



South Nassau Officially Becomes Long Island Flagship Hospital of the Mount Sinai Health System

Move to Provide Broader Access to Advanced Care and Innovative Clinical Trials

South Nassau Communities Hospital and the Mount Sinai Health System have finalized a partnership, making South Nassau Mount Sinai's flagship hospital on Long Island in a move designed to bring advanced level health care to the South Shore of Nassau County and to Long Island. South Nassau Communities Hospital in Oceanside becomes part of the Mount Sinai Health System, one of the largest academic health systems in the nation.

Mount Sinai and South Nassau are positioned to expand access to innovative approaches in patient care, treatment and research to the communities of Long Island. The comprehensive agreement has received enthusiastic support from the boards of directors of both institutions and signifies a commitment to transform care delivery by providing the highest quality of care and health management for all populations.

"Our collective goal is to provide the highest quality of care to patients on Long Island," said Kenneth L. Davis, MD, president and CEO of Mount Sinai Health System. "By extending tertiary-level hospital services to South Nassau, we are able to complement our existing network of talented clinicians and facilities in order to better serve the community."

"Mount Sinai is a world-class institution with a leading medical school, and this partnership will allow our patients to have access to some of the top physicians and most advanced treatments available," said Richard J. Murphy, South Nassau's president and CEO. "It also will help South Nassau reach the

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next level in our role as a growing regional medical center.”

As part of the relationship, Mount Sinai will provide \$120 million to help expand South Nassau’s campus and services, including plans for a new four-story addition in Oceanside with an expanded Emergency Department, new intensive care beds and surgical suites.

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— *Kenneth L. Davis, MD,
president and CEO
Mount Sinai Health System*

“Our partnership with Mount Sinai provides a once-in-a-lifetime opportunity to combine their comprehensive network of coordinated primary, acute and specialized health care services, along with an internationally renowned school of medicine, with the health care needs of the communities we serve,” said Joseph J. Fennessy, chairman of South Nassau’s board of directors. “Mount Sinai is about advancing the science of medicine while

improving patient outcomes, which is why this is a good fit with South Nassau’s culture. Patients on Long Island should not have to travel to Manhattan for world-class care.”

“Over the past 10 months we have been working diligently to prepare to combine Mount Sinai’s academic, clinical, and research expertise with South Nassau’s community-based care,” said Arthur Klein, MD, President of the Mount Sinai Health Network. “Already, Mount Sinai specialists are collaborating with physicians at South Nassau to provide more specialized, advanced care. We are also working together to secure important new recruitments. Mount Sinai and South Nassau have received approval for a new allopathic internal medicine residency program, to advance the academic mission of South Nassau Communities Hospital and to ensure a dedicated physician work force. Our vision is to provide seamless, high-quality integrated care to patients.”

South Nassau’s board of directors announced their plans with Mount Sinai in January 2018 after having signed a nonbinding letter of intent in May 2017. During the past 10 months, Mount Sinai and South Nassau have worked together to

combine Mount Sinai’s academic, clinical, and research expertise with South Nassau’s award-winning community-based care, particularly in the areas of heart and cancer treatments.

South Nassau’s board of directors will be retained and direct the day-to-day operations of the Oceanside campus. The South Nassau and Mount Sinai boards will share representation on each other’s boards with South Nassau’s chairman, Mr. Fennessy, serving on the Mount Sinai Executive Committee.

This has been approved by the New York State Department of Health, New York State Attorney General and the New York State Department of Education. It has also won the support of local community leaders and elected officials who welcome Mount Sinai to Long Island.

The Mount Sinai Hospital is ranked No. 18 nationally in the 2017-2018 “Best Hospitals” issue of *U.S. News & World Report*, and is ranked nationally in 10 adult medical specialties. South Nassau operates the only Trauma Center on the South Shore of Nassau County, along with Long Island’s

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Patient Bill Regan with, from left, Robin Varghese, MD, associate professor of the Department of Cardiovascular Surgery at the Icahn School of Medicine at Mount Sinai and director of Cardiovascular Critical Care at Mount Sinai; Pilar Stevens-Haynes, MD, chief of Echocardiography, Center for Cardiovascular Health at South Nassau; and Jason Freeman, MD, director of Interventional Cardiology at South Nassau.

South Nassau and Mount Sinai Laser-focused on The Continuum of Care

By all accounts, Bill Regan, 67, was a model patient. Every six months, the retired financial services executive would schedule a physical with his primary care physician; and every year, he would have annual checkups with his cardiologist. He dutifully took his prescribed medications for high blood pressure and high cholesterol.

Frustrated by the inefficiencies of his primary care physician's office to renew his prescriptions, the Massapequa father decided to try a new primary care physician at South Nassau Primary Care at Bellmore.

On March 15, during his first visit to Carolyne McHyman, DO, Regan provided the details of his medical history that included a carotid endarterectomy, a surgical procedure to clear blockages in the carotid artery in the neck, and having smoked for 25 years. The former smoker told Dr. McHyman that he was "generally in good health" despite some daytime fatigue and left leg discomfort when he walked long distances.

Dr. McHyman performed a physical exam and ordered several diagnostic tests, including a chest CT scan, as part of Mount Sinai Hospital's Early Detection Lung Cancer

Screening program; an ultrasound of the abdominal aorta to check circulation and to rule out an aortic aneurysm, an abnormal bulge in the aorta; a consultation to rule out a sleep disorder; and a recommendation to see his cardiologist, Pilar Stevens-Haynes, MD, for an evaluation.

Relieved that the CT scan of the lungs was negative for lung cancer,

Regan became concerned when he learned that the test showed calcification in his aorta.

The ultrasound of the aorta also showed narrowing of his left iliac artery in his pelvis. He was referred to Xenophon Xenophontos, MD, a vascular surgeon on staff at South Nassau. A magnetic resonance angiography, a test that provides detailed images of blood vessels in the body, revealed a 90 percent blockage of that artery. "Honestly, I didn't worry about my health, but these test results blindsided me," said Regan, who was then scheduled for an angioplasty to open the iliac artery on June 1.

Meanwhile, Dr. Stevens-Haynes recommended Regan undergo a cardiac catheterization to check for any blockages of his coronary arteries. "Bill didn't have previous symptoms of chest pain, but coronary artery calcification can be associated with major adverse cardiovascular events and we needed to get to the bottom of it," said Dr. Stevens-Haynes.

On April 24, Jason Freeman, MD, director of Interventional Cardiology at South Nassau, performed the cardiac catheterization and discovered that Regan had a widowmaker: His left main and circumflex coronary arteries that supply blood to his heart were significantly blocked and could not be treated with stents, expandable tubes used to open clogged arteries. Now, he needed open-heart surgery.

"When I went in to meet the heart surgeon, Dr. Robin Varghese, the associate professor of the Department of Cardiovascular Surgery at the Icahn School of Medicine at

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— Bill Regan, patient

The Continuum of Care

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Mount Sinai, I was very anxious, but I came out feeling this is going to be okay," Regan recalled. "He walked me through what the procedure entailed. He had a diagram of the heart and the arteries, and he was positive, calming and reassuring. He made me feel like we got this and this is what we do every day."

On April 30, Dr. Varghese and his team performed the three-hour surgery to restore blood flow to his heart. "After surgery, we took Bill to our Cardiac Surgery Intensive Care Unit," said Dr. Varghese, who is also the director of Cardiovascular Critical Care at Mount Sinai. "He was sitting up in the chair in no time and looking great. He surprised us all." Within four days, Regan was released from the hospital

and was back home on the South Shore under the supervision of South Nassau's Homecare program. Within two days of his hospital discharge, he was in church at Sunday services in Massapequa.

"My entire experience was coordinated and supported by the most wonderful people from South Nassau and Mount Sinai," he said. "I feel blessed, thankful and overwhelmed with gratitude to everyone, and I mean everyone, involved in my treatment and recovery at South Nassau and Mount Sinai."

Regan is well on his way to recovery. After he was released from South Nassau's Homecare program, he has since undergone successful angioplasty of the left iliac artery and is participating in South

Nassau's Cardiac Rehabilitation program at South Nassau's Sports Medicine and Rehabilitation Therapy Center in Oceanside. He has become more physically active, shed weight and is eating healthier.

"Continuity of care is a key component of quality of care, especially when treating patients with multiple conditions," said Adhi Sharma, MD, executive vice president for clinical and professional affairs and chief medical officer at South Nassau. "The care was not only lifesaving for Bill, but a seamless journey and patient experience."

As for Regan, South Nassau Communities Hospital and Mount Sinai Hospital are "A-1" in his mind. "They saved me," he said. "They gave me a new lease on life, and I'm taking full advantage of it." ■

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only freestanding Emergency Department in Long Beach. The hospital also is nationally recognized for its nursing care and has received honors for orthopedic treatment and women's care from Healthgrades, a national independent rating agency.

South Nassau is in the midst of a strategic growth initiative that has transformed it to a provider of regional, acute care hospital-based services as well as a comprehensive network of specialty health care centers. The cornerstones

of South Nassau's growth strategy are planned expansion projects to build a four-story Southwest Addition, three-story parking structure, new central utility plant

and electrical emergency facility on the hospital's main campus in Oceanside, and a Medical Arts Pavilion at its Long Beach campus. ■

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