



Healthy Outlook

a health and wellness newsletter

Heart Healthy Recipe

Cool Off With a Refreshing Tropical Fruit Yogurt Smoothie

With temperatures and humidity climbing, you may want to reach for a refreshing breakfast or light lunch. This tropical fruit smoothie rich in vitamin C and protein is healthy and delicious and only takes 10 minutes to prepare. Adding protein powder not only adds thickness but helps you feel satiated longer.

Ingredients:

- 6 ounces plain nonfat Greek yogurt (if you prefer a sweeter smoothie, use vanilla fat-free yogurt)
- 1 cup frozen mango chunks
- 1 frozen banana, sliced
- 1/3 cup vanilla protein powder
- 1/2 cup 100 percent pineapple juice
- 1 cup unsweetened vanilla almond milk

Preparation:

Step 1: Place yogurt, mango, banana, and protein powder in blender.

Step 2: Add juice and almond milk.

Step 1: Blend for about 45 seconds or until mixture is smooth.

Note: If smoothie is too thick for your liking, add more juice or milk to desired consistency.

Servings: 2



SATURDAY,
OCTOBER 4
The Lannin, Eisenhower Park

*Soirée
Under
the
Stars*

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Mount Sinai South Nassau Opens New, Expanded Intensive Care Unit

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The private, new and enlarged Intensive Care rooms, pictured above, are equipped with advanced technologies and are designed to enhance patient care and safety.

Inset: Alan Wong, DO, second from left, Chief Medical Officer, Mount Sinai South Nassau, and Pavel Gozenput, MD, third from left, Director of Mount Sinai South Nassau's Institute for Critical Care Medicine, are joined by the Intensive Care Unit's seasoned clinical team, who provide severely ill and injured patients expert round-the-clock care.

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.



To find a doctor, visit mountsinai.org/southnassau.

New, Expanded Intensive Care Unit

Natural light streams into the spacious rooms. Comfortable chairs. A couch that can be converted to a bed. If not for all the high-tech medical equipment in the room, it might be mistaken for a hotel suite.

Mount Sinai South Nassau opened 20 new rooms of its Surgical Intensive Care Unit in July, ushering in a new era of leading-edge care for our most critically ill patients.

The patient floor, known officially as the Surgical Intensive Care Unit, located on the third floor of the new Feil Family Pavilion on Oceanside Road, not only features more beds, but larger rooms, updated technology, and a unique layout designed to bring nursing and support staff closer to patients and their families.

“Opening our new and expanded intensive care unit marks a significant step forward in delivering exceptional care to our most critically ill patients,” said Mount Sinai South

Nassau President Adhi Sharma, MD. “With advanced technology at the bedside and thoughtful amenities for families, this space reflects our unwavering commitment to healing, innovation, and compassionate support.”

The new space more than doubles the square footage of the former critical care units and houses 20 surgical critical care suites, including one airborne isolation room; eight cardiothoracic critical care beds; eight neurology and surgical ICU beds; and four adaptable beds designed to accommodate a range of specialized critical care needs.

Another 20 new ICU beds, located on the fourth floor of the Feil Family Pavilion, are scheduled to open later in the fall. Next year, nine expanded operating rooms come online in the Feil Family Pavilion, allowing for the most advanced cardiac care procedures to be performed on the Oceanside campus, without having to transfer patients to Manhattan.

The enlarged ICU patient rooms—with advanced ventilation systems engineered to aid infection



Adhi Sharma, MD, center, President, Mount Sinai South Nassau, was joined by critical care staff to mark the opening of the expanded Intensive Care Unit in the new Feil Family Pavilion in Oceanside.



The family waiting area provides a soothing and supportive environment for loved ones during their time of need. It is equipped with additional outlets to charge devices, a nourishment area with complimentary juice, light snacks, and a water dispenser.



Mount Sinai South Nassau's Intensive Care Unit has increased the number of beds, upgraded technologies, and modernized the care environment.

control—are designed to support critical care and are equipped with the latest in technology, including ventilators, in-room dialysis, IV pumps, monitoring systems, patient lifts, and specialized beds to reduce the risk of pressure injuries and to assist with safe patient handling.

Each day, health care professionals, from physicians and nurses to respiratory therapists and pharmacists to dietitians and social workers, conduct interdisciplinary rounds on the unit and collaborate to adjust care plans. Central nursing stations have been replaced by bedside charting pods designed to enhance patient care and keep the clinical team close at hand.

The rooms offer natural daylight and family-friendly accommodations, including a sleeper sofa and seating for loved ones, to foster a healing, home-like environment. In place of curtains, “switch glass”—which changes from transparent to opaque with the touch of a button—has been installed to maintain patient privacy and dignity. ■



Expanded patient rooms are fully equipped with advanced monitoring technology, enhanced privacy, and comfortable spaces to accommodate critical care needs and family support.

“With advanced technology at the bedside and thoughtful amenities for families, this space reflects our unwavering commitment to healing, innovation, and compassionate support.”

— Adhi Sharma, MD
President, Mount Sinai South Nassau