WHAT THE HECK IS HAPPENING TO MY BODY?

White Plains Hospital doctors answer key questions that relate to women’s health

VAPING: A NEW TEEN EPIDEMIC
HOW TO LIVE WELL IN CHAPPAQUA
THE ABCs OF CBD
TOP HEART SPECIALISTS MADE SURE THIS BUSY GRANDMOTHER DIDN’T MISS A BEAT.

When she almost fainted following a short walk, Brenda knew something was seriously wrong. Her cardiologist sent her straight to the electrophysiology team at White Plains Hospital. Dr. Daniel Wang performed an innovative cardiac procedure that rewired Brenda’s heart so she could keep up with her active family.

Don’t ignore your heart’s signals.

Download a heart health assessment at exceptionaleveryday.org/cardiac or find a cardiologist by calling (914) 849-MyMD.
From the desk of

Susan Fox

PRESIDENT AND CEO

THE START of a new decade provides us with an excellent opportunity to evaluate how our health decisions can help us live a healthier and more active life. At White Plains Hospital, we are here to keep you and your family healthy by continuing to expand our services and through our commitment to providing access to convenient, advanced care, close to home.

February is heart month, a reminder for us all to know our numbers. With that in mind, in this issue of Health Matters you will find some powerful statistics on the impact of heart disease in the U.S., and helpful tips on how you can decrease your risks while improving your health in the New Year. Also in this edition, our experts weigh in on some of the most timely health issues facing our community, including a primer on CBD and what you need to know about the vaping epidemic.

We also share updates on our new Pediatric Center underway and scheduled to open later this year, as well as information on the Center for Advanced Medicine & Surgery which is rapidly changing the skyline near the Hospital. When completed next year, the Center for Advanced Medicine & Surgery will provide highly specialized, state-of-the-art advanced outpatient care to all those patients who rely on us for surgical procedures, endoscopy, imaging tests and procedures, wound care, and other physician specialty services.

In November, the Hospital hosted its annual Friends of White Plains Hospital Gala to support our new Center for Advanced Medicine & Surgery. The sold-out celebration was a wonderful night that provided an opportunity to recognize five extraordinary volunteers who have given so much of their time and energy to enhance the lives of our patients. Bruce Beck was our emcee and shared his personal family story of a loved one who survived cancer with the care of White Plains Hospital.

Finally, you may notice that Health Matters has a new look this year, as we continue to provide you with the latest health news. As always, we remain committed to helping you and your family stay well—throughout this winter and every season.

Yours in good health,

Susan Fox
President and CEO
White Plains Hospital
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To receive more helpful tips and content from White Plains Hospital, visit wphospital.org/stayconnected
Vaping: A New Teen Epidemic

A dangerous habit with risks for teens, as well as adults. Here’s what you need to know.

BY DONISHA ROBERTS

E-CIGARETTES, also known as vape pens or vapes, were first introduced as a way to help adults kick their smoking habit. They seemed harmless, or at least safer than real cigarettes, but that hasn’t proven to be the case—especially not for teenagers. Vaping has become a popular yet dangerous trend among teens in Westchester and across the nation. News stories of teens getting sick from vaping-related illnesses have become commonplace. Indeed, as of November, more than 2,000 cases of vaping product use-associated lung injury (EVALI) have been reported to the Centers for Disease Control and Prevention (CDC).

Recent findings from the CDC point to an additive called vitamin E acetate as a factor in vape-related illnesses. As the CDC explains, this additive is often used to thicken the ingredients inside the e-cigarette. When inhaled, it can inflame and damage the lining of the lungs, causing severe injury and even death.

E-cigarettes don’t create smoke, but they do contain nicotine, and according to Dr. Mason Gomberg, a pediatrician with White Plains Hospital Physician Associates, that’s a problem. “Young brains are more susceptible to the addictive nature of nicotine,” Dr. Gomberg says, explaining that teen brains are still developing and that development may be altered with nicotine use. “After a few weeks, they could be addicted,” he says, “and with teens, vaping is often a gateway to smoking.”

Nicotine isn’t the only ingredient to worry about, either, he adds. There are other chemicals in vapes that need to be considered. “They may contain THC, the substance found in marijuana, and then there are unknown additives, which may cause cancer,” Dr. Gomberg warns. “Many e-cigarettes are unregulated, so we don’t really know what’s in them.” The unknown becomes an even greater risk when you consider where these vaping devices are coming from, as teens are not legally allowed to purchase them from a retailer.

The bottom line is vaping is not safe—for teens or at any age. “E-cigarettes were good in theory,” Dr. Gomberg says, “but they just haven’t proved to be beneficial in reality.”

What the Dr. Prescribes

• Start talking to children, not just teens, about vaping and smoking as early as possible, and repeat the message often.
• Know the facts before you start your talk.
• Be prepared to listen, not just lecture or criticize.
• Be ready to answer questions like: “What’s so bad about vaping?” “My friends do it; it’s not a big deal,” or “At least I’m not smoking real cigarettes.”

Mason Gomberg, MD
Pediatrician
Healthy Eats
Looking for a soothing winter meal that's heart-healthy and nutritious? Try this original recipe from SARAH CUNNINGHAM, clinical nutrition manager at White Plains Hospital.

Quinoa-Stuffed Acorn Squash (Serves 4)

2 acorn squash  
2 tbsp extra virgin olive oil (plus additional for basting)  
1 cup vegetable broth  
1 tsp sea salt  
½ tsp freshly ground black pepper  
⅛ tsp allspice  
1 small red onion, finely chopped  
2 cloves garlic, minced  
¼ cup dried cranberries  
1 cup quinoa, cooked  
¼ cup slivered almonds or toasted pine nuts  
¼ cup fresh mint, chopped  
¼ cup fresh parsley, chopped

1. Preheat oven to 375 degrees. Cut squash in half, lengthwise, and scoop out seeds. Place halves cut-side down and bake for 35-45 minutes, until just tender. Turn cut-side up, brush with olive oil and pour vegetable broth over the squash. Season tops with ¼ tsp sea salt, ¼ tsp pepper, and ¼ tsp allspice. Return squash to oven and bake another 5-10 minutes until edges are nicely browned. Remove from oven and drain any residual broth into a small bowl. Set baking dish and bowl with broth aside.

2. Place olive oil in large pot over high heat and add onions. Stir until they begin to soften and then reduce heat to medium. Add garlic, cranberries, and remaining salt, pepper, and allspice. If mixture becomes too dry, add spoonful of reserved broth. Cook, stirring often, for another 5-10 minutes, until onions are tender. Add cooked quinoa and mix well. Remove from heat and stir in nuts, mint, parsley, and salt to taste.


TAKE HEART

FEVERARY IS HEART MONTH. As the following statistics show, heart disease has an incredible impact on adults in the U.S. What can you do to decrease your risk of heart disease? Staying active—the American Heart Association recommends at least 30 minutes of moderate physical activity each weekday—is essential. So is eating nutritious meals. Following a Mediterranean diet (rich in whole grains, plant-based foods, seafood, and nuts) can boost heart-health. And, practicing mindfulness and meditation can do wonders to reduce cardiovascular risk and promote overall well-being.

**103 MILLION**
Adults with high blood pressure

**16.5 MILLION**
Americans age 20 and older are living with coronary heart disease

**1 MILLION**
People will have a heart attack or die from coronary heart disease this year

**795,000**
People will have a stroke this year

**150 MINUTES**
A Mediterranean diet can improve heart health

The amount of moderate-intensity physical activity the American Heart Association recommends each week.

Source: “HEART DISEASE AND STROKE STATISTICS - 2018 UPDATE: A REPORT FROM THE AMERICAN HEART ASSOCIATION.”
The ABCs of CBD
What you need to know about these popular products.

C-B-D. Those three letters are popping up everywhere these days—from the beauty aisle to the health-food store. Still, many people don’t totally understand what CBD is or what it does. With so many claims and misconceptions out there, it can be tricky to separate fact from fiction. Dr. Jason Holdych, internal medicine specialist at White Plains Hospital Physician Associates, shares helpful information about CBD.

What is CBD?
CBD, short for cannabidiol, is a natural compound found in cannabis plants, including marijuana and hemp.

It’s not psychoactive, so it won’t make you “high,” but it does affect certain systems within the body—specifically, the endocannabinoid system. This system regulates things such as mood, coordination, appetite, seizures, and metabolism.

How is CBD different from medical marijuana?
It’s very different. The CBD in products sold over-the-counter is actually derived from the hemp plant, not the marijuana plant. Legally, CBD products in stores must contain very little to no THC (the compound in marijuana that creates the “high”).

Medical marijuana, however, contains higher levels of THC and must be prescribed by a doctor.

What can I use CBD for?
CBD comes in different forms, but in your local drugstore you’re most likely to see oral capsules, gummies, topical oils, and creams.

CBD taken orally may help with systemic symptoms and conditions—things like anxiety, restlessness, and poor sleep. Though there’s not enough research to say for sure, it’s possible that oral CBD products may also help regulate mood, appetite, and metabolism.

Topical CBD products are better for specific joints and localized pain—they could be helpful with nerve and arthritis pain.

There is also prescription CBD, which is effective in treating different forms of epilepsy.

Is it safe?
Yes, CBD appears to be safe. These products are still new, though, so they haven’t been tested extensively for safety yet. We do know that CBD can affect the metabolism of many other medications, so it’s always a good idea to speak with your doctor before using it.

It’s important to note that someone using CBD products may test positive in a drug screening.

Can I trust the CBD products in stores?
Yes and no. These products aren’t regulated by the FDA. The active ingredients might not always be accurately reported, and many CBD products make unsubstantiated health claims.

Just don’t bother with products that claim to cure anything, like heart disease, asthma, or cancer. And remember, CBD should never take the place of any medications that have been prescribed by your doctor.
Chappaqua

BY DEBORAH SKOLNIK

BESIDES HAVING FAMOUS RESIDENTS, this charming hamlet is a locally famous destination for those seeking to live and maintain a healthy lifestyle. From exquisite eateries purveying local fare to well-tended parks offering stunning scenery, there’s plenty to see, savor, and explore. Dr. James Peacock, a cardiologist at White Plains Hospital Physician Associates who specializes in arrhythmias of the heart, and a Chappaqua resident, urges you to visit these wellness-boosting spots the next time you’re in the neighborhood.

Enjoy a Healthy Bite

LOCAL As its name suggests, this combination café/ice cream shop sources its fresh, organic ingredients from the surrounding area whenever possible (think Hudson Valley grass-fed beef brisket and grilled kielbasa from nearby farms). Health-conscious dishes abound, such as quinoa burritos and roasted-veggie tacos. Eating organic is “about getting as close as possible to the way that food should be grown and eaten,” says Dr. Peacock. “More often than not, the producers are smaller in scale, and so there’s less batching of food, which is where some of the issues with salmonella and E. coli come in.” 75 S Greeley Ave; 914-238-0698; www.chappaqualocal.com

PHOTOS BY KEN GABRIELEN
Pump It Up

LIFE TIME CHAPPAQUA “One of the hardest things about going to the gym is just getting there,” shares Dr. Peacock. And the need to get there is why a destination like this roughly 40,000 sq. ft. fitness facility, located on the former Reader’s Digest corporate campus, is so handy. “Having a place within your community not only makes it more convenient, it makes it more fun and social, because you’re working out with your neighbors,” Dr. Peacock explains. Experts advise getting 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week. With top-of-the-line exercise equipment and more than 85 weekly classes, Life Time offers numerous ways to attain that goal.

480 N. Bedford Rd; 914-296-6000; www.lifetime.life

Have a Lark at the Park

GEDNEY PARK Outdoor enthusiasts agree that this 126-acre park has it all: “There’s a large playground here, a dog-walking trail and hiking trails, a pond, and a large hill that you can go sledding on in the winter,” says Dr. Peacock. “It’s not only a great spot to be physically active, it’s a beautiful place that decreases emotional stress. People take leisurely walks here, and there’s also a large lawn, where people sit and meditate in good weather.”

155 Millwood Rd; 914-238-4771; www.mynewcastle.org

Get Greener Groceries

WHOLE FOODS MARKET You’ll find this upscale, wellness-oriented grocery mecca in the same complex as Life Time Chappaqua, so run in after your workout to get the fixings for a healthy meal. “They offer a wide variety of produce and a combination of organic and nonorganic food,” says Dr. Peacock. “My wife, who’s also a physician, talks about eating healthy, and she says, ‘Eat a little bit of everything, mostly vegetables,’ and ‘when you’re in the supermarket, avoid the middle.’ The outside is where the fruits, vegetables, dairy, and fresh meats are. The middle is where they keep all the processed stuff.”

480 N Bedford Rd; 914-340-5130; www.wholefoodsmarket.com/stores/Chappaqua

Take in Some Culture

CHAPPAQUA PERFORMING ARTS CENTER This 425-seat institution was founded in 2017 and has already become a major community hub. The result of a joint public-and-municipal effort, it features a lively schedule of events, from documentary screenings to jazz-band concerts and author discussions (a recent one featured Hillary and Chelsea Clinton). Dr. Peacock touts the healthful benefits of the arts: “They’re extremely stimulating for the mind and extremely social,” he explains.

480 Bedford Rd; 914-458-5143; www.chappaquapac.org

Take in Some Culture

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480 Bedford Rd; 914-458-5143; www.chappaquapac.org
Bringing Back the House Call
A new partnership helps keep patients healthy at home after their hospital stays.

BY BILL CARY

ENABLING PATIENTS to get the care they need at home is a high priority at White Plains Hospital. To help obtain that goal, the Hospital has launched a ParaCares Program with Empress Emergency Medical Services, which brings paramedics into patients’ homes for follow-up care. The program helps to keep patients who are at high risk of returning to the hospital at home and healthy instead.

How does it work? A paramedic from Empress visits the patient 24 hours after discharge, to see how the patient is doing and to offer post-discharge support, medication instruction, a home-safety review, and a physical assessment. They can also help in setting up appointments and providing care coordination. After that visit, paramedics will follow up weekly, in person or by phone, for four weeks.

“We are enrolling patients whose diseases put them at a higher risk for recurrent hospitalizations,” explains Aimee Rizzi, clinical innovations manager at White Plains Hospital, who notes that the response from patients so far has been very positive. “Patients appreciate the additional service as an adjunct to traditional home care services. Medics have the unique ability to respond to diverse needs in real time with appropriate resources,” she says.

With the ParaCares Program, the paramedic’s initial visit time varies based on need. “The patients like being checked in on, and their families—who often act as primary caretakers—appreciate the help, as well,” Rizzi says.

Rizzi adds that the paramedics can also “do things outside of the box,” such as driving to a pharmacy to pick up medications or arranging to meet a homeless patient at a park bench. Should the patient need to consult a doctor, the paramedic can use telemedicine to connect the patient to a doctor at White Plains Hospital via a video consultation.

“Video conferencing allows the paramedic to tap into the Emergency Department resources without physically taking the patient back in,” says Jason Silverstein, director of innovation and transformation at White Plains Hospital. “Together, they can manage what the patient needs and can change medications on the spot. The point of this program is to enable a patient who typically spends a lot of time at the hospital to stay at home and receive the care they need.”
Virtual Reality in Palliative Care

The popular technology has a new role at White Plains Hospital.

WHITE PLAINS HOSPITAL is now using virtual reality to transport patients with serious illnesses and who are in end-of-life care back to places of meaning in their lives.

Christine Coyne, a palliative medicine social worker at the Hospital, is able to help patients find long-forgotten places and memories that have meaning for them by using virtual reality.

“I got the idea for the program while I was at Montefiore, working with a lot of immigrant patients who were at the end of life and wanted to go home to their countries but were too sick to travel,” says Coyne, who now leads the innovative virtual program at White Plains Hospital after coming onboard in September of 2017. “I worked with an 80-year-old Indian physician with end-stage cancer who wanted to go home to India. We were able to take him to the university where he taught in India and a club where he played tennis. He was so grateful — and so was his son.” Coyne cited another patient, with metastatic breast cancer and heart failure, who loved the beach and wanted to go to Aruba, which Coyne’s program was able to provide in virtual reality.

White Plains Hospital is looking forward to expanding the use of virtual reality to other areas of practice, to support patients throughout their medical experiences.

A New Tool for Head and Neck Surgery

Free-flap reconstruction maximizes functional and cosmetic outcomes.

FOR THE FIRST TIME, the Hospital is using a complex surgical technique, known as free-flap reconstruction, to surgically treat patients with head and neck tumors.

During a free-flap procedure, surgeons "take tissue isolated from a different part of the body, with supporting vascular supply [i.e., arteries and veins], and move that tissue to another location in the body," explains head-and-neck surgeon Dr. Jk Rasamny.

The tissue is most commonly harvested from the patient’s arms, legs, or back (in the case of extensive scalp reconstruction). While free-flap reconstruction is commonly used at White Plains Hospital and elsewhere in breast cancer reconstruction, according to Dr. Rasamny, its use for head and neck surgery is new to the Hospital.

In head and neck surgery, free flaps can be applied for reconstruction of defects involving parts of the oral cavity, as well as the cheeks, throat, scalp, and jaw, following surgery to remove cancerous or benign tumors.

“It’s the most advanced reconstruction technique that we have to repair extensive defects of the head and neck, and it is applied to maximize patients’ functional and cosmetic outcomes,” Dr. Rasamny explains.

In November, Dr. Rasamny and his colleagues in reconstructive surgery used the free-flap procedure to treat a 75-year-old man with larynx cancer after the cancer had returned following radiation therapy. The 10-hour surgery, a total laryngectomy with free-flap pharyngeal reconstruction, removed the patient’s larynx and voice box and rebuilt his throat with healthy tissue from his forearm that had not been exposed to radiation—thereby increasing the likelihood of normal wound healing.
IN MARCH OF 2016, Lou Vaccaro was living his best life. He had retired from a 47-year career at AT&T just two months earlier and was thoroughly enjoying the chance to spend more time on hobbies and family. There was only one problem: He had an annoying case of the sniffles. Seeking relief, he visited his primary-care physician. “I just wanted to get a prescription for a sinus spray,” he shares. He had promised his wife he’d also request a chest X-ray: “She said I was making a gurgling noise in my sleep,” he recalls. Vaccaro’s doctor listened to his chest and heard nothing unusual but ordered an imaging test to get another view.

Early the next morning, Vaccaro got a call: “It was my doctor again, saying, ‘Come back in right now,’” he remembers. His X-ray images looked so abnormal, his physician was sure there had been some

When a Vietnam veteran found himself battling lung cancer, White Plains Hospital came to the rescue. BY DEBORAH SKOLNIK

BREATHING Easy
mistake. But a repeat X-ray, plus a CT scan and PET scan, all indicated something was wrong with his lungs. His doctor referred him to White Plains Hospital, where a biopsy yielded a frightening diagnosis: Vaccaro, a Vietnam combat veteran, had small-cell lung cancer in the upper-left lobe of his lungs and lymph nodes. This type of cancer grows quickly and can spread to other parts of the body.

**TERIBLE NEWS, EXCEPTIONAL CARE**

“I was petrified,” Vaccaro recalls. But he found reassurance in the specialist he was referred to: Dr. Jeffrey Vainshtein, Medical Director of the Center for Radiosurgery at the White Plains Hospital Center for Cancer Care. “He’s a wonderful man,” says Vaccaro. “He explained everything and won my confidence.” Dr. Vainshtein prescribed a combination of radiation and chemotherapy for his new patient. “It’s the standard of care for this disease,” he explains.

The six-week treatment was demanding. Three days per week, Vaccaro would have both radiation and chemo—the latter done at a facility near his home in New Rochelle—followed by two days of radiation alone. But Vaccaro faced the regimen with confidence. “Dr. Vainshtein made sure I knew exactly what was going to happen during radiation,” he shares. “He showed me the radiation machines, informed me of how they worked, and explained what they would do in order to save my life.” Dr. Vainshtein, in turn, was thrilled with Vaccaro’s positive attitude. “He sailed through the treatment quite impressively,” the doctor says.

As the six weeks drew to a close, Dr. Vainshtein recommended performing 10 radiation treatments on Vaccaro’s brain, as well. “He explained to me that small-cell lung cancer has a tendency of going to the brain,” says Vaccaro. “Even though an MRI showed no evidence of it, he said it was probably hiding in there.”

The procedure was intimidating. Vaccaro had to lie flat on a table, wearing a mask that covered his face and upper body. To ensure he’d remain still, the mask was snapped to the table. “You panic a bit,” he says. “I was waving my hands, like, ‘Get this thing off my face!’” Again, he says, White Plains Hospital’s staff showed tremendous compassion. “They got me through it,” he says.

**RECURRENCE AND RECOVERY**

For nearly the next three years, Vaccaro lived uneventfully. But last spring, he started bumping into things on his left side—the refrigerator, the stove, even an elderly woman on the street,” he says. A visit to his primary-care physician revealed Vaccaro had lost peripheral vision in his left eye. He quickly made his way to White Plains Hospital’s Emergency Department, where an MRI and CT scan showed he’d developed a large tumor on the right rear of his brain.

Once again, Vaccaro found himself in the hands of a highly capable physician at the White Plains Hospital Center for Cancer Care: Dr. Vijay Agarwal, a neurosurgeon, Assistant Professor and Director of the Skull Base Center at Montefiore Medical Center, the University Hospital for the Albert Einstein College of Medicine. Within days, he operated to remove Vaccaro’s tumor. “We did it through a minimally invasive approach called a keyhole craniotomy,” Dr. Agarwal says. “This means we took out the tumor through a very small incision and a very small opening in the bone.”

The operation was a success. “The moment I opened my eyes, I had peripheral vision on my left again!” Vaccaro marvels. “I didn’t feel any pain either. I was so happy!”

Dr. Vainshtein needed to have another conversation with Vaccaro, however. A scan showed three additional, slow-growing tumors near his spine and the back of his abdomen. Dr. Vainshtein performed radiation on one of these; the other two were treated by Dr. Mark Burshteyn, director of interventional oncology at White Plains Hospital. He used cryoablation, a procedure in which the tumors were frozen and then removed. By September, Vaccaro showed no evidence of cancer anywhere in his body. “Lou is a wonderful person; I’m really lucky to have had the privilege of taking care of him,” says Dr. Vainshtein. “I’m looking forward to caring for him for many more years.”

Vaccaro also looks forward to a long future. He is now a member of the White Plains Hospital Answer to Cancer Committee and knows he can count on the Hospital’s Center for Cancer Care to keep him healthy. “We’re so blessed to have this wonderful facility,” he says. “The doctors, nurses, and technicians here do their job in the most professional and loving way. White Plains Hospital is the best of them all.”
A panel of doctors from White Plains Hospital answer key questions that relate to women’s health as we journey from our 30s to our 50s and beyond. 

By Regina Molaro
How does our metabolism change, and what can we do about it?
As we age, our metabolism gradually slows. Muscle mass decreases and is replaced by fat tissue. As a result, this makes us weaker, depletes us of our energy, and makes us tire more easily.

To combat these effects, do resistance training exercises, such as planks, arm raises, and straight-leg raises, to maintain lean muscle mass; engage in high-intensity interval training, such as squats and lunges, for heart health. Eat a diet that is high in lean protein and vegetables, and be sure to get enough sleep.

How can we prevent osteoporosis?
Through regular exercise, particularly weight-bearing exercise. But this doesn’t mean lifting weights. It involves activities that require carrying your own body weight, such as walking, hiking, and jumping. Also, ensure that you consume 1,000 mg of calcium daily through your diet. Good sources include salmon, cod liver oil, cereal, and oatmeal. And, make sure you’re getting enough vitamin D—a large part of the population is deficient, so check your levels.

What supplements do you recommend?
A daily multivitamin, vitamin D, and omega-3 fish oil.

What are the best ways to combat stress?
Meditate and practice mindfulness. Mindfulness can be practiced even if for just five minutes daily: Sit comfortably and take stock of what you’re grateful for. Ensure that you’re getting enough sleep and regular exercise, too.

What can be done to screen for or prevent diabetes, stroke, and heart disease?
Diabetes screening can be done through routine blood work. Checking cholesterol and monitoring blood pressure are ways to screen for heart disease and stroke. For prevention, these can go a long way: Quit smoking, eat a diet high in vegetables and lean proteins, and get regular exercise.

How can we prepare for menopause and its impact on our sex lives?
Menopause is a natural process that affects everyone differently. Some women have no symptoms, while others suffer greatly, experiencing such things as hot flashes, vaginal dryness, and insomnia. Treatments are based on symptoms and can include nutritional supplements and hormone replacement. Low-dose antidepressants and vaginal estrogen are useful. Intercourse can be difficult due to dryness or pain, but helpful treatments exist, so speak to your gynecologist if you are experiencing these concerns.

Is hormone replacement therapy safe to use?
It’s an option in certain situations. Discuss the benefits and risks with your doctor.

Is there anything we can do about stress incontinence—urine loss while coughing or sneezing?
Stress incontinence is common, with child bearing, menopause, and genetics all counting as risk factors. Kegel exercises and pelvic floor rehabilitation are helpful in preventing incontinence. If incontinence is severe, there are procedures that can help.
**BETTER BREAST HEALTH**

*Important facts about preventing and fighting breast cancer*

**DR. PREYA ANANTHAKRISHNAN** Director of Breast Surgery

**Why is the best way to prevent breast cancer?**

Eating healthy is an important component, but there isn’t one magic diet. Eat fresh, unprocessed foods, including leafy vegetables, fruits, and fiber, and stay away from processed foods, fried foods, and excessive alcohol. Get regular exercise—45 minutes daily/three times weekly. Finally, vitamin D can be preventive.

**If breast cancer risk increases with age, why doesn’t the frequency of mammograms increase as women age?**

Mammography is a surveillance tool used to detect breast cancer when it occurs, however it’s not preventive in any way. Cancers take a certain amount of time to present themselves on imaging, and doing more frequent mammograms (every 3 or 6 months) does not give most cancers enough time to present themselves. We have to be aware of the fact that mammograms have downsides, such as exposure to radiation, false positives leading to increased biopsies, and interventions, as well as causing anxiety.

**Are breast self-exams effective?**

They’re only a part of a multi-prong approach to early detection. I tell women to look for something obvious on self-exams—a marble or golf-ball-sized lump, skin thickening, or nipple retraction. The self-exam is one tool, but when coupled with a doctor’s exam and screening mammography, it can be helpful in early detection.

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**PUT YOUR BEST FACE (AND HEAD) FORWARD**

*Keeping your skin and hair healthy as you age*

**DR. ATHENA KAPORIS** Board-Certified Dermatologist

**What’s the latest on scalp health for healthy hair?**

Treat your scalp and hair in moderation. Excessive washing can cause drying, and excessive heat from styling tools can dry the scalp and hair, causing mechanical trauma and breakage. During shampooing, massage the scalp to improve circulation and overall scalp health.

Hair needs protein and vitamins/antioxidants. Too little protein causes brittle hair. Biotin and other vitamins and minerals are required for good growth.

**Are there ways to prevent hair loss and scalp irritation?**

Hair loss can come from stress to the body or mind, as well as low iron, anemia, or thyroid disease. Schedule annual checkups and eat well. Exercise to combat stress. Finally, platelet-rich plasma-injection treatments may help aging hair follicles rev up production.

Treat inflammatory conditions, such as psoriasis, dandruff, and inflamed follicles, with antidandruff and exfoliating shampoos. If inflammation persists, see your dermatologist.

**Should women take collagen?**

Twenty-two amino acids (the building blocks of proteins) are needed for the body to function properly. The body produces 13 amino acids and must absorb the other nine from foods such as fish, meat, dairy, eggs, lentils, tofu, and beans. If your diet includes these, you don’t need to take supplements like collagen.

**Which new anti-aging procedures do you recommend?**

Ultherapy uses micro-focused ultrasound to deliver energy to the skin and stimulate collagen. It’s the only noninvasive procedure approved by the FDA to lift and tighten skin. An expert physician panel rated it as the gold standard for nonsurgical lifting. It also won 2019 Best Non-Surgical Skin Tightening by *NewBeauty*.

Fraxel is a fractionated laser that resurfaces skin and stimulates collagen without destroying tissue. It eliminates age spots and smooths fine lines, wrinkles, and scars. Fraxel won 2019 Best In-Office Treatment for Glowy Skin by *NewBeauty*. There’s also microneedling, which stimulates collagen by pinpoint injury. Finally, neurotoxins (Botox, Dysport, Xeomin) are highly effective.

**Is it safe to use Retin-A for wrinkles?**

Retin-A/Retinol is very safe, but avoid during pregnancy. If skin is sensitive, apply moisturizer first and limit use to 2-3 nights weekly. Use a sunscreen daily, since retinoids cause photosensitivity.

**What can we do about age spots?**

Prevention is best. Use sunscreen and Retin-A/retinols. Alpha hydroxy acids and bleaching creams can help. Laser is the most effective treatment, specifically, IPL (intense pulsed light) and PicoFacial.
What’s New at WHITE PLAINS HOSPITAL?

An ongoing campus transformation, a new team of urologists, and more advanced services.

BY DAVID LEVINE

WHITE PLAINS HOSPITAL continues its push to bring convenient, state-of-the-art care to Westchester County patients and their families. Among the changes are the addition of a urology practice to the WPH campus and two ongoing construction projects, which are nearing completion.
Urologists Join Physician Associates

Four urologists who have been practicing at White Plains Hospital for years have now formally aligned themselves with the Hospital.

Dr. Charles Glassman, Dr. Seth Lerner, Dr. Nicole Fleischmann, and Dr. Aaron Hagge-Greenberg have joined the Hospital’s Physician Associates Division. The doctors constitute the first urology practice to join White Plains Hospital Physician Associates, which further advancing the Hospital’s commitment to the community to provide complex care close to home.

Dr. Glassman has been practicing general and pediatric urology for more than 35 years in Westchester and has been named as a Castle Connolly Top Doctor in Urology every year for the last 21 years. His current focus is on minimally invasive procedures for the treatment of benign prostatic gland enlargement and erectile dysfunction.

Dr. Lerner, director of the WPH Prostate Program, specializes in minimally invasive surgery for cancers of the prostate, kidney, testes, and bladder, as well as benign and malignant adrenal tumors. He has performed more radical prostatectomies using robotic techniques than any other surgeon in Westchester and the surrounding area.

Dr. Fleischmann specializes in women’s health, including the diagnosis and treatment of urinary incontinence, as well as minimally invasive surgical procedures for pelvic floor prolapse.

Dr. Hagge-Greenberg specializes in robotic kidney surgery, removal of kidney stones, complex female and male pelvic reconstruction, incontinence, and therapy for men’s sexual health issues.

The group will continue to treat patients at 170 Maple Avenue, Suite 104, in White Plains. To schedule an appointment, call (914) 949-7556.

New Center for Advanced Medicine & Surgery ‘Tops Off’

The final steel beam was put in place in early February on the new nine-story, 252,000 sq. ft. outpatient care facility on the corner of Maple and Longview Avenues. The Center for Advanced Medicine & Surgery, as it will be known, is intended to enhance access to highly specialized, advanced outpatient care.

When finished in 2021, the Center will include ambulatory surgery and advanced endoscopic procedure rooms featuring the latest equipment and state-of-the-art surgical technology; advanced radiology with sophisticated imaging technology; wound care delivered through two new hyperbaric chambers; and specialty physician offices.

The Center will connect to the main hospital and the Center for Cancer Care via a pedestrian walkway, giving patients and their families convenient access to the Hospital’s full range of services without having to venture outside. The new building will open in Summer 2021.

Progress on Pediatric Center

The work to transform part of the Hospital’s Emergency Department into a new, one-of-a-kind Pediatric Center is also progressing.

When it opens later in 2020, the Pediatric Center will be the only one like it in New York State. Based on models of care at Johns Hopkins Medical Center, the new Pediatric Center will combine and connect seamlessly with all of the Hospital’s dedicated services for children. The Center will bring both pediatric emergency and inpatient care services together in one comfortable, child-friendly and family-centric facility. Patients will have access to specialized care from highly trained pediatricians, pediatric nurses, and child-life staff.

The Pediatric Center project also presents an opportunity for the Hospital to transform the first-floor Emergency Department. The Hospital is currently adding a more welcoming new entrance and reception area and a more efficient redesign, to enhance the patient experience.
New Year, New You

Doctor-approved tips to make this your healthiest year yet!

Dr. Carlos Torres, Internal Medicine, Westmed Medical Group, RECOMMENDS THE FOLLOWING:

1 | BE MORE ACTIVE If you prefer to exercise outside your home, join a gym or sign up for a class. If the gym is not for you, consider buying an elliptical, treadmill, or stationary bike, and aim for at least 30 minutes of daily exercise. Even brisk walking can be effective, as long as it is enough to increase your heart rate.

2 | WEIGH YOURSELF OFTEN Keep yourself honest! If you weigh yourself and find that you have gained weight since your last check-in, this allows you to evaluate your lifestyle from a health perspective. Some questions to consider are: “What did I eat that made me gain that pound? How physically active have I been?”

3 | GO GREEN Eat more greens for better nutrition, and walk or ride your bicycle instead of driving your car. You can improve your health and the environment by adopting a greener lifestyle.

Dr. Joshua Latzman, Cardiologist, Maple Medical, SUGGESTS THESE PRACTICES:

“ Spend time with family and friends. Loving relationships are a powerful source of good health in bringing people happiness and reducing stress. Also, limit the time you spend looking at screens. This practice allows you to be more present in your real life, gives you time and space for your own thoughts, and shields you from any online negativity.”

Dr. Michael Zuckman, Internist, White Plains Hospital Physician Associates, SHARES THIS ADVICE ON HOW TO FIGHT SEASONAL DEPRESSION:

“ Seasonal affective disorder [SAD] can affect many people. It runs the gamut, from mild blues to significant depression. Its symptoms also include fatigue, sleep disturbance, weight gain, memory loss, or confusion. Help avoid seasonal depression by exercising regularly: Walk outside in the daytime for at least 30 minutes. Also, look for good indoor lighting. And sleep hygiene is key: Go to sleep and wake at regular times; avoid exposure to light-emitting screens before bedtime; and eat healthy. Bright-light therapy can also help.”

Dr. Sarah Van Wagner, Family Medicine, Scarsdale Medical Group, EMPHASIZES SELF-CARE:

“ New Year’s resolutions can be fraught with pressure, and many are abandoned quickly. While I applaud any efforts to improve health—whether quitting smoking, eating better, exercising more, et cetera—I like to start my new year off with an emphasis on self-care and stress management. Holidays can be stressful; give yourself permission to relax, sleep, socialize, and de-stress. It will allow you to better tackle any larger health goals you have for the year ahead.”
GET TO KNOW

Zaida Garcia

BY STACEY PFEFFER

AS A PATIENT EXPERIENCE MANAGER at White Plains Hospital for almost a decade, Bronx resident Zaida Garcia has the uncanny ability to anticipate a patient’s needs. A self-proclaimed “people person” who previously worked at a large bank, Garcia is a skilled listener and keen observer when she walks into a patient’s room for the first time. Working in the Environmental Services department, Garcia keeps tabs on almost 60 patients daily, ensuring that they are as comfortable as possible. She also manages approximately 100 associates who work in
“A patient told me, ‘The healing starts with you and your staff. If my room is dirty or too noisy, I can’t begin my healing process.’ “

satisfied, the entire team need to pull their weight.

Apparently, her team has followed her lead, as White Plains Hospital received in 2019 the Outstanding Patient Experience Award by Healthgrades. The Hospital was among the top 10% nationwide in achieving outstanding performance in the delivery of positive experiences for patients during their hospital stays in the past year. The award marked the fourth time the Hospital achieved the distinction.

Garcia feels the patient-centric culture is a key differentiating factor that makes the hospital garner such accolades—and, she says, the unique culture starts from leaders at the top. Recently Jeffrey A. Tiesi, the senior vice president and chief operating officer, appeared in a training video for new employees with members of Garcia’s team. “So many times, these videos are outsourced to external vendors, but to have Mr. Tiesi in it with our associates, that was really a ‘wow’ moment,” she recalls. “It definitely boosts morale when leadership expresses how important our role is.”

Colleagues are also quick to commend Garcia. Patient Experience Coach Nancy Longworth, BSN, RN, notes: “Zaida works with her staff daily to help them not only provide the highest quality of care but also to connect them to the purpose of ‘the why’ behind our goals. She understands how important the outcomes are to the overall safety and quality care, the result being an exceptional patient experience for our patients and their families.”

When Garcia isn’t at the Hospital, she likes to relax by walking around her neighborhood with her two dogs, Houston and Nevaeh, or volunteering with local youth through New York Cares. Garcia, a single mom, is most proud of being able to support her daughter’s education (she went to St. John’s University and earned a master’s degree at John Jay). Garcia’s daughter saw the job posting for a Patient Experience position at White Plains Hospital. “She urged me to apply because she said I was the type of person who can get along with anyone and was detail-oriented,” Garcia shares. Her daughter’s encouragement paid off, since, Garcia says, “I’m grateful to have a job I truly love.”

Members of the WPH medical and dental staff gathered for its annual holiday party in the Hospital lobby on December 5. From left: Francine Orefice, Dr. Seth Lerner, Frances Bordoni, WPH President and CEO Susan Fox, Dr. Helen Jhang, Dr. Yael Zack

More than 100 children attended the annual Ted E. Bear Fair at WPH on October 26. Families gathered to tour the Hospital, meet first responders, and have their teddy bears evaluated by the hospital’s exceptional staff.

More than 600 people attended the sold-out Friends of White Plains Hospital BASH on November 16 at the Brae Burn Country Club in Purchase. From left: WPH Board Chairman Larry Smith and WPH President and CEO Susan Fox; honorees Dr. Erik Larsen, Lucy Schmolka, and Alan Waxenberg; Honorees and Co-Chairs of the BASH Wendy Berk and Kathy Winterroll; Co-Chairs Geralyn Della Cava and Anna Cappucci. To see more pictures from this event, go to wphospital.org/friendsbash

WPH employees turned out in red shirts and walking shoes to support heart health at the Westchester Heart Walk at the Kensico Dam in Valhalla on October 5. Dr. Michael Palumbo (center) was co-chair of the event.

Members of White Plains Hospital’s Emergency Preparedness Team donated bleeding control kits to the White Plains School District in January. The Hospital and School District partnered in 2019 to provide Stop the Bleed training to staff, administrators, and teachers. From left: Sean Lewis, WP School District; Dr. Joseph Ricca, WP School District; Dr. Erik Larsen, WPH; Ed Tangredi, WPH; Dr. Farrukh Jafri, WPH; Maggie Racioppo, WP School District; Kate Lopez, WPH
Educational Lectures, Events, and Information Sessions

**Colorectal Cancer Symposium**
Friday, March 27
9:00 a.m.-1:00 p.m.
WPH Center for Cancer Care, 2 Longview Ave, White Plains

When detected early, colorectal cancer is one of the most preventable and treatable forms of cancer. Yet a one-third of at-risk adults are not being proactive in understanding their risks. Join our multidisciplinary team of clinical experts to learn the latest screening recommendations and simple steps you can take to help reduce your risk for the disease.

For more information or to register, call 914-849-7500.

**Weight-Loss Information Session**
Second Wednesday of every month
6:00 p.m.-7:00 p.m.
WPHPA Surgical Specialists, 170 Maple Suite 502
White Plains

Could bariatric surgery be the change you need in your life? Join our bariatric team as they facilitate a program to help you determine if bariatric surgery is an appropriate option for you.

Call Sandi Gallo, RN, for more information at 914-948-1000.

**SAVE THE DATE**

**APR 23**
“Mindfulness and the Art of Happiness”
Friends of White Plains Hospital Annual Spring Luncheon
Thursday, April 23
11:30 a.m.-2:00 p.m.
Brae Burn Country Club, Purchase
Special Guest Speaker: Cheryl Vigder Brause, Chief Mindfulness Officer at Pause Meditation

**MAY 3**
Answer to Cancer 5K run, 2K walk, and Block Party
Sunday, May 3
8:30 a.m.-12:00 p.m.
Court Street (Between Main and Martine), White Plains

**JUN 29**
2020 White Plains Hospital/Mariano Rivera Celebrity Golf Event
Monday, June 29
11:00 a.m.-2:00 p.m.
Quaker Ridge Golf Course, Scarsdale

For more information on tickets or sponsorship call 914-681-1040 or email events@wphospital.org.
Screenings and Health Fairs

**Annual Neighborhood Health Fair**

**APR 25**

Saturday, April 25
8:00 a.m.-1:00 p.m.
Calvary Baptist Church, 188 Orawaupum Street, White Plains (event entrance on Post Rd.)

Now in its 43rd year, the health fair provides valuable health screenings and information to White Plains and the surrounding communities. Raffles, refreshments, and children’s activities are available. The fair is a collaborative effort by the Hospital, Calvary Baptist Church, El Centro Hispano, and the Thomas H. Slater Center.

Call 914-681-1119 for more information.

**See, Test & Treat ®**

**APR 25**

Saturday, April 25
8:00 a.m.-1:00 p.m.
WPH Family Health Center, 79 East Post Road, White Plains

In a single day, women can receive a pelvic exam and a Pap test with same-day results, a screening mammogram (if eligible), connection to follow-up care, interpretive services, translated educational material, and a healthy meal.

Call 914-849-7500 for more information.

Support Groups and Fitness

**Bariatric Support Group**

2X MONTHLY

1st Tuesday and 3rd Wednesday of the month
6:30 p.m.-8:00 p.m.
White Plains Hospital, Centennial Room, White Plains
41 East Post Rd.

Along with nutrition and exercise counseling after surgery, it is suggested that patients have an outside counseling support system that can help them along this journey. We invite bariatric surgery patients to be a part of our bi-monthly support workshops.

Call 914-948-1000 for more information.

**Better Breathers Club**

3RD TUE

Third Tuesday of every month
1:00 p.m.-2:00 p.m.
WPH Center for Cancer Care, 2 Longview Avenue
White Plains

White Plains Hospital is partnering with the American Lung Association’s Better Breathers Clubs® to help people with COPD, asthma, or pulmonary fibrosis learn how to manage their chronic disease. We encourage you to join us and find out what resources and support are available to you.

Call Lyn Harper, MPA, BSRT, RRT, AE-C for more information at 914-681-1084 or Debbie Pierce, COPD Case Manager 914-267-7886

**Ostomy Support Group**

3RD TUE

Third Tuesday of every month (excluding July, August, and December)
7:30 p.m.-9:00 p.m.
WPH Center for Cancer Care, Patient Resource Room, White Plains

WPH is offering a free support group dedicated to providing support and information for anyone living with an ostomy. The group provides an opportunity for patients, family, caregivers, and friends to meet and share experiences.

For more information, call 914-681-2430.

*Schedule subject to change, please call to confirm availability. March date falls on Monday 3/16/20
Maternity Classes

MONTHLY

From Belly to Birth
11:00 a.m.-5:00 p.m.
White Plains Hospital, 41 East Post Road, White Plains

Our instructors (all labor and delivery nurses at White Plains Hospital) will provide you with current research-based information while sharing stories and experiences that will help you remember what you learn. This class covers topics including anatomy of pregnancy, relaxation techniques, possible medical interventions, what to do when you go into labor, and more. We encourage your significant other to join this class with you. Registration and online payment ($200 per couple) required for class attendance.

Visit wphospital.org/about/events for more information and to register.

Breastfeeding Basics
3RD TUE
Third Tuesday of every month
6:30 p.m.-8:30 p.m.
White Plains Hospital, 41 East Post Road, White Plains

Get your breastfeeding experience off to a great start by learning evidence-based information on breastfeeding, including the benefits for baby and mother, positioning techniques, establishing a good milk supply, and common concerns. Registration and online payment of $25 per family required for class attendance.

Visit wphospital.org/about/events for more information and to register.

MONTHLY

Baby Basics
First Monday of the month
6:30 p.m.-8:30 p.m.
White Plains Hospital, 41 East Post Road, White Plains

Join other expectant couples in this interactive class and learn more about the basics of caring for your newborn in the first six weeks of life. Topics covered include bathing, diapering, newborn appearance, and sleep patterns. We encourage your significant other to join you for this class. Registration and online payment ($50 per couple) required for class attendance.

Visit wphospital.org/about/events for more information and to register.

TOUR OF THE MATERNITY CENTER

Every Thursday
7:30 p.m.
White Plains Hospital, 41 East Post Road, White Plains

Expecting? We welcome you and your significant other for a complimentary tour of the William & Sylvia Silberstein Maternity Center at White Plains Hospital. See our comfortable, sophisticated labor and delivery rooms and maternity unit.

Visit wphospital.org/about/events to register.

WEEKLY

Prenatal Yoga & Meditation with Prana Yoga
Every Sunday
9:30 a.m.-10:30 a.m.
White Plains Hospital, 41 East Post Road, White Plains

Beginner friendly! Prenatal Yoga & Meditation is a great way to connect with your baby, address the common physical symptoms associated with pregnancy, prepare for labor and birth, and relax and calm the mind. You will be led through a sequence of gentle yoga postures that are suitable for beginners as well as experienced students. The class includes breathing techniques, a short meditation practice, and a guided visualization to help you deeply relax.

Visit www.pranayogaandmeditation.com for more information and to register.

*Except when a holiday.
White Plains Hospital is proud to be named Westchester’s Best – the only hospital in the county recognized as a Best Regional Hospital, according to U.S. News & World Report. Ranked nationally for gynecology and high-performing in seven other areas of care, White Plains Hospital once again delivers on its promise of exceptional care and an outstanding patient experience, close to home.

To learn more, visit wphospital.org/awards