"I'm the poster child of what not to do." Westbury resident Ken Raikowski on failing to undergo a colonoscopy screening until it was almost too late. Thanks to a multidisciplinary team at NYU Winthrop Hospital’s Center for Cancer Care, Ken's now healthier than ever.

Ken Raikowski says he was always a “macho guy” who thought he didn’t need doctors. “I didn’t go to the doctor for more than 40 years, from my twenties to my sixties.”

Then, in the summer of 2016, he suddenly didn’t feel well, waking up sluggish and in a cold sweat. He was soon in the office of a general practitioner who, upon feeling Ken’s abdomen, immediately ordered a CT scan, and upon reviewing it, told Ken to quickly see a gastroenterologist. That’s when things went from bad to worse.

For the first time ever, at the age of 65, Ken was to have a colonoscopy. In truth, he should have undergone one upon turning 50, the recommended age for a man’s first colorectal screening for cancer. In preparation for the procedure, Ken guzzled down the requisite laxative drink, but what he didn’t know was that a growth in his abdomen was now blocking his intestines. The fluid became dangerously obstructed, swelling in Ken’s abdomen.

Ken was sped to the emergency room of NYU Winthrop Hospital. Before he knew it, a multidisciplinary team of surgical oncologists began a lengthy operation to save his life because, as it turns out, Ken didn’t just have a blocked intestine—he also had colon cancer that had spread to his bladder. His medical issues had morphed into serious complications.

“A multidisciplinary approach was key to eradicating Ken’s cancer,” explained Megan Winner, MD, the surgical oncologist who oversaw his case. “It is rare to have a patient with a single problem that requires a single doctor. The treatment of cancer, in particular, has become increasingly complex because of advancements in treatment options, and it is a complex equation knowing how to apply exactly the right treatment at the right time.”

Dr. Winner brought to the table her extensive gastric and colorectal surgical expertise. She also called upon a colleague, one of the foremost experts on bladder cancer, NYU Winthrop’s Anthony Corcoran, MD, a urologic oncologist. Collectively, the team brought unsurpassed expertise to this complex case.

The team proceeded to conduct “resections” of the small intestine, two portions of the colon, a portion of the bladder, and a part of the abdominal wall. That meant removing cancerous tumors and blockages, while at the same time preserving the integrity of the surrounding non-cancerous organs and tissue. To protect the right ureter that drains the kidney, for example, Dr. Corcoran dissected the ureter away from a tumor mass on the bladder. He then conducted a partial bladder resection before restoring the ureter to its natural position. By performing a partial bladder removal, Dr. Corcoran also enabled Ken to maintain his quality of life with an intact and...
Special Honors for Hospital President & CEO, Board Member

John F. Collins, President and CEO of NYU Winthrop Hospital, was recently named Chair of the Nassau-Suffolk Hospital Council as well as the 2018/19 Chairman of the Board for the Greater New York Hospital Association—a dynamic, constantly evolving center for healthcare advocacy and expertise.

The GNYHA’s core mission—helping hospitals deliver the finest patient care in the most cost-effective way—never changes. In fact, GNYHA’s advocacy takes many forms, from fighting for members’ interests in Washington and Albany to working alongside them to improve quality and patient safety.

“I am honored to serve my healthcare colleagues in these new roles and help make sure member Hospitals have the tools they need to succeed,” said Mr. Collins.

What’s more, the United Hospital Fund (UHF) recently presented Distinguished Trustee Awards to 26 trustees from New York metropolitan-area hospitals and healthcare organizations. Among those honored for their extraordinary leadership and service was NYU Winthrop Hospital Board Member, Patrick K. Long.

This is the 28th year that UHF presented the Distinguished Trustee Awards. Trustees are nominated by their respective institutions and all share the same goals as UHF—to ensure the highest quality of care and meet the needs of the diverse communities and populations they serve.

Allison B. Reiss, MD, Head of the Inflammation Section of the Research Institute at NYU Winthrop Hospital, recently received a $10,000 grant from the Alzheimer’s Disease Resource Center to further the very promising Alzheimer’s research that she and her team are conducting.

Finding treatments and cures for Alzheimer’s has been extremely challenging for scientists, since the brain is the most inaccessible and complex organ in the body. The cutting-edge research led by Dr. Reiss, however, innovates by using human stem cells reengineered to behave like brain neurons, and in this way, NYU Winthrop believes it will achieve the closest approximation to brain behavior possible. Adding to that innovation, the NYU Winthrop team is incorporating into that neuron research a repurposed drug, originally used to treat leukemia, which unexpectedly has shown to cause memory improvements in patients with Alzheimer’s. Dr. Reiss believes NYU Winthrop’s research may open new windows into slowing the progression of Alzheimer’s disease, which impacts five million Americans today. Dr. Reiss also announced that patients are already being enrolled into the NYU Winthrop study.

“Trying to find effective treatments to treat Alzheimer’s has been like a drought in the desert,” said Dr. Reiss. “We now have a promising new approach that may aid our research efforts toward advancements in treatments to slow and stop this debilitating disease.”

“Dr. Reiss has passionately and tirelessly investigated new avenues for advancements in the treatment of Alzheimer’s,” said Mary Ann Malack-Ragona, Chief Executive Officer of the Alzheimer’s Disease Resource Center. “Her research is extremely important, and we hope that our grant will aid the NYU Winthrop team’s endeavors to find keys to stop the disease’s progression.”
When avid gym goer and Metropolitan Transit Authority (MTA) police officer Chris Matzinger began having trouble breathing during his routine workouts, he grew frustrated and concerned.

“It’s easy to take something routine like breathing for granted, until you can’t do it,” said Matzinger.

Upon consulting with his general practitioner, Chris was diagnosed with asthma. Still, the 39-year-old remained committed to making physical activity a priority despite daily sore throats, which he then attributed to allergies. But when he began to gag and regurgitate stomach acid at the gym on a regular basis, he knew something else medically was going on.

Inhalers, allergy shots and a slew of medications failed to provide him with relief, so Chris set out on a quest for answers. He researched his symptoms and advocated for several diagnostic tests, including two endoscopies, which confirmed he was suffering from “silent acid reflux,” a condition in which stomach acid flows back into the esophagus, causing discomfort in the throat. Wanting the very best treatment, coupled with very best care, Chris turned to NYU Winthrop Hospital for help.

Gastroesophageal reflux disease (GERD) is a widespread condition that affects approximately 20 percent of the United States population. NYU Winthrop Hospital recently established Long Island’s first and only GERD Center—a collaboration between the Hospital’s gastrointestinal and surgical experts, designed to provide patients suffering from acid reflux and GERD with the latest treatment options. The Center dedicates its full resources, including a team of highly trained specialists who are leaders in their fields, to the accurate diagnosis and treatment of patients who suffer from these conditions.

“As leaders in the fields of surgery and gastroenterology, we wanted to create a Center where patients could benefit from our collaborative approach to care and receive a personalized care plan to ensure optimal results,” said Collin Brathwaite, MD, Chairman of the Department of Surgery at NYU Winthrop Hospital.

Chris underwent further diagnostic testing at NYU Winthrop. This included a high resolution esophageal manometry—a sophisticated test used to assess the force and coordination of the esophageal muscles as they move food to one’s stomach.

“This test is done prior to antireflux surgery to make sure patients don’t have a swallowing disorder known as achalasia, which GERD surgery can’t help,” said Bhawna Halwan, MD, Director of the Center of Gastrointestinal Motility at NYU Winthrop.

In addition, Chris underwent a 48-hour Bravo esophageal pH test. During this test, a small capsule (the size of a gel cap) is temporarily attached to the wall of the esophagus to measure and record the pH levels in a patient’s esophagus to determine if they have GERD.

“It is important for patients to have access to comprehensive diagnostic testing, such as the tests offered at NYU Winthrop, in order to fully assess the severity of their condition and determine which therapy is best,” added Dr. Halwan.

Chris had a positive pH test and demonstrated good muscle strength of the esophagus, so it was determined that he was an appropriate candidate for a new minimally invasive procedure called LINX®.

The LINX procedure involves the laparoscopic placement of a flexible ring of magnet beads around the lower esophageal sphincter, preventing stomach acid from entering the esophagus.

“The magnets open up to enable food to pass through and close after swallowing to prevent anything from coming back up into the esophagus,” said Dr. Brathwaite. “Patients usually go home the very same day with minor discomfort, and are back to (continued on page 5)
Best Pediatric Continuum of Care

The Children's Medical Center at NYU Winthrop has long excelled in pediatric care, as evidence by its U.S. News & World Report ranking as one of the best Children's Hospitals in the Northeast. Now, an evolving collaboration with NYU Langone Health will help raise the bar further, providing NYU Winthrop pediatric patients with a continuum of care unheralded for a Long Island hospital.

“We are integrating the best expertise of the two pediatric hospitals, beginning with neonatal medicine, pediatric cardiology, and electrophysiology services that study abnormal heart rhythms,” said Leonard Krilov, MD, Chief of the Division of Pediatrics at NYU Winthrop Hospital.

“Pediatric cases in those specialties can be incredibly complex, but by tapping the best collective expertise of our two hospitals, we can achieve optimal outcomes.”

The new collaborative work comes on the heels of NYU Langone’s opening over the summer of its new Hassenfeld Children’s Hospital. Situated on 34th Street at 1st Avenue, the 160,000-square-foot facility has 68 single-patient rooms — the only pediatric inpatient facility with this feature in Manhattan. Heralding the entrance to the Hospital is Spot, a three-story sculpture of a Dalmatian balancing a taxicab on its nose, the dog meant to embody playfulness — and the type of determination that is necessary for a child to get through a major illness.

Donna Better, MD, Pediatric Cardiologist at NYU Winthrop, knows all about determination, even among the tiniest of patients. She was presented with a 10-day-old baby brought to the emergency room with a rapid heartbeat, difficulty breathing and signs of cardiogenic shock, which means the girl’s heart suddenly wasn’t pumping enough blood to meet her needs. It was unclear why the girl’s heart was severely weakened, and the typical reasons—an anatomical issue, virus, etc.—were ruled out.

After stabilizing the girl, named Adacha, in NYU Winthrop’s Pediatric Intensive Care Unit (PICU), Dr. Better transferred her to NYU Langone for possible artificial lung support. That treatment, also known as ECMO (extracorporeal membrane oxygenation), moves blood from the baby to the ECMO lung, adding oxygen and removing carbon dioxide before pumping the blood back into the baby. The treatment also supports other organs until the baby’s heart can recover.

The ECMO machine was on standby

Advancing Pediatric & Fetal Heart Diagnoses

Bring two brilliant physicians together with shared interests, and the light bulbs go on. That’s what happened when Martin Chavez, MD, and James Nielsen, MD, delved into the issue of the fetal heart. Dr. Chavez is Chairman of Maternal-Fetal Medicine and Fetal Surgery at NYU Winthrop, while Dr. Nielsen works at both campuses and is now serving as the Interim Chief of Pediatric Cardiology at NYU Winthrop. Together, they are forging new paths for diagnosing congenital heart defects (CHD), the most common type of birth defect, utilizing pediatric cardiac MRIs and fetal ultrasound technology.

In terms of pediatric cardiac MRIs, Dr. Nielsen brings with him from NYU Langone advanced skill sets in utilizing these diagnostic tests to detect holes in the heart, abnormal heart chambers, inflammation of heart muscle, and more. Traditionally, an echocardiography (a cardiac ultrasound) is the main method for investigating congenital heart problems—especially in young children. That echo test uses sound waves to create pictures of the heart’s chambers, valves, walls, and blood vessels attached to the heart including the aorta. While echo tests can help determine about 90 percent of diagnoses, a cardiac MRI—especially when utilized for diagnosing older children with CHDs—can provide a clinician with important information with regard to the heart’s anatomy and function.

“Cardiac MRI for congenital and pediatric heart disease has become an essential tool for..."
—but Adacha turned out not to need it. Respiratory support and aggressive intravenous medications helped her recover enough to transition to oral medications. She returned home to Hempstead, is growing stronger each day, and is followed by Dr. Better on an outpatient basis. Adacha received the best continuum of care between the two hospitals.

Catherine S. Manno, MD, Chair of the Department of Pediatrics at NYU Langone, says that pediatric cardiology is one of the many strengths of Hassenfeld, along with pediatric neurosurgery and a world-famous epilepsy program. As for the new Hassenfeld Children’s Hospital, Dr. Manno says it has an atmosphere meant to “delight and distract” children. “Our goal is to provide cutting-edge care in an environment that supports the child and makes the child as comfortable as possible. We also partner with families regarding decision-making, since we know that the best advocates for a child are the parents and family members.”

Dr. Manno herself has interesting family ties. Her father was a physician for 35 years at what is now NYU Winthrop (formerly Nassau Hospital); her mother was a member of the Pastoral Care Committee at the same; and Dr. Manno was born at the Hospital in Mineola. Collaborating now on cases with NYU Winthrop specialists, Dr. Manno feels easily at home as the NYU-affiliated “family” expands for all the best reasons.

GERD Procedure
(continued from page 3)

Dr. Brathwaite. “Not only does long-term use of PPIs greatly increase one’s risk for esophageal cancer, recent FDA safety notices point to other potential risks including increased risk of fractures, dementia, and heart attack to name just a few.”

Though the LINX procedure is still relatively new, it has restored comfort to many patients who have long suffered with GERD and acid reflux, including Chris. Today, he has mastered an important part of his physical therapy—training the muscles in his esophagus to push down foods he once was unable to enjoy. He’s also back training some other muscles at the gym. In fact, Chris feels so good that he’s lost 20 pounds since undergoing the LINX procedure.

“Finding the right doctors who listened to me and guided me in the right direction was key,” he said. “There’s no reason for anyone to suffer—there is help. You just need to go the extra mile to get the care you deserve.”
The Children’s Medical Center at NYU Winthrop has been named to U.S. News & World Report’s 2018-19 Best Children’s Hospitals rankings for demonstrating excellence in Pediatric Diabetes and Endocrinology. Factors that help determine rankings include the management of pediatric diabetes, infection prevention, and adequacy of nurse staffing, along with nominations from specialists and subspecialists who recommend various children’s hospital for serious endocrinology cases.

Isabelle Otero, age 17, knows all about NYU Winthrop’s superior diabetes care. Isabelle was diagnosed with diabetes by an NYU Winthrop physician when she was just 13-months-old. She’d visited the Hospital to receive treatment for an ear infection, but when doctors detected that her breath smelled sweet, they suspected diabetes, which was borne out by a blood test.

Isabelle has been coming to NYU Winthrop ever since—for nearly 16 years. The family makes the long trip from their home in Mountaintop, PA because they consider NYU Winthrop the best place for Isabelle’s treatment and ongoing diabetes education.

Isabelle sees Siham Accacha, MD, Director of the Diabetes Program in the Pediatric Endocrinology Division at NYU Winthrop. Isabelle also sees a Certified Diabetes Educator who helps her monitor her blood sugar and provides nutritional advice, and Isabelle learns about new technologies like pumps and monitoring devices. (She can now get her glucose readings on her cell phone, and her mom can see the same details on her own phone).

Dr. Accacha said Isabelle’s condition has improved over the years, and the teenager keeps her diabetes in good control. As a high school cheerleader, for example,

Patients facing the prospect of surgery or special care want to know they are in the best hands. That is just one of the reasons behind the creation of a ranking tool developed by U.S. News & World Report, which once again recognized NYU Winthrop Hospital as being among the best of the best for healthcare both in the state and in the New York Metro area.

NYU Winthrop Hospital was named one of the best hospitals in the New York Metro Area for 2018/19. In addition, the Hospital was recognized for 11 high-performing types of care, which include seven high-performing specialties and four common adult procedure and conditions. The seven high-performing specialties include Diabetes & Endocrinology; Gastroenterology & GI Surgery; Geriatrics; Nephrology; Neurology & Neurosurgery; Orthopedics; and Urology.

What’s more, the Children’s Medical Center was named one of the best children’s hospitals in the New York Metro Area for 2018/19, and earned its rightful place in U.S. News & World Report’s Best Children’s Hospitals national rankings for demonstrating excellence in the area of pediatric diabetes and endocrinology.

“We are committed to excellence in every area of medicine and are proud to be highlighted once again for our achievements,” said John F. Collins, President and CEO of NYU Winthrop. “Every day, patients of all ages turn to us for quality care, and we are committed to raising the bar for all of our medical specialties to be recognized on a national level.”

Isabelle checks to make sure her glucose reading is at a proper level before every football game, so she can put her best cheers forward.

She’s also looking forward to high school graduation this year and has looked to Dr. Accacha for inspiration regarding her future. “I’m so grateful for Dr. Accacha,” says Isabelle. “I want to go into endocrinology and become a Diabetes Educator because of her.”

Isabelle Otero with Siham Accacha, MD, Director of the Pediatric Diabetes Program at NYU Winthrop.
Visiting a new place, especially a hospital, can be both stressful and overwhelming. That’s why the Office of Patient Experience at NYU Winthrop Hospital recently launched a new concierge service as part of a commitment to deliver the very best experience to each and every patient and visitor who sets foot in the Hospital.

Specially trained concierge staff members, situated in the main lobby, serve as a central point of contact for anyone entering the hospital. The concierges greet patients and visitors, help answer questions, provide directions, and supply the necessary resources to make a patient’s or visitor’s first experience at NYU Winthrop a meaningful one.

“Our concierge service creates a welcoming environment, helping patients and visitors to better navigate our facilities and services so that their visit will proceed more seamlessly,” said Nicole Rossol, Patient Experience Officer at NYU Winthrop Hospital. “We wanted to have a trained team in place to optimize that experience from the moment patients and their families walk through our doors.”

Since joining NYU Winthrop in 2017, Ms. Rossol has been charged with the design and implementation of a comprehensive strategy to continuously improve these experiences while fostering an organization-wide approach to patient-centered care and engagement.

The response to the new service has been overwhelmingly positive. Specifically, the Office of Patient Experience has received feedback from families about how the concierge team helped ease their anxiety, assisted them with finding their loved one in the Hospital, and provided a personalized experience.

“Our goal is to make sure that every individual who comes to our great Hospital has the very best experience from the moment they enter the facility until the moment they leave,” said Ms. Rossol.

The concierge service is available seven days a week. For more information, call 1-866-WINTHROP.

A Multidisciplinary Oncology Team

(continued from cover)

functioning bladder, rather than having to wear an external urine-collection bag had his entire bladder been removed.

Dr. Winner, in addition to intricate surgery on Ken's intestine and colon segments, performed an ileostomy, a procedure to divert stool away from the colon so it could heal. Rounding out Ken’s multidisciplinary team was medical oncologist Prashanti Atluri, MD, who administered chemotherapy after Ken recovered from his surgery to further ensure the eradication of cancer. Many months later, once chemotherapy was finished, Dr. Winner reversed Ken’s ileostomy.

It’s now two years since Ken had the scare of his life, and he remains cancer-free—and grateful to the incredible NYU Winthrop oncology team that saved his life.

“They took me apart and put me back together,” said Ken, “I never experienced any major pain or discomfort, and I’m grateful for that.”

Inspired by a survivorship presentation given by Dr. Winner, Ken also now attends free weekly exercise programs for cancer survivors, sponsored by the non-profit Strength for Life. “It’s important to consider the whole person when treating cancer,” says Dr. Winner, “At NYU Winthrop, we look at the possibilities offered through technology, surgery, and medicine but also integrate into our care psychological, emotional, and family and survivorship considerations.”

The NYU Winthrop team’s compassionate, multidisciplinary care certainly worked for Ken Raikowski, who says, “I have a new lease on life, and I think my health is probably better than ever.”

Ken also hopes to make a difference in the lives of family members. He has strongly encouraged his 37-year-old son to have his first colonoscopy early—knowing that preventative screening just might save his life.
Sometimes, even the very best caregivers, technology, and medicine can only go so far in helping patients overcome some of the greatest healthcare challenges. Sometimes, it is the spiritual element to caring that makes all the difference.

NYU Winthrop Hospital takes great pride in treating the whole patient—body, mind, and spirit—with spiritual care being one of the pivotal components to the well-rounded and high level of care that is delivered at the Hospital each day.

"When challenged with healthcare crises, spiritual nourishment for staff, patients, and their families can’t be overstated," said John F. Collins, President and CEO of NYU Winthrop. "In good times and in bad, individuals from all walks of life rely on the encouragement and support that our Pastoral Care Program provides."

Recently, NYU Winthrop was pleased to celebrate the 20th anniversary of its Pastoral Care & Education program and to honor those who have helped shape the program to make it what it is today.

The History

Recognizing the importance of healing ministry and spiritual support during the hospital stay, the Board of Directors of NYU Winthrop established a chaplaincy endowment two decades ago to further the development of pastoral care services for patients, staff, and visitors, and to ensure that the Program would remain viable for future generations.

Partnering with the HealthCare Chaplaincy Network, the Hospital took steps to build a paragon program, recruiting staff as well as trained volunteers from local houses of worship to extend the reach of services to all those in need.

Today, under the direction of the Reverend Karen Jones, the program includes three staff chaplains and several vital community volunteers who provide counseling and education and are involved in community outreach. The team also facilitates a Bereavement Support Program to provide information, insight, and inspiration to families who are most vulnerable.

Since the Program’s inception, a core group of supporters has given founding gifts, which have been joined by gifts from many others to form a growing endowment. Major contributors include:

- James Daly
- Mary Ellen Gilgan
- The Gladys Brooks Foundation
- Theodora Winthrop Hooton
- The McKeen Fund
- Nancy Nammack
- The NYU Winthrop Hospital Auxiliary
- The NYU Winthrop Hospital Medical Staff
- Marie Scott
- Floreine Winthrop

Visionary Leadership

One visionary for the establishment of the Pastoral Care program was Theodora Winthrop Hooton, who has offered tireless service to the Hospital’s Board of Directors...
since 1995, continuing a family legacy of community service begun by her father, the late Robert Winthrop. Mrs. Hooton, along with other members of the Board on the Pastoral Care Committee, had the foresight to establish a program that would not only impact patients and their families, but staff and community members as well.

During the recent milestone celebration, Mrs. Hooton was recognized for her vast professional and personal contributions to NYU Winthrop and beyond. This included serving as a generous benefactor of the Pastoral Care Department and its Chaplaincy Program and playing a pivotal role in the planning and construction of the Serenity Chapel in the main Hospital. For all of these efforts and more, Charles Strain, Chairman of the Board of Directors, along with Mr. Collins, were pleased to present Mrs. Hooton with the Hospital’s coveted Lifetime Achievement Award.

“Throughout the Pastoral Care program’s 20-plus year history, the vision and leadership of so many individuals—especially Mrs. Hooton—helped the program grow into a vibrant and thriving program which knows no bounds,” said Mr. Collins.

A Bright and Promising Future
As NYU Winthrop’s spiritual care services continue to prosper, one of the most critical components to that development is philanthropic support.

“The founding donors and those since then have both set in motion and set the tone for giving to the Program’s endowment to assure the enduring availability of vital support in times of need,” said E. Ramone Segree, EdD, Vice President of Development at NYU Winthrop. “We encourage others to follow their hearts and the lead of others to make a difference in the lives of many by supporting the Program’s endowment.”

The goal for the Program for the future: to fully integrate spiritual care into every aspect of medical care.

“Joining these two dynamic forces and continuing to build the department with this endowment keeps NYU Winthrop’s commitment at the forefront of providing healthcare for the body, mind, and spirit for all who come through our doors,” said Mr. Collins.

“Spiritual care within the Hospital is so important. Crises can be made gentler, families’ pain eased, and the medical staff freed to care for medical emergencies while chaplains care for family members—these experiences confirm the value of pastoral care,” said Reverend Jones.

To support the Pastoral Care and Education Program at NYU Winthrop, please call the Office of Development at (516) 663-3398 or visit www.nyuwinthrop.org/give.

Gatsby-Inspired Event Raises Vital Funds for Cancer Center for Kids

Earlier this spring, staff from the Cancer Center for Kids (CCFK) at NYU Winthrop Hospital welcomed guests dressed in roaring 20s attire to its 12th Annual Black & White Ball at Oheka Castle. The Gatsby-themed event honored the Center’s caregivers for their extraordinary commitment to the children and families they serve, and recognized two young leaders—T.J. Schmitt (pictured top left) and Daniel Berenson (pictured bottom left)—for their unique personal contributions. The event raised close to $150,000 for the Center’s programs and services.

T.J. Schmitt was recognized with the Philanthropic Youth Award for his fundraising efforts with Charlie’s Champions Foundation, substantial volunteer efforts at CCFK special events, and for his participation in the Center’s Cans for Cancer recycling program. In addition, Daniel Berenson’s diverse activities, which include helping CCFK families, spreading awareness, and furthering the Center’s mission, earned him this year’s Spirit of Giving Leadership award. In fact, Daniel raised nearly $8,000 in conjunction with his Bar "METSvah," by garnering support through pledges made for each mile-per-hour of his ceremonial pitch at a NY Mets game.

Entertainment, dining, and dancing in a Gatsby-esque setting, along with prizes and silent auction items, rounded out the evening’s festivities, which benefited the CCFK’s programs, services, and unique delivery of care.

For more information about the Cancer Center for Kids, visit www.nyuwinthrop.org.
NYU Winthrop celebrated its 33rd Annual Golf Tournament on May 14 at the Meadow Brook Club and Wheatley Hills Golf Club. The event attracted 350 golfers and raised over $575,000 to provide an important source of unrestricted funds critical to the Hospital’s progress as an institution. Title Sponsor this year was Hunter Roberts Construction Group. Jenny Freeman, PE - Senior Vice President, Director of Healthcare Operations at Hunter Roberts Construction Group, was Chair of the event.

Individual Low Gross winners included Rob D’Addario at the Meadow Brook Club and Kevin Donoghue at Wheatley Hills. Placing first in the Low Gross Team category at the Meadow Brook were Sean Byrne, Rob D’Addario, Lee Ferrucci, and Jack Maerk. Chad Luckenbach, Dave Moore, Tim Schmidt, and Wayne Selby took the Low Gross Team at Wheatley Hills.

One Participant Sinks the Ultimate Shot
While it may have just been a regular day on the course for many, it certainly wasn’t average for one participant. While teeing off on the 175-yard par 3 sixth hole at Wheatley Hills Golf Club in East Williston, Chris Caponegro landed the dream shot—an ultimate shot—a hole-in-one. The lucky shot also landed the 12-handicap golfer a $10,000 cash prize.

The chance of an average golfer making a hole in one is approximately 12,500 to 1; the odds of a tour professional are 2,500 to 1. “I can’t think of a better way to make such a remarkable shot than in the presence of my friends and colleagues at an important fundraiser for the region’s leading academic medical center,” said Mr. Caponegro.
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Hope and inspiration resonated throughout NYU Winthrop Hospital’s 20th Annual Cancer Survivors Day event as survivors, family members, and friends joined with Hospital staff at the annual “Celebration of Life.” Held at Carltun on the Park in East Meadow and attended by more than 400 individuals, the positive energy in the room was palpable.

The National Cancer Survivors Day Foundation defines a survivor as anyone living with a history of cancer—from the moment of diagnosis through the remainder of life. The event recognizes the challenges survivors encounter after receiving the diagnosis and enduring treatments, and it “shows the world that life after a cancer diagnosis can be fruitful, rewarding and even inspiring.”

NYU Winthrop’s milestone celebration included a cocktail hour followed by a three-course meal, raffles and remarks by Hospital staff and a patient speaker. Attendees also had the opportunity to view a new video, which demonstrated the full scope of cancer services available to patients and their families at NYU Winthrop. Eva Chalas, MD, Physician Director of the Cancer Center and Vice Chair of the Department of Obstetrics & Gynecology; Jeffrey Schneider, MD, Chairman, Cancer Survivors Day Committee and Chief, Division of Oncology/Hematology; and Al Glover, Chief Operating Officer, welcomed attendees, acknowledging the challenges survivors face and praising them, as well as their caregivers, for their fortitude throughout treatment and recovery.

A highlight of the evening was patient speaker, Connie Swaine. "Although she is little, she is fierce," remarked Jennifer Brown, Nurse Manager of Clinical Trials, who introduced her. Connie was diagnosed with ovarian cancer in 2008 at the age of 45. An avid runner and skydiver, she wanted to remain as active as possible while undergoing treatment. Dr. Chalas worked with Connie to develop a treatment plan that would keep her body strong and progress on track.

“To say Dr. Chalas is a special person is an understatement,” said Connie. Connie was encouraged by Dr. Chalas to enter a race that the Gynecologic Cancer Foundation was hosting in Washington, DC in November of that year. She recovered from her treatment, entered the half-marathon, and finished it in one hour and 48 minutes.

Connie had a nodule reoccurrence in 2010 that was treated with radiation. In 2012, although she was in remission, she was proactive and entered a clinical trial in the hopes of preventing a recurrence.

“Stay focused,” she advised. “Your start does not determine how you will finish.” Today, Connie remains cancer-free.

The celebratory tone of the evening continued with Cancer Care Provider Honoree John Allendorf, MD, Vice Chair, Department of Surgery and Chief of the Division of Surgical Oncology, who said, "Tonight is a celebration of you and all that you have endured throughout diagnosis, treatment, and recovery. You are the real heroes.”

Dr. Allendorf highlighted the national rate of cancer survivorship. “In 1970, there were 3,000,000 survivors—there are now 15,000,000,” he said, while emphasizing the importance of early detection. He also reflected on how important it is to take comprehensive care of patients—from diagnosis through treatment and recovery—which is the hallmark of NYU Winthrop’s Center for Cancer Care.

In addition to the celebration at the Carltun, the Hospital’s Cancer Survivor activities included an educational workshop on June 21 that addressed robotics, the use of medical marijuana, and a Question & Answer session with a multispecialty panel who addressed survivorship issues.
Younger patients may delay seeing a specialist for symptoms like persistent rectal bleeding or hemorrhoids, believing that colorectal cancers are a disease of older generations.

— Toyooki Sonoda, MD

When a 20-year-old complains of suffering from continual hemorrhoids or rectal bleeding, the causes may seem benign. Except that the rate of colon and rectal cancers among the 20 to 54 age group has been steadily increasing since the mid-2000s. There are known risk factors that are contributing factors including smoking, heavy alcohol use, obesity, lack of exercise, and chronic conditions like inflammatory bowel disease and Type 2 diabetes. Genetics also play a role, but other reasons for the increase in colorectal cancer remain an unknown. That’s why we need to “educate society,” according to Toyooki Sonoda, MD, Chief of the Division of Colon and Rectal Surgery at NYU Winthrop.

“Younger patients may delay seeing a specialist for symptoms like persistent rectal bleeding or hemorrhoids, believing that colorectal cancers are a disease of older generations. While that is generally true, the increase in these cancers among younger patients means that persistent symptoms should give rise to early screening.”

Dr. Sonoda noted that a delayed diagnosis can allow cancers to grow and spread, resulting in later-stage cancer that has a low survival rate. In fact, the disease is generally more advanced—stage III or IV—when uncovered in young people. Fortunately, when diagnosed early, the five-year survival rate for colorectal cancer is 90 percent.

“Even primary care doctors don’t typically think of colorectal cancer as occurring in young patients,” added Dr. Sonoda. “We need to change that mindset to catch cancers earlier, and we need patients to be their own best advocates, pushing for their healthcare providers to consider all possibilities.”

If a young patient is diagnosed with such cancers, Dr. Sonoda says that, with the right expertise, the outcome can still be successful. He points to a young female patient he diagnosed with advanced rectal cancer, stage III, when she first presented to him. Dr. Sonoda, whose expertise is renowned in his field, performed laparoscopic surgery that was preceded and followed by courses of chemotherapy while avoiding radiation that likely would have destroyed the woman’s ovaries. The woman is now cancer-free—and happily married and pregnant.

He added that all generations may lower their risks of colorectal cancers through healthier diets that include more fruits, vegetables and fiber, and less red and processed meats.

African Americans have the highest colorectal cancer incidence of all racial groups in the U.S., and Jewish people of Eastern European descent have one of the highest colorectal cancer risks of any ethnic group in the world.

Risk Factors Contributing to Colorectal Cancer That You Can Change:

• Smoking
• Heavy alcohol use
• Obesity
• Sedentary lifestyle

Risk Factors Contributing to Colorectal Cancer That You Can’t Change:

• A history of adenomatous polyps (adenomas)
• Inflammatory bowel disease, including ulcerative colitis or Crohn’s disease
• A history of colorectal cancer in the family (parent, sibling or child). The risk is even higher if that first-degree relative was diagnosed younger than 45 or if more than one first-degree relative is affected.
• Inherited gene changes (mutations) that cause family cancer syndromes, such as Lynch syndrome
Distinction for Program that Treats HCM

Leading Cause of Sudden Cardiac Arrest in Athletes and Increased Pregnancy Risks

We’ve all heard of instances where a young star athlete suddenly goes into cardiac arrest on the field. The leading cause of that is often hypertrophic cardiomyopathy (HCM), a condition that involves a thickening of the muscles of the heart, affecting 1 in 300 people. Pregnant women can also face high risks due to HCM. Fortunately, NYU Winthrop not only serves as the “go-to” center on Long Island for the diagnosis and management of HCM, but now the Hospital has been awarded the coveted designation “Center of Excellence” by the Hypertrophic Cardiomyopathy Association (HCMA). This organization is the preeminent patient advocacy association serving individuals with HCM, their families, and those providing care to HCM patients. The organization’s recognition of the Hospital is a considerable honor. NYU Winthrop is among only three hospitals in New York State awarded the designation.

“This is an exceptional distinction, and it speaks volumes about the full-spectrum of diagnostic and therapeutic options we offer patients with HCM,” said Vijayapraveena Paruchuri, MD, Director of NYU Winthrop Hospital’s HCM Center. “HCM cases can be very complex, requiring the types of advanced, multidisciplinary expertise with which we excel here at NYU Winthrop.”

To achieve the Center of Excellence recognition, NYU Winthrop’s HCM program was required to possess a highly experienced subspecialty team able to treat HCM and its many complex variations; provide the highest quality care to a large volume of HCM patients; possess advanced imaging and related technologies; and the Hospital had to display a dedication to research regarding HCM, among other factors in which it had to excel.

While on average, a general cardiologist’s practice may see five to 10 patients with HCM, a Center of Excellence treats hundreds or thousands. Seeing far more variations of the disease enables a Center of Excellence to better treat HCM patients. Women seeking to become pregnant face particular risks with HCM since the condition may put increased demands on a woman’s heart, and arrhythmias may also worsen during pregnancy. NYU Winthrop’s Division of Maternal Fetal Medicine works closely with the Hospital’s HCM team regarding those high-risk pregnancies.

“We provide pre-conception counseling and care during pregnancy so a woman or a couple best understand how to navigate a pregnancy safely, including fetal/maternal monitoring, medications that are safe to use, special anesthesia requirements, and much more,” said Martin Chavez, MD, Chief of the Division of Maternal-Fetal Medicine and Fetal Surgery Program at NYU Winthrop. “Most women with HCM will proceed through pregnancy well, but there is an increased risk of obstetric and cardiovascular complications, which is why superior HCM expertise is especially important for the safety of both mother and child.”

Pre-conception counseling is especially important for women with HCM who desire to begin a family.

Dr. Chavez noted that NYU Winthrop’s Center of Excellence also offers genetic counseling to parents-to-be, including testing to determine the risks of HCM being carried over to the child. “With proper medical guidance, HCM is very treatable in a child,” added Dr. Chavez. “We empower parents with the knowledge to make them as well-prepared as possible.”

The HCM Center at NYU Winthrop not only collaborates closely with Maternal-Fetal Medicine but also with pediatric cardiology and general cardiologists. The HCM team also has the strong support of experts in advanced imaging, electrophysiology and implantable devices, interventional cardiology, and cardiac surgery.

“We’re very proud that we can save lives every day through skilled diagnoses, preventative care and multidisciplinary HCM treatment,” added Dr. Paruchuri.
What are the most common maladies travelers need to prepare for to stay healthy on travels? NYU Winthrop’s Family Travel Clinic has all the answers and shares travel safety tips, health-risk alerts, and little-known facts regarding travel safety. It’s all part of the Family Travel Center’s comprehensive care that includes education, vaccinations, and preventative health measures to make trips in the United States and abroad as safe as possible.

“Americans are travelling more than ever, yet more than 60 percent of those who get sick on trips did not have a pre-travel medical consultation,” said Theresa Fiorito, MD, an infectious disease specialist at NYU Winthrop’s Family Travel Clinic.

“Travel medicine is a specialized branch of medicine that factors into patient care a unique subset of variables that includes exposure to infectious diseases, tainted food and water, altitude sickness and more, and the knowledge and care imparted by travel medicine specialists can help prevent injuries and sickness.”

Most people presume, for example, that they need to protect against mosquito bites during dawn and dusk hours when, in fact, different types of mosquitoes bite at different times of the day. The dengue-carrying mosquito bites during the day, for example, whereas mosquitoes that transmit malaria bite at night. A travel medicine specialist can advise on the risks based on whether travel is to the “mosquito vector” that includes the Caribbean and Latin America, or to Europe, Africa, Asia, or the wilderness of Canada. No matter the location, Dr. Fiorito warns that DEET decreases a sunscreen’s SPF absorption if applied together, so if sunscreen is needed, travelers should apply it at least 30 minutes prior to insect repellant. DEET (30%) can be used on children two months and older. Also very effective against mosquitoes are clothes pre-treated with the repellant Permethrin, which can be found in most sporting goods stores.

Other travel health-safety highlights:
- Be wary of petting local animals, such as stray dogs. A person can get rabies without being bitten, such as when the saliva of the animal infiltrates cuts on the neck or face.
- Beware of eating exotic fish in the Caribbean, like Lionfish that carries within it a toxin. If not prepared properly, the fish can cause severe reactions including vomiting, abdominal pain, tingling, sweating and more—such as one traveler experienced then he thought he was eating “grilled sea bass.”
- For those who suffer from conditions such as hypertension, asthma, arrhythmia, a seizure disorder, or sickle cell anemia, check on the “ascent risk” of traveling to high altitudes, like in the Rocky Mountains or Machu Picchu, as reduced oxygen levels can pose serious health risks such as pulmonary edema. In addition, all travelers should avoid alcohol for the first 48 hours at high altitudes and stay well-hydrated.
- To avoid diarrhea in areas with questionable water quality, Dr. Fiorito says of food: “Boil it, cook it, peel it, or forget it.” That means peeling and eating an orange is fine, but avoid eating a fruit cocktail in watery syrup. With regards to liquids, travelers should also only brush their teeth with bottled or boiled water and forgo ice cubes. Highly effective for the rehydration of children are drinks such as rice water, or congee, while Imodium is good to pack for older children and adults who might come down with diarrhea.
- Check on whether prescription medications, such as a stimulant for a child with ADHD, might present customs problems upon entering a country. Travel clinics, such as the one at NYU Winthrop, can write a letter confirming medical necessity and can even have that letter translated into the local language.
- In addition, all travelers should avoid alcohol for the first 48 hours at high altitudes and stay well-hydrated.

Travel Health-Safety Tips
Advice on high altitudes, mosquitoes, rabies, food and drink, traveling with Rx and more
At the recent 14th Annual Golf Outing to benefit the Cancer Center for Kids (CCFK) at NYU Winthrop, event Co-chairs Rosemary Cinquemani, Esq., Partner at Kerley, Walsh, Matera & Cinquemani, PC, and Michael C. Stroud, President of Atlas Investigations, Inc., welcomed over 100 golfers for a spectacular day on the fairway. The day included a Hole-in-One Challenge, compliments of Advantage Toyota in Valley Stream, lunch, prizes, awards, and 18 holes of golfing fun.

Thanks to the dedication and commitment of the Co-chairs and their Committee, Tournament proceeds totaled close to $60,000. These funds will be used to underwrite CCFK psychosocial services, including Child Life, Social Work, Psychology and Music Therapy, which are not reimbursable by government or third-party insurers. Other programs offered free to children and families by the Center include support groups and counseling for patients, parents, and siblings; art; horticultural therapy; and a school re-entry program that helps children make the transition back to school after treatment.

At the event’s evening reception, one patient’s family, the Hicks family, praised the Center for the compassionate care and loving environment that they have provided to their son, TJ. “The staff at the Cancer Center for Kids has opened up a whole new world to us, a world full of people who hang the sun a little higher in the sky,” said Mrs. Hicks.

In addition to essential emotional support services, the CCFK provides clinical research, and comprehensive diagnostic and treatment options for childhood cancer and hematology patients and their families. The Center is a member of the prestigious Children’s Oncology Group, and as a collaborative Institute partner, the CCFK administers and coordinates research studies, disseminates clinical trial information and manages protocols.

For more information about the CCFK at NYU Winthrop, visit www.nyuwinthrop.org/cck.

A Special Visit from Mets Star Michael Conforto

Meeting a “star” is something every child dreams about. Well, many children’s dreams came true recently when New York Mets outfielder Michael Conforto visited with dozens of youngsters and their families at The Cancer Center for Kids (CCFK) at NYU Winthrop Hospital, as well as in the Hospital’s Children’s Medical Center. The visit was part of Conforto Cares, a program established by the player to raise awareness about pediatric cancer and the challenges faced by young patients.

Staff, patients, and family members alike were all smiles as Conforto distributed Mets t-shirts, handed out pop-up replicas of the Mets home-run apple, autographed photos, and visited with them. Conforto expressed genuine interest and concern for all those he met, some of whom he had hosted at Citi Field in earlier weeks as part of the Conforto Cares program; Conforto had wanted to do more—he wanted to come and see where the youngsters were receiving treatment and spread sunshine and hope. Indeed, he did spread sunshine. In fact, some children even got to practice their swings with the player while playing video games with him in the CCFK.

“I hope to inspire these young patients to stay determined,” said Conforto. “It’s a privilege to help these children forget about the rigors of their treatments and just enjoy being kids.”
NYU Winthrop's Women's Wellness OB/GYN Center in Hempstead is an extension of the Hospital, and it accepts patients regardless of insurance coverage, citizenship status, or language. Not only does the Center have bilingual providers, nurses, and social workers, it also makes available an interpretation service, CyraCom, that provides live translators (via phone or video), so patients can fully understand their healthcare options in their own native language. Opened nine years ago, the bustling Center had more than 28,000 patient encounters last year and provided care for the delivery of 599 newborns.

“NYU Winthrop is always seeking ways to best serve the diverse communities of Long Island,” says Myra Jawdoszyn, Practice Manager of Winthrop Women's Wellness OB/GYN. “This Center is especially important because it plays a key role in keeping mothers and babies healthy during pregnancies.”

Prenatal care at the Wellness Center includes a “Baby Basics Program” with a prenatal bilingual book and planner containing easy to understand images; nutritional counseling such as basic diabetes education; depression screening for mothers postpartum; and the Center features Long Island’s first baby-friendly breastfeeding program, as part of the NYU Winthrop initiative. The Center even has car seat and seat belt safety education programs to encourage continued good health and care for newborns.

Multilanguage Center
Keeps Mothers and Babies Healthy

Depression Screening for High-Risk Tweens and Teens

Adolescent depression has a national prevalence of 11.8 percent, according to the National Institute of Mental Health. NYU Winthrop strives to help the young population that struggles with depression. That’s especially true at the Pediatric Center in Hempstead, a highly accredited community-based practice located four miles from the Hospital. The Center provides general pediatric services to an underserved population that is approximately 78 percent Hispanic or Latino, many of them immigrants who experienced trauma in their home countries.

To better identify underlying depression within this population, the NYU Winthrop Pediatric Center initiated a validated, standardized depression screening program for patients ages 11 years and older, using PHQ9—a nine question patient health questionnaire. The screening, which includes open-ended questions, assists providers in diagnosing depression and suicidal ideation.

Prior to initiating this program, only 10 percent of adolescent patients were properly screened, and a rate of diagnosed depression of just 3 percent was documented. Now in its second year, 97 percent of adolescents are screened, and the Pediatric Center has been able to identify and address depression in 14 percent of patients. This number, while not surprising, illustrates a significant improvement in the detection of adolescent depression among this high-risk population. Licensed Social Workers are now in place at the Center, along with a Board-Certified Child and Adolescent Psychiatrist, to help manage adolescents who screen positive for depression.

Unfortunately, it is not a rare phenomenon to see behavioral problems in children and adolescents, but the NYU Winthrop Pediatric Center has superb expertise guiding young generations and their parents in how to deal with anxiety, depression, Post Traumatic Stress Disorder, and Attention Deficit and Hyperactivity Disorder. As tweens and teens head toward adulthood, NYU Winthrop’s pediatric mental health services are there to help make the best of it.

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Hospital Hosts Free Narcan Training Aimed at Saving Lives Amid Long Island’s Opioid Crisis

More than 100 people filled the seats at NYU Winthrop Hospital’s Research and Academic Center recently for free Narcan training aimed at empowering Long Islanders with the knowledge to potentially save lives, due to the devastating impact of the opioid crisis. Nassau County Executive Laura Curran opened up the session, stressing the importance of battling the epidemic and emphasizing public and private partnerships that educate and train the public in lifesaving programs—and treat those suffering from addiction. The Town of Hempstead also supported the Narcan training. Narcan (known generically as naloxone) is an opiate antidote for overdoses caused by heroin and prescription pain pills, such as morphine, codeine, and oxycodone, and it is a key weapon in combatting opioid deaths. An estimated 600 Long Islanders fatally overdosed in 2017, and an additional 1,200 were revived from overdoses with naloxone. The overdose epidemic is nationwide, with the rate of heroin deaths alone having more than tripled in the U.S. since 2010.

“Overdose deaths are preventable in most cases, since the fatal effects are rarely instantaneous, instead taking up to three hours,” said David Neubert, MD, Emergency Department Physician at NYU Winthrop Hospital, who led the Narcan training. “There is a solid window of opportunity for a life to be saved, if someone near an overdose victim has access to Narcan and knows how to use it or calls 9-1-1 so that first responders can do the same. The more responsible adults we train in the use of Narcan, the better chance we have of saving opioid users from becoming statistics.” Dr. Neubert was assisted in the training by RN’s from the Hospital’s Emergency Department.

Public health laws protect non-medical persons from liability when using Narcan in an overdose setting. New York State’s Good Samaritan law also protects individuals, such as those sharing small amounts of drugs or paraphernalia, from being prosecuted if they summon emergency medical help if they are having a drug or alcohol overdose or are witnessing someone overdosing.

According to Dr. Neubert, the physiology behind an overdose is that opioid receptors in the brain, including those that help control breathing, repress the urge to breathe. That respiratory depression can lead to death by slowing and then stopping breathing. Mixing opioids with other drugs, especially depressants like Xanax, Clonopin or alcohol, can have a multiplying effect on that respiratory depression. If Narcan/naloxone is applied, it can reverse the opiate effects of respiratory depression for 30 to 90 minutes, pushing most of the opioids off the brain’s receptors linked to breathing. That provides extra time to summon emergency medical help, and in that 30- to 90-minute window, the body also often processes enough of the opioids so that the overdosing person is unlikely to stop breathing again. The prescription medication cannot get a person high, and if taken by a person who is not overdosing it will not have any adverse effects since there is no overdose to reverse.

Naloxone has reversed 962 opioid overdoses in Suffolk County since officers began carrying it in 2012 and 1,271 overdoses in Nassau since the department began tracking its use in 2016. Dr. Neubert also serves as the Town of Hempstead’s Medical Director. The Town of Hempstead, through a partnership with New York State, provided attendees “Overdose Rescue Kits” that contained naloxone and safety syringes for its administration, as part of the town’s Opioid Overdose Prevention Programs.

Added Laura Curran, Nassau County Executive, “We need preventive education, more Narcan training, and we need treatment programs for those addicted to opioids.”
## Community Programs

Unless otherwise noted, please call (516) 663-8300 to register for these FREE programs.

<table>
<thead>
<tr>
<th>Date</th>
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| Oct 10     | 1:15 PM | Health Update for Seniors  
Lung Conditions: Improve Your Quality of Life  
Anisha Kamath, MD |
| Oct 10     | 7 PM   | Perspectives in Health  
Brain Health: Protect Your Cognitive Vitality  
Aaron M, Pinkhasov, MD |
| Oct 16     | 7 PM   | Perspectives in Health  
Hip & Knee Replacements: The Latest Advances  
Omid S. Barzideh, MD |
| Oct 25     | 7 PM   | Inspiring Women  
Breast Cancer: Reduce Your Risk — What You Can Do  
Gina DeLuca, RD, CDN; Shubhada Dhage, MD; Carole Filangieri, PhD |
| Nov 1      | 7 PM   | Perspectives in Health  
Help with GERD: (Acid Reflux) Medical & Surgical Options  
Collin EM Brathwaite, MD; Bhawna Halwan, MD; Joseph Tripodi, DO |
| Nov 3      | 9 AM – 3 PM | Cancer Awareness & Education Day  
Multidisciplinary Seminar  
NYU Winthrop Research & Academic Center  
101 Mineola Blvd., Mineola  
Free • For reservations call (516) 663-8300  
For agenda, visit: www.nyuwinthrop.org/community-education-lectures |
| Nov 8      | 7 PM   | Inspiring Women  
Nutrition & Gut Health  
Arlene Stein, MS, RD, CNSC |
| Nov 14     | 1:15 PM | Health Update for Seniors  
Hope for Heart Failure  
Justine Lachmann, MD |
| Nov 15     | 6:30 PM | Perspectives in Health  
Got Support? Who’s on Your Diabetes Team?  
6:30 PM – Products Fair  
7:15 PM – Presentation  
J. Lynne Chimom, MS, RD,CDN, BC-ADM, CDE |
| November 12 | 1:15 PM | Health Update for Seniors  
Stay Fit! Safe & Easy Exercises for Seniors  
Joan Marchiselli, RN |

### Locations

Health Update for Seniors will be held at the Mineola Community Center, 155 Washington Avenue in Mineola (one block south of Jericho Turnpike, between Mineola Boulevard and Willis Avenue). Our thanks to the Incorporated Village of Mineola.  

Inspiring Women & Perspectives in Health will be held at the NYU Winthrop Research & Academic Center, 101 Mineola Boulevard, Mineola Treiber Family Conference Center, Room G-018.

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

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

**Diabetes Prevention & Diabetes Education**  
Call (516) 663-2350  

**Fall Prevention**  
Call 1-866-WINTHROP  

**New Parent Education**  
Visit nyuwinthrop.org/parent to register  

- Preparing for Childbirth  
- "Welcome to NYU Winthrop" Orientation  
- Tour of NYU Winthrop’s Labor Suites  
- 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 and services, including health-related support groups.
Injured teddy bears were lined up at local elementary schools recently, with students in kindergarten through second grade taking on the roles of doctors and nurses to treat the injuries. Slings were made, cuts tended to, and teddy bear pulses checked. It was all part of free “Teddy Bear Clinics” orchestrated by NYU Winthrop’s Trauma Center to teach young members of the community about injury prevention, treatment, and to educate them on the medical profession. Freeport, Hicksville, North Merrick, and Searington elementary schools all partook in the clinics. Children were asked to bring in their favorite teddy bear or other stuffed animal, with the Hospital providing equipment for the students to dress up as doctors and nurses. NYU Winthrop trauma nurses assisted students in treating the injured bears, aided by Adelphi University nursing students.

“We teach children how to take safety into their own hands such as by wearing bike helmets, seat belts, and stopping at stop signs,” said Ellen Berghorn, RN, who heads NYU Winthrop’s Pediatric Injury Prevention Program. “The majority of trauma injuries are preventable if children and their parents take basic precautions, stay alert, and follow public safety rules. We also teach students that the medical world is really not so scary, and the children’s hands-on experience treating injured bears helps bring that to light.”

Among the lessons taught:

- Whose job is it to keep our bodies safe? (Ourselves!)
- What’s the first thing we do when we get in the car? (Buckle up!)
- Where’s the safest place for kids to sit in the car? (In the back!)
- How do we protect our brains? (Wear a helmet!)
- What’s the number to call in an emergency? (9-1-1)

The NYU Winthrop teams also explained their roles as nurses and helped the children learn about different medical instruments. NYU Winthrop Hospital’s Trauma Injury Prevention and Outreach Program is dedicated to reducing the number of preventable injuries through research, training, and public education. For safety tips go to www.winthrop.org/trauma-injury-prevention-and-outreach.