

MAIMO MEDNEWS IS THE PROVIDER E-NEWSLETTER OF MAIMONIDES HEALTH

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Maimo MedNews can also be viewed online at maimo.org/MedNews.

We welcome your feedback, please email marketing@maimonidesmed.org.



Maimonides Cuts Ribbon on New Bay Ridge Emergency Department

This summer, Maimonides Health officially opened its brand-new [Bay Ridge Emergency Department](#). Open 24 hours a day, 365 days a year, the new facility offers life-saving, comprehensive emergency care to patients of all ages.

The new emergency department is staffed by Maimonides emergency medicine physicians, nurse practitioners, and registered nurses who are board-certified and equipped to deliver the same expert care available across all of Maimonides' emergency care services. Its development was led by experts from the [Maimonides Medical Center Emergency Department](#), including [John Marshall, MD](#), Chair of Emergency Medicine and Vice President of Medical Affairs at Maimonides Health, and [Ahmed Rashed, MD](#), Associate Medical Director, Maimonides Medical Center.

Emergency Care for Patients in Southern Brooklyn & Easy Access to Specialized Care

The freestanding ED brings a much-needed state-of-the-art emergency medical center to the Brooklyn communities of Bay Ridge, Dyker Heights, and Bensonhurst, residents of which previously had to travel outside of their immediate neighborhoods to access emergency care.

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The ED, located at the former site of Victory Memorial Hospital, is also accessible to surrounding communities in Brooklyn and Staten Island.

Patients in these neighborhoods will now have easier access to stabilizing care in emergency situations, via ambulance or walk-in service, with the benefit of a seamless transfer process to Maimonides Medical Center for more specialized treatment if necessary. An on-site ambulance will be stationed full time for rapid transfer to the Medical Center or Maimonides Children's Hospital, home to the only dedicated pediatric trauma center in Brooklyn.

Expertise to Care for All Medical Emergencies

Twenty-two treatment bays and three beds for short-term admissions make up the facility, which will offer imaging services like X-rays, CT scans, and ultrasounds on site, along with rapid on-site laboratory testing.

Emergency care is available for conditions including but not limited to:

- Heart attack, chest pain, and cardiac emergencies
- Stroke
- Difficulty breathing
- Traumatic injury and wounds, including burns, bleeding, and broken bones
- Fever
- Seizures
- Orthopedic emergencies
- Psychiatric emergencies
- Obstetric and gynecological emergencies
- Pediatric emergencies

[Pre-arrival registration](#) is also available for walk-in patients.

This unique feature allows our emergency medical care teams to prepare in advance for patient arrival and provide appropriate care as soon as possible. After treatment at the Bay Ridge ED, patients also have expedited access to the Maimonides Health physician specialist network for follow-up care.

“Maimonides Medical Center already operates the busiest trauma unit in the borough, and we have the largest fleet of hospital-based 911 ambulances,” said Dr. Marshall. “We’re proud to bring emergency care and the best emergency medicine specialists to even more people in our surrounding communities.”

The main entrance of the Bay Ridge ED is located at 699 92nd Street. The walk-in patient entrance is located at 9036 7th Avenue.

For more information, visit <https://www.maimo.org/bayridgeed>.



Maimonides Expands Brooklyn’s Largest Robotic Surgery Program

Robotic surgeons at [Maimonides Medical Center](#) are proud to offer the latest surgical techniques for people living in Brooklyn and beyond. And they’ve been doing it for years — in fact, they were the first robotic surgery program in Brooklyn. Today, Maimonides has over 25 surgeons performing almost 1,000 minimally invasive procedures with robotic technology annually, in a variety of specialties.

Maimonides recently added three new robots — making us the largest robotic-assisted surgery program in Brooklyn. The additional robots will allow the hospital to perform 600 to 800 additional surgical cases a year.

Benefits of Robotic Surgery

Advanced robotic-assisted surgery provides significant clinical benefits for patients. It allows surgeons to perform complex and delicate surgical procedures robotically, which can improve surgical outcomes. The high levels of precision and accuracy of the robots often surpass human capabilities. Robotic systems also provide 3D high-definition visualization, which improves visibility, helping surgeons navigate complex anatomical structures more effectively.

“With robotic surgery, patients can return to their normal life sooner,” says Shruti Varma, DO, Minimally Invasive Gynecologic Surgery Fellow at Maimonides. Specific benefits of these minimally invasive procedures include:

- Improved patient satisfaction
- Less pain and inflammation
- Quicker recovery
- Reduced healthcare costs
- Reduced need for blood transfusions
- Reduced scarring
- Shorter hospital stays
- Smaller incisions

State-of-the-Art Robotics Supplement Our Surgeons’ Expert Capabilities

Our new robotic surgical systems revolutionize surgical procedures by allowing the surgeon to operate from a computer console. Rather than the traditional approach of directly holding instruments, the surgeon maneuvers them via the robot, achieving greater precision and control. While the surgeon guides the surgery, bedside team members



assist by inserting and removing instruments and ensuring seamless operation of the system.

“I always tell my patients that I’m still the one who’s operating,” says [Lindsey Michel, MD, FACOG](#), Associate Fellowship Director, Obstetrics & Gynecology at Maimonides. “I’m just using technology to assist me in making the surgery more accurate, precise and safer for them.”

Exceptional Subspecialty Surgical Care

The robotic surgical systems are used to treat a range of conditions, including:

- [Abdominal and digestive conditions](#), such as stomach and digestive cancers, as well as hernia repair and gallbladder removal

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- Colorectal conditions, including [colon and rectal cancers](#) and bowel conditions
- Urologic cancers, including [prostate cancer](#)
- [Lung cancer](#)
- [Gynecologic cancers](#), including ovarian, uterine and cervical cancer
- Benign [gynecologic conditions](#), including fibroids, endometriosis, pelvic pain and procedures such as hysterectomy
- Pediatric conditions, including [abdominal and digestive conditions](#), [pediatric cancers](#) and urinary issues
- [Orthopedic conditions](#), including joint and shoulder replacement
- [Urinary and kidney conditions](#), including blockages and kidney removal
- Weight-loss/[bariatric procedures](#)

Maimonides is recognized for excellence in surgical care. Maimonides Medical Center is the only hospital in New York State to receive the 2023 Healthgrades America's 50

Best Hospitals for Surgical Care Award™ and the only hospital in New York City to receive the America's 100 Best Hospitals for Orthopedic Surgery Award™ for two years in a row (2022-2023). Healthgrades also named Maimonides #1 in New York State for Surgical Care and Orthopedic Surgery (2023), and U.S. News & World Report recognized Maimonides as High Performing for Colon Cancer Surgery, Lung Cancer Surgery, Pulmonology and Lung Surgery, Orthopedics and Urology (2023-2024).

Our board-certified surgeons are highly experienced with advanced training. They collaborate to provide patients with the latest robotic surgical treatment options. Our specialists speak multiple languages and offer broad access to care for patients from various cultures.

“This is the most experienced robotic surgery program in Brooklyn and among the most experienced in New York, explains [David Silver, MD](#), Director of Urology at Maimonides. “If you have a patient needing robotic surgery, this is where you need to be.”

To make a referral to a robotic expert or contact our surgical divisions, visit: <https://maimo.org/roboticsurgery/>. 

The Art of Allergy Care: Decoding Symptoms, Delivering Better Outcomes

Fall is here, and allergens like ragweed, mold, and mushroom spores are in the air. Roughly [one in three American adults and one in four children](#) have a seasonal, skin, or food allergy, and many will make appointments about allergy-related symptoms.

Correctly diagnosing and treating allergies is complicated. Multiple problems cause the same symptoms, and figuring out the trigger requires precise testing. Allergy and immunology experts at [Maimonides Medical Center](#) offer this high level of specialized care to adult and pediatric patients.

When to Consider an Allergist

Patients frequently seek care for skin, nose, lung, and stomach symptoms that may be allergy related. These can include:

- Diarrhea
- Hives
- Itchy eyes
- Runny nose
- Sneezing
- Vomiting
- Wheezing

Identifying a symptom's root cause can be difficult. So, like a primary care provider who refers patients with abnormal EKGs to a cardiologist for advanced care, patients with allergy symptoms also need specialty help. Symptoms may take hours to appear after exposure, and tests administered incorrectly or at the wrong time can produce inaccurate results.



Allergists have the expertise, access to the latest research, and medication and testing knowledge needed to recognize symptom patterns and diagnose and treat allergy signs..

“Specialists have the breadth of knowledge to identify the type of symptom a patient is having and decide on the correct test to administer,” says [Michael Marcus, MD](#), Director of Pediatric Pulmonary Medicine and Allergy and Immunology at Maimonides. “Nonspecialists may only know to do one type of test, and they don’t have the full background to completely understand all potential results.”

For example, if a patient develops hives after taking an antibiotic, an allergist can test whether the hives are an allergic reaction or the patient’s response to the infection.

Identifying the Allergy Cause

During an allergic reaction, a patient’s immune system produces immunoglobulin (IgE) antibodies. These antibodies bind to allergens to produce symptoms. Allergists have the expertise to determine if someone is having a:

- **True allergy:** An exposure that prompts the body’s production of IgE
- **Drug sensitivity:** A response that produces allergy-like symptoms but no IgE
- **Medication side effect:** A response that does not involve the immune system or produce IgE

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Skin testing — slowly exposing patients to larger doses of an allergen — is the allergy testing gold standard, and Maimonides allergy experts have the training to conduct these tests, analyze the results and determine what type of reaction the patient is experiencing.

Advanced Allergy Treatments

Allergy treatments have progressed significantly over the past 10 years, and Maimonides allergists are well-versed in the latest therapies. They can fully explain the differences and help patients choose the best care options.

“Biologic medications are the most significant advancement,” says Dr. Marcus. Allergy specialists use these gene-based and cellular precision-medicine drugs to prevent the symptoms of:

- Asthma
- Eczema
- Gastrointestinal issues with allergy components
- Nasal polyps
- Urticaria

Allergists can determine if immunotherapy or allergy shots are a patient’s best therapeutic option. Dr. Marcus and [Mary Lee-Wong, MD](#), Chief of Adult Allergy and Immunology at Maimonides, are both board-certified allergists who specialize in allergic care, trained to identify and deliver appropriate treatment options. At Maimonides, patient care and safety are a priority, and allergists are well equipped to handle any possible reaction to shots, keeping patients safe.

Multidisciplinary Teams

Allergists work closely with other specialists to address any allergy components related to various conditions. As healthcare partners, allergists collaborate with pulmonologists, dermatologists, otolaryngologists, and gastroenterologists. Together, they can improve outcomes and control a variety of conditions, including asthma, eczema, chronic sinus disease, and more.

They also work with primary care providers as members of a patient’s clinical care team. Their expertise contributes to diagnosis, treatment, and medication management.

“We are here to engage in shared decision-making with our patients and our colleagues,” says Dr. Lee-Wong. “We are a team dedicated to giving our patients the absolutely best care. We all work together to create the best plan of action.”


Avoiding Emergencies and Flare-ups

Allergy-related emergencies are [on the rise](#). Specialized allergy care can reduce the likelihood that patients will land in the emergency room or have a flare-up.

Armed with the results of physical exams and diagnostic testing, allergists are best positioned to explain what triggers a patient’s allergic reaction. They are also best prepared to explain the lifestyle changes that can help reduce symptoms. Dr. Lee-Wong recommends the following lifestyle changes:

- Decrease dust by running air conditioning and a dehumidifier
- Keep bedrooms cool and dry
- Keep pets out of bedrooms
- Wash sheets and pillowcases twice a week in hot water

The Maimonides Difference

Our board-certified allergy and immunology experts offer years of experience. They collaborate as a team to diagnose patients and recommend the best treatment options. Our specialists speak multiple languages and offer broad access to care for patients from various cultures. 

To make an appointment or referral, schedule [online](#) or by phone:

Michael G. Marcus, MD
(718) 283-7500

Mary Lee-Wong, MD
(718) 283-2550

The Latest in Training at Maimonides: Residencies and Fellowships

At Maimonides, training future clinical experts and shaping the next generation of health care is a top priority. Our robust medical education and training programs are a critical part of this. The summer months are a time of great transition, with most residency and fellowship programs beginning each year around July 1.

This year, Maimonides is host to 164 trainees starting new programs, including residencies and fellowships, according to Robin Gitman, Vice President of Academic Affairs at Maimonides. Our [residency programs](#) span a variety of specialties, including pediatrics, general surgery, anesthesiology, obstetrics and gynecology, radiology, psychiatry and more. Maimonides is a key teaching affiliate and clinical training site of SUNY Downstate College of Medicine. Our partnership allows medical students, residents, and fellows of SUNY Downstate access to training in our advanced clinical specialty programs.



Get to Know Maimonides' Residents, Fellows and Medical Students

Currently, there are more than 500 residents and fellows in training at Maimonides, representing not only a variety of medical specialties and skills, but also a host of diverse backgrounds. 51% identify as female, 48% identify as male, and 1% identify as nonbinary or other. Trainees come from as far as Asia, Africa, Southeast Asia, and the Middle East.

In this year's cohort of first-year residents and fellows, members are qualified for medical communication in nine different languages other than English, including Haitian Creole, French, Mandarin, Spanish, and Urdu, according to Marina Chilingarova, Language Assistance Coordinator at Maimonides. Last year's incoming residents, now in PGY-2, speak 27 different languages.

World-Class Training and Research Opportunities

Students, fellows, and staff have the opportunity to develop clinical skills in our world-class [Clinical Simulation Center](#), which is formally accredited through the Society for Simulation in Healthcare. The Center creates an experiential learning environment with educational activities for trainees that include onboarding, multidisciplinary team training, communication and professionalism development, procedural skills, and medical knowledge.

"Our mission is to promote patient safety through an immersive simulation-based experiential learning environment for staff at Maimonides Medical Center that fosters teamwork,

reduces risk, promotes just culture, supports quality improvement, and develops leaders in healthcare simulation," said [Amish Aghera, MD](#), Director of the Clinical Simulation Center. "60 to 65% of our learner volume are residents, the rest is mostly a combination of students, fellows, nurses, and attending physicians."

Cutting-edge training technologies like fully immersive virtual reality simulations and high-fidelity patient mannequins, and even practicing patient skills with professional actors, allow trainees to utilize a controlled environment to learn realities of practice and patient care.

Residents are also encouraged to participate in research aligned with their clinical and scientific interests, and many have presented at regional and national conferences. Maimonides has dedicated staff who personally mentor and review residents' research projects, inclusive of abstract and manuscript review prior to journal submission for publication.

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Programs like the Maimonides Summer Research Experience, which welcomed 39 talented medical students across eight departments this year, allow Maimonides to continue to foster research experience and skills for the next generation of medical experts while promoting diversity and inclusion in the medical field. At the program's inception four years ago, it had just nine participants.

New Fellowship Programs Celebrate Successful First Years

The past year has been especially exciting regarding training at Maimonides because it marked the beginning of two new [fellowship programs](#): emergency medical services and surgical critical care.

Maimonides' first [emergency medical services fellow](#) is set to graduate at the end of September, while the program's second fellow has begun training, according to [Matt Friedman, MD](#), Associate Medical Director of Prehospital Care at Maimonides and Fellowship Director. Fellows in the ACGME-accredited program specialize in prehospital medicine, improving the care that is delivered before patients arrive in the emergency department, and training and educating prehospital providers such as EMTs and paramedics.

With six board-certified EMS physicians on the emergency medicine faculty at Maimonides, EMS fellows are mentored by some of the city's foremost experts in the field. It is one of the only fellowships of its kind in New York. Before 2022, there was only one EMS fellowship in New York City, which graduates two fellows annually and is managed by the FDNY.

"Maimonides is in such a unique space to offer an EMS fellowship because we have 15 Maimonides ambulances which are operating within the New York City 911 EMS system," said Dr. Friedman. "We are the second-largest contributor of ambulances in New York City in the 911 system after FDNY. Additionally, we perform a lot of event medicine at Maimonides, which is a unique experience and a fabulous educational opportunity for the EMS fellow."

The fellowship is not only an incredible and unique learning opportunity, but also part of a larger initiative by Maimonides' EMS Department to improve the medical care delivered in the streets of Brooklyn.

The surgical critical care fellowship program is likewise improving care for Maimonides patients, according to [Ronald Simon, MD](#), Chief of Trauma and Acute Care Surgery and Program Director of the Surgical Critical Care Fellowship.

"The first year is going very well," said Dr. Simon. "Our fellow is very pleased with his education. The program was created because we felt we offered outstanding care in our [surgical intensive care unit](#) and that there was enough clinical volume and attending physicians with enthusiasm for teaching to make a fellowship a worthwhile experience for patients, residents, the fellow, and our attendings."

Home to a Level-1 Trauma Center, a Comprehensive Stroke Center, and Brooklyn's only Pediatric Trauma Center, Maimonides cares for a diverse range of critical care cases, making it an ideal environment for new surgeons to provide care for anyone from young trauma patients to older patients with more complex medical histories. Additionally, fellows bring with them to Maimonides strong experience that not only benefits patients directly, but also strengthens the education of surgical residents who are able to learn from the surgical critical care fellow.

Both fellowship programs are set to continue next year, maintaining their current sizes.

For more information on Maimonides' medical education programs, visit: <https://maimo.org/medical-education/>. 

Maimonides Health Recognized for Excellence in Recent U.S. News and World Report Rankings

In this year’s ranking of Best Hospitals by U.S. News & World Report, Maimonides Medical Center and Maimonides Midwood Community Hospital (MMCH) were recognized as high-performing in multiple areas.

Maimonides Medical Center moved up 12 spots in the New York State regional category from last year’s rankings, and is now tied for #17. Maimonides is also now tied for #19 in the [New York Metro Area Best Hospitals ranking](#), up 12 spots from last year.

Additionally, in its National Rankings, U.S. News & World Report ranked Maimonides Adult Specialties High Performing in four areas for the first time: [Geriatrics](#), [Orthopedics](#), [Pulmonology & Lung Surgery](#), and [Urology](#).




Maimonides was also rated High Performing in 12 categories for Common Adult Procedure and Condition ratings: COPD, [colon cancer surgery](#), [diabetes](#), [heart attack](#), [heart bypass surgery](#), [heart failure](#), [hip fracture](#), [kidney failure](#), [leukemia](#), [lymphoma & myeloma](#), [lung cancer surgery](#), [pneumonia](#), and [stroke](#). This is up from last year when the hospital was ranked High Performing in eight categories.

Maimonides Midwood Community Hospital was recognized by US World

News & World Report this year for outstanding performance in four High-Performing Procedures and Conditions: [COPD](#), [diabetes](#), [heart failure](#), and [kidney failure](#). This is up from last year, when they were recognized for COPD.

For the 2023–24 rankings, U.S. News & World Report compared nearly 5,000 medical centers nationwide across 15 adult specialties and 21 procedures and conditions. Survival rates, patient safety, specialized staff, and hospital reputation were contributing factors in the rankings.

Additional details about the U.S. News & World Report ranking system can be found [here](#). The complete list of America’s Best Hospitals can be found [here](#). 





Maimonides Midwood Community Hospital Offers Next-Day MRI

[Maimonides Midwood Community Hospital](#) (MMCH) now offers advanced 3T magnetic resonance imaging (MRI) scanner technology to patients in our community. The new high-performance MRI helps radiologists overcome patient variability, leading to fewer rescans and high-quality personalized exams. [Donna Fitzmartin, RRT, MBA](#), Senior Vice President and Chief Operating Officer at MMCH, highlights the significant impact of these new MRI capabilities.

No-Wait MRIs

Fitzmartin shares that one of the most important aspects of the new MRI services is the ability to schedule next-day scans.

“There’s no wait time here,” she says. “Our team manages all insurance authorizations, and we can book appointments for the very next day.” In urgent cases, patients may be accommodated on the same day.

MMCH offers MRI services Monday to Friday, with appointments from 7 a.m. to 9 p.m. Board-certified radiologists interpret the scans expeditiously so patients and their providers receive timely results.

State-of-the-Art MRI Services at MMCH

With the latest MRI technology, the MRI suite is equipped with a modern machine that promises a faster scan time

than older MRI machine models. These reduced scan times help streamline operational workflow and significantly enhance the patient experience by minimizing time spent within the scanner.

The radiology team at MMCH is trained to conduct a wide array of MRI procedures, including:

- Back MRI
- Brain MRI
- Cervical spine MRI
- Lumbar spine MRI

At this time, breast MRIs are not offered (but are available at [Maimonides Breast Center](#)). In addition to MRI, MMCH provides a full suite of [radiology services](#) such as CAT scans and X-rays.

Personalized Care Provided By Imaging Associates

Upon arrival at MMCH for an MRI procedure, patients are greeted by dedicated personnel, who guide them to the admitting office. There, a specialized MRI imaging associate awaits to provide a personal touch, escorting the patient directly to the state-of-the-art MRI suite.

“Our imaging associates play a pivotal role in enhancing the patient experience,” explains Fitzmartin. “They ensure that patients are never left wondering where to go. By accompanying them both to and from the MRI service, we guarantee a smooth, tailored and reassuring experience for every individual.”


MMCH welcomes referrals from within the health system and from community providers.

For more information or to schedule an MRI appointment, call 718-692-8997 (8 a.m. to 4 p.m, Monday through Friday). 📞


Maimonides Summer Research Experience Culminates in Night of Research

This year, 39 first-year medical students across eight departments participated in Maimonides Summer Research




Experience. Started in 2020, the transformative eight-week program is designed to foster the advancement of medical research while promoting diversity and inclusion in the field. This year's Night of Research took place August 2nd at Barclays Center and marked students' graduation from the Summer Research Experience. The event showcased students' research projects, celebrating their dedication to medical exploration and Maimonides' commitment to diversity, equity, and inclusion in medicine. The 2023 program cohort represented a significant expansion over previous years. Formerly, the program accepted only ten students in the Department of Orthopedic Surgery. For more information on research at Maimonides, visit <https://maimo.org/research/>. 


AHA Recognizes Jaffe Comprehensive Stroke Center for Highest-Quality Stroke Care

[The Jaffe Comprehensive Stroke Center](#) at Maimonides has been recognized for the 15th year in a row by Get with the Guidelines® awards from the American Heart Association (AHA). The Stroke Team earned four awards, including the **Get With The Guidelines – Stroke GoldPlus quality achievement award**, the highest-level recognition a hospital can receive from AHA for fast and effective stroke care. The team also earned the **Target: Stroke Honor Roll Elite Plus award**, **Target: Stroke Honor Roll Advanced Therapy award**, and the **Target: Type 2 Diabetes Honor Roll award** recognizing that we provide patients with Type 2 diabetes with the most up-to-date, evidence-based care when hospitalized due to stroke. With 2,000 stroke patients each year, the Stroke Team is there for all in need of expert, life-saving stroke care. 


Early Pregnancy Assessment Center Expands Capabilities with New Technology

Maimonides' [Early Pregnancy Assessment Center](#) (EPAC) this summer celebrated the arrival of two new ultrasound units, thanks to a \$500,000 grant awarded through NYS Governor Kathy Hochul's "Expanding Safe and Supportive Medical/and or Procedural Abortion Access in New York State initiative." The new technology will allow the EPAC to better achieve its mission of [serving patients](#) with necessary, time-sensitive care in early pregnancy, especially for patients with concerns and complications. It is Brooklyn's first and only hospital-based provider with this mission. For more information, [click here](#). 

Maimonides Medical Center Upgrades Post Anesthesia Care Unit

Maimonides Medical Center this summer opened its upgraded Post Anesthesia Care Unit (PACU). The PACU offers expanded capacity with 19 patient bays, additional isolation rooms, state-of-the-art patient monitoring equipment, and brand-new stretchers and patient beds. This achievement marks another milestone in our ongoing campus modernization projects plan, including the CTICU, kitchens, Pediatric Emergency Room, and the upcoming Neonatal Intensive Care Unit. 

Brooklyn Stroke Symposium Presentations Now Available Online

More than 400 participants attended this year's [Brooklyn Stroke Symposium](#), presented by presented by the [Jaffe Comprehensive Stroke Center](#) at Maimonides, [Maimonides Neurosciences Institute](#), and SUNY Downstate Health Sciences University Department of Neurology. Experts from Maimonides and elsewhere presented on new research and clinical paradigms of the diagnosis and management of acute ischemic and hemorrhagic strokes. Video recordings of presentations from the symposium are now [available to view here](#). 

New LGBTQIA+ Mental Health Clinical Director, Dr. Nilar Thwin

[Nilar Thwin, MD](#), is now Director of [Maimonides' LGBTQIA+ Mental Health Clinic](#). Her deep experience and expertise working with psychiatric patients of all ages makes her an invaluable asset to the team, which serves a diverse population of children, adolescents, and adults, operating as a subspecialty within the ambulatory clinic of the [Department of Psychiatry](#).

A board-certified psychiatrist and child and adolescent psychiatrist, Dr. Thwin began her journey in medicine at the University of Medicine Mandalay, Myanmar, followed by residencies in general psychiatry and child and adolescent psychiatry in Great Britain and the United States. She completed her Child and Adolescent Psychiatry fellowship training at Zucker's School of Medicine/Northwell.

At Maimonides, she has served over the past two years as a Child and Adolescent Psychiatry Attending Physician and as the Child and Adolescent Psychiatrist of the LGBTQIA+ Mental Health Clinic.

Expanding and Enriching LGBTQIA+ Services

Dr. Thwin knows just how vital mental health services are for LGBTQIA+ individuals, and she recognizes the success of this clinic hinges on four main priorities:

1. **A multidisciplinary approach** that allows for holistic care through collaboration between psychiatrists, psychologists, social workers, and trainees.
2. **An affirming environment** to maintain a safe, nonjudgmental space where LGBTQIA+ individuals can openly discuss their mental health concerns and receive support.
3. **Community engagement** that builds and strengthens connections within the LGBTQIA+ community, fostering a sense of belonging and empowerment.
4. **Education and training opportunities** for staff members and trainees to stay updated on the latest research and best practices in LGBTQIA+ mental health care.

Dr. Thwin plans to build upon these principles with new initiatives to benefit both patients and providers. One priority is to strengthen collaboration with other departments and



clinics within the medical center to ensure comprehensive and coordinated care for LGBTQIA+ patients. This includes working with Maimonides' [medical training and education resources](#) to ensure optimal multidisciplinary training in LGBTQIA+ mental health for trainees including medical students, psychiatry residents, psychology externs/interns, and social work interns.

She sees opportunities to develop programs for LGBTQIA+ cultural competency training, mental health service accessibility improvements, research, advocacy, and strengthening partnerships with the community.

Passion Strengthened by Personal Connections

Throughout her training, Dr. Thwin has treated many LGBTQIA+ patients, making her uniquely suited to lead this specialty mental health clinic. Her interest in this subspecialty developed during her psychiatry residencies, where she encountered many LGBTQIA+ patients in crisis and realized the need for specialized support.

Since then, her passion has grown and informed her career, leading her to this current position. Her experience with her family has also made her work and appointment all the more special.

"The reason I entered this field of work is rooted in both personal and professional motivations," said Dr. Thwin.

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“Personally, I have a daughter who identifies as bisexual and supporting her through her journey of self-discovery and coming out further solidified my commitment to providing compassionate and affirming care to LGBTQIA+ individuals.”

For more information, to refer a patient, or make an appointment with the LGBTQIA+ Mental Health Clinic, visit the [Clinic webpage](#) or call (718) 283-2727.

Appointments with Dr. Thwin can be made [online](#) or by phone at (718) 283-7864. 📞

NEW PROVIDERS

September 2023

Alex Bialik, MD, General Pediatrics: (718) 283-7500

Isuree Katugampala, MD, General Pediatrics: (718) 283-7500

Christine Mau, MD, Neurosurgery: (718) 283-7219

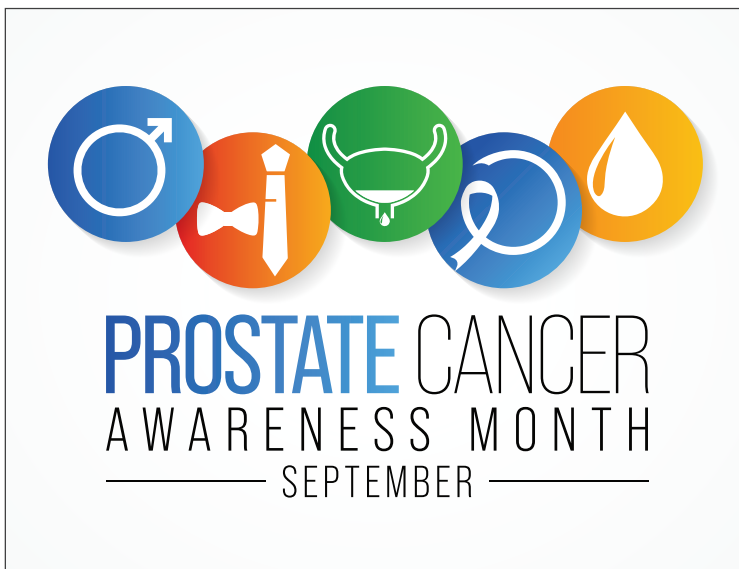
Brian Page, MD, Orthopedic Surgery: (718) 283-7400

Nicole Perry, MD, Pediatric Cardiology: (718) 283-7500

Tirtza Strauss, MD, OB/GYN: (718) 283-7979

REMINDER

September is Prostate Cancer Awareness Month



Prostate cancer affects about 1 in 7 men, but when caught early and limited to the gland, it is highly treatable. All men should know their risk factors and have regular prostate cancer screenings.

Maimonides Prostate Center is the only full-service prostate center in Brooklyn, offering the latest screening and diagnostic technologies, cutting-edge treatments, and expert clinical care.

For more information, visit <https://maimo.org/treatments-care/cancer-center/prostate-and-other-urologic-cancers/> or call (718) 283-7770.