



NEWS RELEASE

Recent recruitment efforts for NHH medical team expand existing physician complement and bring new specialist care close to home for Northumberland residents

NORTHUMBERLAND COUNTY, Thursday, February 4, 2021 – Northumberland Hills Hospital (NHH) is pleased to announce the addition of six new specialists to its growing medical team. The most recent specialists recruited to NHH are as follows:

Dr. Sandra Demaries, Psychiatrist
Dr. Philippe Rizek, Neurologist
Dr. Rishi Narine, Radiologist
Dr. El-Zabet, Anesthesiology
Dr. Katie O'Reilly, Pathologist
Dr. Hetal Talati, Pathologist

"We are very pleased to formally welcome all six of these physicians to NHH and Northumberland," said Dr. Mukesh Bhargava, Chief of Staff. "Our recruitment focus in the past year has been aimed at ensuring local patients have access to the clinical services they need, such as neurology and psychiatric services specialized in geriatrics, closer to home. We have also had success expanding our existing complement of radiology and anesthesiology expertise – recruitments that will further strengthen our diagnostic imaging and surgical services. And, following the recent retirement of Dr. Allison Collins from her role as Medical Director, Pathology, we are now welcoming her successors. It's my pleasure to share the names of all six of these skilled individuals and formally welcome the newest members to NHH's medical team."

"NHH extends a very heart-felt thank you to Dr. Collins for her many years of distinguished service," said Dr. Bhargava. "Her friends and colleagues in the NHH Laboratory and the entire hospital wish Dr. Collins the very best as she begins this next chapter and we look forward to continuing to work with her in an ad hoc capacity on various projects in the months ahead."

Dr. Sandra Demaries – Psychiatrist – Originally from Montreal, Dr. Demaries completed her medical training at the University of Toronto and McGill. She recently relocated with her family to Ontario following several years of practice in Edmonton. She brings with her a skill set that is in high demand across the country. Trained as a General Psychiatrist, Dr. Demaries also holds a sub-specialty in Geriatric Psychiatry (one of three psychiatric sub-specialties recognized by the Royal College of Physicians and Surgeons) and has committed most of her career to helping older adults. Here in Northumberland, Dr. Demaries will serve in two capacities: as an in-patient consultant at

NHH—available on an as-needed basis to see patients presenting with psychiatric symptoms identified through the course of their in-patient stay in hospital, as well as those dealing with the challenges of dementia, Alzheimer's and other cognitive-type conditions—and in the community, as a member of the Northumberland Community Mental Health Services team. Her practice will augment the services offered today through NHH's community-based program while working in close collaboration with community physicians and service partners, such as the Geriatric Assessment and Intervention Networks in Port Hope and Campbellford, maximizing accessibility to psychiatry for those most in need.

Dr. Philippe Rizek – Neurologist – Dr. Rizek is a well-respected and accomplished Staff Neurologist at Credit Valley Hospital (Trillium Health Partners) and North York General Hospital. Widely published across a range of peer-reviewed publications, Dr. Rizek runs a private clinic in Mississauga and, through personal connections to the Northumberland region, is now bringing his specialized expertise to patients at NHH thanks to opportunities presented by virtual care technology. Working through a unique 'hosted' Ontario Telemedicine Network model, Dr. Rizek sees local referrals every other Monday with the support of NHH's Telemedicine Coordinator, Registered Nurse Rebecca Rutherford, supporting local physicians and specialists by providing virtual neurological consultations for a range of movement disorders, including Parkinson's, Huntington Disease.

Dr. Rishi Narine – Radiologist – A graduate of the University of Toronto and the University of Western Ontario, Dr. Narine began his career as a family physician. He subsequently completed a radiology residency through University Health Network, Toronto including, most recently, a fellowship in abdominal imaging through the University of Ottawa. Recruited to Northumberland Radiology, the team of Radiologists behind NHH's respected Diagnostic Imaging service, Dr. Narine becomes the sixth Radiologist offering care at NHH, further increasing the depth and breadth of services available to the community we serve.

Dr. Ajda El-Zabet – Dr. El-Zabet graduated from the University of Ottawa medical school and completed residencies in Family Medicine and Anesthesia Medicine at Memorial University, Newfoundland, and Northern Ontario School of Medicine, respectively. A member of the Society of Rural Physicians of Canada, Dr. El-Zabet was introduced to NHH in the fall of 2015, when she was granted LOCUM (temporary) privileges. NHH is pleased to welcome Dr. El-Zabet as a full-time member of the NHH anesthesia team.

Dr. Katie O'Reilly - Dr. O'Reilly graduated from the Louisiana State University School of Medicine (New Orleans) and completed her Pathology residency at Emory University Department of Pathology (Atlanta, Georgia) and fellowships in surgical pathology and cytopathology from the Stanford University Department of Pathology (Stanford, CA). Dr. O'Reilly has multiple publications and holds several professional affiliations. She is currently the Regional Medical Director overseeing Laboratory Service at Peterborough Regional Health Centre, Campbellford Memorial Hospital, Ross Memorial Hospital, and now NHH. A highly respected expert in her field, the hospital is pleased to welcome Dr. O'Reilly in this medical leadership role.

Dr. Hetal Talati – Dr. Talati completed both her Bachelor of Medical and Bachelor of Surgery degree (MBBS) and her Doctor of Medicine (Pathology, Diploma in Clinical

Pathology) from the B.J. Medical College (India). She continued her studies in Canada at the Michener Institute for Applied Health Science (Toronto) and at McMaster University (Hamilton) where she completed her post-graduate residency training in General Pathology. Dr. Talati has a passion for cytology and transfusion medicine and holds multiple professional affiliation memberships, awards and academic achievements. She is also a member of the team at Peterborough Regional Health Centre (for the past 8 years) and in addition to her role as anatomical pathologist at PRHC she is the medical lead for transfusion medicine, hematology and point of care testing. A highly respected expert in her field, NHH welcomes Dr. Talati to NHH.

About Northumberland Hills Hospital – Located approximately 100 kilometres east of Toronto, NHH delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, obstetrical care and palliative care. Post-acute specialty services (PASS) include restorative care and rehabilitation. Mental health care, chemotherapy, dialysis and 16 other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs approximately 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of Ontario Health (East) – formerly the Central East Local Health Integration Network. For more information, please visit www.nhh.ca or follow us on Twitter [@NorHillsHosp](https://twitter.com/NorHillsHosp).

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