Mount Sinai South Nassau Breaks Ground on a New Four-Story Patient Pavilion to Better Serve Long Island

Community leaders joined Mount Sinai Health System officials and the Mount Sinai South Nassau Board of Directors on June 22 to break ground for a new four-story patient wing that will double the size of the Department of Emergency Medicine and add nine new operating suites and 40 critical care beds.
Looking Back and Ahead: A Time of Transition

Autumn reminds us in powerful ways of the constancy of change in our lives. We have to look no further than the trees shedding their once green leaves; the fresh-faced children ready to tackle a new school year; and the morning chill in the air, to know that change is all around us.

Change can mean progress and forward motion, but it can also be bittersweet. Reflecting on the changes ahead for me as I prepare for retirement at the end of the year, I confess to having mixed emotions. Leaving a role that I have relished and the friends and colleagues I have met represent a major shift for me personally. At the same time, I look forward to the next chapter, not only for myself, but for Mount Sinai South Nassau.

The stories in this newsletter are a testament to the tremendous accomplishments we have achieved together during these past nine years. They are also a harbinger of the great heights that I am confident this institution will reach under the steady leadership of our new president, Adhi Sharma, MD.

Groundbreaking on a new patient pavilion, featured on the cover, is one more sign of our growth and vision for the future. Our commitment to high-quality care continues to receive national recognition, including from U.S. News & World Report, which has named us a Best Regional Hospital and high performing in eight areas of specialty. You can read more about our U.S. News & World Report ranking, along with other awards and recognition, on page 8. Further evidence can be found in the stories of our clinical advances, such as the aquablation procedure performed by Michael Herman, MD, described on page 3, and the new AcrySof® IQ Vivity™ cataract implant that Richard Nauheim, MD, is using to improve outcomes for his patients, detailed on page 8.

Our medical staff has always been the backbone of this hospital. I'm proud that our Board has elected to place a physician at the helm for the first time. Trained as an Emergency Department physician, Dr. Sharma has proven his mettle time and again, most recently helping our hospital through the unprecedented challenges posed by the COVID-19 pandemic. He is well known and well respected by our staff for his openness, calm demeanor, and, leadership skill. He brings a unique combination of clinical insight, vision and most importantly, the ability to operationalize that vision. He is the right person at the right time for this role. But he can't be successful without your help.

Your support throughout my tenure has been invaluable. I know that Dr. Sharma can count on your continued support in the years ahead, and that together, your accomplishments will be a source of pride for the Mount Sinai South Nassau community and for the patients we serve.
Incisionless Surgery Addresses Enlarged Prostate in Men With Frequent Urination

Every day for 15 years, Wantagh dentist Arnold Funk, DMD, 70, battled the urge and the frequent need to urinate. “I was always looking for a bathroom and waking up three or four times during the night,” said the grandfather of three. “In fact, I joked that I was always the first one in the bathroom and the last one out.”

Exasperated by the impact of BPH on his quality of life, by the fall of 2020 he took the advice of his urologist, Stanley Ring, MD, FACS, to consult with Michael Herman, MD, Director of Urology at Mount Sinai South Nassau. Dr. Herman recommended aquablation, an incisionless surgery that combines the precision of a heat-free waterjet and robotic surgical technology to remove enlarged prostate tissue. In clinical studies, men who had aquablation had a very low rate of irreversible complications, such as incontinence, ejaculatory dysfunction, and erectile dysfunction.

“I thought I should give it a try,” said Dr. Funk. “It seemed to be better than other methods.”

One week after undergoing the procedure in November 2020, the frequent sudden urge to urinate was gone. Today, he says he can go five to six hours without needing to use the restroom. “I absolutely would recommend this procedure,” he said. “It’s life-changing.”

“Aquablation is a potentially life-transforming treatment for the thousands of men on Long Island and in New York City coping with the inconvenient, disruptive, and uncomfortable symptoms of an enlarged prostate,” said Dr. Herman. “Patients like Dr. Funk have been pleased with the results.”

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, patients can call (516) 390-2850 or go to southnassau.org/urology.
Mount Sinai South Nassau Breaks Ground

New, Four-Story Patient Pavilion to Better Serve Long Island

Mount Sinai South Nassau has broken ground on a $130 million, four-story patient pavilion that will double the size of its Emergency Department and add a 40-bed critical care unit and nine new operating suites to better serve the South Shore of Long Island.

Mount Sinai Health System officials and the Mount Sinai South Nassau Board joined with civic leaders to mark the start of construction of the 100,000-square-foot J Wing, the cornerstone of the hospital’s ongoing $400 million capital expansion project. The new building, expected to be completed in 2023, will help position the hospital to improve and expand services in the community for decades to come.

“Mount Sinai is proud to serve the Long Island community as a health care leader,” said Kenneth L. Davis, MD, President and CEO of the Mount Sinai Health System. “Every day, our world-class experts are finding new answers to the most challenging health problems, creating greater access to advance medicine and scientific breakthroughs, growing programs locally, and making important investments like this one that better serve this community and improves overall health and outcomes for patients.”

“Mount Sinai is proud to serve the Long Island community as a health care leader.”
— Kenneth L. Davis, MD
President and CEO, Mount Sinai Health System

“The extraordinary investment being made on the Mount Sinai South Nassau campus is emblematic of the Mount Sinai Health System’s deep and long-term commitment to providing world-class clinical services to all the residents of Long Island,” said Arthur Klein, MD, President Emeritus, Mount Sinai Health Network.
“This is a proud and historic day in Mount Sinai South Nassau’s 93-year history,” said Richard J. Murphy, CEO. “This hospital has a legacy of serving our community and providing our patients with extraordinary health care. This once-in-a-generation project will allow us to meet the future needs of the communities we serve along the South Shore of Nassau County for years to come.”

Adhi Sharma, MD, President of Mount Sinai South Nassau, said patients who arrive at the hospital are generally older with advanced diseases requiring more critical care beds. The new addition’s surgical suites also are more spacious to allow for sophisticated diagnostic equipment to be located directly in the operating rooms. The new operating suites also could pave the way for an open-heart program at the Oceanside campus, pending Department of Health approval.

Currently, the hospital’s Emergency Department treats about 65,000 patients annually, but is designed to handle only 35,000. Upon completion of the J Wing, the Emergency Department’s square footage will nearly double to the size of a football field and will include separate treatment areas for geriatric and behavioral health patients. The design of the expanded Emergency Department will also feature separate entrances for walk-in patients and patients transported by ambulance, as well as a larger ambulance docking bay to facilitate the triage of patients from ambulances.

“Our goal is to bring additional high-level services to the Oceanside campus so our patients and their families do not have to travel as often to the city for needed care.”

— Joseph J. Fennessy
Co-Chair, Board of Directors, Mount Sinai South Nassau

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Renderings of the Mount Sinai South Nassau Emergency Department and surgical suite.
Adhi Sharma, MD, an experienced Emergency Medicine physician-leader who helped steer Mount Sinai South Nassau’s response to the COVID-19 pandemic as Chief Medical Officer, became the hospital’s new President on September 1.

Dr. Sharma will succeed Richard J. Murphy, who is retiring at the end of 2021 after serving nine years as the hospital’s President and CEO and working in the health care field in leadership roles for more than 40 years.

During the past 18 months, Dr. Sharma served as the clinical quarterback of Mount Sinai South Nassau’s response to the COVID-19 pandemic. Under his guidance, the hospital surged capacity to 500 beds as it cared for more than 5,300 COVID-19 patients over the course of the pandemic. Dr. Sharma also helped devise strategy to meet daily unforeseen challenges, such as redeploying staff to meet the surge in COVID-19 patients, addressing the shortage of equipment, and caring for patients stricken by a disease for which there is no known cure.

“It is with great humility and appreciation for the dedicated clinical and support staff at the hospital that I have accepted the role as President for Mount Sinai South Nassau.”

— Adhi Sharma, MD

Mount Sinai South Nassau Names Next President
Adhi Sharma, MD, First Physician-Leader in Hospital’s 93-Year History

Dr. Sharma said he was honored to be selected and will continue to help the hospital grow into a major regional medical center for the South Shore of Long Island.

“It is with great humility and appreciation for the dedicated clinical and support staff at the hospital that I have accepted the role as President of Mount Sinai...”

— Adhi Sharma, MD
South Nassau,” Dr. Sharma said. “The hospital is one of the leading facilities on Long Island, and its relationship with the Mount Sinai Health System has only enhanced its standing within the communities it serves. Together with the Board of Directors and the clinical leadership, I look forward to setting a vision for the hospital that will carry it well into the 21st century.”

Mr. Murphy praised the selection of Dr. Sharma and said he is working with him to ensure a smooth transition.

“It has been my privilege to serve as President and CEO of Mount Sinai South Nassau. I am appreciative of the Board of Directors and medical staff leadership for the support they have given me through the many challenges we have faced, including most recently, the hospital’s response to the COVID-19 pandemic,” said Mr. Murphy. “The hospital’s staff members are among the most talented and committed individuals you will ever meet, and it’s been my absolute pleasure to support them in their efforts. I have been fortunate to lead the ‘A’ team. Dr. Sharma is an excellent choice to be my successor. He has the confidence of the medical staff and the entire hospital community, including the leadership of the Mount Sinai Health System.”

From 2007–12, Dr. Sharma held senior administrative positions at Catholic Health Services of Long Island, including Chair of the Department of Emergency Medicine at Good Samaritan Hospital Medical Center and Medical Director of its Patient Safety and Simulation Center.

Dr. Sharma launched his career in medicine at NYC Health + Hospitals Elmhurst, where he was the Director of the Division of Toxicology and an attending physician in the Emergency Department from 2001–05. He then served as Chair of the Department of Emergency Medicine at the former Victory Memorial Hospital in Brooklyn, until 2007.

A member of the American College of Emergency Medicine and American College of Medical Toxicology, serving on the practice and education committees, respectively, Dr. Sharma is a graduate of New York Medical College in Valhalla, New York. He completed a residency in emergency medicine at the Albert Einstein College of Medicine at Jacobi-Montefiore Medical Center and a fellowship in medical toxicology at NYU Langone Health.

He is board certified in both emergency medicine and medical toxicology. Dr. Sharma also holds a master’s degree in health care administration from George Washington University in Washington, D.C.

The Mount Sinai Health System has kicked off a new brand campaign showcasing the expertise of its nationally recognized physicians, researchers, and clinical experts to advance medicine and health. The tag line, “We Find a Way,” spotlights how Mount Sinai’s innovative health care professionals can overcome challenging and complex medical and scientific problems to help patients live longer, healthier lives.

The Mount Sinai Health System Unveils New Brand Campaign

The campaign is launching in national and regional print, television, radio, and online media outlets.
Perfecting Vision After Cataract Removal

It was last winter when Patricia Leahy, 71, began to notice changes in her vision. Not only did she find herself straining to read the small print on her TV screen, but colors appeared faded, and the print on road signs looked fuzzy while driving at night.

Concerned, she consulted Richard Nauheim, MD, Director of Ophthalmology at Mount Sinai South Nassau, who examined the retired bank manager and discovered she had cataracts in both eyes.

Ms. Leahy is one of nearly 25 million Americans age 40 and older with cataracts that form when the normally clear lens of the eye becomes cloudy. By age 75, about half of all Americans have cataracts, according to the American Academy of Ophthalmology.

“As a cataract develops, it scatters and blocks light as it passes through the lens,” explained Dr. Nauheim. “As a result, vision becomes blurry, making it difficult to read and drive a car at night.”

He recommended that she replace her natural lens with the new AcrySof® IQ Vivity™ intraocular lens. Compared to a standard intraocular lens implant, the FDA-cleared lens improves intermediate and near vision and eliminates side effects, such as glare, haloes, and starbursts.

“The lens works by bending light rays to focus on the retina or the back surface of the eye to correct blurry distance vision,” said Dr. Nauheim. “The lens improves vision for reading and writing and vision at arm’s length needed to work on a computer, apply makeup or shave.” He added that there is also a lens that corrects astigmatism, an irregularly shaped cornea or lens that can cause blurry, fuzzy, or distorted vision.

Following cataract surgery in both eyes, one in March and the other in April, Ms. Leahy says, colors are vibrant and she no longer has difficulty seeing small print on a TV screen. Plus, she does not need glasses to drive at night.

“My vision is perfect,” she said. “This is called relief.”

FOR AN APPOINTMENT WITH DR. NAUHEIM, patients can call 877-SOUTH-NASSAU (877-768-8462).
Mount Sinai South Nassau Names Stelios Koutsoumbelis, MD, President of the Medical Staff

Stelios Koutsoumbelis, MD, Director of Orthopedic Surgery at Mount Sinai South Nassau, was elected to serve as President of the Medical Staff in October. He formerly served as Vice President of the Medical Staff. Specializing in the management of spinal disorders and scoliosis, Dr. Koutsoumbelis earned a medical degree from the Northeast Ohio Medical University in Rootstown, Ohio.

He completed an orthopedic surgical residency at Northwell Health (formerly North Shore University Hospital) and a fellowship at the Hospital for Special Surgery in New York City, focusing on spinal deformity, scoliosis, and degenerative spinal conditions. He is board certified in orthopedic surgery.

In addition, he was trained in spinal oncology at Memorial Sloan Kettering Cancer Center and can treat spinal tumors and metastatic disease. He also serves as the orthopedic spinal surgeon for the Chiari Neurosurgical Institute of Long Island.

Dr. Koutsoumbelis is a member of the North American Spine Society, American Academy of Orthopaedic Surgeons, Scoliosis Research Society, State Trooper Surgeons of the New York State Troopers PBA, and Nassau County Medical Society.

Allergist and Immunologist Joins Mount Sinai South Nassau Staff

Anne L. Maitland, MD, PhD, an attending physician in the Department of Neurology at Mount Sinai South Nassau and an Assistant Professor in the Department of Medicine (Clinical Immunology) at the Icahn School of Medicine at Mount Sinai, has joined the Mount Sinai South Nassau Staff.

Dr. Maitland earned an MD/PhD in Immunology at the Perelman School of Medicine at the University of Pennsylvania in Philadelphia. She completed an internal medicine residency at Brigham and Women’s Hospital in Boston and an allergy and immunology fellowship at the Brigham and Women’s Hospital and the Allergy and Clinical Immunology Division at the Icahn School of Medicine at Mount Sinai. She is board certified in allergy and immunology and internal medicine.

She now serves as Chair of the American Academy of Allergy, Asthma, and Immunology Mast Cell Activation Disorders Committee and the Mast Cell Disorders Chair for the International Consortium on the Ehlers–Danlos Syndromes and Related Disorders. She is a Fellow of the American College of Allergy, Asthma and Immunology and a member of the American Academy of Allergy, Asthma and Immunology.

Mount Sinai Doctors - Hewlett, Neurology
1420 Broadway, 1st Floor
Hewlett, NY 11557
T 516-347-8566 / F 516-497-7386

Mount Sinai Names Anubhav Agarwal, MD, Program Director of Family Medicine

As Program Director of Family Medicine, Anubhav Agarwal, MD, oversees the administration and operations of Mount Sinai South Nassau’s Family Medicine program, including resident selection and evaluation and patient management. He is responsible for complying with regulatory requirements affecting graduate medical education and maintaining an environment that ensures the quality of didactic and clinical education. Partnering with the Chair of Family Medicine, he is responsible for the overall conduct of the Residency Program and complying with the policies and procedures of the Accreditation Council for Graduate Medical Education.

Board certified in family medicine, Dr. Agarwal earned a medical degree from Kasturba Medical College of Manipal in India and completed residencies in general surgery and family medicine at Nassau University Medical Center and Mount Sinai South Nassau, respectively. He is fellowship trained in sports medicine at the University of Nevada, Reno, and holds subspecialty certification in primary care sports medicine.
In Memoriam

Nicholas C. LiCalzi, MD, Former Director of Surgery, 93
Nicholas C. LiCalzi, MD, former Director of Surgery at Mount Sinai South Nassau, who had a reputation for matching his words with action, died August 2. He was 93.

Dr. LiCalzi, a resident of Rockville Centre and Palm Beach Gardens, Florida, joined the medical staff as an attending surgeon in October, 1961. By 1974, he was appointed Assistant Director of Surgery and then Chief of General Surgery. A year later, he opened his medical practice in Rockville Centre and was later joined by his nephew, Luke LiCalzi, MD, former Director of the Division of Vascular Surgery, who passed away in 2017. In 1977, the elder Dr. LiCalzi was elevated to Director of Surgery and served as a member of the hospital’s Medical Board. He retired in May 2005.

A devoted surgeon known for “making things happen,” he won the former South Nassau Communities Hospital a role in its first national clinical research study on breast and intestinal cancer – a formidable feat for the then-small community hospital. For more than four decades, he dedicated himself to the mission and vision of the hospital of providing quality patient care and advancing the frontiers of medicine through research.

“Health care has lost one of its visionary leaders,” said Rajiv Datta, MD, Chair of the Department of Surgery and Medical Director of the Gertrude & Louis Feil Cancer Center. “Dr. LiCalzi was a champion for breast cancer research and helped to establish the National Surgical Adjuvant Breast and Bowel Project (NSABP) at the hospital.” The NSABP Foundation designs and conducts pre-clinical and clinical studies in breast and colorectal cancer to improve treatment and to advance the standard of care. ■

Attending Surgeon Stratos G. Kantounis, MD, 89
Stratos G. Kantounis, MD, a Mount Sinai South Nassau general surgeon for more than five decades, died on August 6, at the hospital. He was 89.

From 1978 to 1991, the beloved physician and Rockville Centre resident served as Chief of General Surgery and Coordinator of the Surgical Residency Training program at Mount Sinai South Nassau. In 1988, he was elected President of the Medical Staff for a two-year term. From 1967 to 1991, he was a member of the Shell Surgical Group in Freeport and then opened a solo practice in Rockville Centre. In 2001, he retired from full-time practice.

Following his residency training, Dr. Kantounis served in the United States Army Medical Corps, from 1964 to 1967, and was named Chief of Surgical Services and Acting Commander of the Third Hospital Unit while stationed at the 45th Field Hospital in Livorno, Italy. He was awarded the Certificate of Achievement for Meritorious Service in 1967.

Celebrated for his surgical prowess and dedication to the field, he also excelled at creating genuine relationships with colleagues and patients alike.

“Dr. Kantounis will be remembered for his mastery of surgery and his dedication to the hospital, where he was an esteemed member for nearly 55 years,” said Rajiv Datta, MD, Chair of the Department of Surgery, Medical Director of the Gertrude & Louis Feil Cancer Center, and a close friend. “He will also be remembered for his kindness,” adding that Dr. Kantounis was a “great mentor and educator for faculty, residents in training, and students who had the distinct pleasure of working side-by-side with him.” ■

National Cancer Institute Approves Mount Sinai South Nassau as Clinical Trial Site for Breast and Lung Cancer

Cancer patients on Long Island now will be able to participate in two clinical trials for breast and lung cancer at Mount Sinai South Nassau.

The hospital recently received approval from The National Cancer Institute’s Central Institutional Review Board to serve as a National Clinical Trial Network Affiliate within the Mount Sinai Health System that will lead clinical trials to establish new standards of care; set the stage for regulatory approval of new therapies; test new treatment approaches; and validate new human genome biomarkers.

Upon receiving National Cancer Institute approval, Mount Sinai South Nassau became an affiliate site for two clinical trials: one is a randomized phase III trial that compares treatment approaches for breast cancer, and the other assesses side effects as well as effectiveness of using cancer immunotherapy Keytruda® in the treatment of patients with recurrent stage IV non-small cell lung cancer.

The randomized phase III trial focuses on the effectiveness of lymph node dissection and radiation therapy compared to radiation therapy alone in patients with breast cancer previously treated with chemotherapy and surgery. The study on Keytruda will measure its side effects on patients and gauge its ability to shrink tumors, with or without chemotherapy.

The hospital is actively recruiting patients to participate. For more information, call 516-632-3312.
Kudos

Nurse Practitioner Nabs Town of Hempstead “Making a Difference” Award for Outstanding Community Service

Amber Vitale, RN, Nurse Practitioner at Mount Sinai South Nassau, is the recipient of the Town of Hempstead Making a Difference award. She was lauded for her contributions to the community aboard the “Vaxmobile,” the region’s first COVID-19 vaccination bus whose primary mission is to reduce transportation, language, and technology barriers to vaccination in hard-hit communities. The Vaxmobile has vaccinated more than 8,000 community residents and has partnered with civic groups, schools, senior centers, and firehouses.

Long Island Business News Honors Pulmonologists and Critical Care Specialists

Both physicians were honored for their tireless devotion to service during the COVID-19 pandemic. In addition, Dr. Ciccarelli is also the recipient of Jet Blue’s Healthcare Hero award for his contributions to patient care during the COVID-19 crisis.

Mount Sinai South Nassau Named Among Best Regional Hospitals

The metro area rankings are relevant to a much wider range of health care consumers. They are aimed primarily at consumers whose care may not demand the special expertise found only at a nationally ranked “Best Hospital.”

Patients and their families have a far better chance of finding a U.S. News-ranked hospital in their health insurance network and might not have to travel to get care at one of the nationally ranked hospitals.

Mount Sinai South Nassau has launched a print, radio, social media, and cable TV marketing campaign about the latest U.S. News ratings to help guide residents in the hospital’s service area who need high-level care because they face difficult surgery, a challenging condition, or added risk because of other health problems or age.

To produce the rankings, U.S. News evaluates data on approximately 5,000 hospitals in 16 adult specialties, nine adult procedures and conditions, and 10 pediatric specialties. To be nationally ranked in a specialty, a hospital must excel in caring for the sickest, most medically complex patients.

News Notes:

Paul Moglia, PhD, Director of Faculty Development, edited Second Edition, Salem Health: Aging, Vols. 1-2. Published jointly by Salem Press and Grey House Publishing, the textbook covers the entire spectrum of aging concerns for clinicians and caregivers, the elderly themselves, and those with academic interests. In addition, Dr. Moglia presented, Wellness Post-COVID at the 16th annual Mid-Atlantic Hospital Medicine Symposium: Mastering the Care of the Hospitalized Patient held virtually on October 15. He is also the recipient of the 2021 Presidential Award from the New York State Psychological Association, which named him a “Distinguished Fellow” at its annual convention in October.

Mount Sinai South Nassau Named Among Best Regional Hospitals

continued from page 8

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Mount Sinai South Nassau Named Among Best Regional Hospitals

continued from page 8

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News Notes:

Mount Sinai South Nassau Named Among Best Regional Hospitals

continued from page 8

Abigail Stark, a physician assistant at Mount Sinai South Nassau, received the Nurse Practitioner Nabs Town of Hempstead “Making a Difference” Award for Outstanding Community Service.

Long Island Business News Honors Pulmonologists and Critical Care Specialists

Ciro Ciccarelli, MD, left, and Louis Saffran, MD, show off their Long Island Business News’ Achievements in Healthcare award.

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Mount Sinai South Nassau Rolls Out COVID-19 Vaccination for Young Children

The Vaxmobile is administering the Pfizer-BioNTech pediatric COVID-19 vaccine to patients ages 5 to 11.

Vaccines are also available for children aged 12-plus. Patients ages 16-18 need parental/guardian consent for vaccination, and patients 15 and under must be accompanied by a parent or guardian. A photo ID is required.

All children must have a birth certificate or passport as proof of age.

The flu vaccine and boosters or additional doses of the mRNA COVID-19 vaccines are also available.

For more information, go to southnassau.org sn/vaxmobile or call 516-377-5333.

On the Move

Comprehensive Digestive Health Program Moves to Bellmore

Mount Sinai South Nassau’s outpatient Comprehensive Digestive Health Program now has a new home: 2750 Merrick Road in Bellmore. The program brings together specialists from gastroenterology, hepatology, nutrition, and surgery to diagnose and treat a range of digestive disorders.

Patients can schedule an appointment by calling 877-768-8462.

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

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, or if you use a certified hospital interpreter for the interpretation. Note: Use of an interpreter must be documented in the EMR to bill Medicaid.

For more information, refer to the “New York State Medicaid Update,” October 2012, V. 28, No. 1, or call the Mount Sinai South Nassau Language Coordinator, Lina Hoyos, at 516-632-3484.