Summer 2026

Mount Sinai South Nassau

Healthy Outlook

a health and wellness newsletter

Expanding Lifesaving Technologies to Treat Strokes and Vascular Disorders

Mount Sinai South Nassau is expanding its lifesaving treatment programs for stroke, aneurysm, and clot removal.

"The newly installed biplane imaging machine allows a 3D view so our team of neurologists can better detect and repair damaged or blocked blood vessels in the brain, neck, and spine," said Joshua Kugler, MD, Interim President of Mount Sinai South Nassau.

Mount Sinai South Nassau's specialists use diagnostic techniques, including carotid artery ultrasound, advanced MRI and CT imaging, spinal myelography, and catheter angiography to evaluate vascular disorders of the brain, neck, and spine. The biplane angiography system provides detailed imaging to help specialists diagnose and treat stroke and other vascular conditions. M. Travis Caton Jr., MD, Interventional Neuroradiologist, and his team specialize in minimally invasive surgical procedures using ultra-thin catheters, including:

- Mechanical thrombectomy to remove large blood clots that can cause major stroke.
- Endovascular coiling to close off blood flow into an aneurysm or treat bleeding.
- Stent-assisted aneurysm treatment, a minimally invasive repair of complex aneurysms.
- Stenting and angioplasty to prevent injury and symptoms from plaque or narrowing of arteries and veins.
- Microvascular clipping to seal off an aneurysm.
- Targeted embolization to treat abnormal connections between arteries and veins, including arteriovenous malformation, arteriovenous fistula, and bleeding in the brain.



M. Travis Caton Jr., MD, Interventional Neuroradiologist at Mount Sinai South Nassau, prepares the biplane for patient imaging. The biplane allows physicians to pinpoint brain clots for retrieval after a stroke and is part of the hospital's $10 million upgrade of its Comprehensive Stroke Program.

Mount Sinai South Nassau is designated a regional Stroke Center by the New York State Department of Health and is seeking Thrombectomy-Capable Stroke Center designation from The Joint Commission. It is accredited in vascular testing by the Intersocietal Accreditation Commission and holds The Joint Commission Gold Seal of Approval™ Certification in Stroke Care.

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

Mount Sinai South Nassau Names Veteran Physician Leader Joshua Kugler, MD, MHCM, as Interim President



Joshua Kugler, MD, MHCM, a long-time physician leader at Mount Sinai South Nassau, Navy veteran, and former Emergency Department Chair, has been named Interim President of the hospital. He succeeds Adhi Sharma, MD, who retired as President on Wednesday, July 1.

"My focus will be to continue to expand advanced services for our patients on the South Shore of Nassau County while ensuring the safety and well-being of our patients and staff," Dr. Kugler said. "With the opening of nine new operating rooms, 40 new critical care beds, and a completely renovated and expanded Emergency Department, our hospital is well positioned to meet the future needs of the Long Island communities we serve. I am honored to lead our team during this critical time."

Dr. Kugler, who has nearly a quarter-century of clinical and administrative experience at Mount Sinai South Nassau, will work closely with John Pohlman, Chief Financial Officer and Chief Operating Officer; Alan Wong, DO, Chief Medical Officer; and the organization's senior management team and clinical leaders to build upon the strong foundation established by Dr. Sharma.

Dr. Kugler began his career at Mount Sinai South Nassau in 2001 as an emergency medicine physician. In 2004, he was appointed Clinical Chair of the Department of Emergency Medicine, and from 2007-2009, he served as the hospital's Chief Medical Officer, resuming his role as Clinical Chair from 2010 until 2020.

He earned a medical degree from the University of Pittsburgh School of Medicine and a Master of Health Care Management from Harvard University. Following a general surgery internship at Walter Reed National Military Medical Center, he pursued his residency training in emergency medicine at North Shore University Hospital (renamed Northwell Health), where he served as Chief Resident.

The leadership transition marks the conclusion of an accomplished tenure for Dr. Sharma, whose nearly five years as president were defined by significant growth, expanded clinical services, continued integration with the Mount Sinai Health System, facility modernization, and a commitment to expanding patient care.

Under his leadership, the hospital expanded its neuroscience program, including stroke and neurological care, and enhanced its ability to quickly diagnose and treat patients with complex conditions. The new Fennessy Family Emergency Department welcomed its first patients to an expanded facility last year after a $50 million, five-year renovation designed to reduce wait times and improve patient experience for one of Long Island's busiest emergency departments. The new Emergency Department is as long as a football field and can see approximately 75,000 patients annually.

The newly constructed, four-story Feil Family Pavilion features spacious operating rooms along with expanded critical care units fully equipped with advanced monitoring technology, designed to usher in advanced procedures, including open-heart surgery, a first for the South Shore of Nassau County. The planned launch of the open-heart program later this year will bring world-leading cardiac surgeons from Mount Sinai Fuster Heart Hospital in Manhattan to the Oceanside campus, reducing the need for patients and their families to travel to New York City or to the North Shore for specialized treatment.

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>
> **– Joshua Kugler, MD, MHCM**
> Interim President

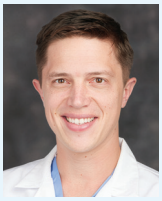
During Dr. Sharma's tenure, the hospital strengthened its reputation as a leader in patient safety and quality, evidenced by an "A" rating it received from The Leapfrog Group for patient safety and a Healthgrades Patient Safety Excellence Award. The hospital also earned recognition from *U.S. News & World Report* with nine service areas earning a "High Performing" rating.

"The team at Mount Sinai South Nassau is exceptional," Dr. Sharma said. "I have worked at many hospitals during my career, but the clinical and administrative leadership at Mount Sinai South Nassau, along with the support staff and our advisory board leadership, keep patients at the forefront of everything we do. Even though we are part of a very large and renowned health system, Mount Sinai South Nassau has retained a family-oriented culture. You can feel it when you walk the halls. It's tangible. People look out for each other and for our patients. It has been a highlight of my career to serve as president. I am deeply grateful for all the support I received from the senior leadership team, clinical staff, stakeholders, board members, and the community. I leave confidently knowing the team will carry on with the best interest of the hospital and community in mind." ■

New Neurosurgical Team Strengthens Advanced Cerebrovascular Care



John K. Houten, MD, FAANS, FCNS, is Director of Neurosurgery at Mount Sinai South Nassau and Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai. After earning a medical degree from New York University's School of Medicine, he completed a general surgery internship and residency in neurosurgery at NYU-Langone, where he was fellowship trained in spinal surgery. He is board certified in neurosurgery.



M. Travis Caton Jr., MD, is an Assistant Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai. He specializes in neurointerventional surgery and diagnostic neuroradiology and is board certified in radiology. Dr. Caton earned a medical degree from Columbia University Vagelos College of Physicians and Surgeons and completed an internship in internal medicine and a residency in diagnostic radiology at Brigham and Women's Hospital. He was fellowship trained in diagnostic neuroradiology and neurointerventional radiology/ neurointerventional surgery at the University of California, San Francisco.



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 Vagelos 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. He also has expertise in stereotactic radiosurgery, including Gamma Knife, which offers non-invasive treatment options for a variety of disorders.



Joseph Y. Yoon, MD, MSc, MAEd, is a neurocritical care and neuroendovascular surgeon. Dr. Yoon earned a medical degree from Chicago Medical School at Rosalind Franklin University of Medicine and Science and completed an internship in internal medicine and a residency in neurology at Mass General Brigham in Boston. He was fellowship trained in neurocritical care and neuroendovascular surgery at the Mount Sinai Health System.

TO SCHEDULE AN APPOINTMENT with any member of Mount Sinai South Nassau's cerebrovascular team, call 877-SOUTH-NASSAU (877-768-8462).

Health Matters

Eight Ways to Protect Your Brain and Blood Vessels



Healthy brains start with heart-smart habits. Keep your brain healthy and lower your risk of stroke and heart attack by following these steps recommended by Jonathan Sisti, MD, Assistant Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai and a cerebrovascular and endovascular neurosurgeon at Mount Sinai South Nassau.

1. **Exercise regularly.** Aim to exercise 30 to 60 minutes several times a week. Exercise benefits your blood vessels and brain.
2. **Get plenty of sleep.** Try to sleep at least seven to eight hours each night.
3. **Eat a Mediterranean diet.** A Mediterranean diet emphasizes plant-based foods, such as fruits, vegetables, whole grains, nuts and seeds, and healthy fats like avocado and olive oil.
4. **Keep your blood vessels healthy.** Regularly check your blood pressure and cholesterol. Limit salt, unhealthy saturated fats, and alcohol consumption. Don't smoke.
5. **Lose weight.** Obesity raises your risk of having a stroke.
6. **Control blood sugar.** Be sure to treat your diabetes. High blood sugar silently damages blood vessels over time, making clots more likely to form inside them.
7. **Manage stress.** Chronic stress can increase inflammation and blood pressure. Practice stress-reduction techniques.
8. **Take charge of your health.** Schedule regular check-ups.

Mount Sinai South Nassau

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Healthy Recipe

Chopped Asian Salad With Orange-Sesame Miso

This colorful salad features a medley of veggies and a creamy miso dressing that can be assembled in 20 minutes. It's a perfect side dish or light main course.



Ingredients:

Salad:

- 6 cups shredded green and red cabbage or coleslaw mix
- 1 cup matchstick carrots
- 1 red bell pepper, julienned
- 1 cup chow mein noodles
- ¾ cup shelled edamame
- ½ cup fresh cilantro leaves, roughly chopped
- ¼ cup thinly sliced green onion
- Kosher salt to taste
- Optional garnish: toasted sesame seeds

Orange-Sesame Miso Dressing

- ¼ cup fresh orange juice from one orange
- 2 tbsp. tahini
- 2 tbsp. rice vinegar
- 1 tbsp. white miso paste
- 1 tbsp. honey
- 1 tbsp. toasted sesame oil

Preparation:

Step 1: Prepare dressing by combining all ingredients in a medium bowl or glass jar. Use an immersion blender, frother, or whisk to mix until smooth and creamy.

Step 2: Combine all salad ingredients in a large bowl and lightly season with kosher salt. Pour dressing over top and toss to combine. Add shredded rotisserie chicken, shrimp, or cubes of sauteed extra-firm tofu to boost protein. Garnish with toasted sesame seeds, if desired.

Servings: Two 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.