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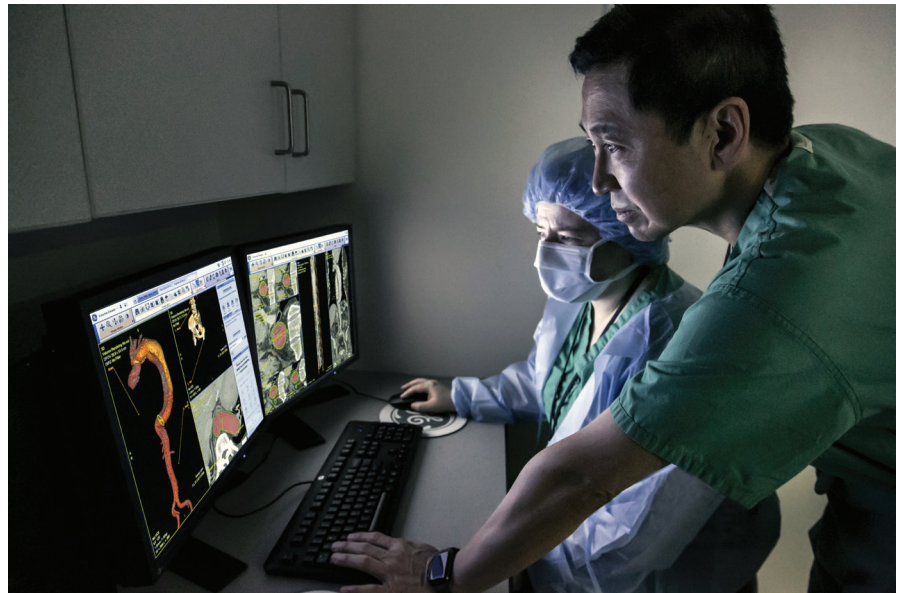
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World-Class Aortic Care Right Here in Brooklyn

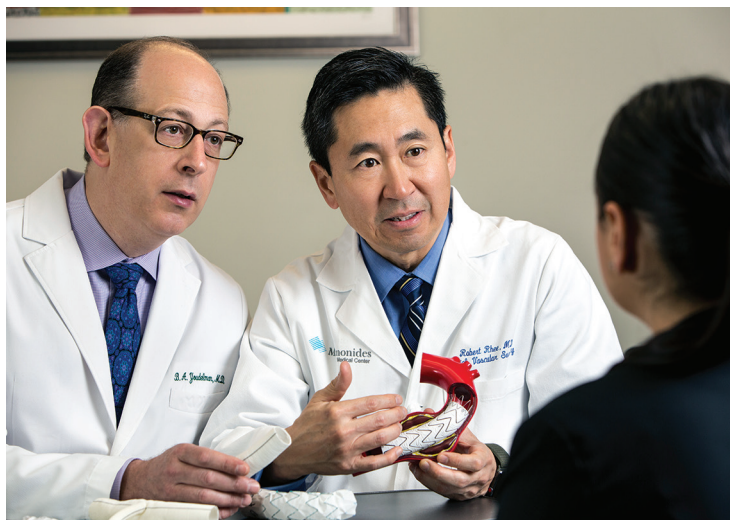
The [Maimonides Aortic Center](#) offers world-class diagnostic and treatment options for aortic conditions and preventative screening services for patients and their families. At Brooklyn's only dedicated center for aortic disease, cardiac and vascular aortic surgeons and endovascular specialists work together to perform the most up-to-date procedures and operations and provide appropriate follow-up care for patients and families. They care for people with aortic aneurysms, aortic dissection and other aortic conditions.

Close Collaboration Between Subspecialty Aortic Surgeons

Unlike some other aortic centers, the Maimonides Aortic Center features close, ongoing collaboration between heart aortic surgery and vascular aortic surgery. These subspecialists are all housed under one roof in a state-of-the-art medical complex to ensure close communication with an emphasis on individualized, pragmatic care.

"We don't keep the patients on one side of the street or the other, so to speak," explained [Benjamin Youdelman, MD](#), Co-Director of the Maimonides Aortic Center. "If my colleague has a better technique, we'll go that way. If I have a better technique, we'll go this way."

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All Aortic Center patients benefit from this strategic collaboration, as their clinicians are constantly working as a team on a case-by-case basis to determine courses of treatment that utilize the most reliable techniques, the latest advanced methods, or a combination of both for these complex conditions.

“Aortic disease is the most lethal of the vascular pathologies with associated high-risk surgical corrective operations,” said [Robert Rhee, MD](#), Co-Director of the Maimonides Aortic Center. “At our center, the least invasive and less risky options are always considered first prior to any open surgical operations.”

Clinical Research Enhances Patient Treatment Options

“The objective of our team is to perform the most minimally invasive, least painful operations that we can,” said Dr. Youdelman. “To that end, we are involved with current state-of-the-art clinical research so we can offer the latest technology and treatments to our patients in the form of clinical trials.”

Because specialists at the center are actively involved with research, they get early access to the most advanced and latest techniques in aortic therapies. This level of experience and familiarity allows Aortic Center care providers to perform these minimally invasive procedures consistently and successfully.

Comprehensive — and Comprehensive — Services for Patients

Patients come into the Aortic Center by referral from a local emergency department, their primary care provider, another vascular or thoracic surgeon, or their cardiologist. During their first visit to the center, the team will complete

a full evaluation with imaging, such as a CT scan, echocardiogram, or ultrasound.

All options are presented with a clear, definitive plan, individualized for each patient. A subsequent discussion in a cardiac-vascular conference attended by surgeons and interventionalists follows the initial visit so that the least invasive, most effective treatment option is chosen for a particular patient based on their individual and family needs.

The team then follows the patient on a regular basis – which often means annual follow-up visits but can sometimes be more or less, depending on their needs.

Family Monitoring for Aortic Disease

“Aortic disease runs in families, just like heart disease, stroke, diabetes and cancer,” said Dr. Youdelman. “It has been very well documented to have genetic links – and that’s not very well known, even within the medical community.”

That’s why the Aortic Center provides family monitoring of all first-degree relatives of patients with aortic conditions. When a person is diagnosed with an aortic condition, the center offers screening for parents and siblings starting at age 50, or 10 years before the patient’s diagnosis if they were younger than 60 when it occurred.

Personalized, Convenient Care


Even as a world-class facility providing the full range of aortic care, the Maimonides Aortic Center has a small, boutique-like feel. When patients arrive, office staff direct them where they need to go. If a patient needs to see another subspecialty aortic provider, they will have a short walk in the same building to see that provider – and they can often get in to see them during the same visit.

“We have our office hours at the same time on the same day,” said Drs. Youdelman and Rhee.

Patients enjoy the convenience of a one-stop shop for the best care in all aspects of cardiac vascular and aortic surgery.

Get Care Now

We are the only aortic center in Brooklyn and are proud to be the borough’s destination for expert aortic care.

[Visit our website](#) or call us at 718-283-7000 for more information. 

Breast Center Fellow With a Global Plan

[Maimonides Breast Center](#) Fellow Mukuhi Ng'ang'a, MD, is a rising star breast surgeon with a vision to use her medical training to improve women's health and breast cancer care in her native Kenya. Maimonides is proud to be a world-class center at which future global leaders train.

Improving Health Outcomes for Women in Kenya

According to Dr. Ng'ang'a, there is an urgent need for improvement of breast cancer treatment in Kenya, heightened by factors like a lack of widespread screening and a shortage of highly specialized providers, as well as cost and infrastructure limitations.

"Breast and cervical cancer are the leading causes of oncology-related mortalities amongst women in Kenya," she explains. "We have less-than-optimal outcomes because most patients come to the hospital with symptomatic and often late-stage disease. Currently, there is significant awareness about breast cancer, but we do not universally have the infrastructure needed to improve our outcomes."

Dr. Ng'ang'a explains that Kenya does not currently have a national breast cancer screening program – something that would greatly impact the trajectory of these statistics. What's more, according to Dr. Ng'ang'a, Kenya currently has only two dedicated breast radiologists nationwide and no dedicated breast pathologists. (They have other non-specialist radiologists and pathologists who support the breast cancer service but do not exclusively specialize in it.)

A Vision for a Comprehensive Breast Center in Kenya

Dr. Ng'ang'a believes that women should be able to get imaging (both screening and diagnostic) and biopsies done and interact with their medical team all in one place. This holistic approach is like that of the Maimonides Breast Center model, Dr. Ng'ang'a explains. She plans to learn all she can during her time here and then take that knowledge back to Kenya to improve health and outcomes.



Some hospitals in Kenya offer levels of care almost equivalent to Maimonides Cancer Center, according to Dr. Ng'ang'a – but she says they account for less than 10% of healthcare facilities and are far out of reach for most Kenyans. Therefore, another key aspect of Dr. Ng'ang'a's future breast center is affordability and accessibility.

"Finding an economic model and the resources that would allow one to set up an affordable, holistic one-stop breast center will be a complex problem to solve," she says. However, she's certainly up to the challenge.

Dr. Ng'ang'a's Background

Dr. Ng'ang'a comes from a large, close-knit family and has long been passionate about women's health. She completed her undergraduate medical training at the University of Nairobi, Kenya. She then completed her residency at the University of Cape Town, South Africa, where she trained in general surgery and graduated with honors. Dr. Ng'ang'a has a great interest in teaching and holds a post-graduate clinical education certificate from Edinburgh University.

Dr. Ng'ang'a says that her foremost mentors throughout her life have been her parents, whose values, especially hard work and loyalty, have been invaluable in her journey as a doctor.

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“My late father brought me up to be resilient, fiercely independent and have the mental strength to conquer anything,” says Dr. Ng’ang’a. “My mother instilled in me open-mindedness, introspection and empathy.”


Coming to Maimonides Health

“To be honest, Maimonides chose me,” she explains. “When I applied for fellowship training, I didn’t think I would get into an American training facility.” However, fate led her to Maimonides Breast Center. “When I met the Maimonides team for the first interview, I immediately knew I had found

a good fit,” she explains. “They are an amazing group of highly qualified human beings.”

Dr. Ng’ang’a shares that Maimonides Breast Center is a patient-centered organization. “Everything here is done to ensure patients receive the highest quality care,” she says. “It’s all a patient would want from their healthcare provider.”

Learn More

Learn more about Maimonides Breast Center by [visiting our website](#) or calling us at 718-765-2550. 

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New, Lifesaving Treatment for Metastatic Prostate Cancer

Prostate cancer affects about 1 in 8 men throughout their lifetime. In New York City, it is the second-most common form of cancer, with Black men, men aged 40 and older, and those with a family history of prostate cancer facing the highest risk. It is the second leading cause of cancer-related death for men in the United States.



[Maimonides Prostate Center](#), Brooklyn’s only full-service center for prostate and other urologic cancers, is committed to providing the highest quality screening, diagnostic services, and treatments for prostate patients all under one roof, with an emphasis on enhancing patients’ quality of life.

For prostate cancer at all stages, patients have more options for effective treatment of their specific disease state than anywhere else in the borough.

The Center is proud to announce its introduction of PLUVICTO, a first-of-its-kind treatment for patients who have not responded to traditional prostate cancer treatments.

“This new treatment was studied specifically in patients whose cancer progressed after the most-commonly used other

drug treatments — chemotherapy and hormonal therapy,” said [Kevin Becker, MD](#), Division Chief, Hematology and Medical Oncology at Maimonides. “It represents a new treatment for many patients who may have few or no other options.”

First in Brooklyn to Administer PLUVICTO Targeted Prostate Cancer Therapy

Offered only at advanced [radiation oncology practices](#), PLUVICTO is a radiopharmaceutical treatment used to treat PSMA-positive metastatic castration-resistant prostate cancer. The drug differs from chemotherapy; it targets PSMA-positive cancer cells directly through a prostate specific

membrane antigen which is present on most prostate cancer cells, according to [James Butler, MD](#), Radiation Oncology Program Director at Maimonides.

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PLUVICTO seeks out and delivers a high dose of radiation directly to these PSMA-positive cancer cell while bypassing healthy cells and sparing them from radiation doses. This can result in fewer side effects like nausea, vomiting, and hair loss, which are common with chemotherapy. The treatment is administered through a series of six intravenous injections.

“This treatment has been proven to extend life for patients who are diagnosed as having metastatic prostate cancer,” said Dr. Butler. “Currently, this medicine is approved for patients who have progressed on hormone therapy as well as chemotherapy, but it is anticipated that this drug will also be found to be active in earlier stages of prostate cancer.”

Prostate Cancer Team Brings Experience, Expertise to Administration of New Treatment

As Brooklyn’s only full-service, dedicated prostate cancer care center, Maimonides Prostate Center is uniquely suited to bring the borough this lifesaving care.

“We have lots of experience with similar treatments, so we are ‘experienced’ despite this being a novel treatment,” said [David Berlach, MD](#), Interim Chair of Radiation Oncology at Maimonides Cancer Center. “This is an important addition

to our prostate treatment arsenal. Because Pluvicto is so targeted, it is very effective in treating metastatic disease and has very limited side effects.”

Brooklyn Patients Have Access to All Treatment Options for Prostate Cancer

Prior to the Prostate Center’s approval to administer this life-saving treatment, Maimonides clinicians referred patients to other cancer care centers, but none were located in Brooklyn. Traveling far from home is often not an option or proves a great hardship for many patients. As the first in Brooklyn to offer PLUVICTO, Maimonides is making this treatment more accessible for those who need it most.

“Patients diagnosed with metastatic prostate cancer in Brooklyn have all treatment options available to them here at Maimonides Prostate Cancer Center,” said Dr. Butler. “All of these options have been used at Maimonides Cancer Center and have already been found to extend a patient’s life by years and improve their quality of survival. PLUVICTO is one more treatment that will enable our patients to keep living well.”

To refer a patient to Maimonides Prostate Center, call (718) 283-7770 or [visit our webpage](#).

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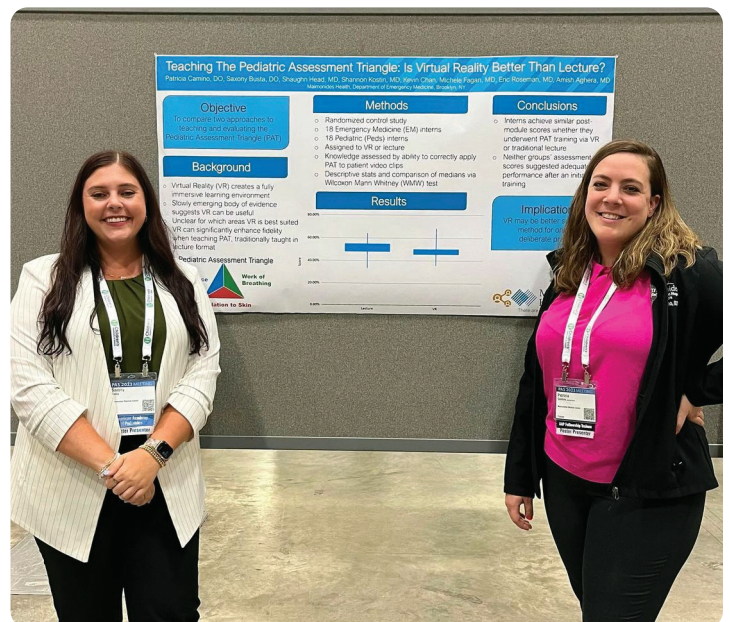
Future Medical Training Could Leverage Virtual Reality

Not only is [Maimonides Children’s Hospital](#) leading the way in care for kids, but our researchers are also active in efforts that may change the future of medical education.

Virtual reality – or VR – isn’t just for video games. Dr. Patricia Camino, a third-year [Pediatric Emergency Medicine fellow](#), has researched the use of VR as a tool in medical education. Because VR creates and allows users to engage with a simulated environment, medical students and resident physicians can gain experience in encountering and caring for patients in a safe, low-stakes way.

Understanding the Research

During the Pediatric Advanced Life Support (PALS) course, medical trainees commonly learn the Pediatric Assessment Triangle or PAT. In the summer of 2022, Dr. Camino designed a randomized control study in which some emergency medicine and pediatric residents completed a VR version of PAT, and other residents



completed the standard lecture version. The residents then completed a post-module assessment and a survey.

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Preliminary data analysis showed that [pediatric and emergency interns](#) had higher useability scores in the survey sections on enjoyment and attitude towards training for VR vs. lecture, allowing the research team to extrapolate a preference for VR training in this case. Post-training assessments showed similar scores for VR and traditional lecture.

“With our preliminary data, we concluded VR might be better suited as a method for ongoing, deliberate practice rather than initial learning, but this needs additional investigation,” said Dr. Camino. “The crossover data where we can compare the interns' scores to themselves is still being analyzed.”

Dr. Camino presented her research at multiple professional meetings. “When presenting, I received mostly positive feedback detailing how novel the study is, including written feedback stating the idea was interesting and warranted further investigation,” she said.

Additional research is needed on the use of VR in medical education, but its use cases are promising.

Why the Research Matters

VR may be a way for students in medical school – as well as healthcare providers undergoing required ongoing training – to virtually step into high-stakes healthcare situations and practice providing critical care.

“Often, it is hard to suspend reality even when using high-fidelity mannequins,” explains Dr. Camino. “VR offers a more immersive experience.”


Finding ways to teach the PAT and other modules in more impactful ways can help healthcare workers develop and practice skills they’ll be using when treating children.

Dr. Camino believes this is particularly significant for her emergency medicine colleagues who practice in community hospitals that may not have physicians trained in pediatrics or pediatric emergency medicine.

“Sick kids can be scary,” she says. “Especially for those whose training is not focused solely on pediatrics.”

Dr. Camino believes that the more ways healthcare workers can practice emergency pediatric medicine in life-like environments, the better.

Get Care Now

We are the only children’s hospital in Brooklyn and committed to supporting our communities. **To learn more about our children’s services or refer a patient, [visit our website](#) or call 218-283-7500.** 



Dr. Afshin Razi Appointed President of Clinical Orthopedic Society

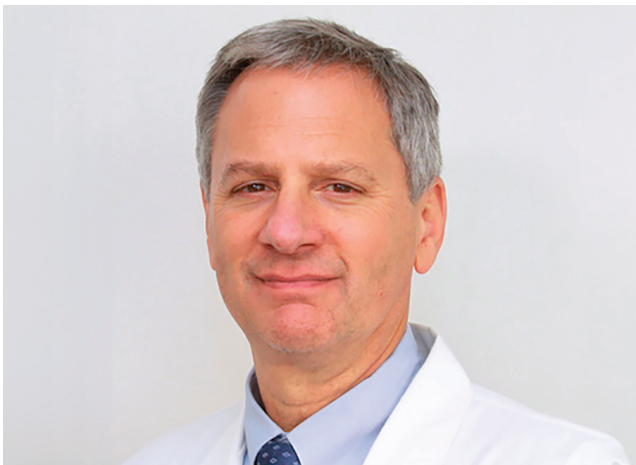
[Afshin Razi, MD](#), Vice Chair of the Maimonides Orthopedics Department, was recently appointed President of the Clinical Orthopedic Society. Founded in 1912, it is the nation's second oldest orthopedic medical society and is dedicated to advancing orthopedic education and medical practice through educational symposiums and discussion of the latest advancements in the field. At the organization's meeting this year, the Maimonides orthopedic team in attendance presented 14 rapid fire presentations, 3 podium presentations, and 2 E-posters, and received two Best Rapid Fire Awards and one Oral Presentation Award. 📌



Dr. Donna-Marie Manasseh Helps Raise Awareness of Breast Cancer in Young Black Women

[Donna-Marie Manasseh, MD](#), Chief of Breast Surgery at Maimonides, recently contributed her expertise to a video feature from theGrio on Shenae Craig, a young, Black breast cancer survivor. Craig's diagnosis at age 31 reflects the heightened chance for Black women to develop breast cancer before age 40. In the video, Dr. Manasseh discussed factors that influence the development of breast cancer, ways in which the disease grows and spreads, and signs and symptoms of breast cancer.

See the [full video and article here](#). 📌



Dr. Juan Kupferman Recognized in National List of Top Hispanic & Latino Doctors

Castle Connolly Top Doctors has recognized [Juan Kupferman, MD, MPH](#), Director of Pediatric Nephrology and Hypertension at Maimonides Children's Hospital, as a 2023 Top Hispanic & Latino Doctor. 234 doctors from across 32 states and 60 specialties were represented on the list, in its first-ever iteration. These physicians are nominated by peers and evaluated by criteria such as professional qualifications, education, hospital and faculty appointments, research leadership, professional reputation, disciplinary history, interpersonal skills and outcomes data. See the [full list here](#). 📌

Dr. Christine Mau, Neurosurgeon

Maimonides welcomes [Christine Mau, MD](#), who recently joined the [Maimonides Department of Neurosurgery](#). Dr. Mau's areas of specialization are [brain tumors](#), [spine tumors](#), aneurysms and skull base tumors.

Dr. Mau's Background

Dr. Mau completed medical school at Rutgers New Jersey Medical Center, followed by a neurosurgery residency at Penn State in Hershey, PA. "I chose to go into neurosurgery because I love neuroscience and surgery," she says. "This field combines those two interests."

She completed an open cerebrovascular and skull-base fellowship at Royal Adelaide Hospital in Adelaide, Australia, along with a second fellowship in neurosurgical oncology at the Moffitt Cancer Center in Tampa, FL. Because she also has a strong interest in global surgery, Dr. Mau has earned a Master of Applied Science in global health planning and management through Johns Hopkins University.

Coming to Maimonides Health

For Dr. Mau, Maimonides' location, diverse patient population, and individualized care approach made it an easy choice to join the team, especially under the leadership of [Amit Schwartz, MD](#), Director of Neurosurgery.

"I liked Dr. Schwartz's philosophy on treating patients," explains Dr. Mau. "Plus, the support system here with physician assistants is very good."


Dr. Mau rounds out the Maimonides neurosurgery and neurosciences team by bringing her years of training and expertise to care for complex neurosurgical cases.



Collaborating with Colleagues

She values working on a collaborative multidisciplinary team at Maimonides. Dr. Mau regularly collaborates with other subspecialty providers to provide her patients with world-class care, including ear, nose, and throat (ENT) providers. Serving on a neuro-oncological tumor board alongside neurologists, oncologists and radiologists, she adds her expertise to the team reviewing the cases of complex patients with tumors. Patients benefit from having their cases reviewed by multiple expert subspecialists who advise the best treatment for the patient's unique situation.

Learn More

[Schedule an appointment with the Maimonides neurosurgery team online or refer a patient by calling 718-283-7219.](#) 

NEW PROVIDERS

October 2023

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

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

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