South Nassau Unveils the Most Advanced Weapon in the Fight Against Cancer: The Novalis Tx™ Stereotactic Body Radiosurgery

Surgical Robot is Exciting Breakthrough for Surgeons, Patients
To Your Good Health!

When it comes to health care, we all want the best for ourselves and our loved ones. When it comes to something as important as cancer care, most of us have a pretty good sense of what constitutes the best. We expect a comprehensive cancer treatment center to include physicians who are recognized experts in their fields, a hospital with advanced equipment and techniques and an environment that is supportive of both the patient’s and family’s complex and multidimensional needs.

As you read this issue of Healthy Outlook, you will find a number of articles related to our cancer program, stories that illustrate the depth and breadth of services we provide to diagnose and treat cancer. You will learn about the expertise of physicians like Rajiv Datta, M.D., who was recently recognized for excellence in colon and rectal surgery and Shahriyour Andaz, M.D., who received a prestigious award from the American College of Surgeons’ Commission on Cancer.

You will discover remarkable radiological tools such as the Novalis Tx™, a radiosurgery tool that targets tumors with pinpoint precision. You will read about advanced surgical technology, such as the da Vinci® surgical robot that is helping to refine certain surgical procedures. You will find information about the multiple ways that our compassionate professionals support patients and families through initiatives like our newly launched Palliative Care Program. Our focus on prevention and education is highlighted by our commitment to offer a completely smoke-free campus and to assist individuals with accessing the most effective smoking cessation program.

Our cancer program, one of a select group to be certified by the American College of Surgeons’ Commission on Cancer, provides comprehensive services. But it is only one facet of all that we offer. This is good news, because cancer doesn’t often occur in a vacuum. Often there are other medical concerns that need to be addressed.

Our hospital has the capability to treat the multiple medical needs of the entire patient. We are committed to helping you stay healthy when you are well and helping you to get better when you are not.

I wish you nothing but the best of health!
Sincerely,

Joseph A. Quagliata
President and CEO
What does South Nassau Hospital have in common with some of the leading academic medical institutions like Brigham and Women’s Hospital/Dana–Farber Cancer Institute, Henry Ford Health System and the Palo Alto Medical Foundation? The Novalis Tx stereotactic body radiosurgery device, a new system designed to bring the latest in stereotactic technology to the range of options available to patients facing several types of cancers.

The state-of-the-art image-guided radiosurgery tool at South Nassau uses precisely focused high-energy radiation to treat tumors and other conditions anywhere in the body, including the brain, spine, lung and liver. The technology delivers a powerful beam of radiation that is conformed to the contours of the tumor, which is able to penetrate cancerous tissue more efficiently. Because the radiation is channeled to only the tumor, it spares the healthy surrounding tissue and organs. According to cancer experts, the Novalis Tx offers one of the safest and most effective treatments available today, especially since it can work around the healthy tissue, leaving it unaffected by the focused dose of radiation.

“The acquisition of the Novalis Tx body radiosurgery system is a tremendous investment in the health and well being of our patients who suffer from benign and malignant tumors and other conditions,” said South Nassau’s director of radiation oncology Edward Mullen, M.D., who is also co-director of Long Island Gamma Knife®. “This system is the most up-to-date technology that is precise and clinically accurate, targeting tissue less than one millimeter in size.” He added, “the combination of the Gamma Knife and the Novalis Tx gives South Nassau the most powerful approach to treating cancers anywhere in the body.”

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South Nassau Hospital has unveiled its new da Vinci Si Surgical System®, a state-of-the-art robotic system used to perform a wide range of surgical procedures.

Using the da Vinci system, surgeons maneuver robotic arms using a console with two foot pedals and two hand controllers while viewing a high definition 3-D image of the surgical area. The instruments operate through tiny incisions approximately the size of a dime. The surgeon’s view of the surgery area far exceeds what can be seen with the naked eye and the robotic instruments translate the surgeon’s movements with precise technical control. Although the system is called “robotic,” it cannot control any function or operate on its own. It requires the surgeon’s direct input to perform any type of movement.

Some of South Nassau’s top surgical talent currently using the da Vinci System include David A. Silver M.D., director of urologic oncology; Ann Buhl, M.D., director of gynecologic oncology; Ira Bachman, M.D., director of gynecology and Rajiv Datta, M.D., chair of surgery; and chief of surgical oncology/head and neck.

“The system enables us to perform complex dissection or reconstruction minimally invasively, with greater dexterity, precision and superior visualization,” said Dr. Datta, who is also the hospital’s medical director of the cancer center. “It makes many complex procedures more routine.”

For most patients, surgery with da Vinci means a shorter hospital stay, less blood loss, less pain and a quicker recovery. “Using the da Vinci System to perform prostatectomy offers our patients effective cancer control, faster return of continence and sexual function as well as the bonus of shorter hospital stays, minimal discomfort and the ability to return to work faster,” said Dr. Silver, who uses the robotic system to not only perform prostatectomies but kidney and bladder cancer surgeries as well.

For more information about robotic surgery, call 1-877-South Nassau or visit southnassauroboticsurgery.org.
Laparoscopic and bariatric surgeon Gregory Nishimura, M.D., didn’t need to make a single incision to relieve Vernon Barber’s chronic acid reflux disease. That’s because South Nassau’s Dr. Nishimura specializes in using a minimally invasive surgical device called the EsophyX® to perform transoral incisionless fundoplication, which corrects the cause of gastroesophageal reflux disease or GERD.

“The fire has gone out and what is left is an occasional smoking ember,” said Mr. Barber. “The results of the surgery, I have to say, appear at this point in time to be a success.”

Clinical studies show that 80 percent of patients who had the procedure reported a reduction or elimination of GERD symptoms. And nearly 80 percent of patients reported that two years after surgery they were still off daily medications, such as H2 blockers and proton pump inhibitors.

“It has been five months since I had the procedure,” said Mr. Barber. “I am now able to eat and drink just about anything without significant ill effects, and I am off of all medications that I needed to manage the reflux.”

GERD occurs when stomach acid or bile flows back into the food pipe or esophagus. This typically occurs because the lower esophageal sphincter, a band of smooth muscle that closes and opens the lower end of the esophagus, weakens. The weakening prevents the sphincter from closing up completely after food empties into the stomach, allowing acid from the stomach to back up into the esophagus.

The constant backwash of acid irritates the lining of the esophagus and causes GERD. Its signs and symptoms include heartburn, chest pain, dry cough and difficulty swallowing; sour taste in the mouth; hoarseness or sore throat; regurgitation of food or sour liquid; and sensation of a lump in the throat.

The procedure, which is performed under visual guidance of an endoscope or long tube that contains a light and a mini video camera inserted into the mouth, reinforces the sphincter in the upper stomach. The reinforcement is accomplished by folding the upper portion of the stomach around the gastroesophageal junction (where the esophagus connects to the stomach) and securing it with special fasteners.

Compared to traditional laparoscopy or invasive open surgery, EsophyX means a shorter hospital stay, less pain and no scarring. “In fact, most patients are discharged from the hospital the next day and are able to perform daily activities within a week,” said Rajeev Vohra, M.D., chief of minimally invasive surgery and bariatric surgery at South Nassau.

For more information or to schedule a consultation, call (516) 374-8631 or go to www.southnassaubariatrics.org.
South Nassau Hospital’s Cancer Program has been named a recipient of the American College of Surgeons Commission on Cancer’s Outstanding Achievement Award. South Nassau is one of just five hospitals in New York and only 82 in the United States to receive the prestigious award.

“This award is a testament to our commitment to provide a standard-setting cancer care program to residents of Nassau’s South Shore communities,” said Joseph A. Quagliata, president and CEO of South Nassau.

The Commission on Cancer Outstanding Achievement Award recognizes cancer programs that provide quality care to cancer patients.

The American College of Surgeons Commission on Cancer is a consortium of professional organizations dedicated to improving survival and quality of life for cancer patients through setting of standards, prevention, research, education and the monitoring of care.

South Nassau’s Comprehensive Cancer Care Program offers the following services:

**In Oceanside:**
- Complete Women’s Imaging Center
- PET/CT Service
- Long Island Gamma Knife® Center
- Center for Prostate Health
- Center for Breast Health

**In Oceanside and Valley Stream:**
- Center for Lung Health (Oceanside/Valley Stream)
- Radiation Oncology Department (Oceanside and Valley Stream)
- Surgical Oncology Department (Oceanside and Valley Stream)

**In Valley Stream:**
- GYN Oncology Department

To schedule a consultation or for more information about South Nassau’s Cancer Program, call 1-877-SouthNassau or go to southnassau.org.
Surgeon Named a “Top Doctor” in Colon and Rectal Surgery

Surgical oncologist Rajiv Datta, M.D., has been selected for inclusion in the 13th edition of Top Doctors: New York Metro Area. This is the third consecutive year that Dr. Datta will be included in the acclaimed guide from Castle Connolly Medical Ltd., which spotlights the top 10 percent of primary care and specialty care physicians in the tri-state New York area.

“I am honored to be listed among the very best doctors in the area. My successes and the quality of the care my patients receive is a direct result of the team of oncologists, nurses, technicians and administrators that I work and collaborate with on a daily basis here at South Nassau,” said Dr. Datta, chair of the department of surgery and medical director of the Cancer Center at South Nassau Hospital.

Dr. Datta is listed in the “Colon and Rectal Surgery” section of the Castle Connolly guide. Doctors listed in its “top doctors” series of guides are selected after peer nomination, extensive research and careful review and screening. The Castle Connolly physician–led research team reviews the medical education, training, hospital appointments and disciplinary history of each nominee. Doctors do not pay to be included in a Castle Connolly guide.

Screening for Colon Cancer

You’ve been putting off colon screening long enough. Perhaps you’re avoiding the dreaded bowel prep or you’re bothered by the inconvenience. Reservations aside, colon cancer is still the second leading cause of death, which killed nearly 50,000 Americans last year. To prevent colon cancer, you need to detect it early.

Enter virtual colonoscopy. Unlike conventional colonoscopy where a flexible tube with a camera is inserted into the rectum and advanced through the intestine, virtual colonoscopy is minimally invasive and involves pumping air into the colon to better visualize polyps or bowel disease.

Also called CT (computed tomography) colonography, the procedure uses low-dose X-rays and computers to produce detailed 3-D images of the colon (large intestine) on a computer screen.

The minimally invasive procedure produces a similar view of the colon similar to what a gastroenterologist would see during a conventional colonoscopy. And it uses no sedation or pain relievers and is quicker than the conventional method.

“What’s so amazing about viewing images from the CT colonography is that it enables us to virtually ‘fly through’ the interior of the colon and rectum to detect polyps and other abnormalities,” said Evan Mair, M.D., director of body imaging.

However, like the conventional procedure, a bowel cleansing regimen is required prior to the virtual colonoscopy, so the radiologist can detect polyps or other abnormalities in the colon. A limitation of the procedure is that it is strictly a diagnostic procedure and cannot remove polyps like a conventional colonoscopy. Also, the procedure is not typically covered by insurers.

For the most part, colorectal cancer is a preventable illness,” Dr. Mair said. “People 50 and older and those younger who have a family history of colon cancer and polyps should be screened.”
South Nassau Hospital’s Long Island Gamma Knife® has treated nearly 1,000 patients with a variety of tumors, such as acoustic neuromas and meningiomas, and other abnormalities, including trigeminal neuralgia and arteriovenous malformations.

Recently, the Long Island Gamma Knife® expanded the use of its bladeless surgery center to treat intractable or hard-to-treat cancer pain as well as essential tremors.

Treatment regimens, from medication to surgery, have been used to control intractable cancer pain without much short- or long-term success. Gamma Knife pituitary radiosurgery, also called Gamma Knife hypophysectomy, is being used with increasing frequency to bring short- and long-term pain relief to cancer patients without any secondary side effects.

By targeting the pituitary (a gland at the base of the brain that secretes hormones regulating many organs) with a single dose of Gamma Knife radiation, pain is eradicated. One treatment delivered in a 45–minute session is equivalent to 20 to 30 traditional radiation treatments.

However, experts caution that Gamma Knife radiosurgery of the pituitary gland is only used as a last resort, after other more conservative measures have failed.

Studies on the effectiveness of the Gamma Knife radiosurgery have shown that patients experience significant pain reduction within 48 hours after treatment and that it has a long–lasting clinical effect in controlling cancer pain.

Gamma Knife radiosurgery has also proven effective in the treatment of essential tremors. A condition that affects millions of children and adults, essential tremors can become debilitating over time. The disorder most often affects the hands, but may also affect the head and neck, face, jaw, tongue, trunk and the voice.

Approximately 1 in 20 people older than age 40, and 1 in 5 people over 65 have essential tremors. It’s estimated that the disorder is 8–10 times more common than Parkinson’s.

Gamma Knife treats essential tremors by targeting the thalamus, a tiny area of the brain that controls some involuntary movements. The procedure, called Gamma Knife thalamotomy, is a safe and precise, non–invasive treatment that has improved otherwise unmanageable cases of essential tremor. After treatment, 90 percent of patients with the condition have experienced a clinically meaningful improvement in their score, with 50 to 78 percent of patients reporting either no or very slight intermittent ETs. Patients with multiple sclerosis have also reported significant improvement in their conditions, increasing their ability to perform daily activities independently.

For more information on the Long Island Gamma Knife, or to arrange for an evaluation, call 1–866–LI GAMMA.
Palliative Care vs. Hospice Care

Is palliative care the same as hospice care? Not exactly. “Palliative care is a medical specialty focused on the relief of suffering and treatment of patients whose disease may not be responsive to curative treatment,” explained Laura Hummel, R.N., administrator of palliative care and geriatric services at South Nassau.

“Palliative care is an umbrella term and hospice care falls under that umbrella.”

Hospice care provides palliative care to patients who are terminally ill and have fewer than six months to live. Palliative care is geared to those with life-threatening or chronic illness who are receiving treatment.

The goal of palliative care is to improve the quality of life in patients suffering from life-threatening and chronic diseases, such as cancer, dementia and lung disease. The quality of life is improved by preventing or treating the symptoms of a disease, side effects caused by the treatment and addressing psychological, social and spiritual concerns.

“We focus on matching the goals of the patient with the goals of treatment while managing symptoms that cause pain, suffering and discomfort,” Ms. Hummel said. “We collaborate with the attending physician and hospital staff to achieve the best possible quality of life for patients and their families.”
Richard DePalma knows full well he cheated death – not once or twice, but three times. Last summer, relatives rushed the 74-year-old retired accountant to South Nassau’s Emergency Department with an infection of his blood stream.

While at the hospital, he developed respiratory arrest, cardiac arrest three times and phlebitis in both legs and hands. Once he was stabilized, he lay in intensive care in a coma for weeks. In a desperate attempt to save his gangrenous hands and legs, he was transferred to another facility for hyperbaric therapy.

There, doctors had no choice but to amputate both legs below the knee, all the fingers on his right hand and three fingers on his left. Happy to be alive, the former marathon runner now had to learn how to walk again. Therapists told him he would be dependent on a cane and would require a stair lift to help him to the second story of his Rockville Centre colonial.

While in inpatient rehabilitation at a Nassau County hospital, he learned about the Amputee Walking School at South Nassau Hospital’s Sports Medicine and Rehabilitation Therapy (SMART) Center. The program provides amputees like Mr. DePalma who have completed basic physical therapy at the hospital or elsewhere with a free supervised program that evaluates the patient’s prosthesis, gait, balance, spatial orientation and strength and offers support, education, exercise instruction and inspiration.

The program was co-founded by two paralympians and amputees, Todd Schaffhauser and Dennis Oehler, who won gold medals for sprinting and international track and field events.

After learning of the walking school, Mr. DePalma began intensive outpatient rehabilitation in September at South Nassau’s SMART Amputee Center. There, physical therapists worked with him to speed healing to his wound, improve the flexibility and strength of his legs and facilitate the proper fit of the prostheses.

Once he could stand and walk with the prostheses, therapists enrolled him in the walking school.

By December, he was walking without the help of a walker or cane. “Mr. DePalma is way above the norm,” said Ernesto Capulong, M.D., director of the SMART Center. “Now he is training to run on the treadmill.”

“The trainers and therapists were great,” said Mr. DePalma, who recently resumed driving for the first time since his illness. “They maximized my ability… I owe my life to South Nassau.”

For more information about South Nassau’s Amputee Center or the Amputee Walking School, call (516) 255-8200.

“‘The trainers and therapists were great. They maximized my ability… I owe my life to South Nassau.’”

–Richard DePalma
**South Nassau is Smoke-free**

On June 1, the South Nassau campus went smoke-free. The new policy means no smoking is permitted anywhere on the campus or parking lots. The ban protects patients, employees and visitors from the hazards of cigarette smoke.

The move to a smoke-free campus was driven in part by New York State Health Commissioner Richard Daines’s mission to improve the health of the state's residents.

South Nassau began paving the way to a smoke-free campus by implementing a five-week smoking cessation course for its employees in January 2009. The course is now offered to the public.

**Ask the Expert**

*In this issue, Linda Efferen, M.D., South Nassau’s chief medical officer, taps the expertise of Sheila D’Nodal, M.D., vice president of ambulatory services who developed and implemented South Nassau’s smoking cessation program, to answer your question about the most effective way to kick the smoking habit.*

**Q:** Is there one best way to quit smoking?

**A:** First, congratulations on your decision to quit smoking! Granted, cigarette smoking is a hard habit to break. There are a number of different tactics you can try to accomplish your goal. First, set a quit date. Once you’ve established the date, remove your cigarettes, lighters and ashtrays from your home. Next, inform your family, friends, co-workers and health care provider of your decision to quit. Your most important step is to attend a stop-smoking program, (see “South Nassau is Smoke-free” above) where the support of other ex-smokers can help you through difficult times.

Identify situations or triggers that are likely to put you at risk for relapsing. For instance, if you enjoy going to a bar with friends for a drink, don’t. Having a drink is strongly associated with relapse. Or, if you smoke when you’re bored, find an interesting hobby or pastime.

To double your chances of quitting, you can try stop-smoking aids, such as over-the-counter Nicotine patches, lozenges and inhalers. Or see your health care professional for prescription medication, such as Wellbutrin, which will help quell nicotine cravings.

None of the above approaches are fool-proof. Combine the approaches that are right for you. If you should slip, improve your coping skills, set another quit date and try again.

**Novalis Tx**

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Developed by Varian Medical Systems and BrainLAB, the technology combines the benefits of surgery and radiation to noninvasively treat tumors that are otherwise inaccessible or too close to vital structures in the brain or spinal cord to safely perform invasive or open surgery.

“Speed is very important when treating tumors that move,” said Dr. Mullen. “The system is so sophisticated that it can even adjust for the movement that may occur with normal breathing.”

The system delivers treatment beams from virtually any angle “with a set of image guidance and motion management tools that guide the positioning of the patient and monitor motion during treatment,” said Leester Wu, M.D., radiation oncologist.

“The imager actually lets clinicians see the precise location and shape of the tumor, so we can fine-tune the patient’s position to make sure that it hasn’t changed prior to treatment,” Dr. Mullen said.

The treatment, which is typically delivered in 1–5 sessions lasting no longer than 20 minutes each, requires no hospitalization. Following the outpatient procedure, patients are able to resume their daily activities.

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Repairing Damaged Hip Joints, But Not the Traditional Way

Are you under 50, active and have persistent hip pain for at least three months despite physical therapy? Are you avoiding hip replacement surgery because of your age? Then hip arthroscopy may be right for you.

Since the 1960s, minimally invasive arthroscopy has routinely been used on elbows, shoulders, ankles, knees and wrists to repair damaged tissue and cartilage. Increasingly, doctors are performing the technology on the hip joint.

Arthroscopy is performed through small incisions using miniscule instruments that contain a high-definition camera. With the technology, surgeons can see inside the entire hip joint by viewing crystal-clear images relayed to a computer screen.

Patients who have undergone arthroscopy rather than traditional open surgery have reduced pain, minimal scarring, a lower risk of infection and quicker return to daily activities. What’s more, they typically go home the same day following the outpatient procedure.

“It’s an extremely valuable tool and generally easier on the patient than the more invasive open surgery,” said James Germano, M.D., chief of South Nassau’s hip service who is one of the few surgeons on Long Island performing hip arthroscopy.

“In many cases,” continued Dr. Germano, “hip replacement can be delayed or avoided altogether.”

To find out if you are a candidate for hip arthroscopy, call 1–866–32–ORTHO.

The Gift of Foresight

Remembering South Nassau Hospital in your will is a thoughtful way to provide for the future well-being of your friends, neighbors and loved ones. A bequest to South Nassau will provide the communities we serve with the gold standard of care for generations to come.

If you have not already done so, I encourage you to consider making a commitment of support to the hospital through your estate plan. It’s easy to plan such a gift when making a will or to add a bequest to a current will. If you have made a provision for South Nassau in your will, I hope that you will let us know, so that we may express our appreciation for your support.

With this in mind, we have started our Legacy Society Program for selected supporters of the hospital. As a member of our Legacy Society, you will receive special recognition on a plaque in the hospital lobby and an invitation to attend an annual dinner.

You may direct that your bequest be used for the general needs of the hospital or for a specific purpose. If you wish to designate your bequest to a specific purpose, please feel free to consult our staff about the many opportunities that exist to make a satisfying and personally rewarding gift that will help to secure the future of high quality health care for residents of Long Island’s South Shore.

To learn more, call the Development Office at (516) 377–5360.

A bequest is a gift that keeps on giving.

Health Tips

Love Your Heart and Quit Smoking!

Heart disease is the leading cause of death in the U.S. today, and the leading cause of death for smokers. Each year, smoking is directly linked to 30 percent of all heart disease deaths in the country. Bottom line: smoking is hard on the heart.

Here are some tips to prevent heart disease:

• Watch your waistline
  Choose a balanced diet that is low in saturated fat and high in lean protein, fruits, vegetables and grains. Be good to your heart by maintaining the proper weight for your age and body type.

• Keep moving
  As little as a half hour of exercise daily can protect your heart. Aerobic activities such as walking and running will help. Take the stairs instead of the elevator. Spend a few minutes of your lunch break strolling around the neighborhood. And think of house work or gardening as additional opportunities to exercise.

• Watch your cholesterol
  The toxins in tobacco lower your high-density lipoprotein (good cholesterol) and raise your bad cholesterol (LDL). A high level of LDL is a significant risk factor for hardening of the arteries. Other factors that influence cholesterol are genetics and eating a diet high in saturated fats and refined sugars.

• Maintain normal blood pressure
  While at the doctor’s getting your cholesterol checked, have your blood pressure checked also. If your blood pressure is high, take it seriously and follow your doctor’s recommendations.
**South Nassau Physician Among Long Island’s Top 50 Influential Businesswomen**

Linda Effereen, M.D., senior vice president and chief medical officer, was honored as one of Long Island’s Top 50 Businesswomen by Long Island Business News at an awards dinner at the Crest Hollow Country Club on May 20. The award recognizes the significant contributions of professional women on Long Island. She is flanked by Maureen Liccione, left, event presenting sponsor and partner at Jaspan Schlesinger LLP, and Kathleen Gobos, associate publisher, Long Island Business News.

**Volunteer Honored with Town of Hempstead Pathfinder Award**

The Town of Hempstead recently honored South Nassau volunteer Marguerite (Peg) Wilson with the Pathfinder Award for her contributions to health services.

Ms. Wilson has led a group of volunteers at the hospital each week for more than four decades and had served as a volunteer at South Nassau’s Rockville Centre Thrift Store for 25 years.

In 1999, South Nassau honored Ms. Wilson with its Mary Pearson Award for contributions that advanced the hospital’s mission of delivering compassionate and standard-setting care.

In addition to her work at South Nassau, she has been recognized by the village of East Rockaway for her involvement in community affairs. Some 50 years ago she established the 4H Club of East Rockaway and has also served as a trustee of the Roman Catholic Church of the Most Precious Blood. In 2004 she was honored with the East Rockaway Foundation Award for outstanding service to the community and has also received a Certificate of Honor from the New York State Assembly, recognizing her wartime service as a “Rosie the Riveter.”

**Novalis Tx** continued from page 11

Novalis Tx™ body radiosurgery can also treat recurrent tumors and tumors that were previously treated with radiation.

Treatment is delivered by a team of compassionate and skillful physicians, nurses, technicians, therapists, physicists and medical dosimetrists (who develop radiation dose calculations in collaboration with the medical physicist and radiation oncologist) with experience in treating benign and malignant tumors.

South Nassau’s team of experts guides patients through the surgical process every step of the way, explaining how to prepare for the procedure, what to expect and when to follow up with physicians.

Nurses also provide telephone-based support and education for patients, contacting them prior to and following the procedure to answer questions or clarify instructions.

“The beauty of this very focused and precise image-guided radiosurgery system is that it can safely and very accurately treat patients without a single incision,” Dr. Wu said.

For more information about the advantages of the next generation stereotactic radiosurgery, the only Novalis Tx and Gamma Knife available on Long Island, call (516) 632-3360

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*Pathfinder Award winner and South Nassau volunteer Marguerite (Peg) Wilson, right, with Hempstead Town Supervisor Kate Murray.*
South Nassau Hospital Honors Its Volunteers

On April 28 South Nassau paid tribute to more than 325 volunteers for their 54,702 hours of dedicated service to the hospital during 2009.

At a luncheon in South Nassau’s Albert Conference Room, chairman of the board of directors Harold Mahony and president and CEO Joseph A. Quagliata praised the committed men and women who perform daily acts of kindness, from running errands to offering patients reading and listening materials.

South Nassau recognized Timothy Schlammeuss of Lynbrook with the Five-Star Volunteer Award for 2009. The award, which recognizes a volunteer who demonstrates extraordinary dedication and service to South Nassau Hospital, was given in memory of the late volunteer Adelaide Cromwell.

Joining him are, from left, Harold Mahony, chairman of the board of directors; Elizabeth Nardone, vice president of development; Phyllis Citera, director of volunteer services; and president and CEO Joseph A. Quagliata.

Dorothy Sharer of Baldwin was presented with the Lifetime Achievement Award in recognition of 30 years and 20,000 hours of service to South Nassau. With Ms. Sharer are, from left, Mr. Mahony, Ms. Citera, Ms. Nardone and Mr. Quagliata.

The Snowflake Award was presented to a group of volunteers who went above and beyond the call of duty during this past winter’s snowstorms.

From left, Edward Harnett, Dorothy Sharer, Sheldon Bryman, Patricia DeLucie, Edward DeLucie, Sr., Kristin Kok, Aqil Luqman, Joseph Moyse and Timothy Schlammeuss. Ms. Citera is far right.

The following volunteers also received awards:

- 20,000-Hour Award: Peg Wilson
- 15,000-Hour Award: Bernice Zachmann
- 5,000-Hour Award: Hilda Friedman

Chefs Raise $125,000+ for Advancements in Orthopedics

Evening of Good Taste founder and South Nassau executive chef Stephen Bello presents a commemorative chef’s coat to Michael Passet, CEO, Orlin & Cohen Orthopedic Group, the event’s top sponsor. Craig Levitz, M.D., chief of orthopedics, looks on.

More than 900 food and wine enthusiasts feasted on the finest foods, desserts, pastries and wines served in the Long Island/New York metro area at the 17th Annual “Evening of Good Taste” culinary extravaganza. Held at the Crest Hollow Country Club, the event raised more than $125,000 in support of South Nassau Hospital’s Center for Advanced Orthopedics.

Stitches from the Heart, a non-profit charitable organization consisting of volunteers who knit, crochet and sew scarves, hats, booties, blankets and quilts for hospitalized newborns and cancer patients in the metropolitan area, donated more than 100 scarves to cancer patients at South Nassau Hospital.

Standing, from left, Gayle Somerstein, R.N., manager of surgical oncology services; Jacqueline Cavalleri, office coordinator of radiation therapy; Cat Taylor, assistant vice president of oncology services; Geri Barish, president of 1 in 9 and executive director of Hewlett House; and Robin Grass, R.N., director of community education. Seated, are members of Stitches from the Heart who knitted or crocheted the donated scarves. From left, members Lorraine Adams of Lynbrook; Margaret McCarty of Bellmore; Elly Bennett of Wantagh; Barbara Bohnhart, senior representative of the New York chapter; and members Maria Burke and Patricia Piano, both of Lynbrook.

More Donations from the Heart

SIBSPlace Auction Raises $270,000 as Hospital Celebrates Program’s 10th Anniversary

South Nassau Hospital’s SIBSPlace (Survivorship in Brothers and Sisters) Annual Auction held recently at the Seawane Country Club in Hewlett Harbor raised $270,000 in support of the program on its 10th anniversary.

SIBSPlace provides free support services and guided recreation for the well siblings of children and parents with life-threatening illnesses.

The annual auction honored SIBSPlace founder and South Nassau board member Michael Schamroth and supporters Norman and Arlene Basner; James and Denise Daly; Harold and Marilyn Janow; Al and Joan Perkell; The Laura Rosenberg Foundation; and The Wegman Family.
South Nassau not only receives visitors during the holiday season and throughout the year but also sends its doctors, nurses and other health care professionals into the community to educate and promote health and well-being.

**Teddy Bear Clinics Ease Children’s Hospital Anxiety**

Kindergarteners from Oceanside’s School No. 6, along with their fluffy “patients,” are all smiles at one of South Nassau’s recent Teddy Bear Clinics. The “clinic” aims to educate kindergarten children on how common emergencies are diagnosed and treated in a hospital environment. South Nassau coordinates the clinics with the Oceanside and Rockville Centre school districts. The clinics are offered twice a year in the fall and spring.

*From left, kindergarteners Kaitlyn Cornell, Emma Winter, Madison Tehan, Brooke Cortazzo and Tal Lypnik.*

**Valley Stream North High School Students Donate Gifts for Kids**

On April 1, members of the National Junior Honor Society donated 30 books titled “The Jester Lost His Jingle,” as well as Pharley dolls, to the Pediatric Unit, Pediatric Emergency Room and SIBSPlace.

*Standing, from left, student Abigail Balsam; Kerri Wagner, child-life consultant; students Katie Carroll and Simran Parmar, along with Lynn Bert, R.N., pediatric nurse manager and Jill Goldstein, student advisor. Kneeling: students Taylor Milone, Morgan Gartner and Raishma Singh.*

**South Nassau Physician Speaks at Sandel Senior Center**

On March 2, podiatrist Jay Kerner, D.P.M., presented “Your Fabulous Feet” to members of the Sandel Senior Center in Rockville Centre. Standing, from left, Dr. Kerner; members Josephine Gibaldi and George Antonucci; and program coordinator, Mary Pettas. Seated, members Annette Silversmith and Mary Leonard.

**South Nassau President Addresses Atlantic Beach Town Meeting**

Joseph A. Quagliata, president and CEO of South Nassau, along with Cheryl Rosner, R.N., nurse practitioner from South Nassau’s Center for Cardiovascular Health, spoke at the Atlantic Beach Town Meeting on May 10. Mr. Quagliata highlighted the newly acquired technology at the hospital, and Ms. Rosner provided an overview of some of the hospital’s cardiovascular services.

*From left, Cheryl Rosner, R.N., nurse practitioner; Atlantic Beach Mayor Stephen Mahler; and Joseph A. Quagliata, president and CEO of South Nassau Hospital.*

**Locks for Love**

SIBSPlace volunteers Perri Cooper, left and Jolie Kemp join the program’s assistant counselor, Dani Forte, right, display their donations to Locks of Love, which benefits children who have lost their hair due to a medical condition or treatment.
**Large Turnout for Head and Neck Cancer Screening**

South Nassau Hospital recently conducted a free head and neck cancer screening for employees and members of the community.

Several South Nassau physicians, including Rajiv Datta, M.D., chairman of the department of surgery; Vincent Reid, M.D., surgical oncologist, Comprehensive Cancer Center; Louis Rosner, M.D., ear, nose and throat specialist; and Robert Licul, D.D.S., director, division of oral and maxillofacial surgery, performed the screenings on April 16 for more than 70 community members, nine of whom required a follow-up office visit.

South Nassau plans to hold the event semi-annually, with the next head and neck screening slated for the fall.

**Save the Date**

**L.I. CRUIZIN’ FOR A CURE**  
Free Prostate Cancer Screening  
Saturday, September 12  
Capital One Bank Building  
L.I. Expressway Exit 49 N (Rte 110)  
For more information, call Sandy Kane at 888-lcrucz or e-mail him at info@lcruzinforacure.com.

**CARNATION BALL**  
Saturday, November 6  
Cradle of Aviation Museum  
Garden City  
For more information, call (516) 377-5360.

**5K RUN/WALK & MULTICULTURAL HEALTH FAIR**  
Sunday, September 26  
South Nassau Hospital  
For more information, call (516) 377-5370.

**Donate the Gift of Life**  
Just one pint of blood can help save three lives. Mark your calendars and plan to donate on October 21.

**Where?**  
South Nassau’s Albert Conference Room  
**When?**  
From 7 a.m. – 9 p.m.

For more information or to register, call South Nassau’s Department of Human Resources at (516) 632-4080.

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**Community Education Support Groups**

(516) 377–5333  
**NEW!** Ostomy Support Group  
Wednesday, September 16  
(3rd Wednesday of each month)  
7 p.m., Conference Center A  
Bariatric Support Group  
Coma Recovery Association  
Diabetes Support Group  
Dialysis Family Support Group  
Eating Disorders Support Group  
Tuesday evenings  
Mental Health Counseling Center, Baldwin  
Call (516) 377–5333

Heart Club  
Parkinson’s Support Group  
Stroke Club  
Type 1 Diabetes Support Group

**Parent/Child Education Programs**

(516) 377–5310  
Baby Care Class  
Breastfeeding Support Group  
Breastfeeding and Working Class  
Infant and Child CPR  
Maternity Orientation  
Mommy and Baby Yoga Class  
Prenatal Yoga Class  
Preparation for Breastfeeding Class  
Prepared Childbirth Class  
Safe-Sitter™ Class  
Sibling Class

**Counseling Center Support Groups**

(516) 377–5400  
Bereavement Support Group  
Divorced and Separated Support Group  
Families of Those With Mental Illness Support Group  
Well–Spouse Support Group  
SIBSPlace (516) 374–3000

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