

HealthMatters

A Publication of White Plains Hospital

SPRING/SUMMER 2018

SUMMER DAYTRIPS!



**WHERE TO GET
YOUR VITAMINS**

**TEEN
TUNE-UP**

**HEALTHY SPOTS
IN HARRISON**



White Plains
Hospital

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White Plains Hospital on Chatterton Ave, 1893

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FROM THE DESK OF

Susan Fox

PRESIDENT AND CEO



Presenting the time capsule at the 125th Annual Meeting of the White Plains Hospital Board of Directors: Board Chairman Larry Smith, President and CEO Susan Fox, and longtime Board member Carl Austin.

After a long winter and a late-arriving spring, summer has finally arrived in Westchester, and the spirit of change and renewal is alive and well at White Plains Hospital. As we continue to celebrate our historic 125th year, our commitment to serving the community and region—much like the shifting seasons—remains constant, even as we continue to evolve and grow.

At our annual meeting in late April, we celebrated our 125-year history and reflected on the remarkable accomplishments of the past few years and the many people who have made our Hospital what it is today. We also invited special members of the Hospital community to participate on the creation of a time capsule to be installed in the wall of our main building for future generations of Hospital leadership to uncover and learn from.

The summertime usually means a more relaxed schedule, no homework, and more time to de-stress, unwind, and take care of ourselves. It's the perfect time to pick up a new outdoor activity, resume a favorite sport or exercise program, and refocus on healthier nutrition choices, including the abundance of fresh in-season fruits and vegetables here in the Hudson Valley. In this edition, we highlight some great day trips where you and your family can put down the electronics and enjoy family time.

Even through the summer months, we are continuing to advance the level of care and recently have built upon the highly specialized programs in our Center for Cancer Care, including a new liver disease service and a new state-of-the-art Center for Radiosurgery, opening this month. All of these initiatives are designed to provide residents of Westchester and beyond with highly sophisticated and personalized care right here, close to home.

If past years are any indication, the warmer months will go by quickly, which is why we're already looking forward to our anniversary gala in September. We hope you will consider joining us there—and if you haven't already done so, we encourage you to visit our anniversary website, wph125.org. Through the remainder of the anniversary year and well into the future, we will continue our longstanding mission to serve as an essential community resource, providing the best local healthcare possible.

Yours in good health,

A handwritten signature in black ink that reads 'Susan Fox'.

Susan Fox
President and CEO
White Plains Hospital

Cover photo: Storm King Arts Center by Michael Polito

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MYSTIC SEAPORT: COURTESY OF MYSTIC SEAPORT; DE CICCIO'S PHOTO BY KEN GABRIELSEN

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HEALTH MATTERS
SPRING/SUMMER 2018

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VITAMINS: What You Need, Where You Find Them

Instead of swallowing a supplement, choose healthy foods to fulfill your vitamin needs.

BY DONISHA ROBERTS



Vitamins are organic substances that your body needs for proper growth and nutrition. There are 13 vitamins known to medical professionals, and a deficiency of any one of them can lead to a variety of health problems, from anemia to decreased bone health.



Bonnie Greenwald, MD
Endocrinology

But despite what the vast selection of vitamin supplements in any supermarket health aisle may lead you to think, most people don't need to take daily vitamins.

In fact, Dr. Bonnie Greenwald of Maple Medical Group says that she prescribes multivitamins only for certain conditions and medical situations. In most cases, as long as you're eating a healthy, balanced diet you'll get all of the vitamins you need,

Dr. Greenwald says. "A healthy, balanced diet rich in fruits, vegetables, and lean protein is the best way to support your health," Dr. Greenwald recommends.

The body produces two vitamins on its own: D and K. People in the United States tend to have vitamin D deficiency, especially in the winter, since exposure to sunlight is what keeps vitamin D production at a healthy level. Vitamin K deficiency is rare in adults, but infants are born with low levels of the nutrient. As a result, most parents opt to have their babies receive vitamin K by injection or mouth after birth.

There are certain health conditions and medications that may cause a vitamin deficiency—and may require taking an oral supplement, as directed by a doctor. Otherwise, try taking advantage of the following natural sources, recommended by Dr. Greenwald.

WHAT YOU NEED	WHERE TO GET IT
Vitamin C: Helps repair tissues, aids in iron absorption, keeps bad cholesterol at bay, and lowers the risk of heart disease.	Citrus fruits, dark leafy greens, red bell peppers, apples, and berries.
Vitamin D: Key to absorbing calcium and maintaining strong, healthy bones.	The best source is sun exposure. Research shows that at least five to 10 minutes of sun exposure, two to three times a week, keeps production at a healthy level. Salmon, swordfish, eggs, and fortified milk are also good sources.
Vitamin K: Helps with blood clotting and bone metabolism.	Kale, Swiss chard, spinach, grapes, and eggs.
B Vitamins: Eight vitamins (B1, B2, B3, B5, B6, B7, B9, B12) aid in everything from healthy cell production, to mood and sleep regulation, to converting food into energy.	Spinach, salmon, yogurt, eggs, beans, kale, almonds, and beef are sources of B vitamins.
Vitamin A: Promotes good vision, reproductive health, and immune system health.	Beef liver, kale, carrots, sweet potatoes, cantaloupe, butternut squash, mango, and spinach.
Vitamin E: Supports vision, protects against tissue damage from free radicals, and helps the body use its vitamin K.	Wheat germ, cold-pressed vegetable oils, asparagus, nuts, dark leafy greens, and yams.

Teen Tune-Up

Essential mental and physical check-ins to keep the older kid in your house healthy.



Adolescence is widely known as that period of transition from childhood to adulthood when everything around you is taking on new meaning and everything inside you is maturing more quickly than you can handle. Being a teen is difficult, and most teenagers make that obvious. Although he or she may not ask for your help, your teenager needs assistance growing into a healthy adult.

It's important to understand that teens have a very specific set of issues, says Dr. Alicia Rieger, a pediatrician with Westmed Medical Group. Teenagers are growing rapidly and exercising more independence at the same time. You want to ensure that your teen is getting a good intake of calcium and vitamin D and an adequate amount of sleep. According to Dr. Rieger, adolescents need eight to 10 hours of sleep nightly in order to support their physical growth, as well as their brains and emotional health.

Just as for adults, physical exercise is also important for overall health, as well as for weight control, muscle strength,

sleep cycles, and mood. Incorporating regular exercise into your teenager's daily routine will help establish a healthy habit to last a lifetime.



Alicia Rieger, MD
Pediatrician



Richard Ellsasser, MD
Psychiatrist

But teenagers' mental health needs can be even more significant than their physical needs. As White Plains Hospital Director of Psychiatry Dr. Richard Ellsasser points out, hormonal changes, growing self-awareness, and desire for social acceptance paired with the prevalence of bullying and social media harassment among adolescents are a perfect storm for mental health issues. One issue in particular is anxiety.

Typical teenage stressors, such as academic pressures or the emotions of a romantic relationship, can easily trigger an anxiety disorder in teens who are genetically predisposed, Dr. Ellsasser notes. Other more severe instances, like exposure to death or violence, are likely to trigger any teen. Teens suffering from anxiety will appear moody, irritable, isolative, or indecisive. To distinguish the onset of a disorder from the expected teen angst, Dr. Ellsasser adds that troublesome anxiety is more likely to

display physically in teens. "Frequent vague complaints of bodily discomfort (stomachaches, headaches, nausea) that do not have an identifiable medical cause, are worth further evaluation to learn whether anxiety is the source of the discomfort," he says. Another warning sign is avoiding things like school, extracurricular activities, or spending time with friends.

Don't take it lightly, Dr. Ellsasser cautions: Untreated anxiety puts teens at a higher risk for substance abuse, as they may turn to drugs or alcohol to alleviate their symptoms. Also, teenagers are more susceptible to addiction because their brains are still developing and function differently than adult brains.

As a parent, it's important that you pay attention to your teen's behavior. If you think your child may be struggling with anxiety, talk to them. "By encouraging teens to talk about their anxiety, it allows them to take control of their feelings rather than being overwhelmed by them," says Dr. Ellsasser. Talk to your child using nonjudgmental statements; and if he/she won't open up, involve a professional. The best thing you can do for the health of teens, physically and mentally, is stay involved. —DR

Whole Healing

Integrative therapies help promote wellness of the mind, body, and spirit.



Licensed acupuncturist Dr. Eugenio Jimenez de Castro working with a patient. Acupuncture is one of the many holistic therapies offered at White Plains Hospital.

As more people overcome a variety of diseases, it's important to remember that patients are more than just a medical diagnosis, and that effective treatment includes more than traditional medical remedies.

While the doctor strives to target and treat the problem, integrative therapies promote overall wellness of the mind, body, and spirit, says Toyoko Yasui, RN, Holistic Nurse Coordinator at White Plains Hospital. A recent National Health Interview Survey showed 65 percent of respondents who had ever been diagnosed with cancer, for example, had used complementary approaches.

Yasui and her team offer integrative remedies, like healing touch and the Japanese energy healing technique reiki, as well as guided imagery for a simulated mental retreat, meditation, and aromatherapy, to patients who are undergoing both inpatient and outpatient treatment.

Though these methods are not a substitute for medical treatment, they are evidence-based treatments proven to help patients with pain, fatigue, anxiety, insomnia, nausea, and stress while elevating the immune system and enhancing medical treatment outcomes. By helping patients to cope with the physical, mental, emotional, and spiritual stress of their medical treatment, these therapies make the overall process more comfortable and effective, Yasui says.

Integrative therapies can be especially helpful for cancer patients. Licensed massage therapists Jennifer Sledzinski and Anna Davis with the Burke Rehabilitation Hospital practice oncology massage at the White Plains Hospital Center for Cancer Care, where they provide therapy to patients each week. They note that oncology massage is very gentle and involves a detailed intake so it's tailored to the specific needs of each patient. Different modalities are available,

from reflexology to energy work, but all of it effectively reduces anxiety, improves circulation, and fights fatigue. "It's a manner of healing without taking a pill or getting an injection; so it comes with no additional side effects," Sledzinski says.

Acupuncture offers similar benefits for patients with a variety of health issues. This process of applying very thin needles at specific points on the body is very effective for a number of ailments. The treatment helps with pain, chemo-induced side effects, anxiety, and insomnia, among other issues, says licensed acupuncturist Dr. Eugenio Jimenez de Castro. Acupuncture even works to reinforce the immune system and creates an overall sensation of well-being for the patient. For some patients, the process provides a feeling of relaxation, and for others it results in a boost of energy. To make an appointment, call 914-849-7653. —DR

Harrison

By Dinah Gold

No single word can aptly describe Harrison because this unique town encompasses three very different areas. “There’s downtown, West Harrison, and Purchase, and it’s got everything,” says Dr. Kira Geraci-Ciardullo, a Harrison resident and pediatric and adult allergist with White Plains Medical & Wellness. “We have a wide variety of neighborhoods and people of diverse backgrounds here.”

The people of this multifaceted community have at least one thing in common: a desire to stay healthy. Fortunately, there are plenty of resources in Harrison to help. Here, Dr. Geraci-Ciardullo shares some of her favorite spots for wholesome eats, invigorating exercise, and intellectual stimulation.



Kira Geraci-Ciardullo, MD
Allergist



Be a Super Marketer

DECICCO & SONS For fresh fruits and vegetables—rich sources of vitamins, minerals, fiber, and antioxidants—there’s no beating this gourmet Italian supermarket, says Dr. Geraci-Ciardullo. “They also have a wonderful selection of fresh meats and fish,” she adds. **Get Healthy:** 7 Halstead Ave, 914-630-7830, www.deciccoandsons.com

Get With the Programs

SCARSDALE MEDICAL

Its name notwithstanding, this medical group has large offices in Harrison. “They have a wide range of physician specialists, nutritionists, and well-run wellness programs,” says Dr. Geraci-Ciardullo.

Get Healthy: 600 Mamaroneck Ave, 914-723-8100, www.scarsdalemedical.com

Hit the Trail

SILVER LAKE PRESERVE TRAIL

Exercising in a natural environment has been scientifically proven to boost psychological well-being. Give your mind a mini spa treatment by hitting this 1.6-mile loop located near West Harrison. It’s good for all skill levels and is open year-round. **Get Healthy:** Lake St, 914-231-4500, parks.westchestergov.com/silver-lake-preserve

Go to College

PURCHASE COLLEGE “We have great cultural institutions in Harrison, including Purchase College,” Dr. Geraci-Ciardullo says. “They have all kinds of cultural events, lectures, and high-end speakers. Hillary Clinton once spoke here as part of a women’s program.” Not only do such events give your mind a healthy workout, they’re also a great way to socialize as another health booster. **Get Healthy:** 735 Anderson Hill Rd, 914-251-6000, www.purchase.edu



HARRISON PHOTOS: KEN GABRIELSEN

Have a Mediterranean Meal

273 KITCHEN This cozy, 30-seat restaurant celebrates the flavors of the Mediterranean with locally sourced ingredients. Scientific research has confirmed the numerous benefits of a Mediterranean diet—among other things, it reduces the risk of heart disease, cancer, Alzheimer's, and Parkinson's disease. Gather around this eatery's open kitchen to see how good this style of cuisine can be. **Get Healthy:** 273 Halstead Ave, 914-732-3333, www.273kitchen.com



Get Just What the Doctor Ordered

TROTTA'S WEST STREET PHARMACY Healthcare is especially convenient with this neighborhood pharmacy standing by to help area residents. "The pharmacists there are very knowledgeable, and they have home health supplies and deliver medications," Dr. Geraci-Ciardullo says. "People love this pharmacy—it's a place where everybody knows your name." **Get Healthy:** 15 Halstead Ave, 914-835-1125, www.trottaspharmacy.com



Make Fitness a Family Affair

HARRISON PUBLIC LIBRARY Not only is the library a source of great books, lectures, and other events, "it also has a brand-new, safe, beautiful playground for kids," Dr. Geraci-Ciardullo says. Take the kids and they're guaranteed to sleep well that night (and so will you, after all that lifting, catching, pushing, and spotting!). **Get Healthy:** 2 Bruce Ave, 914-835-0324, www.harrisonpl.org



Attend the Mane Event

KENTUCKY RIDING STABLES Conveniently located off all major highways in our area, this stable offers lessons for riders of all skill levels. "It has been around for a long time and is a popular local destination," Dr. Geraci-Ciardullo says. Riding is good exercise that strengthens your core and helps improve posture and muscle tone. It's also great for balance and coordination. **Get Healthy:** 325 Union Ave, 914-381-2825, www.kentuckyridingstables.com



Enjoy Outdoor Art

PEPSICO GARDENS Health researchers are discovering that exposure to art can enhance health and wellness, and even help with healing. Experience both natural and man-made beauty at this corporate park, which features sculptures by major 20th-century artists. **Get Healthy:** 700 Anderson Hill Rd, 914-253-3150, www.pepsico.com/sculpture-gardens



The state-of-the-art linear accelerator known as the "Edge" offers cancer patients a triple win: fewer treatments, no pain and no hospital stay.

Surgical Precision Without the Incision

New advanced Center for Radiosurgery offers patients the most cutting-edge treatment.

By David Sparrow

With significant enhancements to its facilities and its two new state-of-the-art linear accelerators, the "Edge" and the "TrueBeam," White Plains Hospital has uniquely advanced its radiation therapy capabilities within the Hospital's 70,000-square-foot Center for Cancer Care.

Radiosurgery is "surgical precision without the incision." That's how Randy Stevens, MD, Director of the Department of Radiation Oncology at White Plains Hospital Center for Cancer Care, explains how her department treats tumors without having to remove them. Stereotactic radiosurgery delivers a more precise beam that can destroy tumors in as little as one treatment. It is particularly effective for small tumors, including brain tumors,

but can also treat localized tumors almost anywhere in the body. The Edge allows for delivery of more precise treatments delivered in a more compressed period of time, with no pain and no hospital stay.

Before stereotactic radiation techniques, treatment areas included at least a few millimeters of normal tissue around the tumor in case the patient moved or the tumor moved within the patient between treatments or during treatment. Now, with the precision of the Edge, substantially smaller amounts of normal tissue are included in the treatment area. "The smaller the amount of normal tissue that is affected, the higher the dose we can give," says Dr. Stevens, who joined the department in 1999 and has overseen its growth



**“Reducing
45 treatments
to five offers
a huge
quality-of-life
benefit for
our patients.”**

—Dr. Jeffrey Vainshtein

as Director of Radiation Oncology since 2001. “This means higher success rates, fewer treatments, and minimal impact on healthy cells.” Essentially, it’s a triple win for patients.

Treating prostate cancer once took nine weeks of daily radiation. Now it can be completed in as little as one week – and with minimal side effects. “Radiosurgery markedly reduces urinary and sexual problems, compared with surgery and other forms of radiation therapy,” says Jeffrey Vainshtein, MD, Radiation Oncologist and Director of the Stereotactic Radiosurgery program. “Plus, reducing 45 treatments to five offers a huge quality-of-life benefit for our patients.”

Stereotactic therapy can also be invaluable for treating cancer in other areas of the body, including the spine, pancreas, liver, and lungs—where precision means everything.

The Edge is particularly “cutting edge”—and it’s the only such machine in Westchester or surrounding counties. Dr. Shalom Kalnicki, Chairman of Radiation Oncology at Montefiore Medical Center and a member of the White Plains Hospital Cancer Program Executive Council, collaborated with the team to select the technology as the perfect fit for the program.

Not everyone is a candidate for this intense, focused technique, however. For patients or tumors that are not candidates for stereotactic radiosurgery, the True Beam, which the Hospital also recently installed, provides sophisticated radiation delivery with its own ability to track tumor movement, patient motion, and breathing motion, limiting side effects and increasing accuracy of the radiation treatment. Several tumor types are still best-served with Monday–Friday radiation therapy, sometimes in combination with chemotherapy, hormonal therapy, or immunotherapy.

The Hospital understands that wheth-

er a patient is receiving one treatment or several weeks of treatment, they want the experience to be as warm and welcoming for the patient and family as possible. To complement the new high-tech equipment installations, every inch of the department has been redesigned. “To have our two new linear accelerators and new Stereotactic Radiosurgery Suite in a beautiful peaceful environment shows our commitment to patient needs, both medically and spiritually,” says Dr. Stevens.

Most patients continue to work during their treatments, or if they do not work, have very busy lives, so while precision and accuracy are critical, so is efficiency. The

high-tech equipment enables most patients to be treated and on their way within 30 to 45 minutes. With the state-of-the-art technology that White Plains Center for Cancer Care provides, there is no need to spend half a day traveling to and from New York City for the identical procedures. “We’re providing the same or better level of care with increased convenience. We say the treatments should fit into your life not vice versa,” says Dr. Stevens, who worked in Manhattan before coming to White Plains Hospital.

And the Hospital is doing so with a personal touch. Patient

cases are presented in daily multispecialty conferences, where an individual plan for each patient is reviewed or constructed. The team members are all housed within the same building so that appointments can easily be scheduled on the same day, enhancing convenience for the patient and family.

In recent weeks, Dr. Stevens has had several patients come in for consultations and subsequently seek second opinions in Manhattan—only to return, a bit apologetically. “They told me, ‘It’s not just that your care is as good as we can get in the city,’” recalls Dr. Stevens. “‘In our case,’ they said, ‘you are simply better.’” •



**Radiation Oncologists
Randy Stevens, MD
(top), and Jeffrey
Vainshtein, MD**





HAPPY FEET

***Told she would be confined to a wheelchair,
Julia Karam instead got life-changing
orthopedic surgery at White Plains Hospital.***

BY BILL CARY

Orthopedist Dr. Jonathan Holder remembers the first time he saw Julia Karam as she hobbled into his White Plains office, having pretty much given up hope that anyone could help her.

“She had significant difficulty with walking and standing due to the shape of her foot,” he recalls. “She had a very high arch, and her heel was in a sunken position.”

As a child and then teenager growing up in Poughkeepsie, Karam was constantly tripping and falling. “Everybody just thought I was a real klutz,” she remembers. “I broke my right leg twice and my arm twice.”

Then, at 16, Karam was diagnosed with Charcot-Marie-Tooth (CMT) disease, a neurological disorder that affects about one in 2,500 people in the United States. CMT, also known as hereditary motor and sensory neuropathy or peroneal muscular atrophy, comprises a group of disorders that affect peripheral nerves. The disease is named for the three physicians who first identified it in 1886: Jean-Martin Charcot and Pierre Marie in Paris, and Howard Henry Tooth in Cambridge, England.

A typical symptom of CMT is weakness of the foot and lower leg muscles,

which may result in foot drop and an awkward, irregular gait with frequent tripping or falls. The hands may also be affected. The onset of symptoms is most often in adolescence or early adulthood.

"It was kind of a relief to get the diagnosis, to know exactly what was wrong," says Karam, an elementary school special ed teacher and White Plains resident.

"My feet were so deformed that I couldn't get into any shoes," she adds. "My mom would sew straps onto my flip-flops, and in winter I would wear socks with flip-flops." As an adult, she found it challenging to be on her feet all day teaching. "I walked with a very distinct limp, and I couldn't really move around my house without sitting down. The doctors said I would be in a wheelchair and that there was nothing they could really do for me," Karam says.

But in her mid-20s, she saw Dr. Holder, an orthopedist who has been practicing at White Plains Hospital for 27 years. "My dad is a medical malpractice lawyer and he had used Dr. Holder as an expert," Karam says. "Right away, Dr. Holder said, 'Well, there is this surgery we can do, and I think it will work.' It was amazing that he was willing to operate when everyone else said no."

"Surgery was helpful for Julia considering her need to be mobile—raising a family and maintaining her teaching job," Dr. Holder says. "In her age bracket, surgery would be recommended to improve the alignment of her foot."

To correct her problems, according to Dr. Holder,

"Right away, Dr. Holder said, 'Well, there is this surgery we can do, and I think it will work.' It was amazing that he was willing to operate when everyone else said no."

—Julia Karam, patient



Julia with her husband, Kristopher, on their wedding day.

"we needed to cut the mid-foot bones to flatten out her arch and swing the heel upward." Surgery would include inserting screws and pins into her toes to straighten her hammertoes.

"Muscles that were not affected by the nerve damage were moved to more strategic spots on the foot to allow better control while walking," he explains.

"We also needed to give her back her ankle strength," Dr. Holder adds. This meant moving a tendon from her big toe to the center of her foot, "so that we could pull the whole foot up in the air and fix her drop foot." He would also lengthen her Achilles tendon.

Karam had surgery on her right foot first because it was in worse shape and followed with surgery on her left foot a couple of years later. Recovery from the surgeries took about a year each time, with a series of hard casts that were changed weekly, plus special shoes and braces, and lots of physical therapy.

The surgeries were an overwhelming success. "I'm so good," Karam says with a laugh. "I'll never be a runner, but I'm able to go on walks with my kids. I wear normal shoes, lead a very normal life."

"I can't say enough good things about Dr. Holder," she adds. "He gave me enough mobility that my husband and I felt like we could start a family. I so wanted to have children, but I didn't think I could do it in a wheelchair."

According to Dr. Holder, Karam's upbeat personality and will to succeed helped immensely. "I always saw her with a smile on her face," he says. "She was always very grateful and compliant with what she needed to do. She was the patient you want to have. And she is the most sweet and likable teacher you'd ever want to meet."

In fact, Karam says that much of the reason she chose to become a special education teacher is because of her own experience with disability. "I feel like I have some connection with [my students]. I understand that things are different for them, and maybe I can help." •



Dr. Holder inspecting Julia Karam's foot.



From left: Mark Burshteyn, MD; Sasan Roayaie, MD; and Jonathan Schwartz, MD

A Dream Team Leads the Fight Against Liver Disease

Liver disease is increasing at an alarming rate. A new multidisciplinary hepatobiliary program at White Plains Hospital is answering the need for advanced liver care. BY DAVID LEVINE

The largest internal organ in the body, the liver helps digest food, store energy, and remove toxins. But as a result of two trends in the general population—aging and obesity—liver disease is increasing at an alarming rate.

A type of liver disease called nonalcoholic fatty liver disease is the fastest growing cause of liver transplants in younger Americans, according to a recent report in the *Journal of Clinical Gastroenterology*. The disease has until recently been limited to older adults, but it is also linked to childhood obesity, which causes hypertension and diabetes, pushing more and younger adults into end-stage liver disease.

Another cause of liver disease, hepatitis C, is also wreaking havoc in the United States. A recent report from the Agency for Healthcare Research and Quality states that the rate of hospital stays due to hepatitis C increased 67 percent between 2005 and 2014 in adults ages 52 to 72 years. The U.S. Centers for Disease Control says that baby boomers are five times more likely to have hepatitis C—which can lead to liver damage, cirrhosis, and even liver cancer—than other adults. In fact, 75 percent of all people with hep C were born between 1945 and 1965, the CDC reports.

White Plains Hospital recently assembled a liver-disease dream team to enhance its multidisciplinary hepatobiliary program. The team consists of Dr. Sasan Roayaie, Dr. Jonathan M. Schwartz, and Dr. Mark Burshteyn. Dr. Roayaie—who has extensive experience in the treatment of primary liver cancers—brings unique surgical skills to provide individualized care for patients needing complex liver, bile duct, and pancreas surgery. With Dr. Schwartz, the Hospital gains a board-certified hepatologist trained in treating patients with acute and chronic liver diseases, including those who require liver transplantation. He splits his time between White Plains and Montefiore, which benefits those patients who may need a liver transplant because of the collaboration with their well-established and highly-regarded transplant team under the leadership of Montefiore's Milan Kinkhabwala, MD, Chief of Transplant Surgery.

Rounding out the group is Dr. Burshteyn, who joined the Hospital as director of interventional oncology, a subspecialty of interventional radiology that uses image guidance and minimally invasive procedures to treat and cure many types of cancer by shrinking and destroying tumors.

Dr. Roayaie says that a team approach is the best way to battle liver disease and cancer. "It's not just surgery," he says. "Often there are two problems—the



A team approach is the best way to battle liver disease and cancer, says Dr. Sasan Roayaie, hepatobiliary surgeon.

“Often there are two problems—the cancer itself and the fact that the liver doesn’t work well. You need a multidisciplinary approach, with surgical and medical specialists, to properly care for these patients.”

—Dr. Sasan Roayaie



cancer itself and the fact that the liver doesn't work well. You need a multidisciplinary approach, with surgical and medical specialists, to properly care for these patients."

Many patients have such severe disease that they can't tolerate traditional surgery, Dr. Roayaie adds. They need minimally invasive procedures done by an interventional oncologist (IO) such as Dr. Burshteyn. IO is the fastest growing area in interventional radiology and has been recognized as an important pillar of oncologic care, along with radiation therapy, chemotherapy, and surgery.

"Interventional treatments are focused and targeted, resulting in greater doses of medication delivered directly to the tumor, while sparing healthy tissues," Dr. Burshteyn says. This typically benefits patients in the form of minimal incisions, shorter hospital stays, faster recovery times, and reduced complications.

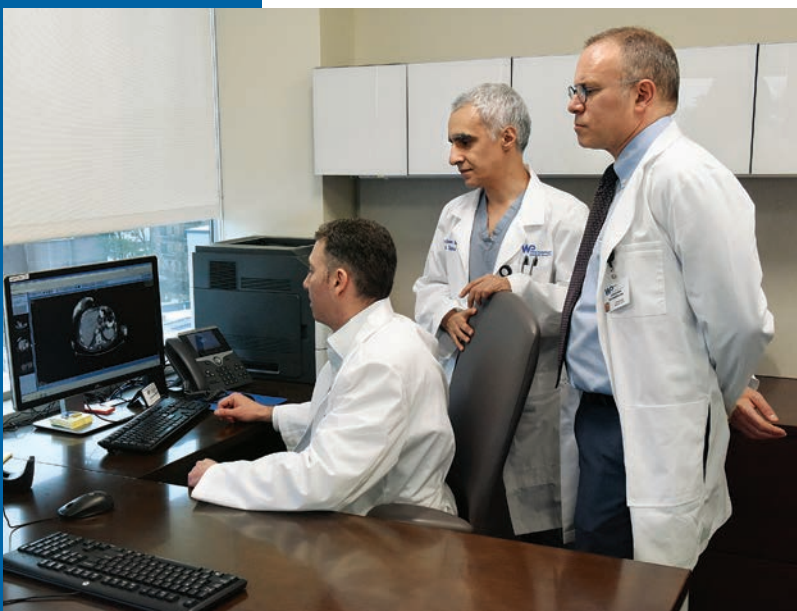
There are two main categories of IO procedures. One involves inserting small beads containing chemotherapy or radiation into the small arteries that feed a tumor. The other, known as ablation, involves applying heat or cold to kill tumor cells. "These are used both for primary tumors that start in the liver and metastatic cancers that start somewhere else in the body," Dr. Burshteyn explains.

Dr. Schwartz, the third member of the treatment team, has two decades of experience managing patients with advanced liver disease and cancer, "especially in the context of transplantation," he says. Dr. Schwartz will continue to be part of the Montefiore liver transplant program and act as a liaison between the hospitals. Along with managing transplant patients, Dr. Schwartz will treat all other forms of liver disease, including that caused by hepatitis C, as well as other viral infections of the liver, and fatty liver disease.

"The hospital made a commitment to provide very high-level care to patients with liver tumors and liver disease, and I was lucky enough to be asked to join this group," Dr. Schwartz says. "I've known Sasan [Roayaie] for many years as a leader in the field of liver cancer care."

Dr. Roayaie says Dr. Schwartz is a nationally known transplant expert, and his addition "makes for a good collaboration with Montefiore and a seamless transition for transplant patients." And Dr. Burshteyn comes from Philadelphia's Fox Chase Cancer Center with a stellar reputation as well, he says.

"There are a lot of exciting things happening at White Plains Hospital," Dr. Burshteyn notes. "There has been big investment from the Hospital leadership to bring on experts in cancer care. It's a very exciting proposition, a new chapter of advanced cancer care in Westchester." •



Get Out of Town!

Spend a little time on family bonding this summer with a quick daytrip.

By Samantha Garbarini



Take a break from the summer work-and-camp shuffle to spend a little family time away from home. “Right now, we live in a society that is all about work, work, work,” says Dr. Jonathan Silberlicht, a family medicine specialist at Scarsdale Medical Group. “Having time to connect with your family is really important. With younger kids, taking a trip can be all about creativity and exploration. It’s also de-stressing for mom and dad.” Here, three trips that are about more than just family fun.

Mystic, Connecticut

DRIVING TIME FROM WHITE PLAINS: 1 hr, 50 min

A movie about a pizzeria may have made this coastal Connecticut town famous, but it’s the small-town charm and historic attractions that keep families going

back to Mystic. If you do only one thing here, make it the **Mystic Aquarium**. Press your nose against the glass of the beluga whale exhibit (the only one in the Northeast), visit with African penguins, stop by the sea lion show, dip your hands in the sting-ray touch pool, and marvel at colorful fish and floating jellies.

For lunch, skip the town’s overhyped slices and try **Bleu Squid**

SPEND THE NIGHT

With so much to do, Mystic also makes an ideal weekend trip. Book a night at just-renovated **The Whaler’s Inn**, where the stylish (and affordable) rooms overlook the Mystic River.

Bakery, famous for gourmet grilled cheese and 60-plus types of cupcakes. After, head to **Mystic Seaport** to learn about the town’s historic seafaring prowess. Climb aboard a re-created Viking longship; a 1908 steamboat; and the *Charles W. Morgan*, the nation’s last surviving 19th-century whale ship. Visit the historic “town” to discover what life was like 200 years ago, check out the children’s museum, or try your hand at toy-boat building at one of the kid-friendly workshops.

Before you leave, be sure to swing by **Olde Mistick**, a charming village with independent retailers selling everything from fudge to colorful kites.



Mystic Aquarium

MYSTIC SEAPORT PHOTO COURTESY OF MYSTIC SEAPORT; MYSTIC AQUARIUM PHOTO COURTESY MYSTIC AQUARIUM.

Westhampton, New York

DRIVING TIME FROM WHITE PLAINS: 1 hr, 40 min

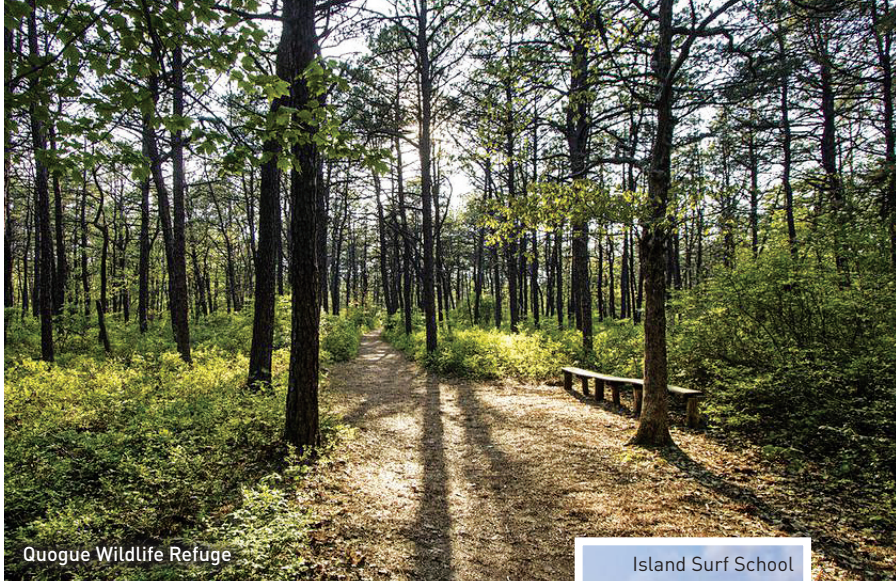
Known as the summer playground of the rich and famous, the Hamptons don't exactly scream family vacation. But Westhampton, the closest and most approachable of the tony beach towns, has plenty to offer. Start by exploring the walkable downtown, with boutique shops offering everything from kid-friendly comics and sequin-emoji sneakers to mom-approved vintage handbags.

Rent a bike and take the short ride down to beach-lined **Dune Road** (there are plenty of clearly marked bike paths) or sign up for a private surf lesson through **Island Surf School**. These types of outdoor activities provide excellent health benefits for the family, notes Dr. Silberlicht, who says they are "not only an opportunity to unplug from electronics and the daily grind, thereby allowing more time for interaction among family members, but also providing a space to connect with the environment."

At lunchtime, dip into **Pizzeria Brunetti**—hidden in the back of another store on Main Street—and watch the

WORTH A DETOUR

About halfway between White Plains and Westhampton, **White Post Animal Farm** in Melville has everything from pony rides and petting zoos to giraffe, zebra, and lemur exhibits.



Quogue Wildlife Refuge

Neapolitan-style pies being made right in front of you.

Less than 10 minutes away, the 300-acre **Quogue Wildlife Refuge** boasts miles of protected nature trails, a butterfly garden, and resident animals ranging from bald eagles to chinchillas. From there, it's about 20 minutes to **Patty's Berries and Bunches**, where you can pick strawberries, raspberries, and/or blackberries (depending on the month), and sample ice creams made from the farm's crops.

If a summer thunderstorm rolls into town, head to **Safari Adventure** in nearby Riverhead. The indoor complex has an 18-foot-tall soft playground, arcade games, and sensory-calming spa designed for children with special needs.



Island Surf School



SplashDown Beach

Hudson Valley

DRIVING TIME FROM WHITE PLAINS TO VARIOUS HUDSON VALLEY DESTINATIONS: 50 min - 1 hr, 10 min

Start your day at **Storm King Art Center** in New Windsor, where kids can run, explore,

and unwittingly soak in a little culture as they search out more than 100 large-scale sculptures spread across 500 bucolic acres. For kids, it's just about finding the mind-boggling structures, but parents will also recognize the names of artists like Alexander Calder and Roy Lichtenstein. Plan ahead and pack a

leisurely lunch to enjoy at one of the park's picnic tables.

From there, head north to **SplashDown Beach** in Fishkill, where there are tons of ways to beat the heat, from water-park rides and plunging slides

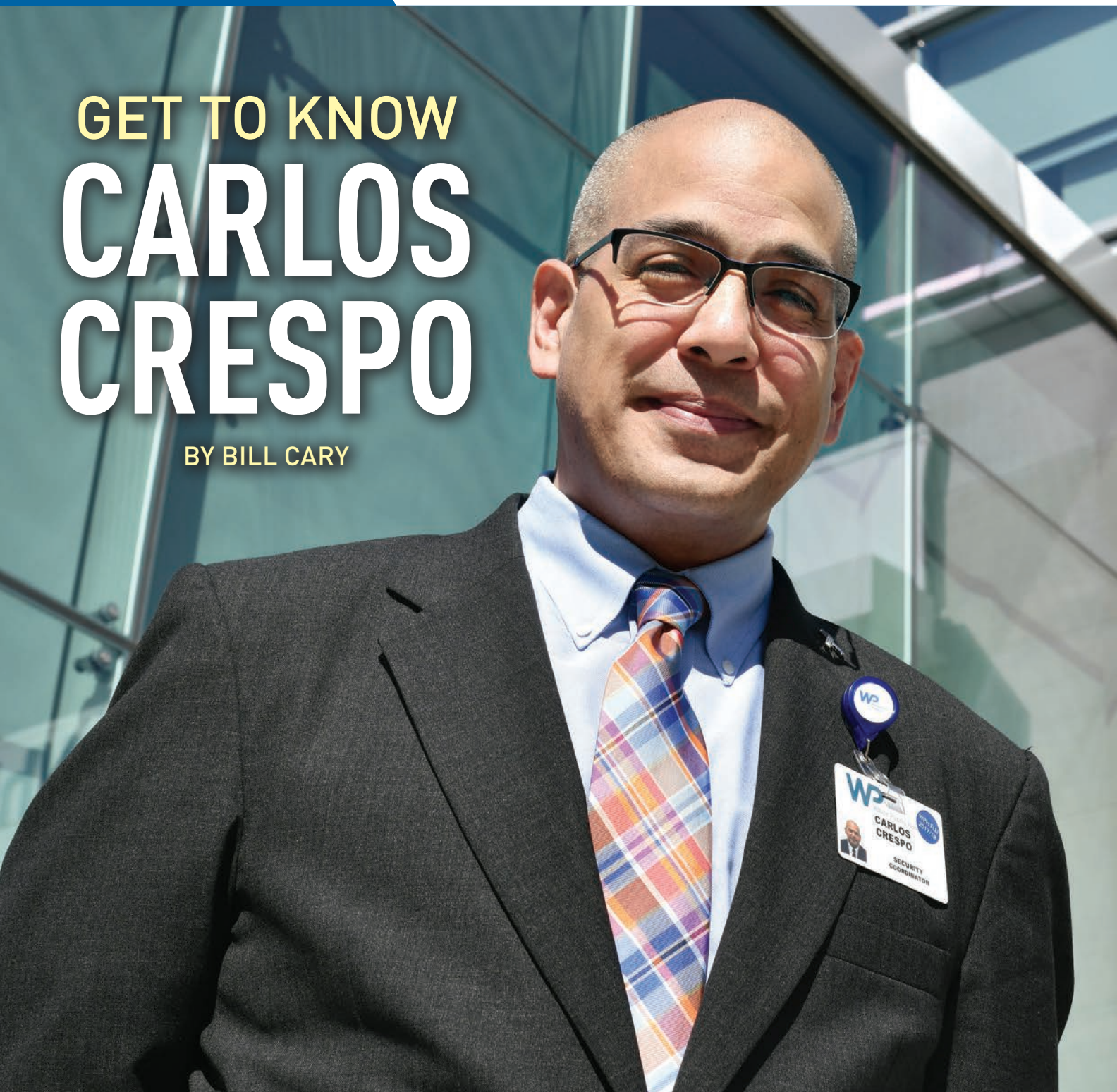
STAY UP LATE

If your kids are night owls, head to **Overlook Drive-in Theater** in Poughkeepsie for a double feature on the old-school movie theater's six-story-tall screen.

to floating in the lazy rivers and wave pools. Or get some height at **Walkway Over the Hudson**, the world's longest pedestrian bridge, which spans a stretch of the Hudson River between Poughkeepsie and Highland (it's the perfect place for a family bike ride). Once you've gotten your fill of stunning Hudson Valley views, stop at the **Mid-Hudson Children's Museum**, located at the base of the Poughkeepsie entrance. Five galleries of interactive exhibits and an outdoor garden offer hands-on play that promotes literacy, art, and STEM. •

GET TO KNOW CARLOS CRESCO

BY BILL CARY



At White Plains Hospital, it's more than the doctors and nurses who care for our patients and visitors. Across all levels of the organization, employees work in many different capacities to ensure that hospital operations run smoothly. They are the heart of our culture and our longstanding mission of providing

exceptional care, every day.

Carlos Crespo is one of them.

Beginning at White Plains Hospital eight and a half years ago as a security officer, he wore a uniform, tactical boots, and a belt loaded down with a radio, gloves, and lots of keys.

These days—and two promotions later—

he wears a smart suit to work and has a security office of his own. Three years ago, the Hospital created a new position, Security Coordinator, and handed Crespo the job.

Crespo now wears many hats (figuratively), but that is quite the understatement. He manages dozens of security officers and a high-tech system involving

cameras and servers. When alarms go off unexpectedly or doors malfunction, Crespo gets the calls. The same goes for fender-benders in the parking lot and any patient or staff safety concerns.

He is also tasked with administering all of the ID badges that allow access for the Hospital's nearly 3,200-plus employees—giving him the opportunity to connect with the roughly 50 new employees who join the Hospital each month, and reconnect with long-serving ones, at all levels of the organization.

"I remember [everyone's] names. I know who is who throughout the hospital, and I'm able to direct people—staff and patients—where they need to go," says Crespo, 42, who is bilingual in English and Spanish.

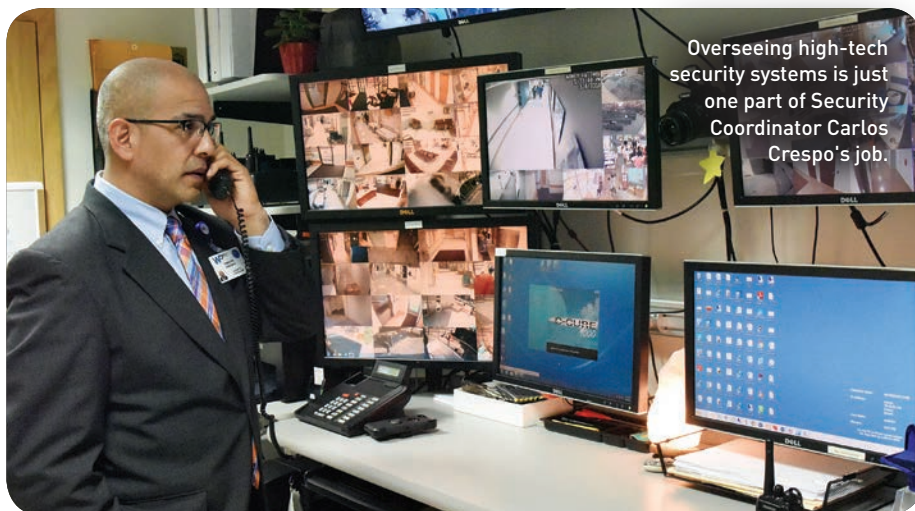
Crespo also assists security at the Hospital's 20-plus satellite practices that are scattered across Westchester and helps to coordinate packages and supplies that need to move from site to site, "making sure everything goes smoothly at each medical facility."

Early on, Crespo learned to get along well with people. He grew up in the rough-and-tumble Brownsville section of Brooklyn in the 1980s. "We had a little perimeter that you didn't go out of," he remembers. "We would play in the streets, games like freeze tag, kick the can, and hide-and-seek.

"We were not poor, though; we were better off than most in the neighborhood. All of my friends would come over to our house to play," Crespo adds. His parents—mom from Guatemala; dad from Puerto Rico—were able to send him to good Catholic schools. Then, when he was entering 10th grade, his mother moved to a rental apartment on Main Street in Dobbs Ferry so that Carlos could attend and graduate from Dobbs Ferry High School.

"I think I would have had a very different outcome if I had remained in Brooklyn," Crespo says.

Before coming to White Plains Hospital, Crespo worked at another hospital and at various corporate sites in Westchester. He also served in the U.S. Army as a Cavalry Scout for nearly three years in the mid-1990s, including a five-month stint in Haiti as part of a United Nations peace-keeping mission.



Overseeing high-tech security systems is just one part of Security Coordinator Carlos Crespo's job.

"I try not to say no to anyone who has questions or is seeking help. I just like being there when people need me."

"The military gave me structure, independence, and a deep appreciation for those who served before and after me. I'm able to easily adapt to different scenarios because of it," he says.



Crespo during his military service in 1995, days before deployment to Haiti.

Crespo and his wife of 24 years, Christina, live in New Rochelle, and their three children range in age from 17 to 23. In order to help get away from it all and ease the daily transition from work to home, Crespo frequents Huguenot Park on North Avenue. "I like to spend a good hour out there to ease my mind and find relaxation," he says. "I try to time it to the sunsets, and then I'll stay and stargaze."

Back at the Hospital, so much of what he does changes by the day or hour. If someone has a large package, needs to get to a vendor quickly, or a top administrator requires help with transportation or a hospital event, Crespo gets the call.

Whenever a snowstorm hits, he's the one who arranges for the hospital's Chevy Suburbans to pick up employees at pre-arranged checkpoints around the city so staffing isn't interrupted. "By 5 a.m. on snow days, I start getting calls from people asking for rides," Crespo says.

By all accounts, Crespo is well-loved and appreciated at the Hospital for his tireless work ethic, can-do spirit, and easy good humor. In 2013, he was named Employee of the Year.

"I try not to say no to anyone who has questions or is seeking help," he says. "I just like being there when people need me."

"Our motto in the Army was *'Toujours Pret,'* which means 'Always Ready,'" Crespo says, and one can't help but think how well that motto has stuck with him as he moves about the hospital each day. •

BEEN THERE

Here's where White Plains Hospital's movers and shakers have been seen lately.



Nurse Leslie Rodriguez and nurse technician Melissa Alves-Malaver stand between Ellen Albers, White Plains Community Center Assistant Director and Tom Roach, White Plains Mayor, for the donation of 125 pedometers on behalf of the Hospital to the White Plains Senior Center in March. The donations were part of a yearlong series of employee-driven donation drives for local charities coinciding with the Hospital's 125th anniversary.



Longtime surgeon and past President of the Medical Staff Carl Weber, MD (second from left), was honored for his 50-year career at White Plains Hospital during the Hospital's annual meeting in April. Shown with Dr. Weber are (left to right) Dr. Sanford Zevon, Ellen Weber, and Dr. Sheldon Alter, who was also recognized for more than 50 years of service on the medical staff.



Speakers from the April 12 "Change the Conversation" panel about opioids in the community included (left to right) Lilly Neuman, St. Vincent's Hospital Westchester; Stephanie Marquesano, JD, the Harris project; Christina Spano, White Plains Police Department; Dr. Dean Straff, White Plains Hospital; Dr. Sherlita Amler, Westchester County Commissioner of Health; Dahlia Austin, Westchester County Department of Community Mental Health; and Dr. Richard Ellsasser, White Plains Hospital.



Dr. Richard Ellsasser was recognized at Westchester Magazine's 5th Annual Healthcare Heroes Awards reception on May 17. He was joined by Karen Banoff, DNP, Vice President at White Plains Hospital.



White Plains clinicians and staff volunteered at the 41st annual Neighborhood Health Fair, held at Calvary Baptist Church on April 28th. The fair provided health screenings and disease prevention information to more than 240 community members in the White Plains area.



At the annual G3-Girls Got Game fundraising event at Metropolis Country Club in White Plains, Andrea Weiss, Tracey Lee, Wendy Berk, and Marcy Klein took a break from mah-jongg to pose. The event raised more than \$35,000 for the Friends of White Plains Hospital.



The annual Dr. Ted E. Bear Hospital fair is a fun-filled day for children and families.

SUPPORT GROUPS AND EDUCATION

White Plains Hospital offers several support groups and educational programs for a variety of diseases and conditions. Please call 914-681-1119 to learn about dates, times, and content of the following programs:

- Bereavement Support Group
- Caregivers Support Group
- Diabetes Education
- Free Blood Pressure Screenings
- Heart Club
- Yoga for Cancer Patients and Survivors
- Mallwalkers Program
- Ostomy Support Group
- Anxiety and Phobia Workshops

COMMUNITY EVENTS

**JUN
25**

White Plains Hospital & Mariano Rivera Celebrity Golf Outing and Party

Monday, June 25
Winged Foot Golf Club and
Quaker Ridge Golf Club

For tickets and information, contact
Patricia Laine at
plaine@wphospital.org or
914-681-2264

**SEP
29**

White Plains Hospital 125th Anniversary Gala

Saturday, September 29
Sleepy Hollow
Country Club

For tickets and more
information, contact
Patricia Laine at
plaine@wphospital.org or
914-681-2264 or visit
givetowphospital.org


**OCT
27**

Dr. Ted E. Bear Fair

Saturday, October 27
9:00 AM to 11:00 AM
White Plains Hospital

Children of all ages are invited to
bring their favorite stuffed animals
for "treatment" in the Hospital. Tours
of clinical areas, activities
and refreshments.

For more information, contact
Jamie Bocchino at
jbocchino@wphospital.org or
call 914-681-2628



Expert orthopedic surgery helped this teen dance competitor get back on her toes.

At fifteen, Julia suffered a painful knee injury while dancing. After surgery and a year of physical therapy, she still couldn't dance. That's when she went for a second opinion with a surgeon at the White Plains Hospital Center for Orthopedic & Spine Surgery. Dr. Rick Weinstein performed minimally invasive knee surgery. In just two months, Julia was back in the dance studio.