



# Westchester Health Spring News

Several of our Westchester Health physicians have attended medical conferences recently to stay ahead of the curve. They are taking new information to our community's middle and high schools, colleges, medical schools, bookstores, and their own offices - even to the Third World.

**Haitian Mission:** Susan Malley, MD, Ob/Gyn/Adolescent Gynecology will be joining a group of Westchester physicians, nurses and students on a medical mission to Haiti this August. The non-profit group, "Hands up for Haiti" strives to partner with the physicians and nurses of Haiti to help provide medical care to Haitians who, due to extremes of poverty, do not have access to adequate health care services. This entails collecting medications, supplies and equipment before we leave the U.S. for distribution to established health care facilities in the poorest areas in Haiti. We are deeply committed to helping our Haitian colleagues establish sustainable health care for the people of Haiti. We share with them a strong work ethic and respect for the culture, dignity and strength of the Haitian people. For more information, or if you would consider a tax-deductible donation (100% goes to patient care needs), please see: "[handsupforhaiti.org](http://handsupforhaiti.org)". "The needs of Haiti can never be overstated."



*"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" ~Mark Twain*

### Teaching in the Office or Medical School

- Margaret Andersen, MD, Internal Medicine for Women is a Clinical Assistant Professor of Medicine at New York Medical College.
- Donald Cohen, MD and Frank Contacessa, MD, Internal Medicine, are preceptors for third and fourth year medical students from NY Medical College.
- Glenn Kaplan, MD, Pediatrics precepts a first and second year New York Med. College student and a third year nurse practitioner student from Pace.
- Dennis McGroary, MD, Ob/Gyn is a preceptor for nurse practitioner students from PACE University.
- Jay Weissbrodt MD, Pediatrics, precepts first and second year medical students from New York Medical College.

### WH Community Lectures/Outreach this Spring:

- Maryann Buetti-Sgouros MD, Pediatrics, presented at the Glen Arbor Country Club for NWH on Childhood Obesity Prevention and Care.
- Gregg Caporaso, MD, PhD, Neurology, an accomplished researcher on Multiple Sclerosis, presented several lectures recently on Multiple Sclerosis and Alzheimer's disease at Chappaqua Crossings and other venues.
- Sarah Chacko, MD, Gynecology: will be giving a "Lunch and Learn" lecture at Pepsico: Women's Bone Health, The Buzz on Bisphosphonates and Vitamin D.
- Sarah Chacko, MD and Susan Malley, MD, Adolescent Gynecology, just presented Pediatric Grand Rounds at Northern Westchester Hospital on: The College Prep Pep Talk, preparing our mutual patients for the college transition.
- Michelle Del Cid, of Dr. Levine's Pediatrics' office, will be walking in Avon's walk for breast cancer.
- Mason Gomberg, MD, Pediatrics, submitted an article for the Spring/Summer edition of Westchester Family Magazine on development and growth of babies through the first year.
- Susan Malley, MD, Ob/Gyn/Adolescent Gynecology: will be on the education circuit of several local high schools for Senior Day. She will be presenting versions of: Sex and the College Student: Healthy Strategies. She will be returning for the 5th year to John Jay High School, Katonah, Horace Greeley High School, Chappaqua, Yorktown High School, and Ridgefield High School. In addition, she will continue to work with middle schoolers with health educator, Maria Simonetti, presenting: Healthy Relationships at Fox Lane, Mt Kisco in May.
- Robert Pitaro, MD, Pediatrics gave a "Lunch and Learn" lecture at Pepsico on Childhood Obesity.
- Tiffany Werbin-Silver, MD, Ob/Gyn also has an interest in adolescent medicine. She will be joining local middle and high school programs. She participated in Fox Lane Middle School's Annual Career Day. She has also been invited to join the health curriculum at Valhalla High.
- Ross Zeltser, MD, Dermatology will be performing Free Skin Cancer Screenings for all Town of Bedford employees on April 27 at the Bedford Town Hall.
- Yorktown Community Day: May 14 at the middle school. Several Yorktown-based WH docs will be on hand to meet current and future patients, as well as compete for best face

painter. Look for Stan Bennett, MD, Internal Medicine, Rodd Stein, MD and Gary Mayer, MD, Pediatrics, Dennis McGroary, MD and Susan Malley, MD, Ob/Gyn.

### Awards: Congratulations to our WH colleagues

- Ronald Mann, MD, Orthopedics received the 10-year Castle-Connelly Best Physician Award.
- Herbert Newman, MD, Pediatrics is being honored by White Plains Hospital on May 14th for over 40 years of service in the Department of Pediatrics, where he is the Senior Pediatrician and Director Emeritus.
- Peter Richel, MD was included in the Castle Connelly Guide to New York Metro Area Top Doctors for the fourteenth consecutive year.
- Peter Richel, MD and Susan Malley, MD won "The Most Compassionate Physicians Award" from [vitals.com](http://vitals.com), an internet source of physician information and patient recommendations.
- Carl Rosenkilde, MD, PhD, Neurology, received the Physician's Recognition Award with Commendation, 2011-2014, from the American Medical Association. For more information, see his newly expanded website: [rosenkilde.com](http://rosenkilde.com).
- Westchester Health Associates = Medical Home, Level 3! Westchester Health, founded in 2007, is proud to announce we have achieved Level 3 Medical Home status. The medical home model delivers primary care that is accessible, continuous, comprehensive, family-centered, coordinated, compassionate, and culturally effective.

### New Team Members at Westchester Health

- Donna Castellano, Director of Operations, graciously brings her extensive experience in practice management from Mt. Sinai and Cornell University Medical Center, NYC. In addition to her work as an administrator, Ms. Castellano is a teacher, and lectures at SUNY Westchester, The College of Westchester.
- Chris Lauer, Chief Financial Officer
- Peter Richel, MD, Chief of Pediatrics at Northern Westchester Hospital was visited by CBS News in his Mt Kisco office. They were featuring Dr. Pete as "The Pediatrician who takes the Pain out of Doctor's Visits."
- He must be happiest when multitasking, because Dr. Pete also just published a book on baby care, "Happy and Healthy - A Wellness Journal of Baby's First Year" due out this Fall.
- In addition, Dr. Pete is developing a morning show for preschoolers called, appropriately: "Dr. Pete's Office." He describes it as Mr. Rogers meets Jim Carey, but he is much too modest. Dr. Pete is a regular presenter at Borders books in Mt Kisco, and recently brought his stories and songs on spring, in "Spring has Sprung."

### Happiest News of All

- Lauren Adler, MD, Pediatrics brings us the very best news of all: a stork has visited Westchester Health early spring. Dr. Adler gave birth to her third child, their first son, a beautiful, healthy, baby boy: Zachary Ryan.



Baby Zachary



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# Westchester

Physician Referral Line: 914.232.1919



WH Katonah staff exercise most days from yoga to kick-boxing, zumba to climbing.

# Spring Fever: Let's Move!



### Let's Move Kids!

By Maryann Buetti-Sgouros, MD

Encouraging physical activity is one of the most important things you can do for your child. Not only does participation in physical activity improve one's cardiovascular fitness but it has also been shown to reduce depression. One of the most difficult steps is getting started, so make it a family affair. Now, get moving... No excuses! Here are some suggestions to help you get going.

### To help your children live healthy active lives:

- Be role models by making healthy eating and daily physical activity the norm for the family.
- Create a home where healthy choices are available and encouraged.
- Cook healthy meals together; kids are more likely to eat when they are involved in the process.
- Create a rainbow shopping list to find colorful fruits and vegetables with the kids.
- Grow a family garden, plan and care for it together.

**The freebie...walking.** Walking is a great activity that can be modified to suit your family's needs. First find your location. Since some neighborhoods in our area do not have sidewalks, consider your local school's track, even the bike trail.

**The dollar store fitness option...**the hula hoop and jump rope. The hula hoop is great for improving your core strength and the jump rope are great for a cardiovascular workout (think about how boxers train). Now here is an old school way of fun and fitness. Challenge each other to who can jump rope the longest or keep to hula hoop suspended around their body. Tricks and contests make it more fun.

**More expensive options...** The club membership and the season pass. Many health clubs offer family memberships. Or, see if your club offers a night or two during the week were your children are welcome to use the pool with a parent. Season passes to places like the Bronx Zoo and national parks also offer unlimited access to acres of walking paths and hiking trails. You and your children will enjoy the time well spent.



### Lets Move Adults!

By Stanford Bennett, MD

**Know the goal:** As adults, guidelines recommend either moderate intensity exercise for 30 minutes for five days a week, or strenuous exercise for 20 minutes three days a week, or a combination of these activities. Exercise can be performed for short periods several times a day and integrated into the course of your daily life. How do we know we are getting a good amount of exercise? If, by the end of workout we get to the point of some breathlessness, fatigue or sweating, we have gotten a good cardiovascular, aerobic and calorie-burning workout.

**Walking at work does NOT count.** We need sustained and uninterrupted exercise. Time is a major obstacle to getting us healthier. We need to plan as to how, where and when we will exercise. For example, some of us will not be able to work out at the end of a busy work day; "too tired": so proactively schedule time before work or at lunch. Avoid winter's natural drop in exercising and resultant weight gain. Keep going year round - have back-up plans for indoor activities during bad weather, in your home or the gym.

**Exercise is a Public Health Concern.** There are an estimated 200,000 deaths annually in the U.S. related to a sedentary lifestyle. Deaths can occur secondary to coronary heart disease, colon cancer, and type 2 diabetes. Exercise improves glycemic control, prevents obesity, and may delay cognitive decline in the elderly. and reduce depression. Research shows that the days/week of exercise inversely correlates with screening positive for depression. Knowledge is power, power that can drive us to a happier and healthier lifestyle, so Let's Move!





## Spring Brings Lyme Disease

By Margaret Andersen, MD

Spring has finally arrived and as we all venture out into the outdoors to enjoy the weather we need to keep in mind that so do all those nasty pests called ticks. Where there is deer there are blacklegged or deer ticks which can attack humans. It is this insect that carries Lyme disease. June is peak season in the Northeast and most cases will be acquired in the next few months.

Lyme disease is caused by the bacteria *Borrelia burgdorferi*. Symptoms typically occur 7-10 days after tick bite and include fever, chills, fatigue, headache, muscle and joint aches. Sometimes a "bull's eye" rash called erythema migrans develops at the site of the tick bite. If left untreated the infection can spread and within a few weeks can cause paralysis of the face, meningitis,



heart block and arthritis. Lyme disease can be diagnosed by your doctor and a blood test can confirm it. It is treated with a course of antibiotics.

### Simple steps can be taken to prevent Lyme disease:

- Wear long sleeve shirts and long pants when hiking in infested areas.
- Use insect repellent that contains DEET to deter the ticks from attacking.
- Lawns should be kept short and can be commercially sprayed.
- Do a "tick check" on yourself and your children every evening after the bath.

It takes about 36 to 48 hours for the deer tick to transmit the bacteria so removing ticks quickly will help to prevent Lyme disease. If the tick does remain in your skin for more than 36 hours, it is advisable to see your health care provider for possible testing and prophylactic medication.



## Neurological Lyme

By Gregg Caporaso, MD, PhD

Involvement of the nervous system occurs in **10-15%** of patients infected with Lyme disease. The disease is acquired when someone is bitten by a deer tick harboring the Lyme bacterium, normally in the summer or early fall. Neurological symptoms that develop shortly after being infected include: mild meningitis -- with low-grade fever, headache, neck stiffness, and fatigue -- or facial weakness that might be mistaken for the more common Bell's palsy. Later in the course of infection, patients may experience neuropathy, which can cause weakness, numbness, or tingling in the feet, or a mild encephalopathy. The latter can result in impairments in concentration, mental agility, and memory.

Diagnosis depends foremost on the clinical history. Though many patients do not recall a tick bite, most do develop the characteristic "bull's eye rash" associated with Lyme infection. The diagnosis of Lyme disease also depends on a blood test showing the patient has been exposed to the Lyme bacterium. For the diagnosis of neurological Lyme disease, a patient must

also show evidence of Lyme infection in the spinal fluid, which requires a lumbar puncture (i.e., spinal tap).

Routine treatment of Lyme disease involves 2-4 weeks of oral antibiotics. Lyme disease of the nervous system, though, is usually treated with 2-4 weeks of intravenous antibiotics. Clinical studies have demonstrated that there is no reason for longer or repeated treatment of Lyme disease. Furthermore, the idea of "chronic Lyme infection" is no longer recognized. Patients who continue to experience cognitive complaints after a full course of antibiotics may have "post-Lyme disease syndrome," which represent residual effects of having once been infected with Lyme. Alternative explanations for this condition include non-Lyme infections or neurological conditions, depression, or chronic fatigue syndrome. Though many patients in Westchester are treated for post-Lyme syndrome with repeated courses of intravenous antibiotics, standard medical practice advises strongly against this practice.



## Sunshine and Vitamin D: To Screen or Not to Screen?

By Ross Zeltser, MD

The adverse effects of solar ultraviolet (UV) radiation on the skin, especially the increase in the risk of skin cancer and premature skin aging, are clear, especially in fair-skinned people. These can be prevented by strategies advocated by many public health bodies, namely sun avoidance, sunscreen use and clothing.

The main cause of adverse effects of sunlight is the waveband for vitamin D photosynthesis, which, besides aesthetic and psychosocial considerations, is the only proven medical benefit of sun exposure. This is especially important because UVB is the main source of vitamin D.

There is increasing evidence that vitamin D plays a much greater role in human health than was previously thought. This has given rise to concerns that sun protection, especially sunscreen use, could adversely affect vitamin D status and health. In fact, some thus argue that, in the absence of supplementation, the overall disease burden from lack of UV exposure may be greater than the diseases caused by UV.

Vitamin D was traditionally regarded as essential for skeletal health, but there is increasing evidence that it also may play an important role in a wide range of cancers, autoimmune disorders, neurologic disease and other conditions. These non-skeletal benefits of vitamin D remain highly controversial, however. In conclusion, the relationship between solar UV exposure, sun



protection, and vitamin D status is poorly understood. There remains much work to be done in risk vs. benefit assessment of UV exposure. There is a clear need to have a much better understanding of the relationship between skin area and UV exposure doses, behavior, skin color, tanning, sun protection and vitamin D and health outcomes.

Lacking concrete evidence, the best advice regarding sun exposure/vitamin D appears to rely on common sense. Vitamin D supplementation is simple and inexpensive. Recklessly roasting in the sun or in a tanning bed just to "get enough vitamin D" is not wise, but neither is being a pale sun-phobic hermit.



## The Internist's Take on Sun Exposure

By Galya Lodish, MD, MPH

Vitamin D promotes strong bones. It is one of four fat-soluble vitamins, which is important in calcium metabolism and bone health. Sunlight on the skin is needed to promote the conversion of the inactive form of Vitamin D to the active form. In countries in which there is unusually low sun exposure the populations suffer from Vitamin D deficient states known as rickets and osteomalacia, both disorders of bone mineralization. In other countries, such as the U.S., although rickets and osteomalacia are rare, Vitamin D insufficiency is not. Vitamin D insufficiency leads to weak bones and eventually can contribute to the development of a condition known as Osteoporosis.

Osteoporosis is a disease characterized by low bone mass, which in turn leads to increased risk of fractures. Increased risk of fractures in the elderly contributes to morbidity and mortality. In the United States, some brands of milk are fortified with Vitamin D. Also fatty fish, cod liver oil and to a lesser extent eggs have some Vitamin D. Vitamin D 3 is the active form of Vitamin D and is available over the counter as a supplement. But by far the easiest source of active vitamin D absorption comes from the sun. So, head outdoors and get yourself some sun, in moderation. It is important for bone health, and possibly for other long-term conditions, that future research will hopefully clarify

