



Mount
Sinai
South
Nassau

Fall 2023

Healthy Outlook

a health and wellness newsletter

Committed to the Health of Mothers and Babies

Story on page 4 >



Patient Paola Patino-Ildefonso, left, shows off her baby, Omar Andres, to Cheryl Dinglas, DO, center, Attending Maternal Fetal Medicine Specialist; and Dina El Kady, MD, Director, Maternal Fetal Medicine. Both physicians, along with Robert Dean, MD, (not pictured), Attending Obstetrician-Gynecologist, kept a close eye on the Uniondale mother-to-be throughout her pregnancy.

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A Message from
Adhi Sharma, MD, President

Life-Changing Care Right in Your Backyard

Every year, U.S. News & World Report issues its list of best hospitals. For the third consecutive year, Mount Sinai South Nassau was honored to be included among the magazine's "Best Regional Hospitals" in the New York Metro Area. We were also ranked as "high performing" in 10 clinical areas, including maternity and urology (see full story on page eight).

In this issue of *Healthy Outlook*, you will meet two area residents who recently learned first-hand how much of a difference a high-performing hospital can make in someone's life.

Paola Patino-Ildefonso's dream of having a child nearly ended in tragedy. She relied on the expert care and careful monitoring provided by a Mount Sinai South Nassau team to carry her pregnancy nearly to full-term after experiencing two miscarriages.

However, both Ms. Patino-Ildefonso and her newborn son experienced dangerous complications in the aftermath of the delivery. The type of interventions that saved their lives, which you can read about in our cover story, helped Mount Sinai South Nassau earn its spot on the list of high performing hospitals in maternity care.

Being included in U.S. News & World Report is truly an honor of which all of us at Mount Sinai South Nassau are justifiably proud. Yet it is not the promise of securing a spot on a list that motivates us. It is the stories of our neighbors—people like Ms. Patino-Ildefonso and Angela Santopolo—people whose lives were saved, or whose quality of life has meaningfully improved, that inspire us to continue in our pursuit of excellence.

Whatever your health care needs, know that we are here, part of the Mount Sinai network of excellent clinical providers and facilities right in your backyard.



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

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Writing and Design



2022 Distinction in Writing



Aster Awards
Excellence in Medical Marketing
2021 Silver Aster Award



2023 Gold in Writing

A Determined Patient and Expert Team

Defeat Stage II Breast Cancer

Nothing could stop Angela Santopolo of Howard Beach, Queens, from teaching or earning a master's degree in education—on time. Not even breast cancer.

On July 22, 2022, the fourth-grade teacher, then 32, was diagnosed with stage II cancer in her right breast following a routine visit to her gynecologist and her first mammogram.

"I was devastated," recalled Ms. Santopolo, who has no family history of the disease. "Here I was only 32 at the time."

After her doctor gave her a list of breast cancer physicians she could follow up with who accepted her insurance, she chose Mount Sinai South Nassau's Dhvani Thakker, MD, Director of Women's Oncology Services, and surgeon Christine Hodyl, DO, Director of Breast Health Services.

Dr. Thakker and Ms. Santopolo met a few days later and set up a treatment plan tailored to Ms. Santopolo's ambitious goals to continue working and attending graduate school. The plan included genetic testing to assess the risk for developing another



cancer; freezing her eggs to preserve her fertility; eight rounds of chemotherapy; and surgery. Earlier this year, Ms. Santopolo opted for a double mastectomy, removal of both breasts.

She underwent the procedure and initial breast reconstruction, and a month later, she had breast implant surgery.

Aside from taking time off for chemotherapy sessions and a six-week leave of absence following the mastectomy, Ms. Santopolo did not miss a day of teaching and earned her master's degree from Fordham University in May—as planned.

"I am blessed to have Dr. Thakker as my oncologist," said Ms. Santopolo, who is now cancer-free. "Dr. Thakker wondered how I was able to battle cancer, go to work, and grad school. She calls me her 'superstar' and even has a picture of me at my grad school graduation on her desk." ■

About 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 removal surgery with plastic surgery techniques 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 the 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.

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 mountsinai.org/southnassau.



High-Risk, First-Time Mother Shares Appreciation for Medical Team Who Saved Her and Her Baby Boy

After two heart-breaking miscarriages in two years, Paola Patino-Ildefonso, 37, and her wife, longed to have a child of their own. Doctors told the Uniondale resident she had a condition called cervical insufficiency, which occurs when the lower part of the uterus or cervix opens, weakens, or shortens too early during a pregnancy, leading to premature birth or miscarriage.

Two weeks before conceiving a third time, Ms. Patino-Ildefonso underwent cervical cerclage, a procedure that involves temporarily sewing the cervix closed with stitches to prevent premature delivery. During her pregnancy, all three of her doctors, Dina El Kady, MD, Director of Maternal Fetal Medicine; Attending Maternal Fetal Medicine Specialist Cheryl Dinglas, DO; and Attending Obstetrician-Gynecologist Robert Dean, MD, kept a close eye on their high-risk patient.

But two days before her scheduled cesarean section on January 5, 2023, Ms. Patino-Ildefonso experienced contractions every three minutes—a sign that she was in active labor.

“I was so nervous that my uterus was going to rupture... everyone at the hospital knew about my case and was aware. The nurses were calming, and Dr. Dean cut short his vacation to deliver my baby.”

—Paola Patino-Ildefonso

“I was so nervous that my uterus was going to rupture and that the stitches wouldn’t hold,” she recalled. “But everyone at the hospital knew about my case and was aware. The nurses were calming, and Dr. Dean cut short his vacation to deliver my baby.”

On January 4 at 1:40 am, Omar Andres, weighing in at six pounds, six ounces, was born. But all was not well. Ms. Patino-Ildefonso developed post-partum preeclampsia, a serious condition characterized by high blood pressure and elevated levels of protein in the urine that can lead to brain damage, stroke, and even death. Baby Omar Andres, meanwhile, was rushed to Mount Sinai South Nassau’s Neonatal Intensive Care Unit for transient tachypnea, leftover fluid in his lungs, which causes breathing problems.

After several days, both mother and son left the hospital. Ms. Patino-Ildefonso’s blood pressure that had been dangerously high—at 180/100—was under control and Baby Omar was thriving.

“Omar is 10-months old now and hitting his milestones; he’s so cute,” Ms. Patino-Ildefonso said. “If it weren’t for the Mount Sinai South Nassau team, Omar and I would not be here. I would never go anywhere else if I decide to have a second baby. The doctors were so caring and comforting. I felt listened to. They’re the best.” ■

About the Doctors



Dina El Kady, MD, is Director of Maternal Fetal Medicine at Mount Sinai South Nassau.

Dr. El Kady earned a medical degree from New York Medical College in Valhalla, New York. She completed an internship

and residency in obstetrics and gynecology at The Brooklyn Hospital Center and a fellowship in maternal fetal medicine at the University of California, Davis.

Board certified in maternal fetal medicine and obstetrics and gynecology, she is a member of the Society for Maternal-Fetal Medicine; the American College of Obstetricians and Gynecologists; and the American Institute of Ultrasound in Medicine.



Cheryl Dinglas, DO, is an Attending Maternal Fetal Medicine Specialist at Mount Sinai South Nassau.

She is board certified in obstetrics and gynecology and maternal fetal medicine.

She earned a medical degree from the New York Institute of Technology College of Osteopathic Medicine and completed a residency in obstetrics and gynecology at NYU Langone Health and a fellowship in maternal fetal medicine at Stony Brook University Hospital and NYU Langone Health.



Robert Dean, MD, is an Attending Obstetrician-Gynecologist who is board certified in obstetrics and gynecology and has been practicing at Mount Sinai South Nassau for more than

22 years. He serves as the core faculty for the Obstetrics and Gynecology Residency program at Mount Sinai South Nassau and the Clerkship Director for medical students in the hospital's Obstetrics and Gynecology Department.

TO SCHEDULE AN APPOINTMENT

with one of the hospital's maternal fetal medicine specialists or Dr. Dean, call 877-SOUTH-NASSAU (877-768-8462).

Mount Sinai South Nassau: Rated High Performing in Maternity Care, Designated Baby-Friendly

Mount Sinai South Nassau was recently awarded a "High Performing" rating for maternity care from the 2022–23 U.S. News & World Report® "Best Hospitals" for Maternity Care and re-designated as a Baby-Friendly Hospital by Baby-Friendly USA.



Baby-Friendly
USA

The "high performing rating" is the highest award a hospital can earn from U.S. News & World Report "Best Hospitals" for Maternity Care. The Baby Friendly re-designation demonstrates that Mount Sinai South Nassau continues to adhere to the highest standards of care for breastfeeding mothers and their babies.

U.S. News & World Report evaluated nearly 650 hospitals that provide high-quality

labor and delivery services for uncomplicated pregnancies for its 2022–2023 "Best Hospitals" for Maternity Care. Fewer than half of all hospitals offering maternity care that participated in the survey received a high performing designation. The U.S. News & World Report "Best Hospitals" for Maternity Care methodology is based entirely on objective measures of quality, such as cesarean section rates in lower-risk pregnancies, newborn complication rates, exclusive breastfeeding rates, early elective delivery rates, and vaginal birth after cesarean deliveries, among other measures.

Studies on breastfeeding have shown it can protect babies against some short- and long-term illnesses and diseases.

Mount Sinai South Nassau's team of experienced labor and delivery nurses, obstetricians, and high-risk pregnancy specialists delivers more than 2,100 babies annually. In addition to advanced maternal-fetal medical technologies, the hospital features 26 private rooms on the Mother-Baby Unit with hotel-like accommodations, spacious labor and delivery rooms, and a six-bed Neonatal Intensive Care Unit. ■

'Graduates' of Neonatal Intensive Care Unit Celebrate Survival

The graduates of Mount Sinai South Nassau's Neonatal Intensive Care Unit and their families were not going to allow a light rain on Sunday, September 10 to spoil their fun at the hospital's second annual NICU reunion.

While a musician sang and played piano and Paw Patrol "pups" roamed the grounds of one of Mount Sinai South Nassau's off-sites in Hicksville, children tried their hand at arts and crafts, took in a magic show, and munched on pizza, chicken wraps, and sweet treats.

But the fun did not stop there. Children painted picture frames, stained-glass leaf suncatchers, and pumpkins. While some youngsters took pony rides and ogled rabbits hopping in a pen, others fed the goats, sheep, baby Alpacas, and ducks at the pop-up petting zoo.

Nearly 150 adults and children attended the fun-filled event. Parents expressed their appreciation for the physicians and nurses, who supported them through their newborns' stay in the NICU.

Each year, Mount Sinai South Nassau's NICU provides specialized care for more than 250 premature and seriously ill babies. Staffed by board-certified neonatologists and specially trained nurses, the unit is equipped with dedicated medical technologies for newborns with critical and unique health challenges. ■



From left, NICU's Ashley Arias-Flores, RN; Lucy Wright-Brew, RN; Theresa Groder, RN; and Nancy De'Ocampo, RN, reunite with Baby Chloe Dodge and her parents, Brittney and Steven Dodge.



Pinchi Srinivasan, MD, left, Director of Neonatology, Mount Sinai South Nassau, poses with Baby Riley Reyes and his parents, Tiffany Toro, right, and Bartolome Reyes.



Lincoln Ferguson, MD, Chair, Pediatrics, helps Layla Carey feed Stewie, a baby alpaca.



Dr. Ferguson and AnnMarie Difrancesca, foreground, Director, Child Life program, with Lucas Cortez and his mother, Monique Espinoza, are all smiles.



NICU Staff RN Vanessa DeJesus and NICU RN Michael Greenberg, impersonating Chase from "Paw Patrol," give Veronica Davis a thrill.

Health Matters

Protect Yourself This Fall and Winter Virus Season

Think fall and you may think pumpkin-spice lattes, apple picking, and cozy sweaters. But experts say you should think of autumn's updated COVID-19, shot, the flu, and RSV (respiratory syncytial virus) vaccines, as well.

COVID-19 is a disease caused by a virus named SARS-CoV-2 that can result in severe illness and death.

Recently, the U.S. Food and Drug Administration and the Centers for Disease Control and Prevention approved updated COVID-19 vaccines that target currently circulating variants and provide better protection against serious illness.

The Centers for Disease Control and Prevention advises everyone six months and older to get the updated COVID-19 vaccine at least two months after their most recent vaccine dose. Those who are immunocompromised—conditions that weaken the body's ability to fight infection—and parents of young children should consult their doctor for recommended dosing.

"I recommend that individuals who are especially vulnerable and have not recently had COVID-19 and/or received a bivalent booster to get the new vaccine as soon as possible for enhanced protection against a severe case of COVID-19," said Aaron E. Glatt, MD, Chair of the Department of Medicine and Chief of Infectious Diseases at Mount Sinai South Nassau. "This includes the elderly and immunocompromised."

Flu or Influenza is a respiratory infection caused by viruses marked by fever, chills, and fatigue.

All versions of the flu vaccine for the 2023–2024 season are designed to protect against four different flu viruses, including two influenza A and two influenza B viruses. The vaccine is available to individuals six months and older.

"Unfortunately, the vaccine has become a political issue for some and that may be having an impact on the willingness of area residents to get the updated vaccine," said Adhi Sharma, MD, President, Mount Sinai South Nassau. "But this is about science, not politics. And the science is clear. Both the updated COVID-19 and flu vaccines help keep people out of the hospital and save lives. There is no better way to protect your family as the flu and winter seasons are upon us."



At a media briefing at the Freeport Memorial Library on Tuesday, October 3, Adhi Sharma, MD, President, Mount Sinai South Nassau, discusses the updated COVID-19 vaccines and the mission of the hospital's traveling Vaxmobile.

RSV is a common respiratory virus that causes cold-like symptoms. However, infants and older adults are at risk of developing severe RSV requiring hospitalization.

The FDA also recently approved two RSV vaccines for those older than 60 and an RSV monoclonal antibody therapy called nirsevimab for infants and toddlers. If you are older than 60, discuss with your health care provider if the RSV vaccine is right for you. All infants, eight months or younger born during—or entering—their first RSV season, and infants in their second season between eight and 19 months old and at elevated risk for severe RSV are eligible for nirsevimab.

Abrysvo™, the single-dose RSV vaccine by Pfizer, is approved for use in pregnant women between weeks 32 and 36 of pregnancy. The vaccine produces antibodies that are passed from pregnant women to their unborn children, providing protection for newborns up to six months of age from severe RSV.

CDC guidance says that it is safe to get both the COVID-19 and flu vaccines together during the same visit to the doctor or pharmacy. Since there are no data on the safety of getting all three vaccines simultaneously, Dr. Glatt says to try to schedule a separate visit to get the RSV vaccine, but it is "acceptable to get more than one vaccine, even all three, at the same visit, if necessary." ■

Getting Vaccinated

Getting vaccinated is as simple as calling your doctor, visiting your local drugstore, or scheduling an appointment with Mount Sinai South Nassau's Vaxmobile.

For more information about when the Vaxmobile will be in your area, call 516-377-5333.



Mount Sinai South Nassau Earns National Recognition for Nursing Excellence Re-Designation as a Magnet® Hospital



For the third time, Mount Sinai South Nassau has earned national recognition for nursing excellence, earning re-designation as an American Nurses Credentialing Center's (ANCC) Magnet organization. The Magnet designation is the highest and most prestigious international distinction a health care organization can receive for nursing care.

Mount Sinai South Nassau is one of only 48 hospitals in the nation to be so honored. Mount Sinai South Nassau first earned Magnet status in 2014. The redesignation is valid for four years. The award underscores the hospital's commitment to patient care and patient safety.

"Re-designation validates that nursing at Mount Sinai South Nassau is consistently excellent in practice care, collaboration, and patient experience," said Stacey Conklin, MSN, RN-BC, MHCDS, NE-BC, Chief Nursing Officer and Senior Vice President of Patient Care Services at Mount Sinai South Nassau. "Our nurses are among the very best in the profession and their high standards and commitment to provide our patients with intuitive, expert bedside care in a healing and nurturing environment will continue on."

Magnet recognition has been shown to provide better patient outcomes and higher patient satisfaction with nurse communication. ■

Mount Sinai South Nassau Ranks Among Best Hospitals in Metro Area

For the third consecutive year, Mount Sinai South Nassau is ranked among the Best Regional Hospitals in the metro area in the 2023–24 U.S. News & World Report® "Best Hospitals."

This year's report also rated Mount Sinai South Nassau "High Performing" in 10 areas, including chronic obstructive pulmonary disease, diabetes, heart attack, heart failure, hip fracture, kidney failure, maternity, pneumonia, and stroke, as well as for the specialty of urology.

Mount Sinai South Nassau is the Long Island flagship hospital of the Mount Sinai Health System. Hospitals within the Health System are consistently ranked by U.S. News & World Report's "Best Hospitals" and "Best Children's Hospitals." The Mount Sinai Hospital is on the U.S. News & World Report "Best Hospitals" Honor Roll for 2023–2024. ■



Reducing Hair Loss During Chemotherapy

Rockville Centre Breast Cancer Coalition Donates \$45,000 to Support Mount Sinai South Nassau Patients

A breast cancer diagnosis that comes with a chemotherapy regimen is certain to produce a myriad of concerns and questions. "Will I lose my hair?" is often chief among them.

To reduce hair loss during chemotherapy, Mount Sinai South Nassau Breast Health Services is now offering the DigniCap System to eligible patients.

The system's scalp-cooling therapy is FDA-cleared to reduce hair loss from certain chemotherapy treatments. Initiated prior to the start of each chemotherapy session, the well-tolerated cooling therapy decreases blood flow through the scalp, limiting the amount of chemotherapy that reaches the hair follicles and reducing the risk of hair loss.

At Mount Sinai South Nassau, no patient will be denied scalp-cooling therapy due to cost concerns. As a result of the generosity of donors, funds have been set aside to cover the costs of the therapy that are not covered by a patient's health insurance.

The Rockville Centre Breast Cancer Coalition joined Mount Sinai South Nassau in this effort and has pledged \$15,000 per year for the next three years to support the cold-cap therapy program.



At Rockville Centre Breast Cancer Coalition's check presentation supporting cold-cap therapy at Mount Sinai South Nassau on Thursday, October 5, from left, Christine Hodyl, DO, Director, Breast Health Services; Amber Vitale, NP, Nurse Manager, Infusion Center; the Coalition's Co-Presidents Erin O'Sullivan and Peggy McDonald; and Karine Austin, RN, Assistant Vice President, Oncology Services, Mount Sinai South Nassau.

"On behalf of the Board of the Rockville Centre Breast Cancer Coalition, we are thrilled to partner with Mount Sinai South Nassau to help women in our community diagnosed with cancer," said Kathy Baxley, Co-Vice President of Outreach for the Coalition. "This donation will help ensure that eligible women needing chemotherapy for breast cancer have access to this important treatment."

FOR MORE INFORMATION about Mount Sinai South Nassau Breast Health Services or to schedule an appointment, call 877-SOUTH-NASSAU (877-768-8462).

Appointments

Mount Sinai South Nassau Names David Neubert, MD, Director of Prehospital Medicine



David Neubert, MD, has been appointed Director of Prehospital Medicine at Mount Sinai South Nassau.

Board certified in emergency medicine and emergency medical

services, Dr. Neubert is an attending physician in the Department of Emergency Medicine at Mount Sinai South Nassau. In addition to his clinical duties in the Department, he centralizes and coordinates efforts to improve prehospital care.

In his role, he serves as the direct liaison between the Emergency Medical Services and Emergency Department and the hospital's programs for stroke, ST-Segment-Elevation Myocardial Infarction (a severe type of heart attack), and trauma. Dr. Neubert operates as a Nassau County field physician and responds alongside prehospital care providers.

Mount Sinai South Nassau Adds Breast Surgical Oncologist to Staff



Michael Zeidman, MD, has joined the Breast Health Services staff at Mount Sinai South Nassau. He also serves as Site Director of Breast Surgery at Mount Sinai Brooklyn and a breast

surgeon at the Dubin Breast Center of The Tisch Cancer Institute at The Mount Sinai Hospital.

Dr. Zeidman earned a medical degree from Northeast Ohio Medical University in Rootstown, Ohio. Board certified in surgery, he completed a general surgery residency at Montefiore Medical Center in the Bronx and a breast surgical oncology fellowship at The Mount Sinai Hospital.

Mount Sinai South Nassau Names Dimitry Konsky, DO, Director, Hospitalist Services



Dimitry Konsky, DO, has been appointed Director of Hospitalist Services. Previously, he served as a Clinical Assistant Professor of Internal Medicine at New York Institute of Technology

College of Osteopathic Medicine. He also was the Medical Director of Hospitalist Medicine at Long Island Jewish Valley Stream/Northwell Health and St. Catherine of Siena Hospital in Smithtown.

Dr. Konsky earned a medical degree from the New York Institute of Technology College of Osteopathic Medicine and completed a rotating internship and residency in internal medicine at Maimonides Medical Center in Brooklyn. He is board certified in internal medicine.

Top Doctors

Mount Sinai South Nassau Doctors Named to Castle Connolly's Thirtieth Anniversary 'Top Doctors' Guide



Castle Connolly® has named nine Mount Sinai South Nassau physicians to its 2023, 30th anniversary "Top Doctors" guide. Nationally, only seven percent of more than 850,000 practicing doctors in the United States earned Castle Connolly "Top Doctors" designation this year.

"I commend each of these tremendous physicians for this outstanding accomplishment," said Adhi Sharma, MD, President of Mount Sinai South Nassau. "Their commitment to providing expert, patient-centered care does not go unrecognized by their peers as well as our nurses and allied staff."

According to Castle Connolly, the doctors are best-in-class health care providers, embodying excellence in clinical care as well as interpersonal skills. The doctors were peer-nominated and selected based on extensive research, careful review, and screening conducted by Castle Connolly's physician-led research team.

The "Top Doctors" guide is a curated list of 63,000-plus board certified U.S. physicians, across all 50 states and major specialties. Selected physicians specialize in more than 65 medical specialties and subspecialties for the care and treatment of more than 2,100 diseases and medical conditions. ■

The Mount Sinai South Nassau doctors along with their specialties in this year's guide are:



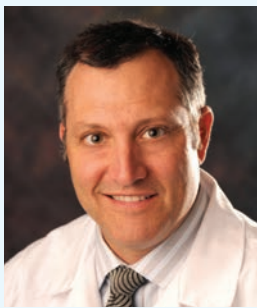
Ann Buhl, MD,
Gynecologic
Oncology



Carlos Montoya-Iraheta, MD,
Pediatric Cardiology



Rajiv Datta, MD,
Surgery



Alan Garely, MD,
Obstetrics and
Gynecology



Steven M. Harris, MD,
Urology



Jay Itzkowitz, MD,
Emergency Medicine



Sherry Megalla, MD,
Cardiology



Matthew D. Rifkin, MD,
Diagnostic Radiology



Neil Soskel, MD,
Family Medicine

Clinical Trial for Late-Stage Lung Cancer Patients

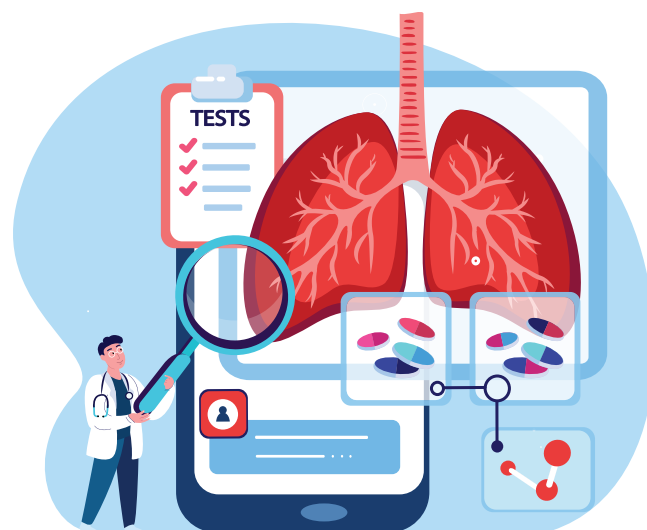
Mount Sinai South Nassau is actively recruiting eligible patients for an innovative clinical trial called the **Pragmatica-Lung Study**, which will determine the effectiveness of combining two medications in the treatment of patients with advanced nonsmall cell lung cancer.

The study has set out to confirm or negate the results of a clinical trial for lung cancer. That trial studied 136 patients with advanced nonsmall cell lung cancer who had been treated with chemotherapy and immunotherapy. It found that the combination of Keytruda®, made by Merck, plus Cytamza®, made by Eli Lilly and Company, extended survival compared with standard treatment.

The two-drug combination may help the body's immune system attack the cancer and interfere with the ability of tumor cells to grow and spread.

The study will compare the overall survival in participants who receive the combination therapy of Keytruda and Cytamza versus participants who are administered the standard chemotherapy for the treatment of stage IV or recurrent nonsmall cell lung cancer after a period of improvement.

The researchers will randomly assign the patients to receive



The two-drug combination may help the body's immune system attack the cancer and interfere with the ability of tumor cells to grow and spread.

either Keytruda plus Cytamza or standard treatment and evaluate which therapies improve overall survival.

The study—one of the first clinical trials endorsed by the National Cancer Institute, a division of the National Institutes of Health—is expected to complete enrollment by the end of 2025.

People aged 18 or older with stage IV nonsmall cell lung cancer whose cancer has continued growing after treatment with immunotherapy and chemotherapy may be eligible to participate. ■

FOR TRIAL ENROLLMENT INFORMATION, call 516-632-3312.

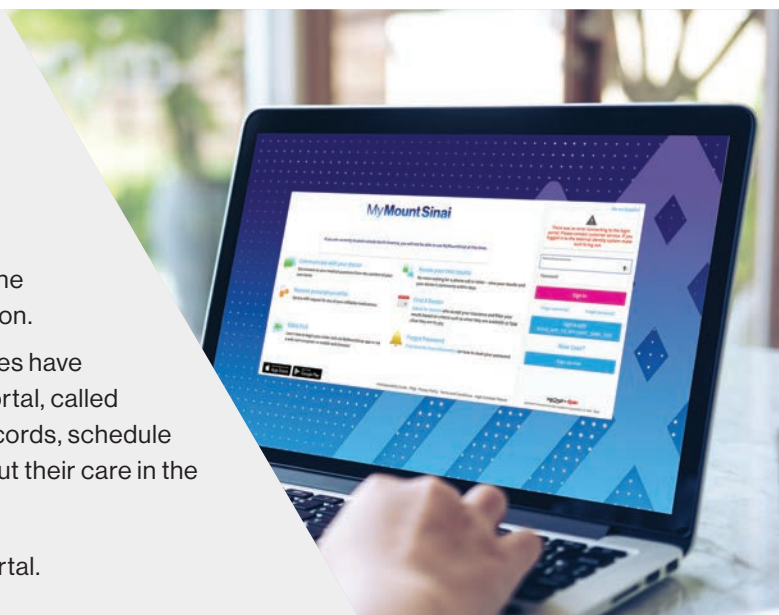
FOR MORE INFORMATION ON THE TRIAL, visit ClinicalTrials.gov and scroll down to the "Study ID" box and enter NCT05633602.

New Electronic Health Record Debuts at Mount Sinai South Nassau Ambulatory Sites

Mount Sinai South Nassau recently transitioned to Epic, a new electronic health record for its outpatient medical practices. The hospital plans to join Epic in 2025 for its inpatient documentation.

Current patients in Mount Sinai South Nassau's ambulatory sites have received an email to activate their account. The new patient portal, called MyMountSinai, allows patients to easily access their health records, schedule appointments, renew medications, and obtain information about their care in the hospital's physician practices.

FOR MORE INFORMATION, visit southnassau.org/sn/patientportal.



One Healthy Way
Oceanside, NY 11572



Please reduce, reuse, and recycle

Healthy Recipe

Spinach Salad With Roasted Sweet Potatoes, White Beans, and Basil

In this healthy main dish salad, roasted sweet potatoes are paired with antioxidant-rich spinach, cabbage, and white beans—a good source of protein and fiber. Toss with the homemade basil dressing below or your favorite DIY vinaigrette.

Ingredients:

- 1 sweet potato peeled and diced (½-inch)
- 5 tablespoons extra-virgin olive oil, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- ½ cup packed fresh basil leaves
- 3 tablespoons cider vinegar
- 1 tablespoon finely chopped shallot
- 2 teaspoons whole-grain mustard
- 10 cups baby spinach
- 1 (15 ounce) can low-sodium cannellini beans, rinsed
- 2 cups shredded cabbage
- 1 cup chopped red bell pepper
- ⅓ cup chopped pecans, toasted

Preparation:

Step 1: Preheat oven to 425 degrees Fahrenheit

Step 2: Toss sweet potatoes, 1 tablespoon oil, ¼ teaspoon pepper, and ⅛ teaspoon salt together in a large bowl. Transfer to a large rimmed baking sheet and roast, stirring once, until tender, 30 to 40 minutes.

Step 3: Meanwhile, place basil, the remaining ¼ cup oil, vinegar, shallot, mustard, and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt in a mini food processor. Process until mostly smooth. Transfer to the large bowl. Add spinach, beans, cabbage, bell pepper, pecans, and the cooled sweet potatoes. Toss to coat.

Servings: 3 cups



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.

