



Mount
Sinai
South
Nassau

Winter 2025

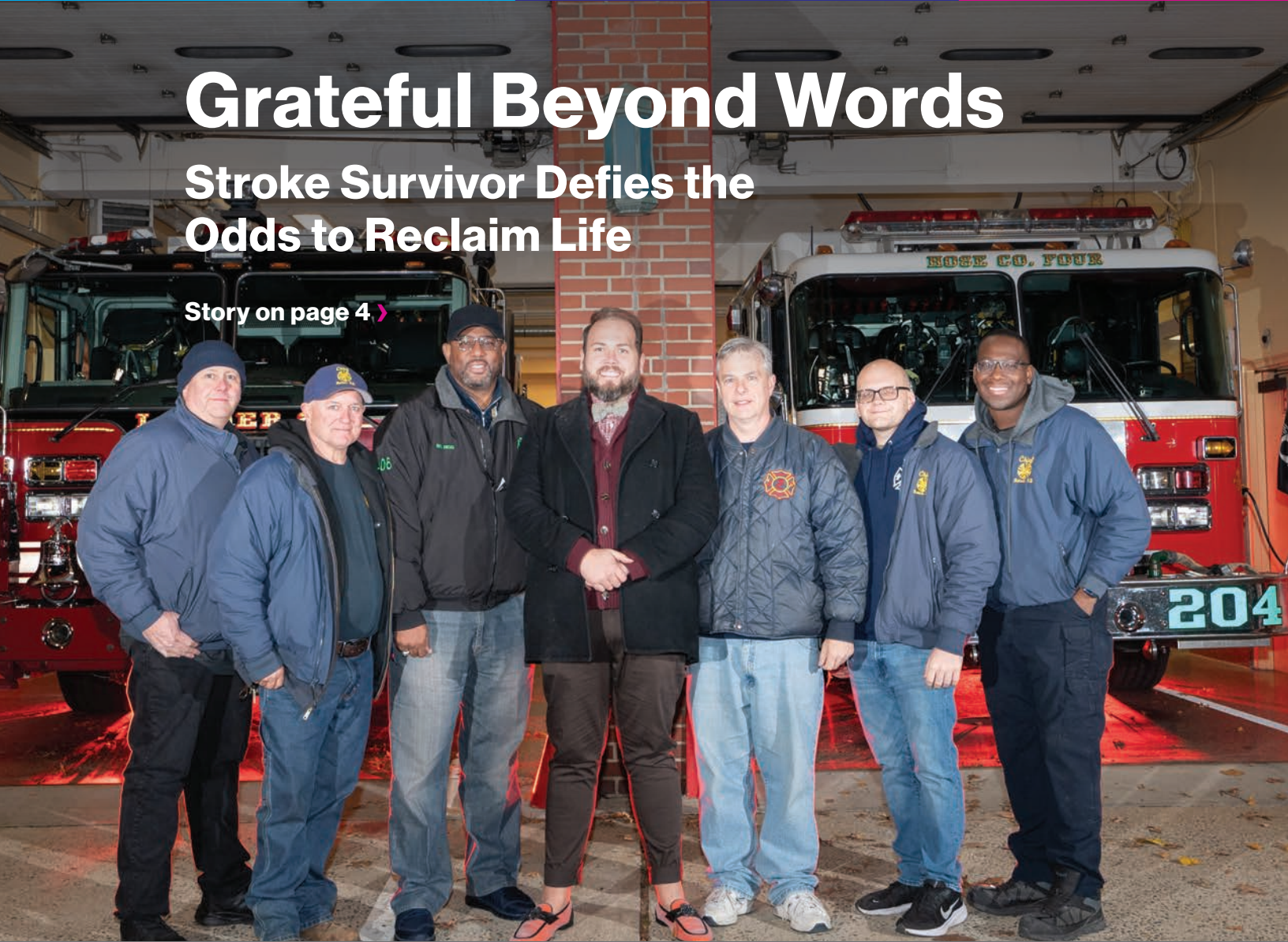
Healthy Outlook

a health and wellness newsletter

Grateful Beyond Words

Stroke Survivor Defies the Odds to Reclaim Life

Story on page 4 >



Stroke survivor Adam Carman, center, thanks members of the Baldwin Fire Department for their quick action that helped save his life. From left to right, Gary Benedict, Assistant Chief; Doug Eberhart, First Assistant Chief; Clyde Riggins Jr., First Lieutenant; Thomas Ryley, Firefighter/EMT; Michael Parise, Second Assistant Chief; and Anthony Hopkins, Chief.

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New Fennessy Family Emergency Department Opens



A Message from
Adhi Sharma, MD, President

Grateful for the Trust You Have Placed in Us to Care for You

The end of the year provides an opportunity to not only reflect on our accomplishments over the past 12 months, but to consider our plans for the future and express our gratitude for the trust that our community has placed in us to provide consistent, compassionate, high-quality health care. I'm proud of the extraordinary care Mount Sinai South Nassau brings to the community every day. In this issue of *Healthy Outlook*, we highlight some of the ways our team is making a difference.

Our cover story celebrates the growth of our Neurosurgery Program, showcasing the lifesaving care our team provided to a young man after a severe stroke. With our new biplane imaging technology, we're better equipped than ever to treat complex cases with less invasive techniques, ensuring brighter futures for patients and their families.

On page six, you will meet a courageous breast cancer survivor who shares her experience and advocates for others to prioritize self-care. Page eight highlights two new pediatric hospitalists who have joined our staff, further enhancing the care we provide to our youngest patients.

Finally, turn to page nine to learn about the upcoming grand opening of our expanded Emergency Department and visit our new Primary Care Walk-In Center in Long Beach, which opened in early November. These enhancements reflect our commitment to serving the community with accessible, high-quality care when it is most needed.

I speak for all of us here at Mount Sinai South Nassau—physicians, nurses, clinical and non-clinical employees alike—when I say that we are grateful for the trust you have placed in us to care for you and those you hold most dear. We pledge to honor that trust by never losing sight of our focus on providing the highest quality care today and in the years ahead.

Wishing you health, happiness, and prosperity in the New Year.



**One Healthy Way,
Oceanside, NY 11572-1551**

Healthy Outlook is published four times a year by the External Affairs Department for the communities of Mount Sinai South Nassau.

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2023 Gold in Writing

Parents Support School Ban on Cell Phone Use and a Crackdown on Social Media Companies

- » 85 percent support state laws limiting social media feeds for minors
- » Children average 3.41 hours on social media apps on their phones

Parents in the metro area strongly support a ban on cell phone use in schools and agree that social media companies should do more to limit children's use of social media apps, according to the latest Mount Sinai South Nassau Truth in Medicine poll.

An overwhelming majority—85 percent of parents polled—support state laws limiting social media feeds for minors. Eighty-two percent agree that social media companies should do more to limit children's use of their apps.

Seventy-two percent of parents want their child to have a cell phone at school in case of an emergency, but 77 percent of the parents polled say they also support a ban on cell phone use in schools during the day.

“Excessive screen time and social media use can have detrimental effects on the physical, mental, and emotional well-being of children and adults.”

— Adhi Sharma, MD
President,
Mount Sinai South Nassau



Results of the latest Truth in Medicine poll, sponsored by Bethpage Federal Credit Union, were released at a panel discussion and media briefing at Optimum's Bethpage headquarters where local school officials and medical experts reviewed the poll's findings. Optimum agreed to host the event with the support of the Long Island Association as part of their community outreach efforts.

Sixty-eight percent of parents believe parental controls for their children's social media use are effective. Asked to estimate their children's use of social media apps, 27 percent say their children spend up to two hours per day on social media apps; 34 percent say they spend between three and four hours; 16 percent say five or more hours per day; and 23 percent are not sure.

Many school districts across the state, including Hempstead, have taken matters into their own hands,

Many school districts across the state, including Hempstead, have taken matters into their own hands, banning or placing restrictions on students' cell phone use within their schools.

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Reclaiming Life After a Stroke

Long Beach realtor beats the odds, survives stroke and month-long coma

Adam Carman, then 41, chalked up his searing headaches to a stressful couple of days selling real estate. But even after downing a few over-the-counter pain relievers, the headache persisted.

One night in October 2023, the pain became unbearable. After meeting with a client, the Long Beach resident pulled into the Baldwin fire station for help.

“When Adam drove into the parking lot, we had just come back from an emergency call,” recalled Clyde Riggins Jr., First Lieutenant, Baldwin Fire Department. “It was divine intervention, because five minutes later, no one would have been here. We’re volunteers.”

Firefighters said the dazed Mr. Carman had a vacant stare and was unresponsive. They immediately placed him on a stretcher and called first responders from the Nassau County Police Department to transport him by ambulance to Mount Sinai South Nassau in Oceanside for an urgent evaluation.



Adam Carman, a Long Beach stroke survivor, is alive today thanks to the quick action of the Baldwin Fire Department and Neurosurgeon Margaret E. Pain’s surgical intervention.



Adam Carman in Mount Sinai South Nassau’s ICU in November 2023 after a hemorrhagic stroke left him in a coma and attached to a ventilator.

A CT and physical exam revealed Mr. Carman was having a stroke caused by a blood vessel bursting in his brain. Margaret E. Pain, MD, a Mount Sinai South Nassau neurosurgeon, rushed him to the operating room and performed a craniectomy, an emergency procedure to relieve pressure on the brain from the bleeding.

“Hemorrhagic strokes can increase the intracranial pressure due to pooling of blood in the brain,” Dr. Pain said. “The craniectomy involved opening up a portion of the skull to remove the blood and relieve the pressure buildup.”

After the lifesaving operation, Mr. Carman remained in a coma for a month attached to a ventilator in the hospital’s Intensive Care Unit.

“Then one day I just opened my eyes and said, ‘Hello’ to a few people who were by my bed,” recalled Mr. Carman, now 42. “They were all shocked. I asked, ‘What am I doing here?’ and ‘What happened?’”

After months of physical rehabilitation and speech therapy, he is back at work. While he has been left with minor memory lapses, he said he is grateful to be alive.

“If I had gotten on that parkway and gone home to Long Beach, I wouldn’t have made it,” Mr. Carman said. “I was amazed with Dr. Pain’s professionalism and skill. My father told her, ‘Thank you ... for giving my son back to me.’” ■

Meet the Doctors

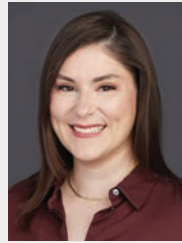
Expanding Life-Saving Technologies to Treat Strokes and Vascular Disorders

Since Adam Carman's lifesaving craniectomy in October 2023, Mount Sinai South Nassau has installed new technology to further enhance the diagnosis and treatment of aneurysms, bleeding, or clots caused by a stroke along with vessel malformations in the brain and spinal cord without the need for open surgery. Part of the hospital's \$10 million upgrade to its Comprehensive Stroke Program to offer enhanced interventional treatment is a device known as a "biplane" that allows for real-time three-dimensional, CT-like imaging of the brain, blood vessels, and soft tissue. The technology seamlessly combines diagnosis and treatment into one minimally invasive procedure, saving valuable time and making all the difference in recovery for patients with stroke or other severe neurovascular complications. The enhancement of Mount Sinai South Nassau's stroke program in Oceanside allows the hospital's specialists to treat most patients with strokes instead of transferring them to other facilities.

Mount Sinai South Nassau is designated a Regional Stroke Center by the New York State Department of Health and holds The Joint Commission Gold Seal of Approval™ Certification in Stroke Care.

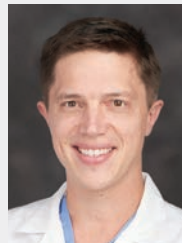


Michael Travis Caton, MD, Interventional Neuroradiologist at Mount Sinai South Nassau, is preparing the biplane for patient imaging. The installation of the Biplane Suite is part of the hospital's \$10 million upgrade of its Stroke Program to provide enhanced, around-the-clock, interventional treatment of complex and life-threatening neurovascular conditions.



Margaret E. Pain, MD, a neurosurgeon at Mount Sinai South Nassau and an Assistant Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai, Dr. Pain specializes in the diagnosis and minimally invasive treatment of a wide range of neurosurgical conditions, including brain and spine tumors, strokes, Chiari malformation, spina bifida, and hydrocephalus. She is board certified in neurosurgery.

She earned a medical degree from the University of Minnesota Medical School and completed a residency in neurosurgery at Icahn Mount Sinai. Dr. Pain further honed her skills through a pediatric neurosurgery fellowship at Lucile Packard Children's Hospital at Stanford University. She has authored more than 30 articles and eight book chapters to her name.



Michael Travis Caton Jr., MD, specializes in neurointerventional surgery and diagnostic neuroradiology and is board certified in radiology.

Dr. Caton earned a medical degree from Columbia University Vagelos College of Physicians and Surgeons and completed an internship in internal medicine and a residency in diagnostic radiology at Brigham and Women's Hospital. He is fellowship trained in diagnostic neuroradiology and neurointerventional radiology/neurointerventional surgery at the University of California, San Francisco.



John K. Houten, MD, serves as Interim Site Chief at Mount Sinai South Nassau. He is board certified in neurosurgery and received a medical degree from New York University's Grossman School of Medicine. After completing a general surgery internship and residency in neurosurgery at NYU-Langone, he was fellowship trained in spinal surgery, also at NYU-Langone.

He previously served as Director of Spinal Neurosurgery and Neurotrauma at Maimonides Medical Center.

A prolific author of peer-reviewed journal articles, he is also a medical journal reviewer for several publications, including *Surgical Neurology International* and *Clinical Neurology and Neurosurgery*.

TO SCHEDULE AN APPOINTMENT with a Mount Sinai South Nassau neurologist or neurosurgeon, call 877-SOUTH-NASSAU (877-768-8462).



At Mount Sinai South Nassau's breast cancer awareness event, patient Tamar Lemoine, center, joins physicians and nurses from the hospital's breast health team.

Cancer Survivor Urges Women to Prioritize Their Health

It was Halloween 2021—in the midst of the COVID-19 pandemic—when doctors instructed Tamar Lemoine, then 66, of Valley Stream, to undergo a biopsy after a mammogram detected a suspicious mass in her right breast.

Ms. Lemoine, the primary caregiver for her mother, who has diabetes and is legally blind, did not want to risk catching the virus and infecting her. She also figured her test results would probably be benign, as they were in 2019 when she underwent a biopsy of her right breast.

A year later, in October 2022, Ms. Lemoine felt a large lump in her right breast. This time she didn't put

off the biopsy after a mammogram detected an even larger suspicious mass. The biopsy result: positive for cancer. Doctors immediately referred Ms. Lemoine to Christine Hodyl, DO, Director of Breast Health Services at Mount Sinai South Nassau in Oceanside.

Ms. Lemoine was diagnosed with late-stage breast cancer, requiring a comprehensive treatment plan

that started with chemotherapy every three weeks for three months, followed by a month of radiation therapy. The final stage of the plan: breast-conserving lumpectomy surgery along with the removal of several lymph nodes, which was performed in May 2023 by Dr. Hodyl in collaboration with a Mount Sinai South Nassau plastic surgeon, Anke Ott Young, MD.

Now cancer-free, Ms. Lemoine advises women to “have your annual mammogram and don't put it off. Do everything the doctor tells you to do.” ■

Meet the Doctors



Christine Hodyl, DO, Director of Breast Health Services at Mount Sinai South Nassau, specializes in breast surgical oncology and oncoplastic surgical techniques, combining cancer surgery with plastic surgery to produce superior aesthetic results. Dr. Hodyl earned a medical degree from the New

York Institute of Technology College of Osteopathic Medicine and completed a surgery residency at Maimonides Medical Center and Lutheran Medical Center in Brooklyn. She is board certified in surgery.



Dhvani Thakker, MD, is Director of Women's Oncology Services at Mount Sinai South Nassau. Dr. Thakker is board certified in medical oncology and internal medicine and earned a medical degree from Ross University School of Medicine in Dominica. She completed a residency in internal medicine at the

former Mount Sinai Beth Israel and a fellowship in hematology and oncology at SUNY Downstate Medical Center/University Hospital in Brooklyn.



Anke Ott Young, MD, PhD, is board certified in plastic surgery and specializes in breast reconstruction, oncoplastic surgery, minimally invasive breast reconstruction, pre-pectoral implant reconstruction, and revision surgery for breast reconstruction.

Dr. Ott Young earned a medical degree from Medizinischen Fakultät der Universität des Saarlandes/Saarland University Hospital and Medical School in Saarbrücken, Germany. She completed an internship and residency at UKS Saarland University Hospital, Clinic for Ear, Nose and Throat Medicine in Homburg, Germany, and a fellowship in reconstructive microsurgery at Memorial Sloan Kettering Cancer Center.

TO SCHEDULE A CONSULTATION OR FOR MORE INFORMATION about Mount Sinai South Nassau Breast Health Services, call 877-SOUTH-NASSAU (877-768-8462) or visit southnassau.org/sn.

The Breast Health Center at Mount Sinai South Nassau

A division of South Nassau's Gertrude & Louis Feil Cancer Center, the Center for Breast Health offers a comprehensive, multidisciplinary breast care program. The center, combined with South Nassau's Center for Women's Imaging, offers a full spectrum of clinical and support services, from screening and diagnosis to treatment and counseling. The Center for Breast Imaging, a designated Breast Imaging Center of Excellence by the American College of Radiology, uses a number of diagnostic technologies, including digital mammography, high-resolution ultrasound, and MRI of the breast, to detect breast disease in its earliest stage. Minimally invasive procedures can detect breast cancer long before it becomes a serious threat to health and wellness.

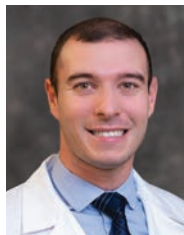
The Center uses targeted surgical techniques, such as oncoplasty, that aim to preserve as much of the healthy breast and surrounding areas as possible for a superior cosmetic result. Whole-body or "systemic" treatments, such as hormonal therapy, radiation therapy, chemotherapy, or a combination of two of the three, may follow either surgical approach.



Christine Hodyl, DO, Director of Breast Health Services, Mount Sinai South Nassau, reassures a breast cancer survivor.

Practice Highlights

Mount Sinai South Nassau Adds Specialists in Radiation Oncology and Pediatric Hospital Medicine



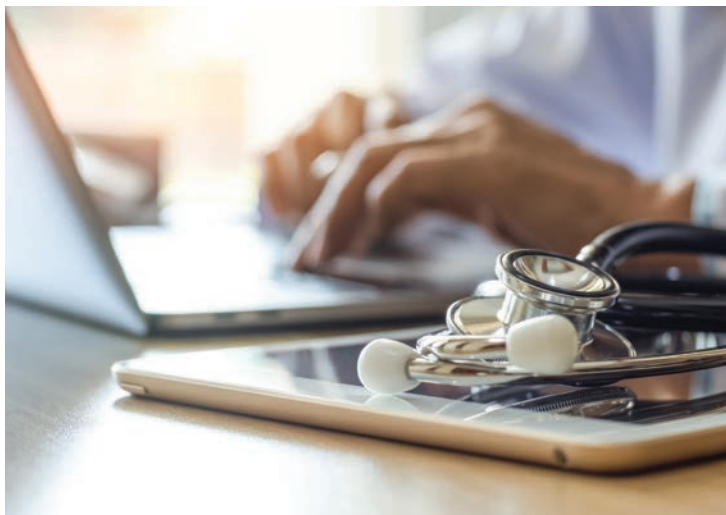
Oren Factor, MD, is a radiation oncologist who specializes in external beam radiation therapy, intensity modulated radiation therapy, and stereotactic radiosurgery. He earned a medical degree from the Renaissance School of Medicine at Stony Brook University. He completed a transitional year residency at John T. Mather Memorial Hospital and a residency in radiation

oncology at The Mount Sinai Hospital, where he served as Chief Resident.

A member of the American Society for Radiation Oncology and the New York Roentgen Society, Dr. Factor has published numerous articles in peer-reviewed journals and presented at national meetings in radiation oncology.

Melvin Mathai, DO, is a pediatric hospitalist. He received a medical degree from NYIT College of Osteopathic Medicine and completed a residency in pediatrics at Maimonides Children's Hospital. Dr. Mathai is active in the community and has contributed to various initiatives, including improving nutritional health literacy, connecting individuals to Alzheimer's disease resources and services, and mentoring underprivileged children.

Susan Ramirez, MD, is a pediatric hospitalist. Dr. Ramirez earned a medical degree from St. George's University School of Medicine in Grenada, and completed a pediatric residency at Goryeb Children's Hospital/Morristown Medical Center in Morristown, New Jersey. She is a member of the American Academy of Pediatrics.



› Truth in Medicine poll

continued from page 3

banning or placing restrictions on students' cell phone use within their schools. In June, New York Gov. Kathy Hochul signed into law two bills that target addictive social media apps and regulate social media algorithms. The bills made New York State the first in the nation to pass laws regulating social media algorithms.

"Excessive screen time and social media use can have detrimental effects on the physical, mental, and emotional well-being of children and adults," said Adhi Sharma, MD, President of Mount Sinai South Nassau. "The home and school are crucial environments where we can mitigate these risks and establish guidelines that foster creative, productive, and socially constructive use of screen time while emphasizing hobbies, indoor and outdoor pursuits, and face-to-face interactions."

The American Academy of Pediatrics recommends limiting screen time to one hour per day for children two to five years old and two hours per day for children six to 17 years old, for uses not related to school or work. While one size does not fit all, it is important to discuss screen time with older children and monitor it afterward.

Another red flag is that parents may underestimate or are unaware of the harmful impact that excessive social media use may have or is having on their children. According to the survey, only a slim majority of parents—53 percent—are concerned about the estimated three or more hours per day their children spend on social media apps. And only 25 percent of parents whose children have cell phones agree that their children's social media use is having a negative impact on their mental health.

The Truth in Medicine poll aims to gather data about public attitudes on key public health topics and spur education and discussion. The poll was conducted from August 1–5, 2024, with 600 Long Island and New York City parents who have at least one child under the age of 18. Poll findings are subject to a sampling error of plus or minus 3.9 percent. ■

Mount Sinai South Nassau Set to Open New Fennessy Family Emergency Department

First Phase of Fennessy Family Emergency Department Includes 54 Private Exam Rooms
New Feil Family Pavilion to Add Nine Operating Rooms, and 40 Intensive Care Rooms in Second Phase

Mount Sinai South Nassau continued its expansion to meet the acute and emergency medical needs of the South Shore of Long Island with the planned opening in early 2025 of the Fennessy Family Emergency Department as the first phase in the debut of a new, four-story patient pavilion.

The Emergency Department's main entrance for drive-up or walk-in patients will move from Washington Avenue to the east side of Oceanside Road, south of Oswald Court and north of Nassau Parkway. Ambulances will continue to access the new Emergency Department from the existing Nassau Parkway entrance.

The Fennessy Family Emergency Department is named in recognition of a major gift made by Joseph Fennessy, the hospital's former longtime Board Chair and supporter who helped plan for and win approval for the new patient pavilion and expansion of the Emergency Department.

The expanded Fennessy Family Emergency Department is the cornerstone of the \$150 million, four-story, 100,000-square-foot Feil Family Pavilion, which will open early 2025. In addition to Mr. Fennessy's gift, about \$13 million of the \$60 million cost of the

“Every aspect and feature of the Emergency Department, from the entrance to the waiting area to the reception and triage areas to the patient treatment rooms, has been designed to provide our patients with advanced emergency care and a first-rate experience.”

– Adhi Sharma, MD
President,
Mount Sinai South Nassau



Joseph Fennessy is the former Chair of Mount Sinai South Nassau's Board of Directors. The new Emergency Department is named in recognition of his many years of volunteer service to the hospital and a major gift made by Mr. Fennessy and his family.

Emergency Department expansion was supported by fundraising efforts and private donations from the community served by the hospital.

“The new Feil Family Pavilion and expanded Emergency Department are the culmination of more than a decade of planning and work,” said Anthony Cancellieri, Co-Chair, Mount Sinai South Nassau's Advisory Board, “all of it designed to allow for treatment of more complex cases right on the South Shore, close to the communities we serve.”

Said Adhi Sharma, MD, President of Mount Sinai South Nassau: “With this opening, we are taking emergency medicine on the South Shore to a new level. Every aspect and feature of the Emergency Department, from the entrance to the waiting area to the reception and triage areas to the patient treatment rooms, has been designed to provide our patients with advanced emergency care and a first-rate experience. From the private exam rooms to an ability to use outside air when needed, we learned from the pandemic and applied those lessons to the design of this new space.” ■



The entrance of the Feil Family Pavilion and Fennessy Family Emergency Department.

The official debut of the Emergency Department is the first phase in the opening of the new four-story patient pavilion set for early next year. The Fennessy Family Emergency Department features private triage spaces and treatment rooms along with separate areas for pediatric and behavioral health patients. The department's main entrance for drive-up and walk-in patients will move to the east side of Oceanside Road, south of Oswald Court and north of Nassau Parkway.

What Is Type 1.5 Diabetes?

You're familiar with type 1 and type 2 diabetes. But you've probably never heard of type 1.5 diabetes—otherwise known as latent autoimmune diabetes (LADA) in adults.

"Type 1.5 diabetes is an autoimmune disease that occurs when the immune system mistakenly attacks and destroys the cells in the pancreas that produce insulin," said Effie Tsomos, MD, Chief of Endocrinology at Mount Sinai South Nassau. "Type 1.5 is often misdiagnosed for type 2 diabetes. With type 2 diabetes, the body's cells

become less responsive to insulin, a hormone that helps regulate blood sugar levels."

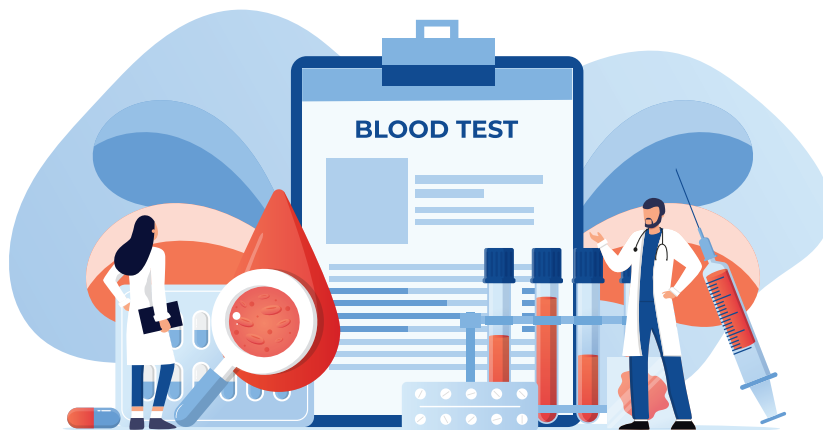
The symptoms of type 1.5 diabetes are like those of the type 1 and type 2 forms of the disease, which include frequent thirst, unexplained weight loss, blurry vision, increased urination, and fatigue.

Changes in diet and lifestyle and use of oral diabetes medications can be part of the initial treatment plan for LADA. However, as the body gradually loses its ability to produce insulin, most patients with LADA will eventually require insulin therapy, Dr. Tsomos said.

"Type 1.5 usually develops after the age of 30 in patients who typically have a lower body mass index (BMI) than patients with type 2 diabetes," she said. "Patients do not typically require insulin for at least six months or so after diagnosis."

She warned that while type 1.5 diabetes cannot be prevented, early diagnosis and treatment can stave off related complications, such as kidney disease and eye problems.

"Living with type 1.5 diabetes is a reminder that health is a journey, not a destination," she said. "With awareness, resilience, and proper care, it is possible to thrive." ■



Facts at a glance



Fact 1:

Type 1.5 diabetes is often misdiagnosed for type 2 diabetes.



Fact 2:

Type 1.5 diabetes usually develops after the age of 30 in patients.



Fact 3:

Type 1.5 diabetes symptoms are like those of the type 1 and type 2 forms of the disease.



Fact 4:

Type 1.5 diabetes is an autoimmune disease that occurs when the immune system mistakenly attacks and destroys the cells in the pancreas that produce insulin.

Meet the Doctor



Effie Tsomos, MD, is Chief of the Division of Endocrinology and Medical Director of the Center for Weight Loss and Metabolic Life at Mount Sinai South Nassau. She is board certified in internal medicine and specializes in endocrinology, diabetes, metabolism, obesity medicine, and adrenal disease. Dr. Tsomos earned a medical degree from Boston University School of Medicine

and completed a residency in internal medicine at Montefiore Medical Center in the Bronx. She was fellowship trained in endocrinology at the Icahn School of Medicine at Mount Sinai.

TO SCHEDULE AN APPOINTMENT with Dr. Tsomos, call 877-SOUTH-NASSAU (877-768-8462)



Mount Sinai South Nassau's Primary Care Walk-In Center Opens on Long Beach Boardwalk

Expanding on its commitment to help restore medical services to the barrier island, Mount Sinai South Nassau has opened a primary care walk-in center located on the Long Beach Boardwalk. The site is part of The Breeze, the oceanfront rental and condominium complex that recently opened.

The walk-in, no appointment needed full-service primary care practice began seeing patients on November 4. The site will provide preventive and diagnostic services, including physicals, acute care for injuries and illnesses, management of chronic disease, and vaccinations and immunizations.

The new center is staffed by Haran Ratna, MD, who has relocated from the Mount Sinai Doctors internal

medicine practice at 325 West Park Avenue, Long Beach, and nurse practitioner Rima Patel, RN. Staff at the Center also will be able to seamlessly refer patients to Mount Sinai specialists on the barrier island, to the Mount Sinai Doctors Network of medical experts across Long Island, and to the Mount Sinai South Nassau freestanding Long Beach Emergency Department, if needed.

"We are pleased Mount Sinai South Nassau is increasing barrier-island health care services at a location so convenient to both our residents and visitors alike," said Long Beach City Manager Daniel Creighton. "The location lends itself to facilitating further collaboration between Mount Sinai and our lifeguards and other first responders and should prove to be a valuable resource for them. Mount Sinai's continued investment into the health of our residents is greatly appreciated." ■

TO SCHEDULE AN APPOINTMENT with Dr. Ratna or Ms. Patel, call 516-432-2004.

Heart Healthy Recipe

Easy Mexican Bean Salad

This colorful bean salad recipe not only packs a crunch but is loaded with protein and fiber. Mount Sinai South Nassau's Clinical Nutrition Manager, Lisa Fiore, MS, RD, CDN, recommends pairing this salad with grilled chicken or fish or a piece of crusty bread.

Ingredients:

- 1 15-ounce can kidney beans, rinsed and drained
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1 cup corn (fresh or frozen/thawed)
- ½ cup red onion, chopped
- 1 red bell pepper, chopped
- 1 jalapeno seeded and finely chopped (optional)

Dressing:

- ½ cup red wine vinegar
- ½ cup olive oil
- ¼ cup cilantro, chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon fresh lemon juice
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- Salt and black pepper to taste (optional)

Preparation:

Step 1: Combine beans, corn, bell peppers, and red onion in a large bowl.

Step 2: Make the dressing. Whisk olive oil, vinegar, cilantro, lime juice, lemon juice, garlic, salt, cumin, and black pepper together in a small bowl.

Step 3: Pour dressing over bean mixture and toss well. Refrigerate until chilled, about one hour. Serve cold.

Servings: 12





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Please reduce, reuse, and recycle

You can make a lasting impact to improve health care on the South Shore

You can be a part of a significant milestone in Mount Sinai South Nassau's ongoing mission to advance health care on the South Shore of Long Island. The Feil Family Pavilion and Fennessy Family Emergency Department at Mount Sinai South Nassau will transform emergency and critical care services right on the South Shore.

If you make a donation of \$1,000 or more to Mount Sinai South Nassau before the end of the year, your name or the name of a loved one will appear on a digital display inside the new Fennessy Family Emergency Department.

Please join us on this journey to expand and enhance Mount Sinai South Nassau's capacity to care for our growing community. Together, we can make a lasting impact on the health and well-being of Long Island residents. Use the QR code below to learn more about our digital recognition displays in the Feil Family Pavilion and Fennessy Family Emergency Department.



To make a gift online, visit www.southnassau.org/donate or scan this code.

To find a doctor, visit mountsinai.org/southnassau.

The information provided in this newsletter is for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment. Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

Read *Healthy Outlook* online at mountsinai.org/southnassau.

