



Mount
Sinai
South
Nassau

Winter 2026

Healthy Outlook

a health and wellness newsletter

Trauma Survivor Reunites With Caregivers Who Saved His Life

Dante White, 21, was home in Baldwin from college last March on spring break when he went out for a jog. As he crossed the street on his way home, a car ran a stop sign and plowed into Mr. White. He landed on the car's hood and his right arm smashed through the windshield, shredding his skin and slicing an artery in his armpit. Mr. White quickly lost consciousness and was bleeding profusely on the side of the road.

Within minutes, Nassau County Police arrived and were joined by Emergency Medical Services from the Baldwin and Oceanside fire departments. They packed his armpit wound with gauze to stop the bleeding and administered IV fluids. Paramedics then rushed Mr. White, who was in shock due to a loss of blood, to Mount Sinai South Nassau's Emergency

Department, where the Trauma Team worked urgently to save his life and preserve the use of his right arm.

"When Dante arrived in the Emergency Department, his blood pressure was very low, and when we removed the gauze packing to assess his injury, he had torrential blood loss," said Bianca Redhead, MD, critical care surgeon. "We quickly mobilized him to the OR while a resident physician had to apply pressure to the wound to try to stop the bleeding as we transported him."

Vascular surgeon Charles Sticco, DO, Director of Mount Sinai South Nassau's Wound Care Center, inserted a stent in the damaged artery, "the quickest and safest way to stop the bleeding," he said.

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College athlete Dante White, back row, center, of Baldwin, thanked the Mount Sinai South Nassau medical team, First Precinct police, and Baldwin and Oceanside emergency medical services for saving his life after he was hit by a car on his daily jog.

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Four days later, Mr. White regained consciousness in Mount Sinai South Nassau's Intensive Care Unit. He underwent seven surgeries, including at The Mount Sinai Hospital in Manhattan for specialized vascular and skin grafting procedures to restore feeling and mobility to his wrist and hand. He also received follow-up care in Oceanside at Mount Sinai South Nassau.

He and his parents were reunited in November with the Baldwin, Oceanside, and Nassau County Police Department first responders and Mount Sinai South Nassau physicians, nurses, and support staff who helped save his life. As a designated trauma center, Mount Sinai South Nassau has a team of expertly trained in-house specialists ready to respond to any emergency.

After months of occupational and physical therapy, he is back at the University of New Haven and running competitively once again.

"I was five minutes away from dying," Mr. White said. "I feel blessed and highly favored. Thank you to everybody who helped me." ■



Dante White with his parents **Theresa** and **Wayne**.

Healthy Recipe

Hearty Slow-Cooker Bean, Kale, and Barley Soup

This flavorful, protein-packed soup is warm and satisfying and chock full of veggies and nutritious ingredients. Bon Appétit!

Ingredients:

1¼ cups dried bean soup mix, without red kidney and cannellini beans	1 tablespoon Italian seasoning
½ cup dried shiitake mushrooms	1 tablespoon chopped fresh oregano
3 cups water	1 teaspoon ground pepper
8 cups vegetable broth	¾ teaspoon crushed red pepper
1 cup finely chopped yellow onion	½ teaspoon salt plus ⅛ teaspoon
1 cup finely chopped carrot	1 (4 inch) Parmesan rind
¾ cup finely chopped, scrubbed Yukon Gold potato	4 cups finely chopped curly kale
½ cup pearl barley, rinsed	½ cup chopped fresh herbs, such as flat-leaf parsley or chives, plus whole parsley leaves for garnish
¼ cup white wine	2 tablespoons lemon juice
2 tablespoons chopped fresh garlic	

Preparation:

Step 1: Combine the bean soup mix, ½ cup mushrooms and 3 cups water in a large bowl; soak for 4 hours or up to 8 hours. Pour through a fine-mesh strainer into a bowl; reserve 2 cups of the soaking water. Set aside the soaked beans. Remove and discard the mushroom stems; finely chop the mushrooms and set aside.

Step 2: Combine 8 cups broth, 1 cup onion, 1 cup carrot, ¾ cup potato, ½ cup barley, ¼ cup wine, 2 tablespoons garlic, 1 tablespoon Italian seasoning, 1 tablespoon oregano, 1 teaspoon pepper, ¾ teaspoon crushed red pepper, ½ teaspoon plus ⅛ teaspoon salt, 4-inch Parmesan rind and the reserved 2 cups soaking water, beans and chopped mushrooms in an 8-quart slow cooker. Cover and cook until the beans and potatoes are tender, 4 hours on high or 8 hours on low.

Step 3: Stir in 4 cups kale; cover and cook until the kale is tender, 10 to 15 minutes on high or 20 to 30 minutes on low. Remove and discard the Parmesan rind. Stir in ½ cup herbs and 2 tablespoons lemon juice. Top with parsley leaves and grated Parmesan cheese, if desired.

Servings: 6



Health Matters

Shoveling Snow Can Pose Heart Risks

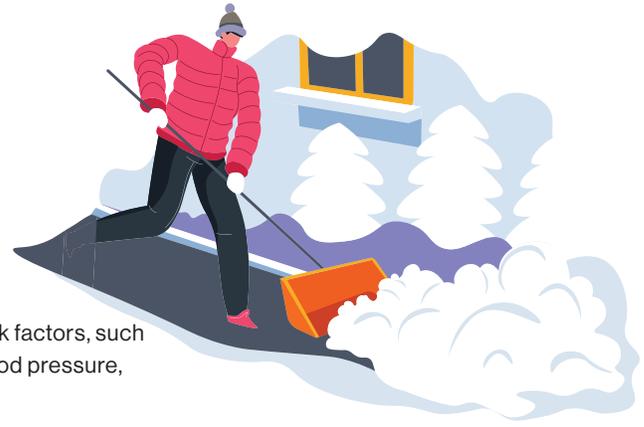
While some welcome freshly fallen snow that transforms neighborhoods into a winter wonderland, others dread the accumulation on sidewalks and driveways—especially when it's time to shovel.

Beyond being a tedious chore, snow shoveling can be dangerous and even fatal, particularly for people who do not exercise regularly or who have underlying

cardiovascular disease or risk factors, such as smoking, obesity, high blood pressure, diabetes, or high cholesterol.

According to the National Safety Council, snow shoveling is responsible for approximately 100 deaths in the United States each year.

“Snow shoveling places significant stress on the heart,” said Sunny Goel, MD, Director of Structural Heart Disease at



Mount Sinai South Nassau. “It increases heart rate and, when combined with cold temperatures, can raise blood pressure and constrict blood vessels that supply the heart. This added strain can trigger plaque rupture or blood clot formation, potentially leading to a heart attack or other serious cardiac event.”

Dr. Goel advises people to avoid shoveling snow if they have a history of heart attack, stroke, or heart surgery; are older than 45-50, particularly with a sedentary lifestyle; or have risk factors, such as hypertension, high cholesterol, diabetes, or obesity.

“If snow removal is unavoidable, individuals should first consult a physician to ensure their cardiovascular health can safely tolerate the exertion,” Dr. Goel said. ■

Meet the Doctor



Sunny Goel, MD, FACC, FSCAI, is Director of Structural Heart Disease at Mount Sinai South Nassau and an interventional and structural cardiologist with expertise in percutaneous coronary and structural heart interventions. He is board certified in cardiovascular disease, interventional cardiology, and echocardiography and is an Assistant Professor of Medicine at the Icahn School of Medicine at Mount Sinai.

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

Advancing Cardiac Care on the South Shore

Mount Sinai South Nassau has launched a philanthropic campaign in support of its mission to provide advanced cardiac care, including open heart surgery, to the residents of the South Shore and across Long Island.

Nine operating rooms in the Feil Family Pavilion are set to open this spring, paving the way for more complex procedures. The open-heart cardiac program at the Oceanside campus will be overseen by surgeons and clinical leaders from the renowned Mount Sinai Fuster Heart Hospital in Manhattan. Top surgeons

from Manhattan will be onsite in Oceanside to perform the advanced cardiac procedures.

The expansion also includes the opening of new Cardiac Catheterization and Electrophysiology labs as well as a CT-Angiography Lab. The labs, combined with three additional labs that were upgraded in 2023, will increase the hospital's capacity to meet the rising number of patients requiring cardiac catheterization and electrophysiology procedures.

Save the Date: Monday, May 11

Mount Sinai South Nassau's 42nd Golf Tournament

For more information, call the Development Office at 516-377-5360.

Proceeds will support advancing the cardiac care campaign on the South Shore.

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Get all your medical records in one place on the MyMountSinai App

Mount Sinai South Nassau patients now have quick access to their medical records all in one place on the MyMountSinai app.

In early November, Mount Sinai South Nassau joined other Mount Sinai hospitals on a single, integrated electronic health record. By downloading the patient-friendly mobile app, MyMountSinai, the hospital's patients for the first time will have access to their medical records—all on their phone.

With the free online portal, "MyMountSinai," patients can view their medical records and other health information. The system enables patients to complete multiple tasks, including scheduling or rescheduling appointments, requesting prescription refills, viewing test results and after-visit summaries, and paying medical bills online—on their phone. Medical records from other hospitals and physicians using the same electronic health record system also are available.

The secure messaging feature also allows patients to contact their health care provider, bypassing phone lines and facilitating a timely response to their questions or requests.



To get started, download the app.



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.

