



Mount
Sinai
South
Nassau

Summer 2024

Healthy Outlook

a health and wellness newsletter

Neurological Spine Surgery Returns Biker to an Active Life

Story on page 4 >



Nasanel Gold has returned to cycling on the Rockaway Beach boardwalk after spinal surgery at Mount Sinai South Nassau alleviated his pain and leg weakness. Photo credit: Chaim Schwartz

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A Message from
Adhi Sharma, MD, President

Saving and Transforming Lives in the Community

If you've ever marveled at how quickly your computer processes information or how much data a portable device like a cell phone or tablet can hold, consider that these devices, as impressive as they are, pale in comparison to the human brain. The neurological system—the complex network consisting of the brain, nerves, and spinal cord—is far more sophisticated than the fastest microchip. Medical science is still unraveling its mysteries.

These mysteries draw researchers to study the neurological system and help spur the development of new diagnostic and treatment options for neurological disorders. Here at Mount Sinai South Nassau, we are investing in the latest technologies to help pinpoint the cause of neurological disorders and offer patients sophisticated treatments.

This investment is evidenced by our new, two-bed Epilepsy Monitoring Unit, equipped with the latest video-monitoring technology to provide sophisticated care to Long Islanders living with seizure disorders. Our expansion of neurological services continues with the recently acquired biplane, one of the most advanced medical imaging technologies available. This digital X-ray technology produces highly detailed 3D images enabling physicians to chart blood flow through the vessels, creating a roadmap for reaching and treating malformations, aneurysms, and blockages, including clot retrieval for treating strokes. Previously, these patients had to be transferred to New York City for care, but now they can be treated close to home. You can learn more about our ambitious plans to enhance our neurological capabilities on page six.

While technological advances provide the latest tools to help manage neurological disorders, equipment alone is ineffective outside of the capable hands of our physicians and surgeons. Our world-class medical staff is the bridge that links technology with healing.

This issue of *Healthy Outlook* includes stories of health care that both saves and transforms lives. Our entire staff is committed to ensuring that this level of care will be available whenever, wherever, and to whomever it is needed. That is our promise to you, written on every page of this publication and carried out by every employee within our facilities.



One Healthy Way,
Oceanside, NY 11572-1551

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Writing and Design



2022 Distinction in Writing



2023 Gold in Writing

‘It Could Have Ended Very Differently for Me’

70-year-old exercise enthusiast credits Mount Sinai South Nassau for saving her life



Cardiologist Sherry Megalla, MD, examines Jayne Dickie, who was unaware of her undiagnosed heart disease.

After a severe nausea and vomiting episode sent Jayne Dickie to the Emergency Department, the 70-year-old grandmother of 11 and a self-described “exercise buff” learned she not only had a sky-high blood pressure of 203/140 but also elevated cholesterol. Her primary care provider prescribed blood pressure and cholesterol-lowering drugs and referred her to a cardiologist for immediate follow-up.

But it wasn’t until Ms. Dickie’s beloved older sister died from a massive stroke that she took up her doctor’s recommendation to see a heart specialist.

“If my sister didn’t have a stroke, I would not have gone to the cardiologist,” admitted the Merrick resident, who scheduled an appointment with Mount Sinai South Nassau cardiologist Sherry Megalla, MD.

Dr. Megalla ordered a stress echocardiogram and CT-angiogram that revealed Ms. Dickie had advanced coronary artery disease with three clogged arteries.

“I thought, ‘This can’t be happening,’” Ms. Dickie recalled. “I thought I was so healthy.”

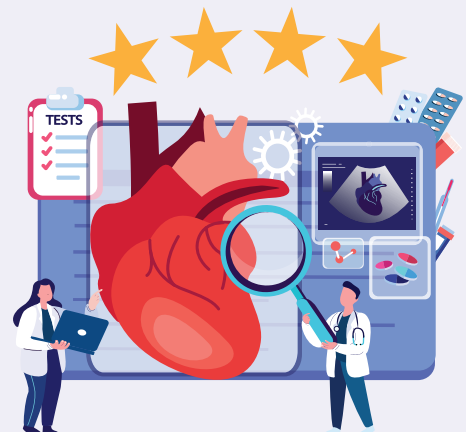
After Jason Freeman, MD, Director of Interventional Cardiology at Mount Sinai South Nassau, confirmed Ms. Dickie’s preliminary diagnosis, she was referred to cardiovascular surgeon Robin Varghese, MD, Director of Critical Care for the

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Mount Sinai South Nassau’s Cardiac Service Line is a Four-Star Achiever

Designated a four-star achiever by the American College of Cardiology and ranked “High Performing” in heart failure and heart attack in 2023-2024 by *U.S. News & World Report*®, Mount Sinai South Nassau is the only Long Island location of the internationally acclaimed Mount Sinai Fuster Heart Hospital.

Patients like Ms. Dickie who are treated at Mount Sinai South Nassau have access to a comprehensive network of board certified cardiologists and cardiac surgeons. Using the latest advancements in medical technologies, they treat the full range of cardiovascular conditions, from coronary artery disease to hypertension management and prevention, in most cases, right in their own community.



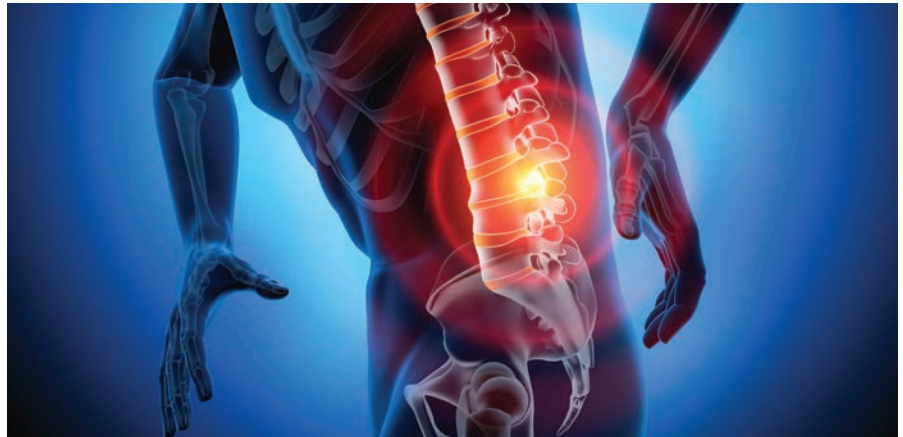
Returning to an Active Life After Neurological Spinal Surgery

At 56, Nasanel Gold is a self-described “high energy guy” who cycles more than 100 miles a week and regularly works out in a gym. But one January morning, a sharp, sudden pain in his lower back stopped the Brooklyn resident in his tracks.

“When I woke up, I could not put any weight on my leg,” said the warehouse manager. “The pain was excruciating when I moved or tried to stand or walk.”

Mr. Gold consulted a physical therapist who said he might have a hip problem. A chiropractor massaged and stretched him and surmised he could have a pinched nerve. And a pain management doctor administered a cortisone shot to his lower back and gave him a prescription for an MRI, which showed Mr. Gold had a ruptured disc in his lumbar spine.

It was recommended he see a neurologist who prescribed a week-long course of steroids to decrease the inflammation near the disc and muscle relaxants to help ease his pain. But the neurologist also recommended that he see John K. Houten, MD, FAANS, FCNS, Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai and a board



“Multiple studies have shown the procedure to have success rates between 80 to 90 percent, and for Nasanel, it was a complete success.”

—John K. Houten, MD, FAANS, FCNS

certified neurosurgeon at Mount Sinai South Nassau.

After reviewing the MRI and reading the radiologist’s report, Dr. Houten recommended he finish the steroid therapy. “I wanted to give the steroids an opportunity to work and see if we could avoid surgery,” Dr. Houten said.

Despite the medications, Mr. Gold’s pain only worsened. He contacted Dr. Houten that evening who recommended he go to Mount Sinai South Nassau’s Emergency

Department for pain management and a repeat MRI.

“The MRI showed that the disc in his lower back was compressing an adjacent nerve root, which caused pain and muscle weakness in his left leg,” Dr. Houten said.

The following day, Dr. Houten performed a lumbar microdiscectomy at Mount Sinai South Nassau in Oceanside. “I removed small fragments of disc and bone that relieved the impingement of the nerve,” he said. “Multiple studies have shown the

About the Doctor



John K. Houten, MD, FAANS, FCNS, is Professor of Neurosurgery at the Icahn School of Medicine at Mount Sinai and a board certified neurosurgeon. After earning a medical degree from New York University’s School of Medicine, he completed a general surgery internship and residency in neurosurgery at NYU-Langone, where he was fellowship trained in spinal surgery.

He previously served as Director of Spinal Neurosurgery and Neurotrauma at Maimonides Medical Center and Professor of Neurosurgery at the Albert Einstein College of Medicine.

Dr. Houten is on the editorial board of the scientific journals *World Neurosurgery* and *BMC Musculoskeletal Disorders* and has published more than 70 peer-reviewed journal articles.

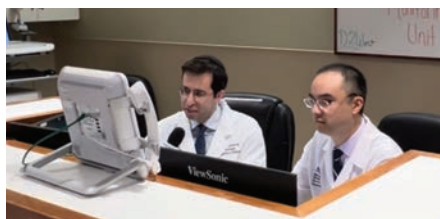
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Mount Sinai South Nassau Launches New Service to Treat Epilepsy

Mount Sinai South Nassau's neurosciences program has expanded to include a new Epilepsy Monitoring Unit (EMU). The two-bed EMU provides specialized diagnosis and monitoring for patients with epilepsy.

The Centers for Disease Control and Prevention (CDC) estimates that 215,000 New Yorkers are living with epilepsy; more than 35,000 of them live on Long Island. A disorder of the central nervous system that results in seizures, epilepsy is the fourth most common neurological disease affecting an estimated 3 million adults and 470,000 children in the United States. The symptoms of the disease include a loss of consciousness or awareness, states of confusion, anxiety, and uncontrolled seizures.

The EMU is equipped with video-electroencephalogram (EEG) diagnostic technology and digital video monitors and



David Aharonoff, MD, left, and Calvin Yu, MD, Co-Directors of the Epilepsy Monitoring Unit at Mount Sinai South Nassau, review electroencephalogram readings at the new unit to treat patients with epilepsy.



Staff members at Mount Sinai South Nassau cut the ribbon on the new Epilepsy Monitoring Unit. The two-bed unit is part of an expansion of Mount Sinai South Nassau's neurosciences program.

is staffed by a multidisciplinary team of specialists, including epileptologists, neuroradiologists, neuropsychologists, specially trained nurses, social workers, and EEG technologists.

Patients admitted to the EMU may need to stay for up to five days to undergo EEGs and other tests to diagnose the cause, characteristics, and location of their epileptic seizures. An EEG is non-invasive and is performed with electrodes attached to the scalp to measure the electrical activity of the brain. Patients' anti-seizure medication prescriptions may be adjusted by physicians prior to or upon admission to the EMU to trigger a seizure during monitoring.

During their stay in the unit, patients receive continuous supervision. If a

seizure occurs, the EEG and digital video monitors help physicians in identifying whether the episode is caused by epilepsy and locating its position in the brain. After further investigation and assessment of the testing, the team of specialists develop targeted, patient-centered treatment plans.

"We made it a priority to open this unit and establish a dedicated program of care for epilepsy," said neurologist Calvin Yu, MD, Co-Director of the Epilepsy Monitoring Unit at Mount Sinai South Nassau. "This is part of our overall goal to bring advanced services to Nassau's South Shore." ■

TO SCHEDULE AN APPOINTMENT, call 877-SOUTH-NASSAU (877-768-8462).

Neurological Spinal Surgery

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procedure to have success rates between 80 to 90 percent, and for Nasanel, it was a complete success."

Immediately after the surgery, Mr. Gold said his pain was relieved.

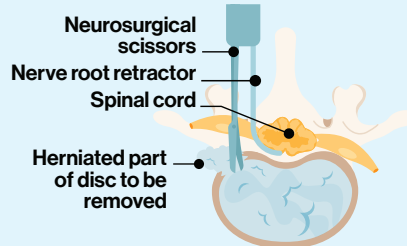
"This was the first time in 10 days I didn't have pain," he said. "I'm back to cycling and the gym. I'm 95 percent there, but that's equivalent to 150 percent for most people."

Mr. Gold is grateful to Dr. Houten not only for his professionalism and expertise, but for his compassionate care.

"I felt he listened to me and treated me as a person," Mr. Gold said. "He made the time to discuss my concerns with my wife and me." ■

TO SCHEDULE AN APPOINTMENT, call 877-SOUTH-NASSAU (877-768-8462).

Lumbar Microdiscectomy



Neurosciences Program Expands

Expanding Lifesaving Technologies to Treat Strokes and Vascular Disorders

Mount Sinai South Nassau is expanding its lifesaving treatment programs for stroke, aneurysm, and clot removal.

“We are planning to expand our use of precise diagnostic endovascular and microsurgical technologies to detect and repair damaged or blocked blood vessels in the brain, neck, and spine,” said Adhi Sharma, MD, President, Mount Sinai South Nassau.

To diagnose vascular disorders, Mount Sinai South Nassau’s specialists use diagnostic techniques, including carotid artery ultrasound, advanced MRI and CT imaging, spinal myelography, the biplane angiography system to diagnose and treat stroke and other vascular

disorders, and catheter angiography of the brain, neck, and spine. Michael Travis Caton, MD, Interventional Neuroradiologist, and his team specialize in minimally invasive surgical procedures using ultra-thin catheters, including:

- **Mechanical thrombectomy** to remove large blood clots that can cause major stroke.
- **Endovascular coiling** to close off blood flow into an aneurysm or treat bleeding.
- **Stent-assisted aneurysm treatment**, a minimally invasive repair of complex aneurysms.
- **Stenting and angioplasty** to prevent injury and symptoms from plaque or narrowing of arteries and veins.

- **Microvascular clipping** to seal off an aneurysm.
- **Targeted embolization** to treat diseases including arteriovenous malformation, arteriovenous fistula, and bleeding in the brain.

“We are planning to expand our use of precise diagnostic endovascular and microsurgical technologies to detect and repair damaged or blocked blood vessels in the brain, neck, and spine.”

– Adhi Sharma, MD
President, Mount Sinai South Nassau

Mount Sinai South Nassau is designated a regional Stroke Center by the New York State Department of Health and is seeking Thrombectomy-Capable Stroke Center designation from The Joint Commission.

Mount Sinai South Nassau is accredited in vascular testing by the Intersocietal Accreditation Commission and holds The Joint Commission Gold Seal of Approval™ Certification in Stroke Care. ■

FOR MORE INFORMATION visit mountsinai.org/southnassau or call 877-SOUTH-NASSAU.



Michael Travis Caton, MD, Interventional Neuroradiologist at Mount Sinai South Nassau, is preparing the biplane for patient imaging. The installation of the biplane suite is part of the hospital’s \$10 million upgrade of its Comprehensive Stroke Program to provide enhanced, around-the-clock, interventional treatment of complex and life-threatening neurovascular conditions.

Living Life After Colorectal Cancer

After ending a more than three-decade cigarette habit, Miranda Steiger, then 52, decided to see her primary care practitioner for a check-up.

While her lab tests and mammogram results were normal, her colonoscopy was not.

“The doctor saw something that was not a polyp, which is a benign growth,” said the Long Beach mother of three, who is now 57. “But dwelling on worst-case scenarios doesn’t serve me well.”

Ms. Steiger was referred to Frank Caliendo, MD, Director of Colorectal Surgery at Mount Sinai South Nassau, who ordered an MRI and CT exams, which were positive for cancer.

He then referred her to Frank Gress, MD, Chief of Gastroenterology and Hepatology and Chief of Interventional Endoscopy, who performed a rectal ultrasound and a second biopsy on the suspicious growth. The diagnosis: stage 2 colorectal cancer.

“Cancer is not what you want to hear, but when they told me ‘do this’ and ‘go there,’ I did that and went therethere,” she said.

Today, her colostomy has been reversed and she is cancer-free. She continues to run her busy print shop and doesn’t miss out on her daily exercises at the gym or Long Beach Boardwalk.

“We wanted to shrink her lesion with chemotherapy and radiation so she could avoid a permanent colostomy,” Dr. Caliendo said.

After five rounds of chemotherapy and nearly a month of radiation, Ms. Steiger underwent robotic surgery to remove the lesion and the entire rectum. “We reconnected her colon to restore bowel function,”

Dr. Caliendo said. “And because we were able to shrink the lesion with chemotherapy and radiation, we knew the colostomy could be reversed.”

Today, her colostomy has been reversed and she is cancer-free. She continues to run her busy print shop and doesn’t miss out on her daily exercises at the gym or Long Beach Boardwalk.

She is grateful to Dr. Caliendo for saving her life. “He’s an excellent surgeon and made an uncomfortable thing okay,” she said. ■



At Mount Sinai South Nassau’s Colorectal Cancer awareness event on Wednesday, March 6, colorectal cancer survivor Miranda Steiger of Long Beach, center, is joined by her medical team, from left, Cesar Sanz, MD, FACS, FASCRS, Attending Colorectal Surgeon; Frank Gress, MD, Division of Gastroenterology and Hepatology and Chief of Interventional Endoscopy; Dean Pappas, MD, Chief of Colorectal Surgery; and Richard Lee, MD, Associate Director of Oncology and Hematology.

About the Doctors



Frank Gress, MD, is Chief of the Division of Gastroenterology and Hepatology and Chief of Interventional Endoscopy at Mount Sinai South Nassau. He is board certified in gastroenterology. He specializes in interventional gastroenterology and therapeutic and advanced endoscopy procedures.

Dr. Gress earned a medical degree from Mount Sinai School of Medicine. He completed residency training in internal medicine at Montefiore Medical Center and two fellowships, one in gastroenterology and another in hepatology at SUNY Downstate Medical Center/The Brooklyn Hospital Center. He also completed advanced therapeutic endoscopy training at Indiana University Medical Center in Indianapolis.



Frank Caliendo, MD, FACS, FASCRS, is Director of Colorectal Surgery at Mount Sinai South Nassau. Dr. Caliendo graduated from Finch University of Health Sciences, Chicago Medical School and completed a surgical residency at Long Island Jewish/Northwell Health. He is fellowship trained in colon and rectal surgery at the University of Medicine and Dentistry, Robert Wood Johnson Medical School in New Brunswick, New Jersey. He is board certified in surgery and colon and rectal surgery.

Saluting Nurses on National Nurses Day



Stacey Conklin, MSN, NI-BC, MHCDS, NE-BC, center, Senior Vice President, Chief Nursing Officer, displays a certificate of recognition from Town of Hempstead Councilmember Laura Ryder, of Lynbrook, fourth from right, as Adhi Sharma, MD, far left, President, Mount Sinai South Nassau; and Beth Oliver, DNP, RN, FAAN, fourth from left, Chief Nurse Executive and Senior Vice President, Cardiac Services, Mount Sinai Health System, look on. They are joined by nurse staff members who recently earned bachelor's and higher degrees in nursing.

Mount Sinai South Nassau recognized the invaluable contributions of its nearly 1,250 registered and licensed practical nurses who provide expert care, support patient safety, and advance the nursing profession every day. The theme of this year's National Nurses Day, Monday, May 6 was "Nurses Make the Difference," which honored nurses who embody the spirit of compassion and care.

Staff members packed the hospital's conference center for its annual National Nurses Week kickoff breakfast and awards ceremony to recognize, honor, and thank the members of the hospital's nursing staff for its tradition of excellence in the delivery of standard-setting compassionate patient

care. Nurses were honored for excellence in clinical practice, advanced clinical practice, nurse mentoring and preceptorship, novice nursing, nursing education and research, and nursing quality, along with awards for the LPN of Excellence and Patient Care Technician of Excellence. Also recognized were nurse staff members who recently earned a bachelor's degree in nursing or higher degree.

The ceremony was capped off by a "Teapot Ceremony," which reminds nurses that hot water or trials brings out the best in nurses and in the profession, and a recitation of the Florence Nightingale Pledge, which expresses loyalty and faithfulness to the profession.



At the National Nursing Ethics Conference in Los Angeles, winner **Lori Raffaniello, MSN, RN, NE-BC**, center, Associate Director, Family and Internal Medicine at Mount Sinai South Nassau, with **Mark Barnes**, far left, Co-Founder, DAISY Foundation; **Liz Stokes, PhD, JD, RN**, third from left, Director, Center for Ethics and Human Rights, American Nurses Association; and **Bonnie Barnes**, far right, Co-Founder, DAISY Foundation.

Lori Raffaniello, MSN, RN, NE-BC, Receives Inaugural American Nurses Association/ DAISY Awards for Ethics

Lori Raffaniello, MSN, RN, NE-BC, received the inaugural American Nurses Association/ DAISY awards for Ethics in Nursing Practice and Leadership on Friday, April 5, at the National Nursing Ethics conference in Los Angeles. The award recognizes nurse leaders and clinical nurses whose leadership, compassion, and clinical practice demonstrate the importance of human values and ethics in nursing. Ms. Raffaniello was honored for her commitment to the safe, ethical care of patients, staff, and the community.

Surprise Clap-Out Retirement Celebration for Nurse With 45 Years of Service at Mount Sinai South Nassau

Hundreds of Mount Sinai South Nassau colleagues, family, and friends lined the Mount Sinai South Nassau lobby on Friday, March 22, to recognize and bid farewell to the retiring Eileen Mahler, PhD, RNC-OB, NE-BC, with a “clap out” ceremony after 45 years of service to the hospital.

After starting her career at the hospital in 1979 as a bedside nurse serving on the hospital’s Maternity Unit, she earned a doctorate along the way and helped lead the hospital to elite Magnet nursing status, a designation that relatively view hospitals in the nation achieve.

“This is overwhelming,” said Dr. Mahler, tearing up. “It shows us how many lives you have possibly touched. I feel like Mr. Bailey in *It’s a Wonderful Life*, and it’s been a wonderful career here.”



Mount Sinai staff and administrators thanked Eileen Mahler, PhD, RNC-OB, NE-BC, for her decades of service. After 45 years at the hospital, she received a huge ovation.

Appointments

Mount Sinai South Nassau Expands Interventional Gastroenterology and Bariatric Surgical Staff



Rashmi Advani, MD, ABOM-D, is the Director of Bariatric Endoscopy and Assistant Professor of Medicine at the Icahn School of Medicine at Mount Sinai.

Board certified in internal medicine, obesity medicine, and gastroenterology, she earned a medical degree from SUNY Downstate Medical Center College of Medicine and completed an internship and residency in internal medicine at Montefiore Medical Center. She is fellowship trained at Stony Brook University Hospital and completed an advanced therapeutic gastroenterology fellowship at Cedars Sinai Medical Center in Los Angeles.



Stavros Stavropoulos, MD, leads the Endoscopic Surgery Program and the third space endoscopy, which refers to procedures inside the wall of the gastrointestinal tract, at Mount Sinai South Nassau.

Previously, he served as Director of Endoscopy at NYU Langone-Long Island.

Dr. Stavropoulos is an expert in endoscopic retrograde cholangiopancreatography but has gained international recognition for his pioneering work in peroral endoscopic myotomy for the treatment of achalasia, a rare swallowing disorder. He has also been an innovator in endoscopic submucosal dissection and endoscopic full-thickness resection/submucosal tunneling endoscopic resection of gastrointestinal tumors.

He graduated with honors from Columbia University’s Vagelos College of Physicians and Surgeons, where he also completed his internship, residency, fellowship, and advanced endoscopy fellowship.

He is a fellow of the American Society for Gastrointestinal Endoscopy and the American Gastroenterological Association, a member of the American Gastrointestinal and Endoscopic Surgeons, and one of a small number of international endoscopists honored with a fellowship at the Japanese Society of Gastrointestinal Endoscopy, one of the oldest and most revered endoscopy societies in the world.



› Exercise buff

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Mount Sinai Health System and an Associate Professor of Surgery in the Department of Cardiovascular Surgery. Dr. Varghese told her that if she did not undergo triple bypass heart surgery to restore blood flow to her body, she could have a stroke or heart attack at any time.

“Dr. Varghese walked into the room, and I swear there was a halo above his head,” Ms. Dickie said. “He told me, ‘Everyone recovers in six weeks, but just by looking at you, you are strong, and you will be up and about in two weeks.’”

Days later, Ms. Dickie was at Mount Sinai Fuster Heart Hospital in Manhattan, where Dr. Varghese performed the surgery. Her recovery went as expected.

Today, she is living her life to the fullest and is continuing her follow-up care with Dr. Megalla at Mount Sinai South Nassau in Oceanside.

“They saved my life,” she said. “It could have ended very differently for me.” ■

TO SCHEDULE AN APPOINTMENT WITH DR. MEGALLA, call 877-SOUTH-NASSAU.

About the Doctors



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

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



Robin Varghese, MD, is Director of Cardiovascular Critical Care for the Mount Sinai Health System and an Associate Professor of Surgery in the Department of Cardiovascular Surgery. He earned a medical degree from the University of Western Ontario, where he

completed a residency in cardiac surgery and a fellowship in critical care. He was fellowship trained in cardiac surgery at The Mount Sinai Hospital. Dr. Varghese specializes in several cardiac procedures, including multi-arterial coronary bypass surgery; mitral and tricuspid valve repair; aneurysm repair; and aortic-root surgery

Reduce Your Risk of Heart Disease

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



Know your numbers:

Your blood pressure, blood sugar, body mass index (BMI), and cholesterol levels are critical numbers for heart health



Quit smoking:

If you smoke, stop. If you don't smoke, don't start. Smoking and vaping can cause heart disease.



Manage your stress:

Chronic stress may lead to high blood pressure, heart disease, and stroke.



Avoid processed foods:

Eat a healthy diet featuring veggies, fruits, whole grains, olive oil, plants, seafood, or lean meats



Minimize added sugars and salt:

Both can increase your risk of cardiovascular disease.

Source: Centers for Disease Control and Prevention

What is visceral fat and how do I get rid of it?

If you thought fat cells simply stored excess energy, think again.

Fat cells in visceral fat—the deep belly fat that wraps around your abdominal organs that you can't always feel or see and not the kind that lies just beneath the skin that makes up “love handles”—can be harmful to your health.

“Fat cells also produce hormones and inflammatory substances and over time, contribute to chronic disease,” said Rashmi Advani, MD, ABOM-D, Director of Bariatric Endoscopy and Assistant Professor of Medicine at the Icahn School of Medicine at Mount Sinai (see complete biography on page 9). “The cells are biologically active and can secrete hormones and a host of chemicals that have links to a wide variety of diseases.”

Visceral fat cannot only raise your risk of heart disease, but also lead to type 2 diabetes, dementia, high blood pressure, cancers of the breast and colon, and asthma. ■



Rashmi Advani, MD, ABOM-D

Measuring visceral fat: While expensive imaging tests like an MRI or a CT scan can check the exact amount of visceral fat you have, Dr. Thompson recommends using a tape measure.

To keep tabs on deep belly fat, wrap a tape measure around your waistline at the level of your navel. In women, a waist circumference of 35 inches or larger is considered a sign of excess visceral fat. And in men, the benchmark for visceral fat is 40 inches or larger, Dr. Thompson said.

Getting rid of visceral fat: Dr. Thompson recommends the following tips to help rid yourself of deep belly fat.



Exercise: Aim to incorporate 30 minutes of moderate aerobic exercise into your daily routine. Take walks after dinner. Take the stairs instead of the elevator.



Diet: Choose a balanced diet of lean proteins, fruits and vegetables, and whole grains. Avoid processed foods, trans fats, and simple sugars, such as fructose-sweetened foods and beverages.



Don't Smoke: If you smoke, you are more likely to store visceral fat in your abdomen.



Get the Right Amount of Sleep: Studies have shown that those who slept about seven hours per night had less visceral fat than those who slept five or fewer hours or eight or more hours per night.

Healthy Recipe

Chicken and Asparagus Salad With Meyer Lemon Vinaigrette

This seasonal, heart-healthy recipe features crispy asparagus, leafy greens, and grilled chicken topped with a light, lemony vinaigrette. It's not only protein-filled but easy to prepare. You'll want to make it again and again.

Ingredients:

- 1 lb. asparagus, trimmed
- 1½ lb. boneless, skinless chicken breasts, cut into 1-inch pieces
- 3 tbsp. olive oil, divided
- 1 Meyer lemon
- 1 tsp. Dijon mustard
- ¼ cup grated pecorino cheese or the crumbled cheese of your choice
- 5 ounces mixed greens
- ¼ cup sliced, toasted almonds

Preparation:

- Step 1:** Bring medium pot of water to a boil. Cut asparagus spears into two-inch pieces. Add 1 teaspoon salt to water, then add asparagus pieces and cook until bright green, about one to two minutes; immediately transfer to a bowl of ice water to cool. Drain and pat dry.
- Step 2:** Season chicken with ½ teaspoon each salt and pepper. Heat 1 tablespoon olive oil in a grill pan on medium high, add chicken and cook, tossing occasionally, until golden

brown on all sides and just cooked through, about 12 minutes.

Step 3: Into a large bowl, grate zest from lemon and squeeze in juice. Whisk in mustard and remaining 2 tablespoons of oil, then stir in pecorino cheese.

Step 3: Add to bowl of dressing along with cooked asparagus and toss to coat; fold in chicken, mixed greens, and almonds.

Servings: 4





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Please reduce, reuse, and recycle

Mount Sinai South Nassau Unveils Maidenbaum Health Care Heroes Plaza

At the dedication of the Maidenbaum Health Care Heroes Plaza on Monday, July 1, Mount Sinai South Nassau and the community gathered to commemorate the selfless efforts of its health care workers who bravely cared for critically ill patients during the COVID-19 pandemic.

Shalom and Iris Maidenbaum, founders of Maidenbaum Property Tax Reduction Group, made a significant gift to the hospital that will go toward its ongoing effort to bring high-level specialty care to the South Shore. The 10,000-square-foot park features trees, benches, bricks, and pavers, which have been inscribed with messages dedicated by hospital staff, benefactors, and community members in honor of special individuals in their lives.

If you would like to buy a brick in the Health Care Heroes Plaza or for more information, visit southnassau.org/buyabrick or call 516-377-5360.




Save the Date

WHEN:
Saturday,
November 9, 2024

WHERE:
The Lannin, East Meadow

For more information,
call the Development
Office at 516-377-5360

To find a doctor, visit mountsinai.org/southnassau.

The information provided in this newsletter is for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment. Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

Read *Healthy Outlook* online at mountsinai.org/southnassau.

