

MAIMO MEDNEWS IS THE PROVIDER E-NEWSLETTER OF MAIMONIDES HEALTH

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## MAIMONIDES' WOMEN'S HEALTH INSTITUTE Provides Full-Spectrum Care for Women



Maimonides honors women this Women's History Month and every other day of the year by prioritizing comprehensive, integrative [women's healthcare](#) that supports women through every stage of their lives. Highly skilled physicians work together providing a full suite of services, spearheaded by [Scott Chudnoff, MD, MSc](#), Chair of the Department of Obstetrics & Gynecology.

Patients stand to benefit the most from Dr. Chudnoff's extensive experience and visionary leadership. Under his direction, severe pregnancy complications at Maimonides are just 1.2% compared to the New York State average of 1.8%—and [Maimonides' Women's Health Institute](#) has so much more to offer patients.

### The Women's Health Institute— A One Stop Shop for Almost Everything Women Need

"We treat everyday symptoms and unexpected issues, from adolescence through child-bearing, menopause, and beyond," explains Dr. Chudnoff.

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In doing so, the dedicated healthcare providers in the Women's Health Institute provide a host of services, including:

- Cancer screenings and treatments
- Pelvic floor interventions
- Early pregnancy assessments
- Menopause care
- Postpartum psychiatry
- Cardiac care

Many of these services center around reproductive health, but Maimonides' integrated health programs for women take female-focused care to the next level.

### **Integrative Approaches to Care**

Women's health is unique not just from a reproductive standpoint. The Women's Health Institute recognizes that biological and hormonal differences have far-reaching effects on women's health and well-being. Pelvic floor dysfunction and disorders, for example, are common concerns for patients of the Women's Health Institute.

"Located in the [Maimonides Doctors Multispecialty Pavilion](#) (MDP), our pelvic floor physical therapists will treat bowel and bladder dysfunction, diastasis recti (separation of the abdominal muscles), urinary incontinence, and pelvic and vaginal pain," Dr. Chudnoff said. "Our program is comprehensive in that if a surgical option is needed, we have surgeons on staff that the therapist will consult with. The care is seamless for women."

Women also have a unique relationship to heart disease throughout different stages of life, especially after going through menopause. According to Dr. Chudnoff, low levels of estrogen after menopause can increase the risk of developing [coronary artery disease](#), and conditions like high blood pressure or diabetes during pregnancy can increase the risk of long-term heart disease or heart attacks. Doctors at the Women's Health Institute can make patients aware of these changes at the appropriate time and connect them to Maimonides' cardiac health experts if needed.

Maimonides' clinical team members use this and other patient information to build integrative care plans that work. Collaboration between OB/GYNs and cardiologists can help identify patients approaching or going through menopause—

that way, they can identify and treat heart health issues early.


There are also supports in place for patients to receive mental health care as an integrative intervention for [postpartum psychosis](#), cancer treatment, and for patients experiencing other mental health challenges. Healthcare providers in the Women's Health Institute prioritize collaboration with radiology, genetics, surgery, and other specialty departments, ensuring a streamlined healthcare experience for the patients who need it most.

Connecting patients with other health care experts, like cardiologists or psychologists, helps them to identify and address serious problems early on, holistically.

"Navigating the many women's health services spread across many departments at Maimonides is exactly the purpose of the new state-of-the-art facility at the MDP. It is a comprehensive women's specialty center."

### **Leading the Department: A Full-Circle Moment**

Many doctors at Maimonides feel compelled to work here because they have roots in and around the Brooklyn borough. However, Dr. Chudnoff's dedication is even deeper—he was born right here at Maimonides in 1973. His ascent to chair of the department he was literally born into makes his visionary leadership all the more special.

Referring patients to his department is convenient and easy. Call Maimonides' Women's Health Institute at 718-283-7979 for appointments. 



Enoc arrived with significant facial trauma, including a scalp degloving injury and multiple facial fractures — the medical team was highly suspicious of more substantial traumatic injury that was not immediately evident.

Meanwhile, Lucianny was showing signs of serious abdominal trauma, but was hemodynamically stable upon arriving. It became apparent that the toll of the accident had caused significant distress to the fetus, who was exhibiting a dangerously low heart rate,

suggesting a case of [placental abruption](#), which can be caused by abdominal trauma. The emergency room doctors conducted a fast assessment and agreed an immediate C-section was necessary, with an exploratory laparotomy to follow.

Luckily, this wasn't Lucianny's first time at Maimonides; she is a regular patient of obstetrician [Vijaya Bayya, MD](#), who was one of the eight doctors and six more care team members present in the OB operating room.

"I love my OB," Lucianny said. "I've known her a long time."

### **A Streamlined Surgical Collaboration Between the OB and Trauma Departments**

Despite confirmation of the traumatic placental abruption suspected on Lucianny's arrival, the surgical OB team delivered a baby boy in good health, quickly showing an Apgar score of 7. The neonatal ICU team took over from there for the baby.

"It was amazing team work," said [Alok Bhutada, MD](#), director of newborn medicine at Maimonides. "Different departments came together and each department did its part."

A team of six trauma surgeons, including Dr. Nicastro and [Rachel Caiafa, MD](#), took over caring for Lucianny. They began the exploratory laparotomy right there in the OB operating room and quickly located a liver laceration with active bleeding. She was also treated for pulmonary contusions, a left hemopneumothorax, and a left humeral fracture.

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## **Maimonides Draws on Interdisciplinary Expertise to Treat Pregnant Mother, Newborn Baby, and Young Son Hit By Car**

Early on a January morning, 33-year-old Lucianny Salvador was crossing the street with her son Enoc, when suddenly all she knew was that she had been knocked to the ground, struck on her left side by a car. 7-year-old Enoc was being dragged by the car, ultimately pushed several yards before it came to a stop. To make the situation even more critical, Lucianny was 34 weeks pregnant at the time.

Maimonides is home to the borough's only [pediatric trauma](#) center and its largest and most highly specialized obstetrics and neonatology programs – putting all of the advanced resources needed for this complex case in one place—and thankfully for the Salvador family, that place wasn't far from home. Lucianny and Enoc were transported immediately to Maimonides, as level 2 adult/obstetric and level 1 pediatric trauma cases, respectively. The ambulance phoned ahead so the emergency department could prepare for this complex case.

### **Team Maimo Quickly Readied Themselves for Action**

The night before his mother's funeral, Danh received the news that Sandy was finally awake and conscious again. "Even before their arrival, the EM trauma group and Surgical Trauma Team were standing by," said [Jeffrey Nicastro, MD](#), trauma and critical care surgeon at Maimonides. "Within minutes, the pediatric EM team, Obstetric Call team and Neonatal response teams were present and prepared to act."

## CASE STUDY

“I had asked for help with these patients from my trauma colleagues who immediately responded to the call and assisted me with surgery and following up on [Enoc],” Dr. Nicastro said. “Despite the OB operating room not being in the [abdominal trauma](#) business, they did a great job assisting and getting us what we needed.”

“I remember the trauma team,” Lucianny said. “They were amazing. Giving me information on what happened, what they had done, every time I needed them to come in. They were very helpful.”

Nearby in the pediatric emergency room, doctors determined that Enoc had evaded significant intracranial and torso trauma, but sustained serious facial injuries, and required occulo-plastic reconstruction of his orbit. While [Kings County Hospital Center](#) often sends its most complex pediatric trauma cases to Maimonides, this procedure is one pediatric subspecialty that Maimonides sends to Kings County, and so he was transferred there for treatment.

### Expert Care and Compassionate Support While Healing

By early afternoon, doctors were optimistic for the outcome of all three patients. When Lucianny woke up after her surgery, she was attended to by her ICU nurses and was thrilled to learn that her baby, Lucas, was healthy and being cared for in the NICU while she recovered, ultimately staying at the medical center for 11 days. Lucianny, Enoc, and Lucas all recovered fully.

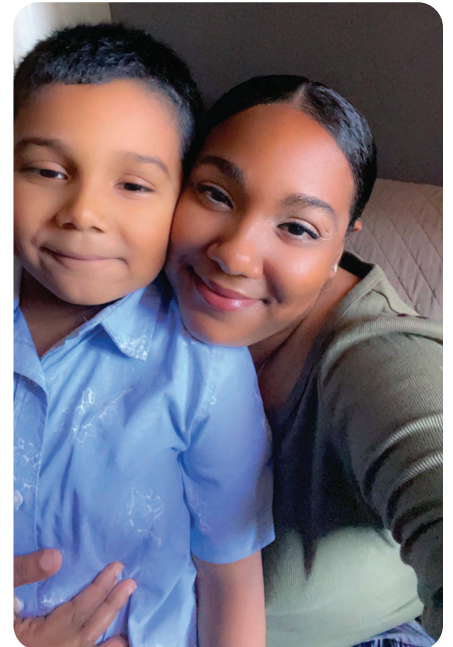
“The ICU nurses – they were amazing,” she said. “They were always very nice, always there when I call for something. They brought me photos of my baby when I was in the ICU. Always keeping me informed on the results of the tests that they performed on the baby. A Nurse from NICU always brought photos of the baby’s foot print, and came to the room and updated me with how well the baby was doing. It meant a lot as I lay there trying to heal that the baby was okay.”

In the end, about 40 Maimonides doctors, nurses, and other patient care professionals, along with even more ancillary staff members, were involved in this unique, complex integrated response from adult emergency medicine, pediatric emergency medicine, trauma surgery, obstetrics, maternal-fetal medicine, pediatrics, radiology, and the neonatal ICU.

“There are many moving parts required to care for multiple serious traumas at once, and the complexity was compounded by pregnancy and fetal distress,” said Dr. Nicastro. “The expertise, collaboration, energy, and heart that every one of the teams involved in the care of these injured patients demonstrated was unequalled in my 28+ year career in trauma.”

After being discharged, Lucianny was grateful for the individualized and compassionate care she received from all of the team involved in her care, especially her nurses, whose encouragement helped her to heal.

“The nurses came over to say hi before I left,” she said. “My heart was warmed ... It gave me strength to get better every day. I was in pain, but every day, I had to try. Every time I got up, in spite of the pain, they gave me encouragement and they [made me] feel happy.”



## EVENTS: UPCOMING

### Save the date: May 25, 2023 3rd Annual Brooklyn Stroke Symposium

See next month’s Maimo MedNews for details and registration information.





### **This month, Maimonides doctors and other providers are being recognized for going above and beyond for the good of their patients, public health in New York City, and the medical field at large.**

#### **Dr. Ingrid Walker-Descartes Named One of Crain's New York Notable Black Leaders of 2023**

[Ingrid Walker-Descartes, MD](#), Vice Chair of Education and Program Director, Pediatrics Residency Training Program, has been selected as one of [Crain's Notable Black Leaders of 2023](#). Congratulations to Dr. Walker-Descartes for this well-deserved honor.

Through her multiple clinical roles and history of child advocacy, Dr. Walker-Descartes has pioneered and established standards on monitoring child abuse as a crucial component of comprehensive pediatric health care. Recently named a United Hospital Fund Quality Champion for her work in the development of the [first Child Abuse Fellowship in New York state](#), she is protecting child welfare in the long term by training the next generation of physicians in this important practice. 🌟

#### **Dr. John Marshall Elected to American Board of Emergency Medicine Board of Directors**

[John Marshall, MD](#), Chair of Emergency Medicine and Vice President of Medical Affairs, was [elected last month](#) to the [American Board of Emergency Medicine](#) (ABEM) Board of Directors. ABEM is dedicated to ensuring the highest standards of emergency medical care, facilitating

professional development, continuous certification of members and certifying all physicians who demonstrate special knowledge and skills in the area.

Dr. Marshall has volunteered with ABEM as an oral examiner since 2012 and as a test question writer since 2007. Since joining Maimonides in 2003, Dr. Marshall has led the development of seven Emergency Medicine fellowship programs and a state-of-the-art Simulation Center, and led the extensive growth of Maimonides EMS services. 🌟

#### **Maimonides' Organ Donor Champions Recognized by LiveOnNY**

Congratulations to [Ilya Levin, DO](#); [Richard Savel, MD](#); Anzhela Dupliy, Nurse Manager, SICU; [Gerard Betro, MD](#); and Sorophina Young, CNS, SICU, who this month received Certificates of Appreciation from LiveOnNY for their work with the Organ Donor Council at Maimonides.

These team members are organ donor champions, leading Maimonides' part in an incredible collaborative effort to save lives across New York, and were recognized for their dedication and support in honoring organ and tissue donors. 🌟

#### **Dr. Jacob Shani Discusses Heart Disease on NY1**

[Jacob Shani, MD](#), Chair of Cardiology, appeared on NY1 in recognition of both Rare Disease Day and the end of American Heart Month. [Dr. Shani discussed](#) risk factors for heart disease including high blood pressure, high LDL cholesterol, diabetes, smoking, obesity, unhealthy diet, and physical inactivity. He also discussed the importance of knowing your family history and genetic predisposition to heart disease, especially for rare heart diseases, in which signs and symptoms can be apparent early in life. Advancing technologies, Dr. Shani said, are making it easier to identify and treat rare heart diseases. 🌟




## Dr. Patrick Borgen Heads 40th Annual Miami Breast Conference

This month, the annual [Miami Breast Cancer Conference](#), organized by the [Physicians' Education Resource](#), took place for its 40th year. From March 2 to March 5, more than 1,000 attendees from across the breast cancer care field came together to share and take in educational programming centering around patient-focused care and best clinical practices. Those attending included surgical, medical, and radiation oncologists, as well as geneticists, pathologists, radiologists, supportive care specialists, and other health care professionals involved in breast cancer treatment.

[Patrick Borgen, MD](#), Head of the Maimonides Breast Center and Chair of the Department of Surgery, marked his 10th year serving as Program Chair for the conference, which is the largest and longest-running meeting of breast cancer care professionals in the country.

Dr. Borgen served on several Tumor Board sessions, including one with [Fleure Gallant, MD](#), radiation oncology and breast cancer specialist and assistant clinical professor at SUNY Downstate. Dr. Borgen presented "[Elimination of Opioids in Breast Cancer Surgery](#)," and Dr. Gallant presented "PMRT Bolus: Fact, Fiction, and Folklore."

The conference's motto, "Hear it on Friday, use it on Monday," indicates its practice-oriented focus, bringing providers clinical knowledge and tools that they can use to attain the highest standards of breast cancer care management right away. 



## Dr. Elliot Borgen Interventional Cardiologist

When it comes to heart disease, every patient wants to know they are in the best possible hands. Patients at Maimonides have the reassurance of knowing that the Medical Center offers cutting-edge medical and surgical approaches to treating heart attacks and coronary artery disease, with experts from a variety of backgrounds coming together to deliver some of the best cardiac care in the country.

According to the [Centers for Medicare & Medicaid](#), Maimonides' Heart and Vascular Institute has been in the top 1% of hospitals in the U.S. for heart attack survival for the last five years in a row. Maimonides is also in the top 1% for patient outcomes for angioplasty and stents in New York, with the lowest mortality rates in the state. According to the New York State Department of Health, it is the best hospital at which to undergo a PCI, in terms of risk-adjusted mortality rate (2012-18). Maimonides has also been named by Healthgrades as one of America's 50 Best Hospitals for Cardiac Surgery for the last three years in a row.

[Elliot Borgen, MD](#), is one of Maimonides' longest serving interventional cardiologists and has contributed to the award-winning excellence of the Maimonides Heart & Vascular Institute through his incredible clinical skills and dedication to patients.

An expert in ischemic and structural heart care, transcatheter aortic valve replacement (TAVR), percutaneous coronary intervention, angioplasties, stenting, interventional ultrasound,

and rotablation, Dr. Borgen has been a specialist in the Department of Cardiology since 2000. A lot has changed in the field since then, but part of what he loves about cardiology is the opportunity to [utilize new technologies](#) for the best patient outcomes.


"For me, cardiology was always a very exciting field," Dr. Borgen said. "The technology is always moving forward. I love doing it, and then I love following up with patients afterward in the office. It's very gratifying."

### #1 in New York for Survival Rates

While Dr. Borgen's patients and colleagues have known about his expertise for years, you don't just have to take their word for it — Dr. Borgen's patient outcome statistics show that he is truly a world-class interventional cardiologist. According to the New York State [Department of Health](#), he is the only interventional cardiologist in New York who had a risk-adjusted mortality rate (RAMR) significantly lower than the statewide rate based on a 95 percent confidence interval in the last three consecutive reporting periods (2020-2022). This means patients facing challenges like heart disease or a heart attacks are more likely to survive under his care than with under any other doctor in New York. In the 2021 reporting period, Dr. Borgen also had the lowest risk of adjusted mortality rate for PCI patients.

### "Not Just Another Procedure": Maimonides' Patient-Centered, Team-Oriented Approach

These impressive outcomes are a result of Dr. Borgen's specialty of carefully tailored care and treatments based on each individual patient when performing complex, high-risk procedures. He also credits the support of his colleagues and the Cardiology Department staff.

"The [Department of Cardiology](#) here is excellent —it's a very close-knit group," he said. "I am constantly asking my colleagues for their input, and I review cases all the time with my colleagues —'Should we stent it? Should we not stent it? Should we send the patient to surgery?' A lot of thought goes into every patient, it's not just another procedure, another number, another billing event —we treat patients like people, like human beings, and a lot of thought goes into how we care for these people." 

## NEW PROVIDERS

March 2023

**Levanya Chekuru, MD**, General Internal Medicine, Primary Care, 718-283-1600



## Featured Podcast



### **Maimo MedTalk: How Covid Killed Evidence-Based Medicine**

COVID-19 has changed our lives and because many of us were desperate for answers, we turned to the internet and social media. As a result, EBM or [evidence-based medicine](#), has taken the backseat. [Patrick Borgen, MD](#), discusses evidence-based medicine as it relates to [COVID-19](#) and explores why it is in our best interest to listen to and trust experts as much as possible.

[Listen Here](#)