



Mount  
Sinai  
South  
Nassau

Spring 2023

# Healthy Outlook

a health and wellness newsletter

## Bouncing Back From Heart Failure

Story on page 4 >



*Beverly Gilchrist-Hobson, at the podium, thanks Mount Sinai South Nassau staff for helping her overcome heart disease and urges women to have regular "heart checkups." In the background, from left, Jozelle Diaz, Nurse Practitioner, Cardiac Wellness; Pilar Stevens-Cohen, MD, Cardiologist; and Sherry Megalla, MD, Cardiologist and Director of Echocardiography.*

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**A Message from**  
**Adhi Sharma, MD, President**

# High-Quality Health Care: Accessible to Patients Wherever They Are

Life can be full of surprises. Often, these surprises bring happiness, but unfortunately the unexpected can at times be unwelcome. We never expect to be diagnosed with a serious health issue, accidentally injured, or need help preventing a condition from getting worse. During these times, having the resources of a world-class medical center like Mount Sinai South Nassau is essential. Our expert staff, state-of-the-art facilities, and cutting-edge technology offer not only excellent clinical care, but also peace of mind.

In this issue of *Healthy Outlook*, you will meet two local residents who suddenly and unexpectedly found themselves facing serious health challenges. Our cover story introduces you to Beverly Gilchrist-Hobson, a healthy and vibrant woman whose seemingly mild symptoms were the first signs of heart failure. Swift diagnosis following a visit to Mount Sinai South Nassau's Emergency Department led to a comprehensive treatment plan that restored her to good health.

On page eight, you will read about Jimmie Luvert, who maintained a healthy lifestyle and was surprised by his cancer diagnosis. The experts at Mount Sinai South Nassau offered him treatment options that have allowed him to remain cancer-free for three years.

To be effective, high-quality health care must be accessible to patients wherever they are. That is why we will be opening a Mount Sinai Doctors location in Long Beach near the site of the former Long Beach Medical Center. Within this facility, residents will find a range of medical subspecialists along with diagnostic testing, linking them directly with Mount Sinai South Nassau's expertise. You can read more about this on page six.

To continue to grow and meet the evolving needs of the patients we serve, Mount Sinai South Nassau relies on partnerships with our community. We are thrilled to gratefully acknowledge the support of the Feil family, longtime donors whose recent leadership gift of \$5 million—the largest in Mount Sinai South Nassau's history—will contribute toward our ambitious capital expansion project. Read more about this historic donation and the ambitious project it supports on page three. Community support allows us to expand, remain on the leading edge of care, and ensure that our facilities and staff are of the highest caliber. We promise to honor that support by continuing to invest in health care excellence for the South Shore of Long Island today and for decades to come.



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

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**Co-Chairs, Board of Directors**  
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**President**  
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**Vice President,  
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Dana Sanneman

**Managing Editor**  
Donna Kutt Nahas

**Design**  
Lum & Associates

**Department of External Affairs**  
2277 Grand Ave., Second Floor  
Baldwin, NY 11510

**Phone:** 516-377-5370

**Fax:** 516-377-5385

**mountsinai.org/southnassau**

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At the site of the Feil Family Pavilion in Oceanside, from left, Tony Cancelleri, Co-Chair, Mount Sinai South Nassau Board of Directors; Jeffrey J. Feil, President and Chief Executive Officer, The Feil Organization; and Andy Triolo, Vice President, Facility Planning and Development.

## Feil Family Foundation Donates \$5 million to Name New Patient Care Pavilion at Mount Sinai South Nassau

Mount Sinai South Nassau has received the largest single gift in its history: a \$5 million pledge from The Louis Feil Charitable Lead Annuity Trust to name the hospital's new patient care pavilion.

The new four-story, 100,000-square-foot building, scheduled to open in spring 2024, will be named the Feil Family Pavilion. It will double the size of the current Emergency Department, increase the critical and intensive care inpatient capacity to 40 beds, and add nine new operating rooms.

"Mount Sinai South Nassau is our local hospital, and we are grateful for the expert care it provides to our communities on the South Shore," said Jeffrey J. Feil, President and Chief Executive Officer, of The Feil Organization and a longtime Rockville Centre resident. "We are so fortunate to have an outstanding medical center right in our backyard. The Feil family is honored to support the growth of Mount Sinai South Nassau."

Mr. Feil and his family, including his parents, the late Gertrude and Louis, have been longtime supporters of the

hospital. With their latest gift, the family has donated a total of \$17 million to benefit the hospital and the patients it serves.

"This generous gift by the Feil family will have a direct impact on improving patient care on the South Shore. We are deeply thankful for their generosity and support," said Adhi Sharma, MD, President of Mount Sinai South Nassau. "It will be the hospital's distinct honor to name the new patient care tower in honor and recognition of the Feil family and their longstanding commitment to Mount Sinai South Nassau."

"Their support and commitment has been vital to the growth of our emergency services and cancer care program as well as the hospital's tradition of excellence in the delivery of advanced care services," Dr. Sharma added.

"The ultimate beneficiary of the Feil family's generosity is our South Shore community that turns to Mount Sinai South Nassau for compassionate, quality health care," said Tony Cancelleri, Co-Chair of Mount Sinai South Nassau's Board of Directors. "On behalf of the hospital's

**“This generous gift by the Feil family will have a direct impact on improving patient care on the South Shore. We are deeply thankful for their generosity and support.”**

**—Adhi Sharma, MD**  
President,  
Mount Sinai South Nassau

Board of Directors, we are grateful to our dear friends Jeffrey and Lee Feil and their entire family and are honored to name the pavilion as a permanent expression of gratitude for this gift and the ongoing support of the Feil family."

The donation is the single largest gift the hospital has ever received. The family's previous generosity includes a total of \$2 million in 2019 and \$1.5 million in 2018 to help centralize the hospital's cancer care services and a \$3 million donation to Mount Sinai South Nassau in the spring of 2011 that supported the

*continued on page 6* ▶

# Bouncing Back From Heart Failure



Beverly Gilchrist-Hobson has her blood pressure checked at Mount Sinai South Nassau's "Go Red for Women" Day.

**Beverly Gilchrist-Hobson, 55, of Freeport, was "feeling fatigued and short of breath." Although concerned, the high-energy advocate for crime victims chalked up her symptoms to a hectic lifestyle and job stress.**

But she eventually found herself at Mount Sinai South Nassau's Emergency Department, weakened and struggling to catch her breath. "I thought I had COVID-19 or an infection," she recalled.

Her blood pressure was high, a chest X-ray showed fluid in her lungs, and an EKG detected weakness in her heart's electrical system. Sherry Megalla, MD, Cardiologist and Director of Echocardiography, was consulted and ordered medication to lower Ms. Gilchrist-Hobson's blood pressure.

After she was admitted to the hospital, she underwent additional testing, including a CT scan of her brain and lungs; an angiogram, which is an X-ray procedure used to visualize the heart's blood vessels; and an echocardiogram, an ultrasound test that measures blood flow in the heart. Ultimately, tests revealed that Ms. Gilchrist-Hobson was one of the 6.5 million Americans diagnosed with heart failure.

As with many women with heart issues, Ms. Gilchrist-Hobson's symptoms did not match those of men or what many consider signs of heart problems, such as chest pain. The cause of Ms. Gilchrist-Hobson's heart failure: high blood pressure.

In an effort to treat her weakened heart, Dr. Megalla also prescribed a low-sodium

6.5 million



The number of Americans diagnosed with heart failure.

Source: Heart Failure Society of America

diet; ongoing blood pressure monitoring; and cardiac rehabilitation at Mount Sinai South Nassau's Cardiac and Pulmonary Rehabilitation program in Oceanside. Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, the medically supervised

## Mount Sinai South Nassau's Cardiology Program Hits High Marks for Quality Care

Designated a four-star achiever by the American College of Cardiology, Mount Sinai South Nassau has been ranked "High Performing" in heart failure and heart attack by *U.S. News & World Report*. Recipient of the Healthgrades 2023 Coronary Intervention Excellence award, it is also named among the top 10 percent in the nation for coronary interventional procedures in 2023 by Healthgrades.



*As with many women with heart issues, Ms. Gilchrist-Hobson's symptoms did not match those of men or what many consider signs of heart problems, such as chest pain. The cause of her heart failure: high blood pressure.*

12-week program provides exercise training and education on heart-healthy living.

Fully recovered, Ms. Gilchrist-Hobson has learned that you "cannot take health for granted," and she urges other women to "get checked out by a cardiologist." "I didn't realize the importance of heart function...I thought I'm relatively youthful, I didn't have chest pains, so I downplayed it," she said. "Now, I understand that having my heart checked is as important as my annual mammogram and Pap smear." ■

**FOR AN APPOINTMENT** with Dr. Megalla, call 877-SOUTH-NASSAU (877-768-8462).

### About the Doctor



**Sherry Megalla, MD**, is a cardiologist and Director of Echocardiography at Mount Sinai South Nassau. She is board certified in five areas of specialty, including cardiology, internal medicine, nuclear cardiology, echocardiography, and vascular ultrasound.

After earning a medical degree from The Icahn School of Medicine at Mount Sinai, she completed a residency at Montefiore Medical Center/Albert Einstein College of Medicine. She was fellowship trained in cardiology at Montefiore Medical Center/Bronx Lebanon Hospital Center, now BronxCare Health System.

Dr. Megalla is a member of the American College of Cardiology, American Heart Association, American Society of Echocardiography, and the Society for Vascular Ultrasound.

## Be Aware of the Symptoms of Heart Disease

Many people with heart disease may not have symptoms and do not know their heart has problems until other symptoms crop up. Learn the symptoms of heart attack, arrhythmia, and heart failure.

### Heart Attack

- Chest pain or discomfort
- Upper back or neck pain
- Indigestion, heartburn, nausea, or vomiting
- Extreme fatigue
- Upper body discomfort
- Dizziness and shortness of breath

### Arrhythmia

- Fluttering sensation in the chest or palpitations

### Heart Failure

- Shortness of breath
- Fatigue
- Swelling of the feet, ankles, legs, abdomen, or neck veins

## Lower Your Risk of Heart Disease

**Heart disease is the leading cause of death for women in the United States. It causes more deaths of women than all forms of cancer combined. Take these steps to lower your risk of heart disease.**

- **Manage your stress.** Chronic stress may lead to high blood pressure, heart disease, and stroke
- **Know your blood pressure.** High blood pressure has no symptoms, so it is important to have your blood pressure checked regularly
- **Check for diabetes:** Talk to your health care provider about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease
- **Know your cholesterol status.** Knowing your cholesterol status can help you stay in control of your health
- **Quit smoking.** If you do not smoke, do not start. If you do smoke, join Mount Sinai South Nassau's Smoking Cessation program. To learn more, visit [www.southnassau.org/sn/smoking-cessation](http://www.southnassau.org/sn/smoking-cessation) or call Maria Meek at 516-497-7492
- **Exercise.** Aim for 150 minutes per week of moderate aerobic activity, such as cycling, brisk walking, or swimming. If you are just starting exercise, first check with your doctor
- **Choose healthy foods and drinks.** Be sure to eat plenty of fresh fruits and vegetables and eat fewer processed foods
- **Limit how much alcohol you drink.** There is a link between drinking too much alcohol and high blood pressure

**Source:** Centers for Disease Control and Prevention



Coming Soon:

## Mount Sinai Doctors–Long Beach



Mount Sinai Doctors–Long Beach will serve as a center for advanced health care featuring an integrated network of specialty practices. Skilled medical specialists in cardiology, gastroenterology, urology, and pain management will work together with a seasoned and specially trained nursing

staff. The 15,000-square-foot facility will also house a lab with lab drawing stations, diagnostic imaging and echocardiography areas, and treatment rooms.

The Long Beach facility will help reinvigorate the vacated site of the former Long Beach Medical Center. The new

building has been fortified to meet current wind and seismic requirements and was built in conformance with the 100-year floodplain requirements. Opening is set for this June.

### › Feil Family Foundation

*continued from page 3*

continued growth and expansion of the Gertrude & Louis Feil Cancer Center.

The Feil gift is the second major gift connected with the new four-story patient building currently under construction.

Last year, the hospital's immediate past Chair of the Board, Joseph Fennessy, made a major gift to the hospital to name the Fennessy Family Emergency Care Center in the new patient pavilion. Additional naming opportunities remain within the new pavilion, including nursing stations, lobby areas, and surgical suites.

Currently, Mount Sinai South Nassau's Emergency Department treats about 65,000 patients annually but is designed to handle only 35,000. Upon completion

of the Feil Family Pavilion, the Emergency Department's square footage will nearly double to the size of a football field, giving it the capacity to see approximately 80,000 patients annually. In addition, the Department will feature centralized nursing stations for direct oversight of patient rooms; bedside triage; expanded pediatric trauma treatment areas with an adjoining radiology area; a decontamination room; dedicated areas for geriatrics and behavioral health; and a spacious waiting and reception area with comfortable seating, 4K-UHD TVs, free Wi-Fi, and charging stations for phones, tablets, and laptops.

The pavilion's expanded intensive (ICU) and critical care (CCU) units

will allow Mount Sinai South Nassau to meet the region's rising need for critical care services as demonstrated during the COVID-19 pandemic. While the demand for regular hospital beds is decreasing, the number of patients in need of highly specialized care provided in ICUs and CCUs is on the rise and is expected to double.

The operating room and its surgical suites will be configured and designed to accommodate the nonstop advancements in surgical technologies and equipment. The combined impact of the redesigned and larger operating rooms will allow Mount Sinai South Nassau and its staff of surgeons to increase its surgical scheduling capacity to accommodate projected volumes in same-day, elective, and emergency surgeries. The new surgical suites also could pave the way for an open-heart program at the Oceanside campus, pending Department of Health approval. ■

**“We are so fortunate to have an outstanding medical center right in our backyard. The Feil family is honored to support the growth of Mount Sinai South Nassau.”**

**–Jeffrey J. Feil,**  
President and Chief Executive Officer, The Feil Organization



## Mount Sinai South Nassau Unveils State-of-the-art Trauma Unit and New Emergency Treatment Rooms

### New Trauma Center Unit Capable of Surging for Mass Casualty Events, New Area Includes Eight Patient Treatment Rooms and Two Dedicated Pediatric Rooms.

Mount Sinai South Nassau has opened a new Trauma Unit and eight-bed treatment areas in its Emergency Department, completing the second phase of a five-phase, multi-year expansion of a critical area of the hospital.

Upon completion, the \$50 million expansion project, which started in 2016, will nearly double the size of Mount Sinai South Nassau's Emergency Department and increase its capacity from 65,000 annual emergency patient visits to an

estimated 80,000. The total cost of this phase of the expansion is \$5 million.

"The new, larger Trauma Unit and emergency treatment area will help us provide even better, more advanced treatment to our patients in a more comfortable surrounding," said Adhi Sharma, MD, President of Mount Sinai South Nassau. "The new Trauma Unit includes advanced equipment to diagnose and treat the most critically ill patients who come to our Emergency Department."

The new Trauma Unit includes three spacious trauma care bays to facilitate the flow of trauma team members as they care for patients with life-threatening injuries. Each trauma bay is equipped with cutting-edge technologies, including imaging systems that provide unobstructed viewing for intubations, difficult and emergent airway management, and bronchoscopy procedures. The unit can surge to six treatment areas in the event of a mass casualty incident.

The new patient care unit, referred to as ED Central, features eight private, walled treatment rooms, including two for pediatric patients, as well as one negative-

### At a glance **ED Central**

- **16-bed extension**
- **Three spacious trauma bays**
- **Eight private treatment rooms, two for pediatric**

pressure room to treat patients with contagious, airborne disease.

"The entire South Shore of Nassau County depends upon our Emergency Department during a medical crisis, and these new units will help fulfill our mission to provide the best, most modern level of emergency care," said Anthony Cancellieri, Co-Chair of the Mount Sinai South Nassau Board of Directors. "This is yet another milestone in our \$400 million construction campaign."

Approximately \$13 million of the \$50 million cost of the Emergency Department renovation is being funded by private donations and fundraising efforts.

"This is another significant step in our mission and vision to remain the region's leading provider of emergency medical care, 24-hours-a-day, 365 days a year," said Jay Itzkowitz, MD, Chair of the

*"The new, larger Trauma Unit and emergency treatment area will help us provide even better, more advanced treatment to our patients in a more comfortable surrounding."*

—Adhi Sharma, MD  
President,  
Mount Sinai South Nassau

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# Living Cancer-Free



**Jimmie Luvert**, far right, rings “the bell” a tradition among cancer patients to mark the end of treatment. Cheering him on is his Mount Sinai South Nassau Radiation Oncology team led by Leester Wu, MD, Director of Radiation Oncology, second from right.



**You may have seen Jimmie Luvert, a prostate cancer survivor, in Mount Sinai South Nassau’s print and TV ads. Here is his story:**

Jimmie Luvert, 72, was at once embarrassed and alarmed by his symptoms. In early 2019, the father of two had difficulty passing urine. What is more, his urine stream was weak and sometimes before he got to the toilet, he would leak urine.

The business owner, who lives in Freeport, sought the advice of his primary care doctor, who recommended he see Daniel McCally, MD, a Mount Sinai South Nassau urologist. Dr. McCally ran a prostate specific antigen (PSA) test that measures blood levels of PSA made by the prostate.

Mr. Luvert’s PSA results were elevated, which can indicate the presence of prostate cancer.

Dr. McCally referred Mr. Luvert to Michael Herman, MD, Director of Urology, at Mount Sinai South Nassau in Oceanside. After undergoing an ultrasound and MRI of the prostate, Mr. Luvert learned he had cancer.

“When you hear the word ‘cancer,’ you are walking around like a zombie,” said the Freeport resident who credits his girlfriend, Dahlia, with supporting him through his cancer journey. “My mother died of spinal cancer...I wasn’t sure why I got cancer. I exercise, I eat well, and I don’t smoke or drink.”

Dr. Herman assured him that the cancer was caught early and offered him treatment

options: surgery to remove the prostate or radiation therapy.

“I didn’t want surgery,” said Mr. Luvert, who chose radiation therapy under the leadership of Leester Wu, MD, Director of Radiation Oncology. “They did everything for me, from A to Z.”

He completed 45 days of radiation therapy in September 2020 and to the applause of his medical team, he rang “the bell,” a tradition among cancer patients to mark the end of treatment.

“They [Dr. Wu and Dr. Herman] gave me the tools to fight my cancer,” said Mr. Luvert, who is now cancer-free. “They are at the top of their field. They were life-changing for me and a Godsend.” ■

## About the Doctors



**Michael Herman, MD**, Director of Urology, specializes in urology and urologic oncology. Dr. Herman earned a medical degree from the University of Texas Southwestern Medical Center. He completed an internship and residency in general surgery and urology, respectively, at New York-Presbyterian

Hospital where he was awarded the distinguished House Staff and Physician of the Year award. Dr. Herman is also trained on the da Vinci® Surgical System, which is a minimally invasive, robot-assisted surgical platform. He is board certified in urology.



**Leester Wu, MD**, Director of Radiation Oncology, is board certified in radiation oncology and has nearly 20 years of experience in external beam radiation therapy and Gamma Knife® stereotactic radiosurgery. He was the recipient of numerous honors throughout his

undergraduate work at Harvard University and while he earned a medical degree at Perelman School of Medicine at the University of Pennsylvania. He completed a residency at Columbia University Irving Medical Center.

**TO SCHEDULE AN APPOINTMENT with Dr. Wu or Dr. Herman**, call 1-877-SOUTH-NASSAU (877-768-8462).



# Appointments

## Mount Sinai South Nassau Adds Neurosurgeon and Neuroradiologist to Staff



**Michael Travis Caton Jr., MD**, specializes in neurointerventional surgery and diagnostic neuroradiology and is board certified in radiology.

He 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 is fellowship

trained in diagnostic neuroradiology and neurointerventional radiology/neurointerventional surgery at the University of California, San Francisco.



**John Kenneth Houten, MD**, who is board certified in neurological surgery, received a medical degree from New York University's Grossman School of Medicine. After completing a general surgery internship and residency in neurosurgery from NYU-Langone, he was fellowship trained in spinal surgery, also at NYU-Langone.

He previously served as Director of Spinal Neurosurgery and Neurotrauma at Maimonides Medical Center.

A prolific author of peer-reviewed journal articles, he is also a medical journal reviewer for several publications, including *Surgical Neurology International* and *Clinical Neurology and Neurosurgery*.

### Mount Sinai Doctors–Rockville Centre Neurology

242 Merrick Road, Suite 302  
Rockville Centre, New York 11570

P: 212-241-3400  
F: 212-523-2015

### Mount Sinai Doctors–Forest Hills Neurosurgery

99-01 Queens Blvd.  
Rego Park, New York 11374

P: 718-520-6100  
F: 718-544-6664

## › New Trauma Unit Opens *continued from page 7*

Department of Emergency Medicine. "When the expansion is completed, our neighboring communities will have an Emergency Department and a Trauma Center that will provide a more streamlined and efficient flow of care, improving outcomes and patient experience."

Phase 1 of the expansion was completed in the first quarter of 2017 with the opening of a 16-bed, \$4.5 million extension to the Emergency Department that has been designed to reduce wait times while maintaining service capacity as other parts of the Department are renovated and expanded. The extension features a floor design that facilitates communication between patients and companions and Emergency Department staff. The unit's station faces the semi-private treatment bays, allowing

doctors and nurses clear lines of sight. The treatment bays are equipped with monitored beds, cardiac monitors, and bedside laboratory testing capability and are furnished with high-definition, flat-screen TVs. Additional features of the extension include a dedicated waiting area for families and loved ones, restrooms, and access to free Wi-Fi.

When the multi-phase expansion is completed, the 16,000-square-foot Emergency Department—which was built to accommodate 35,000 patients a year—will nearly double in size equivalent to a football field and with the capacity to see approximately 80,000 patients annually. Expansion plans call for a centralized nursing station for direct oversight of patient rooms; bedside triage; an adjoining radiology area; an expanded

decontamination treatment facility; a dedicated observation area for behavioral health; and an enlarged waiting area. Part of the funding for this expansion came from the hospital's successful Emergency Department capital campaign, which raised \$13 million from private donors.

The Emergency Department's staff includes board certified, residency-trained emergency medicine physicians as well as nurses and physician assistants who have been specially trained in emergency medical care. The Department also is a New York State Department of Health regional Stroke Center. In addition to 35 treatment bays, the department has specialty treatment areas as well as its own dedicated computerized Radiology Suite with rapid access to testing and results. ■

## Health Matters

# Create a Heart-Healthy Eating Style With the DASH Diet



Do you have high blood pressure? If you do, you are not alone. High blood pressure affects nearly 50 percent of adults in the United States. Hypertension or high blood pressure is defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg. Only about one in four adults with high blood pressure have their condition under control. Having uncontrolled high blood pressure raises your risk for heart disease and stroke—leading causes of death in the United States, according to the Centers for Disease Control and Prevention.

















Studies have shown that diet plays a major role in the development of high blood pressure. Experts say the DASH diet, or Dietary Approaches to Stop Hypertension, may or may not aid in weight loss but it can lower blood pressure. The DASH diet limits sodium to 2,300 mg per day, or about one teaspoon of sodium or salt and emphasizes the consumption of fruits, vegetables, whole grains, and lean meats. It also limits high-fat, sugary foods, sugar-sweetened beverages, and fatty meats.

**While the DASH diet does not list specific foods to eat, it focuses on servings of important food groups:**

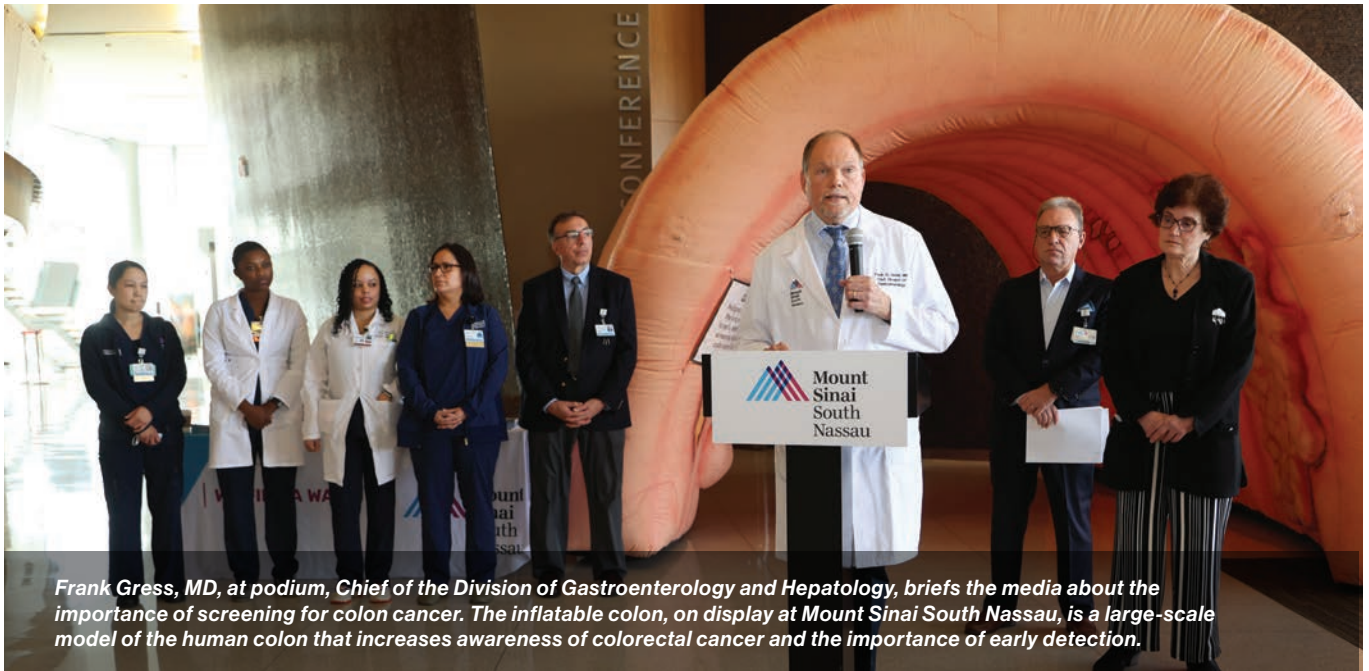
- Whole grains
- Meats, poultry, fish
- Vegetables
- Fruit
- Low-fat or fat-free dairy products
- Beans, nuts, seeds

## DASH Eating Plan

**The Benefits:** Lowers blood pressure and LDL “bad” cholesterol

 Eat This	 Limit This
 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar-sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts and seeds	
 Vegetable oils	 Sodium intake

Source: [nhlbi.nih.gov/DASH](http://nhlbi.nih.gov/DASH)



Frank Gress, MD, at podium, Chief of the Division of Gastroenterology and Hepatology, briefs the media about the importance of screening for colon cancer. The inflatable colon, on display at Mount Sinai South Nassau, is a large-scale model of the human colon that increases awareness of colorectal cancer and the importance of early detection.

# Raising Colorectal Cancer Awareness

**Irene Ficaro, a seasoned Mount Sinai South Nassau nurse who is specially trained in the field of gastroenterology, knows well the importance of undergoing regular screening colonoscopy and ensuring that patients prepare for a successful exam by thoroughly cleaning the colon.**

**But 16 years ago, at age 50, when it came time for the Freeport resident to take the "prep," herself, Ms. Ficaro began to fret.**

"You would think that after being in GI all these years, I wouldn't have worried about the prep, but I was dreading it," she confessed to visitors and the media at a colon cancer awareness event at the hospital in March. "But the prep was not bad at all, and it's actually palatable," she said. After the procedure, she was relieved to learn that her colon was "clear."

Ten years later, when she turned 60, Ms. Ficaro said she underwent a second colonoscopy. Doctors again said her colon showed no abnormal findings. A few years later, as she was nearing her 65th birthday, her manager, a Mount Sinai South Nassau gastroenterologist, urged her to repeat the procedure at age 65 instead of waiting until 70 because he had been "noticing a lot of malignancies [cancerous growths] in patients who waited 10 years to have another colonoscopy," she said.

She hesitated a moment, thinking that she might hold off for another five years, since she has no family history of the disease and no symptoms. But she decided to heed the doctor's advice and schedule a colonoscopy last year at age 65. The result: doctors detected a tiny noncancerous polyp.

"I'm glad I listened to the doctor," said Ms. Ficaro, now 68. "You never know what that polyp could have developed into in 10 years."

Although Ms. Ficaro underwent her first colonoscopy at 50 in 2007, the American Cancer Society issued guidelines in 2018 lowering the colorectal screening age from 50 to 45, since the disease is on the rise among young and middle-age people.

Frank Gress, MD, Chief of the Division of Gastroenterology and Hepatology, recommends adults at average risk of colorectal cancer start regular screening at age 45 and those with a family history of colorectal cancer should consult their physicians as they may require earlier screening. "Colonoscopy increases the chance of detecting colorectal cancer when it is at an earlier, potentially more treatable stage," he said.

**“Colonoscopy increases the chance of detecting colorectal cancer when it is at an earlier, potentially more treatable stage.”**

**—Frank Gress, MD**  
Chief, Division of Gastroenterology and Hepatology,  
Mount Sinai South Nassau

Colorectal cancer is the second most common cause of death in the United States. Early signs of the disease are blood in the stool, bloating, changes in bowel habits, abdominal discomfort, and weight loss. ■

**FOR MORE INFORMATION** about colorectal cancer, visit [cdc.gov/cancer/colorectal](http://cdc.gov/cancer/colorectal).

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





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Please reduce, reuse, and recycle

# Better Health Care on the South Shore— Support a Day of Golf



# 39<sup>th</sup>

ANNUAL GOLF TOURNAMENT



#### HONOREE

**Andrew Triolo**  
Vice President,  
Facility Planning and  
Development,  
Mount Sinai South Nassau



#### COMMUNITY SERVICE AWARD

**Scott A. Kemins**  
Chief of Department,  
City of Long Beach  
Fire Department

**MONDAY, MAY 15, 2023**

**Shotgun start 10 am**

**Foursomes and sponsorships available!**

**Enjoy a day of golf and a delicious breakfast, barbecue lunch, cocktails, dinner, and reception—all while supporting Mount Sinai South Nassau.**

**WHERE:** The Seawane Club, Hewlett Harbor; Rockaway Hunting Club, Lawrence; and Rockville Links Club, Rockville Centre

**TO REGISTER:** Visit [southnassaulifesaver.org/donate/golf-tournament-2023/](https://southnassaulifesaver.org/donate/golf-tournament-2023/)

**Online Registration ends on April 24.**

**For more information,** contact Lynne Nordone in Mount Sinai South Nassau's Development Office at 516-377-5360 or [lynne.nordone@snch.org](mailto:lynne.nordone@snch.org).

**To find a doctor, visit [mountsinai.org/southnassau](https://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](https://mountsinai.org/southnassau).

