



Healthy Outlook

a health and wellness newsletter

Mount Sinai South Nassau Earns an 'A' For Patient Safety from Leapfrog

Healthgrades Names Hospital Among Top 10 Percent Nationwide for Patient Safety

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A new era in cardiology begins here

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From physician to patient in the blink of an eye

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Reduce your melanoma risk with smart sun safety tips



A Message From
Adhi Sharma, MD, President

A Proud Community Partner Delivering Safer Care and a Healthier Future

At Mount Sinai South Nassau, patient safety is at the heart of everything we do. That is why I'm proud to share two important recognitions that reflect the dedication of our physicians, nurses, employees, and volunteers.

Our hospital recently earned an "A" hospital safety grade from The Leapfrog Group, the highest grade possible for patient safety. This distinction recognizes hospitals for their efforts to protect patients from errors, injuries, accidents, and infections.

In addition, we received the Patient Safety Excellence Award from Healthgrades. This recognition honors hospitals that consistently deliver high-quality, safe and efficient care and achieve outstanding outcomes.

These honors are meaningful because they reflect the work that takes place every day across our hospital. We remain committed to providing the highest level of safe, compassionate, and exceptional care for every patient who comes through our doors.

In this issue of *Healthy Outlook*, you will meet Yohannes Melaku, MD, who in the blink of an eye went from caring for patients in our Intensive Care Unit to becoming a patient after suffering a stroke. Thanks to the rapid response of his colleagues and the sophisticated care he received, Dr. Melaku has made a full recovery.

Stories like his reflect our continued investment in advanced care: upgraded facilities, leading clinicians, and cutting-edge technology that enable us to provide the highest level of stroke and cardiac services, including minimally invasive heart valve replacement and open-heart surgery. You can learn more on page three.

On pages 8 and 10, we profile two local residents who faced frightening cancer diagnoses—one with rectal cancer and the other with advanced skin cancer. Thanks to Mount Sinai South Nassau's interdisciplinary cancer treatment teams, both received timely diagnoses and up-to-the-minute treatment. Today, they are both cancer-free with excellent prognoses.

As the days (finally) grow warmer and longer, we are reminded of the importance of skin cancer prevention. On page nine, you'll learn about simple steps you and your family can take to reduce your risk of skin cancer.

For nearly 100 years, we have been a proud part of the community, supporting our neighbors through life's most important moments and helping to ensure a healthier future for all. While much has changed during the past century, our commitment to you remains the same.



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

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Writing and Design



2026 Excellence
in Writing



2025 Gold Winner



2025 Gold and
Platinum in Writing

Aster Awards
Excellence In Medical Marketing
2024 Gold Aster Award

Leading the Future of Heart Surgery



Later this year, Mount Sinai South Nassau, the Long Island flagship hospital of the Mount Sinai Health System, will launch the only advanced cardiac surgery program on Nassau County's South Shore.

The open-heart cardiac program at the Oceanside campus will be overseen by surgeons and clinical leaders from the Mount Sinai Fuster Heart Hospital in Manhattan. Top surgeons from Manhattan will be onsite in Oceanside to perform the advanced cardiac procedures.

The Mount Sinai Hospital's cardiac program was ranked No. 2 in the nation by *U.S. News & World Report* for 2025–26, outranking any existing cardiac programs on the South Shore. The *U.S. News* rankings are based on objective data like patient outcomes and survival rates.

Each year, more than 450 Long Island residents with complex heart conditions travel to hospitals outside of Nassau and Suffolk counties for advanced cardiac surgery. Starting this summer, patients can be diagnosed, treated, and cared for at Mount Sinai South Nassau in Oceanside at the new Feil Family Pavilion, featuring nine operating rooms that will support open-heart and other advanced cardiac procedures, including coronary artery bypass grafting, valve repair and replacement, and transcatheter aortic valve replacement (TAVR).

For patients at risk for traditional surgery, the minimally invasive procedure replaces a narrowed aortic valve typically inserted via a catheter in the leg.

Mount Sinai South Nassau also plans to open new Cardiac Catheterization and Electrophysiology labs as well as a CT-Angiography Lab. These additions, combined with three additional labs that were upgraded in 2023, will increase the hospital's capacity to serve the rising number of patients needing cardiac catheterization and electrophysiology procedures. The CT-Angiography Lab provides rapid diagnostic evaluations and detailed reports about the heart to expedite diagnosis and delivery of care.

To ensure that patients achieve the best possible recovery, Mount Sinai South Nassau offers an intensive cardiac rehabilitation program. Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, the program provides rehabilitation plans that are tailored to the specific needs of patients and coordinated by specialists in cardiovascular rehabilitation medicine. ■

FOR MORE INFORMATION,

visit www.mountsinai.org/locations/south-nassau or call 516-632-3670 to schedule an appointment with a Mount Sinai South Nassau cardiovascular physician.

Later this year, cardiac patients can be diagnosed, treated, and cared for at Mount Sinai South Nassau in Oceanside at the new Feil Family Pavilion, featuring nine operating rooms that will support open-heart and other advanced cardiac procedures.



Mount Sinai South Nassau Earns Top National Awards For Patient Safety

‘A’ Hospital Safety Grade From The Leapfrog Group and 2026 Patient Safety Excellence Award From Healthgrades



When patients have to be hospitalized for any reason, they often enter with a sense of trepidation. In their private thoughts, they sometimes wonder, “Am I going to be okay? How will I be treated by the staff?”

At Mount Sinai South Nassau, patients these days can rest a little easier, knowing that the hospital recently earned top national awards for patient safety from two independent national nonprofit watchdog groups.

The Leapfrog Group awarded Mount Sinai South Nassau its highest ranking of an “A” for patient safety in May, ranking it among the region’s safest hospitals.

Leapfrog uses evidence-based measures of patient safety focused on several variables, including preventable medical errors, infections, staffing, injuries, and patient satisfaction. The hospital also earned the 2026 Patient Safety Excellence Award from Healthgrades, a distinction that only 10 percent of the hospitals in the nation achieve.

“Our entire team—physicians, nurses and support staff—are focused on patient safety every day. We’ve made it a priority, and we are constantly reviewing ways to improve,” said Adhi Sharma, MD, President of Mount Sinai South Nassau. “I am extraordinarily proud of our team of more than 3,500 health care professionals for this achievement and thank them for their dedication to the well-being of our patients.”

“This really takes everyone in the hospital to achieve, especially our nursing and physician staff,” said Alan Wong, DO, Chief Medical Officer and Senior Vice President for Medical Affairs. “And it doesn’t happen overnight. We have been working toward this goal for several years now.”

“We are very pleased to see that our relentless focus on patient safety has been externally recognized,” said Joseph Fennessy,

a member of the Mount Sinai Health System’s Board of Trustees and former Chair of the Board of Directors at Mount Sinai South Nassau. “When you have to visit the hospital, in an emergency or for an elective procedure, you should rest easier knowing that patient safety at Mount Sinai South Nassau is always top of mind.”

The Leapfrog Group’s goal is to publicly report patient safety, patient satisfaction, and quality information for the benefit of consumers and referring physicians as they make decisions about where to seek care and where to direct patients.

Hospital leaders emphasized that the role of front-line clinical staff remains critical in its commitment to patient safety.

Specific nursing practices, such as infection control techniques, correct use of gloves and masks, aseptic technique, barcode scanning, and computerized order entry



“Our entire team—physicians, nurses, and support staff—are focused on patient safety every day. We’ve made quality care a priority, and we are constantly reviewing ways to improve.”

– Adhi Sharma, MD
President,
Mount Sinai South Nassau

of medications, protect patients from infection and medication administration errors while ensuring continuity of care, said Margaret Pfeiffer, MSN, RN-BC, CCRN, Vice President, Patient Care Services and Interim Chief Nursing Officer at Mount Sinai South Nassau.

“Nurses are the front-line drivers of safety outcomes,” she said. “Nurse champions adhere to evidence-based protocols and provide continuous monitoring.”

Likewise, physicians protect patients through standardized infection control and medication safety protocols, electronic health records for order entry, and structured handoffs.

The Leapfrog Hospital Safety Grade is one of several hospital ratings programs focused on preventable medical errors, infections, and injuries that results in more than 500 patient deaths each day in the United States. This program is peer-reviewed and fully transparent, and the public can access the results for free.

Hospital Also Recognized With 2026 Patient Safety Excellence Award From Healthgrades

Mount Sinai South Nassau also has earned a 2026 Patient Safety Excellence Award from Healthgrades, ranking it among the nation’s top hospitals for patient safety. Only 10 percent of hospitals across the country achieved the ranking.

Healthgrades, an independent online platform that aims to help consumers compare health care providers, evaluated approximately 4,500 hospitals nationwide across 13 patient safety indicators, each representing a serious, preventable complication. Mount Sinai South Nassau came out on top by “preventing infections, medical errors, and other preventable conditions,” Healthgrades said. Just 438 hospitals nationwide earned the top award.



Healthgrades’ annual analysis revealed significant performance gaps between the nation’s highest and lowest achieving facilities, making it increasingly important for consumers to seek care at a hospital with top safety ratings. According to Healthgrades, Medicare patients treated at Mount Sinai South Nassau from 2022 through 2024 had a lower risk of experiencing these leading complications:

- In-hospital falls resulting in fracture (52.4 percent less likely).
- Collapsed lung due to a procedure in or around the chest (57.5 percent less likely).
- Pressure sores or bed sores acquired in the hospital (71.9 percent less likely).

These statistics, which were calculated by Healthgrades’ Patient Safety Excellence Award methodology, are based primarily on data from the Agency for Healthcare Research and Quality and the Medicare Provider Analysis and Review file produced by the Centers for Medicare & Medicaid Services, a nationwide dataset of Medicare Part A inpatient hospital and skilled nursing facility stays.

Mount Sinai South Nassau has also received the Healthgrades America’s 100 Best Hospitals for Coronary Intervention Award for the third consecutive year and the Healthgrades America’s 100 Best Hospitals for Orthopedic Surgery Award. Additionally, it is a recipient of numerous other quality and safety awards, including 10 *U.S. News & World Report* “High Performing” ratings for chronic obstructive pulmonary disease, colon cancer surgery, diabetes, heart attack, heart failure, hip fracture, kidney failure, pneumonia, maternity, and leukemia, lymphoma, and myeloma.

“These top awards from Leapfrog and Healthgrades is a reflection of our relentless focus on patient safety and clinical excellence,” said Dr. Wong. “It speaks to the dedication of our physicians, nurses, and care teams who work every day to prevent infections, reduce medical errors, and ensure the highest quality care for every patient we serve.” ■

Stroke Patient Saved by Quick Clot Retrieval Using Minimally Invasive Procedure

One Friday last October began like any other for Yohannes Melaku, MD, 54. The Mount Sinai intensivist and nephrologist was caring for patients in the hospital's ICU when a sudden wave of nausea hit him. As he walked to the restroom, his left leg felt unusually heavy.

"My left leg was dragging like I was dragging a heavy rock," he recalled. "While I was in the bathroom, the heaviness in my left leg got worse...I was shuffling. I thought it was something transient and that it would pass, but my leg felt heavier and heavier. Then I knew this must be serious."

As he began feeling "cloudy," he said he yanked on the emergency pull cord to call for help. ICU personnel pounded on the restroom door and then unlocked it to render aid to their colleague, rushing him to the Emergency Department.

A CT and MRI confirmed the diagnosis: a stroke in the right carotid artery caused by a blood clot. That day, Dr. Melaku had become one of the nearly 700,000 Americans to experience a stroke each year.

Within minutes, doctors rushed him to the hospital's Radiology Department, where M. Travis Caton Jr., Assistant Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai and an interventional neuroradiologist, and Jonathan Sisti, MD, Assistant Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai and a cerebrovascular and endovascular neurosurgeon in the Department of Neurosurgery at the Mount Sinai Cerebrovascular Center, performed a thrombectomy. During the minimally invasive procedure, they guided a catheter equipped with a specialized tool through Dr. Melaku's blood vessels to remove the clot and restore blood flow to his brain, reducing the risk of permanent tissue damage or death.

"He had a complete occlusion of his right internal carotid artery, which normally provides blood flow to 40-45 percent of the brain," said Dr. Sisti. "Historically, that diagnosis—without thrombectomy—carries a mortality rate between 40-60 percent."

After recovering from the stroke, Dr. Melaku is back in the ICU—this time, not as a patient, but as a medical provider with a new outlook on illness, patient care, and life.

Yohannes Melaku, MD, center, Critical Care Physician, is back to work after experiencing a stroke while visiting his patients in the Mount Sinai South Nassau Intensive Care Unit. He is joined by his neurology care team, from left, Joseph Merims, RN, Interventional Radiology; Jonathan Sisti, MD, Cerebrovascular and Endovascular Neurosurgeon; M. Travis Caton, Jr., MD, Interventional Neuroradiologist; and Robert Croes, RN, Assistant Nurse Manager, Interventional Radiology.



"The time from the start of symptoms to intervention is extremely important," he said. "As soon as the procedure was over, I regained all my function. I am 100 percent and have no residual weakness. If I had not gotten care in time, I would have been clinically disabled. It would have been disastrous."

Alan Wong, DO, Chief Medical Officer and Senior Vice President at Mount Sinai South Nassau, echoed Dr. Melaku's assessment.

"Behind every neurological diagnosis is a patient whose life has changed in an instant," Dr. Wong said. "Expanding our services allows us to bring cutting-edge treatments and multidisciplinary expertise together to deliver the highest level of care."

While Dr. Melaku's medical training helped him to promptly recognize the seriousness of his symptoms, he said physicians can become desensitized to seeing illness through daily exposure and feel invulnerable.

"As physicians, we think of ourselves as invincible. Sickness is someone else's problem," he said. "It could happen to anyone—irrespective of your identity as a physician."

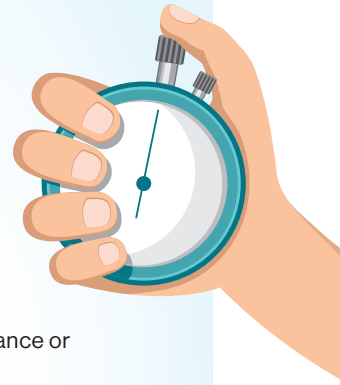
The stroke also helped him to realize the importance of demonstrating compassion toward patients.

"The doctors followed up with me to see how I was," he said. "I realized personally that the idea of connecting with patients means a lot."

Since the stroke, Dr. Melaku is maintaining tighter control of his blood pressure. Besides that, he has taken his exercise routine up a notch, dropped a few pounds, and cut down on salt.

"I'm probably one of the luckiest persons in the world," he said. "The doctors and nurses really impressed me. They are highly skilled and very caring...This experience helped me appreciate the power of modern medicine." ■

Stroke? Don't wait! BE FAST



Stroke is an emergency.
Be aware of the signs of a stroke:



B **Balance**
Sudden loss of balance or coordination.



E **Eyes**
Sudden blurred or double vision, or sudden vision loss.



F **Face**
One side of the face droops or feels numb; uneven smile.



A **Arms**
One arm feels weak or numb; inability to raise both arms evenly.



S **Speech**
Slurred or confused speech; difficulty speaking or understanding.



T **Time**
Time to call emergency services immediately (every second counts).

Meet the Doctors



M. Travis Caton Jr., MD, an Assistant Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai, 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 in Boston. He was fellowship trained in diagnostic neuroradiology and neurointerventional radiology/neurointerventional surgery at the University of California, San Francisco.

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



Jonathan Sisti, MD, an Assistant Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai, is a cerebrovascular and endovascular neurosurgeon. He earned a medical degree from Columbia University, College of Physicians and Surgeons, and trained in a combined neurosurgery residency and neuroendovascular surgery fellowship at NewYork-Presbyterian/Columbia University Irving Medical Center. He also completed a neuroendovascular surgery fellowship at the Mount Sinai Health System. To further his expertise in the field, he fulfilled the requirements of a minimally invasive cranial and skull base surgery fellowship at the Keck School of Medicine of the University of Southern California in Los Angeles.

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

Overcoming Stage III Melanoma

After years of sunbathing without sunscreen as a teenager, Michele DiGraziano never missed her annual full-body skin exam at the dermatologist. Her screenings had always been routine, with no concerning findings. But in February 2024, a biopsy of a suspicious looking mole on the back of the Wantagh mother's knee revealed melanoma.

Ms. DiGraziano, then 49, was referred to Mount Sinai South Nassau surgical oncologist Eric Seitelman, MD, who focuses on melanoma and other skin cancers, for an evaluation. During the exam, he found an enlarged lymph node in her groin, indicating the cancer had spread, and ordered an MRI, a PET scan, and another biopsy of the mole.

Her diagnosis: stage III melanoma. "The plan was to start her on immunotherapy and then remove the melanoma and superficial lymph nodes in her groin," Dr. Seitelman said.

For Ms. DiGraziano, it was then that the full weight of the cancer diagnosis became overwhelmingly clear.

Meet the Doctor



Eric Seitelman, MD, FACS, is a surgical oncologist, who specializes in general surgical oncology and focuses on melanoma, other skin cancers, soft tissue tumors, and breast cancer. He is board certified in surgery and is the Director of

the Surgical Residency program at Mount Sinai South Nassau. Dr. Seitelman earned a medical degree from the Gray Faculty of Medical and Health Sciences in Tel Aviv, Israel, and completed a general surgery residency at Nassau University Medical Center. He was fellowship trained in surgical oncology at Virginia Commonwealth University in Richmond, Virginia.

TO SCHEDULE AN APPOINTMENT

with Dr. Seitelman, call 877-SOUTH-NASSAU (877-768-8462).



Patient Michele DiGraziano, of Wantagh, relaxes with Shelby, her five-year-old cockapoo.

"At that point, the seriousness of the diagnosis became real," she said. "Dr. Seitelman wanted to make sure all my questions were answered, and he said while this could be very serious, the outcome could still be very positive, since they now have very effective treatments for this disease."

Prior to surgery, Ms. DiGraziano consulted with medical oncologist Philip Friedlander, MD, PhD, who specializes in skin cancer at The Mount Sinai Hospital and Valerie Kremer, MD, a Mount Sinai South Nassau hematologist/oncologist. She underwent two rounds of immunotherapy, Dr. Seitelman said, and met with a specialist at Mount Sinai South Nassau Physical Medicine and Rehabilitation who fitted her with special shorts to limit lymphedema or swelling in her leg typically caused by the removal of lymph nodes.

In May 2024, Dr. Seitelman removed the melanoma and some of the superficial lymph nodes in her groin, employing techniques to limit lymphedema. Her recovery also included eight weeks of lymphatic massage therapy with a Mount Sinai South Nassau physical therapist to ease mild leg swelling.

Today, Ms. DiGraziano, 51, is cancer-free. She continues to undergo exams with her dermatologist and Dr. Seitelman along with regular PET/CT scans and MRIs. Grateful to her medical team, she said she feels fortunate to be in their hands.

"The treatment I received at Mount Sinai South Nassau was so amazing," she said. "Dr. Seitelman and his team take a very personal interest in their patients, explain everything in detail, and truly care." ■

Health Matters

Sun Safety Starts Here:

Preventing Melanoma

Don't become one of the estimated nearly 235,000 new cases of melanoma that will be diagnosed this year.

Excess exposure to UV radiation from sunlight or use of indoor tanning increases your risk for all skin cancer types, including melanoma, as does a personal history of the disease, said Eric Seitelman, MD, FACS, Surgical Oncologist at Mount Sinai South Nassau. "Melanoma is a serious type of skin cancer because it can spread quickly and metastasize to other parts of the body," he said.

Protect Your Skin From the Sun

About 20 minutes before going out in the sun, apply a golf-ball size amount of broad-spectrum sunscreen with an SPF of 30 or higher to your exposed skin. Reapply sunscreen every two hours or after swimming, sweating, or towel drying.

Do You Know the ABCDEs of Melanoma?

Schedule a skin exam with a dermatologist every year. Also, perform regular skin self-exams to help spot skin cancer early—when it's most treatable. If you're unsure if a mole looks suspicious, check with your doctor.



ABCDEs of Melanoma

				
A is for Asymmetry	B is for Border	C is for Color	D is for Diameter	E is for Evolving.

One half of the spot is unlike the other half.

The spot has an irregular, scalloped, or poorly defined border.

The spot has varying colors from one area to the next, such as shades of tan, brown, or black, or areas of white, red, or blue.

Melanomas are typically the size of a pencil eraser when diagnosed, yet they can be smaller.

The spot looks different from others or is changing in size, shape, or color

Source: American Academy of Dermatology



At the colorectal cancer awareness event on Wednesday, March 4, from left, Dean Pappas, MD, MBA, FACS, FASCRS, Chief of Colon and Rectal Surgery; Grace Halleran, PA-C; grateful patient Althea Harry, of Freeport; and Frank Caliendo, MD, FACS, FASCRS, Director, Colon and Rectal Surgery.

Blood in Her Stool Was a Sign She Did Not Ignore

Althea Harry, 73, has colorectal cancer in her bloodline. After her mother was diagnosed with the disease in her 70s, Ms. Harry became more proactive about her health. In July 2023 when she spotted blood in her stool, she knew it was time to act.

After the Freeport resident’s gynecologist performed a rectal exam and noticed blood, she referred her to a gastroenterologist who found a suspicious rectal mass during a colonoscopy.

Ms. Harry’s Mount Sinai South Nassau primary care physician, Neal Soskel, DO, referred the accountant to Frank Caliendo, MD, FACS, FASCRS, Director of Colorectal Surgery at the hospital, who confirmed the suspicious growth was

stage II rectal cancer—a disease that now accounts for nearly one third of all colorectal cancer diagnoses, according to the American Cancer Society.

“In that moment, everything changed,” the grandmother recalled. “The impact on me and my family was devastating.”

Dr. Caliendo recommended she consult with Mount Sinai South Nassau’s Leester Wu, MD, Director of Radiation Oncology, and oncologist Abhinav Rohatgi, MD, for radiation and chemotherapy treatment.

Months later, in June 2024, Dr. Caliendo removed the diseased section of Ms. Harry’s rectum, reconnected the remaining healthy parts of the intestine, and created a temporary opening, called an ostomy, in the abdomen so that waste exited into a bag outside her body. Luckily, her rectal cancer had not spread. By September of that year, he reversed her ostomy, marking the completion of her treatment.

“While a diagnosis of stage II rectal cancer is never easy to hear, her case was identified at a point where we had very effective treatment options,” Dr. Caliendo said. “Her body responded exactly the way we hoped it would, and follow-up evaluations show no evidence of disease. Based on everything we’re seeing, her prognosis is excellent.”

Ms. Harry’s story is one of vigilance. Every year, she undergoes a colonoscopy, every three months, she has blood tests, and twice a year she follows up with Dr. Caliendo.

Today, she remains cancer-free and credits her compassionate medical teams for her survival.

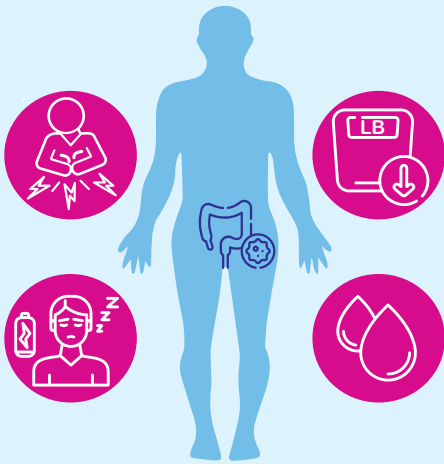
“Because of the caring attitude of Dr. Caliendo and how he addressed my problem, I didn’t feel I needed another opinion,” Ms. Harry said. “He made me feel like we are going through this together and that I can conquer this...It was a pleasant journey because of the people I encountered in the office and at the hospital.” ■

Meet the Doctor



Frank Caliendo, MD, FACS, FASCRS, is Director of Colorectal Surgery at Mount Sinai South Nassau and is board certified in surgery and colon and rectal surgery. He graduated from Chicago Medical School and completed a surgical residency at Long Island Jewish Medical Center/Northwell Health. He was fellowship trained in colon and rectal surgery at the Robert Wood Johnson Medical School in New Brunswick, New Jersey.

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



Early Signs and Symptoms of Colorectal Cancer

- Change in bowel habits (diarrhea/constipation).
- Blood in stool.
- Narrowed stool.
- Abdominal discomfort.
- Unexplained weight loss and fatigue.

Symptoms lasting more than two weeks require medical attention.

When Should You Have Colorectal Cancer Screening?

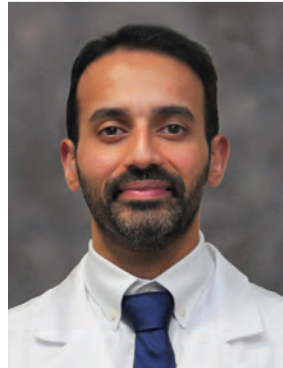
If you are at average risk of colorectal cancer, regular screening (e.g., colonoscopy, stool tests) starting at age 45 can detect and remove precancerous polyps.

High-risk individuals, including those with a family history of colorectal cancer, personal history of polyps, inflammatory bowel disease, or genetic syndromes (e.g., Lynch syndrome), should start colonoscopy screening before age 45 or earlier than 10 years before the youngest affected relative's diagnosis.

If you are obese, smoke, drink alcohol, or consume large amounts of red or processed meats, check with your doctor about when and how you should begin screening for colorectal cancer.

Practice Spotlight

Gastroenterologist Joins Mount Sinai South Nassau Staff



Bhanu Singh, MD, is the Assistant Medical Director of the Center for Interventional Endoscopy at Mount Sinai South Nassau.

Dr. Singh earned a medical degree from the American University of Antigua College of Medicine. He completed a residency in internal medicine and a fellowship in gastroenterology at New York City Health + Hospitals/Elmhurst, where he served as

Chief Fellow. His training also included a second fellowship in advanced therapeutic endoscopy at Virginia Commonwealth University.

Double board certified in internal medicine and gastroenterology, he is a member of the American College of Gastroenterology, the American Gastroenterological Association, and the New York Society for Gastrointestinal Endoscopy. Dr. Singh serves as a teaching attending for medical students, residents, and fellows at Mount Sinai South Nassau.

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

**Save the Date:
November 7, 2026**

Soirée Under the Stars

The Lannin, Eisenhower Park, East Meadow

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

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

bringingheart home

Be a Lifesaver—Donate Today

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One Healthy Way
Oceanside, NY 11572



Please reduce, reuse, and recycle

Healthy Recipe

Grilled Ratatouille Salad

This fresh and seasonal salad brings together grilled vegetables, herbs, and a light dressing for a flavorful dish that welcomes spring with every bite.

Ingredients:

- 1 red pepper, quartered
 - 1 small eggplant, sliced into ¼-inch-thick rounds
 - 1 medium zucchini, sliced lengthwise into ¼-inch-thick rounds
 - 1 pound Campari or plum tomatoes, halved
 - 3 tablespoons olive oil
 - 1 tablespoon red wine vinegar
 - 4 cups baby arugula
 - ¼ cup fresh basil, leaves torn
 - 1 clove garlic
 - ½ cup Sicilian olives, cut into thin slices
 - ½ cup shredded mozzarella or Parmesan cheese
 - 2 thick slices of sourdough bread
- Salt and pepper to taste

Preparation:

Step 1: Heat grill to medium-high.

Step 2: In a large bowl, toss the vegetables with 2 tablespoons olive oil and ½ teaspoon each salt and pepper.

Step 3: Grill until lightly charred and tender, 3 to 4 minutes per side. Only 1 to 2 minutes for the tomatoes. Transfer the vegetables to a cutting board and chop into bite-size pieces.

Step 4: Toss vegetables with arugula, basil, vinegar, and remaining olive oil. Spoon salad and dressing over the bread and top with mozzarella or Parmesan cheese.

Serving size: 2



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.

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