CLEARING THE AIR
One Patient Gets a New Way to Breathe

CARDIAC SURGERY DEBUTS AT WPH
FASTER RELIEF FROM KNEE PAIN
5 CARDIO HIKES!
When was the last time you got a mammogram? If your answer is before the pandemic, that means more than one year has gone by without this essential screening to help catch breast cancer early.

White Plains Hospital offers the latest in advanced technology such as 3D mammography, ultrasound, and breast MRI. In addition to the newest Women’s Imaging location at the Center for Advanced Medicine & Surgery in White Plains, patients can also make appointments in Armonk and New Rochelle as well as at the main Hospital. Extended hours including early mornings and evenings are available.

Visit wphospital.org/mammo or scan the QR code with your phone to book an appointment.
WITH FALL upon us, we can enjoy the crisp and cooler weather, get children back into the rhythm of school again, and prepare to spend more time with our families during the upcoming holidays. This time of year can get very busy, so I would like to remind you all to take time out for self-care. During COVID, many people put off their regular checkups and annual screenings for fear of the virus, but all health experts agree you should not delay your care. October is also Breast Cancer Awareness Month, which serves as a good reminder for women to get screened—early detection saves lives.

At White Plains Hospital, we strive to not only provide our patients with exceptional care, but to teach and inspire others to do the same. Our Physical Therapy team (pictured above) was recently awarded the Outstanding Physical Therapy Clinical Education Site Award by the NY/NJ Physical Therapy Clinical Education Consortium. This recognition was for their work collaborating with local academic programs to teach the next generation of physical therapists. It is initiatives such as these, combined with our commitment to quality care, that once again earned White Plains Hospital the designation as a Best Regional Hospital by U.S. News & World Report. We are the only hospital in Westchester to receive this honor for three consecutive years.

This has been a transformational year for our Hospital. In this issue, we share more details on our new Center for Advanced Medicine & Surgery, which opened in June, and we highlight the evolution of our cardiac program as we introduce cardiac surgery this fall in partnership with the internationally renowned surgeons at Montefiore. This will be the latest addition to our comprehensive cardiac program at the Hospital and will allow us to meet the cardiac needs of our community, close to home.

Finally, with COVID still impacting the world, we tell the story of Hector Martinez Hernandez, a retired country club houseman who lives in White Plains and contracted COVID during a visit to his native Colombia. After an emergency operation there left him with a narrowed airway, three surgeons from White Plains Hospital teamed up to help restore his breathing and returning to a normal life.

I hope you know that we are always here for you when you need us.

Yours in good health,

Susan Fox
President and CEO
White Plains Hospital
Health Matters®

Table of Contents  FALL 2021

DEPARTMENTS

3 Health Watch
White Plains Hospital now offers Shockwave treatment for cardiac patients; how to achieve faster relief from knee pain; a look at vital breast cancer statistics. By Melissa Pheterson

6 Advanced Care in Your Community
As we launch our new cardiac surgery services, see how our cardiology program has evolved over the years. By David Levine

16 Exceptional People
Learn more about the legacy of White Plains Hospital former Board Member and benefactor Paul Weissman. By Stacey Pfeffer

18 Healthy Eats
Say hello to fall, with scrumptious seasonal recipes and family-fun activities.

20 Busting Vaccine Myths
Kristine Sposato, DNP, is passionate about protecting healthcare workers and the community.

21 Community Corner

FEATURES

8 Clearing the Air
Three surgeons at White Plains Hospital helped restore COVID patient Hector Martinez Hernandez’s breathing—and his lifestyle. By Deborah Skolnik

12 Cardio Hiking!
Five ways to elevate your fitness routine. By Robert Brum

14 Introducing Our New Center for Advanced Medicine & Surgery
Learn more about White Plains Hospital’s newly completed, state-of-the-art outpatient facility.

To receive more helpful tips and content from White Plains Hospital, visit wphospital.org/stayconnected

KNEE PHOTO: ADOBE STOCK/WUTZKO; TEATOWN PHOTO BY TEATOWN
A Sonic Solution

White Plains Hospital now offers the innovative Shockwave treatment for cardiac patients.

BY MELISSA PHETERSON

SAFELY OPENING cardiac patients’ blocked heart arteries just got a bit easier in Westchester, as White Plains Hospital became the first hospital in the county to offer a new, state-of-the-art procedure known as Shockwave Intravascular Lithotripsy (IVL). Only recently approved by the Food and Drug Administration for use with calcified arteries, the innovative technology is a new application of lithotripsy, which has been used for decades to safely break up kidney stones.

For cardiology purposes, "Shockwave is ideal for older patients, who tend to have higher levels of calcium in their arteries," says Dr. Dimitrios Bliagos, Director of Interventional Cardiology at White Plains Hospital.

As coronary heart disease progresses, plaque in the arterial wall often hardens into calcium deposits that narrow the artery and restrict blood flow, he explains. The calcium makes the artery rigid and more difficult to reopen with conventional treatments. Shockwave uses sonic pressure waves that pass through the soft arterial tissue in order to break up the calcium deposits.

"The energy is only delivered to hard tissue, so only the calcium is affected," Dr. Bliagos explains.

After the calcium has been cracked, the artery can be gently expanded to allow the doctor to safely implant a stent to restore blood flow.

The patient is sedated during the procedure and feels no discomfort, Dr. Bliagos says. In most cases, the Shockwave treatment can be done as an outpatient procedure in the Hospital’s Cardiac Catheterization Lab, with no overnight stay in the hospital.

White Plains Hospital is able to offer Shockwave to cardiology patients, thanks to its affiliation with Montefiore Health System, and area patients are reaping the rewards already, according to Dr. Bliagos. "Within a day or two of it being available to us," he explains, "we found an ideal patient who benefitted immensely and had a very positive result."

“Shockwave is ideal for older patients, who tend to have higher levels of calcium in their arteries.”

—DR. DIMITRIOS BLIAGOS
Faster Relief From Knee Pain

With partial knee replacement surgery, effective treatment for knee arthritis can be faster, more precise, and easier to recover from.

Debilitating knee pain caused by arthritis can get in the way of all kinds of activities: meeting friends for golf or tennis, hitting the slopes, and even just enjoying your everyday routines. When remedies such as physical therapy, injections, anti-inflammatory medications, or even weight loss have failed, orthopedic surgery may offer relief.

Today, surgery doesn’t always mean having to get a whole new knee. The increasing popularity of partial knee replacement surgery means effective treatment for knee arthritis can be faster, more precise, and easier to recover from.

“The knee joint is so complex—moving, bending, and twisting in so many ways—that patient satisfaction with total knee replacement is often not 100 percent,” explains Dr. Michael Gott, an Orthopedic Surgeon at White Plains Hospital. The hospital has completed more than 500 robotic-assisted joint replacement procedures.

“Patients often say their full knee replacements feel almost mechanical, rather than feeling like a ‘real knee.’ That’s especially the case with patients who have non-severe arthritis that’s not affecting their entire knee,” he says.

With partial knee resurfacing, doctors insert a metal alloy cap to replace worn-down areas with a new, smooth surface that allows the joint to bend easily again. “Patients don’t need to sacrifice any ligaments or healthy, non-arthritis tissue, which is important for those who want to remain active and recover quickly,” Dr. Gott says, adding that about one-quarter of his patients qualify for partial knee resurfacing. “I’ve done this for patients as young as 50 and those well into their 70s,” says Dr. Gott, who completed a fellowship at the American Sports Medicine Institute.

Other benefits of the partial knee replacement procedure include:
• Robotic precision: “We utilize robotics and a 3D CT scan to determine the metal implant that best matches the anatomy and curvature of your knee,” Dr. Gott explains. “In the operating room, we use state-of-the-art methods, including a robotic arm that allows for a greater degree of precision.”
• Natural feel: “The partial knee replacement will feel just like a knee should feel. It will function seamlessly, won’t click or make noise, and won’t feel like a ‘hinge’ or mechanical part.”
• Faster recovery time: The tiny incision means reduced blood loss and fewer complications. And with precision placement, this procedure is often done as ambulatory surgery, meaning patients go home the same day.

“Whether it’s a total knee replacement or partial knee resurfacing,” Dr. Gott says, “our goal is as much pain relief as possible for the longest period of time.” —MP
**BREAST CANCER** awareness and prevention are more than just pink ribbons and fundraising walks. Oncologists at White Plains Hospital say it’s essential for women to be proactive about breast health by keeping up with preventive screenings. Though the screening rate dropped drastically in 2020 due to COVID, mammography is still a crucial tool for early detection and action. “About 70 percent of all breast cancer deaths occur in the portion of the population who are not getting regularly screened,” says Dr. Caren Greenstein, Director of Breast Imaging at White Plains Hospital. As we mark National Breast Cancer Awareness Month, in October, here are some important statistics from the American Cancer Society, Centers for Disease Control and Prevention (CDC), the National Cancer Institute at the NIH, and the Society for Breast Imaging. —MP

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**Keeping Breast Cancer at Bay**

1 in 8 women in the United States has a risk, over the course of her lifetime, of being diagnosed with breast cancer

3,676,262 women are currently living with breast cancer in the United States

In spring and summer 2020, breast cancer screenings dropped by nearly 90% due to COVID-19

The cancer death rate began to fall in the 1990s as mammography became more common and has declined by over 30% since then

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**What You Need To Know**

**Prevention**

- Limit your alcohol consumption and quit smoking.
- Talk to your doctor about birth control (before menopause) and hormone replacement therapy (after menopause) — both may play a role in increasing your risk.
- Keep active, even by walking. Physical activity and healthy body weight can reduce risk.
- Consider genetic testing for informed decision-making. Having a mother, sister, or daughter (or multiple relatives) with breast or ovarian cancer can heighten your risk. You may have inherited mutations in your BRCA1 and BRCA2 genes, important markers for breast cancer.

**Screening**

- Notice your breasts. Make a habit of looking and feeling for lumps, pain, redness, thickening, swelling, discharges, or changes in shape/size.
- Schedule a mammogram (for average-risk women):
  - **40-49 years:** Talk to your doctor about starting annual mammograms.
  - **50-74 years:** Schedule a mammogram at least every two years.
- High-risk or dense breasts? Consider **3D mammography or a breast MRI.**

Are you overdue for a mammogram? Schedule an appointment today at [www.wphospital.org/mammo](http://www.wphospital.org/mammo) or call 914-681-2929
Putting Hearts in the Best Hands

With the advent of open-heart surgery at White Plains Hospital, area residents now have access to world-class, full-service cardiac care.

BY DAVID LEVINE

THROUGH ITS PARTNERSHIP with the Montefiore Health System, White Plains Hospital now has internationally renowned surgeons from Montefiore Einstein performing complex cardiac procedures—including aortic valve surgery, coronary artery bypass surgery, and mitral valve repair and replacement—in Westchester. The preeminence of Montefiore Einstein’s cardiac care is well-known: For the past decade, Montefiore Einstein’s heart program has earned 3-Stars, the highest ranking possible from the Society of Thoracic Surgeons. Bringing that world-class pedigree to Westchester means White Plains Hospital is now at the forefront of cardiac surgery.

Until now, nearly 80% of Westchester County patients who needed open-heart surgery had to leave Westchester for care. Patients in need of advanced cardiac procedures had no choice but to travel to large medical centers in New York or other big cities that offered a full suite of cardiac treatments. Changing that dynamic has been an important goal for White Plains Hospital—and with the launch of the Hospital’s open-heart surgery program this fall, the evolution is complete. Hudson Valley residents now have access to a full suite of world-class comprehensive cardiac care, right here in Westchester County.

“We are addressing a very important need among people who live in the Westchester region by being able to offer them this unsurpassed level of quality and performance in cardiac care, close to home,” explains Dr. Robert E. Michler, an internationally renowned cardiac surgeon who is Professor and University Chairman of the Department of Cardiothoracic and Vascular Surgery at Montefiore Einstein, and is leading the cardiac surgery program at White Plains Hospital.

To support the cardiac surgery program, White Plains Hospital has continued to transform its operating rooms, ICUs, and inpatient rooms, including the creation of a hybrid operating room that will allow surgeons to perform the latest cardiac procedures. Being able to offer state-of-the-art operating rooms and recovery suites specifically for cardiac patients is another aspect that sets the program apart, according to Dr. Michler. “These are investments in the provision of excellence,” he explains.

In addition, the Hospital’s cardiac care teams will work closely with a network of cardiologists and specialists throughout Westchester County and the Hudson Valley to provide seamless access to consistent, high-quality cardiac care for patients. When a patient is discharged after a surgery, for example, White Plains Hospital will arrange for a transition to outpatient care (including to Burke Rehabilitation for its specialized cardiac program) and will arrange for all necessary follow-up care and appointments with the patient’s own cardiologist or primary care team.

“This is a very demanding specialty, which requires excellence at every step of the patient experience—from ICU care to anesthesia care to the outpatient experience,” Dr. Michler explains. “Every step needs to be aligned with the superb surgical experience that a patient will receive.”

The ability to offer a full suite of world-class cardiac services didn’t happen overnight. “Over the past decade, White Plains Hospital has been building on its cardiac capabilities to better meet the needs of our community,” says Susan Fox, President and CEO of White Plains Hospital.

“Through our partnership with Montefiore, we are now able to offer the latest in cardiac procedures. The addition of cardiac surgery is a game-changer for us and has quickly made our cardiac program one of the most advanced in the Hudson Valley.”

—SUSAN FOX
CEO, White Plains Hospital
The White Plains Hospital Cardiac Surgical Team is led by Dr. Robert E. Michler, an internationally renowned cardiothoracic surgeon, researcher, and a leader in several specialties, including complex cardiac surgery, heart transplantation, valve repair surgery, ventricular reconstruction for congestive heart failure, and minimally invasive cardiac surgery.

“I am absolutely thrilled to be able to be part of this program, and to work with the leadership and the physicians at White Plains Hospital,” Dr. Michler says. “It is certainly my vision that this program will draw from a broader area, including outside of Westchester County and also Fairfield County. I live in Greenwich, and I’ve had many patients from Fairfield County come to me for heart surgery. It will now be more convenient for them to be able to come to White Plains Hospital.” The Montefiore Health System has a network of hospitals throughout the Hudson Valley.

In his long and prestigious career, Dr. Michler has performed thousands of heart surgeries, including being one of the first to perform minimally invasive and robotic surgery in heart patients. His pivotal work in robotics led to FDA approval of this advanced technology for mitral valve repair and coronary artery bypass surgery. In 2017, Dr. Michler received the Vladimir Borakovsky Prize in Moscow from the Ministry of Health of the Russian Federation for “his personal contributions to the development of cardiovascular surgery.”

Get To Know: Dr. Robert E. Michler

The White Plains Hospital Cardiac Surgical Team is led by Dr. Robert E. Michler, an internationally renowned cardiothoracic surgeon, researcher, and a leader in several specialties, including complex cardiac surgery, heart transplantation, valve repair surgery, ventricular reconstruction for congestive heart failure, and minimally invasive cardiac surgery.

“This is a very demanding specialty, which requires excellence at every step of the patient experience—from ICU care to anesthesia care to the outpatient experience.”

— Robert E. Michler, MD

Surgeon-in-Chief
Samuel I. Belkin Chair
Professor and Chairman, Department of Surgery
Professor and Chairman, Department of Cardiothoracic & Vascular Surgery
Montefiore Medical Center
Albert Einstein College of Medicine

The Hospital's first cardiac catheterization lab, the Joan and Alan Herfort, M.D., Cardiac Catheterization Lab, opened in 2008 and began performing emergency cardiac catheterizations in 2010. In late 2015, the Hospital opened a second cath lab, the Marie Promuto Cardiac Cath Lab. These cath labs, recently awarded the American Heart Association's Mission: Lifeline EMS Gold Achievement Award for quality in the treatment of heart attacks, are overseen by Director of Interventional Cardiology, Dr. Dimitrios Bliagos. The labs use minimally invasive procedures to diagnose and treat blockages in the coronary arteries and other heart-related conditions.

In 2018, Dr. Daniel Wang was named Director of Cardiac Electrophysiology at White Plains Hospital and began to build a more comprehensive cardiac electrophysiology program (EP). Cardiac EP is the subspecialty of cardiology that deals with arrhythmias—electrical problems with the heart that can cause heart rates that are too slow, too fast, or otherwise irregular, and can weaken the heart and lead to congestive heart failure.

With a roster of expert general cardiologists and two catheterization labs to perform interventional cardiology treatments, White Plains Hospital was two-thirds of the way to being a full-service cardiac center, Dr. Wang says. “We were able to provide all the advanced cardiac services available that can be done without open-heart surgery,” he says. “The open-heart surgery program coming to the Hospital this fall, in essence, completes the story. It will be the final piece to achieving our goal of not only having full cardiac services but also excelling at them.”
When an emergency operation left COVID patient Hector Martinez Hernandez with a narrowed airway, three surgeons at White Plains Hospital helped restore his breathing—and his lifestyle.

BY DEBORAH SKOLNIK
PHOTOS BY KEN GABRIELSEN
HECTOR MARTINEZ HERNANDEZ, 69, has lived in White Plains for 40 years, but part of his heart is always in his native Colombia. The retired country club houseman finds the country’s allure—dear friends, close relatives, and fun—irresistible. When he announced plans to visit last fall, during the pandemic, his family was alarmed.

“We all advised him not to go—me, my mom, Digna, and my sister, Angelica,” recalls his son, Ronald. “But he felt [COVID] wasn’t that bad down there.” On October 28, Hernandez set off on his journey.

The decision nearly cost him his life.

On November 9, while still in Colombia, he developed symptoms of COVID and rapidly deteriorated over the next 48 hours. “I started having shortness of breath, and it became a severe case of pneumonia,” he says. His worried brother took him to a local COVID clinic.

“My last memory is of being kind of unconscious but still hearing things,” Hernandez remembers. “One of the nurses screamed over to the doctor: ‘What should we do with this man? He’s not looking good.’ The doctor came over me and said, ‘Take him to the ICU; he’s basically dead. Just put him on the intubation machine.’"

For six weeks, Hernandez remained intubated and unconscious, while Digna, Ronald, and Angelica frantically struggled to obtain updates on his condition. After five weeks, doctors there performed a tracheotomy on Hernandez, making a hole through the front of his neck and into his windpipe and placing a tube into the hole, keeping it open so that he could breathe through it.

Fortunately, the procedure was successful, and Hernandez reawakened. When the doctors were able to close the tracheostomy, he then embarked on weeks of grueling physical therapy and finally flew home to the United States, in late January.

Continued Struggles Stateside
Hernandez was ecstatic to reunite with his family, but the weeks he’d spent on a ventilator had left him wheelchair-bound. He would need additional physical therapy to relearn to walk and perform other tasks. “But when I went to start the therapy, my family noticed I was having trouble breathing,” he shares. “I was wheezing a lot and couldn’t sleep at night because of it.”

One day in early February, the problem suddenly worsened. “I just couldn’t breathe, and I was faint,” he says. Digna called 911, and Hernandez was transported to the White Plains Hospital Emergency Department.

A CT scan showed Hernandez had significant narrowing of his windpipe, due to cartilage that had collapsed inside it from the tracheotomy. The White Plains Hospital ENT team evaluated him and then called in Dr. Todd Weiser, chief of thoracic surgery. The problematic portion of Hernandez’s trachea “seemed to be right at the junction of the neck and chest, and then extending a fair degree into the chest itself,” Dr. Weiser says.

Carefully, Dr. Weiser inserted a camera in Hernandez’s airway—a procedure called a bronchoscopy, which is done under sedation—to see the length and degree of the blockage. At the same time, he expanded a small balloon in the airway to partially alleviate the narrowing. Though it helped, “I knew it wasn’t back to where it could be,” Dr. Weiser says.

Hernandez immediately felt better, and, after a two-day hospital stay, he returned home. Still, as Dr. Weiser suspected, the dilation was only a temporary fix. Three weeks later, he had to dilate Hernandez’s trachea again on an outpatient basis. “[The benefit] didn’t last long, and I wasn’t expecting or hoping it would; the scar ring was too firm and too resistant to dilation,” Dr. Weiser shares.

Hector’s trachea was so narrow, he adds, “he was breathing through something a little bit bigger than a regular straw. I knew at some point he was likely going to need a definitive surgical procedure.”

A Risky—but Necessary—Procedure
The operation Dr. Weiser had in mind is called a tracheal resection: He and his colleagues would remove the diseased portion of Hernandez’s trachea, then sew its remaining two ends together again. Hernandez met with both Dr. Weiser and Dr. Craig Berzofsky, an otolaryngologist and White Plains Hospital’s Director of voice and swallowing, to discuss the procedure’s benefits, as well as its considerable risks.

“You could have a risk of recurrent scarring of the airway or damage to the nerves that impact vocal cord motion. Depending on the severity of these outcomes, you’d need a permanent tracheostomy in order to breathe,” Dr. Berzofsky explains. “The other risk is possibly damaging the nerves that impact the vocal cords, or you would be requiring a permanent tracheostomy.”
could have damage to both nerves at the same time, which means you’d need a [permanent] tracheostomy in order to breathe.”

Yet, Hernandez was determined to move forward because of the surgery’s upside. With it, “he would breathe and eat just like a normal person,” Dr. Berzofsky says.

On March 2, Hernandez underwent the operation. “I was a little scared,” he admits. “After everything I had gone through, I didn’t want to stay in the hospital again.” But, he adds, “I trusted the doctors.”

The procedure would be complex: “Some tracheal resections are done purely in the neck, and some are done purely in the chest. With Hector’s, we had to do it through the neck and chest, because of the location [of the problem],” Dr. Weiser explains. He and Dr. Berzofsky had arranged for a third doctor to join them in the operating room—Dr. Jk Rasamny, Chief of Otolaryngology.

“I was asked to get involved in the case by Dr. Weiser,” shares Dr. Rasamny, who offered the team expertise in completing extensive resections of head and neck pathology.

During the procedure, Dr. Berzofsky and his team addressed problems within the portion of Hernandez’s trachea that lay in the neck, dissecting it while preserving the nerves that supplied his voice box.

Dr. Weiser focused on the narrowing of Hernandez’s trachea, which was underneath the breastbone. “I had to partially divide the breastbone,” he shares. “That gave us much better access. We were able to delineate the beginning and end of where the scar tissue was and take it out and then sew [the trachea] back together again.”

At the same time these maneuvers were taking place, the surgical team was intricately interacting with the anesthesia team. “It takes a lot of coordination,” notes Dr. Weiser. “Sometimes we’re holding the patient’s breath as we’re working on the trachea, because we can’t have a tube in there. So we’re intermittently ventilating and then working and then ventilating again.”

Deep Breaths Once Again

After about five hours, the surgery was finally complete. “Recovery is always hard because you are holding the trachea together with sutures. Any big movements can take it apart,” Dr. Berzofsky explains. The surgeons, however, were confident that the tracheal resection and reconstruction would be a permanent fix.

When Hernandez reawakened, the doctors could tell almost immediately that the operation had been a success: His breathing was dramatically better. “We knew right away when he was able to talk and that we were able to preserve the nerves that supply the voice box,” Dr. Weiser says. After a week’s stay in the hospital and another test shortly before his departure, to check his trachea one last time, Hernandez was able to return home.

Today, Hernandez is able to walk with a cane and enjoys watching football and soccer on TV, as well as eating Digna’s good cooking. “I have huge respect for Dr. Weiser,” he says. Says Ronald of his dad: “He’s just like, ‘Man, my doctor… he’s the best; he’s so cool.’ I’ve never seen my dad so happy with someone’s work, as well as with their character.”

“The doctors here closed the chapter of that whole, horrible ordeal [in Colombia]. I love them,” Hernandez says. •
FALL IS AN IDEAL TIME to take your fitness routine to new heights. Literally. If you’re accustomed to walking around the high-school track or on your neighborhood streets, why not elevate your workout — and your heart rate — by adding some hills and more challenging terrain?

Nothing beats the exhilaration of cresting a hill and taking in the view, especially in the fall, when the air turns crisp, the bugs have departed, and the trees are displaying their finery.

As with any change in one’s exercise regimen, start slowly. The idea is to challenge yourself and get those feel-good endorphins pumping but not push yourself until you’re gasping for breath.

Here are five Westchester hikes that reward visitors with stimulating cardio workouts, as well as commanding views:

**CROTON GORGE PARK** The towering Croton Dam offers a breathtaking backdrop for this short hike. **THE ROUTE:** Across the field from the base of the dam and next to the playground, you’ll find the entrance to a dirt-and-gravel trail that climbs to the top of the 200-foot-high stone structure, where visitors can take in spectacular views of the spillway. **DISTANCE:** 2.1 miles. **DIFFICULTY:** Gradual uphill climb. **EXTRA CREDIT:** Once you’re on top of the dam, walk its entire length to add more than a mile to your total. (It’s closed to vehicles.) On the way down, follow the sign to the scenic River Trail, which hugs the Croton River.

**5 Yorktown Rd, Croton-on-Hudson**

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**CARDIO HIKING**

*Five ways to elevate your fitness routine*

By Robert Brum
**Teatown Lake Reservation** features rugged, single-file dirt trails marked with tree-mounted colored patches called blazes. **THE ROUTE:** From the visitor’s center, take the Lakeside Trail, turn right onto the red-blazed Hidden Valley Trail, through a small parking area, then left onto the orange-blazed Three Lakes Loop. Follow the orange blazes as the trail winds uphill, passes Thompson’s apple orchard and descends to the lake. Continue past the dam and bear left onto the blue-blazed Lakeside Loop as it winds around Teatown Lake. You’ll pass several lookouts and traverse wooden bridges until crossing a boardwalk and climbing several sets of stone steps on your way back to the visitor’s center. **DISTANCE:** 2 miles. **DIFFICULTY:** Moderate. **EXTRA CREDIT:** After the wooden gate near the hike’s conclusion, bear right onto the white-blazed trail to climb the steep stone steps to a scenic overlook.

1600 Spring Valley Rd, Ossining

**Franklin D. Roosevelt State Park** The trails along this sprawling park are relatively flat; perhaps that’s why walkers and joggers favor the vigorous ups and downs on the paved roads that ring the park. At the highest elevation, there are views of Mohansic Lake and Crom Pond. **THE ROUTE:** From parking lot No. 1, turn left and follow the road uphill; turn left onto the gravel path; bear left when the roadway resumes and follow it until reaching lot No. 1, on your left. **DISTANCE:** Approximately 2 miles. **DIFFICULTY:** Moderate to strenuous. **EXTRA CREDIT:** Just past a kiosk at the beginning of the gravel path, follow the signs to the green-blazed, half-mile CCC Path or the blue-blazed, 1.2-mile Crom Pond trail.

2957 Crompond Rd, Yorktown Heights

**Saxon Woods** Tucked into the corner of the swimming pool parking lot are two entrances to the White Trail loop, some 50 feet apart. **THE ROUTE:** Taking the entrance to your left, follow the loop’s intermittently marked white blazes clockwise and continue in a circular direction as the rolling, rugged trail meets several junctions with an orange-blazed trail and passes smaller, unmarked paths. The White Trail passes a golf course and bathroom on the left, around the 1.5-mile mark, and hits its steepest climb around 2.5 miles, then bears left soon afterward en route to the parking area. **DISTANCE:** 3 miles. **DIFFICULTY:** Moderate to strenuous, with rocky, uneven terrain.

1800 Mamaroneck Ave, White Plains

**Rockefeller State Park Preserve** boasts miles of gravel trails wide enough to accommodate groups and families. Trails are marked with ground-level blue metal signs. **THE ROUTE:** From the visitor’s center, follow the short connector path, then bear right onto the 0.7-mile Overlook Trail, climbing the hill above Swan Lake. Just after the trail passes the entrance to the Ash Tree Loop, bear right to descend the short connector trail to the Old Sleepy Hollow Road Trail. Turn left and walk downhill, crossing Sleepy Hollow Road and continuing onto the short Stone Bridge Trail, over the Pocantico River. Cross onto the Eagle Hill Trail, ascending for 0.3 miles, then left to ascend the 0.87-mile Eagle Summit Trail, with impressive views of the Hudson River. The Summit Trail loops around, taking you back to Eagle Hill, where you’ll retrace your steps back across Sleepy Hollow Road. Climb the straight, gradual half-mile uphill on the Old Sleepy Hollow Road Trail back to the parking area. **DISTANCE:** Approximately 4.5 miles. **DIFFICULTY:** Strenuous. **EXTRA CREDIT:** Take a 1-mile loop around Swan Lake on Brother’s Path or add the 0.8-mile Ash Tree Loop.

125 Phelps Way, Pleasantville

**WHAT TO BRING**

- Wear hiking boots for unpaved, rugged trails.
- Bring a map, either downloaded from the park’s website or on your phone, via apps like The Hiking Project, Alltrails, or Avenza.
- Bring a friend, for safety and sociability.
- Bring plenty of water and a snack.
- Bring a fully charged phone, equipped with an app to get you back to your vehicle.
Introducing Our New Center for Advanced Medicine & Surgery

The Center for Advanced Medicine & Surgery (CAMS) is White Plains Hospital’s newest and largest dedicated outpatient facility. Since its opening, in June, the Center is enhancing access to advanced healthcare services in Westchester. The building is the latest addition to the Hospital’s ongoing campus transformation—aimed at bringing advanced care closer to home. The nine-story, 250,000-square-foot, state-of-the-art facility is located at 122 Maple Avenue (on the corner of Longview Avenue) in White Plains and connects to both the Hospital and the Center for Cancer Care. CAMS offers access to world-class specialists, advanced clinical programs, the latest technology and diagnostic testing—all in one modern and easily accessible location.

FEATURES INCLUDE:

• Cutting-edge, sophisticated operating rooms, and endoscopy and procedure suites for outpatient procedures, including private-prep and recovery rooms
• Advanced imaging in the same building as your specialist
• Women's imaging center, including a full array of mammography, ultrasound, and bone-density scanning
• Non-oncological infusion and pre-procedure testing, with private rooms and dedicated waiting area
PET/MRI is the latest in advanced imaging technology and is on its way to becoming the gold standard for detecting and monitoring a range of diseases from their earliest stages. White Plains Hospital now has the only PET/MRI in the Hudson Valley—and one of only 115 scanners available worldwide. This revolutionary technology combines extremely clear high-resolution images with the metabolic information of a PET, or positron emission tomography, resulting in exceptional image quality, shorter test times, and lower radiation exposure. This combination is extremely useful at pinpointing specific locations of diseases like pediatric and adult cancers, as well as neurological disorders, helping to determine the correct stage for treatment planning. In fact, a recent study in the *Journal of Nuclear Medicine* found that the PET/MRI improved lesion detection in selected cancers by more than 15% and reduced ionizing radiation by nearly 80% when compared to the more typical PET/CT.

**Advanced Wound Care**

It has been estimated that 1 out of 3 diabetic people who are 50 years of age or older has a wound that puts them at risk of losing a limb. Many realize this too late, only to be told that amputation is the only option. The physicians of the Carl Weber, M.D. Center for Wound Care & Hyperbaric Medicine are dedicated to making amputation the exception rather than the rule. Located at the Center for Advanced Medicine & Surgery, they offer individualized patient care for all wounds, including traumatic injuries, burns, venous stasis ulcers, arterial insufficiency wounds, diabetic wounds, skin and soft tissue infections, and postoperative wounds. The Wound Center also features hyperbaric oxygen therapy chambers to treat some of the most complex wounds. "Data shows a 95 percent cure rate for these conditions, helping patients to regain tissue health, avoid amputation, and regain their lives," says Dr. Joseph P. Cavorsi, the Wound Center’s Medical Director.
ONE OF WHITE PLAINS HOSPITAL’S longest-serving supporters and board members, Paul M. Weissman, passed away last year and left a lasting legacy to the organization. Under his leadership as a Board Member for 20 years, Paul helped to expand the Hospital’s physical footprint and ensure that Westchester residents could benefit from the most sophisticated medical technology.

His devotion to the Hospital was evident: Weissman served as Chairman of the Board of Directors from 2005 to 2010 and even when his term was complete, he stayed on as a member of many Hospital committees including as Chairman of the Development Committee.

“Paul was a passionate supporter of the Hospital who was beloved by many members of the our staff,” says Susan Fox, President and CEO of White Plains Hospital. “He was warm and caring, and his high standard of success made an immeasurable difference in the way we are able to care for our community.”

It was very common to see Paul walking the hallways and observing how compassionate and dedicated the staff was. “Paul dedicated so much time to the Hospital because he had great admiration for an institution that was so vital to the people of the community,” notes his wife of 59 years, Harriet Weissman. “He was involved not in just a financial sense, but also in a personal sense. Giving to the Hospital had great meaning for him because he saw firsthand how patients benefitted by being treated there.”

A Cause Close to Their Hearts
The Weissmans first became acquainted with the Hospital when they moved from New York City to the Gedney Farms section of White Plains more than 50 years ago to raise their three children. Paul, a Harvard University and Wharton School of Business graduate, had a long, success-
Harriet and Paul Weissman in 2020

ful career in investment banking, eventually becoming managing director emeritus at Bear Stearns. The couple had many philanthropic interests, from endowing scholarships at Harvard to establishing a leadership center at Harriet’s alma mater, Mount Holyoke College.

But it was White Plains Hospital that remained nearest and dearest to their hearts. Harriet was part of the first cohort of Ambassador volunteers at the Hospital in 2005. The program helps families and patients who are often stressed when they or a loved one is admitted for treatment. Ambassadors help with tasks such as greeting patients or offering them a beverage—small acts of kindness that can have a big impact on a patient’s overall well-being.

Paul had great business acumen paired with exceptional communication skills. “He was a people person and was genuine,” explains Harriet. As a fundraiser, he was able to communicate his passion for the Hospital and its mission, which helped incentivize others to donate.

Creating a Lasting Legacy

Part of the commitment to modernizing the Hospital and ensuring that the latest medical advancements were available can be attributed to Paul’s keen interest in medicine. He helped to spearhead projects that made an immeasurable difference for the Hospital and its patients, including renovating the Emergency Department, creating a cardiac catheterization lab, and becoming the first regional stroke center in New York.

“His loving personality made people want to partner with him, whether working on a fundraising campaign for these projects or planning a gala,” Harriet explains. She is quick to point out that Paul would definitely credit the success of these projects to teamwork: “He was surrounded by capable, caring people, and he loved the camaraderie of getting things done with them.”

The Weissmans were also proud of the Hospital’s approach to treating the whole community. Harriet was thrilled to see the Hospital’s footprint grow substantially with the opening of the new Center for Advanced Medicine & Surgery this past June. Knowing how important the Hospital is to their family, one of Harriet’s sons, Michael, and his family, attended the Center’s opening event.

As a last act of his dedication to philanthropy, Paul left a generous bequest to the Hospital in his will, a commitment he spoke of often in his conversations with other friends of the Hospital. Paul’s hope was to not only leave a legacy but to inspire others to do the same. To honor his decades of leadership WPH plans to launch the Weissman Society, a planned giving donor program to recognize those who include the Hospital in their estate plans.

Fox adds, “Paul is dearly missed, but his legacy carries on through the Weissman Society that he inspired through his generosity and commitment to the Hospital.”

For more information on the Weissman Society and making a planned gift to White Plains Hospital, please contact Megan McMullen of the Foundation office at (914) 681-2261 or by e-mail at mmcmullen@wphospital.org.

—HARRIET WEISSMAN
Healthy Eats

Welcome fall with these scrumptious seasonal recipes from White Plains Hospital Clinical Nutrition Manager SARAH CUNNINGHAM.

ROASTED PUMPKIN WITH LEMON YOGURT SAUCE & TOASTED PINE NUTS

Adapted from RecipeTin Eats (www.recipetineats.com)
Serves 4-6

ROASTED PUMPKIN
2 lbs of pumpkin, about 8 cups, peeled and cut into 1-inch cubes (can substitute butternut squash)
2 Tbsp extra-virgin olive oil
1 garlic clove, minced
½ tsp each, salt and pepper

LEMON YOGURT SAUCE
¾ cup plain Greek yogurt
½ small garlic clove, finely minced
1 Tbsp fresh lemon juice
1 Tbsp extra-virgin olive oil
¼ tsp each, salt and pepper

SPRINKLING AND GARNISHES
2 Tbsp pine nuts (or other nut of choice)
2 Tbsp fresh cilantro, finely chopped
⅛ tsp paprika

1. Preheat oven to 425˚. Line a tray with parchment paper.
2. Place pumpkin cubes in a bowl, add garlic, salt, pepper, and olive oil. Toss well, using a rubber spatula.
3. Spread on tray. Roast 20 minutes. Turn pumpkin pieces; roast for additional 7-10 minutes, until nicely browned.
4. To make the lemon yogurt sauce, mix ingredients, then set aside for 10 minutes to let flavors develop.
5. To cook the pine nuts, place them in a dry skillet. Turn heat to medium and cook until fragrant and golden brown, stirring constantly.

TO SERVE: Pile the pumpkin in a mound on a plate. Drizzle yogurt sauce over it, along with a drizzle of olive oil. Sprinkle with paprika, pine nuts, and cilantro.

NUTRITION INFORMATION
Serving: 1 serving | Calories: 353kcal | Carbohydrates: 43g | Protein: 7g
Fat: 19g | Sugar: 26g
HEALTHY APPLE CRISP
Adapted from Healthy-liv.com
Serves 6
6 medium or large crisp apples (Granny Smith, pink lady, or honey crisp)
1 Tbsp pure maple syrup
3 Tbsp apple juice or water
2 tsp cinnamon

FOR THE TOPPING
1 cup old-fashioned or quick oats
½ cup almond flour
½ cup chopped almonds, walnuts, or pecans
1½ tsp cinnamon
¼ tsp salt
¼ cup melted coconut oil or butter
¼ cup pure maple syrup

1. Preheat oven to 350˚. Peel apples and dice into cubes.
2. In a large bowl, toss the apples with maple syrup, apple juice or water, and cinnamon. Pour apples into a greased 9 x 9- or 8 x 8-inch baking dish.
3. In the now empty bowl, add oats, almond flour, nuts, cinnamon, salt, coconut oil or butter, and maple syrup. Stir crumble topping together and pour into baking dish on top of apples.
4. Bake at 350˚ for 40-45 minutes, until apples are soft, covering pan loosely with aluminum foil halfway through to prevent overbrowning. Serve warm with a dollop of fresh whipped cream.

NUTRITION INFORMATION
Calories: 216 | Protein: 7g | Fat: 14g

WESTCHESTER’S FINEST FALL FUN
Do the autumn season right, with enchanting sites, delicious goodies, and leaf-peeping endeavors. By Brianna Gadaleta

APPLES & MORE
Stuart’s Fruit Farm (62 Granite Springs Rd, Granite Springs) and Wilkens Fruit & Fir Farm (1335 White Hill Rd, Yorktown Heights) have a longstanding reputations as being prime county spots for apple and pumpkin picking. Make sure to hop on a hayride over the weekends at Stuart’s to view the orchard and fall foliage for the full farm experience. Also, put yourself to the ultimate test at Wilkens’ annual Corn Maze, which proffers a unique design every year. Thompson’s Cider Mill (335 Blinn Rd, Croton-on-Hudson) is a must-go for cider lovers of all stripes. Weekend visits offer a chance to view the process of cider-making and try delectable treats, such as pies, doughnuts, and many other sweets.

TOP SPOTS FOR FOLIAGE
Stroll down the trails and be swept away by the magnificence of fall in Westchester at Rockefeller State Park Preserve (125 Phelps Way, Pleasantville), home to oak, tulip poplar, maple, and beech trees. It’s the perfect place to see autumn leaves in all their glory. Equinox colors are full throttle on Anthony’s Nose, a prime hiking spot (intersection of Route 9D and Route 202, Cortlandt Manor). This six-mile snippet of the Appalachian Trail includes breathtaking overlooks of the Hudson Valley and Bear Mountain Bridge. Wampus Pond (811 NY-128, Armonk) has it all, whether you are looking to relax and enjoy the foliage views from a seat in the gazebo or if you’re seeking a fishing adventure or other more active pursuits.

FALL EVENTS
It’s not fall in Westchester without a visit to The Great Jack O’Lantern Blaze (525 S Riverside, Croton-on-Hudson), a display of more than 7,000 gleaming, hand-carved gourds. This perennially popular county event — which runs from September to November — is a must-see, boasting countless pumpkin sculptures, including the Headless Horseman and a 25-foot-tall Statue of Liberty. And, if you dare, take a journey to experience the Haunted Hayride (Sleepy Hollow Village Hall, 28 Beekman Ave, Sleepy Hollow) in October, down Albany Post Road into the dark woods of the hollow. Should the freaks and shrieks prove too much, repair to the popular block party on Beekman Avenue for a different kind of spooky fun.
Kristine Sposato, DNP, is passionate about protecting healthcare workers and the community.

What have you learned from this pandemic that has helped keep the employees of White Plains Hospital safe?

As clinicians, we know so much more now than we did in the beginning, but the advice we have been giving to stay safe has largely remained the same: We know that masks work. As healthcare employees, we are required to wear them inside our facilities. This, coupled with the fact that all our employees are vaccinated, has been critical in keeping our employees and those we care for safe.

You and your team have helped to vaccinate thousands of people since vaccines became available in early December. Why do you believe getting vaccinated is the right thing to do?

I truly believe getting vaccinated is the only way we will get ahead of this virus and back to some sense of normalcy. I know that some people are hesitant, but when you look at the data and analyze the studies, you will see that these vaccines are safe, and they have proven to be effective in preventing serious illness. COVID is still very much a threat, and people are still dying all across the country in areas where the vaccination rate is low. Luckily, our community has a very high vaccination rate, but that doesn’t mean we are completely safe. I would advise everyone to get vaccinated.

What’s the number-one question employees ask about the vaccine?

The biggest concern we faced was with employees who were pregnant or considering getting pregnant. Many of them saw stories on social media, saying how the vaccine can have a negative impact on fertility, which is scary if true. Fortunately, this has been proven to be false by nearly all medical professionals. At the Hospital, we have seen employees get pregnant after getting the vaccine and recently had a nurse give birth to a healthy baby girl after being vaccinated.

Your team is also responsible for providing flu shots to employees. Can you get both the flu vaccine and COVID vaccine?

Yes, and I recommend that you get both. You can even get them at the same time if you want! Models are predicting that this flu season will be worse than last year, so I would advise getting vaccinated before the end of October, which is when the flu typically spreads.

Finally, this has been an emotional year for everyone. During all this, what has been a bright spot?

It has been an unbelievably trying year for everyone, and I am so proud of our organization and how everyone has come together to not only care for our patients but also each other. Personally, there have been hundreds of people who have supported our vaccination efforts, and I cannot thank them enough for providing this lifesaving tool.
Community Corner

White Plains Hospital is a founding member of the Healthy Community Initiative (HCI), a collaborative effort created to positively impact the overall health of our community in a holistic way. The mission of the Healthy Community Initiative is to empower individuals with the tools they need to take better care of themselves and their families to lead longer, healthier lives. COVID has had a major impact on our community—physically, emotionally, and financially. Below are some helpful resources for those in need.

Table Talk
Table Talk is a free deck of cards that helps families engage in meaningful dialogue. Table Talk equips parents, caregivers, and peers with conversation starters that help facilitate age-specific discussions surrounding topics that affect young people, such as making healthy decisions, coping with pressures from school, COVID and the new normal, as well as conversations about social justice and violence.

To request a deck, email wphcommrelations@wphospital.org or call Amanda González at 914-849-7160.

The Food Pharmacy at White Plains Hospital Family Health Center
Access to food is a key social determinant of health and has a direct impact on a patient’s well-being and their health outcomes. To help combat food insecurity, White Plains Hospital has recently opened an on-site food pantry at the Family Health Center. The Food Pharmacy is open to the clients of the Family Health Center when they come in for appointments.

To make an appointment with a clinician at the Family Health Center, call 914-681-1128.

The Healthy Community Initiative was founded by White Plains Hospital in partnership with the City of White Plains, White Plains School District, the Ministers Fellowship Council, and the White Plains Housing Authority. Additional HCI members include Calvary Baptist Church, El Centro Hispano, Inc., Feeding Westchester, the Thomas H. Slater Center, White Plains Youth Bureau, and the YWCA.

REMEMBERING

Dr. Lawrence Glassberg

A physician at White Plains Hospital for many years, Dr. Glassberg was beloved by patients and colleagues alike.

The staff of White Plains Hospital remembers Dr. Lawrence Glassberg, a longtime cardiologist and internal medicine physician in Westchester who passed away from COVID-19 in April 2020. Dr. Glassberg practiced internal medicine and cardiology for more than 50 years in Hartsdale, and served as a physician at White Plains Hospital during that time. A graduate of Albert Einstein College of Medicine and a fellow at Cornell University, Dr. Glassberg valued the relationships he formed when caring for his patients over many years, and in some cases, generations. The word his patients most often used to describe him was “friend.”
During these times, safety is more important than ever.

Now, for the fifth time in a row, White Plains Hospital’s dedication to the highest level of patient care and safety earned it an “A” from the Leapfrog Group – making White Plains Hospital the only Hospital in Westchester County to earn this top rating.

To find out more visit wphospital.org/awards