



Mount
Sinai
South
Nassau

Comprehensive Women's Services



Award-winning women's comprehensive services



A message from the chair

Alan D. Garely, MD, FACOG, FACS

Chair, Obstetrics and Gynecology and
Director of Urogynecology and Pelvic Reconstructive Surgery

Board certified in Obstetrics and Gynecology and
Female Pelvic Medicine and Reconstructive Surgery

Professor, The Icahn School of Medicine at Mount Sinai



A Women's Services Department that Ranks Among the Best in the Region

Mount Sinai South Nassau has built a Women's Services Department that ranks among the best in the region and has brought big-city medicine to Long Island with a faculty of top-notch physicians and surgeons providing general and specialized care in a comfortable and caring environment — all close to home.

Our Labor and Delivery suite offers the comfort of a 5-star hotel; but beauty is not just skin deep. Beneath this elegant setting is a team of highly trained and dedicated physicians, nurses and technical staff. We operate a Level II Neonatal Intensive Care nursery, with 24-hour-a-day coverage of an attending neonatologist, pediatric physicians and specialized neonatal registered nurses.

Following delivery, our new mom can bond with her new baby and family in comfort, in one of our 26 spacious private rooms. We are a "Baby-Friendly" hospital, as designated by the World Health Organization and have also been named a Top 100 Hospital in the country for Women's Health by Becker's Hospital Review. Our lactation service teaches new mothers about the benefits of breastfeeding, and the service provided by our food and nutrition department will exceed your patients' expectations.

Our Gynecology division boasts a gynecologic oncology surgeon with the most experience in minimally invasive and robotic surgery on Long Island. Our urogynecologists, both double board certified in General Obstetrics and Gynecology and Female Pelvic Medicine and Reconstructive Surgery, are among the most experienced in the nation.

We are part of the Mount Sinai Health System, one of the most prestigious academic medical centers in the nation, we have active teaching programs with medical students, residents, and fellows. Our physicians hold academic appointments at some of the most prestigious medical schools in the country.

While I can offer praise for the extraordinary level of care available at Mount Sinai South Nassau, you really need to tour our facility to see for yourself. Call 516-377-5310 to schedule an appointment to experience the difference Mount Sinai South Nassau can make for you and your patients.



Health Care for Women of all Ages and Life Stages

A woman's health care needs are unique, and change throughout her lifetime. At Mount Sinai South Nassau, we are committed to keeping pace with the latest medical and technological advances for women's health. Our physicians and practitioners provide comprehensive and compassionate care, personalized to each woman's individual needs. We work with referring physicians and their patients in a spirit of true partnership, with one goal in mind: to deliver the finest, specialized care for women in a safe and nurturing environment.

When you want what's best for your patients

Exceptional patient care requires a collaborative approach. The nurses at Mount Sinai South Nassau understand the importance of continuity and coordination of care. They will work with you to ensure that your patients receive consistent and comprehensive attention from our specialists. Our multidisciplinary team works seamlessly to provide outstanding care and exceptional outcomes for our patients.

Services include

- Obstetrics & Gynecology
- Maternal-Fetal Medicine Program
 - Genetic Counseling and Testing
- Maternity Services Unit
 - Family-Centered Maternity Care
- Center for Women's Imaging
- Women's Center for Pelvic Floor Disorders and Urogynecology
- Gynecologic Oncology
- Robotic Gynecologic Surgery



Obstetrics & Gynecology

Whether a condition is due to age, injury or cancer, our women's specialists are experienced in a wide range of treatments, which allows them to create treatment plans to best meet each patient's goals and needs.

The women's health specialists at Mount Sinai South Nassau use advanced radiology and imaging services to diagnose the cause of women's health conditions and evaluate the most effective treatment.

Radiological Associates of Long Island, an affiliate of Mount Sinai South Nassau, is dedicated to all aspects of using imaging in diagnosis and care.

The dedicated surgeons at Mount Sinai South Nassau are experienced in using the da Vinci® Surgical System to treat urologic and gynecologic conditions. For those requiring surgical procedures, such as hysterectomy, our patients will benefit from this computer guided surgery for its safety, accuracy and quicker recovery time. Our patients find comfort and support knowing that the surgeon who meets with them to discuss their options before surgery will be the same one who performs their surgery, conducts follow-up care and consults with their primary care physician.

Services include

- Medicines and hormones
- Physical therapy (for incontinence, for example)
- In-office biopsy or tissue sample
- Complete range of cancer care, including radiation, chemotherapy and surgery
- Laser treatment of precancerous conditions of the vulva, vagina, cervix, uterus, fallopian tubes and ovaries
- Laparoscopic surgery
- Computer-assisted "robotic" surgery using the da Vinci Surgical System for a range of procedures, including hysterectomy

Recognition



Mount Sinai South Nassau's Breast Health Program is accredited by the National Accreditation Program for Breast Centers. To achieve accreditation, Mount Sinai South Nassau demonstrated its compliance with standards established by the NAPBC to provide the best possible care to patients with diseases of the breast. Administered by the American College of Surgeons, NAPBC accreditation is awarded only to those centers that have voluntarily committed to provide the highest level of quality breast care and to undergo a rigorous evaluation process and review of their performance.

High-Risk Pregnancy Center

The Maternal Fetal Medicine program at Mount Sinai South Nassau includes some of the area's leading specialists in high-risk pregnancies. From counseling before conception, to monitoring of entire pregnancies, the staff at Mount Sinai South Nassau Center for Maternal Fetal Medicine offers experience and expertise to identify problems early and direct treatment plans to optimize healthy outcomes.

The only center of its kind on Long Island's South Shore, the Center's high-risk pregnancy team is composed of board certified physicians in maternal-fetal medicine and obstetrics and gynecology, specially trained registered nurses and sonographers who evaluate fetal well-being, detect fetal anomalies and monitor the baby's growth through multidimensional ultrasounds.

Services include

- Antepartum Testing
- Biophysical Profile
- Nonstress Test (NST)
- Fetal Diagnostic Procedures
- Amniocentesis
- Combined First-Trimester Nuchal Translucency Screening
- Chorionic Villus Sampling
- Doppler
- 2D, 3D, 4D or 5D Obstetric Ultrasound



Additional services

Genetic counseling and testing: These services are available to provide information and support to women who are pregnant or planning to become pregnant. By identifying risk factors, such as advanced maternal age, inherited illnesses and disorders, chromosomal disorders, congenital anomalies and recurrent miscarriages, the team can create the best possible care plan.

Diabetes education: A certified diabetes educator can help expectant mothers manage gestational or pregestational diabetes, reduce their risk of complications and provide medical and nutritional educational tools and ongoing support.

Pediatric cardiology: If needed, we offer fetal echocardiography, a specialized ultrasound that allows the physician to see the structure and function of the unborn child's heart, in order to detect possible congenital heart defects or disease.



Dina El Kady, MD, FACOG

Director, Division of Maternal Fetal Medicine
Board certified in Maternal Fetal Medicine and Obstetrics and Gynecology

Maternity Services Unit: Every Maternity Suite Includes a Private Room

A “hospital within a hospital,” our Maternity Services Unit offers care that’s of the highest quality—combining the latest technology with some of the area’s leading specialists—in an environment that is comfortable, warm and inviting.

With all-private maternity rooms and a comfortable family waiting area—as well as fully equipped Labor/Delivery/Recovery rooms and a state-of-the-art Level II Neonatal Intensive Care Unit—mothers can spend quality time with their babies, knowing that advanced, compassionate care is always there, should they need it.

Patients are welcomed with a Maternity Orientation and can have their questions answered through our Parent/Child Education Program.

Family-centered maternity care

Our Maternity Care is family-centered, incorporating our Parent/Child education program and Lactation Resource Center. The hospital has also registered with the Baby-Friendly™ Hospital initiative, a global quality improvement and recognition program developed by the WHO and UNICEF to promote and support breastfeeding and mother-baby bonding. Nursing mothers are supported through Mount Sinai South Nassau’s Lactation Resource Center, staffed by a professional team of International Board Certified Lactation Consultants (IBCLC) who offer knowledge and expertise to assist the breastfeeding family in a variety of situations.



At a glance

Mount Sinai South Nassau’s Maternity Services Unit

- Board certified obstetricians, anesthesiologists and maternal-fetal specialists and perinatal nurses available 24/7
- Fully equipped labor and delivery and recovery rooms
- Twenty-six all private postpartum recovery rooms
- Level II Neonatal Intensive Care Unit (NICU) with 24-hour coverage by an attending neonatologist, pediatricians
- International Board Certified Lactation Consultants (IBCLC) provide mothers with breastfeeding education, assistance and support before, during and after the hospital stay

Recognitions



Magnet® Recognized
Mount Sinai
South Nassau was
recognized as a
Magnet hospital by

the American Nurses Credentialing Center. We’re one of just six hospitals on Long Island to hold this national distinction for nursing excellence. Magnet is the most prestigious distinction a health care organization can receive for nursing excellence and quality patient outcomes.



Named a “**Baby-Friendly**”
hospital by the World
Health Organization in
recognition of its effort to
foster breastfeeding.

The Torch of Life award, from the Ambulance Medical Technician (AMT) Children of Hope Foundation, was given to Mount Sinai South Nassau for its participation in the Safe Haven hospital network and for offering compassionate and urgent care to birth mothers in crisis. The Safe Haven law protects parents from prosecution if they bring an unwanted newborn to a safe place.



Diane M. Garrigan, DO; Mindy Scheer, DO; Nadia Rao, DO; Geraldine N. Abbey-Mensah, MD



Center for Women's Imaging

Our Center for Women's Imaging was formed with the goal of providing the highest quality of women's imaging (including state-of-the-art 3D imaging) with same-day results in a comfortable, relaxed environment.

Patients will find comprehensive, advanced services and technologies devoted to women's health and breast cancer screening. We use the latest in ultrasound, mammography including 3D tomosynthesis, magnetic resonance imaging (MRI) and bone density screening technologies to diagnose the range of women's health issues.

Our team of breast imaging specialists has a combined experience of more than 50 years, giving your patients results with confidence, and the thoughtfulness, sensitivity and empathy that only women diagnosticians can offer you.

Services include

- Digital mammography with computer-aided detection and 3D tomosynthesis
- High definition ultrasound
- Breast MRI
- Bone density screenings (DEXA)
- Minimally invasive, image-guided biopsy
- Breast cancer risk assessment
- Genetic Testing (BRCA)

Recognition

The American College of Radiology's Commission on Quality and Safety and the Commission on Breast Imaging has designated Mount Sinai South Nassau as a Breast Imaging Center of Excellence, and a Mammography, Ultrasound and Stereotactic Breast Biopsy Accredited Facility.



Women's Center for Pelvic Floor Disorders and Urogynecology

At Mount Sinai South Nassau's Women's Center for Pelvic Floor Disorder, under the direction of Alan Garely, MD, patients will receive comprehensive advanced services and technologies devoted to women's health and the conditions associated with pelvic floor disorders.

The Center also offers advanced radiologic services for conditions such as cystocele, rectocele, enterocele, vaginal prolapse, uterine prolapse, stress incontinence, fecal incontinence, overactive bladder and vesicovaginal and rectovaginal fistulas.

Mount Sinai South Nassau's board certified urogynecology staff can help your patient regain control through a variety of surgical and non-surgical treatment options. In addition to the center's advanced urodynamic testing capabilities, our urogynecologists utilize the latest in diagnostic imaging, laboratory and other services to determine the source of the problem and present solutions. When medical options are unavailable or undesirable for any of these conditions, we offer a range of surgical procedures, any of which can be performed with minimal incisions via laparoscope, robot or mini-laparotomy.

The multidisciplinary team of specialists at Mount Sinai South Nassau's Women's Center for Pelvic Floor Disorders works closely together to create a custom care plan for each patient. We offer the most advanced diagnostic and treatment options and procedures, and are committed to providing compassionate care with a personal touch to meet your needs.

Common conditions caused by pelvic floor disorders:

- Cystocele
- Rectocele
- Enterocele
- Vaginal prolapse
- Uterine prolapse
- Rectal prolapse
- Stress incontinence
- Fecal incontinence
- Overactive bladder
- Urinary tract problems
- Vesicovaginal fistula
- Rectovaginal fistula



Patient consultation with Dr. Garely.

About the doctor

Alan D. Garely, MD, FACOG, FACS

Chair, Obstetrics and Gynecology and Director, Urogynecology and Pelvic Floor Disorders

Fellowship-trained in Pelvic Surgery, Dr. Garely provides surgical and nonsurgical treatment of pelvic disorders. He is board certified in Obstetrics and Gynecology and is one of the first surgeons in the U.S. to be board certified in Female Pelvic Medicine and Reconstructive Surgery.

Dr. Garely served as Director of Urogynecology and Pelvic Reconstructive Surgery at The Mount Sinai School of Medicine, where he remains involved with resident and fellow training and is a Professor at The Icahn School of Medicine at Mount Sinai.



Comprehensive Gynecologic Oncology

The Division of Gynecologic Oncology offers your patients access to state-of-the-art diagnostic and therapeutic services with a primary goal of helping you and your patients achieve the best possible outcomes. One of our primary goals is to expedite consults and diagnostic procedures to reduce the time a cancer patient needs to wait for definitive therapy. A full range of diagnostic and therapeutic services are offered.

These include treatment for colposcopy, in-office biopsies, and laser treatment of precancerous conditions of the vulva, vagina, cervix, uterus, fallopian tubes and ovaries.

For patients with a diagnosis of cancer, patients requiring hysterectomy can have this procedure performed, if appropriate, using the da Vinci Robotic Surgical System. It is one of the most effective and least invasive treatment options available to your patients.

The Gertrude & Louis Feil Cancer Center provides a continuity of surgical care that is central to your patient's overall treatment and recovery process. The surgeon who consults with your patient before the surgery is the same surgeon who will perform the surgery and conduct your patient's follow-up analysis and aftercare.

Services include

Full range of diagnostic and therapeutic services, such as:

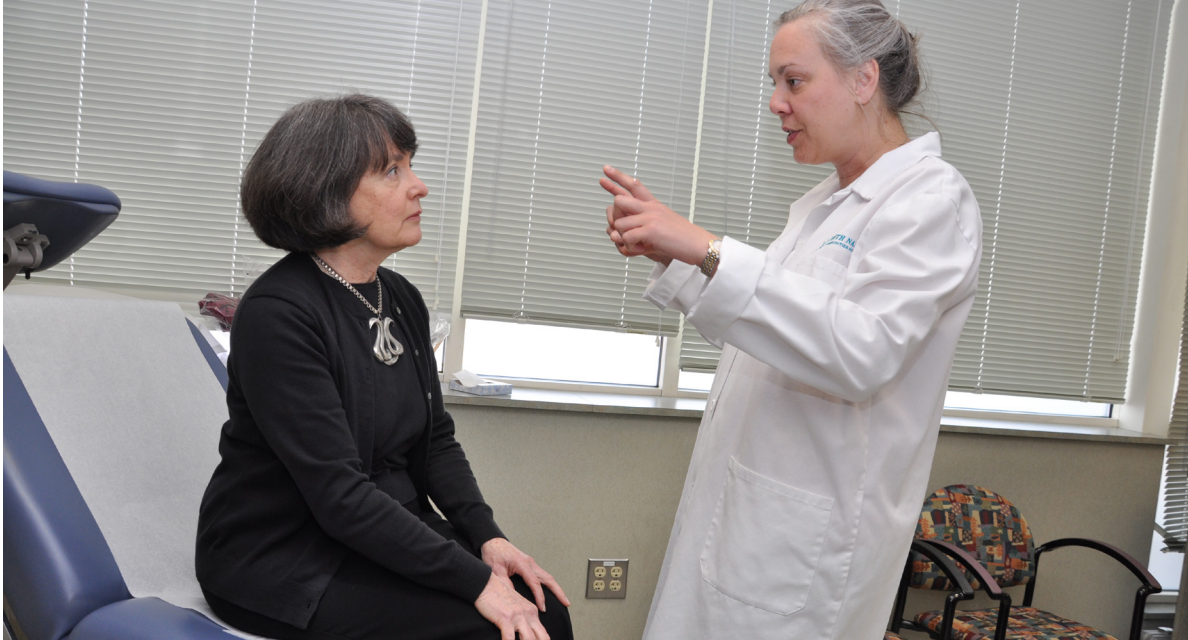
- Routine gynecologic care
- Colposcopy
- In-office biopsies
- Laser treatment of precancerous conditions
- Gynecologic health education
- Precancerous and cancerous conditions of the vulva, vagina, cervix, uterus, fallopian tubes and ovaries
- Complicated benign gynecologic conditions
- Evaluation and treatment of vulvar dystrophies
- Robotic Assisted Laparoscopic surgery for benign and malignant gynecologic conditions



Supportive care services

Educational and therapeutic resources

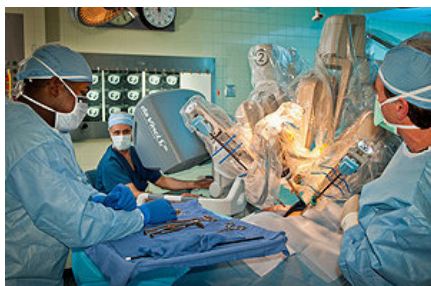
We offer a variety of educational and therapeutic resources to help patients, families and our community. This program includes health events, screenings and support groups held in conjunction with our Department of Community Education, the Gladys Brooks Patient and Family Library and Resource Center, as well as the Cancer Registry, which collects data on all cancer cases at Mount Sinai South Nassau.



Patient consultation with Dr. Buhl.

Robotic Gynecologic Surgery

Early stage gynecologic cancer, requiring hysterectomy, can be performed, if appropriate, using the da Vinci Surgical System—one of the most effective and least invasive treatment options available to your patients. For most women, da Vinci Hysterectomy offers numerous potential benefits over traditional surgical approaches, including less pain, fewer complications, less blood loss, shorter hospital stay, low risk of wound infection, quicker recovery time between surgery and follow-up treatments. The Gertrude & Louis Feil Cancer Center, headed by Ann L. Buhl, MD, Mount Sinai South Nassau's Director of Gynecologic Oncology, can provide surgical care and/or determine and administer additional chemotherapy, if required.



The da Vinci Surgical System

If hysterectomy is recommended, your patient may be a candidate for an innovative, less invasive surgical procedure called da Vinci Hysterectomy. This procedure uses a state-of-the-art surgical system designed to help the physician perform the most precise and least invasive hysterectomy available today.

For most women, da Vinci Hysterectomy offers numerous potential benefits over traditional surgical approaches, including:

- Less pain¹
- Fewer complications²
- Less blood loss^{3,4}
- Shorter hospital stay⁴
- Low risk of wound infection⁵
- Quicker recovery and return to normal activities⁶
- Less time between surgery and follow-up treatments
- Better outcomes and patient satisfaction, in many cases

As with any surgery, these benefits cannot be guaranteed, as surgery is patient- and procedure-specific.

¹ Ko EM, Muto MG, Berkowitz RS, Feltmate CM. Robotic versus open radical hysterectomy: a comparative study at a single institution. *Gynecol Oncol.* 2008 Dec;111(3):425-30. Epub 2008 Oct 16.

² Piquion-Joseph JM, Navar A, Ghazaryan A, Papanna R, Klimek W, Larota R. Robot-assisted gynecological surgery in a community setting. *Journal of Robotic Surgery.* 2009;1-4.

³ DeNardis SA, Holloway RW, Bigsby GE, Pikaart DP, Ahmad S, and Finkler NJ. Robotically assisted laparoscopic hysterectomy versus total abdominal hysterectomy and lymphadenectomy for endometrial cancer. *Gynecologic Oncology* 2008;111:412-417.

⁴ Payne, T.N. and F.R. Dauterive. A comparison of total laparoscopic hysterectomy to robotically assisted hysterectomy: surgical outcomes in a community practice. *J Minim Invasive Gynecol.* 2008;15(3): 286-291.

⁵ Boggess JF, Gehrig PA, Cantrell L, Shafer A, Ridgway M, Skinner EN, Fowler WC. A comparative study of 3 surgical methods for hysterectomy with staging for endometrial cancer: robotic assistance, laparoscopy, laparotomy. *Am J Obstet Gynecol.* 2008 Oct;199(4):360 e1-9.

⁶ Bell MC, Torgerson J, Seshadri-Kreaden U, Suttle AW, Hunt S. Comparison of outcomes and cost for endometrial cancer staging via traditional laparotomy, standard laparoscopy and robotic techniques. *Gynecol Oncol.* 2008 Dec;111(3):407-11. Epub 2008 Oct 1.



Award-winning women's comprehensive services



**Mount
Sinai
South
Nassau**

One Healthy Way,
Oceanside, NY 11572
1-877-SOUTH-NASSAU
mountsinai.org/southnassau

All unmasked photos were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times. Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.