

HealthMatters

A Publication of White Plains Hospital

WINTER 2019

WINTER WORKOUTS

*How to stay in shape
despite the cold*



**PROS AND CONS
OF PROBIOTICS**

GENETIC TESTING

**ROMANTIC
RESTAURANTS**



White Plains
Hospital

www.wphospital.org

My Doctor

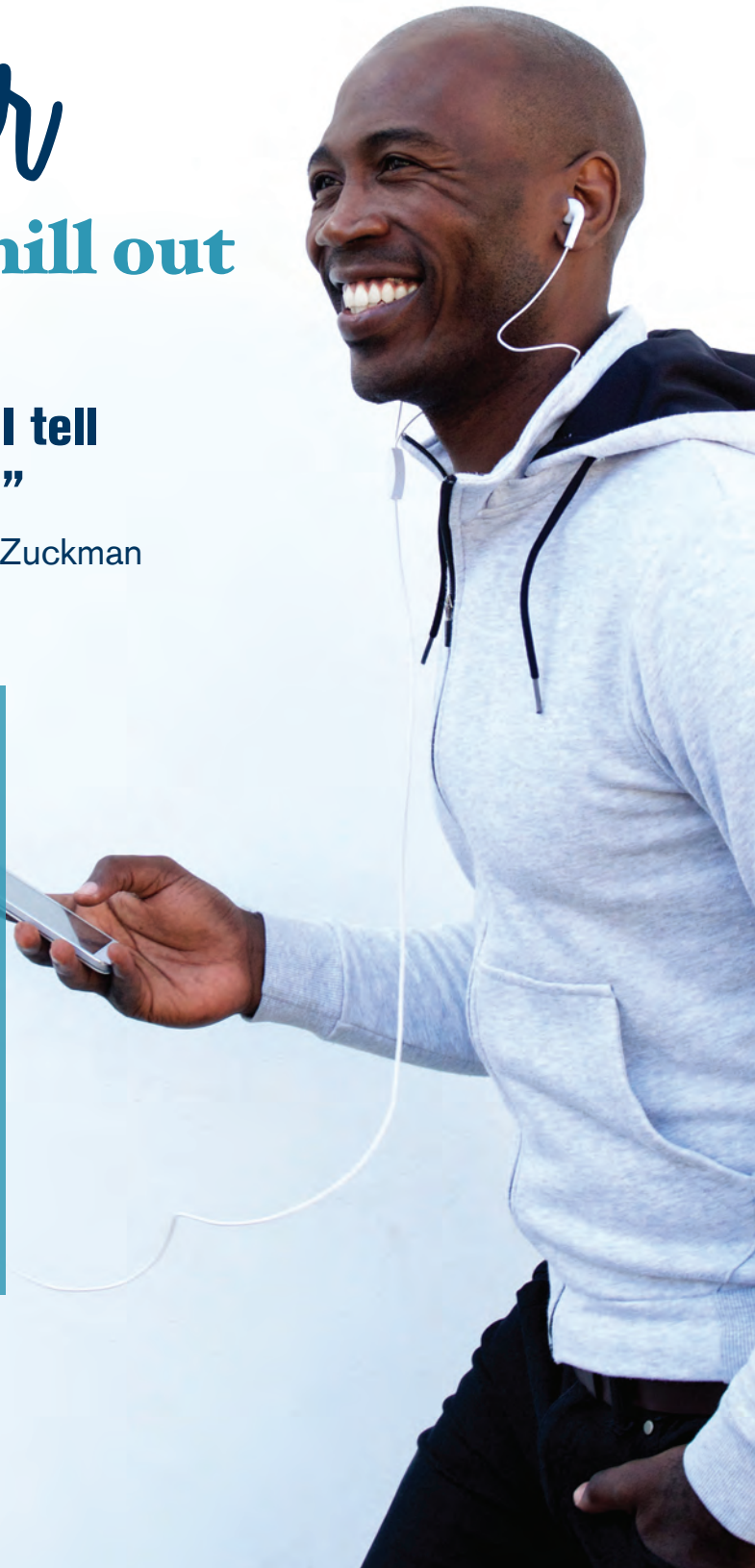
told me to chill out

“One of the most important things I tell my patients to do is laugh a little.”

- Dr. Michael Zuckman

Laughter can go a long way in reducing stress and improving your immune system. That's why Dr. Zuckman, primary care physician, says that along with a healthy diet, exercise and regular preventive screenings, one of the best things you can do for your health is improve your sense of humor.

To hear more from Dr. Zuckman, visit wphospital.org/laugh



***Make this year your healthiest.
Schedule your annual exam.***

Call (914) 849-MyMD or visit wphospital.org to find a primary care physician in Westchester.
#healthywestchester



White Plains Hospital
Exceptional, every day.

A MEMBER OF THE MONTEFIORE HEALTH SYSTEM

FROM THE DESK OF

Susan Fox

PRESIDENT AND CEO



A rendering of the new Ambulatory Care Pavilion, located next to the Center for Cancer Care, which will offer many outpatient services and advanced specialties.

With a new year upon us, it is time to recommit ourselves to our health, and make sure we have the resources we need to help us live our best lives. At White Plains Hospital, we're here to keep you healthy throughout these winter months, as well as all year long.

Throughout 2019, the Hospital will continue to grow and evolve to meet the changing needs of our patients and their families. This includes expanding our capabilities as a full-service Hospital and providing access to state-of-the-art inpatient and ambulatory care. We are redesigning our campus to accommodate expanding access to advanced-care options. In the next several weeks, we will break ground on a new nine-story outpatient care pavilion which will house ambulatory surgery, endoscopy, radiology, and specialty physician offices. This new 250,000 sq. ft. facility is being designed with patient comfort and convenience in mind, and will enhance access to advanced specialties and exceptional healthcare—close to home—for Westchester residents. Also, this spring we will open a new facility on East Post Road that will house our Family Health Center, as well as our outpatient Behavioral Health services. The facility will bring the two programs together under one roof, so we can continue to provide convenient access to essential care in the community.

This issue of *Health Matters* is full of helpful information for staying healthy at any age, provides updates on our services as a growing organization, and gives details about what is new in healthcare. In this issue, our experts weigh in on the at-home genetic testing and probiotics trends and explore the powerful effectiveness of bariatric surgery. We'll also explain how you and your family can stay on track with your health by detailing the tests and screenings you should expect at every stage of life. In addition, you'll read about how a new type of pacemaker is positively impacting patients with heart arrhythmias, and what's really behind those blood-pressure numbers. And if your heart is in the mood for love and a great meal, we'll tell you where to find the most romantic dinner spots in Westchester.

We hope 2019 is your healthiest year yet. And no matter where your heart may lead you this winter, we will continue to be here for you as your top health resource and advanced-care provider.

Yours in good health,

A stylized, handwritten signature of Susan Fox in black ink.

Susan Fox
President and CEO
White Plains Hospital



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**HEALTH
MATTERS**

WINTER 2019

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Have questions or comments for White Plains Hospital?
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The Latest Buzzkill on Booze

**New research recommends no alcohol as the only healthy route.
But is it really necessary to forgo drinking completely?**

BY DONISHA ROBERTS

Whether a glass of wine with dinner, a beer while watching the game, or a cocktail at happy hour, many adults enjoy an alcoholic beverage from time to time. But just how much is too much? According to a recent study,



Sarah Van Wagner, MD
Family Medicine
Specialist

the real question is *Just how little?* The study, conducted in 195 countries over 16 years, concluded that the only healthy amount of alcohol a per-

son can drink is none at all. Even one drink a day can increase health risks, the researchers say.

If that sounds extreme, that's probably because it is. Due to the nature of the study, factors including genetic disposition, health differences, and unhealthy habits such as smoking, were not considered. So before you go pouring your wine down the drain or cancelling weekend plans, keep reading.

Binge drinking, of course, can have immediate negative effects in the form of accidents, impaired faculties, alcohol poisoning, and more. Heavy drinking takes years to impact the body, but it can lead to such problems as liver cirrhosis, pancreatitis, stroke, and even certain cancers. But "the average healthy adult who drinks moderately doesn't really have much to worry about," says Dr. Sarah Van Wagner, a family medicine physician at Scarsdale Medical Group. You still need to take your personal health



Get the Perfect Pour

It's easy to measure one shot of liquor or to buy your beer in 12-ounce cans or bottles, but what exactly is 5 ounces of wine?

Using a measuring cup, pour your wine just short of $\frac{2}{3}$ cup

OR

For greater accuracy, measure $\frac{1}{2}$ cup and add 2 tablespoons



risks into account, Dr. Van Wagner warns, as everybody is different; but for most, one drink a day is OK.

It's important to remember that, with alcohol, it's always more about quantity than quality. You're not allowed an entire bottle of red wine simply because it has antioxidant benefits, and you're not allowed four drinks on Saturday night because you haven't had a drink all week, Dr. Van Wagner explains. The maximum recommended amounts for alcohol consumption are one drink a day for women at any age over 21, one drink a day for men over age 65, and two drinks a day for men between ages 21 and 65.

But a lot of people overdrink accidentally. That recommended maximum of one drink is just 5 ounces of wine, 12 ounces of beer (4 ounces less than the standard pint glass in most bars and restaurants), or 1.5 ounces of hard liquor (the equivalent of one shot).

You'll want to stay mindful and keep your alcohol proportions in check, Dr. Van Wagner says, because most of the health issues associated with heavy alcohol consumption are irreversible. Nothing can undo the negative effects of alcohol, but taking care of yourself overall will keep you in the best-case scenario. Dr. Van Wagner maintains one rule when it comes to alcohol: If you don't drink, don't start. If you do drink, keep it in the moderate range.

The Power of Bariatric Surgery

Weight-loss procedures, expertly performed at White Plains Hospital, help patients live longer—and happier—lives. BY DINAH GOLD

Few medical procedures are as transformative as bariatric (metabolic) surgery. With obesity related to numerous serious health conditions, including heart disease and stroke, diabetes, some cancers, gout, and breathing problems, weight loss surgery can be pivotal in improving health and quality of life. There's no better place to begin the transformative journey than at White Plains Hospital. "Our bariatric center is recognized as a Center of Excellence by the American College of Surgeons and

the American Society for Metabolic and Bariatric Surgery," says Dr. Philip Weber, the Hospital's director of bariatrics and minimally invasive surgery.

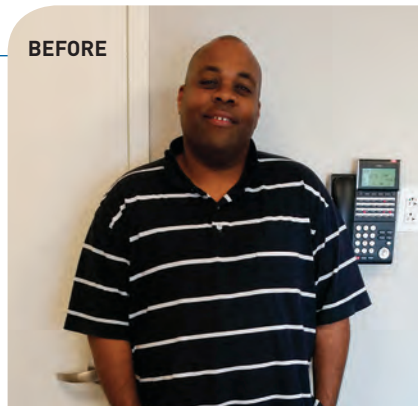
Eligibility for weight-loss surgery is measured by a patient's body mass index, or BMI, which is a



Philip Weber, MD
Bariatrics

height-to-weight ratio. To be a candidate, a patient must have a BMI in the middle of the obesity range (35 to 39) and have a weight-related illness such as diabetes or high blood pressure. Patients with a BMI in the upper range (40 or above) of the obesity scale don't need a weight-related illness to be eligible.

At the Hospital, all bariatric surgeries are performed laparoscopically, using just a few small incisions, so patients have less pain, fewer complications, and shorter recovery time. "We offer two major types of weight-loss surgery," says Dr. Weber. Each method has advantages, he adds, depending on a patient's comorbid illnesses, lifestyle, and physician's evaluation

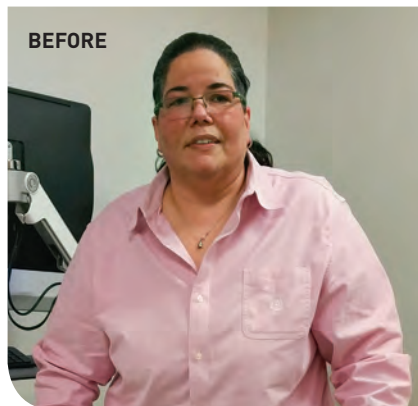


BEFORE



AFTER

Patients John Henry (above) and Minnie Roman had gastric-sleeve surgery at White Plains Hospital and lost a combined 180 pounds. Both patients attribute the expertise and compassionate care of Dr. Philip Weber and the bariatric team for changing their lives.



BEFORE



AFTER

to determine which procedure is most appropriate.

One procedure is called a gastric bypass. "We make the stomach small, about the size of an egg, so patients are limited in how much they can eat at one time. We also reroute the food to bypass a particular length of intestine, so there's less surface area for nutrients to be absorbed," Dr. Weber explains. Gastric bypass is especially good for patients with diabetes. "The remission of their diabetes has been shown to last longer with the bypass," Dr. Weber says. People with severe gastroesophageal reflux—a condition in which stomach acid or bile flows into the food pipe, irritating the lining—also tend to get more relief from the bypass procedure.

The other procedure offered is called gastric sleeve surgery. "We remove a portion of the stomach until it resembles a sleeve," Dr. Weber says, adding that the procedure limits how much food can be consumed at once. This approach is popular because it can have fewer side effects and complications as well as a faster recovery time.

Regardless of which procedure a patient has, the effects can be remarkable. "On average, 50 to 70 percent of their excess weight will come off, mostly within the first year," Dr. Weber says. But long-term weight loss is about more than surgery. "Our center is unique because we offer support before, during, and after surgery," says bariatric coordinator Sandi Gallo, RN, BSN. Patients see a pulmonologist, a gastroenterologist, a dietitian, and a psychologist prior to their surgical procedure, along with any other specialists deemed necessary. After surgery, patients are followed extensively in the office, visit with the dietitian, and are encouraged to participate in the support groups that are held twice a month, Gallo explains.

"It's remarkable the way that weight-loss surgery changes people's lives," Dr. Weber observes. "It increases their life span and decreases their risk of heart attack, stroke, and certain cancers as well." As a result, patients aren't just living longer, but living better. "I can't tell you how often a patient comes up to me and says, 'You gave me my life back,'" says Dr. Weber. "Sometimes they simply say, 'Now I have a life.'"

The True Test

Professional genetic testing is far more reliable than at-home versions.

Receive the gift of genetic testing this holiday season? The popular at-home genetic testing services are everywhere—but these tests are not always accurate or reliable when it comes to screening for genetic health concerns. Genetic tests can be used to estimate a person's risk of developing cancer, Alzheimer's, metabolic conditions, and more. They can even determine whether you carry a disease or genetic mutation that may be passed on to children.



GOOD NEWS!

The cost of hospital-based genetic testing has dropped drastically in recent years. When medically indicated, it's often covered by insurance. Most patients have minimal costs.

ons associated with an increased risk of breast, ovarian, prostate, and pancreatic cancers—are not fully analyzed by the direct-to-consumer tests, she explains. Professional tests performed by experienced and certified genetic counselors are more thorough because they test a broader range of genetic markers. They're the ideal way to truly gauge your genetic health risks, says Boxer.

While commercial tests simply screen for a patient's risk of developing a disorder, hospital-based tests can accurately determine whether a patient has an increased risk of developing a disease. They can also help diagnose genetic diseases and even aid doctors in deciding whether a certain drug is good for a patient, according to the American Medical Association.

"At-home genetic testing is fine when you're seeking more information about your ancestry, but if you want to know your medical standing, it's best to seek advice from a medical professional," Boxer says. —DR

"Most commercial tests check only for three genetic markers," says Nicole Boxer, certified genetic counselor at White Plains Hospital's Center for Cancer Care. "With regards to cancer risk assessment, the patient isn't getting a comprehensive analysis by any means when they undergo at-home testing." For example, the BRCA1 and BRCA2 genes—which can experience mutations

Probiotics: Pro or Con?

Though they are all the rage, it's unclear if probiotics really have an impact.

We've likely all heard of probiotics—the living bacteria that can be good for your body. Probiotic supplements have been known to help with overall gut health and gastrointestinal problems, as well as skin conditions, colds, and more. The problem, however, is that there's still a lot we don't know about probiotics.



Alfred Roston, MD
Gastroenterologist

"It's difficult to measure the effects of probiotics on the entire colony of bacteria in the treatment area," says Dr. Alfred Roston, gastroenterologist with Westchester Endoscopy. It's also important to know that the bacteria in probiotics won't affect everybody in the same way. Even with the research that exists, we don't totally know yet exactly who benefits from what type of probiotic, why, and for how long, Dr. Roston explains. Though there is a lot of current relevant science, a lot more must be investigated before there is widespread consensus.

When it comes to gut health, there are some easily definable situations in which probiotics can help. Health issues such as refractory inflammatory bowel disease, diarrhea, and IBS are often responsive to probiotic treatments. However, Dr. Roston says, treatment of these conditions involves more than just probiotics, so it's not clear how much credit they truly deserve.

Bottom line: If you're considering taking probiotics as a general health precaution, be sure to consult your doctor first. "Most people simply don't need probiotics," Dr. Roston says. "And most of the supplements that exist are not FDA regulated." He suggests a well-balanced, plant-based, fiber-rich diet instead, and points to fermented foods such as yogurt, kefir, sauerkraut, and kombucha as good places to start. —DR





American Heart Association®

Check. Change. Control.®

Implementing a healthy diet and exercise program can go a long way toward maintaining optimal blood pressure.

Some of the most important numbers in your life are the two that make up your blood pressure reading. They indicate the force that your blood exerts on your vessels as it flows. Too much force is dangerous. So is too little. Fortunately, there are several things you can do to keep your numbers where they need to be.

A healthy blood pressure, according to the American Cancer Society and American Heart



Todd Shinnick, MD
Internist

Association, is now a reading of less than 120/80. Stage 1 hypertension—also known as high blood pressure—begins when the top number in your

reading is greater than 129, or when the bottom number in your reading is greater than 79. But that doesn't automatically mean you need medication.

"For treatment, we can't go by blood pressure alone; we also look at cardiac risk factors," says Dr. Todd Shinnick of Maple Medical.

Doctors usually won't recommend medication until Stage 2 hypertension, with a reading of at least 140/90, but they may start treatment earlier if the patient has had a stroke, heart attack, or anything else that qualifies the person as high risk, Dr. Shinnick explains.

Other patients may be able to lower blood pressure levels naturally by implementing a healthy diet and exercise program. The first tip is to avoid consuming sodium. Too much sodium in your diet can increase the volume of water in your blood, thereby increasing the amount of pressure exerted on your blood vessels. Dr. Shinnick also recommends cutting back on processed foods and satu-

BLOOD PRESSURE BY THE NUMBERS

Use this handy chart to see where your blood pressure reading falls.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less Than 120	And	Less Than 80
Elevated	120-129	and	Less Than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 Or Higher	or	90 or Higher
Hypertensive Crisis (Consult Your Doctor Immediately)	Higher Than 180	and/or	Higher Than 120

Source: American Heart Association

rated fats (like fatty meats and full-fat dairy) and increasing intake of whole grains, fruits, and vegetables. Apple cider vinegar, magnesium, and dark chocolate can also help.

Exercise strengthens your heart, making it more efficient and decreasing the amount of pressure it exerts. Workouts also help the body get rid of cortisol, the stress hormone that can build up in the body and elevate blood pressure. Thirty minutes a day of aerobic exercise is all it takes to improve your numbers.

White Plains Hospital recently partnered with the American Heart Association for Check. Change. Control™, a four-month hypertension management program that focuses on personal goals to help achieve better health.

The Check. Change. Control™. Tracker is a new online tool to help you track your blood-pressure readings and connect with a volunteer health mentor to share your results and progress. The Hospital is implementing the program both for its own employees, as well as corporate partners and community-based organizations in Westchester to improve overall health and

reduce the risk of cardiovascular disease and stroke in the community. Take the step toward better health and sign up. Go to www.ccctracker.com/aha and find the campaign code on the map for your state. —DR

White Plains Hospital Welcomes Dr. David Solarz to Its Expanding Cardiology Service



David Solarz, MD, joined the Hospital this month from Columbia University Medical Center, where he served as assistant professor of cardiology

and a practicing cardiologist with the Columbia Doctors Group. Dr. Solarz has a special interest in nuclear cardiology, echocardiography, and treating patients with peripheral vascular disease. Dr. Solarz is board certified in both cardiology and internal medicine. He will practice out of the White Plains Hospital Physician Associates practice at 33 Davis Avenue in White Plains, across the street from the main Hospital campus.

Annual Screenings

A guide to recommended medical screenings through the decades.

If you're not doing so already, one of your health resolutions for 2019 should be to see your physician at least once a year. Age-appropriate screenings to ensure optimal



Samantha Lowe, MD
Pediatrics

health and wellness are crucial throughout patients' lives, say Drs. Samantha Lowe and Michael Zuckman, pediatric and internal medicine providers, respectively, of White Plains Hospital Medical and Wellness in Armonk.

"It's always better to find a problem in the very early stages, which may result in a complete cure of a problem," says Dr. Zuckman. "If you find a problem that has already progressed, then it's potentially a much more complicated treatment."

Here's a brief but comprehensive summary of the things you and your family members should have your doctors check through the years.



Michael Zuckman, MD
Internist

BIRTH TO PRETEEN

Recommended screenings for newborns and children include testing for congenital problems, monitoring growth and development, hearing and vision screenings, and immunizations.

TEENAGE YEARS

Dr. Lowe recommends screening for mental health problems in the teen years, when issues commonly start. Update immunizations; educate about the risks of tobacco, drug, and alcohol use, as well as about the prevention of pregnancy and sexually transmitted diseases. In addition, if a teen is headed to college and will live in a dorm with many other young people, it's important that he or she has had some extra vaccinations, including for meningitis.

20s AND 30s

Young adults should be monitored for hypertension, diabetes,

and high cholesterol through routine doctor visits, which should not be ignored. "Anybody can be vulnerable to developing these conditions. There is no age at which people cannot be diagnosed with those problems," Dr. Zuckman says. "It's just that the likelihood of developing them is generally higher the older you become." Cervical cancer screenings for women (generally conducted by a gynecologist) and testicular cancer screenings for men should also be on the radar.

40s

In addition to continuing screenings that started earlier in life, patients should begin screening for glaucoma. "It's good to have a baseline eye examination that includes a dilated-pupil exam and pressure [evaluation]," says Dr. Zuckman. Women should begin screening for breast cancer, and both men and women of average risk should begin screening for colorectal cancer by age 45. "If you have a strong family history, then you've already needed to begin screening for any of these problems at least five years prior to the normal age," Dr. Zuckman adds.

50s

All previous screenings and tests should be maintained, and men should begin screening for prostate cancer. "The exception to this rule is men in higher risk groups, such as African-American men and men with a strong family history of prostate cancer; they should be screened starting at age 45, due to a higher incidence of prostate cancer in their populations," Dr. Zuckman notes. "Men should also be screened at any age when they have a complaint that may be prostate related."

60S AND OLDER

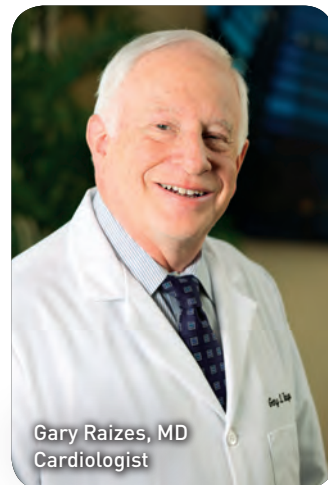
Regular screenings for all previous conditions should continue, and screenings for osteoporosis and memory problems should begin. Depression screenings should start now, too: "I think there are more life-changing events that have had an impact on people at this age," Dr. Zuckman explains. —DG •

Need a physician for any stage of life? Call 914-849-MyMD.

Rye

By Dinah Gold

Rye is the kind of vibrant, sophisticated Westchester town that draws visitors from across the county—and beyond—with its quaint downtown, complete with beautiful boutiques and top-notch restaurants, great cultural centers, and gorgeous parks and nature conservancies. Dr. Gary Raizes, a cardiologist and internal medicine physician with Scarsdale Medical Group, has been happy to call Rye home for many years. Here he shares some of his favorite healthful spots in town.



Gary Raizes, MD
Cardiologist

Be Art Healthy

THE RYE ARTS CENTER This nonprofit has an inspiring mission: to make sure Westchester residents (and those nearby) have maximum exposure to and participation in the arts. The center has a gallery with ever-changing art exhibitions and offers classes for children and adults in eclectic subjects such as robotics, origami, ceramics, and painting. Go on and get creative—experts say it's a super stress-buster. "A number of chronic diseases, including heart disease, are associated with high stress levels," Dr. Raizes says. **Details:** 51 Milton Rd; 914-967-0070; www.ryeartscenter.org

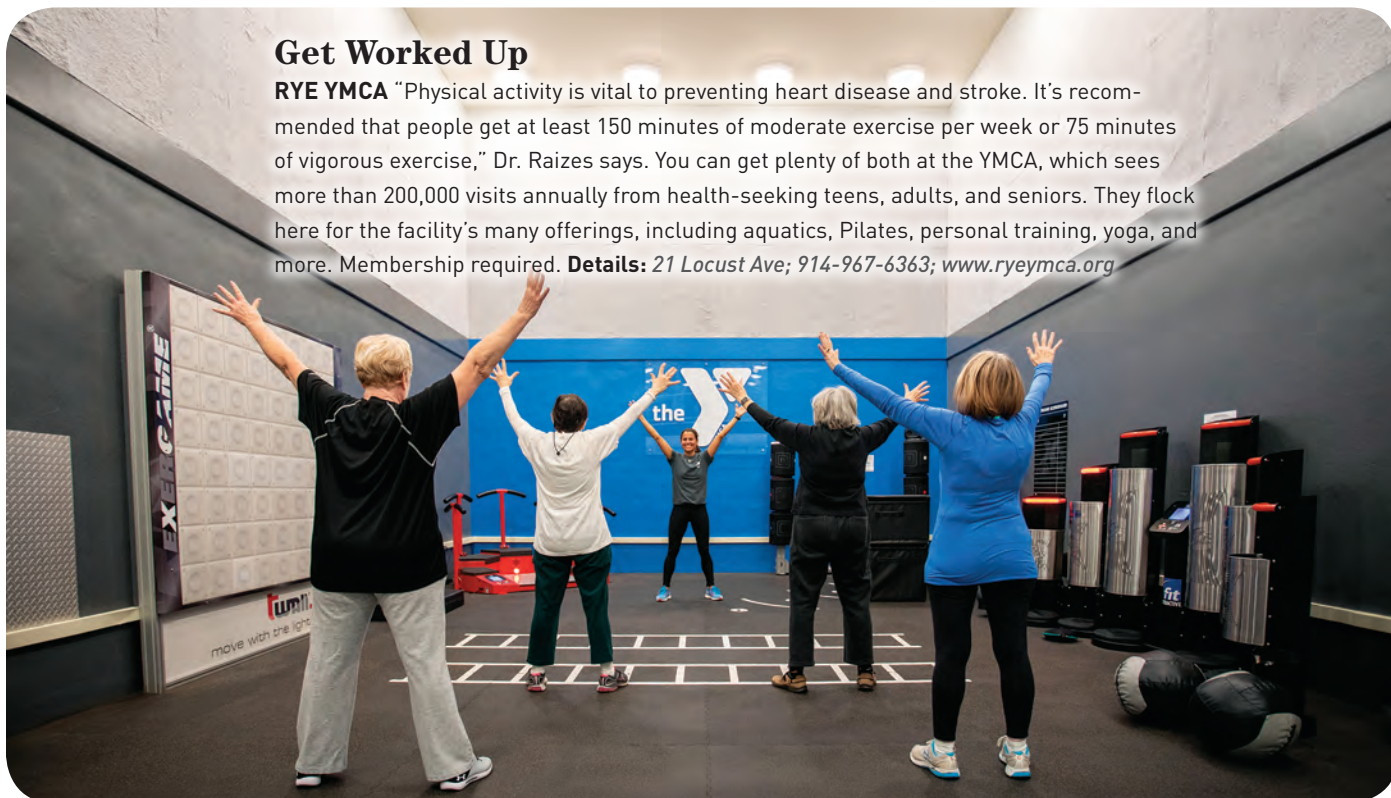
Enjoy Cultural Events

JAY HERITAGE CENTER This extraordinary 23-acre oasis sits adjacent to the Marshlands Conservancy; its regal mansion was once home to one of our nation's founding fathers, John Jay. In addition to hosting school tours, the center holds a variety of enriching events for adults, from history and gardening lectures to concerts and soirees. "Getting out and enjoying cultural events is a healthy move," says Dr. Raizes. "There's a substantial body of evidence showing that general cultural engagement benefits both health and life satisfaction." **Details:** 210 Boston Post Rd; 914-698-9275; www.jayheritagecenter.org



Get Worked Up

RYE YMCA "Physical activity is vital to preventing heart disease and stroke. It's recommended that people get at least 150 minutes of moderate exercise per week or 75 minutes of vigorous exercise," Dr. Raizes says. You can get plenty of both at the YMCA, which sees more than 200,000 visits annually from health-seeking teens, adults, and seniors. They flock here for the facility's many offerings, including aquatics, Pilates, personal training, yoga, and more. Membership required. **Details:** 21 Locust Ave; 914-967-6363; www.ryeymca.org



PHOTOS: KEN GABRIELSEN



Save Your Sole

JACKRABBIT Like to run? You're in luck: There are myriad health benefits associated with running, says Dr. Raizes. "Besides boosting your heart health, running improves your mood, helps with weight loss or maintenance, makes your bones and joints stronger, and keeps you mentally sharper as you age," he explains. "In addition, it can reduce your risk of cancer and even add years to your life." If you've ever wished that the sport was easier on your feet, this store can help you with that. JackRabbit is more than just a sneaker shop—it's a community of running enthusiasts dedicated to helping people find their perfect fit in running shoes and other active wear. Go in for a shoe fitting and the staff will analyze your gait and listen to how you plan to use your sneakers before finding you the perfect pair. **Details:** 37 Purchase St; 914-921-1825; www.jackrabbit.com

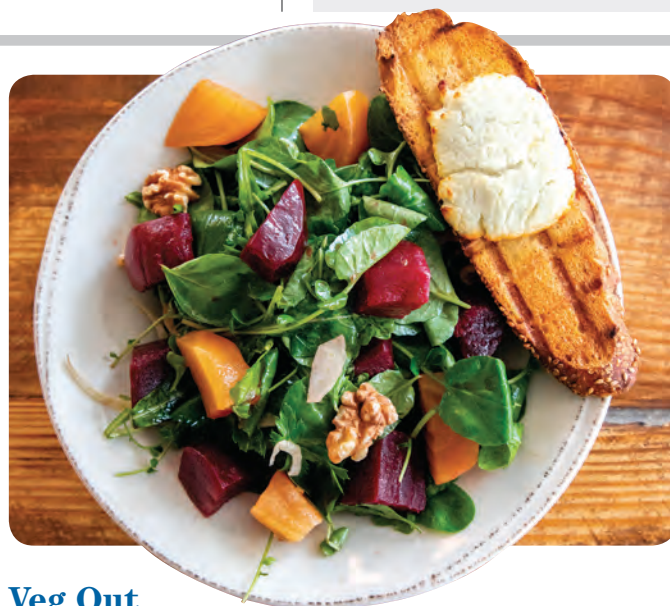
Have a (Beach) Ball

RYE PLAYLAND PARK AND BEACH You've probably heard the recommendation to take 10,000 steps a day: "Some research has shown that coupled with other healthy behaviors, it can decrease the risk of chronic illnesses such as heart disease and diabetes and also of metabolic syndrome, which is a cluster of conditions that raise the chances of having type-2 diabetes, heart disease, or a stroke," Dr. Raizes says. But there's no need to stick to a treadmill or track—a stroll along Playland's scenic boardwalk or beach can do the trick. You'll get such great water views your exercise session won't feel like work.

Details: 1 Playland Parkway; 914-813-7010; www.playlandpark.org

Take a Hike

MARSHLANDS CONSERVANCY One of the few salt marshes in the state that's open to the public, this 147-acre wildlife sanctuary offers 3 miles of hiking trails. Follow them and you'll be treated to the sights and sounds of nature—and possibly some amazing birds. More than 230 species have been cataloged over the years. Along the way, you'll be helping your heart and your overall health as well. "Hiking is cardiovascular exercise that can lower your risk of heart disease, improve your blood sugar levels and blood pressure, build strength and bone density, and help control your weight," says Dr. Raizes. The Conservancy is open daily from sunup to sundown; visitor's center open Tuesday to Sunday, 9 am to 4 pm, contingent upon staff availability. **Details:** 220 Boston Post Rd; 914-835-4466; parks.westchestergov.com/marshlands-conservancy



Veg Out

ROSEMARY AND VINE The owners of this chic vegetarian eatery spent many years living in the Mediterranean and now pass along their love of the region's cuisine to their customers. Thoughtfully sourced ingredients abound on a menu that features dishes such as avocado crostini, falafel flatbread, kale and quinoa salad, and chocolate-tahini cake. Vegetarian food has become more popular in recent years, and with good reason: "Eating the occasional meatless meal can help improve your heart health and lower your cholesterol," says Dr. Raizes. **Details:** 29 Purchase St; 914-481-8660; www.rosemaryandvine.com

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



“The CCTA is particularly useful in identifying plaque buildup in the coronary arteries. Such a buildup may pose a significant risk in patients with low or intermediate probability of coronary artery disease.”

—Dr. Andre Khoury

Coronary CTA: A Non-Invasive Approach to Diagnosing Heart Disease

Now available at White Plains Hospital is coronary computed tomography angiography (CCTA), a noninvasive heart imaging test that uses high-resolution 3-D images



Andre Khoury, MD
Radiologist

of the heart and surrounding vessels to identify and quantify plaque buildup in the coronary arteries.

Using state-of-the-art imaging technologies, it is often done to

determine whether symptoms of chest pain may be caused by a coronary blockage, particularly among individuals at risk. “The CCTA is one of the technologies being recommended in patients with low or intermediate probability of coronary artery disease (CAD) and in patients with chest pain and low probability of CAD,” says Dr. Andre Khoury, radiologist at White Plains Hospital.

While angiogram still remains the gold standard for cardiac blockage diagnosis and intervention in most cases, CCTA is widely considered to be a reliable diagnostic tool and provides a faster alternative to catheterization, with quicker recovery times, for suitable patients.

“The CCTA is one of the many newer advanced-imaging techniques we now offer to provide our patients with the most precise

diagnoses,” explains Dr. Khoury. “It is likely that in the near future, the clinical indications for the use of CCTA will be significantly expanded and the current guidelines updated and revised.”

The Hospital will also soon provide cardiac magnetic resonance imaging (MRI) to provide detailed images of the heart and nearby blood vessels. Cardiac MRI is performed to assess damage from a heart attack, heart disease, heart failure, or to diagnose congenital heart defects, heart valve defects, or pericarditis.

World-Class Neurosurgery: New Expertise and New Tools

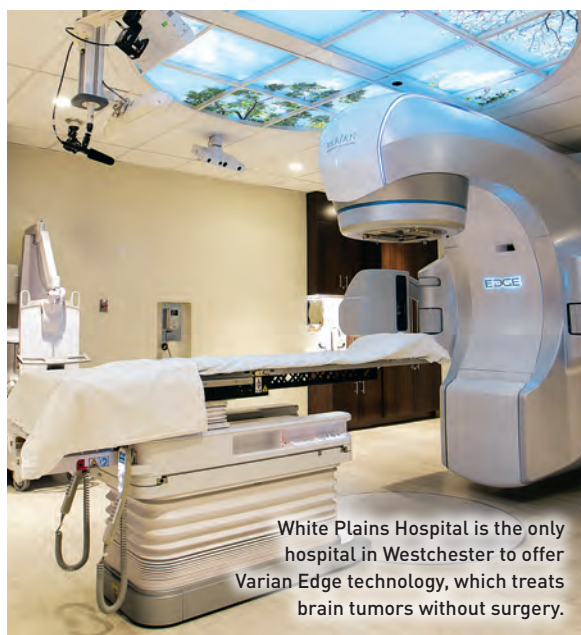
In June, White Plains Hospital launched an extensive expansion and revamp of its department of radiation oncology and created a new Center for Radiosurgery.

A key feature of the new Center is the Varian Edge Radiosurgery System (known as the Edge), which allows the neurosurgery team to treat brain tumors without surgery using highly precise laser beams. The Hospital’s Center for Cancer Care is currently the only hospital in Westchester to offer Varian Edge technology.

Stereotactic radiosurgery treatments can often be done in a short outpatient visit and may require just a single visit to the hospital. “There is no pain associated with radiosurgery, no cutting, no needles,” says Dr. Vijay Agarwal, Montefiore neurosurgeon who now sees patients at White Plains Hospital. “It’s like getting a CT scan or an MRI; the machine does all of the work.”

What’s more, the Hospital, a member of the prestigious Bronx-based Montefiore Health System, which includes the Albert Einstein College of Medicine and Montefiore

Jeffrey Vainshtein, MD (left) and Vijay Agarwal, MD



Medical Center, is drawing world-recognized neurosurgeons to its facilities. Dr. Agarwal and Dr. Emad Eskandar are important members of a new team of doctors and split their time between Einstein/Montefiore and White Plains Hospital.

“This is a collaborative, team-based multidisciplinary approach to brain tumor and neurologic care,” says Dr. Agarwal. “We now do everything from complex brain tumor resection to specialized intensive care to radiosurgery in White Plains.

“It’s all part of a bigger suite of services we can offer to patients in need of complex neurologic care. We will be treating cancerous tumors as well as benign, slow-growing ones that are causing a lot of problems for

patients,” he explains. “We treat the whole spectrum of brain tumors and well as other neurologic conditions.”

Dr. Agarwal is a fellowship-trained neurosurgeon specializing in the treatment of patients with primary brain tumors such as gliomas, meningiomas, and pituitary tumors, as well as skull base and metastatic brain tumors.

He works closely with Dr. Jeffrey Vainshtein, a radiation oncologist at White Plains Hospital, who is overseeing the services provided by the new Edge technology. “We meet our new patients together; we plan the treatment together; we treat the patient together; we follow up together,” Dr. Agarwal explains. “Patients love that they get this continuum of care.”

Dr. Eskandar, a world leader in the surgical diagnosis and treatment of epilepsy in both children and adults, brings his own decades of expertise to the Hospital. In addition to the latest and most advanced epilepsy treatments, Dr. Eskandar specializes in the treatment of trigeminal neuralgia—an extremely painful condition affecting the face—and has vast experience using deep brain stimulation (DBS) for the treatment of Parkinson’s Disease, Dystonia, Essential Tremor, and severe Obsessive-Compulsive Disorder.

He is a pioneer in brain-mapping and also treats all types of brain tumors.

“In the past, Westchester residents had to travel to the Bronx or Manhattan to get these kinds of treatments,” adds Dr. Eskandar. “Patients can now get their entire treatment done at White Plains Hospital; the entire spectrum is available all in one place.”

White Plains patients will also be able to take advantage of clinical trials, experimental agents, and studies at Einstein/Montefiore. “If patients need care that is not offered at White Plains Hospital, they will have full access to Einstein/Montefiore facilities and research. It’s a completely collaborative approach,” Dr. Agarwal says. •

PERFECT PACE

The Micra transcatheter pacing system—newly available at White Plains Hospital—gives 76-year-old Vincent Lamattina Jr. a new lease on life.

BY MELISSA PHETERSON

Vincent Lamattina Jr. never allowed a heart condition to slow his pace or dampen his spirits. Lamattina had been diagnosed years ago with atrial fibrillation (AFib), a chronic condition of irregular heartbeat involving the top two chambers of the heart, called the atria. In patients with AFib, the atria receive an overload of electric signals, causing them to twitch and quiver erratically. As a result, the heartbeat becomes irregular.

As a high school football player and All-County baseball player, Lamattina was offered a scholarship to the University of Notre Dame. His baseball skills even earned him a tryout with the Los Angeles Dodgers in 1962. He later became a carpenter, designing cabinets and building homes—including serving as the carpenter contractor for the residence of Governor Nelson Rockefeller. “We used handsaws and chisels—not the electric nonsense they have today,” quips the 76-year-old Harrison resident, who thrived on the rigor of his craft and the artistry it requires. “I’ve been active all my life, and I was always healthy.”



Vincent Lamattina Jr. recently underwent the first leadless pacemaker implementation to occur at White Plains Hospital.

Unrelated to his heart condition, Lamattina suffered a stroke in 2016. His sunny outlook rejected the prospect that he would never walk again. Even when his prognosis seemed grim, he says, “my positive attitude helped me, because I believe recovery is all mental.”

One day last spring, Lamattina fainted suddenly. His doctors found he had a very slow heart rate, a condition called bradycardia that often accompanies AFib as patients grow older. Adjusting Lamattina’s medication didn’t work. In September, he went to see Dr. Daniel Wang, cardiologist and director of cardiac electrophysiology at White Plains Hospital.

To regulate his heartbeat, Lamattina needed a pacemaker—a device that delivers stimulation to the heart muscle for strong, steady pumping. And his doctor felt that new pacemaker technology held promise for his patient.

“For decades, the only way to implant a pacemaker was with surgery: making an in-

VINCENT LAMATTINA JR. PHOTO: MICHELLE PICCOLO HILL

cision in the upper chest, threading insulated wires through a blood vessel into the heart, and attaching those wires to a pacemaker generator or battery, usually positioned in the chest under the skin,” Dr. Wang explains. (The insulated wires are called “leads,” pronounced “leeds.”) But this method carried several potential drawbacks: an incision, post-operative pain, and long-term risks such as infection and mechanical breakdown of the pacemaker after wear and tear.

Dr. Wang felt that Lamattina was a strong candidate for a new type of pacemaker called the Micra transcatheter pacing system. Self-contained and smaller than a AAA battery, the device is a prime example of wireless medical technology. “This device is a paradigm shift from the standard transvenous pacemaker and the traditional implantation technique,” Dr. Wang says. “The microprocessor, generator, and pacing electrode are all miniaturized into a tiny unit.” Doctors place the Micra into a strawlike catheter, then place the catheter into a vein in the upper thigh that connects to the right ventricle of the heart. “We then remove the catheter, leaving just the device behind,” explains Dr. Wang. “There’s no open surgery and there are no leads. Vincent felt great after and did not complain of any post-procedure discomfort.”

Lamattina’s recap of the procedure affirms its ease. “Dr. Wang popped it in and that was it!” he says. “Going forward, I felt fine.”

The outpatient procedure marked the first leadless pacemaker implantation at White Plains Hospital, according to Dr. Wang, who had previous experience with these procedures prior to his arrival in Westchester. And

“I see gentlemen [at the VA hospital in the Bronx] in wheelchairs with no legs, and I look at myself and say, ‘Who are you to complain because you walk with a cane?’”

—Vincent Lamattina Jr., patient

that milestone holds special meaning for Lamattina, who notes that his uncle, John Campbell, was the first patient at White Plains Hospital to have a pacemaker of any sort implanted, back in the 1950s.

“On patients who are active and fit, a traditional pacemaker can bulge out of the skin, with a visible scar or lump that some patients have concerns about,” Dr. Wang says. “This pacemaker offers protection from some of the potential short-term and long-term issues of traditional versions. This really changes the concept of what it means to live with a pacemaker.” The Micra has the ability to adjust Lamattina’s heart rate automatically, sensing changes in his activity level—for example, when he’s performing exercises related to rehab. The device also allows him to safely receive an MRI.

Not all patients needing pacemakers are good candidates for the Micra, says Dr. Wang. At this point, it’s FDA approved only for patients needing a single-chamber, or ventricular, pacemaker, as opposed to a du-

al-chamber device. But for eligible patients, Dr. Wang calls the Micra “new, exciting, and innovative technology.”

With his heartbeat regulated and peace of mind restored, Lamattina can continue to work on his mobility. “I can’t use my arm yet, but I will,” he says. “I am 100 percent OK.” He continues to look beyond his own hurdles to empathize with others. He often visits the James J. Peters VA Hospital in the Bronx. “I see gentlemen there in wheelchairs with no legs, and I look at myself and say, ‘Who are you to complain because you walk with a cane?’”

Reflecting on his experience as a hospital patient, Lamattina sketched his idea for a bed that turns into a chair, with a portable toilet housed underneath. He’s hard at work designing the prototype and already thinking of ways to turn the chair into a wheelchair. “I’m always thinking. I want to leave something behind to help others,” he says. “What kind of life is it not to make people happy?” •



The first Micra implant at White Plains Hospital was performed by Dr. Daniel Wang (second from left) and his team in the WPH Cath Lab in October; the Micra is just slightly larger than a dime (left).

ROMANTIC RESERVATIONS

It seems appropriate that American Heart Month and Valentine's Day come at the same time of year. Celebrate both with a romantic dinner at one of these Westchester restaurants.

BY SAMANTHA GARBARINI

FOR A SEXY FIRST DATE

MEDITERRANEO

White Plains
www.zhospitalitygroup.com

Sleek lines, geometric patterns, and soaring ceilings lend Mediterraneo a cosmopolitan polish that feels like you've hopped the Metro-North to Manhattan. This is the place to impress, whether it's with martinis and Malbec at the marble bar or a seafood-centric dinner—octopus with spicy 'nduja and coriander, yellowfin tuna in ponzu vinaigrette, and pear-cranberry crisp, for example—by the floor-to-ceiling windows overlooking downtown White Plains. (Though if the date goes well, you won't be focused on the view.)



FOR CLASSIC ROMANCE

SAINT GEORGE BISTRO

Hastings-on-Hudson
www.saintgeorgebistro.com

The French bistro has to be the world's most romantic restaurant concept, but the cost of a flight to Paris? Not so charming. In downtown Hastings, Saint George has charm to spare, with pressed-tin ceilings, dark-wood tables, and soft lighting reflected in different-size mirrors on the walls. The menu is *très classique*, with rich onion soup cloaked in melted Gruyère, coq au vin, and creamy French cheeses. For the ultimate dinner date, order a bottle of red from the all-French wine list, then split the *côte de boeuf* for two. The 32-ounce bone-in rib-eye comes with potato purée and béarnaise.



FOR SPICING THINGS UP

ARGANA

Port Chester
www.arganarestaurantbar.com

Break out of your date-night rut at Westchester's only full-fledged Moroccan restaurant. Argana's seductive qualities extend beyond Friday night's live music and belly dancing. The restaurant boasts serious mood lighting with more than 20 handmade bronze lanterns casting intricate shadows on the butter-yellow walls. Warm spices add alluring depth to the food, from familiar favorites like tagine, studded with olives, dried fruits, and preserved lemon, to dishes you may not recognize, including b'stilla, a sweet-savory chicken pie. Order a couple of glasses of mint tea, sit back,

FOR COZY COCKTAILS

POUR

Mount Kisco; www.pourmtkisco.com

Settle into one of this Victorian house-turned-restaurant's dimly lit, corner banquettes and it's clear why Pour is among Westchester's favorite date spots. Tiny tables are just the right size for propping up classic cocktails (Don Draper-style old-fashioned or Moscow mule, anyone?) or a couple of glasses of absinthe. The bar is heavy with whiskey, from single-malt Scotch and Kentucky rye to \$200 pours of cultish Pappy Van Winkle's Family Reserve. To sop it up, there's cheese, charcuterie, and small plates—all perfect for sharing.



FOR STAYING OUT ALL NIGHT

CRABTREE'S KITTLE HOUSE

Chappaqua; www.kittlehouse.com

There's something to be said for a little old-school wining and dining. That—and a 45,000 bottle, award-winning wine cellar—is part of what makes Kittle House an enduring classic. In winter, it's particularly cozy, as the menu tends toward elevated comfort foods like organic potato



gnocchi with foraged mushrooms and roasted guinea hen, and the fireplace crackles in the more casual taproom. Whatever you do, don't skip dessert: The sugary Kittle Krack pie is exactly the thing to cap a memorable night out. After dinner, leave your car with the valet and check into one of the property's 12 homey rooms, starting at \$167 per night.

FOR A SPECIAL-OCCASION SPLURGE

THE INN AT POUND RIDGE BY JEAN-GEORGES

Pound Ridge; www.theinnatpoundridge.com

Even if you live nowhere near The Inn at Pound Ridge, it's worth making the trek for dinner at this 1833 building that's been stunningly renovated to blend original character (exposed-wood ceilings and beams) with contemporary rustic-chic design. Jean-Georges Vongerichten's menu is full of luxurious bites like garlicky peekytoe crab crostini, truffle-fontina pizza, lobster, caramelized beef tenderloin with miso-mustard sauce, and decadent desserts. It's all best served at a table near one of the cavernous space's four working fireplaces. •





WINTER WORKOUTS

Getting outdoors during the colder months can boost energy and enhance well-being.

BY PAUL ADLER

It's not unusual to view winter largely as downtime when it comes to physical activity. Whether it's abstaining from jogging or opting out of braving icy roads to hit the gym, fitness often takes a back seat when the mercury begins to dip. But Dr. Aris Comminellis, an internist at Westmed Medical Group, says working out—especially outside—is actually the smartest way to maintain health during the colder months. Outdoor exercise can also stave off depression, she says.

“Working out during the winter keeps the muscles toned. You want to maintain [your muscle tone] so that you keep your balance and your core strength. You also don’t want to start gaining weight,” Dr. Comminellis says. “Even 10 minutes of outdoor aerobic exercise boosts the endorphins, dopamine, and serotonin that improve mood and decrease risk of seasonal affective disorder. It can help give you a more positive outlook if you’ve had enough of those winter blues.”

In fact, taking your winter exercise routine outside can yield even better results than simply slogging it out inside a gym. Looking at nature’s beauty and hearing natural noises provides a positive boost, she says. A bonus: “You can actually burn more calories working out in the cold because you have to keep warm as well.”

What outdoor winter activities should you try? Ice skating, running, hiking, walking, snowshoeing, and cross-country skiing all help to maintain muscle tone, balance, and overall



Aris Comminellis, MD,
Internist

Warm Up & Suit Up

What's the right way to warm up for cold-weather activities? Set aside 10 to 15 minutes, Dr. Comninellis says. "Do some squats, lunges, or just lift up your legs in a high march, so that when you go outside, the muscles aren't as tight; once you start exercising they will stay warm."

As for what to wear, Dr. Comninellis suggests a thin layer of a water-wicking fabric against the skin to avoid dampness against the body, and then several warming layers on top of that. "It's best to wear layers, including an inner, tight layer like silk or polypropylene; an insulation layer consisting of a sweatshirt or fleece or goose down; and a waterproof, wind-resistant, and breathable outer layer; plus mittens and hat," she says.

health. "Do whatever level [of activity] you feel comfortable doing or what you are trained to do," she says. "Obviously, hiking and walking are the easiest ones, and most people can do that."

There are a few things to watch for with outdoor winter workouts, however. Hypothermia, or low body temperature, and frostbite are both risks. "One early symptom of hypothermia is shivering, which can prog-

ress to slurred speech, decreased coordination, and confusion," Dr. Comninellis says.

"Frostbite is injury caused by freezing, which causes loss of feeling and color of nose, ears, fingers, and toes."

She also notes that dehydration is an issue far too many overlook during the winter. "The key is to drink water before, during, and after exercise, because you might not sweat as much in the winter, but

you are still evaporating water," she says. "I always tell my patients I think they're more dehydrated in the winter than the summer, because in the summer we're hot and we will drink, whereas in the winter we often don't."

Also, she notes, elderly people should ask their doctors for guidance before embarking on an outdoor exercise regimen. And shoveling heavy snow for an extended period of time "can adversely affect those with a history of heart disease," she cautions.

When the outdoor temperature drops to single digits or below, it is safest to stay indoors. But above all, the doctor recommends keeping active this winter. "Assuming that you're healthy, anyone can put on a pair of shoes and walk," she says. Three days a week or every other day is ideal. "But even just 15 minutes is better than nothing," she says. "I always tell my patients, you don't have to go out for 45 minutes. Just do whatever you have time for, even if it's not much." •



DR. COMNINELLIS' 7 FAVORITE WINTER WORKOUT SPOTS



TEATOWN LAKE RESERVATION, OSSINING:

"Great trails for snowshoeing, cross-country skiing, hiking, and an awesome ice skating rink."

CROTON FALLS AND CROTON AQUEDUCT, CROTON-ON-HUDSON:

"Both are ideal for long walks."

SWAN LAKE AT ROCKEFELLER STATE PARK AND ROCKEFELLER STATE PARK PRESERVE, PLEASANTVILLE:

"Enjoy hiking trails, snowshoeing, and cross-country skiing."

MANOR PARK, LARCHMONT, AND GLEN ISLAND PARK, NEW ROCHELLE:

"Great for walking along the Long Island Sound."

VARIOUS LOCAL GOLF CLUBS:

"Some allow cross-country skiing in the winter months."

GET TO KNOW ANDRES SALCEDO

BY STACEY PFEFFER



Andres Salcedo considers White Plains Hospital his second home. “It’s where I grew up for the past eight years and focused on my career,” he explains. When he was just 19 years old and a student at Westchester Community College, Salcedo took his first job at the Hospital, working part-time in the kitchen and cafeteria, and setting up trays for patients. A friend in the nurse-apprenticeship program at the Hospital saw Salcedo’s natural talent for interacting with patients and asked him if he might consider nursing.

Salcedo figured it was worth contemplating. After nine months in the kitchen, he decided to become a nursing technician—a job in which duties run the gamut from helping patients brush their teeth to encouraging them to take a lap around the unit. “These are things that we all take for granted when we are healthy,” explains Salcedo. “They are little things, but to these patients, it means a lot.” He recalls finishing his first shift on the job and thinking, “I can see myself doing this.”

The young man continued on the nursing career track, eventually obtaining his registered nurse (RN) degree in 2016 at Monroe College in the Bronx. Today, the 27-year-old Port Chester resident loves the learning aspect of his job and his ability to work in various units in the Hospital, including the emergency room, the cardiac unit, and the surgical floors. He also enjoys using his critical-thinking skills to help his patients in the best way possible. “No two patients are ever the same,” he notes.

Currently, Salcedo works in the radiology unit—a department that encompasses such things as nuclear and interventional medicine. His role has him taking images using fluoroscopy and conducting scans with isotopes, which are minimally invasive for the patient. “This type of imaging is revolutionary,” Salcedo explains. “We can see immediate results and target specific



Salcedo with his coach Jordan Lutsky after getting his blue belt in Jiu Jitsu.

“These are things that we all take for granted when we are healthy. They are little things, but to these patients, it means a lot.”

—ANDRES SALCEDO

areas, especially when it comes to cancer treatment. [Being able to offer this] gives me a lot of pride in my job.”

He views his role as “a small piece of the patient’s big picture” but likes that the images help people get answers to their most pressing health problems. He also credits his mentors at the Hospital for instilling the importance of empathy in his role as a nurse. “One of my mentors here told me that every time you walk into a patient’s room, think of them as a

family member,” he says. The message resonated with Salcedo, who always thinks about how he can make patients more comfortable. Whether propping up a patient’s pillow after a procedure or educating a person prior to a procedure and helping alleviate worries, Salcedo is always at the ready. His colleagues notice his strong work ethic. His supervisor, Susan Michaels, RN, notes that “Andres exudes a positive attitude that is contagious.”

A former wrestler at Port Chester High School, Salcedo believes the sport prepared him for the rigorous demands of the nursing profession. Wrestling, he says, taught him leadership skills, self-motivation, the value of preparedness, and how to prioritize. “There are real lessons that you take off the mat and use

in your real life,” he says—lessons he hopes to impart to students at his alma mater as a wrestling coach. “Coaching gives me a way to give back to my town and help these students in all aspects of life,” he explains.

Salcedo knows how important a support system is to achieving your goals. His parents, who are both immigrants from Ecuador, emphasized that he could do anything he wanted to do, but it was the little things they did for him that showed moral support. “My mom would wake me up when I needed to take a nap between work and school, or she’d make me soup if I was sick. I wouldn’t have been able to achieve what I did without them,” he says. His girlfriend, a former nurse at the Hospital, is also a great source of support, Salcedo says.

Though all jobs have ups and downs, Salcedo alludes to the well-known phrase “If you love what you’ll do, you’ll never work a day in your life,” proclaiming, “I have never had an awful day at work.”

Has he had tough shifts from which he goes home exhausted? “Absolutely,” he says, “but it is all worth it.” •

BEEN THERE

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



The Friends of White Plains Hospital hosted a sold-out 125th Anniversary Gala of White Plains Hospital on Saturday, September 29 at the Sleepy Hollow Country Club, the site of the Hospital's first gala in 1956. (Pictured left to right) Gala co-chairs Kathy Winterroll, Wendy Berk, Anna Cappucci and GERALYN DELLA CAVA.



Just before Halloween, the annual Dr. Ted E. Bear Hospital event drew nearly 200 children and parents to tour the Hospital and learn about health and wellness.



The Hospital was once again a flagship sponsor of the annual Making Strides Against Breast Cancer Walk at Manhattanville College on October 14. The 140 members of WPH's Team Hope raised nearly \$20,000 for breast cancer research and support services.



Physicians and other clinical experts presented at the annual pancreatic cancer symposium, held at the Center for Cancer Care in early November.



Babies and staff in the Charles A. Mastronardi NICU enjoyed a visit from Santa and Mrs. Claus, on break from the Westchester Mall, just before Christmas.



White Plains Hospital President and CEO Susan Fox (center) posed with members of the cardiology division at the medical staff holiday party on December 6. (From left to right) Dr. Daniel Wang, Dr. Jeannette Yuen, Dr. Dimitrios Bliagos, and Dr. Paul Gerardi.



As part of a yearlong community donation drive coinciding with the Hospital's 125th anniversary, employees donated 148 toys to the Children and Family Program at Gilda's Club of Westchester.

EDUCATIONAL LECTURES, EVENTS, AND INFORMATION SESSIONS

MAR
29

Colorectal Cancer Awareness Symposium

Friday, March 29
9:00 a.m.-1:00 p.m.
White Plains Hospital Center for Cancer Care, White Plains

Did you know that the third-leading cause of cancer-related deaths is also one of the most preventable? A multi-disciplinary panel of experts will provide valuable information on the latest advancements in the prevention, detection and treatment of colorectal cancer.

Registration is required. Call **914-681-1119** for more information and to register.

APR
3

G3 Girls Got Game

Wednesday, April 3
6:30 p.m.
Sunningdale Country Club, Scarsdale

An evening featuring canasta and mah-jongg. Dinner, drinks, and dessert too.

Visit givetowphospital.org for more information.



MAY
5

Answer to Cancer

Sunday, May 5
8:30 a.m.-12:00 p.m.
Court Street between Main Street & Martine Avenue, White Plains

5K road Race, 2K sunday stroll and block party with food, music, and a variety of activities.

Visit givetowphospital.org for more information.



JUN
24

Celebrity Golf & Party

Monday, June 24
Winged Foot Golf Club, Mamaroneck & Quaker Ridge Golf Club, Scarsdale

A day of golf, plus cocktail reception.

Visit givetowphospital.org for more information.



EVERY
2ND
WED

Weight Loss Information Session

Second Wednesday of every month
6:00 p.m.-7:00 p.m.
WPHPA Surgical Specialists, White Plains

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

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

SCREENINGS AND HEALTH FAIRS

FEB
1

Go Red Day

Friday, February 1
11:00 a.m.-2:00 p.m.
White Plains Hospital, White Plains

We want to help bring you better health in 2019. Stop by White Plains Hospital as we partner with the American Heart Association to kick off the Check. Change. Control.™ initiative, empowering you to control your blood pressure and reduce your risk for heart disease and stroke. All are welcome!

Call **914-681-1119** for more information and to register.

APR
11

Head & Neck Cancer Screening

Thursday, April 11
12:00 p.m.-4:30 p.m.
White Plains Hospital Center for Cancer Care, White Plains

The rising incidence of head and neck cancers across the country is a major cause for concern. White Plains Hospital experts will screen for cancers of the head and neck and provide valuable information on warning signs and how you and your family can protect yourselves. Free and open to the public.

Call **914-681-1119** for more information and to register.

SCREENINGS AND HEALTH FAIRS

**APR
27**

Annual Neighborhood Health Fair

Saturday, April 27
8:30 a.m.-2:00 p.m.
Calvary Baptist Church, White Plains

A White Plains Hospital tradition; now in its 42nd year. Valuable health information, screenings, giveaways, and refreshments.

Call **914-681-1119** for more information.

See, Test & Treat® Cancer Screening Program

Saturday, April 27
8:00 a.m.-2:00 p.m.
White Plains Hospital
Family Health Center, White Plains

See, Test & Treat® is a free cancer-screening and health-education program that brings the power of diagnostic medicine to women in underserved communities. In a single day, women can receive a pelvic and clinical breast exam, a Pap test with same-day results, a screening mammogram (if eligible), connection to follow-up care, interpretive services, translated educational materials, and a healthy meal.

Call **AnaMaria Gialleonardo** for more information at **914-849-7500**.

**EVERY
3RD
WED**

Blood Pressure Screenings

Third Wednesday of every month*
1:00 p.m.-4:00 p.m.
White Plains Hospital, White Plains

Wonder if your BP is too high? Come for a free screening near the main elevator bank in White Plains Hospital. Open to the public.

Call **914-681-1225** for more information.

**Schedule subject to change, please call to confirm availability.*

**MAY
15**

Dermatology Screening

Wednesday, May 15
5:30 p.m.- 7:30 p.m.
White Plains Hospital Center for Cancer Care, White Plains

May is National Skin Cancer Awareness Month. White Plains Hospital wants to help prevent skin cancer by raising awareness and offering free screenings for adults and children. Board-certified dermatology specialists will perform upper-body exams on exposed areas of the skin such as the face, neck, arms, and hands. Open to the public.

Call **914-681-1119** for more information and to register.

SUPPORT GROUPS AND FITNESS

**2X
MONTHLY**

Bariatric Support Group

1st Tuesday and 3rd
Wednesday of
the month
6:30 p.m.-8:00 p.m.
WPHA Surgical
Specialists,
White Plains

White Plains Hospital is proud to host a supervised support group for our bariatric surgery patients. Along with nutrition and exercise counseling after surgery, it is suggested that patients have an outside counseling support system that can help them along this journey and we invite you to be a part of our bi-monthly support workshops.

Call **914-948-1000** for more information.

WEEKLY

Overeaters Anonymous

Every Sunday
8:30 a.m.-10:00 a.m.
White Plains
Hospital, Centennial
Room, White Plains

Overeaters Anonymous is a 12-step program for people with food-related issues including but not limited to: compulsive overeaters, those with binge-eating disorder, bulimia, and anorexia nervosa.

Email **Geri Anzisi** for more information at **gennaroanzisi@yahoo.com**.

**MON
WED
THU**

Mall Walkers Program

Mondays,
Wednesdays and
Thursdays
9:00 a.m.-10:00 a.m.
White Plains
Galleria Mall,
Fashion Level 2

Join the White Plains Hospital Mall Walkers Program for fitness, fun, and friends. Participants walk at their own pace in a relaxed environment. To register, please stop by the table located on Fashion Level 2 (next to Old Navy) prior to your first visit.

Call **Frank LoCastro** for more information at **914-681-2539**.

MATERNITY CLASSES

FEB
10
MAR
10
APR
7

From Belly to Birth

February 10, March 10, and April 7
11:00 a.m.-4:00 p.m.
White Plains Hospital, White Plains

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

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

3RD
TUE

Breastfeeding Basics

Third Tuesday of every month
6:30 p.m.-8:30 p.m.
White Plains Hospital, White Plains

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

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

MONTHLY

Baby Basics

First Monday of the month*
6:30 p.m.-8:30 p.m.
White Plains Hospital, White Plains

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

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

**Except when a holiday.*

WEEKLY

Tour of the Neonatal & Maternity Center at WPH

Every Thursday
7:30 p.m.
White Plains Hospital, White Plains

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

Visit wphospital.org/about/events to register.

WEEKLY

Mama & Baby Yoga with Prana Yoga

Every Sunday
11:00 a.m.-12:00 p.m.
White Plains Hospital, White Plains

BEGINNER-FRIENDLY! Mama & Baby Yoga helps you stretch, strengthen, and breathe while bonding with your baby and getting to know other new moms. The structure of the class is relaxed to allow you to feed and attend to your baby's needs. Bring a blanket for your baby; yoga mats are provided.

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


WEEKLY

Prenatal Yoga & Meditation with Prana Yoga

Every Sunday
9:30 a.m.-10:30 a.m.
White Plains Hospital, White Plains

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

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



BREND A

Top heart specialists made sure this busy grandmother didn't miss a beat.

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



White Plains Hospital
Exceptional, every day.

A MEMBER OF THE MONTEFIORE HEALTH SYSTEM

Don't ignore your heart's signals.

*Download a heart health assessment at
exceptionaleveryday.org/cardiac or to find
a cardiologist call (914) 849-MyMD.*