



NASSAU COUNTY MEDICAL SOCIETY

The Pulse Point

Term: Fall/Winter | Issue 3 | Date: November 1, 2024

LET'S CONNECT

Follow us on Facebook, Instagram, LinkedIn, X, and Threads 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!

SPONSORSHIP OPPORTUNITIES

The Nassau County Medical Society and the Nassau Academy of Medicine have been developing sponsorship packages for businesses who would like to sponsor our events throughout the year.

For more information, please view the webpage for our [Annual Sponsors](#).

UPCOMING EVENTS

November 7, 2024

- Fall Social
Click [HERE](#) for more information

November - December

- NCMS Toy Drive
- NAM Book Drive

January 15, 2025

-Managing Your Social Media Presence
Click [HERE](#) for more information



MESSAGE FROM THE PRESIDENT

Dear Members,

As the seasons change and we transition from the lazy days of summer to the busy post-Labor Day period, the Nassau County Medical Society (NCMS) is here to advocate for you. Representing over 4,000 members, we are the largest county medical society in New York, and we are dedicated to being your voice, especially as more physicians work for organizations rather than independent practices.

Recent Activities and Advocacy

Fall Legislative Breakfast:

We recently held our virtual Fall Legislative Breakfast with Governor Hochul's office, state Assembly members, Senators, and their staff representing Nassau districts. Led by our President-Elect, Dr. Joel Portnoy, we discussed several critical issues, including:

- Vetoing the Wrongful Death Bill/Grieving Families Act
- Concerns about Scope of Practice Expansion by mid-level practitioners
- The burden of Prior Authorization
- Reduction of Physician Reimbursement
- Medical Liability Reform
- New York State Budget Provisions:

We addressed provisions in the 2024-25 New York State Budget related to patient payment collections, which were set to take effect on October 20. One provision requires physicians to obtain a separate consent form for payment after services are delivered, posing logistical challenges and potential payment issues. This has been deferred pending further clarification.

Acknowledgments:

Thank you to Drs. David Podwall, Bernadette Riley, Narayan Agrawal, Tricia Greene, Michael Ziegelbaum, Carole Moodhe, Susan Zwanger, Paul Pipia, Scott Landman (resident physician), student doctors Kristen Coletti, Ariella Bourdeau, Harshita Pasupuleti, and David Zuckerman, and MSSNY Vice President of Legislative Affairs, Ms. Zina Cary, who participated in the legislative meeting and shared their perspectives.

Legislative Promotion:

In the next state legislative session, we plan to promote the Aid in Dying/Compassionate End of Life legislation.

Membership and Events

September Membership Meeting:

Our September meeting at The Lannin in Eisenhower Park was a great success, with over 100 attendees. Dr. Harold Fernandez shared his inspiring journey from an illegal immigrant to a respected cardiothoracic surgeon. The event provided a warm and convivial setting for peer interaction. Special thanks to Ms. Stavroula Savelidis ("Stav") for organizing this event.

(continued on page 2)

MESSAGE FROM THE PRESIDENT

Fall Social:

Join us on November 7th at K-Pacho in New Hyde Park for our Fall Social. It's a perfect opportunity to unwind and connect with colleagues. Please RSVP by November 3, 2024.

Career Day Participation:

Several members will attend Career Day Inc. at Hicksville High School on December 6th to discuss the medical profession with students. If you're interested in participating, please contact our office.

Support and Well-being

Physician Stress:

Physician stress remains a severe issue, often leading to anxiety, depression, and substance abuse. Through MSSSNY, we offer peer-to-peer counseling and a confidential referral service. Please reach out if you need help.

Civic Engagement

Voting Reminder:

As November approaches, remember to vote for the candidate of your choice. Your vote matters, and so does your participation in our society. Contact us with any concerns or suggestions.

Best regards to you and your loved ones,

Robert Schreiber, MD, FCCP

President, Nassau County Medical Society

Gratitude and Health: A Thanksgiving Message from the Nassau County Medical Society

As we gather with family and friends to celebrate Thanksgiving, the Nassau County Medical Society extends warm wishes to our community. This season of gratitude offers a perfect opportunity to reflect on the importance of health and well-being in our lives.

A Time for Thanks

Thanksgiving is a time to express gratitude for the many blessings we enjoy. This year, we are particularly thankful for the dedication and resilience of our healthcare professionals. Their unwavering commitment to providing exceptional care has been a beacon of hope and healing for many.

Health and Gratitude

Did you know that practicing gratitude can have a positive impact on your health? Studies have shown that gratitude can improve mental health, enhance sleep quality, and boost overall well-being. Taking a moment each day to acknowledge the things we are thankful for can lead to a healthier, happier life.

Tips for a Healthy Thanksgiving

1. **Mindful Eating:** Enjoy your Thanksgiving feast, but remember to eat mindfully. Savor each bite and listen to your body's hunger cues.
2. **Stay Active:** Incorporate physical activity into your holiday plans. A family walk or a friendly game of football can be a fun way to stay active.
3. **Connect with Loved Ones:** Social connections are vital for mental health. Take time to connect with family and friends, whether in person or virtually.
4. **Practice Gratitude:** Start a gratitude journal or share what you're thankful for around the dinner table. Focusing on the positive can enhance your mood and overall well-being.

Supporting Our Community

The Nassau County Medical Society is committed to supporting the health and wellness of our community. We encourage everyone to take proactive steps towards maintaining their health, not just during the holidays, but throughout the year.

As we celebrate this Thanksgiving, let us remember to give thanks for our health, our loved ones, and the dedicated healthcare professionals who work tirelessly to keep us safe and healthy.

Happy Thanksgiving! From all of us at the Nassau County Medical Society and the Nassau Academy of Medicine, we wish you a joyous and healthy Thanksgiving.

Celebrating Community and Connection: Fall Membership Meeting 2024



On a crisp autumn day, September 17, 2024, members gathered at The Lannin in Eisenhower Park for our highly anticipated Fall Membership Meeting. The event was a resounding success, filled with camaraderie, insightful discussions, and a shared vision for the future. The day began with a warm welcome from our President, who set the tone for the meeting with an inspiring speech about the importance of community and collaboration. The beautifully decorated venue, with its elegant fall-themed decor, created a perfect backdrop for the day's activities.

A highlight of the meeting was the keynote address by Dr. Harold Fernandez, a renowned cardiothoracic surgeon and inspirational speaker. Dr. Fernandez captivated the audience with his compelling life story and insights into overcoming challenges. His speech emphasized the power of resilience, community support, and the importance of giving back. Attendees were deeply moved by his words and left feeling inspired and motivated.

One of the other highlights of the meeting was the ample opportunity for networking. Members reconnected with old friends and made new connections, fostering a sense of unity and support within our community. The networking breaks, accompanied by delicious refreshments, were buzzing with conversations and the exchange of ideas. As the meeting drew to a close, there was a palpable sense of excitement about the future. Our President outlined the strategic goals for the coming year, emphasizing the importance of continued collaboration and innovation. Members left The Lannin feeling inspired and motivated to contribute to our shared mission.

The Fall Membership Meeting at The Lannin in Eisenhower Park was more than just a gathering; it was a celebration of our community's strength and potential. The beautiful setting, engaging content, and the spirit of togetherness made it a truly memorable day. We look forward to building on this momentum and achieving great things together in the coming year. Thank you to everyone who attended and contributed to making this event a success. Here's to many more wonderful gatherings in the future!





The Future of Personalized Medicine: How Genomics is Revolutionizing Healthcare

Introduction

In recent years, the field of genomics has made significant strides, paving the way for personalized medicine. This approach tailors medical treatment to the individual characteristics of each patient, based on their genetic makeup. As medical students, understanding the potential and implications of genomics is crucial for the future of healthcare.

What is Genomics?

Genomics is the study of an organism's complete set of DNA, including all of its genes. This field encompasses the sequencing and analysis of genomes, which can reveal variations and mutations that may influence health, disease, and response to treatments.

The Role of Genomics in Personalized Medicine

1. **Disease Prevention and Early Detection:** Genomic information can identify individuals at high risk for certain diseases, allowing for proactive measures and early interventions. For example, BRCA1 and BRCA2 gene mutations significantly increase the risk of breast and ovarian cancers, and knowing one's genetic status can lead to preventive strategies.
2. **Tailored Treatments:** Personalized medicine uses genomic data to customize treatment plans. This is particularly evident in oncology, where treatments can be tailored based on the genetic profile of a patient's tumor. Targeted therapies, such as those for HER2-positive breast cancer, have shown improved outcomes compared to traditional treatments.
3. **Pharmacogenomics:** This subfield studies how genes affect a person's response to drugs. By understanding genetic variations, healthcare providers can prescribe medications that are more effective and have fewer side effects. For instance, patients with certain genetic markers may metabolize drugs like warfarin differently, necessitating dosage adjustments.

Challenges and Ethical Considerations

While the potential of genomics is immense, several challenges and ethical considerations must be addressed:

- **Data Privacy:** The collection and storage of genetic information raise concerns about privacy and data security. Ensuring that this sensitive information is protected is paramount.
- **Equity in Access:** There is a risk that genomic medicine could widen healthcare disparities if access to these advanced diagnostics and treatments is not equitable.
- **Ethical Dilemmas:** The ability to predict genetic predispositions to diseases can lead to ethical dilemmas, such as decisions around genetic testing in unborn children or the potential for genetic discrimination.

The Future of Genomics in Medicine

The integration of genomics into everyday medical practice is still in its early stages, but the future looks promising. Advances in technology, such as CRISPR gene editing, hold the potential to not only treat but also cure genetic disorders. As future healthcare providers, staying informed about these developments will be essential.

Conclusion

Genomics is revolutionizing the way we approach healthcare, offering the promise of more personalized and effective treatments. As medical students, embracing this knowledge will prepare you to be at the forefront of this exciting transformation in medicine.

Innovative Strategies for Physicians to Handle Burnout



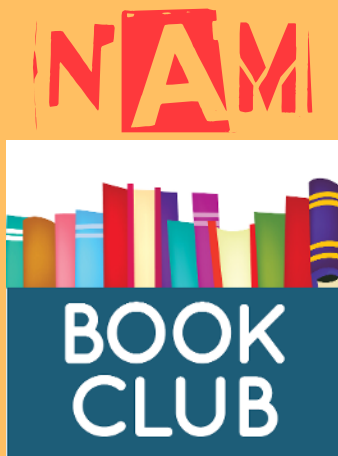
Burnout among physicians is a growing concern, with long hours, high stress, and emotional exhaustion taking a toll on healthcare professionals. To address this issue, innovative and unique strategies are being explored to help physicians manage stress and maintain their well-being.

One standout approach is the use of Virtual Reality (VR) relaxation sessions. By leveraging VR technology, physicians can immerse themselves in calming environments, such as serene beaches or peaceful forests, providing a much-needed mental escape from the pressures of their work. These VR sessions have been shown to reduce stress and anxiety, improve mood, and offer a quick and effective way to recharge during breaks.

Another innovative strategy is the implementation of narrative medicine workshops. These workshops encourage physicians to write and share personal stories about their patient interactions and experiences. Engaging in narrative medicine helps healthcare providers process their emotions, enhances empathy, and reduces emotional exhaustion. It also fosters a sense of community among physicians, creating a supportive environment where they can share and reflect on their experiences.

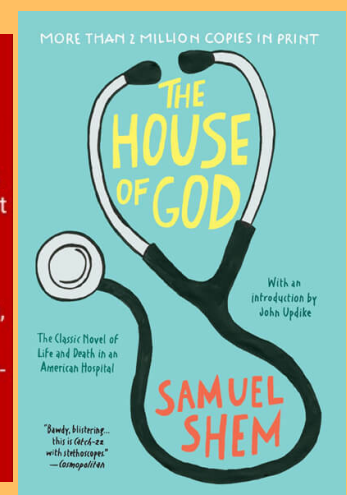
Digital detox retreats offer a unique way for physicians to disconnect from electronic devices and immerse themselves in nature or other relaxing environments. These retreats provide an opportunity to reduce digital overload, enhance mental clarity, and foster a deeper connection with the natural world. By stepping away from the constant demands of technology, physicians can rejuvenate their minds and bodies, returning to their work with renewed energy and focus.

These innovative strategies highlight the importance of addressing physician burnout with creative and effective solutions. By incorporating VR relaxation sessions, narrative medicine workshops, and digital detox retreats into their routines, physicians can better manage stress, improve their well-being, and continue to provide high-quality care to their patients. Embracing these approaches can help create a more supportive and sustainable work environment for healthcare professionals.



"The House of God" by Samuel Shem is a satirical novel that offers a raw and humorous look into the lives of medical interns at a fictional hospital, based on the real-life Beth Israel Hospital in Boston. The story follows Dr. Roy Basch, an idealistic young intern, as he navigates the grueling and often dehumanizing world of medical residency. Under the guidance of the enigmatic and unconventional resident known as the Fat Man, Roy and his fellow interns confront the harsh realities of hospital life, including the emotional and ethical challenges they face daily.

The novel is renowned for its candid portrayal of the medical profession, highlighting the psychological toll and the often absurd situations that doctors encounter. It's a must-read for anyone in the medical field, offering both a critical perspective and a dose of dark humor that resonates with many healthcare professionals.



The Health Impacts of Daylight Saving Time: What You Need to Know

As we prepare to “fall back” for Daylight Saving Time (DST), it’s important to consider the health implications of this biannual time change. While gaining an extra hour of sleep might sound appealing, the shift can have various effects on our physical and mental well-being.

The Benefits of Extra Sleep

One of the immediate benefits of the fall DST change is the extra hour of sleep. Adequate sleep is crucial for overall health, contributing to improved mood, cognitive function, and immune system performance. This additional hour can help those who are sleep-deprived catch up on much-needed rest.

Disruption to Circadian Rhythms

However, the shift in time can disrupt our circadian rhythms, the internal clocks that regulate our sleep-wake cycles. This disruption can lead to temporary sleep disturbances, such as difficulty falling asleep or waking up earlier than usual. For some, especially those with pre-existing sleep disorders, this can exacerbate sleep issues.

Impact on Mental Health

Changes in sleep patterns can also affect mental health. The transition period can lead to increased feelings of anxiety and depression, particularly in individuals who are sensitive to changes in their routine. It’s important to monitor your mental health during this time and seek support if needed.

Increased Risk of Heart Issues

Research has shown that the transition into and out of DST can have cardiovascular implications. Studies indicate a slight increase in heart attacks following the spring forward change, likely due to the sudden loss of an hour of sleep. While the fall back change is less drastic, it’s still a period of adjustment that can stress the body.

Tips for a Smooth Transition

To minimize the health impacts of the upcoming DST change, consider the following tips:

1. **Gradual Adjustment:** Start adjusting your sleep schedule a few days before the change. Go to bed and wake up 15-30 minutes earlier each day.
2. **Maintain a Consistent Routine:** Stick to a regular sleep schedule, even on weekends, to help regulate your body’s internal clock.
3. **Create a Sleep-Friendly Environment:** Ensure your bedroom is conducive to sleep—dark, quiet, and cool.
4. **Limit Screen Time:** Reduce exposure to screens before bedtime to help your body wind down.
5. **Stay Active:** Regular physical activity can help you fall asleep faster and enjoy deeper sleep.

While Daylight Saving Time can bring about some health challenges, being proactive and mindful of your sleep and overall well-being can help you navigate the transition smoothly. Remember, your health is paramount, and small adjustments can make a significant difference.

Stay healthy and enjoy the extra hour of rest!

Holiday Gift Ideas for Loved Ones: Fun, Thoughtful, and Health-Conscious

The holiday season is upon us, and it's the perfect time to show our loved ones how much we care. Whether you're shopping for kids, teens, adults, or seniors, I've got you covered with a range of gift ideas that are sure to bring joy and promote well-being. Let's dive into some fun and thoughtful gift ideas for every age group!

For the Little Ones (Ages 0-5)

1. **Interactive Storybooks:** Books that come to life with sounds and interactive elements can make reading a magical experience. Check out [Wonder Stories](#) for engaging options.
2. **Soft Plush Toys:** Choose hypoallergenic and organic materials to keep your toys health-conscious. [Bears for Humanity](#) offers a great selection.
3. **Musical Instruments:** Small instruments like tambourines or xylophones can spark a love for music early on. Find some fun options on [Amazon](#).

For Kids (Ages 6-12)

1. **STEM Kits:** Science, Technology, Engineering, and Math kits can be both educational and fun. [Sphero](#) offers a variety of kits.
2. **Outdoor Adventure Gear:** Consider binoculars, bug-catching kits, or a beginner's gardening set. Check out [Amazon](#) for some great options.
3. **Board Games:** Classic games like "Operation" or "Twister" can be great for family bonding and physical activity. [Wirecutter](#) has a list of top picks.

For Teens (Ages 13-18)

1. **Fitness Trackers:** Encourage a healthy lifestyle with a stylish fitness tracker. The [Fitbit Inspire 3](#) is a great choice.
2. **DIY Craft Kits:** From jewelry making to painting, these kits can be a great creative outlet. [Cratejoy](#) offers a variety of options.
3. **Books:** Choose from popular young adult novels or inspiring non-fiction. [Barnes & Noble](#) has a fantastic selection.

For Adults (Ages 19-64)

1. **Smart Home Gadgets:** Devices like smart speakers or home assistants can make life easier and more connected. [PCMag](#) has a comprehensive guide.
2. **Subscription Boxes:** There are boxes for everything from gourmet snacks to fitness gear, tailored to their interests. [Cratejoy](#) is a great place to start.
3. **Yoga Mats and Accessories:** Perfect for those looking to start or enhance their home workout routine. [Manduka](#) offers high-quality options.

Scan the QR code to get the
links of all the websites

Shop Now!



For Seniors (Ages 65+)

1. **Memory Books:** These can be filled with photos and stories, making a heartfelt and personal gift. [Shutterfly](#) offers customizable options.
2. **Comfort Items:** Think cozy blankets, heated slippers, or ergonomic pillows. [Brookstone](#) has a variety of comforting products.
3. **Health Monitors:** Devices like blood pressure monitors or pill organizers can help them stay on top of their health. [Omron Healthcare](#) provides reliable options.

Health-Conscious Gift Ideas for All Ages

1. **Healthy Snack Baskets:** Fill a basket with organic nuts, dried fruits, and dark chocolate. [Thrive Market](#) has a great selection.
2. **Reusable Water Bottles:** Encourage hydration with stylish, eco-friendly bottles. [Hydro Flask](#) offers durable and trendy options.
3. **Fitness Classes or Apps:** A subscription to a fitness app or local class can be a great way to stay active. [ClassPass](#) is a versatile choice.

Unique Small Gifts for Everyone

1. **Portable Bluetooth Speaker:** A compact speaker like the [JBL Go 4](#) is perfect for music lovers on the go.
2. **Japanese Kit Kat Variety Pack:** Treat them to unique flavors with a [Sugoi Mart Kit Kat pack](#).
3. **Digital Drawing Tablet:** The [Wacom Intuos S](#) is great for budding artists.
4. **Enamelware Jug:** A stylish and practical gift available at [Falcon Enamelware](#).
5. **Custom Funko Pop:** Create a personalized figure at [Funko](#).
6. **Portable Power Bank:** The [TravelCard Plus](#) is handy for anyone who needs a quick charge on the go.
7. **Sneaker History Poster:** Perfect for sneaker enthusiasts, available on [Amazon](#).

Making It Personal

To add a personal touch, consider customizing your gifts. Personalized items like engraved jewelry, custom photo calendars, or monogrammed towels show that you've put thought into their gift. And don't forget the power of a heartfelt note or card to accompany your present!

Happy gifting, and may your holiday season be filled with joy, love, and good health! 🎁 ✨

Happy Holidays

The Nassau Academy of Medicine

is proud to announce

the 2024 Pride in the Profession Scholarship Recipients



Ms. Kaylee R. Bressler
New York Institute of Technology
College of Osteopathic Medicine
Class of 2026



Mr. Ethan D.L. Brown
Donald and Barbara Zucker School of
Medicine at Hofstra/Northwell
Class of 2027

The Nassau Academy of Medicine is proud to support our physicians of tomorrow by awarding outstanding medical students each year with the Pride in the Profession Scholarship. We trust that our scholarship recipients will continue to touch the lives of those around them and advocate for the future of the medical profession.

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nassaucountymedicalsociety.org
666 Old Country Rd, Ste 705
Garden City, NY 11530



The Common Thread: The Human Experience

Patient Engagement and Cultural Competence Training Program

Sponsored by MSSNY's Committee on Health Equity

Live Webinar

Wednesday November 6, 2024 @ 7:30am

Faculty: Mauvareen Beverley, MD

Educational Objectives:

- Demonstrate empathy when interacting with diverse patients
- Extend respect for the individual's cultural beliefs regarding their health
- Outline what constitutes judgmental behavior directed at patients
- Recognize the harms of disparate care and employ methods that ensure patient dignity
- Apply methods designed to improve the health outcomes for diverse patient populations, focusing on the elderly black population

Click [here](#) to register

For more information, contact: **Melissa Hoffman** at mhoffman@mssny.org or call **(518) 465-8085**

Funding provided by the New York State Department of Health

The Medical Society of the State of New York is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Medical Society of the State of New York designates this live activity for a maximum of 1.0 **AMA PRA Category 1 credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



The Common Thread  *The Human Experience*

*The Nassau County Medical Society &
the Nassau Academy of Medicine
invite you to give back this holiday season.*

Give Toys. Give Books. Give Back.

Two ways to give:



NCMS Toy Drive

The Nassau County Medical Society will be collecting toys for all ages to donate to local charities and hospitals. Please contact the office to coordinate a time for your donation to be delivered or picked up.



NAM Book Drive

The Nassau Academy of Medicine will be collecting books for all ages to donate to local charities, libraries and schools. Please contact the office to coordinate a time for your donation to be delivered or picked up.

Contact our office to discuss how you can give back!

666 Old Country Road, Ste. 705,
Garden City, NY 11530

information@nassaucountymedicalsociety.org



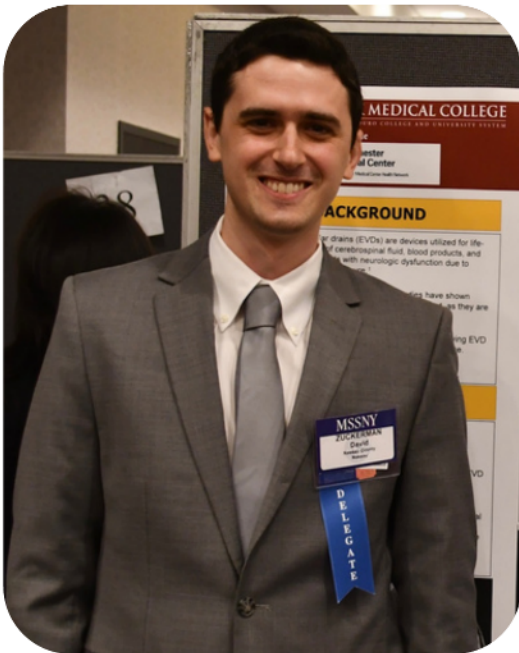
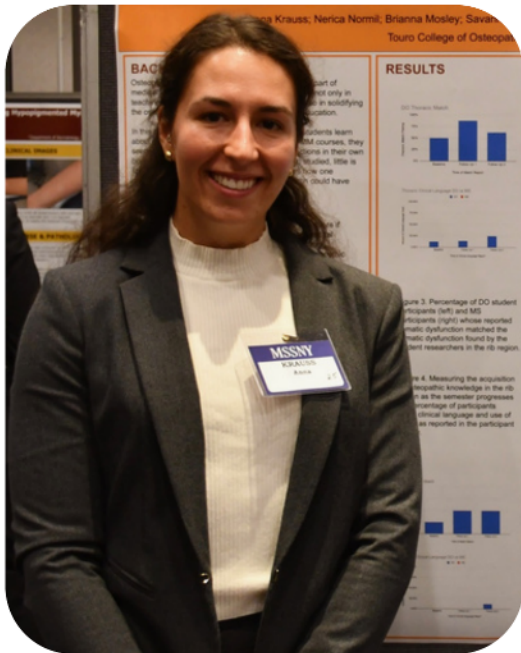
(516) 832-2300

Call for Abstracts
Deadline: JANUARY 6, 2025

2025



Poster Symposium



APRIL 4, 2025 @ 12PM

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SUBMISSION GUIDELINES

SUBMISSION ELIGIBILITY

- CURRENT MSSNY MEMBER
- MEDICAL STUDENT OR RESIDENT IN RESIDENCY/FELLOWSHIP TRAINING
- ABLE TO ATTEND THE 2025 MSSNY HOUSE OF DELEGATES MEETING TO PRESENT AND DISCUSS ENTRY
- RESPONSIBLE FOR TRAVEL AND RELATED COSTS

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KROHRER@MSSNY.ORG

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