Physicians’ FORUM
medical news for south nassau’s physicians

Beating the Odds and Surviving Pancreatic Cancer p. 4

Ganesh Gunasekaran, MD, Transplant Hepatobiliary Surgeon

Plus:
South Nassau Earns National Awards p. 3
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Truth In Medicine™ Poll: HPV p. 8

“I tell Dr. G., ‘You saved my life,’ and I’m very grateful.”
— Cancer Survivor Andrea Kochman
Reaping the Benefits of the Mount Sinai Partnership

Our partnership with Mount Sinai, formalized at the end of 2018, promised to expand the breadth and scope of South Nassau’s clinical expertise and offer the community access to even more sophisticated levels of care.

I am pleased to share with you the progress we have made in these areas. The communities that we serve are already reaping the benefits of our Mount Sinai partnership with the launch of new clinical programs, particularly in the areas of hepatobiliary and gastroenterological health. One member of our community who has benefited from this clinical partnership is Andrea Kochman. The retired marketing executive is surviving pancreatic cancer thanks to the expert skill of Ganesh Gunasekaran, MD, FACS, who heads up South Nassau’s Hepatobiliary and Pancreatic Surgery (HPB) program, and Richard Lee, MD, chief of the Division of Medical Oncology and Hematology.

I’m confident that the presence of these world-class practitioners coupled with South Nassau’s state-of-the-art facilities will provide you with excellent options for referring your patients who need sophisticated care for diseases of the bowel, liver, pancreas, gallbladder and digestive tract.

Welcoming renowned experts to our medical staff, launching new programs and expanding existing ones is a source of pride for all of us who work hard to provide the highest caliber of medical care to those we serve. So, too, is objective recognition when we succeed in those endeavors.

Throughout this publication, you will read about the national awards we have received for our achievements in perinatal care, home care, infectious diseases, surgery and more. From the Joint Commission to Healthgrades to the American Nurses Credentialing Center, which awards the prestigious Magnet designation in recognition of nursing excellence, being honored by industry peers is tremendously gratifying. Please join me in extending hearty congratulations to the teams who have earned these well-deserved accolades.

Our future is tremendously bright as we continue our proud tradition of health care leadership. Clinically, academically and administratively, we are on track to solidify our position as one of Long Island’s most progressive and successful medical centers. Your contributions make it all possible, and for that I am eternally grateful.

Sincerely,

[Signatures]
South Nassau continued its tradition of excellence in 2018 by earning top awards and certifications in a wide range of patient care specialties.

“South Nassau’s commitment to innovation and quality patient care makes these achievements possible,” said Richard J. Murphy, president and CEO of South Nassau Communities Hospital. “I am extraordinarily proud of our team of more than 3,500 health care professionals and I thank them for their dedication to excellence.”

The awards for safety, quality and service excellence that South Nassau earned during the past year include:

- The Joint Commission Perinatal Care Certification (First Long Island Hospital to Earn Joint Commission Certification in this field)
- HomeCare Elite™ listing of the top 25 percent of home health care providers in the US
Surviving Pancreatic Cancer

At first, Andrea Kochman, then 56, wondered if her skin appeared sallow. But as the days passed that January 2016, it became clear that her skin and the whites of her eyes were jaundiced. “I became self-conscious of how I looked to others and started avoiding eye contact with people,” recalled the North Woodmere mother, now 59. “I knew something was really wrong [with me] and I worried what the doctors would find.”

Kochman, a retired marketing executive, faced her fears and contacted her primary care doctor, Joann Carcaterra, DO, of Mount Sinai Doctors Long Island in Hewlett, who ordered a battery of tests. While an ultrasound, MRI and CT scan of her abdomen were clear, her blood tests revealed that her liver function was anything but normal.

Doctors recommended Kochman undergo an endoscopy, which revealed a tumor in her small intestine, and referred her to Ganesh Gunasekaran, MD, FACS, a transplant hepatobiliary surgeon at the Icahn School of Medicine at Mount Sinai Medical Center, who also sees patients on Long Island under Mount Sinai’s new partnership with South Nassau. During a 10-hour surgery, he removed a malignant tumor from her small intestine. The diagnosis: pancreatic cancer.

“The tumor was resting on the superior mesenteric artery,” said Dr. Gunasekaran. “The surgical removal of the tumor was tricky, but we were able to remove it. All her margins were free of cancer.”

Once Kochman recuperated from surgery, she underwent months of chemotherapy and weeks of radiation. By July 2016, she was pronounced cancer-free. “Andrea’s cancer was completely removed and she is cured,” said Dr. Gunasekaran. “She continues to do really well and her prognosis is very positive.”

It’s been three years since she underwent lifesaving treatment for the disease. Initially, she followed up with Dr. Gunasekaran at Mount Sinai Doctors Long Island in Hewlett every three months; now, he sees her every six months. Her last MRI in March showed she was free of cancer.

“Every day is a blessing, and I feel good.”
— Patient Andrea Kochman

"Infectious Diseases Society of America Antimicrobial Stewardship Centers of Excellence designation"

Meritorious outcomes for surgical patient care involving surgical cases performed in 2017 from the American College of Surgeons National Surgical Quality Improvement Program (one of just 83 hospitals in the country to earn this prestigious recognition)
“I tell Dr. G. ‘You saved my life,’” said Kochman, who added that she has lost two friends to pancreatic cancer. “I’m very grateful.”

Richard Lee, MD, chief of the Division of Oncology and Hematology, who developed a plan for Kochman’s chemotherapy treatment, and Dr. Gunasekaran were “my partners in the healing process,” she said.

For some, pancreatic cancer is a life-ending diagnosis. But for Kochman, a self-described “positive person,” it signaled a new beginning. The disease has taught her, she says, to live life with renewed purpose and meaning. Now, she’s busier than ever. If she’s not volunteering at a botanic garden, she’s studying to become a master gardener. And when she’s not sowing seeds or planting, she’s hiking, enjoying yoga or fitness walking on the Long Beach boardwalk. “Every day is a blessing,” she said, “and I feel good.”

**South Nassau’s Hepatobiliary and Pancreatic Surgery (HPB) Program**

South Nassau’s Hepatobiliary and Pancreatic Surgery (HPB) program, headed by Ganesh Gunasekaran, MD, routinely treats patients with complex benign and malignant cancers and other disorders of the liver, pancreas, gall bladder and bile duct. The program’s experienced board-certified and fellowship-trained hepatobiliary surgeons use the latest technology and minimally invasive techniques and work in conjunction with other specialists to provide patients with a multidisciplinary approach to care.

**Conditions include:**

**Gallbladder**
- Biliary tract narrowing
- Biliary tract tumors
- Biliary tract cancer
- Gallbladder cancer
- Gallbladder polyps

**Pancreas**
- Pancreatic cancer
- Pancreatic neuroendocrine tumors
- Pancreatic cystic tumors
- Chronic pancreatitis

**Liver**
- Liver cancer
- Liver cysts
- Liver tumors
- Liver metastasis
2019 Brings Expanded Services for South Shore and Region

South Nassau Communities Hospital and Mount Sinai Hospital began the year as partners ready to serve the growing health care needs of the South Shore. The expansion of services coupled with the growth of the hospital’s medical staff, many of whom are seasoned experts from Mount Sinai, means residents of the South Shore and Long Island have access to top-notch care — right in their own neighborhoods. Here are a few services that have been launched or expanded recently:

PEDIATRIC GASTROINTESTINAL, LIVER AND NUTRITIONAL PROBLEMS

Pediatric gastroenterologist Joanne Lai, MD, treats a broad range of gastrointestinal and liver diseases, including inflammatory bowel disease, celiac disease, eosinophilic esophagitis, constipation, abdominal pain, and short bowel syndrome in infants, children and adolescents.

Conditions include:
- Abdominal pain
- Allergic gastrointestinal disorders
- Celiac disease
- Constipation
- Diarrhea
- Eosinophilic esophagitis
- Failure to thrive
- Gastritis
- Gastroesophageal reflux disease
- Gastrointestinal bleeding
- Inflammatory bowel disease: Crohn’s disease and ulcerative colitis
- Intestinal failure and short bowel syndrome
- Lactose intolerance
- Liver and biliary disease

Diagnostic and therapeutic procedures:
- Upper endoscopy, colonoscopy, sigmoidoscopy with mucosal biopsies
- Balloon dilation of esophageal strictures
- Endoscopic hemostasis techniques to control GI bleeding
- Endoscopic polypectomy
- Video capsule endoscopy (Manhattan office)

ABOUT THE DOCTOR

Joanne Lai, MD, is board-certified in pediatrics and pediatric gastroenterology and is a faculty member of the Division of Pediatric Gastroenterology in the Jack and Lucky Clark Department of Pediatrics at Mount Sinai Kravis Children’s Hospital.

After earning a medical degree from Renaissance School of Medicine at Stony Brook University, she completed a residency in pediatrics at Cohen Children’s Medical Center and fellowship in pediatric gastroenterology and hepatology at Mount Sinai Hospital. She is actively involved in clinical research projects in the field of pediatric gastroenterology, specifically intestinal failure.

Dr. Lai’s Long Island offices are located at 1436 Broadway in Hewlett and at 5 Cuba Hill Rd., Greenlawn. She can be reached at 212-241-5415.
South Nassau’s Center for Interventional Endoscopy, headed by Frank Gress, MD, provides comprehensive diagnosis and treatment for a range of digestive diseases and conditions with endoscopy.

**Conditions include:**
- Colon polyps, cancer and other GI cancers (such as cancers of the pancreas, esophagus, bile ducts, stomach, bowel and liver)
- GI bleeding and tumors
- Barrett’s Esophagus, GERD and precancerous lesions
- Pancreatic cysts and chronic pancreatitis
- Gallstones

Below are a few of the latest minimally invasive procedures offered to diagnose and treat digestive diseases:

**Spyglass Visualization System:** views the pancreas and bile ducts with precision, providing more reliable diagnoses.

**Confocal Laser Endomicroscope:** provides enhanced images of the digestive tract to detect and treat GI cancers at their earliest stages.

**Radiofrequency Ablation:** uses thermal energy to destroy cancerous and precancerous tissue, an effective treatment for Barrett’s Esophagus, bile duct tumors, pancreatic cysts and radiation prostatitis.

**DNA analysis of tissue samples:** (Fluorescent in Situ Hybridization or FISH) helps to evaluate an abnormal narrowing of the bile duct.

- Upper endoscopy, colonoscopy, sigmoidoscopy with mucosal biopsies
- Balloon dilation of esophageal strictures
- Endoscopic hemostasis techniques to control GI bleeding
- Endoscopic polypectomy
- Video capsule endoscopy (Manhattan office)

"Our Center for Interventional Endoscopy offers everything you would expect at one of the New York City institutions. We have all the same technology and offer procedures, some of which are not available at many Long Island hospitals."

— Frank Gress, MD, FACC, FASGE, director of Interventional Endoscopy at South Nassau

Board-certified in gastroenterology, **Frank Gress, MD, FACC, FASGE,** is the director of Interventional Endoscopy at South Nassau. He also serves as the lead for therapeutic endoscopy for Mount Sinai on Long Island and is a senior faculty member in the Division of Gastroenterology at the Icahn School of Medicine at Mount Sinai.

He earned a medical degree from the Icahn School of Medicine at Mount Sinai and completed residency training in internal medicine at Montefiore Medical Center and a fellowship in gastroenterology and hepatology at The Brooklyn Hospital Center and SUNY Downstate Medical Center. In addition, he completed a fellowship in therapeutic endoscopy at Indiana University – Purdue University Indianapolis in Indianapolis, Indiana. He is a former chief of Therapeutic Endoscopy at New York Presbyterian Hospital, Columbia University Medical Center.

Patients can be seen for consultation at 2965 Long Beach Rd., Oceanside. Endoscopic procedures are performed at South Nassau’s state-of-the-art Endoscopy Unit.

**Dr. Gress can be reached at 516-992-5626.**
More Than One-Third of Parents Unaware of CDC Recommendations to Vaccinate Against HPV

The latest South Nassau "Truth in Medicine" poll, sponsored by Bethpage Federal Credit Union, revealed that more than one-third of metro-area parents are unaware of CDC recommendations to vaccinate against human papillomavirus (HPV), a potentially cancer-causing disease.

Sixty-one percent of parents have vaccinated or plan to vaccinate all of their children, while 37 percent of parents do not plan to or are not sure if they will vaccinate their children against HPV. When asked why they do not plan to vaccinate, 56 percent are unable to answer, indicate they need to gather more information, or did not know it was also for boys. Nineteen percent of these parents believe the HPV vaccine is dangerous.

HPV Linked to Cancer
HPV is a very common virus. Nearly 80 million people — both men and women — are currently infected, with approximately 14 million people becoming infected each year.

The HPV vaccine protects against infection by certain strains of HPV. Most commonly, HPV infection causes nearly all cervical cancers. But it can also cause oral, anal, vaginal and penile cancers.

Still, a stigma remains in many communities that the vaccine should only be used on sexually active girls or that it may promote sexual activity in preteens and teens.

Vaccine for Boys and Girls
Sixty-percent of respondents are aware that the Centers for Disease Control and Prevention (CDC) recommends boys receive the HPV vaccine; 36 percent are not aware. The HPV vaccine can be given to boys as well as girls.

"The HPV vaccine substantially reduces risk of cervical cancer, anal carcinoma and other precancerous growths. It is important that preteen boys and girls receive the vaccine at the recommended age to allow enough time to develop an immune response. A vaccine now will prevent cancers caused by HPV later in life," said Aaron, Glatt, MD, chairman of the Department of Medicine and hospital epidemiologist.

The CDC recommends that all adolescents 11 or 12 years old receive the vaccine before they are exposed to HPV. It is also recommended for females up to age 27 and males up to age 22, if they were not previously vaccinated. For males who have sexual relations with other men, it is recommended up to age 27. The vaccine is given in two doses, although some require three doses.

ABOUT THE POLL
The South Nassau Truth in Medicine poll, sponsored by Bethpage Federal Credit Union, is a quarterly survey of 600 Long Island and New York City residents that aims to gather data about attitudes on key public health topics and help spur education to improve public health. It is conducted as part of the hospital’s mission of improving education around critical public health issues.

For more information, visit southnassau.org/truth.
South Nassau President and CEO
Richard J. Murphy Named Chairman of Healthcare Association of New York State

South Nassau Communities Hospital president and CEO Richard J. Murphy has been elected chairman of the Healthcare Association of New York State (HANYS) Board of Trustees and appointed to the Association’s Executive Committee for a two-year term that began January 1.

HANYS’ volunteer Board of Trustees is responsible for managing the activities of the association. The mission of the statewide advocate for more than 550 nonprofit and public hospitals, nursing homes, home care agencies, and other health care organizations in New York is to advance the health of individuals and communities by providing leadership, representation, and service to health care providers and systems across the entire continuum of care.

“Nonprofit hospitals across New York State play a vital role in their respective communities but are continuing to face many challenges, including inadequate support from government and insurance reimbursement that can make it difficult to provide the level of care our patients deserve,” Murphy said. “HANYS plays a critical part in advocating for our hospitals in Albany and Washington.”

Mount Sinai South Nassau Names
Syed Ali Rizvi, DO, Director of Vascular Laboratory

Syed Ali Rizvi, DO, has been appointed director of the Vascular Laboratory. He is board-certified in general surgery and specializes in vascular surgery.

Dr. Rizvi earned a medical degree from Lake Erie College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed residency training in general surgery and a fellowship in vascular surgery at NYU Langone Hospital (formerly NYU Lutheran Medical Center) in Brooklyn.

Prior to joining the South Nassau staff, Dr. Rizvi was an attending surgeon at Danbury Hospital in Danbury, Connecticut, and a clinical assistant professor of surgery at The Larner College of Medicine at the University of Vermont in Burlington, Vermont. He can be reached at 516-374-8682.

South Nassau Names Hari G. Rajagopal, MD, Director of Fetal Cardiology, Assistant Director of Pediatric Cardiology

Hari G. Rajagopal, MD, has been appointed director of Fetal Cardiology and assistant director of Pediatric Cardiology at South Nassau Hospital. He also serves as assistant professor of Pediatrics in the Division of Pediatric Cardiology in the Jack and Lucy Clark Department of Pediatrics at the Icahn School of Medicine at Mount Sinai, the Mount Sinai Kravis Children’s Hospital and the Children’s Heart Center.

Dr. Rajagopal specializes in the diagnosis and treatment of patients with fetal cardiovascular pathology and manages their care after birth and through young adulthood in the outpatient and inpatient settings.

He completed a residency in pediatrics from New York Medical College and its affiliated hospital, Maria Fareri Children’s Hospital, a member of the Westchester Medical Center Health Network, and a pediatric cardiology fellowship at Mount Sinai Hospital. Dr. Rajagopal is board-certified in pediatrics and pediatric cardiology. He can be reached at 844-733-7692.

South Nassau Appoints Stacey Conklin, MSN, RN-BC, MHCDS, NE-BC, Senior Vice President, Chief Nursing Officer

Conklin previously served as vice president for Patient Care Services and chief nursing officer at Mount Sinai Health System’s New York Eye and Ear Infirmary. Her nearly two decades of diverse nursing experience includes appointments at Northwell Health System and NYU Langone Medical Center.

She earned a bachelor’s degree in nursing from Molloy College, where she is currently an adjunct professor of graduate nursing. In addition, she received master’s degrees in nursing and health care delivery from Walden University in Baltimore, Maryland, and Dartmouth College in Hanover, New Hampshire, respectively.

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Clinical Research Day 2019

At South Nassau’s sixth annual Clinical Research Day, from left, surgical residents Joshua Melamed, MD, PGY-3, and Alison Messina, MD, PGY-3; Rajiv Datta, MD, FACS, FRCS, FICS, chairman, Department of Surgery and medical director, Gertrude & Louis Feil Cancer Center; Evelyn Surillo, clinical research coordinator; surgical resident Tyler Draeger, MD, PGY-3; Eileen Sino, RN, clinical research nurse; and Shahriyour Andaz, MD, FACS, director of Clinical Research and director of Cardiothoracic Surgery.

Attended by more than 150 faculty and staff, South Nassau’s sixth annual Clinical Research Day featured medical and nursing research, presentations about new treatment modalities and poster sessions. The event was organized by Shahriyour Andaz, MD, FACS.

News Notes:

Surgeon Arun Agrawal, MD, has been re-elected to the Adelphi University Board of Trustees for a three-year term. He serves on the university’s Student Life, Enrollment and University Advancement committees.

Director of the Podiatry Division of the Department of Surgery, Juan Goez, DPM, lectured on the surgical management of flat feet in children; laser for onychomycosis; stem cell use in foot surgery; and surgical management of foot neuromas at the Second International Symposium of Foot Care in Lima, Peru, November 23 – 25.

NEW MEDICAL STAFF

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<thead>
<tr>
<th>Name</th>
<th>Specialty</th>
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<tbody>
<tr>
<td>Tindu Arikupathu, NP</td>
<td>Internal Medicine/Medicine</td>
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<td>James Bantel, PA-C</td>
<td>Orthopedic Surgery/Surgery</td>
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<tr>
<td>Reda Benani, PA</td>
<td>Emergency Medicine</td>
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<tr>
<td>John Cane, PA</td>
<td>Orthopedic Surgery/Surgery</td>
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<tr>
<td>Victoria Dic, PA</td>
<td>Orthopedic Surgery/Surgery</td>
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<tr>
<td>Luis Oscar Herrera-Acevedo, MD</td>
<td>Pediatrics</td>
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<tr>
<td>Parbati Kc, NP</td>
<td>Hospitalist Services/Medicine</td>
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<tr>
<td>Paul Kuflik, MD</td>
<td>Spine Surgery/Surgery</td>
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<td>Riddhi Marjadi, CNIM</td>
<td>Neurophysiology/Surgery</td>
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<tr>
<td>Shana Novack, PA</td>
<td>Orthopedic Surgery/Surgery</td>
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<td>Yevgeny Perepada, MD</td>
<td>Emergency Medicine</td>
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<td>David Turner, DO</td>
<td>Emergency Medicine</td>
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<td>Izuka Udom-Rice, MD</td>
<td>Obstetrics and Gynecology</td>
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<td>Philip Veith, MD</td>
<td>Hospitalist Services/Medicine</td>
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Omar Wain, DO
General Surgery/Surgery

Asaph Zimmerman, MD
Interventional Neuroradiology/Radiology

Lorraine Cashin, PA
Emergency Medicine

James Chelnis, MD
Ophthalmology/Surgery

Rachel Cooper, MD
Emergency Medicine

Maryanne Cox, NP
Hospitalist Services/Medicine

Betsy Lantner, MD
Obstetrics and Gynecology

David Li, MD
Interventional Radiology/Radiology

Jacqueline Linder, CNIM
Obstetrics and Gynecology

Michelle Lobo, MD
Hospitalist Services/Medicine

Sam Trestman, PA
Pre-Surgical Evaluations/Anesthesia

Sarah Yakubova, PA-C
Emergency Medicine

Healthgrades Patient Safety Award, Healthgrades Top 5 Percent of Hospitals for Patient Safety, Healthgrades Top 10 Percent of Hospitals for Patient Safety

Becker's Hospital Review "100 Hospitals with Great Women's Health Programs"
Long Island Business News has honored three South Nassau physicians and the hospital president and CEO Richard J. Murphy with the Achievements in Health Care award for their tireless contributions to ensure the well-being of the Long Island community. Rajiv Datta, MD, chairman, Department of Surgery and medical director, Gertrude & Louis Feil Cancer Center; Alan Garely, MD, chairman, OB/GYN and division director, Urogynecology and Pelvic Reconstructive Surgery; and surgeon Gregory Nishimura, MD, were recognized in the Physician category. Mr. Murphy was lauded in the Spirit of Advocacy category.

Louis Feil Cancer Center; Alan Garely, MD, chairman, OB/GYN and division director, Urogynecology and Pelvic Reconstructive Surgery; and surgeon Gregory Nishimura, MD, were recognized in the Physician category. Mr. Murphy was lauded in the Spirit of Advocacy category.

The Mudra Foundation: Art for a Cause, a nonprofit group, is underwriting an annual medical education lecture series that focuses on innovations and research in medicine to advance medical education at South Nassau. The series kicked off February 4, with the inaugural lecture, “Bloodless Medicine and Surgery, An Introduction to the Jehovah’s Witness Patient,” presented by Cedric K. Olivera, MD, MS, FACOG, FACS, assistant clinical professor, Department of Obstetrics and Gynecology, Division of Female Pelvic Medicine and Reconstructive Surgery, Icahn School of Medicine at Mount Sinai; center, poses with, from left, Rajiv Datta, MD, chairman, Department of Surgery and medical director, Gertrude & Louis Feil Cancer Center; and Alan Garely, MD, chairman, Obstetrics and Gynecology and division director, Urogynecology and Pelvic Reconstructive Surgery. The Muttontown-based Mudra Foundation, co-founded by Drs. Arti and Rajiv Datta, uses the artistic medium of dance and music to raise funds and awareness to aid the mission of other nonprofit educational and charitable organizations.

Richard Friedman, MD, of Cedarhurst, a South Nassau bariatric surgeon, was struck and killed by a vehicle in Lawrence in December. He was 55. A member of the South Nassau medical staff since 2017, Dr. Friedman was also an assistant clinical professor of surgery at the Icahn School of Medicine at Mount Sinai and a member of the medical staff at Mount Sinai Beth Israel Hospital in Manhattan and Brooklyn. In 1985, he co-founded West Side Hatzolah Volunteer Ambulance Corps, an emergency medical service organization. He served as medical director of Hatzolah New York City until his death. He is survived by his wife, Cheryl, and their nine children.
Save the dates:

Third Annual Soiree Under the Stars
The Seawane Club, Hewlett Harbor
Saturday, September 28
To purchase tickets or for more information, call the Development Office at 516-377-5360.

physicians’ events calendar

2019 Quarterly Staff Meeting
When? Tuesday, June 4
Refreshments: 5:30 p.m.
Business meeting: 6 p.m.
Where? D Wing Conference Center A, B and C

Mark your calendar and plan to donate at South Nassau’s second blood drive of 2019.
When? Thursday, July 25, 7 a.m. to 9 p.m.
Where? South Nassau’s Albert Conference Room
For more information or to register, call South Nassau’s Department of Human Resources at 516-632-4080.

Providing Language Assistance to Limited English-Proficient Patients
Office-based Medicaid providers can now be reimbursed for language interpretation services to limited English proficient patients in their offices. This includes language services provided over the phone through companies such as CyraCom, which offers interpretation services in more than 170 languages, 24 hours a day, seven days a week. For more information, refer to the “New York State Medicaid Update,” October 2012, V. 28, No. 11.

Read Physicians’ Forum online! go to www.southnassau.org and click on the “Medical Staff” link.