

HealthMatters

A Publication of White Plains Hospital

FALL 2018

BETTER- THAN-EVER BREAST SURGERY

Dr. Preya
Ananthakrishnan
and her patient,
Jennifer Wolfthal



**COLORECTAL
SCREENING**

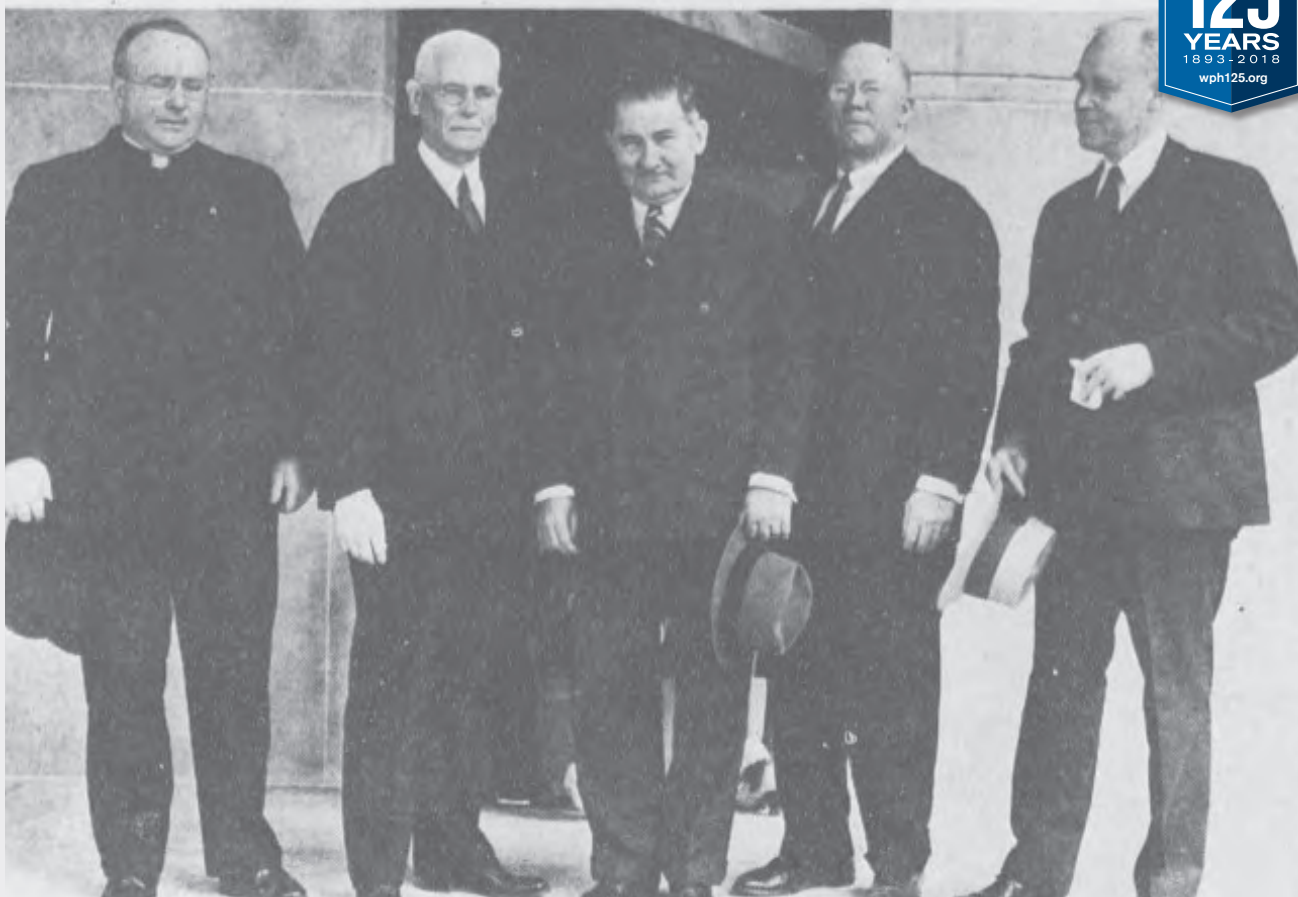
**AT-HOME
WORKOUTS**

**HEALTHY SPOTS
IN LARCHMONT**



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YEARS
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FROM THE DESK OF

Susan Fox

PRESIDENT AND CEO



At White Plains Hospital, we are celebrating the 125th year of providing exceptional health care services to our community. Just last month, we held our sold-out 125th anniversary gala event, with more than 800 people in attendance. As this milestone year draws to a close, I reflect on the longstanding support of our community as the essential foundation of our Hospital's success. This special connection existed during our humble beginnings in a four-room house with a single doctor, and continues today, with more than 1,100 members of our medical staff caring for patients in multiple locations that now comprise the hub of advanced healthcare for Westchester and beyond.

Providing exceptional care for the next 125 years requires building on this legacy of delivering the most advanced, sophisticated medicine. Soon, we will break ground on a new, state-of-the-art outpatient care pavilion that will provide access to more highly specialized physicians and services and the latest technology in a convenient, patient-focused environment. (You'll see more about this in future editions of *Health Matters*.)

In this issue, you will learn about several advanced therapies we have recently debuted, including major advances in caring for abnormal heart rhythms, a revolutionary, minimally-invasive way to treat carotid artery disease, and a novel treatment for intestinal health. All of these represent the increasingly complex level of care we are so proud to provide for the members of our community. Also included in the pages that follow is information to keep you healthy—through annual screenings, ideas to stay active as the weather turns colder, and healthy eating options for dining in or out.

As we begin to look ahead to our bright future, I encourage you to think of White Plains Hospital as your trusted partner in care. Our commitment to your health exists not only when you need us most, but every day in helping you maintain your overall wellness, and living your very best life. I hope you enjoy this issue and that, just as we have supported our community for 125 years, you will continue to support White Plains Hospital as we grow to meet your needs.

Yours in good health,

A handwritten signature in black ink that reads "Susan Fox". The signature is fluid and cursive, with a long, sweeping underline that extends to the left.

Susan Fox
President and CEO
White Plains Hospital



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LARCHMONT MANOR PARK PHOTO BY KEN GABRIELSEN

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HEALTH MATTERS
FALL 2018

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Cover photo: Ken Gabrielsen

Staying Happy and Healthy as You Age

With the right approach and the right advice, you really can grow old gracefully.

BY DONISHA ROBERTS

Getting older is natural, but it isn't always easy and certainly isn't done without some adjustment. Aging can be scary, frustrating, fun, and a host of other things, but that depends more on your perspective than anything else. So if you've got to do it—and you do have to do it!—you might as well do it right.

"Be open to trying new things and open to finding new ways to do the things that you already love," suggests

Dr. Elizabeth Odierna, geriatrician at Westmed Medical Group. She finds that elderly people often need only to modify what they do, but that they quit activi-



Elizabeth Odierna, MD
Geriatrician

ties due to frustration that their bodies aren't working quite the same as when they were younger. A better approach is to shift your thinking to look at what you can do and how you can do it, even if it's done a little differently than before. For example, if you used to love running, try walking, at whatever pace you can comfortably manage; or try bicycling or swimming. Not only will you be happier, but you'll also be more likely to keep busy.

"Staying active is one of the most important things when it comes to maintaining your health and strength," says Dr. Odierna. Remember, while it's great to stick with activities that you already like, trying new activities keeps life exciting—so keep an open mind.

As the body changes, function can



"Staying active is one of the most important things when it comes to maintaining your health and strength."

—Dr. Elizabeth Odierna
Geriatrician, Westmed Medical Group

begin to deteriorate. Hearing and vision, for instance, may fade slowly. Unfortunately, this allows people to adjust to those diminished abilities over time. Don't wait until you realize that it's difficult to see or hear. Go for an eye exam annually, and don't be quick to brush off remarks about your hearing. When friends and family mention that you might want to get your ears checked, heed their advice, says Dr. Odierna.

Don't skip visits with your primary care doctor, either. It's normal to see more specialists as you age, but an annual wellness visit when your primary care doctor can coordinate the advice of specialists, review your medications, and assess overall health is important to bring it all together.

Remember that your mental health is just as important as your physical well-being. Social circles can grow smaller with the loss of a spouse, siblings, and friends. Loneliness can develop and may lead to anxiety or depression, even if a person has never had these issues before. Socializing helps combat that. It's important to see and interact with other people, whether at a senior center, support group, class, or in your own home. You're never too old to make new friends! They'll be a great help in making your golden years feel truly golden.

Quick Tips for Smart Aging

- **Take precautions against falls.** Give your home a good assessment. Get rid of throw rugs and other trip hazards; insert grab bars in the bathroom if necessary. The proper precautions can protect your ability to remain in your home, active and independent.
- **Be willing to accept help.** Let family and friends assist you when they offer—and don't be afraid to ask when they don't.
- **Stay hydrated.** Older people tend to cut back on fluids to avoid frequent trips to the restroom and the threat of accidents. Drink plenty of water and eat hydrating foods like melons, cucumbers, and grapes.
- **Find a geriatrician if you can.** Just like we receive medical care differently when we're very young, we should receive it differently when we're older. Bodies change; try to find a doctor who works with older patients.
- **Know the signs.** Depression and anxiety are common in late life and can present as apathy, changes in sleeping and eating habits, or even chest pains and headaches when we're older.

Screening to Save Lives

New guidelines recommend colorectal screening starting at age 45.

Just this year, the American Cancer Society changed its recommendations on colorectal screening, lowering the recommended starting age from 50 to 45 years old, reflecting research showing that colorectal cancer is becoming increasingly prevalent in younger adults. Colon cancer is treatable and often curable, and one of the most preventable cancers as well.

By lowering the recommended age for colorectal screening, doctors are hoping they'll catch more cases earlier—and save more lives.



Fred Fallick, MD
Gastroenterologist

Not all colorectal screenings are the same: There are visual screenings and stool-based screenings. Visual screenings include the colonoscopy, flexible sigmoidoscopy—which looks only at the first part of the colon—barium enema, and virtual colonoscopy, which is a CT-based test. Stool-based screenings include guaiac testing—which checks for blood in the stool—fecal immunohistochemical testing, and multitarget stool DNA tests.



Joshua Raff, MD
Oncologist

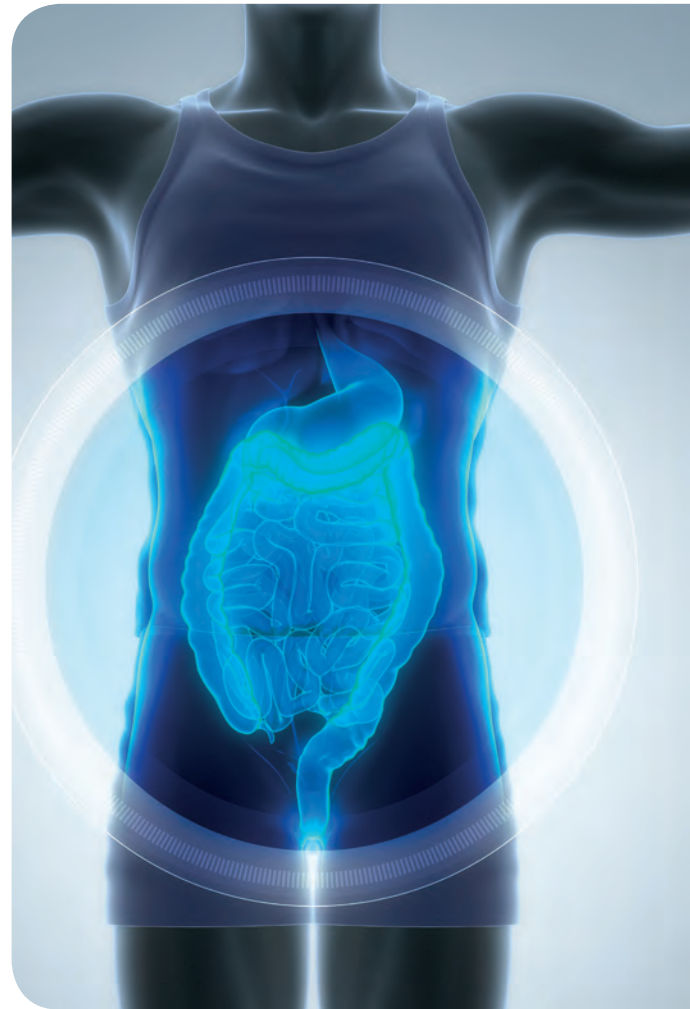
While a noninvasive method may seem more appealing, a colonoscopy is the most effective screening tool, according to Dr. Fred Fallick, gastroenterologist at Scarsdale Medical Group. The test provides a direct visual of the colonic lining and rarely misses lesions. Colonoscopy is also the only method that allows doctors to both discover small polyps and remove them in one procedure.

Dr. Ben Marano, a gastroenterologist with New York Endoscopy Center and chief of gastroenterology at White Plains Hospital, agrees. “While advances in technology have enabled us to perform less invasive screenings for colorectal cancer, the colonoscopy is still the gold standard for early detection and treatment,” Marano explains.

Doctors also stress the importance of knowing your personal risk of developing colon cancer. “People should be more aware of their family history of cancers, and should regularly update their doctors on any changes to their family history,” says Dr. Joshua Raff, oncologist with White Plains Hospital. A family history that includes colon cancer—or even stomach, uterine, or pancreatic cancer—could indicate a genetic risk factor. A personal history of inflammatory bowel disease—for example, ulcerative colitis—can also increase a person’s risk. (It is recommended that people with a family history of colon cancer or colon polyps begin screening via colonoscopy at age 40.)

Some signs, however, are a bit less obvious. “People are quick to dismiss symptoms such as bleeding or long-term changes in bowel habits,” Dr. Raff warns, especially when they think they’re too young to be at risk. Doctors caution that these symptoms should be taken seriously, even in even in younger patients.

Both Dr. Raff and Dr. Fallick stress the importance of patients getting past the stigma of discussing colorectal issues. The safe and effective tests save lives, they say, but can help only if patients keep their doctors fully informed. —DR

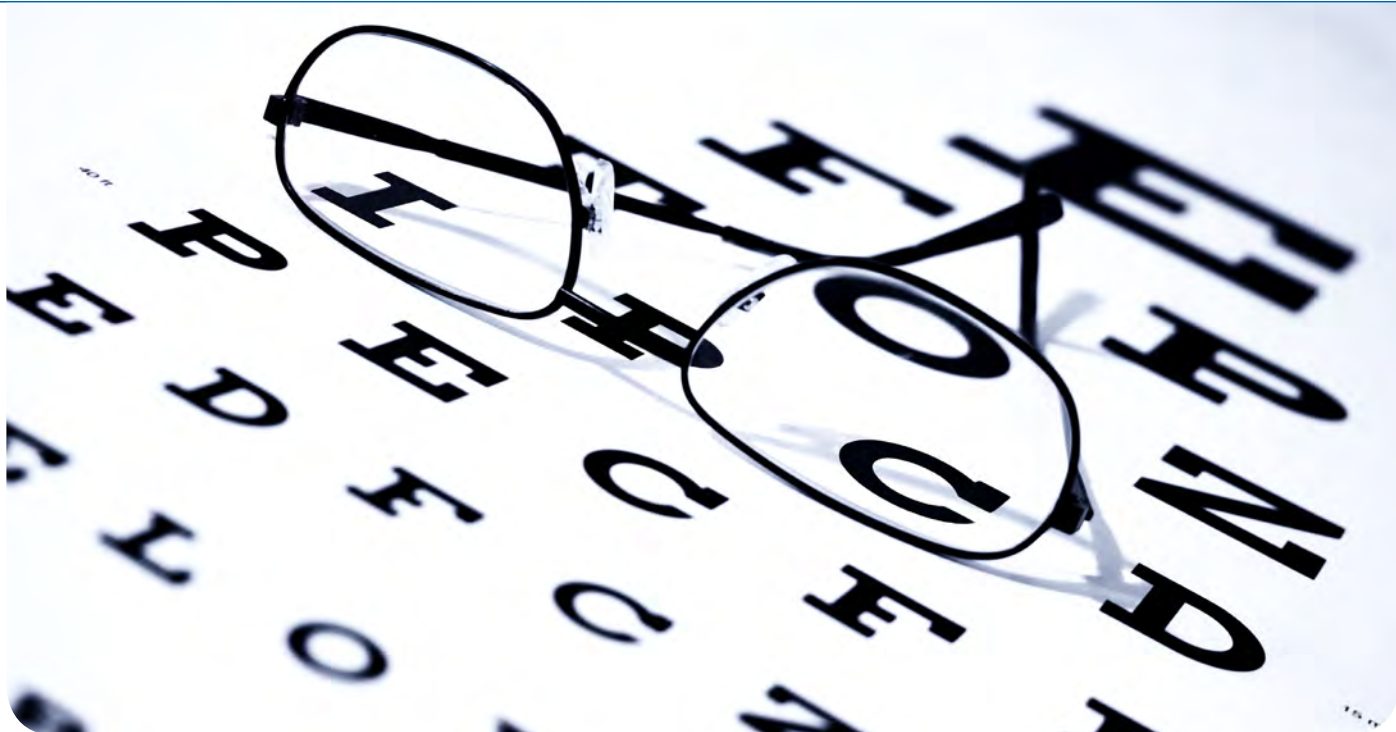


NO MORE MISCONCEPTIONS!

A COLONOSCOPY ISN'T PAINFUL. It won't even be uncomfortable. More often than not patients are sedated during the procedure, so they don't feel a thing. Afterward, they may experience gas and bloating but only for a short time.

PREPARING FOR A COLONOSCOPY IS NOT A HORRIBLE EXPERIENCE. The day before a screening won't be the best day of your life, but the horror stories are exaggerated. Prep day is less difficult now than it used to be.

Tip: Limit your intake of high-fiber foods like fruits and vegetables in the week prior to your colonoscopy.



The Eyes Have It!

Among the five sense organs, typically the eyes best protect you from danger. Return the favor by protecting your eyes with timely exams.

Eyesight is often thought to be the most valuable of human senses. It allows people to take in their surroundings so that the brain can quickly process important information such as proximity, color, size, and object identity. Eyesight is also essential for reading most social cues and is a large factor in our ability to live and function independently. But we often don't do as much as we should to take care of our eyes and protect our sight.

"It is very common for people not to get an eye exam when they aren't having any prob-

lems," says Dr. Allen Greenbaum, ophthalmologist with Westchester Eye Associates. "But preventative exams are important." The exams screen not only for eye issues, but certain systemic problems as well. Conditions and diseases such as diabetes, hypertension, thyroid disease, and even brain tumors can be picked up on an eye exam, Greenbaum notes.

He explains that the type of screening a patient receives will depend on his or her age and any underlying medical problems: Eye exams for children will look for level of vision, possible amblyopia (lazy eye), eye muscle problems, and retinal diseases. For adolescents, screening for refractive errors and testing for glaucoma, corneal disease, and retinal disease are performed. Adults get more in-depth exams, looking for cataracts, glaucoma, retinal disease, systemic disease, and ocular tumors.

The recommended timing for eye exams changes according to age and personal health, but, says Greenbaum, you should see a doctor as soon as you think you may have a problem. —DR

SEEING CLEARLY THROUGH THE DECADES

Newborn	Babies should typically be screened once between the ages of 6 months and 1 year.
1-5 yrs	One screening by age 5 to check for signs of lazy eye, which can still be treated at this point.
6-16 yrs	At least one exam throughout school years is fine if no problems are present.
17-20 yrs	Young adults should get a screening before college.
20-40 yrs	Adults in this age group without any vision problems should get a screening every 3 to 5 years.
40-60 yrs	Adults in this age group should be screened every 2 years, unless findings require more frequent exams and treatment.
61+	Annual screenings are recommended.

Larchmont

By Dinah Gold

With its gorgeous parks, sweeping water views, and thriving downtown area, Larchmont is a must-visit. And it's never prettier than in the fall, when its leafy surroundings transform into a palette of vibrant autumn hues. Dr. Samir Sidani, a family medicine physician with White Plains Hospital Physician Associates in Larchmont, also appreciates the village's vast array of health-boosting offerings. Sidani, who strongly believes in comprehensive and preventative care for the whole family—from neonates to the elderly—has been practicing since 1982. Here he shares a few healthy favorites in Larchmont.



Samir Sidani, MD
Family Medicine

Get a Taste of the Exotic

TURQUOISE TURKISH & MEDITERRANEAN RESTAURANT

"There are many benefits to eating a Mediterranean diet—one that includes large amounts of fruits, vegetables, olive oil, beans, and grain cereal; moderate amounts of dairy, wine, and fish; and limited poultry and red meat," says Dr. Sidani. "Among other things, it can have lasting effects on brain health and help prevent heart disease and various cancers." One delicious way to get your Med fix is to visit Turquoise, which serves a traditional Turkish menu. Locals rave about its cold meze plate, featuring hummus, baba ganoush, stuffed grape leaves, and other Middle Eastern favorites. Fish is another specialty here, with everything from dorado to striped bass prepared beautifully. **Details:** Open 7 days a week, noon-11 pm. 1895 Palmer Ave; 914-834-9888; www.turqmed.com



Raise a Glass

LARCHMONT WINE & LIQUOR Here's news worth toasting to: "While heavy alcohol consumption is harmful, researchers are finding that drinking wine in moderation may help delay the onset of cognitive impairments in aging as well as neuro-degenerative diseases such as Alzheimer's and Parkinson's," says Dr. Sidani. Get the good stuff for your glass at this neighborhood shop, which is known for its extensive collection of French wines. A 90+ point section makes it easy to find highly rated bottles as well. **Details:** 1945 Palmer Ave; 914-833-9666; www.larchwine.com

Get Pumped With Pilates

THE PILATES WORKSHOP

You don't just work out for your own good at this classic Pilates studio—a portion of the proceeds from each class goes to various local charities. Fans of this gentle but effective exercise form will appreciate the private and two-person lessons offered here, along with mat and tower classes with no more than five students in them. "In addition to helping to maintain a healthy weight and lean muscle mass, Pilates has been shown to help regulate the body's response to physical, emotional, and mental stresses," Dr. Sidani says. **Details:** 1875 Palmer Ave; 914-582-3459; www.thepilatesworkshopny.com



Park Yourself Here

LARCHMONT MANOR PARK With 13 scenic acres and a shoreline that surpasses 5,000 feet, this park is a nature-lover's dream. Wear a pair of sneakers and walk its pathways, stopping to rest under any of the several gazebos that offer expansive views of the water and the park's remarkable striated rocks. You'll be doing your whole body a favor: Dr. Sidani notes that walking is associated with lower risks of heart disease and breast and colon cancers.

Details: Open dawn to dusk. 108 Park Ave; 914-834-4309; www.larchmontmanorpark.org

Get Some Color

ONE RIVER LARCHMONT Visual arts activities have been shown to improve well-being in patients by decreasing negative emotions and increasing positive ones. They've also been shown to help stave off cognitive decline. So why not explore your creative side? One River School prides itself on small class sizes, providing a very personalized approach to art, design, and photography. No matter what your skill level is, they'll help you take it to the next one. **Details:** 2081 Boston Post Rd., 914-893-6111 <https://larchmont.oneriverschool.com>



ONE RIVER LARCHMONT PHOTO: COURTESY OF ONE RIVER SCHOOL
SCHOOL OF ART + DESIGN/CATHERINE HELLER

Find Farm-to-Table Fare

LARCHMONT FARMERS MARKET Now in its 13th season, this market—the largest for grower-producers on the Sound Shore—is a venue where New York growers peddle their wares alongside other artisan food producers. Expect to find a bounty of fresh produce and seafood here, along with organic meats and eggs. “The market has an abundance of fresh, local fruits and vegetables—the foundation of any healthy diet,” Dr. Sidani says. Locally made cheeses, pot pies, and sausages are frequently available too. There's often entertainment as well, including kids' activities and live music. **Details:** Metro-North parking deck off Chatsworth Ave; open 8:30 am-1 pm Saturdays through December 29; for more details follow Larchmont Farmers Market on Facebook: www.facebook.com/larchmontfarmersmarket

Discover the Joy of Java

SUNSHINE COFFEE ROASTERS Top-quality coffee beans, ground on-site, make for a remarkable cup of joe at this neighborhood favorite. But there's lots more besides the beans, including bagels, bialys, muffins, and espresso. Tea fans will be thrilled with the shop's iced teas and, for a treat, chai tea lattes. And there's some



goodness in those gulps: “Studies show that unsweetened black and green tea may help promote weight loss, and drinking both caffeinated and decaffeinated coffee has been associated with lower mortality,” Dr. Sidani shares.

Details: 1932 Palmer Ave; 914-834-0989



ADVANCED CARE IN YOUR COMMUNITY

Several innovative services now available at White Plains Hospital prove that you *can* stay close to home for the most complex care. BY BILL CARY

With this issue, we're launching a new column called "Advanced Care in Your Community" that will highlight some of the newest techniques and talents at White Plains Hospital. Here are three cool new things happening now.

WHAT'S NEW IN THE CATH LABS: Full-time Electrophysiology Services; Ablation Treatments

This year, for the first time, the Hospital's two cardiac catheterization labs are offering full-time electrophysiology services to cardiology patients under the leadership of Dr. Daniel Wang, director of cardiac electrophysiology.

Electrophysiology procedures are performed to help test electrical conduction of the heart and diagnose and treat abnormal heart rhythms, also known as arrhythmias. These procedures help doctors identify exactly where in the heart an abnormality is occurring.

Under Dr. Wang's leadership, the Hospital is in the process of becoming a leader in the technique of His bundle pacing—a new and

innovative technique that allows for more natural activation of the heartbeat and may prevent pacemaker-induced heart failure. (Trials are ongoing.)

The team also performed their first implantation of a subcutaneous implantable defibrillator (S-ICD) this summer—placed under the skin of patients who are at risk of sudden cardiac arrest. While a traditional ICD has wires running inside the major veins and the wire sits inside the heart, an S-ICD is completely outside the vascular system, eliminating the chance of clots and blood-borne infections that can result from hardware sitting inside the bloodstream. The technique is being used for patients who are at higher risk for these complications, such as those undergoing dialysis.

Also new in the cath labs is the use of

ablation treatments that use radio frequency waves to destroy abnormal heart tissue that is causing an arrhythmia.

"Previously, these patients had to be sent to other hospitals, primarily in the city, for these procedures," says Dr. Dimitrios Bliagos, the new director of interventional cardiology at the Hospital. "Now we are able to do these more advanced procedures in-house."

Dr. Bliagos took over as director of the cath labs in February after serving as associate director of the labs since 2011.

In the cath labs, cardiologists can perform emergency, minimally invasive interventional procedures such as balloon angioplasty and stenting to open narrow or blocked coronary arteries.

As director, Dr. Bliagos oversees a staff that includes 15 nurses, several full-time and part-time radiation technicians, and several full- and part-time nurse practitioners.

In 2017, the labs performed about 1,600 total procedures, 550 of which were interventional, for patients needing emergency heart care, Dr. Bliagos says.

The labs' "door-to-balloon-time" remains well under one hour, compared to the industry standard of 90 minutes.

In fact, White Plains Hospital recently received the Mission: Lifeline Silver Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

"We pride ourselves on being able to quickly take care of a patient having a heart attack, to get them into the lab, stabilize them, and then open an artery for emergency treatment," Dr. Bliagos says.



Dr. Dimitrios Bliagos performs a catheterization

TCAR: A Cutting-Edge Treatment for Carotid Artery Disease

The Hospital now has another arrow in its quiver for treating patients with carotid artery disease. In late June, the first patient at White Plains Hospital was treated with a new, cutting-edge, minimally invasive procedure known as transcatheter artery revascularization, or TCAR.

“The procedure is designed to prevent strokes, and it adds another alternative for treating patients with carotid disease,” says Dr. William Suggs, director of vascular services at the Hospital.

The TCAR procedure uses a special transcatheter neuro-protection system that’s designed to reduce the risk of stroke during the insertion of a stent to fix a blocked carotid artery.

“You can actually make the blood flow in reverse, out of the head, while you are doing the procedure,” Dr. Suggs explains. This protects against plaque that may come loose from reaching the brain. The TCAR procedure is performed through a small incision at the neckline just above the clavicle and takes about 90 minutes.

Those who would benefit from TCAR include “patients who have had prior surgery, patients with lesions up high in their neck that are hard to get to, patients who have had radiation on the neck, and patients who are otherwise at high risk for anesthesia,” according to Dr. Suggs.

“TCAR is particularly applicable for older patients or for patients who have already had another procedure done,” he adds, noting that patients with new stents are kept overnight in the Hospital for observation. “Because the incision is very small, patients should be back to full activity within a week.”

FECAL TRANSPLANTS: An Innovative Tool to Treat Bacterial Infections

One of the worst and most deadly side effects for people taking antibiotics for infections is the development of an additional serious bacterial infection called *Clostridium difficile*. It can take over a person’s intestines, causing diarrhea and painful colitis, and be difficult to eliminate.

Traditionally, the first line of treatment for attacking the microbes is one of three oral antibiotics: metronidazole, vancomycin, or fidaxomicin. But for some patients, these antibiotics don’t work.

Despite the ick factor, White Plains Hospital now has a new tool to treat *C. difficile*: fecal transplants.

“For certain people, the traditional treatments don’t work, and fecal transplants are a good option for them,” says White Plains Hospital gastroenterologist Dr. Benjamin Marano, chief of gastroenterology at White Plains Hospital and immediate past president of the Hospital’s medical staff.

“In a fecal transplant, you take a stool specimen from a healthy donor, process it, and instill it into the colon [of the sick person] to replace the normal healthy flora of the colon. Having healthy flora in your colon is important not only for your colon health, but also for your overall health.”

For Westchester residents, the transplants have been available only in large university hospitals in New York City, Dr. Marano says.

“We used to send people to NYC hospitals to be treated, and this was a difficult journey for an ill person,” he adds. “We have wanted to bring this new technology to White Plains Hospital for some time. To my knowledge, we are the only hospital in Westchester that will be offering this to patients. It has proven very successful in numerous published studies. Fecal transplant is quickly becoming the standard of care for those who fail traditional treatments.”



William Suggs, MD
Director of Vascular Services

Patients in need of the procedure can be of any age, he says, but the elderly are often who need them most.

“Typically, they are people who are very ill and have been hospitalized repeatedly for multiple infections,” Dr. Marano says. But patients do not have to have been hospitalized. “It could be younger, healthy people who were treated with antibiotics for dental procedures,” he adds. “For younger patients,

it becomes a quality of life issue if they are suffering from chronic diarrhea and abdominal pain.”

For the transplant specimens, the hospital is turning to a company called OpenBiome, which offers stool specimens from healthy individuals. The specimen is processed and tested for harmful bacteria and viruses.

The transplant is done through a traditional colonoscopy, with the material installed into the colon through a colonoscope.

Patients often begin to see positive results within the first week after treatment, Dr. Marano says. •



Ben Marano, MD
Gastroenterologist

Breast cancer patient Jennifer Wolfthal (*right*) wanted a doctor with top-notch skills—and compassion. She found that in Dr. Preya Ananthakrishnan (*left*).





BETTER- THAN-EVER BREAST SURGERY

How White Plains Hospital helped a breast cancer patient find a doctor she loved—and keep the curves she adored.

BY DEBORAH SKOLNIK • PHOTOS BY KEN GABRIELSEN

“Utter shock.”

That’s what Jennifer Wolfthal, 51, felt when a routine mammogram at White Plains Hospital last year revealed she had cancer in her left breast. “I couldn’t believe it,” the stay-at-home mom from Elmsford recalls. “I thought, ‘Breast cancer doesn’t run in my family!’”

Her next thought: She’d need to find the right doctor. A consultation with a surgeon at another hospital left her discouraged. “Her blunt recommendation was to get a mastectomy. There was no easing in, no explaining,” she recalls. Wolfthal knew she’d need a physician with a better bedside manner.

Scrolling through the White Plains Hospital website, she happened upon a picture of Dr. Preya Ananthakrishnan, director of breast surgery. “I got this feeling that came over me—this warm, peaceful, good feeling about this doctor,” she says. “I said, ‘I have to go see her.’”

Her initial meeting with Dr. Ananthakrishnan confirmed her hunch: Wolfthal had found a first-rate physician with compassion to match her credentials. “She sat me down as if she was my teacher and drew pictures for me as to what kind of cancer I had,” Wolfthal shares. “Basically Dr. Preya said, ‘This is why we would recommend a mastectomy.’ I walked out of there educated. I knew my decision without being scared out of my mind. I knew I was in the best of hands.”

IMPROVED OPTIONS

Dr. Ananthakrishnan also remembers her first meeting with Wolfthal vividly. Her new patient had a form of breast cancer called ductal carcinoma, which is confined to the milk ducts of the breast. “She had early-stage breast cancer, which carries an excellent prognosis, but it looked pretty extensive on the imaging,” she recalls. Based on those findings, as well as other factors, a mastectomy would be the most effective treatment.

That was the bad news, but there was good news as well: “I told Jennifer she would be an excellent candidate for a nipple-sparing mastectomy, which as its name suggests preserves the breast’s nipple,” Dr. Ananthakrishnan says. “We make a hidden incision on the underside of the breast. We scoop out the breast tissue, but we leave the skin and nipple intact.” After the mastectomy, a plastic surgeon places an implant to recreate the original shape of the breast.

Wolfthal was relieved at the news. “One of my biggest concerns was what I was going to end up looking like [after the surgery],” she says. “I still like to put on

“The first time I saw my breast after surgery, I was so elated, I cried. I just wanted to be able to look in the mirror and not constantly be reminded that I had breast cancer. And I got my wish.”

—Jennifer Wolfthal



a bathing suit and to wear a nice top without having to be self-conscious. Especially when you go through your life having a specific shape, you want to keep it. All those pictures in my head of what a mastectomy would look like were from 20 years ago, when people ended up dismembered. I was so relieved to find out that wasn’t going to be the case.”

SMOOTH SURGERY

During the surgery, which took place in June 2017, Dr. Ananthakrishnan worked in tandem with a plastic surgeon. “Jennifer actually had a newer form of reconstruction,” she says. “In the past, we used to put the implant behind the pectoralis major muscle, which is a large, fan-shaped muscle in the chest that lies under the breast. The idea was that the muscle coverage protected the implant and facilitated healing. But we used a new technique for Jennifer called pre-pectoral implant reconstruction. We put the implant above the muscle and used a mesh-like material called dermal matrix to protect it.”

The reasons for this approach are fourfold, Dr. Ananthakrishnan explains. “First, when we put the implant behind the muscle, it can create a deficit in the muscle that causes pain or discomfort when the person moves [her] arms or chest. It also causes a lot of post-operative pain and stretching. There’s also a slower return to baseline function, and sometimes the muscle contracts on its own, causing discomfort.” Putting the implant above the muscle, she says, eliminates these issues. The procedure is done with a comprehensive team approach between breast

Montefiore Einstein Study: Can Chemotherapy Be Skipped?

Cancer and chemotherapy—the two words are inseparable in many people’s minds. But new research suggests that many women with early-stage breast cancer don’t need chemo after all.

The large international study, called TAILORx, was led by Dr. Joseph A. Sparano of Montefiore Medical Center and is expected to change medical treatment for tens of thousands of women in the United States.

“Now we have evidence to tell the majority of women with early-stage breast cancer that they really won’t gain a benefit from chemo,” says Dr. Yael Zack, an oncologist/hematologist with White Plains Hospital Physician Associates.

Most of the women in the study had early-stage breast cancers measuring no more than

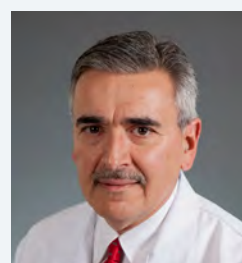
5 centimeters, with no lymph node involvement. Their tumors tested negative for a protein called HER2 and were sensitive to estrogen. Lastly, their cancers rated scores between 11 and 25 on a widely used genomic test that gauges a tumor’s chance of recurrence.

Previous studies had shown that such patients with a score of 10 or below can skip chemo and instead take a drug that blocks or suppresses estrogen, while a score of 26 to 100 (the maximum) indicates that chemotherapy is beneficial. But the best course of action for the many women in that middle range of 11 to 25 remained in question—until now.

“The women with intermediate scores of 11 to 25 [some 70 percent of the 10,000 women who participated in TAILORx] were random-

ized in the study to get either endocrine therapy alone or chemo followed by endocrine therapy,” Dr. Zack explains. The findings? “The bottom line was that overall, getting just endocrine therapy was just as good as getting chemo with endocrine therapy,” she says. “These women do not need to undergo cytotoxic chemotherapy with a lot of side effects, because they will do just as well with anti-hormone treatments.”

There are some exceptions—the study did find that women



Joseph A. Sparano, MD
Vice Chair, Medical
Oncology, Montefiore
Einstein Center for Cancer
Care, and Associate
Director, Clinical
Research, Albert Einstein
Cancer Center

under age 50 with a recurrence score of 16 to 25 could still benefit from chemo, in addition to women whose breast cancers are not driven by hormones, or have HER2-positive tumors. “It’s important to note that while we have this excellent, very eloquent study, we also have to continue to use our clinical judgment and really analyze each

patient on a case-by-case basis,” Dr. Zack says. But overall, she adds, “this is a trial that is really helping us to customize and personalize our care.” —DS

oncologic surgery and plastic surgery. “We have a plastic surgery team at WPH that is among the best in the country, and pioneering in these new techniques,” says Dr. Ananthakrishnan. “Jennifer was in very capable hands with her plastic surgeon, Dr. Vadim Pisarenko.”

Wolfthal was also fortunate to have a silicone implant placed in her breast at the same time the mastectomy was performed—“another thing we have a lot of experience with at White Plains Hospital,” Dr. Ananthakrishnan says. “In the past, we used to put in a tissue expander and the patient would go to the doctor for multiple expansions before receiving an implant in a separate surgery.” Thanks to White Plains Hospital’s dedication to the latest surgical techniques, “we do a lot of direct-to-implant work,” Dr. Ananthakrishnan says. “Jennifer was spared the process of multiple expansions.” In all, the procedure lasted some two and a half hours, and Wolfthal spent just one night in the hospital.

If the surgery itself was remarkable, so was the patient’s experience in recovery. “The other thing that we do at White Plains Hospital is work very closely with anesthesia,” Dr. Ananthakrishnan says. “In addition to general anesthesia, we give our mastectomy patients regional anesthetic blocks—it’s a block that is given through the back, like an epidural, and provides a neuromuscular blockade going to the front of the chest, covering the area where the procedure is done. It reduces the need for narcotics during and after surgery.” In fact, the day after the operation, Wolfthal “was lounging in bed like Cleopatra,” recalls Dr. Ananthakrishnan. “She took very little narcotic pain medication afterward and really felt very well immediately after surgery.”

RECOVERED— AND REALLY GRATEFUL

Wolfthal’s pathology reports unfortunately revealed an unwanted surprise: a tiny bit of invasive cancer had been hiding within her early-stage cancer. She had to undergo six weeks of radiation and another surgery to remove some scar tissue, but she—and her reconstructed breast—came through it all fine. She’s now back to her active lifestyle, keeping up with her three children, ages 19, 16, and 13.

The busy mom still gushes about her experience at White Plains Hospital and how much she respects



Because White Plains Hospital uses the latest surgical techniques, Wolfthal was spared multiple surgeries and recovered quickly from her procedure.

Early Detection Is Key

One in eight women will be diagnosed with breast cancer at some point in her lifetime. “Between ages 25 and 39, women should have an annual clinical breast exam performed by their physician. Starting at age 40, women should have an annual mammogram and an annual clinical breast exam, and ultrasound may be recommended for women with dense breast tissue,” says Dr. Preya Ananthakrishnan.

Schedule your next mammogram at one of the White Plains Hospital Breast Imaging Centers:

Imaging Center at White Plains Hospital Medical & Wellness in Armonk

99 Business Park Dr, Armonk; 914-849-7900

White Plains Imaging Center at New Rochelle

1296 North Ave, New Rochelle; 914-336-5900

Women’s Imaging Center at Rye Brook

90 South Ridge St, Rye Brook; 914-935-0011

Breast Imaging Department at White Plains Hospital

3rd Floor of the Main Hospital at Davis Ave and E Post Rd, White Plains; 914-681-2929

Another vital part of breast screening involves your genes. Inheriting certain genetic mutations, such as BRCA1 and BRCA2, can significantly raise your risk for breast and/or ovarian cancer. The highly skilled genetic counselors at White Plains Hospital can help you understand if you are at elevated risk for breast and ovarian cancer and if genetic screening is right for you. *To learn more about genetic screening for breast cancer at White Plains Hospital, call 914-849-7662.*

Dr. Ananthakrishnan. “I still have an amazing rapport with her. I’m so fond of her,” she says. “A friend of mine was recently having some breast issues, and I sent her to Dr. Preya. The woman really is a gift, and I’m lucky to have found her.”

Dr. Ananthakrishnan is thrilled with the outcome as well. “I think that the word ‘mastectomy’ can strike fear in your heart because you have an idea of a terrible, deforming operation. Our current techniques have improved so much that we can achieve beautiful cosmetic results,” she says. “My take-home message is, ‘It’s not your grandmother’s mastectomy.’”

Wolfthal couldn’t agree more. “The first time I saw my breast after surgery, I was so elated, I cried,” she remembers. “I just wanted to be able to look in the mirror and not constantly be reminded that I had breast cancer. And I got my wish.” •

WORKOUTS THAT WORK

GREAT WAYS TO STAY IN SHAPE, RIGHT IN THE COMFORT OF YOUR HOME.

BY PAUL ADLER



Peloton



Those too busy to hit the gym often think fitness has to take a back seat, but that doesn't have to be true. In fact, some of the best workouts can be done right at home.

Case in point: breast radiologist, exercise enthusiast, and busy mom of two teenagers Dr. Pamela Weber, director of outpatient imaging at White Plains Hospital Physician Associates in New Rochelle, relies on home workouts to boost her health and stay in shape. Dr. Weber believes home workouts are among the most convenient and beneficial exercise routines.

Whether on an innovative machine or simple yoga mat, there are numerous options for those looking to maintain good health while staying indoors, she says.

"There are definite advantages of working out at home. The biggest is the amount of time saved not having to travel," she says. "In addition, there is flexibility—you are not tied to a class schedule. For parents of young kids, it saves any childcare issues. In addition, multiple members of the family can engage."

Fitness is a key component of good health and happiness for Dr. Weber, who recognizes the benefits of exercise—both physical and mental—for herself and her patients. "Exercise helps keep me focused during the day and lowers my stress level. I believe it keeps my energy level up as well. I think it provides the same for patients and really helps to keep the mind and body healthy," she says.

Dr. Weber's go-to home workout is Peloton, an indoor biking system that features a screen capable of streaming real-time spin classes. Dr. Weber's husband gave her a Peloton bike as a Mother's Day present three years ago. She was already an ardent spin enthusiast,



Pamela Weber, MD
Director of
Outpatient Imaging
White Plains Hospital
Physician Associates
in New Rochelle

and he thought the at-home bike would help her better fit the exercise into her busy schedule. “At first I was a skeptic, as I felt it was motivating to be out of the house surrounded by a group,” she says. But after just one ride she was hooked. “I take mostly live classes, so I feel I am still part of a group and have to be there ‘on time.’ The instructor can see who is taking the class and often communicates words of encouragement,” she says.

Plus, working out at home saves her a tremendous amount of time—at least 40 minutes a day, she estimates, adding “I find I am much less rushed in the morning. I take the 6 a.m. class four to five days a week.”

If a bike system like Peloton doesn’t strike your fancy, there are other options. Angela LoBrutto, owner of Angela Claire Fitness and a Best of Westchester award winner, advocates a high-intensity home workout. “Perform in order: jumping jacks, squats, push-ups, reverse lunges, mountain climbers, and sit-ups—for 20 reps each, four times around, with a 30-second rest in between, for a quick, total-body in-home workout,” LoBrutto recommends.

Dr. Weber also has a few ways to stay in shape beyond the Peloton. “Walking on a treadmill or an elliptical for a few minutes a day while talking on the phone or watching the news is great,” she says, “As is keeping small weights around the house to develop



arm strength. In addition, any yoga app is easy to use and many of them have several choices in terms of length of class and level of workout.”

Dr. Weber recommends performing planks “to strengthen core muscles.” She adds that people should not underestimate the value of adding in some meditation at the end of the day to relax. And with today’s smartphones sporting all kinds of weight-loss and exercise apps, there are tons of other equipment-free workouts to choose from as well. (See “Seven Fab Fitness Apps,” below, for more info.)

Above all, Dr. Weber feels that no one should have to forfeit good health just because they have a busy schedule. “I think it is vital to fit exercise into our lives in any capacity. ... It can lower stress and anxiety and aid in focus,” she says. “Home workouts such as the Peloton bike allow you to incorporate exercise into your life in a less intrusive manner. It is also a great example to set for your children.” •

Dr. Weber's Favorite Sweat-Session Songs

“Superstition”
by Stevie Wonder

“I Will Survive”
by Gloria Gaynor

“Happy”
by Pharrell Williams

“It’s Raining Men”
by The Weather Girls

“Wanna Be Startin’
Something”
by Michael Jackson

“Blurred Lines”
by Robin Thicke

“Night Fever” and
“Stayin’ Alive”
by The Bee Gees

“September”
by Earth, Wind, and Fire

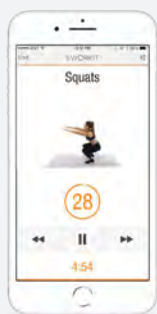
“Play That Funky Music”
by Wild Cherry

“I’m So Excited”
by The Pointer Sisters

“Disco Inferno”
by The Trammps

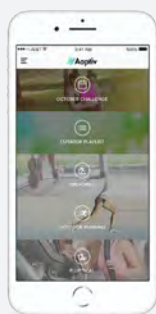
SEVEN FAB FITNESS APPS

Put your phone—and your body—to good use with these healthy downloads.
(Each app is free to download, but may contain some in-app purchases.)



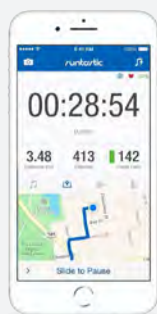
SWORKIT

Simply plug your goals into this app rated #1 by The American College of Sports Medicine and it will provide you with your own six-week program featuring weekly fitness objectives.



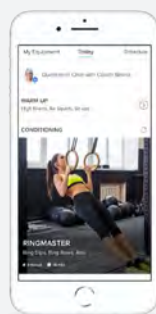
AAPTIV

Enjoy more than 2,500 top-notch audio classes with 15 trainers thinking up new workouts each and every week on this popular app.



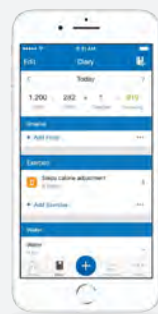
RUNTASTIC

Runtastic makes a whole array of apps all geared toward improving your overall fitness and health, zeroing in on everything from daily steps to sleep hygiene.



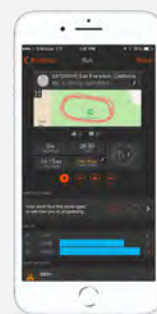
KEELO

This smart app is geared toward high-intensity interval training, pumping out speedy 20-minute workouts with or without equipment.



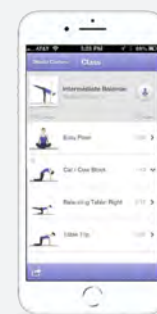
MYFITNESSPAL

An extremely well-established app, this favorite provides both dietary and fitness guidance with its massive database of foods, meal plans, and workout logs.



STRAVA

Preferred by long-distance runners and street cyclists, this intelligent app uses GPS to track users’ running and riding. It also lets you interface with other fit friends.



YOGASTUDIO

For those who prefer the pleasures of posing, this stripped-down app features more than 75 ready-made classes for yoga devotees.

HEALTHY EATS BEYOND SALAD

Westchester chefs know that eating right isn't just an endless assortment of grain bowls and kale smoothies. Update your recipe-card rotation with these healthy dishes from favorite local restaurants.

By Samantha Garbarini

What constitutes a healthy diet? Ask 100 people, and you're likely to get 100 different answers. Dr. William Zarowitz, an internal medicine physician with Maple Medical in White Plains, has a simple approach: "A healthy diet is one that supports the body and the mind in the short term and long term," he says. "The keys to a healthy diet have always been variety, balance, and moderation. In terms of balance, half of our plate should be filled with fruits and vegetables." Even fats can be good, Zarowitz adds: "We just need to choose healthy fats, which are less saturated or hydrogenated.

"Eating healthier can result in losing weight, and appropriate weight loss directly reduces the risk of heart disease, stroke, and diabetes," says Zarowitz, adding that other benefits include less strain on joints, reduced risk of stroke or cancer, and improved digestive-tract function. "Overall, healthy eating makes a large contribution toward helping us function better, live longer, and reach our potential."

But that doesn't mean meals have to be boring. These four recipes from Westchester chefs are delicious enough to make it onto their menus yet wholesome enough to leave you feeling guilt free.



WHOLE WHEAT OLIVE OIL WAFFLES

Boro6 Wine Bar
Hastings-on-Hudson

Whole wheat flour adds complex flavor to this morning indulgence, while olive oil ensures the waffles are super crisp. *Makes 4 large waffles*

1½ cups whole wheat flour
1 tsp baking powder
½ tsp salt
2 eggs
1¾ cups milk
¼ cup olive oil
2 Tbsp sugar
¼ tsp baking soda
1 tsp vanilla extract

Fresh berries and maple syrup, for serving

1. Preheat your waffle iron according to the manufacturer's instructions.
2. In a large bowl, whisk together flour, baking powder, and salt. In a separate bowl, whisk together eggs, milk, olive oil, sugar, baking soda, and vanilla extract.
3. Whisk the wet ingredients into the dry until just combined.
4. Cook waffles in batches according to your iron's instructions, until golden and crisp. Serve with berries and/or maple syrup, if desired.

WAFFLE PHOTO: LINDA PUGLIESE



BEET HUMMUS

The Whitlock, Katonah

Roasted beets up the nutrients—and add gorgeous color—to this traditional Middle Eastern dip.

Makes about 1 quart

2 medium beets
2 15-oz cans chickpeas, drained
1 cup tahini
8 cloves roasted garlic
¾ cup lemon juice
Salt and pepper to taste
Sea salt, olive oil, and chopped parsley, for serving

1. Preheat oven to 400°F.
2. Lay whole beets on a baking tray; add a little water; cover with foil; and roast until tender, 25-30 minutes.
3. When beets are cool enough to handle, peel and purée in a blender. Add remaining ingredients to blender and process until smooth.
4. Garnish with sea salt, olive oil, and chopped parsley, if desired. Serve with vegetables or crispy flatbread.

HARVEST CELEBRATION SOUP

Ladle of Love, Bronxville

Swapping coconut milk for cream transforms this popular autumnal soup into a healthy, vegan meal.

Makes 4 quarts

2 Tbsp olive oil
1 large onion, diced
2 cups chopped butternut squash
1 cup chopped carrot
1 cup chopped sweet potato
1 Granny Smith apple, peeled, cored, and cut into chunks
½ cup low-fat coconut milk
1-2 Tbsp maple syrup
Pinch of cayenne
Kosher salt and pepper to taste

1. In a stockpot, heat olive oil over medium-high heat. Add onion and cook, stirring until just translucent, about 4 minutes.
2. Add squash, carrot, sweet potato, and apple, stirring until vegetables are coated in oil.
3. Add just enough water to cover vegetables and bring to a boil. Reduce to simmer and cook until vegetables are soft, about 20 minutes.
4. Blend with an immersion blender until smooth. (Alternatively, process soup in batches in a blender.)
5. Add coconut milk and maple syrup. Season with cayenne and salt and pepper to taste.



“THE KEYS TO A HEALTHY DIET HAVE ALWAYS BEEN VARIETY, BALANCE, AND MODERATION.”

—Dr. William Zarowitz, Maple Medical



YELLOWFIN TUNA POKÉ

Tauk Kitchen + Bar, Armonk

Yes, you can make poké at home. All you need is fresh ingredients and some basic knife skills.

Serves 4

Pico de Gallo

2 Tbsp diced seeded tomato
2 tsp diced red onion
1 tsp diced seeded jalapeño
1 tsp chopped cilantro
Juice of ½ lime

Poké Oil

1 tsp olive oil
1 tsp sesame oil
1 tsp low-sodium soy sauce
1 tsp lime juice
1 dash Tabasco sauce (optional)

Poké and Assembly

12 oz yellowfin tuna steak, cut into ½-inch dice
2 ripe avocados, diced
4 Tbsp diced scallion
Juice of 1 lime
White and black sesame seeds

1. Prep the pico de gallo: Combine the tomato, onion, jalapeño, and cilantro in a small bowl. Season with lime juice, cover, and refrigerate.
2. In a separate bowl, combine the poké oil ingredients. Cover and chill until ready to use.
3. To assemble the poké, mix the diced tuna, avocado, and scallion. Add the pico de gallo and poké oil, mixing gently until the ingredients are combined and coated with poké oil.
4. Finish with lime juice and a sprinkling of white and black sesame seeds. Serve with gluten-free yellow or purple corn chips.

GET TO KNOW CARLOS FLORES

BY STACEY PFEFFER



Carlos Flores has seen a lot of changes in his almost 20 years working as a parking valet at White Plains Hospital, including automotive upgrades like driver-side air bags, rearview cameras, and Bluetooth capabilities. But while cars have changed through technological advancements, Flores believes old-fashioned manners and people skills are what set him and his team apart as soon as you pull into one of the Hospital's six parking lots.

As the assistant manager of valet parking since 2006, the 61-year-old oversees a staff of 35 employees who park up to 300 cars per day as a complimentary service at the Hospital. "I love to help people out," Flores says. "It's my true passion."

The valet first learned to drive at age 13 in his native Puerto Rico. "My father's best friend had a Jeep and taught me how to drive it," he recalls. When Flores moved to the Bronx in 1970, he initially worked as a delivery-truck driver but found the job lonely. Since he loves to interact with people, he jumped at the opportunity when he heard about the valet job opening at White Plains Hospital.

Flores and his team are the first point of contact patients and families often have with Hospital personnel—a big responsibility that Flores doesn't take lightly. "You



Flores oversees a staff of 35 employees who park up to 300 cars per day.

“My job is to make [visitors] feel comfortable the minute they get here, whether they need help with a wheelchair or just aren't sure where to go. Sometimes they simply need someone to talk to or even a hug.”



Flores, visiting his sister's house in Puerto Rico.

have to know how to talk to people in this job,” says Flores, who is bilingual in English and Spanish.

He also understands that people parking at the Hospital might be visiting a sick loved one or perhaps are nervous about an upcoming procedure. If they are in a bad mood or distracted, Flores is sympathetic. “My job is to make them feel comfortable the minute they get here, whether they need help with a wheelchair or just aren't sure where to go,” he says. “Sometimes they simply need someone to talk to or even a hug.”

In fact, Flores has comforted people in the parking lot many times. He is highly empathetic to the plight of patients—as a father of eight who has faced the tragic

deaths of three of his children. “I can truly say to them, I feel your pain,” he says. “I know what you are going through.”

In his many years of service, there is one special workday that truly stands out in Flores' mind.

Last year, a pregnant woman in labor was coming into the Hospital for delivery, but she didn't make it in time. “We had gone into the Hospital to get her a wheelchair, but she had the baby right there in the back of the car in the parking lot,” Flores says with pride. “It felt incredible to help her. Three days later, she left the hospital with her baby girl and gave me a big hug for all the help we gave her. That is my big satisfaction here.” •



The 2017 WPH Team Hope at the annual Making Strides Against Breast Cancer Walk

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

**OCT
21**

Making Strides Against Breast Cancer Walk

Sunday, October 21
Registration: 8:00 a.m.
Walk: 9:30 a.m.
Manhattanville College, Purchase

Come join WPH's Team Hope for the annual walk in support of breast cancer awareness. The Hospital is once again a flagship sponsor of the event—you won't miss us!

To register, visit the WPH Team HOPE site at <http://main.acsevents.org/goto/WPHteamHOPE2018>

**OCT
27**

Annual Dr. Ted E. Bear Fair

Saturday, October 27
9:00 a.m.-11:00 a.m.
White Plains Hospital

Children are invited to dress in Halloween costumes and bring teddy bears, stuffed animals, and dolls to be "treated" for a variety of "boo-boos" by the expert medical team at White Plains Hospital. Learn about health and safety topics, tour the Hospital, and have the opportunity to collect early Halloween goodies.

To register or for more information, contact **Aisling Feighery** at AFeighery@wphospital.org or call 914-681-7160

**NOV
9**

Save the Date! 6th Annual Pancreatic Cancer Symposium

Friday, November 9

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

**NOV
13**

Well Aware Lecture: Don't Let Stress Ruin Your Holiday Season

Tuesday, November 13
6:00 p.m.-7:00 p.m.
White Plains Hospital Center for Cancer Care Conference Room

The holiday season can intensify physical and emotional stress and can affect your sense of well-being. Learn how to manage tension from a social worker whose practice emphasizes the mind-body connection, and hear some nutrition tricks from a registered dietitian to help keep you healthy, happy, and light. Space is limited and registration is required.

To register or for more information, contact **Jamie Bocchino** at JBocchino@wphospital.org or call 914-681-2628.

BEEN THERE

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



Hospital staff, patients, family members, and community supporters turned out for the first Answer to Cancer run/walk fundraiser to support the White Plains Hospital Center for Cancer Care in downtown White Plains on May 20.



The Hospital celebrated the opening of a new Department of Radiation Oncology and Center for Radiosurgery in the Center for Cancer Care on June 18, thanks to generous support from Paul and Harriet Weissman and Chuck and Nancy Clarvit.



White Plains Hospital Breast Program Navigator Danielle Calvano, PA-C, and White Plains Mayor Tom Roach both celebrated 10 years of cancer survivorship at the annual WPH Cancer Survivors Day celebration on June 3.



(Left to right) Mark Kurlan, Keith Gollust, Mariano Rivera, John Solodar, Ian Bohen, and Jonathan Spitalny at the third annual White Plains Hospital-Mariano Rivera Celebrity Golf Tournament at Winged Foot Golf Club on June 25.



Co-presidents of the Friends of White Plains Hospital Kathy Winterroll and Wendy Berk, presented a check for more than \$1 million to Hospital President and CEO Susan Fox, and Board Chairman Larry Smith, on June 4.



Physicians and their families turned out for a day of summer fun at the annual medical staff barbeque at the Scarsdale Woman's Club on July 14. (Pictured left to right) EVP and Chief Medical Officer Michael Palumbo, MD; hematologist and oncologist Yael Zack, MD, with her two children; Director of Breast and Women's Medical Oncology Sara Sadan, MD; and gastroenterologist and past president of the medical staff, Ben Marano, MD.

Ryan knew he needed
a strong team to fight
colorectal cancer.

Ryan Droege was only 41 years old, into fitness and completely blindsided when a colonoscopy revealed he had advanced colorectal cancer. At the White Plains Hospital Center for Cancer Care, Dr. Joshua Raff and a team of experts rallied around him with an aggressive plan - including surgery, radiation, chemotherapy and genetic counseling - to beat the cancer. Now, Ryan's back to his active lifestyle and doing the things he loves most.

*Colorectal screening can save your life.
We can make it easy. Download a pre-screening form at
exceptionaleveryday.org/screening or to find a physician
call (914) 849-MyMD.*



White Plains Hospital
Exceptional, every day.

A MEMBER OF THE MONTEFIORE HEALTH SYSTEM

