A new collaboration between NYU Langone Health and NYU Winthrop is providing Long Islanders with direct access to NYU Langone’s world-class team that treats advanced heart failure with transplants and implanted heart-assist devices. Heart transplant services are led by esteemed cardiothoracic surgeon Nader Moazami, MD, who joined NYU Langone last year from the Cleveland Clinic. Dr. Moazami, who has performed more than 300 heart transplants, adds to a highly skilled team already serving NYU Winthrop patients. Services on Long Island include pre-surgical evaluations of candidates for implanted heart-assist devices and heart transplants, with these new services especially important given that heart disease and stroke are among the top health concerns among Long Islanders.

The collaborative services are conducted in Mineola at 212 Jericho Turnpike, while the actual heart transplants or implantation of heart-assist devices, such as left ventricular heart assist devices (LVAD), are performed at NYU Langone Medical Center in New York City. Helping to lead this collaborative team is also Alex Reyentovich, MD, Medical Director of the Heart Transplant and Ventricular Assist Device Program at NYU Langone Health. Dr. Reyentovich and his team of fellowship-trained heart failure specialists have extensive experience in treating patients with advanced heart disease and LVADs.

LVADs are an option for a patient whose heart can no longer pump enough blood to meet the body’s needs. The assistive devices are used in three ways: as a bridge until a transplant donor is found; to stabilize the heart until the muscle might recover; and as a “destination therapy,” i.e. a permanent solution for a person with contraindications to a heart transplant such as kidney disease or advanced age.

NYU Winthrop’s Division of Cardiology is committed to providing the very best comprehensive care for Long Island residents with cardiovascular disease. The addition of a heart transplantation program to existing specialties enables patients to receive even more comprehensive care close to home. The Hospital also receives accolades as a national leader in Transcatheter Aortic Valve Replacement (TAVR). TAVR is a revolutionary procedure that enables patients with severe aortic stenosis to receive a new heart valve without undergoing open-heart surgery. This minimally invasive technology has been available for high, intermediate and low risk patients with aortic valve stenosis. Most recently, it was approved for patients with no symptoms. Last year, NYU Winthrop was among the top five busiest hospitals in the nation performing this minimally invasive FDA-approved procedure.

Kevin Marzo, MD, Chief of the Division of Cardiology at NYU Winthrop, joins with the NYU Langone Health team of Jennifer Pavone, Nurse Practitioner and Heart Transplant Program Manager; Nader Moazami, MD, Surgical Director of Heart Transplantation and Mechanical Circulatory Support; and Alex Reyentovich, MD, Medical Director of the Heart Transplant and Ventricular Assist Device Program.

“We’re bringing the world-class services of NYU Langone’s heart transplant program to our patients locally on Long Island, further elevating our already strong cardiology services.”

—Kevin Marzo, MD
Chief of the Division of Cardiology at NYU Winthrop (continued on page 2)
Recently, NYU Winthrop Hospital was proud to be one of the first hospitals in the area to offer the world’s smallest, leadless pacemaker to help treat patients with bradycardia. The Micra® Transcatheter Pacing System (TPS), now approved for Medicare reimbursement, is a new device that provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker with no leads.

Bradycardia is a condition characterized by a slow or irregular heart rhythm, usually fewer than 60 beats per minute. At this rate, the heart is unable to pump enough oxygen-rich blood to the body during normal activity or exercise, causing dizziness, fatigue, shortness of breath or fainting spells. Pacemakers are the most common way to treat bradycardia to help restore the heart’s normal rhythm and relieve symptoms by sending electrical impulses to the heart to increase the heart rate.

Nearly 1 million people worldwide are implanted with pacemakers each year. The leads in a traditional single-chamber pacemaker run from the pacemaker, implanted under the skin near the collarbone, through a vein directly into the heart’s right ventricle; the leads deliver electric pulses from the generator to the right ventricle and help coordinate timing of the chamber’s contractions. Among its advantages, the Micra TPS eliminates these leads, which can sometimes malfunction or cause problems when infections develop in the surrounding tissue, requiring a surgical procedure to replace the device.

While the Micra TPS system works like other pacemakers to regulate heart rate, the self-contained, inch-long device is implanted directly in the right ventricle chamber of the heart. Approved by the U.S. Food and Drug Administration in April 2016, the Micra TPS has been granted Medicare coverage, allowing broad patient access to the novel pacing technology.

“NYU Winthrop offers a complete array of techniques and procedures to treat various heart rhythm conditions and their related side effects,” said Todd Cohen, MD, Director of Electrophysiology at NYU Winthrop.

At NYU Winthrop, electrophysiologist Manish Undavia, MD, performed the first leadless pacemaker procedure, which is available to select patients who qualify.

“Not everyone is a candidate including patients who have implanted devices that would interfere with the pacemaker; those who are severely obese; and those who have intolerance to materials in the device or to the blood thinner, heparin,” he said. “We do, however, have great hope for the technology helping scores of patients at NYU Winthrop.”

For more information, call 1-866-WINTHROP or visit www.nyuwinthrop.org.
With a host of lung conditions affecting so many Long Islanders, it is vital they have a place they can turn to that is equipped not only with the latest technology, but the expertise to be treated successfully.

NYU Winthrop Hospital was pleased to recently welcome Laurence Spier, MD, Chief of the Division of Thoracic Surgery, to its already stellar multidisciplinary cardiothoracic surgical team, which has long been committed to providing patients with the very best care. Dr. Spier is renowned for his skill in performing a wide range of procedures related to the chest, including those aimed at eradicating lung cancer – the leading cause of cancer deaths in both men and women in the United States. Dr. Spier has a powerful tool to help combat the statistics. He utilizes the da Vinci Xi® robot to perform minimally invasive surgery, a method that increases cancer survivability at the four-year mark by an impressive 15 percent. Why does the robotic procedure make such a difference?

"Robotic surgery allows for a minimally invasive platform, utilizing small incisions yet allowing for meticulous precision to the operation. This precision cannot be duplicated with any other approach available," explains Dr. Spier. "The result is faster recovery, less scarring and better outcomes for patients."

When performing robotic lung surgery, Dr. Spier sits behind a console that provides him a 3-D high-definition view of the inside of the chest cavity, which gives him a perfect view of the lung that he’s operating on. This visualization is also magnified 10 times, with the superior view of the surgical field enabling Dr. Spier to direct the robotic arms with extreme precision and seamlessly perform surgery. Dr. Spier describes how one can look at the back of a five-dollar bill and see all of the state names engraved at the top of the Lincoln Memorial. (Go ahead and try to find them with the naked eye!) With the robot visualization, the names of the states would appear much larger than the print on this page.

"In the United States, only about 20 to 30 percent of lobectomies are performed with a minimally invasive platform. Here at NYU Winthrop, almost 100 percent of the procedures are minimally invasive," added Dr. Spier. This cuts a patient’s hospital stay to less than half of what is customary with other platforms – to just two to three days – and in most instances, there are no physical restrictions upon discharge.

"Due to our growing success and leadership in the field of robotic surgery, we are experiencing a tremendous surge in patients from all over the country traveling to NYU Winthrop to be treated for a range of thoracic conditions," said Dr. Spier. Already, the Division of Thoracic Surgery at NYU Winthrop is recognized as a “Robotics Epicenter,” one of less than a dozen in the nation. This distinction was awarded by Intuitive Surgical, Inc., the world’s leading maker of surgical robotics, and the designation indicates that NYU Winthrop is a nationally recognized trainer of surgeons in the field of robotics. Physicians from all over the United States come to NYU Winthrop to observe and learn from Dr. Spier and see the thoracic team in action.

Looking ahead, says Dr. Spier, "The future of robotics lies in software advancements such as imagery guided by artificial intelligence. I expect shortly that with the help of artificial intelligence, we won’t just see inside the chest cavity – we’ll be able to see directly into the lung itself. That will allow for easier resection of tumors and masses and thus cause even less damage to surrounding tissue."

(continued on page 6)
Type 1 diabetes mellitus (T1DM) affects over 1,250,000 Americans who are at risk of developing microvascular and cardiovascular complications that are a major cause of morbidity, mortality and healthcare costs. As the regional leader in diabetes care, NYU Winthrop Hospital is also committed to research endeavors to better understand and confront the devastating effects of the condition.

Recently, Alan M. Jacobson, MD, Chief Research Officer at NYU Winthrop Hospital, received a five-year grant from the National Institute of Health (NIH), totaling $4,232,222, to study the long-term neurocognitive impact of type 1 diabetes on individuals with the condition. The grant, entitled “The Effects of Biomedical Risk Factors on Neuro-cognition Using MRI: Long term follow-up of the Diabetes Control & Complications Trial/Epidemiology of Diabetes Interventions and Complications Study Cohort,” will run through 2022. The purpose of the grant is to determine the long term impact of type 1 diabetes on brain function.

As part of the Epidemiology of Diabetes Interventions & Complications (EDIC) study, which has followed individuals who have had diabetes for over 30 years to determine how standard versus intensive therapy affects complications from diabetes, this study will examine the important and unresolved questions about the frequency and causes of brain structure and thinking-process problems using magnetic resonance imaging (MRI) techniques and cognitive testing.

"NYU Winthrop Hospital has made a major commitment to the expansion of research on the causes and consequences of diabetes," said Dr. Jacobson, Principal Investigator of the study. "This research has strong connections to other areas of clinical care and investigations being carried out here. I am very enthusiastic about this opportunity to apply my three decades of research experience to NYU Winthrop’s ambitious research mission, which is focused on some of today’s most urgent healthcare challenges."

The grant will allow Dr. Jacobson and his colleagues to study the effects of type 1 diabetes on brain structure and thinking processes, especially among the growing population of older patients who are at greatest risk for these potential complications. The study will allow an unparalleled opportunity to use blood sugar control and other information gathered over a 30 year period from early in the course of illness, among this group of patients, to examine important and unresolved questions about the frequency and causes of these problems using MRI techniques and cognitive testing.

By achieving these aims, Dr. Jacobson and his fellow researchers will determine key predictors of neurocognitive impairments and guide strategies to mitigate these risks and address a topic of considerable concern for which little definitive information is available to clinicians and patients, particularly those with long-standing type 1 diabetes who are over 50 years of age.

"Patients have increasing concerns about the extent to which diabetes can influence cognitive ability and brain functioning as they enter the age of greatest risk for impairment," said Dr. Jacobson. "This study can help determine whether these effects occur and help identify modifiable risk factors that can be addressed by proper treatment."

For more than a century, NYU Winthrop Hospital’s culture has been shaped by an ever-deepening commitment to integrating the highest quality patient care services with dynamic medical education programs and rigorous research initiatives. For more information about research endeavors at NYU Winthrop Hospital, visit www.nyuwinthrop.org/research.

Distinguished Hospital Award for Clinical Excellence

NYU Winthrop Hospital has received the 2018 Distinguished Hospital Award for Clinical Excellence™ from Healthgrades, the leading online resource for comprehensive information about physicians and hospitals. The distinction places NYU Winthrop in the top five percent for clinical performance among nearly 4,500 hospitals nationwide. This is the fourth consecutive year that NYU Winthrop has received this award for demonstrating a steadfast commitment to providing high quality care to patients.
It is well known that one of the fundamental principles of serving as an Eagle Scout is to always leave a place better than how you found it. This certainly rings true for long-time Eagle Scout, David R. Doucette, PhD.

Dr. Doucette’s first encounter with NYU Winthrop Hospital (then known as Nassau Hospital) dates back to 1962, when he came to the Hospital for surgery. A then “nervous 16-year-old,” Dr. Doucette was comforted in the Hospital by several familiar faces who knew his mother, Mary Alyce. At the time, Mary Alyce knitted cancer bandages as a member of the Hospital Auxiliary.

“I was struck by how nice everybody was and how they went out of their way to put me at ease,” recalls Dr. Doucette. “That is a legacy I still see at the Hospital today.”

Two years later, Dr. Doucette’s mother convinced him to become involved with the Hospital as a volunteer. “That led to my claim of being the first male candy striper in Winthrop’s history. I was in Nuclear Medicine with one of the region’s first cobalt machines, an early form of radiation therapy which was being used for cancer care. It was an intense experience and becoming a part of the team that helped comfort patients and their families was a source of great pride for me. I have seen the kindness and warmth of Winthrop from both sides of the counter.”

When faced with healthcare challenges in more recent years, Dr. Doucette, who is a very successful electrical engineer, decided to pause and take an inventory of both his life and resources. Wanting to invest in something with lasting impact, Dr. Doucette selected NYU Winthrop as the recipient of a generous gift in honor of the outstanding medical care he received through the course of his lifetime.

Recently, members of NYU Winthrop Hospital’s Board of Directors, Senior Administration, staff, as well as friends and colleagues of Dr. Doucette, gathered to celebrate this gift at a special cocktail reception, which marked the official naming of the David R. Doucette Clinical Research Center. Housed within the Hospital’s new, 95,000-square-foot Research and Academic Center, the David R. Doucette Clinical Research Center will undoubtedly impact scores of individuals for generations to come.

“Research endeavors are meant to help everyone,” remarked John F. Aloia, MD, Chief Academic Officer at NYU Winthrop Hospital. “We are very appreciative to Dr. Doucette for his magnanimous gift and know that the physical building in which this Center is housed will increasingly attract great researchers who are working to improve the health of humankind.”

In addition to his namesake contribution to the David R. Doucette Clinical Research Center, Dr. Doucette’s important prior and planned gifts to the Hospital include funding for Parkinson’s Disease research, supporting the Hospital’s Annual Fund/President’s Circle (which includes over 100 donors who have contributed at the $1,000 level and above), as well as plans for a gift to the Patient Relations Office in honor of his late mother, after whom the office will be named.

“From an early age, my mother gave me the ability to spot good investments. Although this is technically a ‘donation,’ I’d like to correct that – I don’t make donations, I make investments, and this is one of my strongest. I’m sure it will fulfill my values of leaving the world a better place than how I found it.”

For more information about giving to NYU Winthrop Hospital, call the Office of Development at (516) 663-2708 or visit www.winthrop.org/giving-to-winthrop.
Former NY Mets Star Infielder: Living with Prostate Cancer

Edgardo Alfonzo, a former NY Mets second and third baseman who was part of an infield team considered among the best in Major League Baseball history, spoke at a Men’s Health Forum at NYU Winthrop Hospital, sharing his personal battle with prostate cancer. Mr. Alfonzo played with the Mets for seven years until 2002. Earlier this year, he was named Manager of the Brooklyn Cyclones, a franchise affiliated with the Mets.

“I never thought prostate cancer was going to happen to me, being an athlete, especially at an early age,” said Mr. Alfonzo. “If it can happen to me, it can happen to anyone, but with early detection, chances of survival vastly improve.” The Mets player was diagnosed and treated at NYU Winthrop Hospital, and today is cancer-free.

The Men’s Health Forum offered free prostate cancer screenings (PSA tests), and those in an at-risk age group – ages 40-80 – showing an abnormal PSA were then offered a 4Kscore diagnostic blood test. This test analyzes prostate specific biomarkers, along with patient clinical information, to accurately determine a man’s personalized risk for aggressive prostate cancer.

The forum also featured a prestigious panel of experts who discussed advances in the diagnosis and treatment of prostate cancer. The panel was led by Aaron E. Katz, MD, a pioneer in the field of men’s health who developed cryosurgery to treat and cure prostate cancers. Dr. Katz is the Chairman of Urology at NYU Winthrop Hospital and during panel discussions, posed prostate cancer scenarios to medical colleagues, who opined on how they would treat respective cases. The NYU Winthrop expert colleagues were Jeffrey T. Schiff, MD, Attending Urologist; Anthony T. Corcoran, MD, Uro-Oncologist; and Todd Carpenter, MD, Attending Physician, Radiation Oncology.

A spring Men’s Health Seminar is scheduled for June 16. Mark your calendar to hear the latest on early detection and treatment. For more information, please visit www.winthropurology.com or call 1-866-WINTHROP.

NYU Winthrop has long been a leader in the field of robotic surgery. Among the specialty procedures offered are:

- Abdominal wall reconstructions including retrorectus repair
- Distal pancreatectomy
- Esophagectomy
- Gastrectomy for cancer
- Hysterectomy
- Paraesophageal hiatal hernia repairs
- Prostatectomy
- Colon resection
- Gastric bypass surgery
- General abdominal surgery
- Gynecologic oncology surgery
- Heller myotomy
- Repair of inguinal and ventral hernias
- Sacrocolpopexy to repair vaginal and uterine prolapse
- Sleeve gastrectomy
- Splenectomy

At the Forefront of Lung Cancer Care (continued from page 3)

Among other thoracic procedures performed within NYU Winthrop’s Department of Thoracic and Cardiovascular Surgery is lung reduction surgery, which is sometimes indicated for patients with severe emphysema. In that complex procedure, non-functioning areas of the lung are removed, and the lung is reshaped into a smaller organ with a more functional diaphragm.

For more information about robotic surgery at NYU Winthrop, visit www.nywinthrop.org or call 1-866-WINTHROP.
A young girl from Florida suffered from leukemia three times as a child, at ages three, eight and then 15. In the last instance, she had to be induced into a month-long coma as cancer cells swelled her brain. Prior to beginning radiation treatments for a bone marrow transplant, however, the girl’s parents tracked down a pioneer in the preservation of fertility, Kutluk Oktay, MD, PhD. Just 72 hours later, the girl underwent an ovary removal. That was 11 years ago. This past November at NYU Winthrop Hospital, the girl’s ovarian tissue, which had been frozen and preserved, was transplanted back into the now-married woman, who said, “This procedure is literally life-changing. I now have the chance to have my own children.”

Dr. Oktay pioneered ovarian transplants, though there remain only a dozen or so experts in the world versed in such procedures. The transplant performed at NYU Winthrop marked Long Island’s first-ever ovarian transplant, and was noteworthy for another first – the first time the da Vinci Xi® robot assisted in this delicate surgery. From a console where he viewed a high-definition 3-D image of the surgery area, Dr. Oktay guided the four arms of the robot in the intricate procedure. Utilizing the robot optimized both the precision of the procedure and likelihood of a successful patient outcome.

“The ovarian transplant should be presented as a medical option for any young girl or woman who risks losing her fertility due to chemotherapy or radiation treatments.”

— Kutluk Oktay, MD, PhD

preventative care, since the procedure can prevent the loss of fertility. Diseases such as cancer are devastating enough when occurring in children, let alone when a family is faced with the prospects of their girl never having the chance to bear her own children.”

Dr. Oktay, who is also a Professor of Obstetrics, Gynecology and Reproductive Sciences at Yale University School of Medicine, noted that the removal of a girl’s ovary is a simple procedure that can be done at any age; he has performed the procedure on children as young as one year of age. In the ovarian tissue harvesting procedure, one ovary is removed, and slivers of the ovarian tissue are preserved with a cryoprotective agent and then frozen with an automated machine. The tissue is then stored at a temperature of approximately minus-321 degrees Fahrenheit, with no time limit for storage.

Later, following remission of cancer, the tissue can be transplanted back into a woman to restore fertility. In that procedure, approximately 15 to 20 slivers of ovarian tissue are thawed and grafted on to the woman’s remaining ovary, with that transplanted tissue connected to existing ovary blood vessels. The robotic arms then assist the surgeon in suturing and rejoining old and new tissue together, creating a new hybrid ovary. In addition, Dr. Oktay developed a modified procedure for patients who cannot tolerate surgery, which involves grafting the ovarian tissue under the abdominal skin.

To date, it’s estimated that more than 90 children have been born to mothers following successful ovarian transplants.
The bats are swinging, the discus flying, and lacrosse balls are hurtling across Long Island school fields. With spring sports now underway, the National Athletic Trainers’ Association recognizes March as “National Athletic Training Month.”

This month-long initiative aims to spread awareness about the important contributions of athletic trainers to the safety and well-being of student athletes. NYU Winthrop Hospital, which has the largest hospital-based athletic training program on Long Island, serving 16 high schools and middle schools, offers up some spring-sports safety tips. These include proper hydration, dynamic warm-up or static stretching and acclimatization – adjusting to changes in the environment such as fluctuations in temperature and humidity – to maintain safety and performance.

"To properly acclimatize for a spring sport, we recommend progressing the amount of exercise time outdoors slowly over a 10 to 14 day period to prepare for safe sporting activities and deter any illnesses," said Christopher Napoli, ATC, Supervisor of Athletic Training Services at NYU Winthrop Hospital. "It’s especially important that coaches gradually increase the intensity of the sport each day, rather than having student-athletes dive headlong into strenuous activity." Acclimatization may also include layering in the beginning of the spring sports season, such as wearing gloves and base layers.

According to athletic trainers at NYU Winthrop, it’s also key to perform dynamic warm-up exercises (moving and stretching) prior to participation, and conclude a training session/practice with a warm-down as well, followed by static or stationary stretching. This will ensure that the heart rate has increased to allow maximum blood flow and elasticity of the muscles prior to exercise, and to bring the heart rate down slowly after activity.

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Explains Daniel DeSimone, ATC, who is also a Supervisor of Athletic Training Services at NYU Winthrop, "Whether you are a hurdler, lacrosse player or even a golfer, the importance of performing a dynamic warm-up is key and decreases the likelihood of injury in your sport."

A lunge with a twist, for example, is a dynamic warm-up exercise that engages a baseball or softball player’s hips, legs and core muscles, so if the player then lunges for a ball during a game, the muscles involved were already engaged during the warm-up.

NYU Winthrop athletic trainers illustrate to students some of the best stretches and exercises for different spring sports, including dynamic stretches such as:

- Forward leg swings
- Sideway leg swings
- Lunge with torso twist
- Knee to chest
- Butt kick

Static stretches include:

- Standing arm stretches
- Sit and reach hamstring stretch
- Piriformis stretch (Pigeon stretch)
- Sumo squat stretch/butterfly stretch
- Calf stretch

The NYU Winthrop athletic trainers are part of the Hospital’s Sports Medicine program. The athletic trainers’ services include community outreach on injury prevention and concussion clinics, health promotion, hydration and nutrition advice, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions and more.

The NYU Winthrop Hospital Sports Medicine program provides orthopedic diagnoses, treatment and rehabilitation for a wide range of injuries to help get athletes back on track safely and quickly. Board certified physicians, certified athletic trainers and physical therapists comprise the team that provides superior, compassionate and coordinated care. Renowned for its expertise and exceptional skill, the program is open to patients of all ages from young students to senior athletes.

For more information about NYU Winthrop Hospital’s Sports Medicine Program, call 1-866-WINTHROP or visit www.nyuwinthrop.org.

NYU Winthrop Hospital athletic trainers, pictured from left to right, along with Stephen Wirth, Administrative Director of Sports Medicine. Supervisor Christopher Napoli, James Labartino, Matei Manu, Gregory Boyle, Kathleen Kerr, Michael Schmidt, Stephen Wirth, Jacqueline Tierney, Lynn Wille, Ian Leary, Mona McKenzie, Kayla Sippin, Lauren Kendrick, Nicole Brunnhoelzl, Robert Ensmenger and Supervisor Daniel DeSimone. Not pictured: Maria Moreno, Michael Reddington and Cody Ryan.
“If Stanley Zielony were here today, I know that he would be very pleased,” said Robert Shenkman, long-time friend and one of the executors of Mr. Zielony’s estate during a recent ribbon cutting ceremony to mark the dedication of the Stanley S. Zielony Neurosciences Wing at NYU Winthrop Hospital.

A former grateful patient of the Hospital who experienced great success in the publishing industry and, in turn, devoted himself to the cause of philanthropy, Mr. Zielony wanted to make sure that his legacy of supporting and enhancing some of the nation’s leading healthcare institutions would have a lasting impact long after his lifetime. Several years ago, he recognized a need at NYU Winthrop and made the decision to name the Hospital in his estate.

Though Mr. Zielony passed away in 2012, he continues to help NYU Winthrop carry on a great tradition of providing superior patient care today. As a result of his generosity, a $1,000,000 gift was made to upgrade and completely renovate the Hospital’s Neurology Unit. While various enhancements – spanning from new decor and smart lighting technology to a completely renovated nursing station equipped with the latest IT equipment – impact the physical space, Mr. Zielony’s magnanimous gift has touched patients’ lives as well.

“Mr. Zielony’s life and benevolence epitomized the meaning of philanthropy or love of humankind,” said E. Ramone Segree EdD, Vice President of Development at NYU Winthrop Hospital. “He has done much for many, including NYU Winthrop, where his meaningful and impactful legacy will continue.”

Have you heard about the Grateful Patients and Families Program?
The Program provides an avenue by which patients and their loved ones can publicly thank their special caregiver(s) and at the same time, support the Hospital by making a gift of any size in their honor.

For more information, visit www.winthrop.org/grateful-patient-giving or call (516) 663-1300.
Annual Gala Raises More than $1,046,000 for Emergency Department Renovation Project

Recently, more than 800 friends and supporters of NYU Winthrop Hospital gathered for a special time of celebration at the Hospital's 26th Annual Gala, “New Frontiers.” The event, which was centered on the extraordinary potential that the Hospital’s new affiliation with NYU Langone Health has for continued growth and expansion in an ever-changing healthcare landscape, was the Hospital’s highest earning Gala to date. It raised more than $1,046,000 for the Emergency Department expansion and renovation project, which will add much needed space and facility enhancements to help NYU Winthrop better serve and care for the community.

The event also honored Robert B. Catell, Member of NYU Winthrop’s Board of Regents, and Anthony Vintzileos, MD, Chairman of Obstetrics and Gynecology at NYU Winthrop – two individuals who have contributed their best to NYU Winthrop’s continued path of growth, prosperity and service.
2017 Gala Benefactors

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Sunrise Medical Laboratories
Internationally Acclaimed Pulmonary Rehab Program Celebrates 30 Years

It’s something everybody does and takes for granted—breathing. But the moment it is compromised, its impact on everyday life is undeniable.

Recognizing a vital need for a program geared at improving the quality of life for individuals with breathing disorders, NYU Winthrop Hospital was at the forefront of meeting the charge with the development of a comprehensive pulmonary rehabilitation program. Now, 30 years later, staff members are most proud of the 10,000+ lives it has helped improve through intensive, supervised exercise, education, behavior modification and emotional support. In fact, the impact of the program on patients’ quality of life was once the focus of a multi-center study conducted in Italy and presented at the American Thoracic Society’s Annual Meeting.

“There’s nothing more satisfying than knowing that the work you do each day is helping people to complete everyday tasks and simply live their lives,” said Mara Bernstein, LRT, Administrative Director of the Pulmonary/Sleep Division at NYU Winthrop Hospital, who was instrumental in the creation of the program three decades ago.

Among those patients is Margie Clark, a vibrant 85-year-old who marvels at just how drastically different her life is today compared to when she first joined the program in its infancy.

“I was a miserable 55-year-old asthmatic whose breathing and activities were becoming more and more limited,” recalls Ms. Clark. “But that was 30 years ago. Not only did the Pulmonary Rehab Program save my life, it enhanced it by giving me the tools I needed to take better care of myself.”

NYU Winthrop’s Pulmonary Rehabilitation Program, under the medical direction of Mary Bartlett, NP, is staffed by a team of registered nurses, respiratory therapists and physical therapists. The program is geared toward helping patients suffering from asthma, emphysema, lung cancer, or any condition that impacts the functioning of the lungs to gradually improve their endurance and return to a healthier, more active lifestyle. The supervised program involves a multidisciplinary team approach to creating a unique plan that is tailored towards each patient’s needs.

Graduates of the program have access to the rehabilitation gym at NYU Winthrop as well as to a free support group, the Eager Breathers. It is through this group that caring has truly extended beyond the walls of NYU Winthrop, as former patients have gathered for various social events and special friendships and bonds have been formed.

“This network of people, from all walks of life, come together to share the joys and sorrows of life experiences with pulmonary difficulties, and encourage one another in a rewarding and humbling experience.”

(continued on next page)
New Volunteer Birth-Doula Program is Born at NYU Winthrop

For most women, having a baby is one of life’s most memorable moments. However, the hours and minutes leading up to delivery can be some of life’s most challenging.

A new volunteer birth-doula program at NYU Winthrop Hospital is helping to provide mothers and their partners with additional support (outside of the already stellar clinical care for which the Hospital is known) to improve birthing outcomes. The program, conceptualized by Long Island Doula Association Inc. (LIDA) and midwife Melanie Sumersille, CNM, MSN, FACNM, involves both physical and emotional support provided by specially trained doula volunteers. Working alongside of the clinical team of doctors, nurses and support staff in NYU Winthrop’s Labor and Delivery Suite, these specially trained doulas are committed to providing non-medical services to comfort and support mothers before, during and just after childbirth.

“NYU Winthrop Hospital was the first Hospital on Long Island to institute a volunteer doula program,” said Ms. Sumersille, who was recently named a Fellow of the American College of Nurse-Midwives – a prestigious honor bestowed upon midwives who have demonstrated exceptional leadership, clinical excellence, outstanding scholarship and professional achievement.

“There are many medical benefits to having such a program at NYU Winthrop. Furthermore, patients don’t have to be working with a midwife to benefit from using a doula.”

“A summary of published studies by the Cochrane database showed that doula support during labor can improve outcomes for women and their infants, including shorter labors and decreased cesarean delivery rates,” said Anthony Vintzileos, MD, Chairman of the Department of Obstetrics and Gynecology at NYU Winthrop Hospital. “Also, doula support can decrease regional analgesia as well as decrease five-minute Apgar score rates – a test which quickly evaluates a newborn’s physical condition to determine if there is an immediate need for additional care.”

“We also see increased rates of vaginal deliveries and the promotion of breastfeeding and maternal-infant bonding positively impacted in patients who have a birth doula,” added Ms. Sumersille.

To become a volunteer birth doula at NYU Winthrop, interested community members must undergo a rigorous multistep training and certification process by LIDA.

Pulmonary Program Celebrates 30 Years

(continued from page 12)

experience," said Ms. Clark. "When I look back at all of the experiences I would have missed, experiences that I was able to handle – including seven beautiful grandchildren – I know I’m the luckiest person alive."

Recently, Ms. Clark, along with several others who successfully graduated from the Pulmonary Rehabilitation program, were delighted to gather with members of NYU Winthrop’s Administration and staff at the Carlton to celebrate the 30th anniversary of a program that has had a lasting impact on so many.

In fact, one attendee and graduate of the program, Mary Rockensies, feels so strongly connected to the Hospital that she and her family, who established a foundation in her name to raise funds for idiopathic pulmonary fibrosis (IPF) research, are committed to helping the Hospital find a cure.

The Mother Mary Breathe Easy Foundation has donated a total of $100,000 to the Hospital’s Interstitial Lung Disease Program in support of these research efforts.

For more information about NYU Winthrop’s Pulmonary Rehabilitation Program, call 1-866-WINTHROP or visit www.nyuwinthrop.org.
A Record-Breaking Yuletide Ball

When a child is hospitalized, it is common for both the parents and the child to experience a range of emotions. At NYU Winthrop Hospital, there is a vital program that is dedicated to helping patients and their families understand and cope with the Hospital experience – the Child Life Program. The program, which is supported entirely by philanthropic contributions, is a fundamental component of the superior pediatric care for which NYU Winthrop is known. That is why recently members of the Garden City community, friends and supporters of NYU Winthrop came together for a festive evening to raise funds to benefit the program. The 2017 Yuletide Ball, graciously hosted by Michael and Kathryn Rafferty in their beautiful Garden City home, was the most successful Yuletide event to date, raising more than $312,000 for the Child Life Program at NYU Winthrop.

“The community’s support of our Child Life Program is so vital. Through events like these, we can continue to garner the much needed support for such a crucial program at NYU Winthrop,” said Leonard Krilov, MD, Chairman of Pediatrics at NYU Winthrop.

For more information about NYU Winthrop’s Child Life Program, visit www.nyuwinthrop.org or call 1-866-WINTHROP.

Annual Event is a Recipe for Success for Local Foundation

Amazing food, generous people and a Foundation that has long been committed to serving the needs of pediatric patients and their families are a recipe for success for one annual fundraiser. The Michael Magro Foundation, established by Paul and Terrie Magro to honor the life of their son, Michael, recently held its 13th Annual Evening of Tasting and Giving – a festive affair that raised $165,000 in part to support pediatric patients and their families at NYU Winthrop Hospital.

The event drew more than 700 people to the Carltun in East Meadow, where attendees enjoyed delicious food from more than a dozen restaurants, as well as drinks, a wide array of desserts, and live entertainment and drawings.

In addition to providing financial assistance to families dealing with pediatric cancer, the Michael Magro Foundation is instrumental in carrying out numerous other programs at the NYU Winthrop, including Project SOAR (School Re-Entry and Ongoing Academic Resources) at the Cancer Center for Kids, which helps transition cancer patients back into a school environment.
Child Life Donations
It Takes a Village

There’s been enormous goodwill shown to pediatric patients in recent months as thousands of toys and gifts poured in to the Hospital’s Child Life program, which helps sick children and their families understand and cope with being hospitalized, as well as to the Cancer Center for Kids! Among the many community contributors:

The Children’s Heart Foundation
Kiwanis Club of County Seat, Mineola, Inc.
Michael Magro Foundation
NYC District Council of Carpenters
New York Islanders
Rosario’s Giving Tree
Senator Elaine Phillips
Spirit of Children
Williston Park Rotary

Here are some heartwarming highlights:

NY Islanders Nick Leddy (#2), Jason Chimera (#25) and goaltender Jaroslav Halak (#41) personally visited the Hagedorn Pediatric Inpatient Center and Cancer Center for Kids (CCFK) to bring cheer to young patients, and they easily scored. Eyes lit up as the players mingled among patients and families, and they gifted Islanders’ memorabilia. But it wasn’t only the children who were moved. Jason Chimera was clearly touched by a young man’s emotional reaction to receiving Islander game tickets, and for a moment, it seemed that Jason, too, had to collect himself. The art of giving works both ways. Thank you, NY Islanders!

New York State Senator Elaine Phillips delivered over 1,000 toys to the Child Life program. Residents of Phillips’ 7th Senate District rallied for the toy drive, with donations coming from 12 local schools, six libraries and community residents across the district. Toys poured in from schools in Carle Place, Elmont, Floral Park, Great Neck, Manhasset and more, and libraries in Franklin Square, Port Washington, Shelter Rock, and Williston among others. Said Senator Elaine Phillips of her visit to the Hospital, “Thank you to NYU Winthrop Hospital and to all those who donated…your generosity was remarkable...”

Rosario Cascio is only nine-years-old, but it’s never too soon to set a precedent of giving. And so the Deer Park fourth grader founded “Rosario’s Giving Tree,” a holiday drive to collect toys to donate to hospitalized children. A local radio host, Steven Vaccaro (WGBB 1240 AM/95.9 FM, WLIE 540 AM and Optimum Cable) got wind of the young boy’s initiative. Suddenly things snowballed and the gifts poured in, with Rosario personally delivering the toys to NYU Winthrop Hospital where he was born.

Lauren Lanzillotta is a board member of the Children’s Heart Foundation NY Chapter, which helps advance the diagnosis, treatment and prevention of congenital heart defects. Lauren is also mother to a young son, Ronald III, who was treated for a congenital heart condition at NYU Winthrop. She saw first-hand the loving care provided by Hospital staff, including through its Child Life program, and together with her husband, Ronald Jr., wanted to pay it forward. Who would have guessed that Lauren’s grassroots program, which used the power of social media to spread the word, would result in more than 1,000 toys donated?! Talk about hearts! •

Spirit of Children recently presented a check in the amount of $84,070 to the CCFK to benefit the Child Life Program.

The Kiwanis Club of Mineola once again donated proceeds from their annual Golf Outing to benefit Child Life.

Pictured (l. to r.): Volunteer Katherine Kent, NYU Winthrop pediatric cardiologist Dr. Tasneem Hoque, and the Lanzillotta family.
In recent months, the Cancer Center for Kids (CCFK) at NYU Winthrop has received an outpouring of support from community members and local foundations, as well as patients and families – all eager to support the Center’s mission to provide each pediatric patient with the best possible chances of recovery through superior medical care in a nurturing outpatient setting. Following are some highlights:

The 13th Annual Golf Outing to support the CCFK took place at the Wind Watch Golf & Country Club and welcomed over 100 golfers. Event Co-chairs were long-time supporters Rosemary Cinquemani, Esq., Partner at Kerley, Walsh, Matera & Cinquemani, P.C., Michael C. Stroud, President of Atlas Investigations, Inc., and Frank Catelli, Esq. Thanks to their dedication as well as that of the event Committee, tournament proceeds totaled nearly $74,000. The funds will help underwrite CCFK psychosocial services, which are not reimbursable by government or third-party insurers.

More than 800 people gathered at Eisenhower Park for the CCFK Annual Fun Run to raise funds and awareness for pediatric cancer. Support from scores of participants, volunteers, donors and sponsors helped raise over $60,000 for the CCFK to provide hope and healing to children and families via emotional support services and programs. In addition to the 5K Walk/Run, a special one-half mile walk was held for children, who were joined by proud parents. The special day featured a play area for youngsters, music and entertainment, and included prizes and refreshments.

Mark Twain once wrote, “Music represents that which cannot be put into words or remain silent.” This message resonates strongly with participants of the CCFK Music Therapy Program and its after-hours Music Appreciation Program. Thanks to underwriting from the CME Group Community Foundation and support by the Amanda Styles Cirelli Foundation, patients had an opportunity to create an amazing music video entitled “Together.” The video debuted at an exclusive Red Carpet Premiere Party. The memorable event celebrated months of hard work that included songwriting, instrument playing and dancing in the Center’s music workshops, and young CCFK musicians were recognized and joined in celebration by family and friends.

Lastly, the Parts Authority, one of the largest distributors of automotive and truck parts on the East Coast, held its 2017 trade show at Citifield while simultaneously raising funds for CCFK. The event attracted more than 3,500 auto enthusiasts, vendors and customers and raised more than $44,000 to benefit the Center’s programs and services.

For more information about CCFK and its vast services for patients and their families, visit www.nyuwinthrop.org/cck.
Star Room Designed Exclusively for Special Needs Children

Special needs children have a safe haven for care at NYU Winthrop Hospital, thanks to the Hospital’s unique STAR program. The program was developed to assist families of children 18-years-old and under with Down Syndrome or children on the autism spectrum by providing knowledge and positive coping strategies throughout the hospital experience.

Thanks to a recent grant from the Seventh District Foundation, the Department of Pediatrics was able to create a dedicated STAR room for these patients. Located within the Pediatric Specialty Office, this room is equipped with tools to destimulate, soothe and/or distract patients such as: weighted blankets, texture tangles, tactile rollers and more. It also features a brand new examination table. What’s more, a beautiful hand painted aquatic mural conveys tranquility to help complete the space.

For additional information regarding the STAR program and enrollment, call 1-866-WINTHROP.

A “Bite of Hope” for Pediatric Diabetes Patients

NYU Winthrop’s Pediatric Diabetes Program recently hosted its Eighth Annual Bite of Hope Dinner at the Inn at New Hyde Park. The event raised more than $40,000 to benefit the Hospital’s Pediatric Diabetes Program and its multifaceted approach to treating diabetes. It also honored the special achievements of Payton Seltenreich and The Seltenreich Family, as well as Youth Achievement Award recipient, Zachary Yorio, whose tireless efforts to raise funds for a cure were recognized that evening.
In today’s turbulent atmosphere, preparedness is key – especially when it comes to acts of terrorism. In fact, bystanders on the scene of any crisis incident involving life-threatening injuries could actually be best positioned to help stop victims’ bleeding until professional medical aid arrives. That’s why NYU Winthrop recently rolled out a Stop the Bleed program, which is educating and empowering citizens to take action in the wake of tragedy.

Stop the Bleed is a national program initiated by the American College of Surgeons and supported by Homeland Security. “The most frequent cause of preventable death from extremity injury is bleeding from serious arm and leg wounds,” explains D’Andrea Joseph, MD, Interim Chief of Trauma Surgery at NYU Winthrop Hospital. “We as a community have the power to help prevent unnecessary deaths by undergoing Stop the Bleed training, which should become a standard lifesaving program in our communities, just like CPR.”

Trauma is the leading cause of death for Americans under the age of 46. There have been significant advances in trauma care developed over the last decade through knowledge gained treating service members in Iraq and Afghanistan, with the percentage of wounded who died from injuries there declining precipitously. Stop the Bleed applies some of that knowledge to life-threatening bleeding in the civilian population. The program was initiated by a physician who examined the wounds among those killed in the Sandy Hook massacre in Newtown, Connecticut and determined that, if pressure had been immediately applied to some wounds, deaths would have been prevented.

The two-hour Stop the Bleed program offered by NYU Winthrop focuses on teaching tactics to recognize life-threatening bleeding and provide immediate response to control that bleeding, including by direct pressure, the use of tourniquets, or packing (filling) a wound with gauze or clean cloth. (Serious chest and abdominal injuries usually cause internal bleeding, which cannot be stopped outside a hospital.) The Stop the Bleed training employs the use of dummy body parts for realistic, hands-on training.

“The Stop the Bleed knowledge gained by everyday citizens may save countless lives,” said Fahd Ali, MD, a lead Trauma Surgeon at NYU Winthrop, which is an American College of Surgeons Level 1 Trauma Center. That highest-level designation means that the Hospital can provide the most advanced care for traumatic and complex injuries. Added Dr. Ali, “Eventually it may be worthwhile to have a trauma aid kit, which includes tourniquets, in public places alongside defibrillators, as well as on mass transportation venues.”

Organizations interested in more information about the Stop the Bleed Program can call 1-866-WINTHROP.
Community Programs

In addition to our seminars, NYU Winthrop holds classes on a variety of topics (fees may apply).

American Heart Association
CPR AED for the Community
...and BLS, ACLS & PALS for Healthcare Providers
Visit winthrop.enrollware.com or call (516) 663-1601 or (516) 663-1604

Diabetes Prevention & Education
Call (516) 663-2350

Fall Prevention
Call 1-866-WINTHROP

New Parent Education
Visit nyuwinthrop.org/parent or call (516) 663-2858
- Pre-Natal Yoga
- Breastfeeding
- Infant Care
- Infant CPR
- Sibling Class

Tobacco Cessation
Call 1-866-WINTHROP

Please visit nyuwinthrop.org or call 1-866-WINTHROP (1-866-946-8476) for information about NYU Winthrop’s wide range of programs & services, including health-related support groups.

Hospital Recognized for Meritorious Patient Outcomes by ACS

The American College of Surgeons, through its National Surgical Quality Improvement Program (ACS NSQIP®), recently recognized NYU Winthrop Hospital as one of only 66 hospitals, out of 680 adult and pediatric hospitals, to have achieved “meritorious” outcomes for surgical patient care. The recognition points to the Hospital’s high quality surgical care and patient safety that produce optimal outcomes. This marks the third consecutive year that NYU Winthrop has been recognized in this meritorious manner.
Here at NYU Winthrop, we treat many United States veterans, so to recognize and honor them, we began the NYU Winthrop for Veterans Program. On a daily basis, we identify patients who are veterans, and the Department of Volunteer Services then visits each to thank them for their service. Depending on the individual's preference, we can play for them, via iPad, The Army Goes Rolling Along (Army theme song); Anchors Away (Navy); The Halls of Montezuma (Marines); Wild Blue Yonder (Air Force); Semper Paratus (Coast Guard); or a host of other patriotic tunes.

Since the program's inception, NYU Winthrop is proud to have recognized – and provided exceptional hospital care – to more than 750 veterans. Each is offered an American flag magnet that can be placed on their room's whiteboard to indicate the patient is a veteran. A knitting and crochet club from St. Thomas the Apostle Church in West Hempstead donates red, white and blue lap blankets, created as a special veterans' thank you. (Additional proficient knitters are needed! Please contact Volunteer Services if capable at (516) 663-2391.)

NYU Winthrop volunteers visit each US veteran admitted to the Hospital to recognize them and thank them for their service. Not surprisingly, veterans show selflessness even in a hospital setting, as with one veteran who, upon receiving a lap blanket, said, “Oh, that’s way too nice for me. Give it to someone else who could use it.”

Recent veterans we were pleased to honor and provide stellar care to include:

- A former B-17 bomber radio operator who was captured in WWII by enemy forces after the aircraft crash landed in occupied Yugoslavia.
- An 83-year-old Army veteran who was an encryption expert, coding communications during the Korean War.
- A merchant seaman who holds the distinction of serving in not just one, but three theaters of combat in WWII.
- A former Army National Guardsman who helped restore law and order during the Great Northeast Blackout in 1965 that plunged all of New York State and parts of seven neighboring states into darkness.
- A U.S. Marine who battled to stay alive following the largest amphibious assault in the Pacific Theater in WWII, the Battle of Okinawa. Semper Fi!

Frank Blennau and Brian Delaney are among the Hospital volunteers who make the rounds to honor veterans and, fittingly, both are veterans themselves. You’ll often find Mr. Blennau singing along to “God Bless America,” as he plays it on his iPad for veterans, with NYU Winthrop staff sometimes gathering round in chorus.

We thank each and every veteran and are humbled to serve those who come to NYU Winthrop Hospital.