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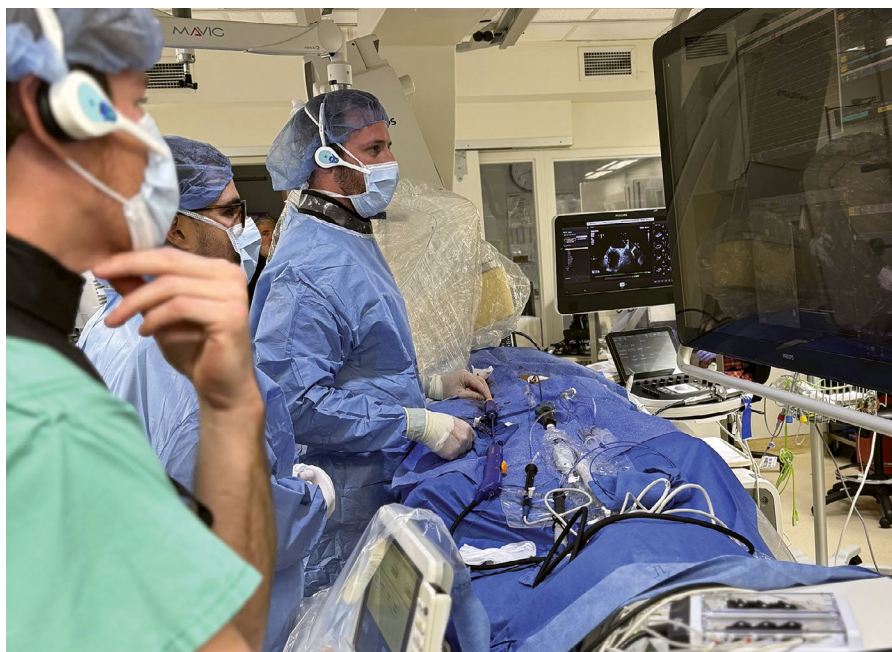
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Heart Rhythm Center Combines Two Cutting-Edge Therapies to Address Persistent Atrial Fibrillation

Maimonides specialists pioneer AFib care after participating in a selective clinical trial for the first pulsed-field ablation technology to receive FDA approval.

Most primary care clinicians are aware of the serious risks of untreated atrial fibrillation (AFib), especially as patients reach older adulthood and their risk of developing the condition grows¹. Untreated, it can progress and impede the heart's ability to pump enough oxygen-rich blood to the body, causing blood clots, stroke, heart failure, and other serious issues. It is the most common type of heart arrhythmia, and it is estimated that the number of people in the United States with the condition will reach 12 million by 2030².

Frontline AFib treatments commonly include blood thinners, heart rate medications, or heart rhythm medications, but medical treatments are not the only option. [Maimonides Heart & Vascular Institute's Heart Rhythm Center](#) provides a variety of innovative medical, noninvasive, and minimally

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invasive options for atrial fibrillation management, providing a lifeline for patients at risk of serious complications due to cardiac arrhythmias.

Electrophysiology specialists at Maimonides have made significant strides in this constantly evolving field, especially for innovative AFib treatments. Most recently, [Gregory Cunn, MD](#), cardiac electrophysiologist, led the first simultaneous procedure in Brooklyn combining two cutting-edge, minimally invasive AFib therapies: pulsed-field ablation and the Watchman™ Left Atrial Appendage (LAA) closure implant.

“Our commitment to excellence in cardiac care extends to the revolutionary pulsed-field ablation techniques and the Watchman device, both game-changing solutions designed to safeguard the future of patients with atrial fibrillation,” says [Yisachar Greenberg, MD](#), Director of Electrophysiology and Pacing at Maimonides. “These therapies represent breakthroughs in medical technology, offering an alternative to open surgical procedures and an opportunity to abate the damaging progress of AFib.”

“Administering these treatments together in one procedure is a groundbreaking approach to treating atrial fibrillation,” says Dr. Cunn. “It lets us to address heart rhythm abnormalities, symptoms, and stroke risk associated with AFib, while at the same time allowing patients to stop blood thinners and eliminate the risk of severe — potentially life threatening — bleeding associated with these medications. Furthermore, by combining these two treatments into one procedure, we reduce the number of times a patient has to go under anesthesia, so they can return to their normal lives sooner.”

A Record of First-in-the-Nation Excellence in Novel AFib Treatment

Maimonides Heart & Vascular Institute clinicians possess unique expertise in cardiac electrophysiology and novel AFib treatment. In 2021, Maimonides Medical Center completed its participation in the SPHERE Per-AF Trial³, a first-of-its-kind trial to treat persistent AFib using an ablation catheter. Maimonides was one of only 23 sites across the United States and Europe invited to participate in this trial, playing a key role in evaluating the safety and efficacy of the Sphere-9™ cardiac diagnostic and ablation catheter, the first of its kind to deliver both radiofrequency and pulsed field cardiac ablation therapies for the treatment of persistent AFib. In 2023, the system became the first pulsed-field ablation technology to receive FDA approval⁴.

The patients enrolled in the SPHERE Per-AF Trial at Maimonides Medical Center were treated by clinical teams led by Dr. Greenberg. Being among a select group of clinicians administering these therapies through the trial, Maimonides cardiac electrophysiologists are among the most skilled in the U.S. in pulsed-field ablation, and continue to perform it successfully and safely for patients.

While ablation through heat or freezing have been practiced as methods of correcting abnormal electrical signals that cause atrial fibrillation for many years, pulsed-field ablation is distinguished by its novel irreversible electrocorporation mechanism of destroying tissue. Ablating tissue in the heart using electrical energy is safer than doing so with thermal energy sources, because it specifically targets pulmonary vein tissue.

“With the new technology available to improve ablation procedures, we’re visualizing ourselves live within the heart using an ultrasound, and we have 3-D mapping systems that allow us to see exactly where our catheter is within the heart,” says Dr. Cunn. “Rapidly improving technologies like these have helped the procedure become markedly safer and much more effective. It now requires even less time under anesthesia than it did in the past, and about 85% of people who get this procedure do not have any more atrial fibrillation at about one year⁵. We envision that this year we will be able to start carrying out ablation procedures under sedation only, taking away the risks associated with general anesthesia and allowing patients to return to their daily lives even sooner.”

Prior to the SPHERE Per-AF Trial, Maimonides has achieved a record of leadership in this field, making the most cutting-edge therapies available to patients here in Brooklyn and across the nation. The Heart & Vascular Institute was also one of the few centers for the clinical trial of the hybrid convergent procedure, a multidisciplinary technique combining the expertise of electrophysiology cardiologists and cardiac surgeons performing cardiac catheter ablation and minimally invasive epicardial surgery.

Demonstrated Expertise in Minimally Invasive Watchman Implantation

Maimonides electrophysiologists have also been performing the Watchman implant procedure since 2016, and currently administer the procedure with the latest WATCHMAN FLX™ Pro Left Atrial Appendage Closure Device. The minimally

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invasive process involves passing a specialized catheter through the femoral vein into the heart. Then, an electrophysiologist guides the Watchman device through the catheter tube into the left atrial appendage to permanently close off that part of the heart. This prevents clots from escaping, thus reducing risk of stroke and eliminating the need for long-term anticoagulant medication.

“The Watchman device represents a breakthrough in medical technology, offering an alternative to open surgical procedures by expertly sealing the left atrial appendage. This innovative approach substantially reduces the risk of stroke, equivalent to the effectiveness of long-term anticoagulation or blood thinner therapy,” says Dr. Greenberg. “The impact on patients’ quality of life is profound as they bid farewell to the need for blood thinners, especially for those susceptible to the risks of long-term medication. Moreover, clinical evidence underscores the significant improvements in survival rates for patients who are liberated from the burden of blood thinners.”

Early Diagnosis and Treatment are Key

If patients are not receiving routine EKGs, diagnosing AFib can be challenging. Cases can often be asymptomatic and/or episodic, which causes this condition to be highly underdiagnosed.

“Many patients come in unaware that they’ve been in AFib for some time,” says Dr. Cunn. “The longer you are in AFib, the harder it is to get you out of AFib, and the more resistant it becomes to treatment.”

It’s important to be aware of subtle symptoms that patients may report, like fatigue and exercise intolerance, which may be a sign of underlying AFib and cause for further cardiac testing, or referral to a cardiologist or electrophysiologist.


Multidisciplinary Care for Each Patient’s Unique Needs

Dr. Greenberg attributes Maimonides’ excellent outcomes with this procedure to the Heart & Vascular Institute’s multidisciplinary approach. For our AFib and electrophysiology

patients, a meticulously composed team of cardiac electrophysiologists, anesthesiologists, and echocardiographic specialists are dedicated to understanding each patient’s unique condition. Along with Maimonides’ interventional cardiologists, each member of the patient care team brings advanced expertise in treatment with these technologies.

“This collaborative effort ensures our entire team’s commitment to upholding the highest standards of patient care,” says Dr. Greenberg. “Our dedicated support staff at the Heart & Vascular Institute delivers this critical care with grace and a patient-oriented focus. We understand the importance of not just treating conditions, but also enhancing the overall well-being of our patients.”

This focus on individualized treatment, enhanced well-being, and achieving the highest quality of life possible in the face of such critical cardiac challenges, makes all the difference for Maimonides patients. From initial consultation to surgery, recovery, and follow-up care, patients can be assured they are in the best hands at Maimonides Heart & Vascular Institute. There is no team in Brooklyn — and few in New York — better equipped to carry out these procedures.

Learn more about Maimonides’ Heart Rhythm Center at <https://maimo.org/treatments-care/heart-vascular-institute/heart-rhythm-center/>. To refer a patient to a heart rhythm specialist, call (718) 283-7111. 

1. <https://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/expert-answers/atrial-fibrillation-age-risk/faq-20118478>
2. <https://www.cdc.gov/heart-disease/about/atrial-fibrillation.html>
3. <https://news.medtronic.com/2022-12-05-Medtronic-completes-enrollment-in-pivotal-trial-evaluating-first-of-its-kind-pulsed-field-ablation-catheter-for-patients-with-atrial-fibrillation>
4. <https://news.medtronic.com/2023-12-13-Medtronic-creates-history-with-FDA-approval-of-its-novel-PulseSelect-TM-Pulsed-Field-Ablation-System-to-treat-atrial-fibrillation>
5. <https://www.bostonscientific.com/en-US/products/catheters-ablation/farapulse/clinical-data.html>

NEW PROVIDERS

March 2025

Daniel Eckroth, MD

Psychiatry: (718) 283-7864

Shizhen Jia, MD

Psychiatry: (718) 283-7864

Liad Maslaton, MD

Psychiatry: (718) 283-7864

Rodney McLaren, MD

OB/GYN: (718) 283-3000

Charles Perkel, MD

Psychiatry: (718) 283-7864

Claire Price, MD

Internal Medicine: (718) 283-9055

Maimonides Health Opens Comprehensive Weight Management Center

Maimonides Health opened its new [Weight Management Center](#) in January, creating a new center for Brooklynites seeking help with obesity and weight loss. As one of the most comprehensive weight management centers in Brooklyn, it brings an award-winning multidisciplinary team of doctors, surgeons, and nutritionists together to guide patients through the many options available for safe, medically supervised weight loss and maintenance.

Obesity is on the rise in New York and across the country. From 1997 to 2022, the percentage of New York State adults who have obesity increased from 16% to 30.1%¹. In 2023, the CDC found that across 23 states, more than 35% of adults are living with obesity. No state had an adult obesity prevalence at or above 35% just ten years prior². Currently, the prevalence of obesity among American adults is 40.3%³.

With this epidemic only rising, mitigation and prevention at the public health level is complex. Often, obesity is directly linked to environmental and socioeconomic factors like availability and affordability of healthy food, opportunity for safe and accessible physical activity, and access to healthcare and health education. Obesity-related diseases and co-morbidities include type 2 diabetes, hypertension, dyslipidemia, stroke, sleep apnea, arthritis, and some cancers. Weight loss at any age reduces risk in these areas and is also associated with reduced symptoms of depression.

At the Weight Management Center, our team meets patients where they are, giving them the dedicated, judgment-free support they need to focus on their health. Available treatments include obesity medications, such as GLP-1s recently approved by the U.S. Food and Drug Administration, health behavior and lifestyle interventions, and surgical procedures.

“At a time when almost 50% of the US population is projected to be diagnosed with obesity by 2030, there have never been more ways of successfully addressing it —



whether through lifestyle changes, medication, or surgical intervention,” said [Matthew A. Weissman, MD, MBA, FAAP](#), Chair of the Department of Medicine at Maimonides Medical Center. “Maimonides has made it easier than ever for Brooklynites to find the help they need.”

Surgical Interventions

Research has shown that modern bariatric procedures have strong evidence of efficacy and safety. All patients with severe obesity – and especially those with type 2 diabetes – should be engaged in a shared decision-making conversation about the risks and benefits of surgery compared with continuing usual medical and lifestyle interventions, and the decision about surgery should be driven primarily by informed patient preferences⁴.

“Bariatric surgery is so safe and so effective. These operations have become as safe as having your appendix or gallbladder removed. It’s more dangerous to live with obesity, high blood pressure, and diabetes,” said [Alexander Abdurakhmanov, MD](#), Director of Bariatric Surgery at Maimonides. “Our patients are thrilled with their results, and they always say they wish they had it done sooner. At Maimonides Weight Management Center, we’ve been recognized for having exceptional surgical outcomes by the American Society for Metabolic and Bariatric Surgery (ASMBS), and we’ve been a Comprehensive Center for more than 10 years.”

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Newsweek named Maimonides Medical Center one of the Best Weight Loss Centers of 2024. Additionally, Maimonides has been recognized as a Bariatric Surgery Center of Excellence by the American College of Surgeons (ACS). Our surgeons are experts in bariatric surgery, with extensive training in minimally invasive laparoscopic and robotic techniques that allow for safer procedures and quick recovery. Our surgical teams also recognize the unique needs of their patients, with nursing staff and anesthesiologists specially trained in caring for people who are living with obesity.

Lifestyle Interventions

Comprehensive lifestyle modifications – including diet, physical activity, sleep hygiene techniques, stress management, and behavioral therapy – have been shown to help patients with obesity live healthier lives⁵.

Without additional intervention, lifestyle modification participants typically regain one-third of their lost weight in the year following treatment, with continued weight gain thereafter. Factors including individuals' renewed vulnerability, in the absence of support, can contribute to weight gain. Additionally, people often must work just as hard to maintain their weight loss as they did to achieve it; most research participants reported that maintaining a weight loss is far less rewarding than losing weight. Having the support of the Maimonides Weight Management Center can help patients to be healthy long-term and avoid these common setbacks.

Studies have shown that the most successful intensive lifestyle interventions for obesity are highly individualized, which is an important aspect of care that the Weight Management Center provides. For lifestyle modification approaches to persist in the long term, individual responsibility for behavior change must be joined with collective and institutional responsibility to create a food and activity environment that supports healthier choices.

Even after their primary phase of weight loss, Maimonides patients have access to post-operative support groups and other resources designed for long-term success.

"No one has to manage their weight alone. Whether you have serious health concerns and want a professional opinion, or if you just want some support on lifestyle changes, we have multiple options for your weight management needs," says [Nina Paddu, DO](#), Maimonides primary care physician and fellowship-trained obesity medicine specialist. "There is support and solutions that will fit every patient's needs."

For patients who have long struggled with obesity and don't see improvement from the advice of primary care providers, or those who are struggling to manage obesity-linked conditions like sleep apnea, diabetes, hypertension, fatty liver disease, and more, comprehensive weight management could be the missing link in their care. Healthy, safe weight loss and management is possible, and our care teams at Maimonides are helping more Brooklynites reach the level of wellbeing they're striving for.

For more information on the Weight Management Center, visit <https://maimo.org/treatments-care/maimonides-weight-management-center/>. For questions and to refer patients, call 718-283-MWMC (6962).

1. <https://www.health.ny.gov/prevention/obesity/#:~:text=Obesity%20Prevalence&text=The%20percentage%20of%20New%20York%20State%20adults%20who%20have%20obesity,high%20school%20degree%20or%20equivalent>.
2. <https://www.cdc.gov/media/releases/2024/p0912-adult-obesity.html#:~:text=New%20CDC%20population%20data%20from%202023%20show%20that,in%20each%20U.S.%20state%20is%20living%20with%20obesity>.
3. <https://www.cdc.gov/nchs/products/databriefs/db508.htm>
4. <https://jamanetwork.com/journals/jama/fullarticle/2770015>
5. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7027681/>

Coming July 2025

We're expanding Brooklyn's only dedicated, standalone pediatric emergency department and only pediatric trauma center

- ✓ Newly renovated facilities
- ✓ Four times more space, with 34 treatment rooms
- ✓ State-of-the-art, child-friendly equipment
- ✓ Dedicated trauma rooms and orthopedic procedure areas
- ✓ Expert pediatric emergency physicians backed by Maimonides Children's Hospital pediatric and surgical specialists



New Multidisciplinary Endometriosis and Pelvic Pain Center

At Maimonides Women's Health Institute, expert providers across a range of disciplines come together to create a comprehensive destination for quality women's health care across the lifespan. This includes primary care, [obstetrics and gynecology](#), cancer screenings, an [Early Pregnancy Assessment Center](#), [Brooklyn's first dedicated menopause center](#), and more. Now, Maimonides' Endometriosis and Pelvic Pain Center will create greater access for another critical aspect of women's health care.

"We are proud to now offer care for patients at this comprehensive center for endometriosis and pelvic pain," said Scott Chudnoff, MD, Chair of Obstetrics & Gynecology at Maimonides Health. "These are very challenging conditions that require advanced expertise, and we're making this much-needed, highly specialized care more accessible than ever here in Brooklyn."

Lack of Expert Care Leads to Delays in Diagnosis

Endometriosis is a chronic condition in which endometrial tissue grows outside of the lining of the uterus, which can cause severe pain and infertility. It is estimated to affect roughly 10% of women¹. While there is no prevention or cure, proper diagnosis and management can slow its progression and ease symptoms.

"While it's difficult to say the exact prevalence of endometriosis, most experts agree it is widely underdiagnosed," says [Amro Elfeky, MD](#), Associate Fellowship Director for Minimally Invasive Gynecologic Surgery at Maimonides Health. "There is a multitude of diverse symptoms, which can vary in severity with time. On the providers' side, not every OB/GYN has the necessary training, awareness, and expertise to identify it."

This, along with frequent normalization of pelvic and menstrual pain, can lead to unaddressed symptoms and delays in treatment, as the chronic, debilitating condition continues to progress. For a diagnosis, many patients must see multiple providers, and report that the process can take up to 12 years².

Advanced, Specialized Care With Deep Experience in Women's Health

At Maimonides Endometriosis and Pelvic Pain Center, our specialists are highly experienced in diagnosing endometriosis, delivering effective treatment, and providing long-term, multidisciplinary endometriosis management. We are the only Brooklyn-based, dedicated endometriosis center to be accredited by the Surgical Review Corporation as a Center of Excellence in Continence Care for Women,

Minimally Invasive Surgery, and Multidisciplinary Endometriosis Care. Maimonides is also a Center of Excellence in Minimally Invasive Gynecology, with eight Master Surgeons in Minimally Invasive Gynecology^{3,4}.

Minimally invasive surgery is critical to treating endometriosis; laparoscopic surgery, a type of minimally invasive surgery, is also the gold-standard technique in diagnosing the condition. Expertise in this area is an absolute necessity when choosing providers for proper care.



Because endometriosis and pelvic pain are long-term conditions and can affect many areas of a patient's life, having experts in women's health from many disciplines available under one roof is also key to the Center's success.

These specialties include:

- OB/GYN and Minimally Invasive Gynecologic Surgery
- Advanced Sonography
- Pelvic Floor Physical Therapy
- Colorectal Surgery
- Urology
- Radiology
- Anesthesiology
- Psychiatry
- Reproductive Endocrinology
- Gastroenterology
- Nutrition

"When you're dealing with endometriosis, you want to have a core surgical team that deals with these very difficult surgeries when needed," said Dr. Elfeky. "But you also want other additional specialists to be available to help with treatment, whether it's fertility treatment, pain, GI issues, help with nutrition, or help with psychiatric aspects."

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There are many outlets through which we can potentially help each patient, and each patient's needs vary based on their individual condition and circumstances."

Our providers are not only experts in their respective specialties, but are also highly experienced and passionate about practicing in the context of women's health conditions like endometriosis. Seeing providers without the appropriate expertise can lead to dismissal of these symptoms and their effects, sometimes for many years. At Maimonides, the goal is to utilize every possible avenue to help patients and alleviate their symptoms and suffering. Our providers' background, training, and experience is key to timely diagnosis and effective treatment.

Maimonides providers are also working to advance research on this under-researched area of medicine, through participation in clinical trials and advanced fellowship training for the next generation of medical professionals.

Know the Signs — and When to Refer to an Endometriosis Specialist

When assessing patients who present with pelvic pain, the first thing to keep in mind is ensuring access to appropriate assessment is available, according to Dr. Elfeky. For many primary care providers and even OB/GYN specialists, that can mean referring to an endometriosis specialist who understands this tricky diagnostic process.


Symptoms of endometriosis can be incredibly varied. Some patients may not even show signs until they are in late stages, or until they are trying to conceive and face fertility challenges. In general, signs to look out for include:

- Pain with menstruation
- Pain with intercourse
- Pain with bowel movements
- Pain with urination

"For patients facing endometriosis, we're here to provide a place close to home where they can get answers and get the treatment they need," says Dr. Elfeky. "We want to change the current reality of this condition — widespread lack of diagnosis and treatment — through care that centers on patients' individual needs and outcomes.

At Maimonides, each patient is at the center of their care and their health decisions, with the backing of an entire multidisciplinary team to support them."

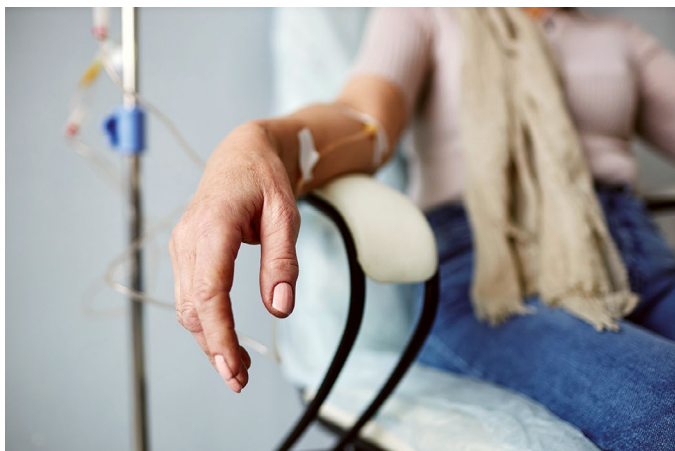
"In addition to having exceptional clinical teams and surgeons, we've shaped this Center with patients' experience at top of mind," said Dr. Chudnoff. "Conditions like these affect health care throughout a patient's life, and this is one more piece we've put together to make the highest quality of women's healthcare even more seamless throughout their life span."

For more information on OB/GYN Services at Maimonides, visit <https://maimo.org/mdp/ob-gyn-specialty-services-and-womens-health/>. To refer a patient, call (718) 283-9044. 

1. <https://www.who.int/news-room/fact-sheets/detail/endometriosis>
2. <https://obgyn.onlinelibrary.wiley.com/doi/10.1111/1471-0528.17973?af=R>
3. <https://www.surgicalreview.org/src-accredited-provider-maimonides/>
4. <https://www.surgicalreview.org/src-accredited-providers-maimonides-medical-center/>

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First Alzheimer's Treatment to Slow Disease Progression Now Available



[Maimonides Neurosciences Institute](#) is proud to offer a complete range of treatment options for various neurological conditions, including the latest medications and procedures. Now, [neurology specialists at Maimonides](#) are making a groundbreaking new treatment available for patients with Alzheimer's disease.

Lecanemab is the first amyloid beta-directed antibody approved by the FDA, with proven efficacy in slowing cognitive decline and disease progression in Alzheimer's patients.

"Alzheimer's disease is a devastating disorder, and we've never before had a drug that slows it down," says [Steven Sparr, MD](#), a neurology specialist at Maimonides. "Some drugs provided symptomatic relief of memory

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problems, but did not slow progression of the disease. Now we finally have a drug that can actually slow the deterioration that Alzheimer's causes."

High-Level Coordination for Complex Care

Lecanemab's primary benefit is its ability to increase quality years of life for patients living with Alzheimer's. This means greater independence and more time with family and loved ones. The process to get each patient on the medication can be lengthy, but the importance of making this drug more accessible to Alzheimer's patients cannot be overstated.

"With the initial testing necessary to safely get patients on this medication, it has to be a very well-coordinated effort to get through the process of evaluation," said Dr. Sparr. "It's a long process, but we feel our patients deserve access to this transformative treatment."

First, patients must be thoroughly evaluated for dementia, as the drug is intended for patients with early Alzheimer's disease and mild cognitive impairment. After that, providers must prove the presence of Alzheimer's with brain imaging or spinal fluid testing, and rule out other conditions using blood testing or MRI.

Providers then test for the APOE-ε4 gene, which can increase risk of side effects from lecanemab, in the form of amyloid-related imaging abnormalities¹. Often with no obvious symptoms, this condition and its related brain bleeding and swelling can be identified through MRI scanning. Additionally, the risk of bleeding means that being on blood thinners contraindicates treatment with lecanemab.

After determining that a patient is a candidate, the 18-month, biweekly course of treatment can begin. After the initial 18 months, patients can switch to a maintenance dose once per month for up to three years.

Not Just a Drug — A System of Care

Maimonides' first lecanemab patient received their first infusion treatment in January, a landmark thanks to the extensive efforts of Dr. Sparr and the entire team involved in lecanemab care.

"This is not just a drug — this is a system of care, with many moving parts," Dr. Sparr said. "Our Infusion Center staff, physicians, nurses, our PA, and our neurointensivists have undergone significant training to be well-prepared to care for patients through this process."

Patients at Maimonides benefit from the full backing of this team, with robust collaboration from the Division of Neurology and the Infusion Center. Additionally, [Howard Crystal, MD](#), Director of SUNY Downstate's

Division of Cognitive and Behavioral Neurology and renowned Alzheimer's expert, serves as an adviser for the program.

Given that many hospitals in New York City have waitlists of up to a year for this kind of care, Maimonides has shaped this program intentionally with patients in mind at every step.

"No patient here is just a number, especially with the awareness that this is a new treatment and recently approved by the FDA," said Dr. Sparr. "Our team gets to know every patient on an individual level, gets to know their needs, their support systems, and all the elements that go into the success of this treatment. We have a working relationship with them and their families, we help them begin their therapy as soon as they can, and we're ready to respond to any side effects or complications. That's critical."


Infusion Center staff have extensive experience in administering these kinds of therapies, and have completed in-service training to prepare to make lecanemab safely available to patients. [Anne Ocello, NP](#), a neurology nurse practitioner who coordinates infusion services, is one of the team members leading this effort with Dr. Sparr, bringing her deep expertise in novel infusion therapies for other neurological conditions, particularly multiple sclerosis.

Life-Changing Treatment That's Just the Beginning for Alzheimer's Care

This treatment is only available for patients with early-stage disease, and limited cognitive impairment. Primary care providers should be aware of the signs and symptoms of Alzheimer's before they cause significant damage, as well as family history of Alzheimer's and dementia.

Proper patient assessment means that providers can help patients avoid the degeneration caused by this extremely challenging condition.

"This is just the beginning," said Dr. Sparr. "When I started practicing neurology, in multiple sclerosis treatment, for example, there was nothing to do except respond to attacks. Then the first drug came on the market, then the second, and then the third. Once you get something working, it's like a snowball effect, and more treatments begin to emerge. So we're excited and optimistic about the future of care for Alzheimer's, and ready to take on these new treatments for patients as they become available."

For more information on Maimonides' comprehensive neurology services, visit <https://maimo.org/treatments-care/stroke-and-neurosciences/neurology/>. To refer a patient, call (718) 283-7470. 

1. <https://www.ncbi.nlm.nih.gov/books/NBK605938/>

Platelet-Rich Plasma Therapy: Accelerating Healing for Orthopedic Conditions

Platelet-rich plasma (PRP) injection therapy is an orthobiologic treatment that utilizes a patient's own blood, spun in a centrifuge to concentrate platelets, to accelerate the body's natural healing process. When injected into injured tissue, the platelets become activated and release growth factors that aid recovery, recruiting cells for new muscle, bone, cartilage, and more.



At [Maimonides Bone & Joint Center](#) and beyond, PRP has been used to treat conditions like tennis elbow and plantar fasciitis, or to help patients recover more quickly from surgery. While it doesn't provide immediate relief like corticosteroids, it promotes actual healing, unlike corticosteroids, which can in certain circumstances weaken tissue over time.

Expanding the Scope of PRP

While it's not a rarity for doctors to administer this treatment, many are unaware of emerging best practices that can be decisive in the success of the PRP healing process.

[Philip Montana, MD, MFA](#), Maimonides sports medicine physician and an expert in orthobiologics, prolotherapy, and other nonsurgical orthopedic interventions, is utilizing his expertise in PRP to help patients overcome painful conditions like tendonitis, ligament tears, and osteoarthritis. Conditions like these could previously only be addressed with surgical repairs, but PRP offers a viable nonsurgical alternative to help them get back to their daily lives more quickly and with less pain.

"There's a big advantage for patients to using PRP injections, in terms of getting lasting pain relief without the need for surgery," says Dr. Montana. "This therapy has been available at Maimonides for some time, but we recently expanded it from being a therapy only for injured joints to now being able to inject PRP into tendons, ligaments, and the meniscus of the knee."

New Protocols to Maximize Patient Outcomes

Dr. Montana is passionate about the future of PRP across the field of orthopedics. In the past few years, more and more literature has emerged, shaping new guidelines for

best practices in administering PRP and managing the healing process. Along with following these best practices for his patients, Dr. Montana is active in leading the field of PRP therapy forward, and educating other practitioners in the field on new guidelines through lectures, presentations, and roundtable discussions.

"When it comes to factors like the rehabilitation process, it is becoming increasingly clear that their management and success is just as important as doing the PRP injection itself," he says. "There are no established, universal protocols with PRP, but for my patients, I've established return protocols

and rehab processes that are much more stringent than other physicians may require, and we are seeing a great effect in terms of successful healing and getting the most out of these injections."

Along with this established rehabilitation process, Maimonides patients will also see the benefit of having access to the most updated PRP technology. A brand-new set of machines allows platelets to be concentrated at 40 times the normal level in blood, whereas machines that may be used by other organizations only concentrate it to double this level.

"Research has come out recently showing that when you concentrate PRP, you have to reach a certain level of platelets and growth factors in the fluid in order to actually get an adequate response, and this equipment helps us to do that," says Dr. Montana.

The Maimonides Difference

Patients for whom this can be most effective include those who have chronic tendonopathy and tendonitis like tennis elbow or jumper's knee, or midrange osteoarthritis. They may already be monitored and managing pain with their

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primary care provider or a physical therapist, but aren't seeing results or long-term relief. These conditions may require additional evaluation of the extent of the injury, and Dr. Montana is highly experienced in using ultrasound to diagnose a wide range of orthopedic conditions.

Additionally, PRP can be advantageous for athletes who are looking to recover more quickly from injuries like muscle tears, while avoiding options like corticosteroids that can weaken tissue in the long term.

For both athletes and those suffering from chronic conditions, PRP has the capacity to accelerate healing, with minimal downsides — minor discomfort and low risk of infection and complication. It also eliminates or decreases the need for surgical intervention.

Dr. Montana and the Bone & Joint Center team are passionate about bringing patients the best possible PRP care with the most updated equipment, in a setting where patients aren't just a number.

"Often, doctors will just administer the PRP and then send people on their way," says Dr. Montana. "I think that sometimes that helps people get better, but closely following patients and being active in their healing and rehabilitation process is really what creates the most lasting healing effect."

For more information about Maimonides Bone & Joint Center, visit <https://maimo.org/treatments-care/bone-and-joint-center/>. To refer a patient, call (718) 283-7400. ◆◆

FEATURED STORIES

Hepatic Artery Infusion Pump Treatment Now Available for Cancer Patients in Brooklyn

Research has shown that colorectal cancer can spread to the liver in 15% of people by the time they are diagnosed¹. For adult patients with this condition, or with unresectable intrahepatic cholangiocarcinoma (bile duct cancer) that has spread into the liver or can't be removed, Hepatic Artery Infusion (HAI) has been increasingly adopted by cancer centers nationwide. It is now available to patients in Brooklyn at [Maimonides Cancer Center](#).

This life-saving therapy, in which chemotherapy is administered directly into the liver through a surgically implanted pump to the hepatic artery, offers many cancer patients new hope. A study found that surgery may be the only cure for colorectal cancer that has spread to the liver². In some cases, patients have tumors that are too large to operate on; this treatment can shrink tumors so they can be successfully removed surgically.

HAI therapy has been used safely for 25 years in thousands of patients. In recent years, an increasing body of clinical evidence and modernized HAI therapy protocols have led to increased adoption of this procedure.

"We're proud to be able to offer this state-of-the-art treatment to our patients. It's a reflection of the teamwork of all departments involved in providing this exceptional care," says [Susan Burdette-Radoux, MD](#), Interim Director of [Hematology & Oncology](#) at Maimonides.

First and Only in Brooklyn

In November of 2024, the first patient had successful pump placement by our hepatobiliary surgical team and successful refill at Maimonides Cancer Center. This was also the first



patient to receive HAI therapy in the borough of Brooklyn. By the end of February, six patients had been treated with hepatic artery pumps at Maimonides. The surgical

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implantation of this pump requires specialized skills, and lately is being performed using minimally invasive and robotic surgical techniques.

“It’s difficult for many members of our most vulnerable patient population to travel to receive HAI treatment, especially those who don’t speak English, but now they can stay in their own borough close to home,” says [Jim Huang, MD](#), Program Director of the Oncology & Hematology Fellowship at Maimonides. “Patients receiving this treatment need to go into the office for multiple appointments each month, so it’s really opening a new door for patients in Brooklyn.”

Fewer than 1% of hospitals in the U.S. offer this procedure. As of March 2025, in addition to being the only hospital in Brooklyn to offer HAI therapy, Maimonides is also only one of three in New York City. This groundbreaking effort is a reflection of our exceptional leadership in cancer treatment and surgery at Maimonides.

Patient-Centered Care Throughout a Complex Treatment Process

Before beginning this therapy, each patient is assessed by a multidisciplinary team of specialists including surgeons, medical oncologists, radiation oncologists, radiologists, and gastroenterologists. Coordination among departments is essential for success, since it is most effective when administered in coordination with surgical treatment to remove tumors.

“This treatment can be received simultaneously with systemic chemotherapy, radiation therapy, loco-regional radiology intervention, and surgical procedures, including liver resection,” says [Vadim Nakhamiyayev, MD, PhD](#), Chief of the Maimonides Liver, Bile Duct, and Pancreatic Surgery program. “We work closely with every patient and their entire care team to determine the best course of action for their individual condition.”

Once a patient is determined to be a good candidate for HAI, a hepatic artery pump is implanted in the patient’s abdomen near the liver. When the propellant is warmed by their body, it causes the medication to flow out of the inner chamber, through the catheter, and directly into the liver through the patient’s hepatic artery³.

The hepatic artery pump has 4 main parts:

- The septum is a raised area in the center of the pump where medication is inserted.


- The inner chamber holds the medication, which is a type of chemotherapy.
- The outer chamber holds a liquid called a propellant.
- The catheter is a small, flexible tube. It connects the pump to the patient’s hepatic artery.
- Hepatic artery pumps hold enough medication for 2 weeks and must be refilled on the 14th day.

Benefits

An advantage of HAI is that it is a targeted therapy, unlike chemotherapy, which is usually given intravenously. The IV dosage is diluted throughout the entire body, and must be limited to reduce toxicity as such. This leaves only a fraction to reach tumors in the liver. HAI pumps chemotherapy directly into the liver, making it possible to target the tumors with much higher doses — up to 400 times higher than can be achieved through IV administration. Any amount not absorbed by the tumors is then metabolized by the liver, reducing side effects for other organs and tissues.

In addition to being used before surgery to shrink tumors, patients can also see benefits from receiving HAI treatments after surgery to kill any lingering cancer cells, or instead of surgery for liver tumors that are too extensive or numerous to be removed. By shrinking or even eliminating tumors, this therapy may extend patients’ lives, ease their symptoms and, in some cases, even keep the tumors from coming back.

“This is a targeted procedure for colorectal and bile duct cancer with liver metastasis. Sometimes, it can be the only optimal and less toxic therapy, so many patients can benefit it and still tolerate it well despite the advanced stage of their disease,” said Dr. Nakhamiyayev. “Creating access to this therapy here in Brooklyn will help many of our patients to live longer and maintain a high quality of life after their cancer diagnoses.”

To learn more about gastrointestinal, colorectal, and liver cancer care at Maimonides, visit <https://maimo.org/treatments-care/cancer-center/gastrointestinal-and-liver-cancers/>. To refer a patient for HAI treatment or related care, call (718) 765-2500. 

1. <https://cancerblog.mayoclinic.org/2023/05/04/colorectal-cancer-in-the-liver-new-treatment-gives-more-people-hope-for-a-cure/>
2. <https://www.medicalnewstoday.com/articles/colorectal-cancer-with-liver-metastasis#support>
3. <https://www.mskcc.org/cancer-care/patient-education/about-your-liver-infusion-pump>

SRC Names Maimonides Robotic Surgery Center of Excellence



Maimonides Medical Center was recently designated a Robotic Center of Excellence by the Surgical Review Corporation (SRC), recognizing the hospital's commitment to high standards of patient safety and quality of care. After becoming the first hospital in Brooklyn to offer robotic surgery to patients, Maimonides remains Brooklyn's largest center for robotic surgery, with more than 35 surgeons across multiple specialties performing more than 1,300 minimally invasive procedures annually. Additionally, Maimonides Women's Health Institute, which carries out the highest volume of robotic surgeries out of all surgical specialties at Maimonides, was named Brooklyn's only Center of Excellence in Minimally Invasive Gynecology by the SRC, in addition to designations as a Center of Excellence in Endometriosis Care and Center of Excellence in Continence Care for Women. [Read more.](#)

Don't Miss the 5th Annual Brooklyn Stroke Symposium: May 15, 2025

Register today at maimo.org/brooklynstroke2025 for this free, in-person and virtual symposium for physicians and other healthcare professionals featuring some of the country's top stroke experts. Earn up to 8.0 *AMA PRA Category 1 Credits*™. Topics include:

- Acute & Chronic Subdural Hemorrhage
- Brain & Heart Initiative
- Carotid Revascularization
- Central Retinal Artery Occlusion
- Cryptogenic Stroke
- Heparin Infusion in Acute Stroke Management
- Pediatric Stroke Management
- Spinal Cord Stroke
- Stroke in Migraineurs
- Stroke In Women

Maimonides Midwood Community Hospital Designated Primary Stroke Center

Maimonides Midwood Community Hospital (MMCH) has officially been designated a Primary Stroke Center by The Joint Commission, recognizing our excellence in stroke care and the dedication of Emergency Department and hospital staff. This marks another milestone in MMCH's path to expand access to expert emergency care services. In October 2024, MMCH received STEMI designation from the Department of Health (DOH), enabling us to receive and treat heart attack patients. In July 2024, we successfully opened the MMCH Cardiac Catheterization Lab to provide immediate and life-saving interventions. These advancements reflect our role as a leading healthcare provider and a source of timely, high-quality emergency care in Southern Brooklyn.

Ninety-Seven Maimonides Physicians Named Castle Connolly Top Doctors

Ninety-seven Maimonides Health doctors, more than any other health system in Brooklyn, were recognized as Top Doctors by Castle Connolly this year, up from 80 physicians last year. These physicians represent more than 30 specialty areas at Maimonides, while the Top Doctors list overall represents the top 7% of practicing physicians in the U.S. [Read more.](#)

Cardiothoracic and Surgical ICU Recognized for Nursing Excellence

The American Association of Critical-Care Nurses conferred a Silver-level Beacon Award for Excellence on the Cardiothoracic ICU and Surgical ICU at Maimonides Medical Center. The award — a significant milestone on the path to exceptional patient care and healthy work environments — recognizes unit caregivers who successfully improve unit outcomes and align practices with AACN's six Healthy Work Environment Standards. [Read more.](#)