cancer prevention and risk reduction interventions.

With a strong focus on sun-safer behaviors, the hospital collaborated with school districts in Glens Falls and Lake George, Glens Falls Youth Lacrosse, and Washington County to provide protective clothing, shaded benches, sunscreen, and other resources for playgrounds and outdoor activity areas. In Lake George, the team held a Sun Safe Fashion show for students.



To help address cancer disparities in the LGBTQ+ community, Glens Falls Hospital partnered with Lower Adirondack Pride to share resources and education about skin cancer and HPV.

CPiA also worked with the Wiawaka Center for Woman, a storied retreat center on the banks of Lake George, to create a sun safe policy for both staff and patrons. CPiA provided education, increased access to sunscreen and shade, golf umbrellas, custom tents, and UV-protective uniforms.

#### COMMUNITY MENTAL HEALTH COLLABORATION

Columbia Memorial Health donated 1,000 pairs of slip-on socks to the Mental Health Association of Columbia Greene to distribute at their warming center. The donation is part of the System's ongoing commitment to supporting local initiatives and addressing critical needs of the community.

These essential items not only provide physical warmth to individuals seeking refuge at the center during the winter months, but they also convey a message of hope, reinforcing the community's dedication to care for one another.

The partnership between Columbia Memorial Health and the Mental Health Association exemplifies how collaborative efforts can create meaningful change and improve the well-being of those in need.

## OUTREACH



As Ironman Lake Placid celebrated its 25th year, Albany Medical Center stood ready to assist any participants in need of medical attention. This year's medical team included Brady Bowen, DO, Melissa Gerfin, DO, and Hamish Kerr, MD, as well as former sports medicine fellows Ivette Guttman, MD, and Tommy Barber, DO. The event's medical director, Tracey Viola, DO, completed her family medicine residency at Albany Medical College.



Rakel Astorga, MD, breast surgeon and chief medical officer at Columbia Memorial Health, spoke with students at Columbia-Greene Community College about breast health. The newly opened Center for Breast Health offers state-of-the-art diagnostic services in one building.



For more than 10 years, our medical students, faculty, and staff have volunteered at the Dr. Pamela Harper Community Block Party (formerly known as the Sheridan Hollow Community Block Party) for free health education and screenings—demonstrating hands-only CPR, providing free bike helmets, leading games and exercises to encourage healthy movement, and sharing information on tobacco prevention and cessation, oral health, first aid, and more.



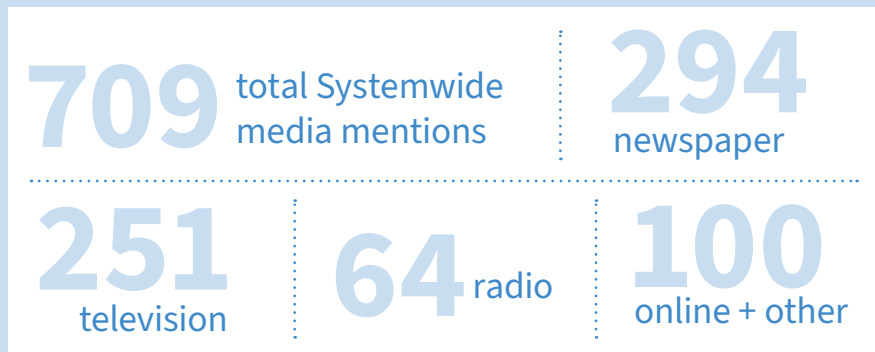
Treasures Consignment Boutique and Thrift Shop, owned and operated by the Saratoga Hospital Volunteer Guild, partners with more than two dozen local agencies to provide clothing and household items for those in need.





## MEDIA EXPERTISE

The System's health care professionals regularly share their insight with the media—appearing often on programs such as WAMC's Medical Monday, WTEN-TV's Women's Health Wednesday, and Talk 1300's Paul Vandenburg Show. From cancer prevention to treating hypertension to emergency response to opioids, reporters know they can rely on our providers to speak about their experience and expertise in a wide range of medical topics, including these making current news: infectious disease in light of a Legionnaires disease outbreak, the scope of medical services of emergency responders, research linking menopause and dementia, and an increase in marijuana intoxication.



## FOUNDATIONS

The System's Foundations play vital roles in supporting the health and well-being of the communities we serve. With their philanthropic missions, our Foundations work to secure financial resources to enhance patient care, invest in technology, improve facilities, and support community health initiatives.

Our Foundations act as bridges between the System and our communities, and help ensure high quality health care is accessible and responsible to the needs of the community.

The Albany Medical Center Foundation exceeded fundraising goals in 2024, thanks to donations of all sizes from generous donors comprised of grateful patients, dedicated staff, board members, community leaders, and local and national corporations and foundations. These donors made an indelible impact on our Hospital and College, and we are thankful for their support that helps us remain at the leading edge of health care, medical education, and biomedical research. The signature event Dancing in the Woods drew more than 600 people to the region's premier holiday gala and raised a record \$565,000 for the Melodies Center for Childhood Cancer and Blood Disorders.

The CMH Foundation began a \$10 million campaign incorporating the strengths of CMH as a community provider and raising awareness and funding for large-scale projects on our campuses in both Columbia and Greene counties, including advanced MRI scanning technology. In 2024,

the Foundation celebrated the grand opening of a new state-of-the-art Women's Health Center that provides comprehensive, integrated gynecological care.

This year was groundbreaking for Glens Falls Hospital, filled with excitement and bold ambitions, including the September launch of a transformative campaign with an ambitious goal—raising \$15 million to fund the expansion and renovation of the Sheridan Emergency Department alongside other critical projects and programs. This upgrade will elevate patient care—with 7,000 additional square feet (40 percent larger), dedicated space for patients with less serious conditions, and double the number of rooms for critically ill patients.

With steadfast support from the community, the Saratoga Hospital Foundation continued supporting accessible, exceptional health care for all. Generous donations facilitated significant improvements at the Backstretch Clinic, contributed toward medical equipment upgrades such as a new CT scanner, and opened a new dialysis unit.

The Visiting Nurses Foundation supports the work of the Visiting Nurses Association by offering assistance to patients who often have no other resources. Throughout 2024, the Foundation continued to assist with items that significantly improve patient safety and independence, and ultimately their quality of life.

*Glens Falls Hospital Foundation's Savor event (photo at left and center top); New dialysis unit at Saratoga Hospital named in honor of Dr. Rachid Daoui by Colleen and Frank Messa (top right); Anne Schomaker and Deborah Lans were honored at Columbia Memorial Health Foundation's 36th Annual Ball (bottom right); Evin Donahue and his family were honored at Albany Medical Center's Dancing in the Woods (bottom center).*

**DID YOU KNOW?**  
Glens Falls Hospital's annual Aloha 5K and Family Fun Walk saw a record number of participants: 433. The event raised more than \$9,700 toward operating Amanda's House.



PARTNERSHIPS

From partnerships and financial support to volunteering and service learning, the System is integral to the health and wellbeing of our region’s communities.

PARTNERS INCLUDE

15 Love–Capital Region Youth Tennis Foundation  
518 Elevated–Capital Region Sponsor a Scholar  
Albany, City of  
Albany 518 SNUG  
Albany City Life Program  
Albany High School  
Albany Leadership Charter High School  
Albany Therapeutic Riding Center  
Alplaus Fire Department  
Alzheimer’s Association of NENY  
American Cancer Society  
American Heart Association  
American Hellenic Educational and Progressive Association  
American Red Cross  
Arbor Hill Advisory Board  
Averill Park High School  
Black Family Wellness Expo  
The Black Nurses Coalition  
Bladder Cancer Advocacy Network  
Bluehawk Academy  
Boys and Girls Club of the Capital Area  
Breakthrough T1D–JDRF

CDPHP Foundation  
Cancer Services Program of Warren, Washington & Hamilton Counties  
Capital City Rescue Mission  
Capital District Latinos  
Capital District Education Opportunity Center  
Capital Pride  
Capital Region BOCES  
Capital Region Chamber  
Capital Roots  
Caring Together Teal Walk (Ovarian Cancer)  
Catholic Charities  
Catskill High School  
Center for Disability Services  
Center for Law and Justice  
Center for Donation & Transplant New York–Vermont  
Chasing Health (Hypertension)  
Cohoes High School  
Colonie EMS  
Columbia–Project Unite  
Columbia County Fire and EMS  
Community Caregivers  
Community Foundation of the Greater Capital Region  
Daughters of Sarah–Jewish Foundation

Donate Life  
Double H Ranch  
Duanesburg, Town of  
Epilepsy Foundation of NENY  
Faces of Medicine  
FEMA Urban Search and Rescue Task Force  
George Biddle Kelley Education Foundation  
Glens Falls High School  
Gift of Life–Rotary  
Girls, Inc.  
Glens Falls Mermaid Festival  
Green Tech High School  
Greene County Youth Fair  
Healthy Capital District Initiative  
Historic Albany Foundation  
Honest Weight Food Co-op  
Hoosick, Town of  
HOPE Soars (Parkinson’s)  
Hudson Children’s Book Festival  
Hudson Fire Department Water Rescue and Dive Team  
Hudson Senior High School  
Hudson Mohawk Area Health Education Center  
Hudson Mohawk Region–REMO  
Hunter-Tannersville High School

Interfaith Partnership for the Homeless  
Jefferson BOCES  
Jewish Family Services  
Joan Nicole Prince Home  
Junior Achievement of NENY  
Kiwanis Club of Glens Falls  
Koinonia Primary Medical Care  
La Salle Institute  
Lake George High School  
The Legal Project  
Logan Strong Foundation  
Leukemia & Lymphoma Society  
Lustgarten Research Foundation for Pancreatic Cancer  
Meyers Middle School’s “The Vegetable Project”  
Mohawk Ambulance  
Muscular Dystrophy Association  
Musculoskeletal Tumor Society  
Music Haven  
National Multiple Sclerosis Society  
National Ski Patrol  
New Visions/Questar Program  
New York Oncology Hematology–Community Cancer Foundation  
New York State Department of Corrections  
New York State Department of Labor  
New York State Office of Fire Prevention and Control

New York State Police  
NY MATTERS  
Northeast Association for the Blind at Albany  
Omega Phi Psi  
Paseo United–Faces of Medicine  
Pride Center of the Capital Region  
Prospect Center  
Queensbury High School  
Questar III BOCES  
Reach Out and Read  
Red Bookshelf  
Refugee and Immigrant Support Services of Emmaus (RISSE)  
Ronald McDonald House Charities  
Rotary Club of Saratoga Springs  
Russell Sage College  
Safe Inc. of Schenectady  
Saratoga Community Health Center  
Saratoga BOCES  
Saratoga Pride  
Saratoga Regional YMCA  
Saratoga Street Outreach Program  
Sarcoma Strong  
Schenectady, City of  
Science and Technology Entry Program  
Sickle Cell Superheroes  
South End Children’s Café  
Special Olympics New York

Spina Bifida Association  
Stand Up to Parkinson’s  
Stillwater Library  
St. Margaret’s Center  
STRIDE Adaptive Sports  
Support Health In Every Adolescent Living with Diabetes (SHIELD)  
To Life!  
Tri-County United Way  
United Healthcare Children’s Foundation  
United Way of the Greater Capital Region  
University at Albany Foundation  
Upstate Poison Control  
Warren and Denyse Mackey Foundation  
Watervliet, City of  
YMCA Black and Latino Achievers  
Youth, Inc.



▲ Miss Clara, or Queen as she is lovingly called by the children she feeds, has been cooking for the South End Children’s Café since 2015.



Sarcoma Strong community 5k participants.



# Barbara Klassen

Executive Director, Columbia Memorial Health Foundation

Barbara Klassen joined the CMH Foundation as executive director in 2019. With more than 30 years of experience in nonprofit and health care fundraising, she leads community outreach initiatives to advance our mission.

**HOW WOULD YOU DESCRIBE COLUMBIA MEMORIAL HEALTH'S ROLE IN THE COMMUNITY?**

Columbia Memorial Health is the primary provider of health care in Greene and Columbia counties.

We are a crucial part of the social fabric of the community, providing essential services and acting as a hub for all health care activities. Columbia Memorial Health serves as the backbone for a physician practice group, health clinics, and provides emergency services at the Hudson campus.

We also work to ensure equitable access to health care services, improve health outcomes, and address any issues in the health care delivery system.

**WHAT DO YOU SEE AS THE IMPACT OF THAT ROLE?**

Rural hospitals play a crucial part in addressing the unique health challenges faced by rural communities, including limited access to health care, higher rates of chronic diseases, and socioeconomic disparities. We serve as the primary source of health care for our patients and communities, providing a range of services from emergency care to primary care and secondary care.

Columbia Memorial Health is also the largest employer and contributes significantly to the local economy in Columbia and Greene counties.

**HOW DOES THE COMMUNITY BENEFIT FROM COLUMBIA MEMORIAL HEALTH BEING PART OF THE ALBANY MED HEALTH SYSTEM?**

As a rural community hospital, we collaborate closely with the specialists and subspecialists in the System and refer our patients in need of that care. Being part

of the System provides access to tertiary care and the advantages of an academic medical center to the patients of our counties.

**HOW DOES COLUMBIA MEMORIAL HEALTH ENGAGE WITH THE COMMUNITY?**

Columbia Memorial Health's outreach programs aim to improve the health of the community by improving access to health care services, promoting health education, and developing and strengthening relationships with external agencies.

For example, members of our team attend events throughout the year—health and wellness fairs, back to school nights, festivals—to provide education and resources on important health care topics for people of all ages.



**TOP COLUMBIA**

**MEMORIAL HEALTH**

**COMMUNITY AND**

**FUNDRAISING EVENTS:**

- 1 | Annual Hospital Ball
- 2 | American Heart Association Field Day
- 3 | Run for the Health of It
- 4 | Hudson Children's Book Festival
- 5 | Greene County Youth Fair

*Columbia Memorial Health held an inaugural Field Day at Columbia-Greene County Community College in support of the American Heart Association. ▼*

# Vickie Yattaw, RN

Oncology Education and Support Services Manager, C.R. Wood Cancer Center, Glens Falls Hospital

Vickie Yattaw was in nursing school when her aunt was diagnosed with liver cancer, and helped advocate for her care. The experience led her to specialize in oncology—her focus for the past 20 years.

**HOW IS GLENS FALLS HOSPITAL INDISPENSABLE TO THE REGION?**

Our community, and residents and visitors throughout northern New York, depend on Glens Falls Hospital for reliable access to health care services. But beyond its mission of providing top patient care, the hospital works to make the community healthier. That is where my work at the C.R. Wood Cancer Center is centered.

We are also the largest employer in the Glens Falls area. On the personal level, I have seen my department, the oncology education and support services program, grow, creating more nursing and support jobs for community members.

**WHAT IS THE C.R. WOOD CANCER CENTER'S UNIQUE ROLE IN THE COMMUNITY?**

The C.R. Wood Cancer Center treats the whole patient, and their family, and not just the disease. We offer a state-of-the-art breast center, screening assistance, medical and radiation oncology, certified oncology nurses and pharmacists, friendly front desk staff and support people. We also provide oncology education and support—nurse navigation, financial navigation, mental health counseling, genetics, a free boutique for wigs and head coverings, and spa services for massage and Reiki.

We offer support groups, retreats and camps, and any resources patients need to get through their cancer diagnosis and treatment.

**HOW DOES THE CENTER ENGAGE WITH THE COMMUNITY?**

Through our grant-funded Cancer Services Program and community outreach we have screened many patients and have caught cancers earlier when they are potentially more treatable and curable. This included free breast, cervical, and colorectal cancer screenings for our uninsured neighbors.

We also hold many, and varied, annual events, to raise awareness, from a luncheon to honor and recognize breast cancer survivors to a free oral cancer screening event with the Adirondack Thunder, our local hockey team.

Our work with patients and their families has spread awareness in the community—leading to organizations and community members compelled to organize fundraisers to support the Randy's Patient Assistance Fund, which helps cover copays, gas cards, dental fees, and other patient expenses.



“Being able to help people through one of the most distressing times of their lives is a wonderful feeling—that feeling that I can make a difference.”





Hospital and Patient Care

Licensed beds	1,520
Licensed bassinets	20
Patient admissions	63,793
Patient days	380,186
Observation cases	10,767
Observation days	15,065
Outpatient visits	2,872,969
Average length of stay (days)	5.98
Average daily census	1,038.8
Surgical cases	54,519
Emergency Department visits	185,351
Visiting Nurses visits	34,457
Licensed Home Care hours	472,212

Employees

16,802

Faculty

Full-time physicians	924
Residents	516
Basic science faculty:	127
Full-time	72
Part-time	16
Volunteer	24
Emeritus	15

Graduate Studies

Graduate students (total enrollment)	287
--------------------------------------	-----

Medical College

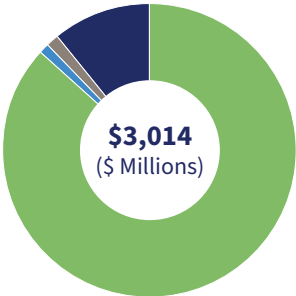
Medical students (total enrollment)	570
Freshmen	145
Average GPA (of incoming freshmen)	3.7
Medical school applications	14,156

Research Funding (\$ millions)

Total sponsored research	\$18.1
Basic science	\$13.5
Clinical science	\$4.6
Active awards	406
Peer reviewed publications	592

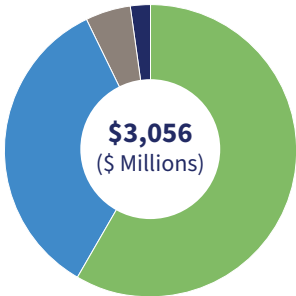
Unrestricted Revenues (\$ millions)

Patient and service	\$2,616	86.79%
Gifts and grants	\$36	1.19%
Tuition and fees	\$43	1.43%
Other revenue	\$319	10.58%
<b>Total revenue</b>	<b>\$3,014</b>	<b>100%</b>



Unrestricted Expenses (\$ millions)

Salaries and benefits	\$1,791	58.61%
Supplies and purchased services	\$1,051	34.39%
Depreciation and interest	\$151	4.94%
Other expenses	\$63	2.06%
<b>Total expenses</b>	<b>\$3,056</b>	<b>100%</b>



Read our [Impact Report](#) highlighting our indispensable role in the Capital Region.





ALBANY MED  
Health System

---

[albanymed.org](http://albanymed.org)