LET'S CONNECT

Follow us on Facebook, Instagram, LinkedIn, and Twitter using the handle @MedicalNassau to stay up to date on NCMS news and health awareness days that are important to our community. Subscribe to our YouTube channel to view our growing library of webinars, in case you might have missed any!

MEMBER OF THE MONTH

Is there a member of NCMS who has done outstanding work in their medical practice and deserves recognition? Send us an email to nominate the next Member of the Month.

October: Irina Dashkova, MD
December: Mr. Dylan Cooper and Ms. Brittany Hsu

EVENTS AND OTHER NEWS

Check back for webinars in 2023!
If you missed our 2022 Fall Membership Meeting in Honor of Dr. Ronald B. Menzin, you can watch the recap here.
Dr. Gerald Ente, past NCMS president and recipient of the 2022 Sidney Mishkin award, tells you all about the trippedemic in his article here.

HOW TO STAY SAFE THIS WINTER

Throughout the winter season, the Nassau County Medical Society would like to remind our members and the Nassau County community to act with caution to mitigate the risk of spreading or contracting one of three prevalent viruses: COVID-19, the flu, and RSV. While our focus during the winter holidays should have been on our loved ones, we must remember that these viruses are unpredictable and may pose more harm to some than others.

According to the AMA, while “the average number of daily [COVID-related] deaths reported each day has fallen slowly but steadily since September... seasonal influenza activity is elevated across the country” and “the RSV hospitalization rate is 10 times higher than usual for this point in the season.” Some are referring to the prevalence of all three viruses and the strain they have created on the hospital systems as the “tripledemic” this year, and NCMS would like to share ways we can continue to enjoy this winter while staying safe (continued on page 2).
2022 FALL MEMBERSHIP MEETING, IN HONOR OF DR. RONALD B. MENZIN

HOW TO STAY SAFE THIS WINTER

We can utilize multiple available resources: vaccines, boosters, and COVID tests. Although there is no vaccine to prevent RSV, the COVID-19 bivalent vaccine is available to those five years old and up, and the flu vaccine is available to those older than 6 months. It is important that we continue to rely on COVID tests to determine whether or not we have contracted the virus, especially for those who have attended indoor social gatherings or have been traveling to see loved ones this season. If you test negative and you experience flu-like symptoms or exhibit signs of any of the viruses, you should isolate yourself to ensure the safety of your friends and family.

Remember to act with the most vulnerable person in your group in mind and take extra caution in the days leading to any gatherings. This may include wearing a mask when traveling or moving outside to reduce the risk of spreading airborne viruses, like COVID-19. Preventing the spread of these viruses, including RSV, can be as easy as washing your hands. According to the CDC, “Many diseases and conditions are spread by not washing hands with soap and clean, running water.” If we are all cognizant of our actions, we will keep each other safe from viruses and lessen the strain on hospitals and healthcare workers.

We wish you a safe, happy, and healthy New Year!
Nassau Academy of Medicine: Pride in the Profession Scholarship

Membership is free for medical school students in Nassau County. The Nassau Academy of Medicine awarded scholarship funds to student members who exhibited the qualities of physician leaders and pride in the field of medicine. Congratulations to this year's recipients! We look forward to supporting our members through every stage of their career.

Mr. Dylan Cooper
Donald and Barbara Zucker School of Medicine at Hofstra
Class of 2024

Ms. Brittany Hsu
New York Institute of Technology College of Osteopathic Medicine
Class of 2023
happy New Year

from the

The Nassau County Medical Society &
the Nassau Academy of Medicine