Top photo: Mount Sinai South Nassau and Mount Sinai Health System leaders joined with steel workers on September 8 to commemorate the completion of the J Wing Patient Pavilion’s steel structure. Bottom renderings, from left: J Wing Patient Pavilion, Long Beach Medical Arts Pavilion, and Mount Sinai Doctors at Wantagh.

3  Scoring high marks from U.S. News & World Report

9  Once-eradicatield disease is back in the spotlight

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Transforming Health Care Across the Region

There is change...and then there is transformation. Change occurs when an entity moves from one state of being to another. Transformation is change with a positive, lasting impact.

Here at Mount Sinai South Nassau, we are committed to transformation. Over the coming months, we are making multi-million-dollar investments that will transform multi-specialty health care across the region. New outpatient centers under construction in Wantagh and Long Beach will include the latest technology to ensure patient safety and convenience while providing access to Mount Sinai South Nassau’s renowned medical and surgical subspecialists.

As you will read in our cover story, at the same time, we are transforming the footprint of the main hospital in Oceanside. As part of a capital improvement project, we will nearly double the size of our Emergency Department, transforming our existing department into one that allows us to more efficiently manage the 65,000 patient visits we log each year while also providing the space to meet the increasing needs that are projected for the future.

Achieving health after illness or injury is also transformational and often depends on receiving the right medical care. From maternity to pediatrics, adult medicine to geriatrics, Mount Sinai South Nassau is on the leading edge of medicine. As an example, on page six you can read about our use of the Alcon Centurion® Vision System, a new technique for performing cataract surgery with improved safety and efficiency.

This is just one example of our commitment to clinical excellence, which, combined with our financial investment into our facilities, contributed to our being recognized once again by U.S. News and World Report. Mount Sinai South Nassau recently received eight “high performing” badges for treating a variety of conditions, including chronic obstructive pulmonary disease (COPD), diabetes, heart attack, heart failure, kidney failure, stroke, urologic issues, and colon cancer. You can find details on page three.

Change is inevitable, but it is not always for the better. Transformation, on the other hand, fills us with hope as we continue to learn, improve, and provide the care that meets the needs of the communities we serve. As Mount Sinai South Nassau continues to transform, our commitment to your good health grows ever stronger.

A Message from
Adhi Sharma, MD, President
Mount Sinai South Nassau is Ranked Among Best Regional Hospitals by U.S. News & World Report for Second Consecutive Year

For the second consecutive year, Mount Sinai South Nassau ranked among the Best Regional Hospitals in the metro area and for the third consecutive year earned eight “high performing” badges for specific services in the U.S. News & World Report 2022–23 “Best Hospitals” rankings.

In this year’s report, Mount Sinai South Nassau is rated “high performing” in eight procedures and conditions: chronic obstructive pulmonary disease, colon cancer surgery, diabetes, heart attack, heart failure, kidney failure, and stroke and one specialty—urology. To be ranked in “Best Hospitals” for the New York metro area, Mount Sinai South Nassau had to achieve a top rating in at least six types of care—a feat achieved by barely 10 percent of U.S. hospitals.

The U.S. News “Best Hospitals” ranking is independently conducted by the magazine’s editorial staff and is among the most recognized hospital scorecards in the nation.

“While we are always pleased when a third party like U.S. News recognizes the excellent care we provide, the true test of our reputation and quality rests with our patients. They have choices. Increasingly, they are choosing Mount Sinai South Nassau for expert care on the South Shore,” said Adhi Sharma, MD, Mount Sinai South Nassau’s President. “Mount Sinai South Nassau will continue our ongoing investment in medical and surgical technologies that empower our patients to heal, recover, and achieve optimal outcomes in a setting that is close to home.”

As part of its partnership with the Mount Sinai Health System, Mount Sinai South Nassau has expanded its role as a teaching hospital with nearly 100 residents in a variety of specialties like surgery and internal medicine. The Oceanside hospital also is expanding its services with the construction of a new four-story inpatient pavilion that will add critical care beds, nine operating suites, and double the size of the Emergency Department. In addition, Mount Sinai South Nassau is building outpatient multi-specialty medical services facilities in Long Beach and Wantagh.

“The latest U.S. News ranking is more evidence that our long-term plan for South Nassau and our relationship with the Mount Sinai Health System is working as our quality and outcomes continue to improve and we are able to provide more complex services close to home so patients don’t always have to travel into Manhattan for advanced procedures,” said Anthony Cancellieri, Co-Chair of the Mount Sinai South Nassau Board of Directors.

continued on page 10
Expanding Health Care for the South Shore—Wantagh, Long Beach, and Oceanside

The 100,000-square-foot J Wing Patient Pavilion, the cornerstone of the hospital’s $450 million capital expansion project, will nearly double the size of the existing Emergency Department, adding nine new operating rooms and 40 critical care beds.

The Pavilion’s Emergency Department in Oceanside will feature 55 treatment areas, expanded ambulance bays, improved lines of sight for physicians and nursing staff, separate areas for pediatric and behavioral health patients, and private rooms with upgraded filtration systems, allowing for negative pressure, if needed.

In 2002, the Emergency Department was built to handle 35,000 patients per year, but it now treats an estimated 65,000 patients per year. Projections indicate a future volume of 80,000 patients per year.

The addition’s new operating suites will substantially increase the size of the hospital’s current operating rooms, allowing for the inclusion of robotic and diagnostic equipment.

The operating suites are also part of the proposal by Mount Sinai South Nassau to build a comprehensive open heart surgery program and an extensive range of cardiac-related services, pending approval by the New York State Department of Health.

Improving the patient experience at every touchpoint, the Pavilion will feature larger treatment areas, observation and family waiting rooms, comfortable and more spacious waiting areas, and separate entrances for walk-in patients and ambulances.

“This hospital has long been a community partner and a true regional center of excellence,” said Adhi Sharma, MD, President of Mount Sinai South Nassau. “This project will bring high-level services to meet the future needs of patients and their families along Nassau’s South Shore for years to come.”

As construction draws closer to a projected completion date of May 2024, Mount Sinai South Nassau’s Board of Directors and Mount Sinai Health System leaders recently celebrated a milestone in the construction of the Pavilion by commemorating the completion of its steel structure with a “topping off” ceremony on September 8.

During the event, the final steel beam, adorned with an American flag on one end and a small evergreen tree on the other (symbolizing good luck for the building’s future inhabitants), was hoisted skyward and placed at the highest point on the building.
The Long Beach Medical Arts Pavilion will bring specialty medical care, including diagnostic imaging and lab services, back to the barrier island.

Mount Sinai South Nassau Doctors at Wantagh

Mount Sinai South Nassau is investing $35 million to transform a vacant Verizon building at 2020 Wantagh Avenue, Wantagh, into a state-of-the-art medical office building that will offer a range of specialty services—including cardiovascular care, digestive health, orthopedics, endocrinology, neurology, women’s health, cancer care, laboratory services, and radiology—all at one convenient location.

Projected to open in September 2024, the 60,000-square-foot facility will provide critically needed medical care for residents of Long Island, including nearby South Shore communities, from Merrick to the Massapequas and beyond.

To ensure patient, staff, and community safety, the four-story building will include the latest in infection control measures and a hospital-grade air filtration system, expanded elevators to allow for proper social distancing, and touchless restrooms and motion-control sensors.

The patient-centered interior design will feature nearly 90 furnished private patient examination and procedure rooms, more than 15 infusion treatment bays, and nearly 10 imaging rooms, along with waiting and administrative areas. Plans also include refurbishing the exterior of the facility to complement the aesthetics of the Wantagh business district and community.

The new medical office building is strictly an ambulatory site with no overnight hospital beds and will not receive emergency ambulances via the 911 system. There is also no plan to offer behavioral health or drug treatment services at this location.

The building site includes an ample secured parking area for staff and patients only. Traffic from the parking area will be directed to exit toward Sunrise Highway to lessen any impact on surrounding streets.

Mount Sinai Doctors at 2020 Wantagh Avenue in Wantagh will offer a range of medical specialty services, from cardiovascular care and digestive health to endocrinology and women’s health.
Improving Patient Safety While Restoring Vision

Last February, the world began to appear fuzzy to Deborah Matzen. The 57-year-old administrative assistant who lives in Merrick struggled to read road signs. Colors appeared dull, and traffic and street lights gave off a halo.

At first, the mother of two thought her glaucoma was causing her vision changes. After a visit to her ophthalmologist, Richard Nauheim, MD, Director of the Division of Ophthalmology at Mount Sinai South Nassau, she learned she had cataracts in both eyes.

He recommended she first try prescription glasses for near and long-range vision, which did work for several months. But by last November, the glasses no longer helped.

Dr. Nauheim recommended Ms. Matzen undergo cataract surgery using the newest generation of the Alcon Centurion® Vision System. “This new system contains a computer sensor in the handpiece that improves patient safety in the operating room and enhances the surgeon’s stability, efficiency, and control during the procedure,” Dr. Nauheim said.

Ms. Matzen is one of nearly 25 million Americans 40 and older who is affected by cataracts, according to the National Eye Institute.

In March, she underwent cataract surgery in her left eye. “I noticed improvement right away,” she said. “After the patch was removed from my eye, I could see the words on the TV screen and colors appeared vivid.”

About two weeks later, she underwent cataract surgery in her right eye. “After the patch was removed, I didn’t need glasses for distance or reading,” she said, “and I haven’t touched my glasses since the second [cataract] surgery.”

Ms. Matzen said the decision to have cataract surgery was life changing. “I was getting depressed over this [poor vision]. I was struggling, and I wanted to be free of the glasses...I wanted to see.”

Today, she is not only seeing 20/25 without correction, she says, but her glaucoma is cured. “The cataract surgery lowered her fluid pressure inside the eye, which is normal now,” Dr. Nauheim said. “Cataracts no longer impair her vision. She had no complications, and as a bonus, her glaucoma has resolved.”

[The Alcon Centurion® Vision System] contains a computer sensor in the handpiece that improves patient safety in the operating room and enhances the surgeon’s stability, efficiency, and control during the procedure, – Richard Nauheim, MD

Director of the Division of Ophthalmology at Mount Sinai South Nassau

About the Doctor

Richard Nauheim, MD, FACS, is Director of the Department of Ophthalmology and Ophthalmology Residency Site Director at Mount Sinai South Nassau.

For 10 consecutive years, he has been named a “Top Doctor” by Castle Connolly. Castle Connolly doctors are recognized for their leadership, commitment to patients, experience, and skill.

He earned a medical degree from the University of Buffalo Jacobs School of Medicine and Biomedical Sciences and completed a residency in ophthalmology at Nassau University Medical Center, where he served as Chief Resident. A member of the American Academy of Ophthalmology, he was fellowship trained at the University of Pittsburgh Eye Center.
After more than two years of coping with COVID-19, news of an unusual wave of the monkeypox virus that popped up in July in more than 20 countries had the world on high alert. Thankfully, new monkeypox cases across New York peaked about couple of months ago and have been declining ever since. Because monkeypox remains a health threat, Mount Sinai South Nassau’s Chief of Infectious Diseases and Chair of the Department of Medicine, Aaron E. Glatt, MD, answers frequently asked questions about the virus.

What is monkeypox and what are the symptoms?
Classically, monkeypox is a rare, viral infection. Symptoms can include flu-like symptoms, such as fever, headache, muscle aches, chills, and fatigue. A painful and itchy rash that initially looks like pimples or blisters and resembles those caused by measles and chickenpox may develop one to four days later. The illness typically lasts from two to four weeks.

How is monkeypox spread?
Through prolonged skin-to-skin contact with an infected person who has a rash, bumps, or blisters. In addition, the virus can spread through direct contact with an infected person’s oral fluids or, much more rarely, respiratory droplets produced when an infected person coughs or sneezes.

Is monkeypox a sexually transmitted infection?
Monkeypox is a “sexually transmissible” infection, meaning it can be transmitted through sexual contact, but it is not solely transmitted by that route. Sexual contact is simply one of the ways that monkeypox can be spread.

Who should get vaccinated?
The at-risk population, which includes gay, bisexual, or other men who have sex with men; transgender people; gender-nonconforming people; and nonbinary people who are engaging in sexual activity, especially with multiple partners.

The preferred immunization is JYNNEOS, which is typically a two-dose vaccine. Within 14 days of the second dose, a person achieves full immune protection. However, due to the current shortage of this vaccine, many are recommending only a single dose initially to allow at least twice as many people to get vaccinated. In addition, the Food and Drug Administration has allowed the vaccine to be given intradermally (administered under the skin by injection) at one-fifth the dose, which will allow a “single” dose to be divided up and used for five people, further maximizing the availability of this excellent vaccine.

Can anyone get monkeypox?
Nearly all the cases of monkeypox have been adult men who have sex with men. Most people not in this risk group are at low risk of catching monkeypox, but it is circulating in the community, so anyone can potentially get it if they are in close contact with a friend or household contact who has monkeypox lesions. Household contacts can catch monkeypox through contaminated bedding, clothes, towels, and shared utensils.

How is monkeypox treated?
Antiviral drugs that are used to treat smallpox may be used to treat monkeypox infections.

Is monkeypox deadly?
The type of monkeypox virus involved in this outbreak is rarely fatal. However, people with weakened immune systems, HIV, the elderly, children younger than eight, and pregnant women are at a higher risk of more painful or severe infection.

When should someone get tested for monkeypox?
People who think they have monkeypox or have had close personal or skin-to-skin contact with an infected person should visit a health care provider who can determine if a monkeypox test is necessary.

Can monkeypox be prevented?
Yes, by avoiding close, skin-to-skin contact with a person who has monkeypox. Do not touch clothing, bedding, towels, or other items used by an infected person and do not have sex or other intimate contact with someone who has monkeypox.

Monkeypox symptoms include:

- Fever
- Headache
- Muscle pain
- Backache
- Swollen lymph nodes
- Chills
- Exhaustion
- Rash
More than one-third of Long Islanders who sought mental health services found it challenging to find a provider of care, even though nearly all had health insurance to cover most of the cost, according to the latest Mount Sinai South Nassau “Truth in Medicine” Poll, sponsored by Bethpage Credit Union.

Anxiety, depression, social isolation, and fear of contracting COVID-19 are the prevalent issues among those who have accessed professional mental health care services since the pandemic began.

In this survey of 600 Long Island residents, 92 percent have active health insurance policies. Of those respondents who have sought care, 36 percent said getting the help they wanted or needed was “challenging” predominantly due to difficulty scheduling an appointment or lack of coverage by their health insurers.

Inadequate Mental Health Services
A significant percentage of poll respondents also feel that institutions like government, municipalities, and schools could be doing more to increase the scope of mental health services in the community. Forty-six percent said that the government does not do enough to help, while just 32 percent say that it does.

“We have a crisis on Long Island when it comes to the lack of mental health services,” said Adhi Sharma, MD, President of Mount Sinai South Nassau. “The poll results strongly indicate that providers are working at or beyond capacity. This calls for an aggressive expansion of mental health screening, prevention, and intervention services to meet the present and future demand for them.”

Since the start of the pandemic, about 84 percent of mental health providers have seen an increase in demand for treatment of anxiety, compared with 74 percent a year ago, while 72 percent of providers have seen an increase in demand for treatment of depression, compared with 60 percent in 2020.

Some hospitals on Long Island have cut or discontinued inpatient behavioral health services in recent years, while other health systems have consolidated them in one location. School officials have reported spikes in demand for mental health services among students, even among students in elementary and middle schools. Meanwhile, some psychiatrists and psychologists report high demand for services but difficulty finding adequate staff to meet demand.

High Demand For Services
Opinions were highly mixed as to whether or not mental health services on Long Island are adequate. Thirty-six percent said they were satisfactory, 29 percent said they were not, and 35 percent were unsure.

About one-half of respondents from households that have used mental health services said they are adequate.

The poll also reinforces previous data that shows that health insurance on its own does not ensure access to quality care of any type. Scheduling capacity, location, and proximity of providers and affordability are also essential to getting quality, comprehensive care.

Eighty-nine percent of all respondents and 97 percent of those who have used mental health services since the pandemic began said that mental health care should be a priority for hospitals, just as cancer and heart health are.

While the rate of children and teenagers receiving therapy for mental health issues related to stress, anxiety, bullying, or substance abuse has been on the rise, it has been exacerbated by the COVID-19 pandemic. In the past year, 15 percent of respondents with young children and 20 percent of respondents with a child under 12 have sought professional help for a child’s mental health.

“The key to knowing when to seek out help is to determine how the symptoms are affecting overall functioning,” says Stanley Reddy, MD, Chair, Psychiatry and Behavioral Health. “Marked decreases in functioning at work, school, and home should be evaluated by a professional promptly before it becomes an emergency.”

This is Mount Sinai South Nassau’s 13th “Truth in Medicine” Poll and second of 2022. The poll seeks to evaluate public knowledge and sentiment toward key public health issues. Sponsored by Bethpage Credit Union, the poll was conducted July 24 – 28 via both landlines and cell phones.
# Health Matters

**Poliovirus, Known as the ‘Silent Killer,’ Resurfaces in New York**

After it was learned that a patient in New York’s Rockland County had contracted polio, a disease that was once eradicated in the United States in 1979, poliovirus has been found in wastewater samples in adjacent Hudson Valley counties, New York City, and Nassau County, suggesting transmission of the virus.

While all schoolchildren in New York are required to be immunized against polio, some populations across all ethnic and religious regions of the world are vaccine resistant.

Polio, a once feared disease, disabled 35,000 each year in the 1940s and 1950s during the U.S. outbreak before vaccines became available in 1955. Parents were afraid to let their children go outside, especially in the summer when the virus seemed to peak.

> Anyone who has not completed their polio vaccine series, and certainly anyone unvaccinated, should get vaccinated right away.

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**Why You Need Your Flu Shot This Year**

Flu is a potentially serious disease that can lead to hospitalization and even death. Complications of the flu can include bacterial pneumonia, ear infections, sinus infections, and worsening of chronic medical conditions, such as heart failure, asthma, or diabetes.

According to the Centers for Disease Control and Prevention, all flu vaccines for the 2022–2023 season are quadrivalent vaccines designed to protect against four different flu strains. Vaccination has been shown to have many benefits, including reducing the risk of flu illnesses, hospitalizations, and flu-related death. Mount Sinai South Nassau is offering flu shots at no charge.

**TO SCHEDULE AN APPOINTMENT,** call the Department of Community Education at 516-377-5333.
Healthy Outlook

Cardiac MRI at Mount Sinai South Nassau


What test can accurately assess and diagnose these conditions without using ionizing radiation? Cardiac magnetic resonance imaging (MRI). The technology uses powerful magnets and radio waves to allow your doctor to see detailed images of your heart’s chambers and valves and indicate how well they are working. You may not be a candidate for a cardiac MRI if you have metal in your body, such as surgical clips in the brain. However, a cardiac MRI can be performed even after many cardiac procedures, including valve replacements, pacemakers, or stents.

“Cardiac MRI is the gold standard for assessment of the functioning of the heart, specifically, the chambers and valves of the heart,” said cardiologist Michael Sood, MD, Mount Sinai South Nassau’s Director of Cardiac MRI. “The test is also able to acquire images in two dimensions and can diagnose various birth defects of the heart, masses or tumors in the heart, and blood vessel disorders.”

To Schedule an Appointment for a cardiac MRI, call 516-497-7300, extension 4017 or 6261.

Now in its 33rd year, the U.S. News “Best Hospitals” rankings help guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition, or added risk because of other health problems or age. To produce the rankings, U.S. News evaluates data on approximately 5,000 hospitals in 15 areas of complex specialty care, nine adult procedures and conditions, and 10 pediatric specialties. To be nationally ranked in a specialty, a hospital must excel in caring for the sickest, most medically complex patients.

Mount Sinai South Nassau is the Long Island flagship hospital of the Mount Sinai Health System, which was ranked No. 16 nationally by U.S. News & World Report. These Mount Sinai South Nassau services were rated “high-performing” by the magazine’s 2022–23 “Best Hospitals” rankings.

For more information about these specialty services, call 877-SOUTH-NASSAU (768-8462).

Specialty:

Colon Cancer Surgery
Diabetes
Heart Failure
Stroke
Chronic Obstructive Pulmonary Disease (COPD)
Heart Attack
Urology
Kidney Failure

Earning Top Rankings continued from page 3
**Veggie and Hummus Sandwich**

Need a go-to lunch or lightning-fast dinner that takes minutes to make? This plant-based recipe is protein-rich, heart-healthy, and easy to make. You can swap out salad greens for baby spinach if you prefer, and use different flavors of hummus to mix it up.

**Ingredients:**
- 2 slices whole-grain or gluten-free bread
- 3 tablespoons hummus
- ¼ avocado, mashed
- ½ cup mixed salad greens
- ¼ cup roasted red pepper (jarred)
- ¼ cup sliced cucumber
- ¼ cup shredded carrot, optional
- 1/8 cup red onion, sliced, optional
- 1/8 cup crumbled feta cheese

**Preparation:**
- Spread one slice of bread with hummus and the other with avocado.
- Fill the sandwich with greens, bell pepper, cucumber, red onion (optional), carrot (optional), and feta, if desired. Slice in half and serve.

**Servings:** 1
“Buy a Brick” to Honor a Loved One, Colleague, or Friend
Create a Lasting Legacy in the New Park at Mount Sinai South Nassau

Honor a loved one or someone who made a difference in your life. Remember a special person or celebrate an important occasion. Support Mount Sinai South Nassau’s mission and vision for a healthier tomorrow.

Purchase an engraved brick, tree, or garden bench, or name the entire plaza and garden space that thousands of patients, visitors, and employees will see every year as they enter and exit the hospital’s front entrance.

Paver:  
4"x8": $100  
8"x8": $250  
12"x12": $500

Bench: $5,000

Tree: $7,500

Table and Benches: $10,000

FOR MORE INFORMATION, visit southnassau.org/buyabrick or call 516-377-5360.

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. Some photos were taken prior to the COVID-19 pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.

Read Healthy Outlook online at mountsinai.org/southnassau.