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Case Study: How Quick Action by a Resident Doctor, Hatzolah EMTs and Paramedics, and Maimonides Clinicians Saved a Heart Attack Patient



David Spitzer, a Borough Park resident, electrician, father, and volunteer EMT with [Boro Park Hatzolah](#), was on his way home from synagogue around 7 p.m. on Wednesday, March 1 when he suddenly collapsed. Later, he was assessed as suffering a heart attack that resulted from an almost total blockage of the left anterior descending artery — the heart's largest artery — which provides the heart muscle with more than half of its total blood supply. Such an event is called a “widow maker” for its low survival rate.

What could have been a terrible tragedy turned into miraculous recovery thanks to the synergistic care of Maimonides doctors and Hatzolah.

Immediate Care Made a Difference in Saving Mr. Spitzer

Just as Mr. Spitzer had collapsed, Dr. Alexandra Dadrat, a [medical resident in Maimonides Medical Center's Department of Obstetrics & Gynecology](#), was preparing to leave her shift at her office near the medical center. Someone who witnessed Mr. Spitzer fall came in looking for a doctor to help, and Dr. Dadrat rushed out to take action. After a quick assessment, she confirmed that he had no heartbeat.

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She immediately started CPR and instructed an onlooker to call for EMS. Less than two minutes later, Boro Park Hatzolah arrived. Mr. Spitzer's fellow Hatzolah volunteers, Nachman Feig, a paramedic with Hatzolah for 10 years, and Motty Flesicher, an EMT since 2006, quickly applied an AED, shocked him, and moved him to the ambulance.

"We regained a pulse right away after giving him two shocks," said Motty Flesicher. "It's a great feeling to save a life. I definitely think early CPR gave him a better chance."

Meanwhile, Mr. Spitzer's family saw that someone had collapsed outside their home on 47th Street and was getting medical help, but had no idea it was Mr. Spitzer. He had just been home, after all, for dinner before he went to evening prayers.

With Short Warning, Maimonides Clinicians Were Prepared

The Hatzolah team called ahead to the [Maimonides Emergency Department](#), which was just two blocks away, to notify them of their impending arrival. Then, they started an IV line to prepare Mr. Spitzer for treatment in the emergency room.

When they reached the hospital, the Maimonides team was prepared to give Mr. Spitzer his best chance of survival. [Maimonides treats more heart attacks than any other hospital in New York City](#) while consistently delivering excellent patient outcomes. With short notice, Mr. Spitzer's care team was ready and waiting to do their part to save his life.

That Wednesday evening, Mr. Spitzer was admitted to Maimonides' Cardiothoracic Intensive Care Unit, where [Jacob Shani, MD](#), led the interventional cardiology team in performing a percutaneous coronary intervention.

Thanks to the extraordinary expertise and experience of these Maimonides clinicians, the intervention was a success. [Maimonides interventional cardiologists are recognized as top performers for all categories of coronary interventions](#), with [superior patient outcomes in both emergency and non-emergency coronary interventions](#). By Friday, doctors were able to begin to take Mr. Spitzer off of sedative therapies, and he regained consciousness and alertness over the weekend.

"The doctors and nurses were amazing," said Nachman Feig. "They took it to the next level."


Highly Efficient Collaboration and Community Care Saves Lives

Thanks to the combination of early CPR by Dr. Dadrat, early defibrillation by the Hatzolah team, and early emergency intervention by the Maimonides Emergency Department, Mr. Spitzer's life was saved. This exceptional partnership between Maimonides and Hatzolah saves lives every day. These relationships and synergies in the emergency response chain allow for quick action and ultimately, improved patient outcomes.

"This is a man with a large family. If this happened in a different neighborhood, it could have been devastating," said Motty Flesicher. "Hatzolah was there, the hospital is right there, and the doctor happened to be nearby."

At an [event at Maimonides on June 1](#), Mr. Spitzer and his family were able to personally thank Dr. Dadrat for her lifesaving actions, and share their story with the community to reinforce the benefits of widespread CPR skills education.

"This entire experience reflects the significance of a community that cares for one another," said Ken Gibbs, President, and CEO of Maimonides Health. "From the quick thinking of Dr. Dadrat, to the skill of Hatzolah's EMTs and paramedics, to their transfer of Mr. Spitzer to the care of our Maimonides emergency medicine and cardiovascular experts, this was a wonderful example of collaboration that literally saves lives."

For more information on Maimonides' world-class cardiovascular services, visit <https://maimo.org/treatments-care/heart-vascular-institute/>. 

Early Collaborative Care Improves Lymphedema Patients' Quality of Life

Lymphedema is a very common and serious condition, and is estimated to affect at least 3 million people in the United States. Most often, it occurs in the extremities, but can also occur in the face, the trunk, the abdomen, or the genital area. Medical providers should be able to identify signs, symptoms, and when patients are at the greatest risk for lymphedema in order to manage and reduce swelling. Early diagnosis and treatment can greatly improve quality of life for patients living with lymphedema.



At [Maimonides Rehabilitation Centers](#), licensed physical and occupational therapists provide effective lymphedema treatment options for patients of every age group. They have extensive experience treating both primary lymphedema and secondary lymphedema, resulting from trauma, [cancer](#), immobility, and other conditions.

Because many cases of this condition are related to other medical needs, treating lymphedema requires collaborative care spanning several different departments and specialties to ensure a comprehensive and effective medical experience for all patients.

“Maimonides Rehabilitation Centers collaborate closely with the [Cancer Center](#), [Department of Vascular Surgery](#), [Department of Neurology](#), and [trauma](#) and wound care specialists at Maimonides, as well as healthcare providers from other hospitals,” said Irina Karavanchenco, Senior Physical Therapist and Lymphedema Specialist at Maimonides.

Early Diagnosis and Treatment Are Critical

Patients of all ages and from all walks of life can develop lymphedema. Most patients who experience swelling from lymphedema have it in their extremities, but it can affect any part of the body. It can cause a great deal of discomfort no matter where patients have lymphedema, but Maimonides' therapists have extensive experience controlling and reducing the swelling to reduce symptoms.

“We provide one-on-one, personalized services - there is no ‘one-size-fits-all’ approach to the work we do,” said Xiao Jun Zhan, Physical Therapist Assistant and

Lymphedema Specialist. “Gold-standard treatment for lymphedema is [complete decongestive therapy](#) (CDT), which consists of manual lymphatic therapy (MLD), compression therapy (compression bandages, or garments), skin care, education, and exercises — all of which are tailored to each individual patient.”

Specialized Practice Underpinned by Compassion and Understanding

Patients who have lymphedema face mobility issues, pain, and other challenges on a daily basis. And since there's no cure for lymphedema, it's especially important for patients

to know that every time they get care at Maimonides, compassionate care and [improving quality of life](#) as much as possible are always each provider's priorities.

“Lymphedema is not curable and can be emotionally difficult for patients to accept,” said Lan Chen, Occupational Therapist and Lymphedema Specialist. “This is often the case with breast cancer patients who undergo surgery, radiation, or chemotherapy. Even though it's not curable, it's manageable, especially if diagnosed and treated early.”

To schedule an appointment or to refer patients to Maimonides Rehabilitation Services, visit <https://maimo.org/treatments-care/rehabilitation/> or call (718) 283-8961. 📞

Maimonides Doctors Collaborate to Research Disparities in Racial Representation in Medical Education Resources

This year, doctors from Maimonides Medical Center and SUNY Downstate Health Sciences University collaborated to investigate the ways in which breast diseases are visually represented in educational materials. From SUNY Downstate, Maissa Trabilsy, MD/MPH candidate and from Maimonides, Arielle Roberts, MD, general surgery resident; [Charusheela Andaz, MD](#), Associate Director of the Breast Surgery Division; [Donna Marie Manasseh, MD](#), Director of Breast Surgery; [Patrick Borgen, MD](#), Chair of the Department of Surgery and Head of the Breast Center; and [Joshua Feinberg, MD](#), Director of Research, Division of Breast Surgery, all contributed to the study, titled “Lack of Diversity in Textbook Images Depicting Diseases of the Breast.”

“We reviewed over 500 patient images in 20 breast disease textbooks and evaluated the skin tone of each patient,” said Dr. Feinberg. “An overwhelming majority (96%) were of light skin color, leaving only 4% of figures represented by dark-skinned individuals. Furthermore, our results demonstrate that the dearth of images depicting dark-skinned individuals did not improve during subsequent years of textbook publication.”

The study was awarded the designation of Top Poster at this year’s 40th Annual [Miami Breast Conference](#).

Confronting Medical Biases Can Combat Health Outcome Inequities

This knowledge comes at a critical time, as we know that breast cancer screenings dropped dramatically during the Covid-19 pandemic among people of color. Despite the comparable lifetime risk of developing breast cancer, Black women are nearly [40% more likely than white women to die from the disease](#).

Some factors behind this are genetic, like a higher predisposition for women of color to develop the more aggressive triple-negative variety of breast cancer.



Others can be attributed to the relationship between people of color and the medical field, where historical maltreatment can translate to mistrust and lingering biases today, and perpetuate health inequities.

“Traditionally and historically for good reason, people of color have not been treated well by the medical system,” said Dr. Manasseh. “This mistrust unfortunately continues and percolates today in various other situations. Because of it, they’re less likely to go and get the screening that they need. They’re less likely to try to do some of the therapies that are recommended. And they’re not too far off with respect to mistrusting because, in some situations, there is a reasonable reason for why there is mistrust. We know that, especially when it comes to things like pain, that people of color often aren’t given the appropriate pain medication compared to the white population. So, as a result, some of these fears and concerns get reaffirmed when they encounter a bad situation.”

Medical literature and educational content that features light-skinned individuals almost exclusively can only serve to reinforce these biases. The [Breast Center](#) team’s study seeks to change that, and ensure that current and future doctors are able to recognize the different ways disease can present itself on varying skin tones.

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“Unequal skin tone representation permeates several areas of medical education and may translate into implicit bias as trainees transition into practice. The addition of images depicting patients of color in future breast textbook editions can help decrease physician bias, alleviate diagnostic inequalities, and contribute to improvement of disparities within breast cancer care,” said Dr. Feinberg.

Breast Center Team’s Study Was Inspired by 2021 Study Led by Maimonides Urologic Surgery Resident

The Maimonides Breast Center team’s research was inspired by the research of another member of the Maimonides team: Karis Buford, MD, former Urologic Surgery resident.

[Dr. Buford, along with fellow Urologic Surgery residents](#)

Katiana Vazquez Rivera, MD; Andrew Wood, MD; and Arshia Sandozi, DO, and urologic surgeon [Ariel Schulman, MD](#), reviewed photographic depictions of penile pathologies in 9 major urologic textbooks to assess racial representation

and diversity in the medical literature. Despite higher stage at presentation and worse oncologic outcomes from penile cancer, images of men with skin of color were more likely depictions of infections rather than malignancy.

The team concluded that the lack of depictions of malignant pathology may contribute to continued disparities in the diagnosis and treatment of penile pathologies in men of color. The article, titled [Representation in Figures Depicting Penile Pathology in Urologic Textbooks](#), was published in a leading Urology journal and presented at the American Urological Association Annual Meeting, 2021. After completing residency at Maimonides in 2023, Dr. Buford is currently a fellow in Female Pelvic Medicine at William Beaumont University in Royal Oak, Michigan.

For more information on research at Maimonides, visit <https://maimo.org/research/>.

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MaimoCare App Adds Multilingual Navigation

[MaimoCare](#), Maimonides Health’s patient-facing virtual health app, is newly available in 10 languages other than English. For greater convenience and seamless access, Maimonides patients can now view and use the app in Arabic, Bengali, Chinese, Haitian Creole, Hebrew, Polish, Russian, Spanish, Urdu, and Uzbek. Switching languages is simple. Through web access, patients can select their preferred language from the drop-down menu on the top of the page. Via app, the menu at the top right corner allows for language changes in language preference.

Utilizing MaimoCare, patients can easily [find doctors and schedule appointments virtually](#), with the ability to search by name, specialty, and conditions treated. Virtual visits are also offered through MaimoCare, contingent on provider availability. For immediate care needs, patients can also access 24/7 virtual urgent care providers who treat a range of non-emergency issues.

Through the app, bill payment is simple and secure, along with health record access, lab results, and medical history.

Register for MaimoCare [here](#) or reach a MaimoCare Support Team member at (718) 283-2244 during weekdays from 8 a.m. to 6 p.m.

Event Recap: Maimonides Holds 17th Annual Cancer Survivors Day

On Tuesday, June 13, Maimonides Health hosted its 17th annual Cancer Survivors Day event at Dyker Beach Golf Course, honoring the bravery, strength, and resilience of cancer patients who have received or are currently undergoing treatment at [Maimonides Cancer Center](#). The event also recognized patients' families, loved ones, and caretakers who have supported them throughout their journey, along with the Cancer Center staff at Maimonides.

In addition to dinner and music provided by the Mazel Tov Cocktail Band, featuring Maimonides oncologists, the event included presentation of Cancer Survivors Awards. These awards were presented to patients who showed exceptional bravery and determination in overcoming their cancer diagnoses. These awards were presented to Tammy Smith, Isabella Bardon, and Ann Ljuba by Maimonides oncologists [Dr. Rebecca Rhee](#); [Dr. Ludovico Guarini](#); [Dr. Mahmut Celiker](#); and [Dr. Joshua Feinberg](#).

"I love my doctors so much," said Isabella Bardon. "They were so supportive and they made having cancer more comfortable for me even though it was the most uncomfortable thing I ever had to go through. I am so thankful for them."

"I want to thank the staff at Maimonides for being so kind and caring," said Ann Ljuba. "Every time I was there, and some days were very difficult, they were there to support me."

Celebrating Increased Cancer Survivorship Here at Maimonides and Nationwide

Maimonides Cancer Center has supported patients like these since it opened as the first fully accredited cancer center in Brooklyn. Last year, its busiest year since opening, the center saw a record 110,000 patient visits.



"This would have never been possible without our administration building the very first cancer center in Brooklyn," said [Dr. Patrick Borgen](#), Chair of the Department of Surgery and Head of the Maimonides Breast Center. "Imagine that in 2005, there was no cancer center in Brooklyn – a city of 3 million people. Maimonides saw

the need, and on a tight budget filled it."

As diagnosis and treatment methods have improved, so have the numbers of patients able to overcome cancer.

"We've made great progress in how we treat cancer. Over the past three decades, we've seen more than a third increase in the number of survivors of cancer across this country," said [Dr. Kevin Becker](#), Chief of the Division of Hematology Medical Oncology at Maimonides Cancer Center. "That's 3.8 million people. That's because we have so much more that we can do for patients diagnosed with cancer, from preventative measures, to better screening and better treatment. So we're here tonight to celebrate how many more people are here, seeing birthdays, seeing babies born, seeing nieces, seeing graduations, seeing marriages. 3.8 million people, and we have just a subset of those here tonight to celebrate that accomplishment."

Maimonides oncologists [Dr. Susan Burdette-Radoux](#) and Dr. Ludovico Guarini were presented with [American Cancer Society Relay for Life Awards](#). Millie Diaz, mammography technologist at Maimonides Breast Center, was presented with the Community Engagement Award for her work informing and connecting the community with the Breast Center's services.

To see News 12 coverage of the event's highlights, visit: <https://brooklyn.news12.com/maimonides-celebrates-cancer-survivors>. For more information on Maimonides Cancer Center, visit <https://maimo.org/treatments-care/cancer-center/> or call (718) 765-2500. 🎵



Maimonides Midwood Community Hospital Recognized for High-Quality Stroke Care

Maimonides Midwood Community Hospital (MMCH) has been nationally recognized for its commitment to providing high-quality stroke care, obtaining the American Heart Association's Get With The Guidelines®-Stroke Gold Plus Award, with Target: Stroke Honor Roll Elite Plus, Advanced Therapy, and Target: Type 2 Diabetes Honor Roll.

Get With The Guidelines - Stroke is an in-hospital program designed by the American Heart Association and American Stroke Association to improve stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death. The Gold Plus level is the highest designation in this category, indicating MMCH's dedication to ensuring stroke patients receive the most appropriate treatment according

to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability. Congratulations to MMCH and its Division of Neurology for obtaining this distinction. 🌟

Cancer Center Adds Clinical Trial to Cutting-Edge Prostate Cancer Treatments

Maimonides Cancer Center has now opened a clinical trial for [a new prostate cancer treatment](#). The new drug, abemaciclib, is FDA approved and commonly used in treating breast cancer, where it has significantly improved survival. Early evidence shows that there may be a similar benefit for prostate cancer treatment.

As the only site in Brooklyn offering this trial to patients, we are proud to expand our advanced options for prostate cancer treatment with this cutting-edge therapy, while helping to investigate and expand new, potentially life-saving treatment options. This adds to our lineup of advanced, innovative therapies at our Prostate Cancer Center, which includes high-intensity focal ultrasound (HIFU), advanced radiation therapies, chemotherapy treatment, cryoablation (freezing and destroying cancer cells), robotic-assisted laparoscopic surgery, NanoKnife surgical technology, and irreversible electrocoagulation. 🌟

Maimonides Pulmonary Specialist Shares Health Safety Tips for Air Quality Emergency

[Odai Sinokrot, MD](#), physician in the [Pulmonary](#) and Critical Care Department, joined NY1 last month to educate viewers on how to stay safe during the multiday air quality emergency that New York City experienced as a result of Canadian wildfire smoke, along with future detrimental air quality events. During that time, Maimonides saw an increase in people seeking care for respiratory symptoms at the emergency department. To lessen the risk of adverse health effects, especially for sensitive populations, Dr. Sinokrot emphasized the importance of staying indoors, minimizing outdoor activities, and using N95 or KN95 masks for protection. Watch the full interview [here](#). 🌟



Provider Spotlight: Dr. Samuel Parmar Enhances Development of Maimonides' Podiatry Department

Foot and ankle specialists at Maimonides get patients up on their feet — whether they have traumatic injuries, complications from diabetes, or other concerns that can greatly affect their overall health and quality of life.

Podiatry is one of Maimonides' more recently formed specialties housed within our world-class, award-winning [Bone & Joint Center](#). In December 2019, [Ronald Soave, DPM](#), signed on as Chief of Podiatry at Maimonides, to enhance and provide his educational and clinical expertise to the department. Now, in 2023, our Podiatry Division has established its reputation as an expert center for care, providing patients the same level of quality they expect from all of our Bone & Joint Center services and for all patients at Maimonides Medical Center.

[Samuel Parmar, DPM](#), joined the Podiatry Department as an attending physician in 2021, and has utilized his high-level training, expertise, and patient care skills to expand podiatry care at Maimonides.

“Joining the department gave me an opportunity to help build this program from the ground up,” said Dr. Parmar.

Patients and Physicians Alike Benefit from Dr. Parmar's Extensive Experience

Dr. Parmar's expertise makes him an invaluable resource for patients who need a wide range of podiatry services. He evaluates and treats patients of all ages in both inpatient and outpatient settings, offering operative, nonoperative, and minimally invasive techniques.

While Dr. Parmar recognizes that patient education is a critical component of preventative podiatric care, he has also been working to share his specialized knowledge with colleagues to better serve patients who require multidisciplinary care spanning Maimonides' medical specialty divisions.

“I'm establishing a protocol to streamline and treat foot and ankle patients in the [emergency room](#) and collaborating with [vascular surgeons](#) to improve treatments for lower extremity ulcers among diabetic patients,” Dr. Parmar said. “I also perform minimally invasive surgical techniques for bunion and hammertoe correction, as well as other conditions.”

An Early Passion Turned Sustained Specialty

His interest in foot and ankle injuries and conditions began while Dr. Parmar was in high school. After becoming a student athletic trainer, he began working with student athletes to both prevent and treat sports injuries. From there, his interest in podiatry naturally flourished, gaining experience and knowledge based on the injuries these student athletes frequently encountered.

That's not the only thing that prepared him for working at Maimonides and living in Brooklyn.

“New York City reminds me of my childhood in Bombay [Mumbai], India,” said Dr. Parmar. “City living is exhilarating and I could not think of any better place than Brooklyn to call home.”

New Providers - July 2023

Gregory Cunn, MD, Cardiac Electrophysiology, Clinical Cardiology, 718-283-7693

Arsalan Hashmi, MD, Interventional Cardiology, 718-283-7693

Habib Hymie Chera, MD, Interventional Cardiology, 718-283-7693

Arismendy Nunez Garcia, MD, Cardiac Electrophysiology, Clinical Cardiology, 718-283-3700

Shiv Raj, MD, Clinical Cardiology, Adult Critical Care Medicine, 718-283-7693