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JULY 2022

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CLINICAL TRIALS

GROUNDBREAKING RESEARCH UNDER WAY AT LI HOSPITALS

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Dr. Jason Golbin, Catholic Health chief medical officer:

“We continue to deliver the exceptional treatments our patients know and expect by conducting groundbreaking cardiovascular and cancer research. Catholic Health is currently participating in more than 25 oncology trials, and our affiliation with Roswell Park Care Network provides Long Islanders exclusive access to emerging studies. We’re elevating the standards for cancer care to new heights, with our clinicians and researchers enrolling participants and overseeing these clinical trials, which are conducted at the Cancer Institutes at St. Francis Hospital & Heart Center® and Good Samaritan Hospital.

Through our partnership with Roswell, we are the only health system in the New York metropolitan area examining the impact of a lung cancer treatment immunotherapy called CIMAvax-EGF.

To date, more than 5,000 patients globally have been treated with this EGF-depleting immunotherapy. Several international studies have indicated improved overall survival and quality of life for patients receiving the treatment.

Catholic Health’s St. Francis Hospital also recently became the first hospital in the United States to enroll a patient in a groundbreaking cardiovascular clinical trial that investigates the effectiveness of a new device to treat refractory angina. The COSIRA-II trial studies the Neovasc Reducer. This device is designed to reduce symptoms of refractory angina, a painful and debilitating condition that occurs when the coronary arteries deliver an inadequate supply of blood to the heart muscle despite treatment with standard revascularization or cardiac drug therapies. The condition is estimated to affect 600,000 to 1.8 million Americans, with 50,000 to 100,000 new cases per year.”

Dr. Christina Brennan, vice president of clinical research at the Feinstein Institutes for Medical Research in Manhasset:

“At Northwell Health and the Feinstein Institutes for Medical Research, there are more than 800 active clinical trials which enroll more than 2,300 patients annually. From oncology to maternal medicine, cardiac, autoimmune diseases, behavioral health neurology and bioelectronic medicine, cutting-edge clinical trials are research studies that explore whether a medical strategy, treatment or device is safe and effective for humans. Without clinical trial volunteers giving their time and selves for the benefit of science, we would not have the life-saving medicines, vaccines and treatments available today.

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Some of the most exciting trials happening at Northwell Health and the Feinstein Institutes include a heart failure medication clinical trial at Valley Stream Hospital, perinatal and postpartum depression studies for new moms based out of Zucker Hillside Hospital, lupus clinical trials looking to improve brain cognition at the Feinstein Institutes' Institute of Molecular Medicine, and new studies looking to improve paralysis in those with spinal cord injury, based out of Feinstein Institutes' Institute of Bioelectronic Medicine. Additional ongoing trials include a randomized controlled trial offered through Northwell Health's Physician Partners looking at a medication to help treat atopic keratoconjunctivitis (AKC), a chronic inflammatory disease of the eye. At Long Island Jewish Medical Center, a cutting-edge robotic nipple-sparing mastectomy (NSM) procedure is being studied to help women who need to undergo preventative breast cancer surgery."

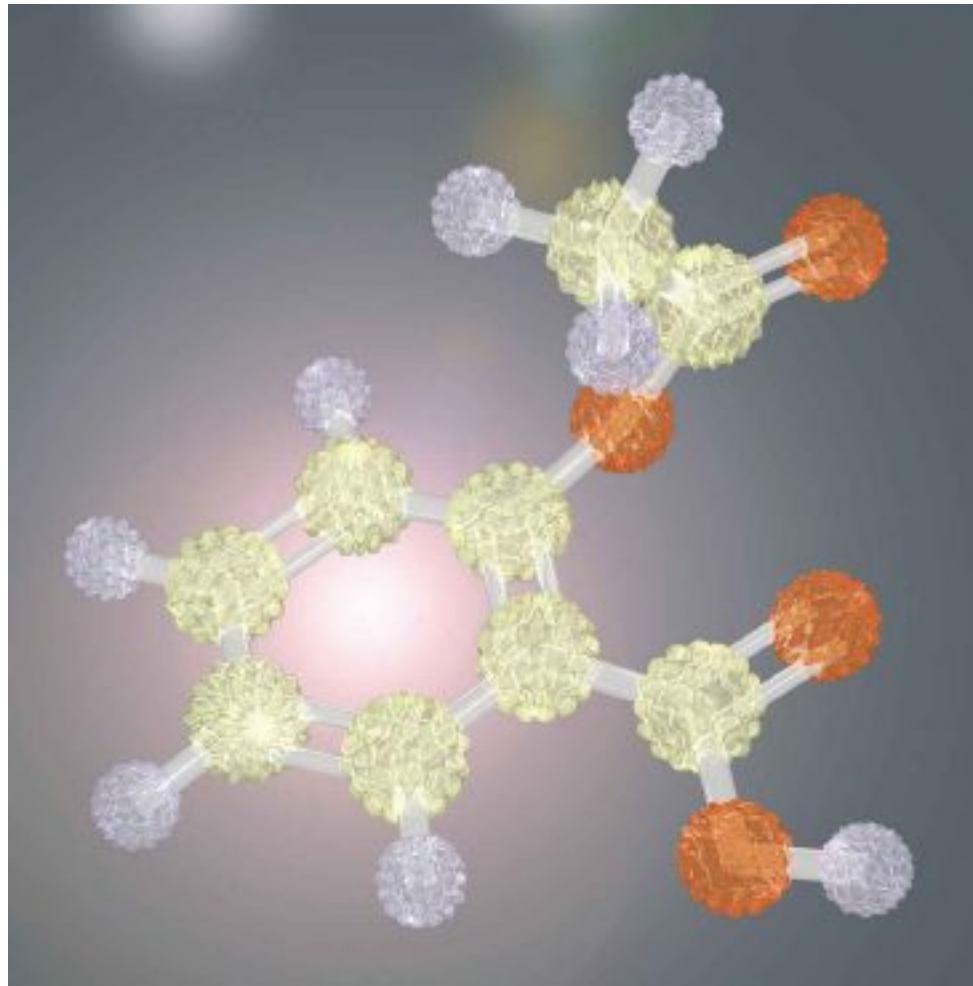
Dr. Shahriour Andaz, director of clinical research at Mount Sinai South Nassau in Oceanside:

"As a National Clinical Trial Network Affiliate within the Mount Sinai Health System, Mount Sinai South Nassau is making certain that Long Islanders have access to clinical trials and research for innovative therapies, medical treatments and surgical approaches.

Presently, Mount Sinai South Nassau is actively recruiting eligible patients for clinical trials that will determine the side effects of immunotherapy pembrolizumab (Keytruda) in lung cancer patients and the safety and effectiveness of lower dose chemotherapy in the treatment of patients with early stage (HER2) positive breast cancer.

The study of Keytruda is to determine its side effects during the first six months of treatment in patients with non-small cell lung cancer who are age 70 or older. The study of lower dose chemotherapy in the treatment of patients with early-stage positive breast cancer will determine if those patients can safely be treated with less chemotherapy than is generally prescribed.

The findings from clinical trials and research, in addition to published papers authored by our Department of Medicine directly documenting clinical research experiences, are culled by physicians and often incorporated in treatment plans to enhance the outcomes of our patients. For example, our participation in the National Institutes of Health Inpatient Treatment with Anti-Coronavirus Immunoglobulin trial for the treatment of COVID-19 in hospitalized patients has been vital to finding effective and safe treatments to help patients get better faster."



Getty Images

Dr. Scott Rodeo, vice chair of orthopaedic research at Hospital for Special Surgery (HSS):

"Hospital for Special Surgery, which recently expanded HSS Long Island in Uniondale, conducts clinical trials to evaluate new treatments and better understand musculoskeletal disorders. These are conditions that affect the muscles, bones and joints. Our patients often participate in a clinical trial to help generate knowledge that will improve their own treatment or will one day benefit people with the same condition. As a foremost center for orthopedic surgery, we conduct research on new technologies and techniques such as robotic-assisted, less invasive spine surgery and joint replacement; the use of a biologic treatment during rotator cuff surgery to enhance healing, and a new technique for ACL repair, to name a few.

Basic science research in the laboratory at HSS lays the groundwork for many of our clinical trials, and we have a robust infrastructure in

place. This synergy between basic science researchers and those conducting clinical trials is one of our greatest strengths.

In the area of rheumatology, HSS physicians and investigators are involved in vital research to find new and better treatment approaches to improve quality of life for people with rheumatoid arthritis, lupus, scleroderma and other autoimmune diseases. HSS is leading the way in clinical trials focusing on pain management after orthopedic surgery. Researchers have published a number of studies on 'multimodal analgesia,' which targets multiple pain pathways to reduce the amount of opioid medication needed after surgery. Patient registries are a critical part of our research at HSS. These extensive databases enable us to track patients and evaluate outcomes over the long term. More than 70 registries follow well over 100,000 HSS patients. Along with clinical trials, this gold mine of patient data will enable us to improve patient care."

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‘Research is the lifeblood of medicine.’

— Dr. Sharon Nachman, director of the Office of Clinical Trials at Stony Brook Medicine

Dr. Steven Carsons, senior associate dean for research at NYU Langone Hospital—Long Island in Mineola:

“NYU Langone Hospital—Long Island, in partnership with Massachusetts General Hospital, has launched a clinical trial to investigate a new treatment for type 1 diabetes — juvenile diabetes — a life-altering autoimmune disease in which the body no longer regulates blood sugars. The trial involves the BCG vaccine, a vaccine for tuberculosis that is the most widely administered vaccine in history, given to 100 million children per year globally. In clinical trials of adults, this same BCG vaccine has a significant disease-modulating ability to alter the underlying immune dysfunction of type 1 diabetes. This trial is aimed at showing whether a safe, affordable vaccine can potentially reverse immunological dysfunction associated with type 1 diabetes leading to improved HbA1c, a measure of average blood sugar.

Another clinical trial, at the Perlmutter Cancer Center at NYU Langone Hospital—Long Island, is aimed at breast cancer and involves Palbociclib. Palbociclib, FDA-approved in 2015, was the first of a new generation of drugs referred to as ‘cyclin-dependent kinase’ (CDK) inhibitors which have dramatically improved treatment for hormone sensitive advanced breast cancer. CDK inhibitors block cancer cells at a critical point in their growth cycle, and in many patients, delay the need for chemotherapy by several years. However, during treatment, cancer cells become resistant to these powerful inhibiting agents. To address this resistance, we are conducting an early-stage clinical trial for patients with advanced breast cancer, including those who have progressed on a CDK inhibitor.

The trial involves a newly developed CDK2 inhibitor from Pfizer, PF-0710491 (CDK2 inhibitor). Patients with breast cancer in this study will receive the CDK2 inhibitor along with Palbociclib and endocrine therapy. In addition to breast cancer patients, this promising protocol will also include select patients with small-cell lung cancer and specific gynecologic malignancies including ovarian cancer.”

Dr. Sharon Nachman, chief of the Division of Pediatric Infectious Diseases at Stony Brook Children’s Hospital and director of the Office of Clinical Trials at Stony Brook Medicine:

“Research is the lifeblood of medicine. Clinical research and trials allow us to test new medical ideas from the lab and see if they can work in the real world and make a difference for patient care. Experienced physicians, scientists, nurses and support staff from every service line at Stony Brook Medicine take part in clinical trials that investigate new treatments for cancer, neurological disorders, infectious diseases, psychiatric illnesses, pediatric disorders, chronic conditions and other illnesses. Clinical research involves the collaborative work of Stony Brook researchers and faculty looking at current issues and long-term healthcare crises. Some clinical trials assess the safety of a new therapy, others gauge the best dose of a new medication, while others compare a brand-new medicine to the current therapy, or ‘the standard of care.’ Before the pandemic, Stony Brook would participate in about 60 studies per year. Now we have over 120 studies per year. The past two-plus years have placed a lens on research and clinical trials around the virus that caused COVID-19.

Since the start of the pandemic, Stony Brook has been a pioneer in COVID care and clinical research. There have been over 300 projects developed of which 41 included biologic agents.

These clinical trials ranged from studying human serum from those who had COVID as a treatment for those admitted with COVID, to the now-EUA-approved vaccine trials in adults and children, and studies of Remdesivir in pregnant patients. And research has not stopped. Right now, Stony Brook is participating in over 50 studies that range from in-hospital treatments, to vaccines, to mental health among hospital staff, to long-term outcomes among patients with COVID, including infants born to mothers who had COVID during pregnancy. These trials include patients from our diverse populations here on Long Island, allowing for the data from these studies to potentially help prevent COVID-19 or better treat patients nationwide.”

Dr. Iris Zhi, medical site director of Memorial Sloan Kettering Cancer Center Commack:

“For the past 20 years, Memorial Sloan Kettering Cancer Center Commack has provided Long Islanders with the most innovative and caring approach to treating cancer. We also offer a robust clinical trial portfolio, including more than 400 studies across multiple disease types. Since January, the team has successfully opened 16 additional trials, including for patients with breast, head, neck, thoracic, genitourinary, and gastrointestinal cancers, as well as sarcoma, acute myeloid leukemia, lymphoma, and multiple myeloma, all from multidisciplinary specialties including surgery, medical oncology, and radiation oncology. We are also excited to offer patients the opportunity to join exercise, diet, and integrative medicine studies. We currently offer a study looking at acupuncture to help treat long-term neuropathic pain associated with chemotherapy.

At the American Society of Clinical Oncology Annual Meeting in June, MSK presented practice-changing results from a phase 3 study of HER2 directed therapy in patients with HER2 low metastatic breast cancer. The trial was open at MSK Commack and MSK Nassau, which made it easier for our local patients to be part of this exciting research. The study demonstrated, for the first time, a novel HER2 direct treatment option for patients with metastatic HER2 low breast cancer.

Research improves diagnosis and treatment, cancer care, from cancer prevention, diagnosis and treatment, to cancer survivors, whose well-being goes far beyond active treatment. My goal is to provide the best possible cancer care to our community, and this includes opportunities to participate in cancer clinical trials.”

— Compiled by Valerie Kellogg

KEITH VIBERT, DDS

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TEMPTED TO HAVE GENETIC TESTING? FIRST ASK WHY

By Harvard Health Blog

When it comes to health and disease — and, of course, many other aspects of life — one thing is certain: Genes matter. A single gene mutation can cause some conditions, such as sickle cell anemia and cystic fibrosis. More often, multiple genes are involved in disease development, and they act in concert with nongenetic factors, such as diet or exercise, to affect disease risk.

Several companies offer you the opportunity to look at your genes. But how might that help you from a health standpoint? And how do such tests differ from the genetic testing a doctor may recommend?

Consider the example of familial hypercholesterolemia (FH), a condition in which multiple variants of several different genes lead to markedly high cholesterol. This greatly increases the risk of heart attack, stroke and other health problems. FH affects about one in 300 adults, which means it isn't rare. Among adults who have the most common genetic variants that cause it, heart attack or sudden cardiac death may occur in middle age. Children who have a double dose of a gene variant linked to this condition may die of cardiovascular disease before age 20. Earlier treatments intended to reduce the risk of complications, such as cholesterol-lowering drugs, are available if a child or adult is known to have a mutation linked to FH.

Genetic testing is on the rise

In recent years, there's been a dramatic increase in genetic testing. It was nearly unheard of only a few decades ago. Now, you or someone you know has likely had genetic testing within the last year or two.

And while healthcare providers can now order far more genetic tests for their patients than in the past, you don't need a doctor's order to request this. 23andMe, Ancestry.com and a number of other testing companies are ready and willing to check your genes for variants associated with certain health conditions, as well as your family ancestry. In fact, spending on direct-to-consumer genetic testing is predicted to reach \$2.5 billion within the next few years.

Is all of this testing useful?

For some people, the answer is clearly yes. When performed accurately, genetic tests can uncover a disease or a tendency to develop certain conditions, and it can lead to close relatives getting tested as well. Preventive measures or treatment can be lifesaving. Here are four examples (though there are many more).

Hemochromatosis. This is a genetic condition in which too much iron is absorbed from the diet. The extra iron can harm important organs such as the heart and liver. Once a person is diagnosed, phlebotomy (blood removal, similar to what happens during blood donation) and avoiding iron supplements can prevent serious complications such as diabetes and liver failure.

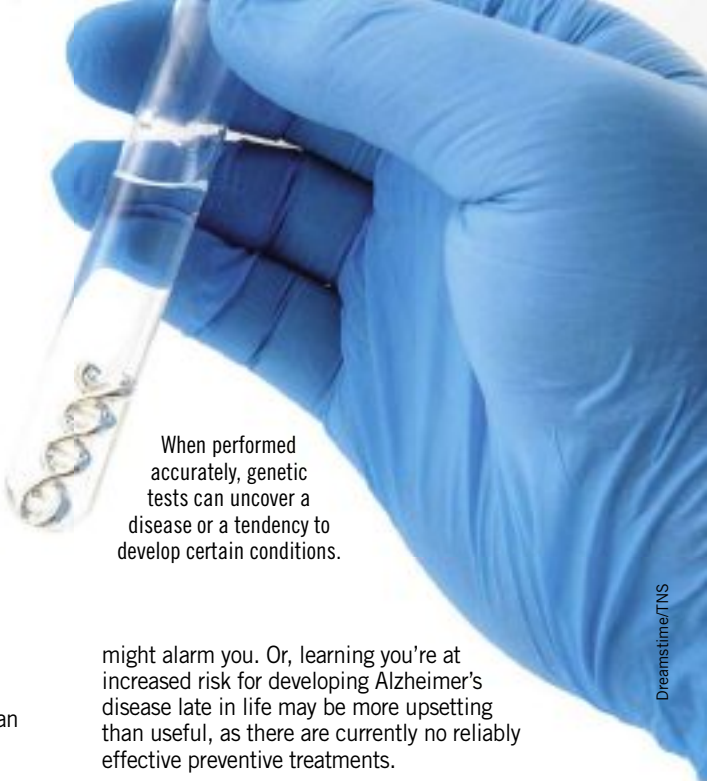
Prenatal testing. For people planning pregnancy or who are already pregnant, genetic testing is available to check for an extensive number of conditions, such as cystic fibrosis and Down syndrome.

Cancer. A number of genes are known to increase the risk of certain cancers. Testing may be especially important for people with a family history of these cancers. Perhaps the most well-known are BRCA mutations, which increase the risk of breast, ovarian and several other types of cancer.

Some people don't know their family's medical history. For example, a person who is adopted and has no information about family medical problems may learn they are at increased risk of a preventable disease, such as heart disease or colon cancer.

In these cases, knowing you might develop a condition or are a carrier can help direct medical care and may inform life decisions or encourage you or other family members to consider genetic counseling.

But the answer can also be no. Results of genetic testing may provide information you already know, may be unhelpful or may even be misleading. For example, testing could reveal that you have a genetic mutation that rarely causes any health problems. Learning that you have this mutation may not help you — though it



When performed accurately, genetic tests can uncover a disease or a tendency to develop certain conditions.

might alarm you. Or, learning you're at increased risk for developing Alzheimer's disease late in life may be more upsetting than useful, as there are currently no reliably effective preventive treatments.

What about the costs of genetic testing?

Genetic testing may have more than one kind of cost. A genetic test ordered by your doctor for a specific medical reason may be covered by your health insurance, but it's unlikely that an over-the-counter test will be. And, as one company states on its website, "knowing about genetic risks could affect your ability to get some kinds of insurance."

A study on testing for a genetic cholesterol disorder has some surprising results. A 2021 study published in the medical journal *JAMA Cardiology* demonstrates how direct-to-consumer testing may be misleading. The researchers looked at genetic testing for familial hypercholesteremia. They compared the results from a comprehensive panel of genetic testing ordered by doctors (which included more than 2,000 gene variants) with results from the more limited genetic testing (24 variants) provided by 23andMe.

Among more than 4,500 people tested for a medical reason, such as evaluating an unexpectedly high cholesterol level, the more limited testing would have missed important genetic variants for nearly 70% of study participants, nearly 94% of Black and 85% of Hispanic individuals and about a third of Ashkenazi Jewish individuals.

This suggests that a large number of people would be falsely reassured by the results of their genetic tests for FH if they relied on the type of screening offered by a popular over-the-counter product. And results may be particularly unreliable among persons of color.

The bottom line

It's true that you can't pick your genes. But thanks to an ever-expanding menu of options, you can pick your tests. In many cases, it's best to review your decision to have genetic testing with your doctor before having it done.



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Research is under way to develop methods to expedite the scanning process in MRIs, potentially shaving off a patient's time spent in an imaging device that emits radiation.

5 COVID-DRIVEN A.I. TRENDS CHANGING HEALTH CARE By Inc.

For all of its ills, COVID-19 has supercharged consumerism in America's healthcare system, offering tantalizing opportunities for companies interested in lowering costs and increasing access to quality medical care.

Speaking at CB Insights' recent Future of Health Conference, Deepa Varadharajan, a senior managing analyst at the New York City-based research and analytics firm, explained that consumers can look forward to improved access and quality of healthcare, in addition to lowered costs — courtesy of artificial intelligence spurred by the coronavirus.

More than 170 startups are driving "anytime, anywhere care," said Varadharajan, noting that she expects the trend to continue. In addition to providing a growth industry for those working to further A.I., improving accessibility and lowering the cost of care could make the lives of time-crunched workers far more convenient — especially if the technology cuts down the time it takes to see a doctor or get a test done.

Here are the five trends shared by CB Insights that are affecting health care:

1. Bridging the gap between virtual and in-person care

Telehealth visits are lauded for their convenience, but a major limitation with virtual visits surfaces when it comes to manual exams. For obvious reasons, a doctor cannot perform a physical exam virtually, which limits a patient's full assessment — for now, at least.

Enter report monitoring devices. Digital health company Eko offers A.I.-powered stethoscopes along with a hand-held electrocardiogram, a test that evaluates a person's heart health. A patient can, for instance, live stream their heart and lung sounds for their doctor during a virtual visit.

Together, the tools, which are proliferating after the pandemic proved a heightened need for virtual care, bring the medical field closer to completely remote checkups that supplement in-person visits.

2. Expanding lab test accessibility for patients

The pandemic is normalizing at-home COVID-19 rapid testing, and that could further other at-home diagnostics testing. Remote clinical testing company Healthy.io uses computer vision, artificial intelligence, and colorimetric analysis

so that patients can conduct at-home urinary tract infection tests or an annual urine test. Varadharajan expects that artificial intelligence will gradually edge out third-party laboratories, at least for certain types of tests.

3. Driving down radiology costs

Artificial intelligence isn't making just radiology faster; it's also driving down the costs associated with pricey scans and other imaging. That's thanks in part to the use of A.I.-assisted computerized tomography scans, which have grown in popularity for diagnosing COVID-induced pneumonia.

But looking to the next wave of artificial intelligence suggests that A.I. will go beyond diagnostics to improve patient experience, Varadharajan says. This could translate to quicker magnetic reasoning imaging. In collaboration with the New York School of Medicine, Facebook is working to improve MRIs and aims to create new methods to expedite the scanning process. Varadharajan explains that hour-long visits could drop to just 15 minutes. And shaving off a patient's time spent in an imaging device that emits radiation, such as with X-rays, can dramatically reduce exposure.

4. Picturing computer vision

Another unintended benefit of the pandemic: Computer vision is making inroads in specialty care. With computer vision, which is a form of A.I. that allows computers to learn to recognize and interpret visuals, fields including physical therapy, where patients almost exclusively rely on the direction of a physical therapist, now see the promise of making virtual connections.

But as long as a patient is armed with a smartphone camera, they can now access care almost anywhere. Kaia Health, a digital therapeutics company in the musculoskeletal space based in both New York City and Munich, is using computer vision for motion and posture tracking, which provides patients with real-time feedback on their exercises. And the Austin-based DentalMonitoring is providing A.I.-powered technology to dentists and orthodontists, which the company claims can reduce the need or frequency for in-person follow-ups.

5. Deploying passive monitoring technology

A.I. passive monitoring technology may disrupt the wearables space by bringing technology that doesn't require patients to wear a device around the clock. One newer approach to monitoring patients is using contactless in-home monitoring systems, which can keep track of a patient's sleep activities and respiration with the help of a sensor. "Big techs and startups are breaking ground here in passive monitoring and as this technology takes off, we'll head toward more proactive intervention — especially in senior and acute care settings," Varadharajan says.



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HOW TO BUILD A BALANCED FITNESS ROUTINE

By Mayo Clinic

A well-balanced fitness training routine is essential for good health. For those who have not exercised a lot before, variety is important to keep you motivated. There are five basic elements that you can focus on to achieve your wellness goals, whether at a gym or elsewhere: aerobic fitness, strength training, core exercises, flexibility and stretching.

Aerobic fitness

Aerobic fitness, also known as cardio, is the basis of most fitness training programs. Aerobic activity is an essential factor because these exercises cause you to breath faster and deeper, which maximizes the oxygen in your blood.

Essentially, the better your aerobic fitness, the more efficiently your heart, lungs and blood vessels are at transporting oxygen through your body. And that makes it easier for you to complete routine physical tasks. There are many choices when it comes to aerobic activity, including walking, biking, jogging, swimming, dancing and water aerobics.

The Department of Health and Human Services recommends that you get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week, or a combination of both. For instance, you could alternate periods of brisk walking with periods of leisurely walking or include bursts of jogging.



Getty Images

Core exercises train your muscles to brace the spine, and they enable you to use your upper and lower body muscles more efficiently.

Strength training

Strength training, or muscular training, is another key component to fitness. This type of training increases bone strength and muscular fitness, helping you manage your weight or lose weight, while improving your ability to perform everyday activities.

Aim to include strength training of major muscle groups into your fitness routine at least twice per week. Although most gyms offer various

free weights, resistance machines and other tools for strength training, you don't need to invest in a gym membership to earn the benefits of strength training. Hand-held weights, or homemade weights such as a plastic drink bottle filled with water or sand, will work just as well. Resistance bands are another inexpensive option. You also can try pullups, pushups, leg squats or abdominal crunches.

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HOW TO BUILD A BALANCED FITNESS ROUTINE

Core exercises

Core exercises use the muscles in your abdomen, lower back and pelvis. These exercises protect your back and connect upper and lower body movements.

Core strength is key to a well-rounded fitness training program. Core exercises train your muscles to brace the spine, and they enable you to use your upper and lower body muscles more efficiently. A core exercise is anything that uses your abdomen without support, such as bridges, planks, sit-ups, flutter kicks, bicycle crunches and fitness ball exercises.

To help you maintain balance as you age, make sure you incorporate balance training exercises into your workout routine. While balance exercises are good for all ages, they become particularly important the older you get since balance tends

to diminish with age. Diminished balance could increase the risk for falls and fractures.

Anyone can benefit from balance training, given that it can help stabilize your core muscles. Try things such as standing on one leg for increasing periods of time or activities such as tai chi to improve overall stability.

Flexibility and stretching

Last but certainly not least, flexibility and stretching are important aspects of physical fitness, and it's a good idea to include these activities in your fitness program. Stretching exercises increase flexibility, which makes it easier for you to perform many everyday activities. Stretching also improves the range of motion of your joints and may stimulate better posture while relieving stress and tension.

You should consider stretching



Getty Images

The better your aerobic fitness, the more efficiently your heart, lungs and blood vessels are at transporting oxygen through your body.

after you exercise when your muscles are warm and responsive. As for stretching before a workout, you can warm up first by walking or exercising for five to 10 minutes before stretching. Ideally, you will

want to stretch whenever you exercise to combat injury or joint pain, but if you don't exercise regularly, you might want to stretch at least two or three times a week to maintain flexibility.

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SHOULD I WORRY ABOUT SLIGHTLY HIGH TRIGLYCERIDES?

By Ask the Harvard Experts

Q: My yearly checkup includes a blood cholesterol test. All the numbers seemed to be OK except for the triglycerides, which were just above the normal range. Does this really matter?

A: Of the blood fats, doctors focus primarily on low-density lipoprotein cholesterol (LDL), which has been tagged as the “bad” cholesterol. There’s no doubt that healthy lifestyle choices and medications to reduce LDL lower the chances of developing fatty plaques in your arteries and reduce heart attack and stroke risk.

In the past, raising high-density lipoprotein cholesterol (HDL), the so-called “good” cholesterol, was believed to be protective. While having a low HDL level

does translate to a higher risk of cardiovascular disease, raising blood HDL with drugs has been a bust.

Until recently, triglycerides tended to get less attention. There’s no question that extremely high levels (1,000 mg/dL or more) spell trouble and can lead to an inflamed pancreas (acute pancreatitis). But what about levels that are borderline high, 150 to 199 mg/dL?

A high triglyceride is often associated with other well-established cardiovascular risk factors, including excess belly fat, high blood pressure, elevated blood sugars and low HDL cholesterol. The constellation of these abnormalities is called metabolic syndrome.

CONTINUED ►



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Recent evidence suggests you should work to reduce triglyceride levels if they are higher than normal, especially if you have heart disease or have other risk factors

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SHOULD I WORRY ABOUT SLIGHTLY HIGH TRIGLYCERIDES?

Recent evidence suggests you should work to reduce triglyceride levels if they are higher than normal, especially if you have heart disease or have other risk factors such as diabetes, high blood pressure or smoking.

Many of the steps you should take to lower triglycerides are the same ones you should take to protect your heart and health overall. If you're overweight, shed a few pounds. Keep physically active throughout the day and schedule time for dedicated exercise at least five days per week.

Watch your alcohol intake, even moderate drinking ramps up triglyceride levels. And diet? High-carb/low-fat eating will increase your triglycerides and might lower your HDL. The omega-3 fats in fish and fish oil capsules may lower triglycerides a bit.

If you're taking a statin to lower your LDL, one side benefit may be reduced triglyceride levels. Depending on the dose, statins can lower triglycerides by 10% to 30%.

If you already have cardiovascular disease and still have a triglyceride level higher than 150 mg/dL despite statin therapy, your doctor may suggest an additional triglyceride-lowering medication.

According to a recent clinical trial, adding a high-dose omega-3 fatty acid called icosapent ethyl can potentially further reduce fatty plaque buildup in coronary arteries.

SOME MEDICATIONS CAN AFFECT TRIGLYCERIDE LEVELS

Hydrochlorothiazide (Microzide) is commonly prescribed for high blood pressure. It's from a class of medications called diuretics, more commonly known as water pills. High doses — 50 milligrams or more — of some diuretics, including hydrochlorothiazide, can temporarily increase low-density lipoprotein (LDL) cholesterol — the “bad” cholesterol — and triglycerides.

The mild effects these drugs have on cholesterol and triglycerides don't outweigh the benefits that occur from lowering blood pressure. Smaller doses usually don't cause a rise in cholesterol and triglycerides.

Older beta blockers, such as propranolol

(Inderal, Innopran XL), atenolol (Tenormin) and metoprolol (Kaspargo Sprinkle, Lopressor, Toprol-XL), can slightly increase triglycerides and decrease high-density lipoprotein (HDL) cholesterol, the “good” cholesterol. This side effect may be more likely in people who smoke.

Newer beta blockers, such as carvedilol (Coreg) and nebivolol (Bystolic), are less likely to affect cholesterol levels.

If you're worried about increasing triglyceride levels, talk to a health care provider about eating healthier and exercising. Don't stop taking any prescribed medications without first talking to a provider.

— The Mayo Clinic

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3

BREAKFAST FOODS YOU SHOULD EAT FOR BETTER DIGESTION

Oatmeal is great for digestive health, as it's easy on the stomach and supplies a nice source of complex carbs and fiber for sustainable energy and balanced mood.

By MyRecipes.com

There's nothing worse than experiencing stomach pain, cramps and gas during a morning meeting or on your commute to the office, and certain foods can definitely cause your belly to act up. By knowing which breakfasts to eat for better digestion, you will go into your office feeling comfortable, confident and at ease.

Suffering from indigestion can be more than simply embarrassing, though. Having poor digestion may mean that vital nutrients from your food won't be properly absorbed, which can, in turn, lead to abnormal bowel movements and bloating. And those physical symptoms can interfere with your mood and your ability to be motivated and alert.

Starting your day on a positive note, and with the right breakfast, will allow you to feel like your best self and produce your best work. That means eating a healthy breakfast that contains nutrients to enhance your mood, brain function and energy levels, and is easy to digest. Some foods are definitely better for digestion than others. Here, health experts weigh in on what the optimal breakfast foods for digestion are and how best you can get your fill.

Luckily, all of these breakfast foods are super versatile and flavorful, so it's impossible to get bored. Figure out a few add-ons you would like to incorporate to these healthy breakfast foods, and you will have a delicious, simple breakfast for each morning of the week that will set you up for a productive day ahead.

1. YOGURT

Nutritional experts behind Chobani explain that "research shows that the protein in yogurt like Greek yogurt keeps you feeling full longer after breakfast, and that coupled with probiotics, which support good digestive health, it's an all-around breakfast winner." You can top Greek yogurt with other digestion-friendly foods such as chia seeds and fruit, which will prevent boredom. You can also drink yogurt breakfast smoothies, or add in fresh produce, like sweet potatoes, to make a savory yogurt parfait, advises nationally known nutrition expert Elizabeth Ann Shaw.

2. HEALTHY FATS

Certain healthy fats improve digestion and can promote good gut flora to boost immunity and bodily functions. One you might want to try is coconut oil. It's a super-versatile ingredient that can be incorporated in a smoothie, spread on

toast or spooned on a yogurt or oatmeal bowl. For smoothies, "add some healthy fats such as raw almond butter or half of an avocado. It will keep you satiated and add creaminess to the smoothie," says DrinkMaple co-founder and CEO Kate Weiler.

3. OATMEAL

Certified healthy lifestyle coach Liz Traines explains that breakfast oatmeal is great for digestive health, as it's easy on the stomach and supplies a nice source of complex carbs and fiber for sustainable energy and balanced mood. Adding even more fiber-filled ingredients to oatmeal will also increase digestive health, advises Florida dietitian Ashlee Wright.

"Fiber is a key player in digestion, and most of us are not getting enough of it," Wright explains. "Blackberries and raspberries will add a boost of fiber. Other high-fiber breakfast options would be 100% whole-grain cereal, such as oatmeal or shredded wheat. You can also add a spoonful of ground flaxseed to your oatmeal or breakfast smoothie for additional fiber as well as omega-3 fatty acids," Wright recommends.

As a last note, Wright provides two tips: "Take your time when you are eating, and drink plenty of water."



Women's Health Care of Garden City committed to personalized care

By John L. Gomes, MD

John L. Gomes, MD, founded Women's Health Care of Garden City in 1995. It has remained an independent, private practice providing personalized obstetrical and gynecological services unique to this current health care environment.

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Dr. Gomes received his undergraduate degree from Brown University and his Doctor of Medicine from Columbia University. He is both Board Certified and a Fellow of the American College of Obstetrics and Gynecology.

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Dr. William McCormick is a board-certified neurosurgeon who, for nearly 20 years, has performed both cranial and spinal surgery on thousands of patients. He specializes in the management of back and neck pain and is proficient in minimally invasive spine surgery, as well as more complex spinal instrumentation procedures.

Dr. McCormick received his undergraduate degree from Amherst College, and his medical degree from the University Rochester School of Medicine. He completed his neurosurgical training at the renowned Cleveland Clinic in Cleveland, Ohio where he performed extensive research in spinal surgery biomechanics, and was the recipient of the Department of Neurosurgery Humanitarian Award.

A member of multiple medical societies, including the American Association of Neurological Surgeons and the Congress of Neurological Surgeons, Dr. McCormick serves as Vice President of the Medical Board of Good Samaritan Hospital as well as Chairman of the Neurosurgical Peer Review Committee. He has published dozens of peer-reviewed journal articles and book chapters across all subspecialties of neurosurgery.

When discussing a plan of action with his patients, Dr. McCormick explores non-surgical options first, including physical therapy, chiropractic care, and pain management. He is committed to providing the best patient care possible to the Long Island community that he calls home.

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Meredith Moore Au.D. has over twenty years of experience in the field of audiology. She specializes in the diagnosis of hearing loss and the selection and fitting of amplification. Dr. Moore has helped numerous members of the community address their hearing deficits, such as issues with speech clarity and difficulties communicating in the presence of background noise. Dr. Moore provides personalized fittings to assist each patient with all their hearing healthcare needs.



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In 2020 he became the Director of Interventional Pain Management for Long Island Brain and Spine, leading the way in offering the latest advanced minimally invasive spine interventions indicated for the most difficult cases of neck and back pain. Dr. Fanaee strives to help each patient to enjoy their life to the fullest and works hard to ensure they achieve their goals.



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Dr. Jennifer Savickis has over 30 years of audiology experience with particular interest in improving the quality of life for her patients and their families through better hearing. She has a strong work ethic and has been with Ear Works Audiology for the past 16 years. Her knowledge and expertise, coupled with a strong sense of compassion and confidence, make her a patient favorite.



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Hospital Affiliations - Good Samaritan Hospital Medical Center, St. Joseph Hospital

Special Expertise - Stroke and Brain Aneurysm Treatment, Minimally Invasive Endovascular Neurosurgery

Dr. Bekelis is the chairman of Neuro-interventional Services for Catholic Health, and the Director of the Stroke and Brain Aneurysm Center of Long Island, the first and only Joint Commissioned Certified Comprehensive Stroke Center on the South Shore of Long Island.

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East Setauket, NY 11733
631-751-2020 | toceye.com

6144 Route 25A, Building A, Suite 6
Wading River Professional Center
Wading River, NY 11792

OPHTHALMOLOGY

Board Certified - Ophthalmologist

Hospital Affiliations - Mather Hospital, a member of the Northwell System, St. Charles Hospital, Port Jefferson Surgery Center

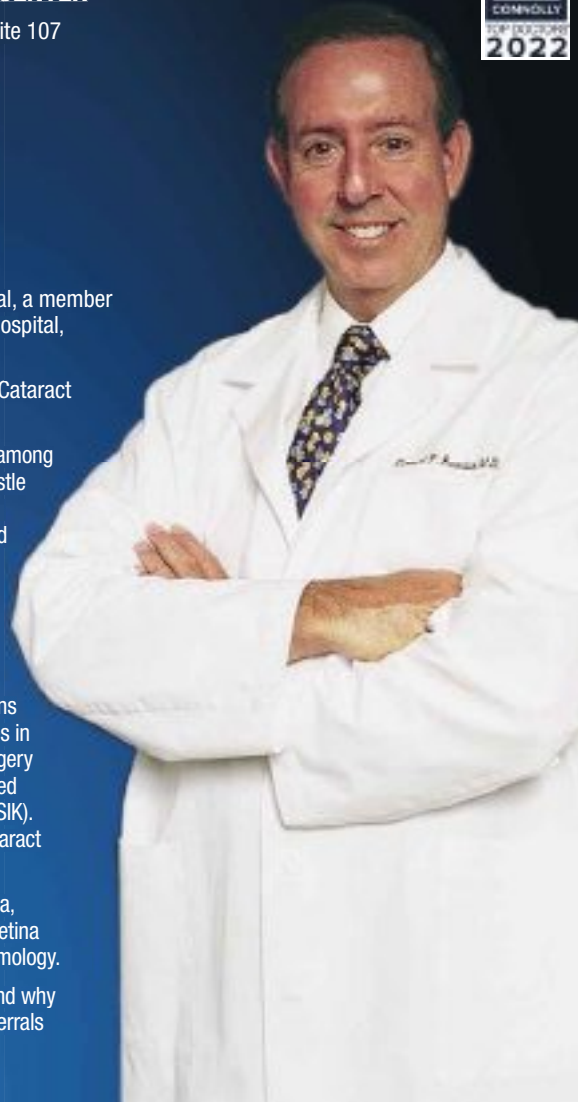
Special Expertise - Refractive Laser Cataract Surgery, LASIK

Dr. Basilice is regarded as a Top Doctor among his peers and has been awarded the Castle Connolly Top Doctors Award since 2015. Dr. Basilice was recognized and awarded The Humanitarian Of The Year in 2015. He also received the prestigious Theodore Roosevelt Award in 2015.

Dr. Basilice has served as the Medical Director at TOC Eye - The Ophthalmic Center's practice of Doctors and Surgeons for over 40 years. Dr. Basilice specializes in Multifocal Refractive Laser Cataract Surgery through Catalys Technology and Advanced CustomVue Laser Vision Technology (LASIK). He has performed over 40 thousand Cataract and LASIK Surgeries.

TOC Eye specializes in Cornea, Glaucoma, Oculo-plastics, Optometry, Cosmetics, Retina and All General Comprehensive Ophthalmology.

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TopDoctors

ON LONG ISLAND



Castle Connolly Top Doctors is a healthcare research company and the official source for Top Doctors for over 25 years. Castle Connolly's established nomination survey, research, screening and selection process involves many hundreds of thousands of physicians as well as academic medical centers, specialty hospitals and regional and community hospitals all across the nation.

The online nominations process — located at nominations.castleconnolly.com — is open to all licensed physicians in America who are able to nominate physicians in any medical specialty and in any part of the country. Once nominated, Castle Connolly's physician-led team of researchers follow a rigorous screening process to select Top Doctors who meet the Castle Connolly standards. The research team also identifies Castle Connolly Rising Stars, who are peer-nominated doctors who meet most of our Top Doctor criteria, but are earlier in their career.

Careful screening of doctors' educational and professional experience is essential before final selection is made among those physicians most highly regarded by their peers. The result — we identify the top doctors in America and provide you, the consumer, with detailed information about their education, training and special expertise in our online directories and national and regional magazine "Top Doctors" features.

Doctors do not and cannot pay to be selected and profiled as Castle Connolly Top Doctors or Rising Stars.

Physicians selected for inclusion in this magazine's "Top Doctors" feature also appear online at castleconnolly.com, or in conjunction with other Castle Connolly Top Doctors databases online on other sites and/or in print.

Castle Connolly was acquired by Everyday Health Group (EHG), one of the world's most prominent digital healthcare companies, in late 2018. EHG, a recognized leader in patient and provider education and services, attracts an engaged audience of over 60 million health consumers and over 890,000 U.S. practicing physicians and clinicians. EHG's mission is to drive better clinical and health outcomes through decision-making informed by highly relevant information, data, and analytics. EHG empowers healthcare providers, consumers and payers with trusted content and services delivered through Everyday Health Group's world-class brands including Everyday Health®, What to Expect®, MedPage Today®, Health eCareers®, PRIME® Education and our exclusive partnership with MayoClinic.org.® Everyday Health Group is a division of Ziff Davis (NASDAQ: ZD), and is headquartered in New York City.

Visit newsday.com/topdoctors for a searchable database of the Castle Connolly Top Doctors in Nassau and Suffolk counties included in the magazine.

To view the full 2022 Castle Connolly Top Doctors list, visit castleconnolly.com, or contact support@castleconnolly.com



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CCMC - Cohen Children's Medical Center/Northwell Health

GCH - Glen Cove Hospital/Northwell Health

GSHMC - Good Samaritan Hospital Medical Center

HH - Huntington Hospital/Northwell Health

HSS - Hospital for Special Surgery

LHH - Lenox Hill Hospital/Northwell Health

LICH - Long Island Community Hospital

LJMC - Long Island Jewish Medical Center/Northwell Health

LJVS - Long Island Jewish Valley Stream/Northwell Health

MaMC - Maimonides Medical Center

MH - Mather Hospital/Northwell Health

MMCRC - Mercy Medical Center Rockville Centre

MSH - Mount Sinai Hospital

MSKCC - Memorial Sloan-Kettering Cancer Center

MSM - Mount Sinai Morningside

MSQ - Mount Sinai Queens

MSSN - Mount Sinai South Nassau

MSW - Mount Sinai West

NSUH - North Shore University Hospital/Northwell Health

NUMC - Nassau University Medical Center *(Northwell Health affiliate)

NYPQUIMC - New York - Presbyterian/Columbia University Irving Medical Center

NYPHVH - New York - Presbyterian/Hudson Valley Hospital

NYPQ - New York - Presbyterian/Queens

NYPWCMC - New York - Presbyterian/Weill Cornell Medical Center

NYULHB - NYU Langone Hospital Brooklyn

NYULHLI - NYU Langone Hospital Long Island

NYULHTH - NYU Langone Health Tisch Hospital

NYULOH - NYU Langone Orthopedic Hospital

PBMC - Peconic Bay Medical Center/Northwell Health

PH - Plainview Hospital/Northwell Health

SBELIH - Stony Brook Eastern Long Island Hospital

SBMC - St. Barnabas Medical Center

SBSH - Stony Brook Southampton Hospital

SBUH - Stony Brook University Hospital

SCH - St. Charles Hospital

SCSMC - St. Catherine of Siena Medical Center

SDMC - SUNY Downstate Medical Center (University Hospital of Brooklyn)

SFHTHC - St. Francis Hospital - The Heart Center

SH - Syosset Hospital/Northwell Health

SJEHQ - St. John's Episcopal Hospital Queens

SJHB - St. Joseph Hospital Bethpage

SSUH - South Shore University Hospital/Northwell Health

STAMH - Stamford Hospital

ZHH - Zucker Hillside Hospital/Northwell Health

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2022 Top Doctors Medical Specialty List

1. Adolescent Medicine
2. Allergy & Immunology
3. Cardiac Electrophysiology
4. Cardiovascular Disease
5. Child & Adolescent Psychiatry
6. Child Neurology
7. Colon & Rectal Surgery
8. Dermatology
9. Developmental - Behavioral Pediatrics
10. Diagnostic Radiology
11. Endocrinology, Diabetes & Metabolism
12. Family Medicine
13. Gastroenterology
14. Geriatric Medicine
15. Gynecologic Oncology
16. Hand Surgery
17. Hematology
18. Hospice & Palliative Medicine
19. Infectious Disease
20. Internal Medicine
21. Interventional Cardiology
22. Maternal & Fetal Medicine
23. Medical Oncology
24. Neonatal-Perinatal Medicine
25. Nephrology
26. Neurological Surgery
27. Neurology
28. Neuroradiology
29. Nuclear Medicine
30. Obstetrics & Gynecology
31. Occupational Medicine
32. Ophthalmology
33. Orthopaedic Surgery
34. Otolaryngology
35. Otolaryngology/Facial Plastic Surgery
36. Pain Medicine
37. Pathology
38. Pediatric Allergy & Immunology
39. Pediatric Cardiology
40. Pediatric Endocrinology
41. Pediatric Gastroenterology
42. Pediatric Hematology - Oncology
43. Pediatric Infectious Disease
44. Pediatric Nephrology
45. Pediatric Otolaryngology
46. Pediatric Pulmonology
47. Pediatric Rheumatology
48. Pediatric Surgery
49. Pediatric Urology
50. Pediatrics
51. Physical Medicine & Rehabilitation
52. Plastic Surgery
53. Psychiatry
54. Pulmonary Disease
55. Radiation Oncology
56. Reproductive Endocrinology/Infertility
57. Rheumatology
58. Sleep Medicine
59. Sports Medicine
60. Surgery
61. Thoracic & Cardiac Surgery
62. Urogynecology/Female Pelvic Med & Reconstruct Surgery
63. Urology
64. Vascular & Interventional Radiology
65. Vascular Surgery

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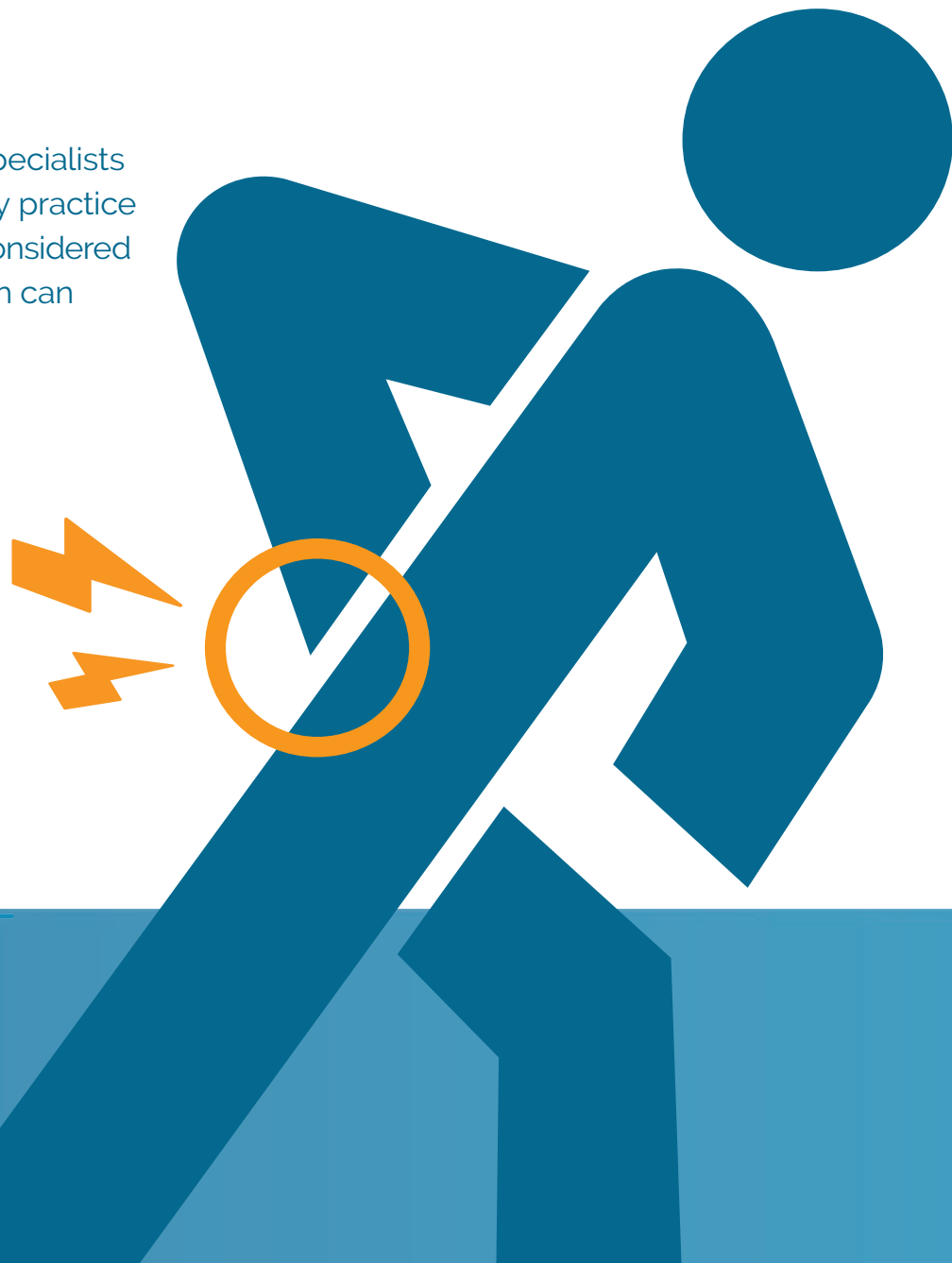
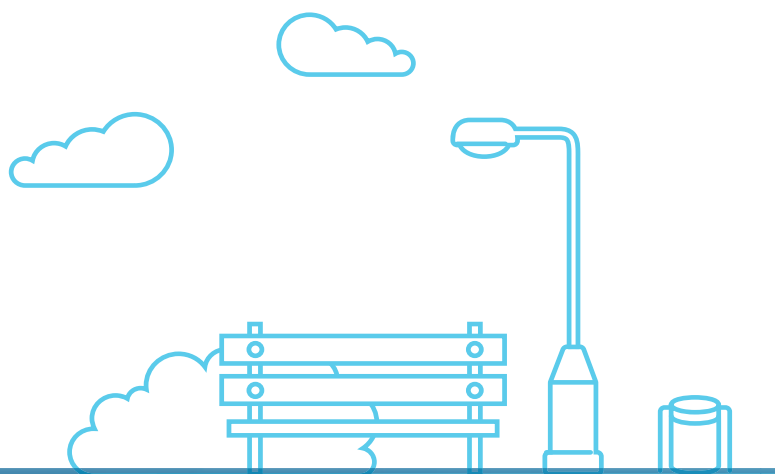
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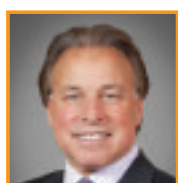
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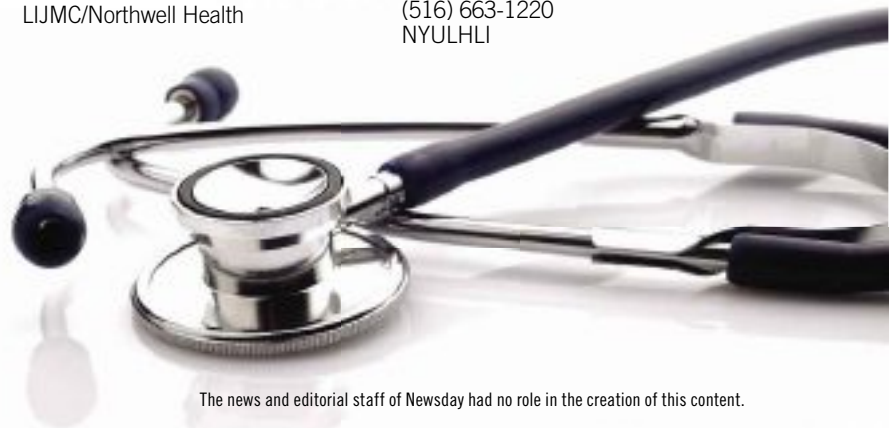
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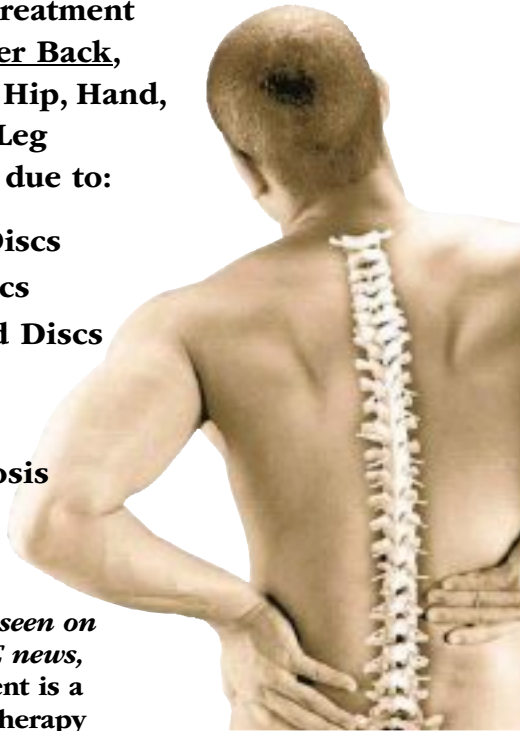
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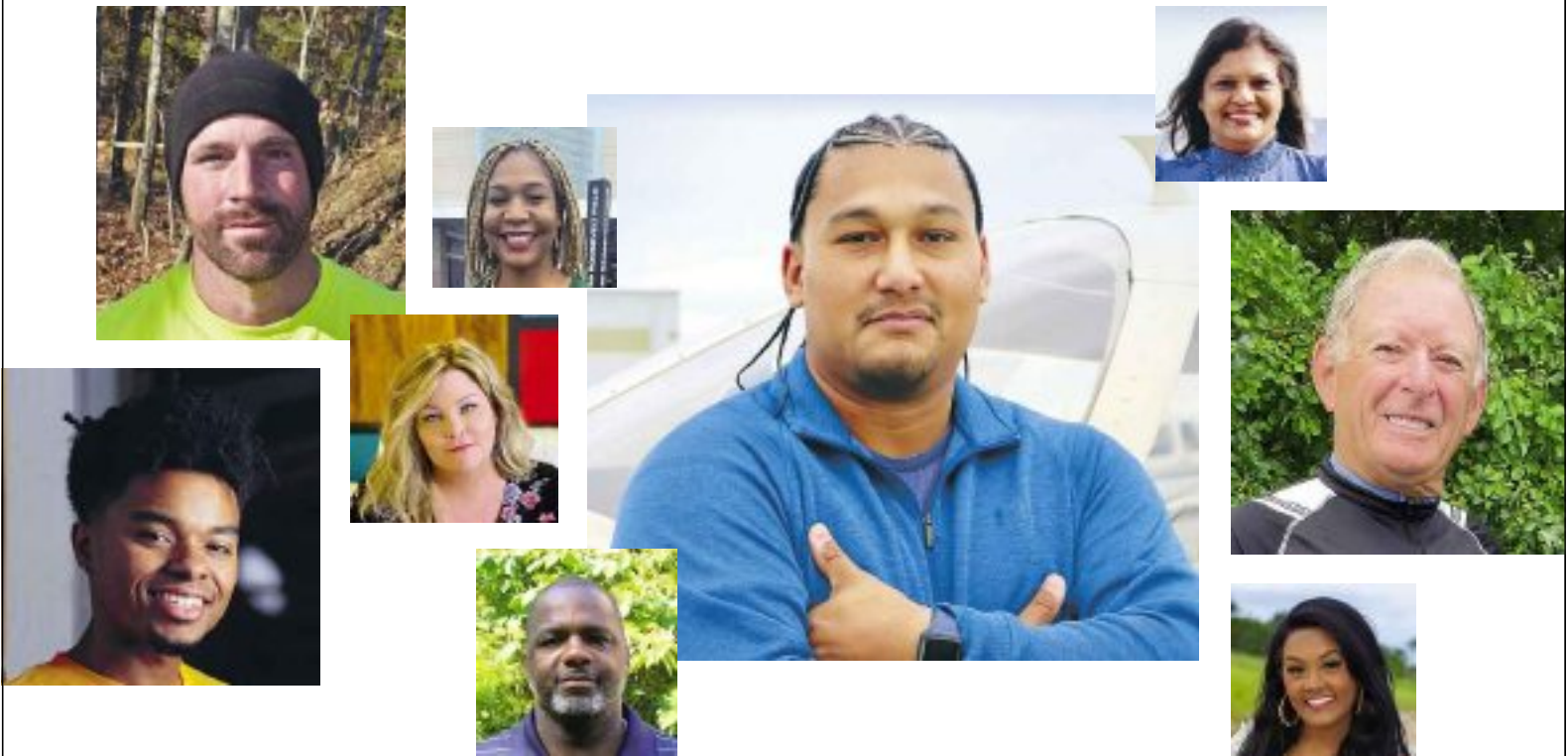


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