



Meet Westchester's

Top Doctors

2017 Edition

When it comes to your healthcare, word-of-mouth recommendations can be helpful – but they're just not enough. After all, what makes one physician "better" than another? Is it bedside manner? Years of experience? Education? Credentials? Here, in *Westchester Magazine's* annual list of the county's Top Doctors, the physicians included have been selected based on a strict set of criteria, including input from some of the toughest critics of all: other doctors.

This year, we present 672 physicians in 63 specialties ranging from addiction psychiatry to vascular surgery. As in years past, we've relied on Castle Connolly, which utilizes a rigorous screening and selection process, to provide us with a comprehensive list of the best physicians in Westchester.

To give you a glimpse into the lives and specialties of some of these Top Doctors, we've profiled eight of them, and have included tips, info, and advice from several others, who, like all on this list, are, frankly, the best of the best in Westchester.

Edited by Carol Caffin • Profiles by Ali Jackson-Jolley
Photography by Ken Gabrielsen • Research Assistance by Patty Monaghan

Orthopedic surgeon David E. Lent, MD, FAAOS, is the leading expert in MAKOplasty advanced robotic knee replacement.



David E. Lent, MD, FAAOS

Specialty: Orthopedic Surgery **Title:** Chief of Orthopedic Surgery & Chief of Robotic Joint Replacement Surgery **Hospital:** St. John's Riverside Hospital-Andrus Pavilion

As Chief of Orthopedic and Joint Replacement Surgery at St. John's Riverside Hospital, Dr. David Lent is among an elite few physicians trained in the high-tech robotics surgery known as MAKOplasty — a procedure that uses robots and GPS technology to perform knee and hip replacements. When Lent, who also practices sports medicine at his Yonkers-based office, was first introduced to MAKOplasty six years ago, he knew that the innovative technology was about to revolutionize his life's work. "It's been transformative to minimally invasive joint replacement," he explains. "I love being able to work with people who were essentially wheelchair-bound or living in so much pain that their daily activities were markedly compromised, and, through surgery, help them return to doing the things they love."

Today, Lent has been recognized by The Stryker Corporation as the national leading expert in this advanced robotic knee replacement. "MAKOplasty is still not in Queens, Brooklyn, Staten Island, or the Bronx," Lent says. "It is now in just one facility besides ours in all of Westchester, and I was the instructor to help those other surgeons learn to use the technology." Lent also meets regularly with Westchester County high school coaches to provide advice and care for injured student athletes.

As the first MAKOplasty robotic surgeon in the Hudson Valley, you've been at this longer than anyone else in the area. Why is this robot such a big deal?

Until robotic surgery, we were eyeballing joint placements, meaning we were only as good and precise as our eyes could allow.

With the robot, we use GPS technology to map the knee or hip, which allows us to perfectly position the joint replacement components in a way we never could before.

With the old technology, there were a considerable number of patients who still had problems, even after they had their joints replaced. Too many patients needed to have repeat surgeries to revise those problems. With the newest technology, the number of patients needing a repeat surgery is almost negligible. Even more, the robot is so precise that we can now remove *just* the damaged part of the knee for a partial knee replacement. That's something we couldn't do before.

What's the biggest injury you see among student athletes?

For young athletes, strains and sprains are the most common concern. Most often, these athletes just need to be diagnosed appropriately and treated with medicines and physical therapy, so they can get back into the game. However, sometimes they have more severe injuries, such as broken bones, fractures, and ligament tears, which require surgery.

Any tips to keep these athletes injury-free?

The best information I can give is this: Train before you play the sport! Failing to do any preseason training to get strong for their sport is the number-one problem I see in young athletes. Kids watch their idols playing sports on TV, but they don't realize that these elite athletes are in the gym constantly, working to get their legs, arms, and core strong.

Addiction Psychiatry

Adam Bisaga
Ardsley
914.419.8921
NewYork-Presbyterian/Columbia University Medical Center; New York State Psychiatric Institute
Opiate Addiction, Alcohol Abuse, Dual Diagnosis, Smoking Cessation

Adolescent Medicine

Marcia J. Nackenson
Hawthorne
914.304.5288
Westchester Medical Center
Eating Disorders

Allergy & Immunology

Avi M. Deener
West Harrison
914.831.6850
White Plains Hospital
Asthma & Allergy

Robert T. Goldman
Jefferson Valley
914.245.7700
NewYork-Presbyterian Hudson Valley Hospital

Patrick F. Maloney
Mamaroneck
914.777.1179
White Plains Hospital, Westchester Medical Center
Food Allergy, Asthma

Laura Mechanic
Purchase
914.831.6850
White Plains Hospital
Allergic Rhinitis, Eczema, Hives, Immune Deficiency

Craig S. Osleeb
Mount Kisco
914.242.1580
Northern Westchester Hospital
Asthma, Pediatric Allergy & Immunology

James Allen Pollowitz
Scarsdale
914.472.3833
White Plains Hospital, NewYork-Presbyterian Lawrence Hospital
Asthma, Food & Drug Allergy, Hives

John D. Scinto
Jefferson Valley
914.245.7700
NewYork-Presbyterian Hudson Valley Hospital

Lois Tuerk-Mendelsohn
Mount Kisco
914.666.7171
Northern Westchester Hospital
Asthma, Food & Drug Allergy, Insect Allergy, Allergy & Immunology

Cardiac Electrophysiology

Martin B. Cohen
Hawthorne
914.909.6900
Westchester Medical Center, White Plains Hospital
Arrhythmias, Pacemakers/Defibrillators, Angioplasty & Stent Placement

Jose Maria Dizon
White Plains
914.428.3888
NewYork-Presbyterian/Columbia University Medical Center
Arrhythmias, Catheter Ablation, Pacemakers/Defibrillators

Sei Iwai
Hawthorne
914.909.6900
Westchester Medical Center, Good Samaritan Regional Medical Center
Catheter Ablation, Pacemakers/Defibrillators, Atrial Fibrillation, Defibrillator Cable Extraction

David A. Rubin
White Plains
914.428.3888
NewYork-Presbyterian/Columbia University Medical Center; White Plains Hospital
Arrhythmias, Radiofrequency Ablation, Pacemakers/Defibrillators

Carmine A. Sorbera
Hawthorne
914.593.7800
NewYork-Presbyterian/Columbia University Medical Center; NewYork-Presbyterian Lawrence Hospital
Arrhythmias, Atrial Fibrillation, Pacemakers

Cardiovascular Disease

Marjory Alabre
Tarrytown
914.631.2895
Montefiore Moses Campus, Phelps Memorial Hospital Center
Nuclear Cardiology

Roger V. Cappucci
Harrison
914.723.8100
White Plains Hospital
Echocardiography, Cardiac Stress Testing

James W. Catanese
Mount Kisco
914.242.9400
Northern Westchester Hospital
Coronary Artery Disease, Congestive Heart Failure, Heart Valve Disease

Richard Charney
New Rochelle
914.235.3535
Montefiore New Rochelle Hospital, White Plains Hospital
Interventional Cardiology, Heart Valve Disease, Coronary Artery Disease, Peripheral Vascular Disease

David Cziner
White Plains
914.305.2700
White Plains Hospital, Greenwich Hospital
Coronary Artery Disease, Cholesterol/Lipid Disorders

Albert J. DeLuca
Hawthorne
914.428.2600
NewYork-Presbyterian/Columbia University Medical Center
Cardiovascular Imaging, Echocardiography, Nuclear Cardiology

Arthur Fass
Briarcliff Manor
914.762.5810
Phelps Memorial Hospital Center
Preventive Cardiology, Coronary Artery Disease, Hypertension, Cholesterol/Lipid Disorders

Michael Feld
Tarrytown
914.631.2895
Montefiore Moses Campus, Phelps Memorial Hospital Center
Pacemakers, Coronary Artery Disease, Congestive Heart Failure

Mitchell H. Fishbach
Scarsdale
914.722.6300
NewYork-Presbyterian Lawrence Hospital
Hypertension, Heart Disease, Cholesterol/Lipid Disorders, Hypertrophic Cardiomyopathy

How Our Top Docs Are Selected



Castle Connolly Medical Ltd. is a healthcare research and information company founded in 1991 by a former medical college board chairman and president to help guide consumers to America's top doctors and top hospitals. Castle Connolly's established nomination survey, research, screening, and selection process, under the direction of an MD, involves many hundreds of thousands of physicians as well as academic medical centers, specialty hospitals, and regional and community hospitals all across the nation. Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels. Its online nominations process — located at www.castleconnolly.com/nominations — is open to all licensed physicians in America who are able to nominate physicians in any medical specialty and in any part of the country, as well as indicate whether the nominated physician is, in their opinion, among the best in their region in their medical specialty or among the best in the nation in their medical specialty. Careful screening of doctors' educational and professional experience is essential before final selection is made among those physicians most highly regarded by their peers. The result: We identify the top doctors in America and provide you, the consumer, with detailed information about their education, training, and special expertise in our paperback guides, national and regional magazine "Top Doctors" features, and online directories.

Doctors do not and cannot pay to be selected and profiled as Castle Connolly Top Doctors.

Physicians selected for inclusion in this magazine's "Top Doctors" feature may also appear online at www.castleconnolly.com, or in conjunction with other Castle Connolly Top Doctors databases online and/or in print.

—Text provided by Castle Connolly Medical Ltd.

Top Doctors Tip

The Biggest Mistake Patients Make:

"Shopping around" for the person who charges the least for fillers and botulinum toxins and not going to a board-certified dermatologic surgeon."

—Dr. Rhoda S. Narins, Dermatology



Arun Goyal, MD

Specialty: Vascular Surgery **Title:** Vascular Surgeon and Director of the Laser Vein Center at Westchester Medical Center (WMC), the flagship of the Westchester Medical Center Health Network **Hospital:** Westchester Medical Center

If there's a particularly harrowing aneurysm surgery to be performed in the greater Westchester area, there's a good chance that case will be sent to Dr. Arun Goyal, Director of the Laser Vein Center at Westchester Medical Center (WMC). "It has only been within the last few years that we've gained access to devices that allow us to treat the more complicated cases," Goyal says.

Goyal recalls that when he started practicing in 1996, "We were doing open operations and treatments which were very tough for my patients to recover from." Around 2000, he says there was a huge shift in his field, "from open to minimally invasive vascular surgeries, and from there, the technology has continued to take off."

When Goyal isn't treating the most critical aneurysm patients, he can often be found treating varicose veins, which he says are more than a cosmetic problem. "Over the years," he says, "I've operated on thousands of patients, and, for me, the most rewarding part is witnessing the tremendous improvements to their lives once they've made a full recovery."

How is the newest generation of endovascular technology changing patients' chances of surviving an aneurysm?

The most exciting advances in this field are happening within the treatment of aneurysms. Not too long ago, patients had a much higher morbidity and mortality rate associated with aneurysm surgery. Nowadays, aneurysm procedures can be done using endovascular treatments, the minimally invasive procedures done inside the blood vessels. Patients don't even need to have skin incisions to complete the treatment!

How are the more complicated cases treated?

Every few years, the whole vascular community comes up with better ways of treating patients. [Some of the devices mentioned

earlier include] those in aortic aneurysm repair requiring a stent graft. We have a specialized hybrid room that combines digital imaging technology and a fully functional operating room all in one room. So, overall, we are seeing huge improvement in outcomes and recovery for even our most complex cases.

What are the most common problems you see daily?

Day-to-day, one of the most common complaints I see is varicose and spider veins in the lower extremities. Before minimally invasive surgery, patients had to stay overnight in the hospital, and their mobility was restricted for two to three weeks. Today, my patients with clinical symptoms can have one treatment in the office, using local anesthesia, and get back on their feet and back to their daily routine immediately following the procedure.

When are varicose veins more than just a cosmetic nuisance?

When the veins are truly harming body image or if the patient has underlying medical issues — such as achy or cramping legs, pain at night which wakes them, legs that feel heavy and tired most of the time, swollen feet and ankles at the end of the day, or ulcerations — we need to proceed with treatment.

What are some of the risk factors for varicose veins?

Heredity and genetics are by far the largest risk factors. However, lifestyle does come into play for those who already have varicose veins. For example, weight gain, an overly sedentary lifestyle, or for patients with occupations requiring them to do a lot of standing, varicose veins will become much more symptomatic and advanced. Particularly during pregnancy, we recommend the use of a compression stocking for anyone with a tendency to develop varicose veins. Compression helps with both symptoms and progression of veins.

Andrew C. Kupersmith
Hawthorne
914.593.7800
NewYork-Presbyterian/Columbia University Medical Center
Echocardiography, Preventive Cardiology, Angina

Joshua M. Lutzman
White Plains
914.683.0443
White Plains Hospital
Echocardiography, Nuclear Cardiology, Coronary Artery Disease, Arrhythmias

Daniel A. Leonard
Mount Kisco
914.242.1355
Northern Westchester Hospital, Westchester Medical Center
Echocardiography, Nuclear Cardiology

Evan Levine
Yonkers
914.308.7350
Montefiore Moses Campus, Saint Joseph's Medical Center
Cardiac Stress Testing, Hypertension, Heart Failure, Preventive Cardiology

Mark E. Lieb
Mount Kisco
914.242.1355
Northern Westchester Hospital
Nuclear Cardiology

Marshall I. Matos
New Rochelle
914.576.7171
Montefiore New Rochelle Hospital
Coronary Artery Disease, Preventive Cardiology, Arrhythmias, Cholesterol/Lipid Disorders

Emma Medina
New Rochelle
914.632.1600
Montefiore New Rochelle Hospital
Non-Invasive Cardiology

Anthony Mercado
Scarsdale
914.722.6300
NewYork-Presbyterian Lawrence Hospital
Pacemakers/Defibrillators, Heart Disease, Preventive Cardiology

D. Douglas Miller
Hawthorne
914.594.3553
Westchester Medical Center
Heart Disease in Women, Nuclear Cardiology

Ari J. Paley
White Plains
914.328.2355
White Plains Hospital
Coronary Artery Disease, Preventive Cardiology, Arrhythmias, Heart Valve Disease

Cardiovascular Disease

continued

William Frishman
Hawthorne
914.372.7887
Westchester Medical Center
Coronary Artery Disease, Preventive Cardiology, Hypertension, Heart Failure

Gary S. Gabelman
Scarsdale
914.722.6300
NewYork-Presbyterian Lawrence Hospital
Heart Disease, Nuclear Cardiology, Echocardiography, Preventative Cardiology

Amanda R. Ganem
Rye
914.848.8760
Greenwich Hospital, White Plains Hospital
Coronary Artery Disease, Cardiac CT Angiography, Echocardiography-Transesophageal, Nuclear Cardiology

Alan Gass
Hawthorne
914.909.6900
Westchester Medical Center
Heart Failure, Transplant Medicine-Heart

Alon Gitig
Yonkers
914.423.8115
St. John's Riverside Hospital-Andrus Pavilion, St. John's Riverside Hospital-Dobbs Ferry Pavilion
Preventive Cardiology, Cholesterol/Lipid Disorders, Hypertension, Nutrition

Bernard Gitler
New Rochelle
914.633.7870
Montefiore New Rochelle Hospital, Montefiore Moses Campus
Coronary Artery Disease, Heart Valve Disease, Congestive Heart Failure, Atrial Fibrillation

Scott A. Gottesfeld
Katonah
914.232.3135
Northern Westchester Hospital
Nuclear Cardiology, Echocardiography

Richard H. Greif
Yonkers
914.378.7583
Saint Joseph's Medical Center

Glenn S. Hamroff
Cortlandt Manor
914.736.0703
NewYork-Presbyterian Hudson Valley Hospital
Heart Failure

Douglas J. Hart
Scarsdale
914.722.6300
NewYork-Presbyterian Lawrence Hospital
Nuclear Cardiology, Congestive Heart Failure, Echocardiography, Preventative Cardiology

Diwakar Jain
Hawthorne
914.909.6900
Westchester Medical Center
Nuclear Cardiology, Heart Disease, Cardiac Effects of Cancer/Cancer Therapy

Richard H. Kay
Hawthorne
914.593.7800
NewYork-Presbyterian Hospital, NewYork-Presbyterian/Columbia University Medical Center
Heart Attack, Angina, Cardiac Imaging, Cardiac Stress Testing

Richard J. Keating
Mount Kisco
914.242.1355
Northern Westchester Hospital
Echocardiography, Nuclear Cardiology

Theodore N. Keltz
New Rochelle
914.633.7870
Montefiore New Rochelle Hospital, Montefiore Moses Campus
Coronary Artery Disease, Heart Valve Disease, Arrhythmias, Preventive Cardiology

Top Doctors Tip

One Piece of Advice:

"In addition to taking prescribed medication, exercise and a low-carbohydrate diet are essential."
—Dr. Lewis A. Opler, Psychiatry



Gerald A. Ridge, MD

Specialty: Internal Medicine **Title:** President & Medical Director,
NewYork-Presbyterian Medical Group Westchester

Hospital: NewYork-Presbyterian Lawrence Hospital

Although geriatrics as a medical discipline didn't exist when Dr. Gerald Ridge graduated from medical school in 1979, he remembers feeling an instant affinity for working with elderly patients even while still in school. "I've always believed that the best part of medicine is getting to know my patients and their life histories," he says. "Elderly patients have the most interesting, robust histories of anyone!"

In the early 90s, Ridge was practicing medicine and working as the medical director of a couple skilled-nursing facilities, when he received a career-changing offer to teach geriatrics to residents while helping to create a brand-new geriatric unit at NewYork-Presbyterian/Columbia University Medical Center.

Today, Ridge, who is board certified in both internal medicine and geriatric medicine, continues to improve the care of elderly patients in many ways, including by teaching and helping medical staff at NewYork-Presbyterian Lawrence Hospital to be attuned and sensitive to the unique needs of geriatric patients.

Other than the fact that about three-quarters of your patients are elderly, how is your practice different from a general practice?

Instead of simply focusing on a patient's medical needs and treating disease, the essence of geriatrics is focusing on how to help aging patients maintain their functional status. It's about allowing them to be independent so they can live at home rather than in assisted living.

When I first started teaching, residents cared for all patients the same way, whether they were 50 or over 80. But they aren't the same. Our ability to prolong life in an older person is very limited, and, if we treat one condition, the patient may succumb to another. When it comes to our older patients, the residents I teach today think about patient functional status and measure activities of daily living (ADL), which include things like the ability to dress, walk, prepare meals, and keep a checkbook balanced.

How are we doing in Westchester with respect to geriatric care?

While I can't speak for the other institutions in Westchester, at NewYork-Presbyterian Lawrence Hospital, the quality of geriatric care over the past decades has vastly improved. Our physical medicine and nursing staff is extremely sensitive to the special needs of geriatric patients, and provide excellent care to them.

Is there a clear line between "regular" care and geriatric care, or does it just progress naturally from the former to the latter?

It should evolve naturally into geriatric care as patients age, focusing less on the longevity of life and more on their quality of life.

What should seniors do to stay healthy?

The most important factor in maintaining health as we age is regular physical exercise. It has a positive effect on multiple health outcomes such as cardiovascular disease, cerebrovascular disease, cancer, cognitive function, and mood. Everyone should try exercising at a moderate level for 30 minutes at least five days a week.

Cardiovascular Disease

continued

Julio Panza
Hawthorne
914.909.6900
Westchester Medical Center
Echocardiography

Lynne V. Perry-Bottinger
New Rochelle
914.576.7577
NewYork-Presbyterian/Columbia University
Medical Center; Montefiore New Rochelle
Hospital

Robert M. Pilchik
Yorktown Heights
914.962.4000
Northern Westchester Hospital,
White Plains Hospital
Cardiac Catheterization, Echocardiography-
Transesophageal, Nuclear Cardiology,
Pacemakers

Thomas J. Price Jr
Mount Vernon
914.664.4052
Montefiore Mount Vernon Hospital,
Montefiore New Rochelle Hospital

Anthony L. Pucillo
Hawthorne
914.593.7800
NewYork-Presbyterian/Columbia University
Medical Center; NewYork-Presbyterian
Lawrence Hospital
Angioplasty & Stent Placement, Peripheral
Vascular Disease, Cardiac Catheterization,
Interventional Cardiology

Todd C. Pulerwitz
Somers
914.277.4367
NewYork-Presbyterian/Columbia University
Medical Center
Hypertension, Carotid Artery Disease,
Peripheral Vascular Disease, Cardiac Stress
Testing, Non-Invasive Cardiology

Michael M. Silver
White Plains
914.305.2700
White Plains Hospital, Greenwich
Hospital
Hypertension, Cholesterol/Lipid Disorders,
Coronary Artery Disease

Howard N. Tarkin
Cortlandt Manor
914.736.0703
NewYork-Presbyterian Hudson Valley
Hospital, Westchester Medical Center
Pacemakers/Defibrillators, Cardiac
Catheterization, Interventional Cardiology

Joseph J. Tartaglia
White Plains
914.946.3388
White Plains Hospital, Greenwich
Hospital
Echocardiography, Nuclear Cardiology,
Nuclear Stress Testing, Preventive
Cardiology

Ronald Wallach
Mount Kisco
914.242.1355
Northern Westchester Hospital,
Westchester Medical Center
Nuclear Cardiology

Melvin Weiss
Hawthorne
914.593.7800
NewYork-Presbyterian/Columbia University
Medical Center; NewYork-Presbyterian
Lawrence Hospital
Angina, Cardiac Imaging, Aortic Diseases &
Dissection, Aneurysms

Ronald H. Weissman
White Plains
914.428.6000
White Plains Hospital
Cholesterol/Lipid Disorders,
Preventive Cardiology

Franklin Harrison Zimmerman
Briarcliff Manor
914.762.5810
Phelps Memorial Hospital Center,
Westchester Medical Center
Preventive Cardiology

Child & Adolescent Psychiatry

Lee S. Cohen
Hastings-on-Hudson
914.478.1330
NewYork-Presbyterian/Morgan Stanley
Children's Hospital; NewYork-Presbyterian/
Columbia University Medical Center
Psychopharmacology, Developmental Disorders,
Anxiety & Mood Disorders, ADD/ADHD

Candida A. Fink
New Rochelle
877.534.1090
Anxiety & Mood Disorders, ADD/ADHD,
Psychopharmacology, Family Therapy

Top
Doctors
Tip

Did You Know?

"that diabetes is controllable with effort, education, understanding diet, regular activity, and use of the multiple new available medications?"

—Dr. David Bloomgarden,
Endocrinology, Diabetes & Metabolism



Karen Mackler, MD

Specialty: Dermatology **Title:** Clinical Assistant Professor, Department of Medicine, Albert Einstein College of Medicine

Hospital: Montefiore New Rochelle Hospital

Back in the 1970s, when she was fresh out of med school, Dr. Karen Mackler was set to start a career as a pediatrician. Then the Cornell-trained physician attended the pediatric dermatology clinic at the Albert Einstein College of Medicine, where she found her true calling. “I really enjoyed dermatology. I did a second residency in dermatology, then began practicing,” she says. “The fun of dermatology is never knowing what condition a patient will have when they walk into the office. Often, the diagnosis is clear, but occasionally there are real puzzles, which are gratifying to unravel, using history, biopsy, and research into the literature.”

Mackler treats both adults and adolescents and says that there is a difference between adult and pediatric dermatology.

How does adult dermatology differ from pediatric dermatology?

There are differences in the types of conditions adult and pediatric patients suffer. In the teenage years, acne is the most common diagnosis. In the pediatric group, I see more atopic dermatitis [a common chronic, itchy skin condition] and viral rashes. In addition, with pediatric patients, we often prescribe numbing agents for minor procedures.

Any new worrisome trends?

One condition that I’ve noticed is more prevalent in recent years is alopecia areata (hair loss) in almost every age group. I see far more cases now than I did 10 years ago. We don’t know why there has been an increase, but there are several ways to treat alopecia areata, including both topical and intralesional steroids.

There also seemed to be an increase in childhood melanoma before 2000, but, with increased public awareness and an increase in the use of sunscreens, as well as more indoor activities, the number of reported melanomas in children has recently been decreasing. Tanning beds should be avoided.

When should a patient seek immediate medical treatment?

A non-healing sore is suspect and should be evaluated, and any unusual-looking nevus in a child should be examined.

How has pediatric dermatology changed over the course of your career?

Dermatology is changing rapidly in the treatment of diseases such as psoriasis and eczema, which are related to inflammatory processes. With new medicines called biologic agents, we are able to clear people to an extent never possible before.

Andrew Bronin

Rye Brook
914.253.8080
Greenwich Hospital, Yale-New Haven Hospital
Melanoma, Skin Cancer, Complex Diagnosis

Lauren H. Burack

Mount Kisco
914.242.1355
Northern Westchester Hospital, Putnam Hospital Center

Ira C. Davis

Hartsdale
914.288.0500
Mohs Surgery, Skin Cancer, Laser Surgery, Cosmetic Dermatology, Dermatologic Surgery

Lydia Marion Evans

Chappaqua
914.238.1500
NewYork-Presbyterian/Columbia University Medical Center
Cosmetic Dermatology, Facial Rejuvenation, Laser Surgery

Neil S. Goldberg

White Plains
914.761.8140
NewYork-Presbyterian Lawrence Hospital
Laser Surgery, Acne & Rosacea, Cosmetic Dermatology, Psoriasis/Eczema

Jennifer H. Goldwasser

Scarsdale
914.723.8100
White Plains Hospital
Hair & Nail Disorders, Acne & Rosacea, Pediatric Dermatology

Marc E. Grossman

White Plains
914.946.1101
NewYork-Presbyterian/Columbia University Medical Center
Skin Diseases in Transplants/Cancer, Psoriasis, Rare Skin Disorders, Cutaneous Lymphoma

Nancy C. Howanitz

Scarsdale
914.725.5150
NewYork-Presbyterian Lawrence Hospital
Warts, Skin Cancer, Rosacea, Hair Loss

Diana S. Hurwitz

Rye
914.848.8840
Acne & Rosacea, Melanoma, Psoriasis, Skin Cancer

Child & Adolescent Psychiatry

continued

Alison Meri Gedalowicz

Scarsdale
212.759.1820
Anxiety Disorders, ADD/ADHD, Depression

Irene G. Hyler

Scarsdale
914.472.8447
NewYork-Presbyterian/Weill Cornell Medical Center
Psychotherapy, Anxiety & Depression

Kevin T. Kalikow

Mount Kisco
914.666.3000

Salvatore Lomonaco

Larchmont
914.834.0085
Montefiore Moses Campus

Ilene Rabinowitz

Tarrytown
914.682.2047
Psychopharmacology, Mood Disorders, Anxiety Disorders

Boris Rubinstein

Hastings-on-Hudson
914.478.1330
NewYork-Presbyterian/Columbia University Medical Center
Psychopharmacology, Neuro-Psychiatry, Anxiety & Mood Disorders, Developmental Disorders

John G. Samanich

Armonk
914.730.6377
ADD/ADHD, Autism & Developmental Disorders, Eating Disorders, Substance Abuse

Robert I. Seaver

Mount Kisco
914.241.8979
Child Psychiatry, Art & Creativity, Psychopharmacology

Amy Silverman

Harrison
914.301.9465
Four Winds Hospital
Anxiety & Depression, ADD/ADHD

Jonathan A. Slater

Irvington
914.591.4040
NewYork-Presbyterian/Morgan Stanley Children’s Hospital
Psychopharmacology, Psychiatry in Physical Illness, Behavioral Disorders

Audrey M. Walker

Larchmont
914.834.2214
Montefiore Moses Campus
Psychosomatic Disorders

Child Neurology

Anna Alshansky

Yorktown Heights
914.302.8059
Northern Westchester Hospital
Developmental Delays, Headache, Seizure Disorders, Neonatal Neurology

Lillah Cantor

Sleepy Hollow
914.358.0188
Westchester Medical Center
Headache

Maja Ilic

White Plains
914.437.7960
Epilepsy, ADD/ADHD, Seizure Disorders

Ronald I. Jacobson

Sleepy Hollow
914.358.0190
Westchester Medical Center
Epilepsy, Headache, ADD/ADHD, Autism Spectrum Disorders

Harriet Kang

Hartsdale
914.428.0529
Mount Sinai Beth Israel, Mount Sinai West
Epilepsy/Seizure Disorders, ADD/ADHD, Headache, Neurophysiology

Martin Kutscher

Rye Brook
914.232.1810
ADD/ADHD, Asperger’s Syndrome, Autism Spectrum Disorders, Developmental Disorders, Tourette’s Syndrome

Bruce Roseman

White Plains
914.997.2032
White Plains Hospital
Speech Disorders, ADD/ADHD, Epilepsy, Autism Spectrum Disorders

Clinical Genetics

David F. Kronn

Valhalla
914.304.5280
Good Samaritan Hospital, Vassar Brothers Medical Center
Angelman Syndrome, Bone Disorders-Inherited, Pediatric Clinical Genetics, Lysosomal Diseases, Inherited Metabolic Disorders

Colon & Rectal Surgery

Evan K. Krakovitz

Purchase
914.682.6557
Greenwich Hospital
Colon & Rectal Cancer & Surgery, Hemorrhoids, Laparoscopic Surgery, Hernia

Jerald D. Wishner

Mount Kisco
914.242.1360
Northern Westchester Hospital
Colon & Rectal Cancer, Laparoscopic Surgery, Robotic Surgery

Kimberly A. Yee

White Plains
914.681.0600
White Plains Hospital
Anal Cancer, Anorectal Disorders, Incontinence-Fecal, Inflammatory Bowel Disease/Crohn’s, Hemorrhoids, Pelvic Floor Dysfunction, Diverticulitis

Dermatology

David Bank

Mount Kisco
914.241.3003
Northern Westchester Hospital, NewYork-Presbyterian/Columbia University Medical Center
Laser Surgery, Botox Therapy, Dermatological Injectables & Fillers, Facial Rejuvenation

Top Doctors Tip

One Piece of Advice:

“It is so important for your mental health to take care of yourself. This is not just about taking medicine or going to therapy, but about managing your stress level, getting enough sleep, asking for help when you need it, living a healthy lifestyle, spending time with people you care about, and doing things that you enjoy.”

—Dr. Amy Silverman,
Child & Adolescent Psychiatry



Sabrina S. Shue, MD

Specialty: Pain Medicine **Title:** Director of the Department of Pain Management **Hospital:** White Plains Hospital

As Director of the Department of Pain Management at White Plains Hospital, Dr. Sabrina Shue has helped thousands of patients find relief with some of the most technologically advanced methods in pain management. But it was Shue's connection to age-old traditions of Eastern healing philosophies that initially drew her to study pain medicine. "I'm Chinese, and, because of my cultural background, I became interested in the idea of combining Eastern and Western approaches to help people find relief from chronic pain," she explains. After completing her residency in anesthesiology at Harvard, and a fellowship in pain management, Shue returned to Harvard for her certification in acupuncture.

Shue also is a registered marijuana physician with expertise in cutting-edge spinal treatments. "My background has given me the ability to be open-minded and take a holistic approach, which is important when you are dealing with chronic-pain patients who need help finding something they have not yet thought of or tried," she says.

Any exciting recent methods that have helped your patients eliminate back pain?

One new procedure, called spinal-cord stimulation, involves placing a device into a patient's spine, sending electric current through it. The result is that their brain feels a pleasant tingling sensation instead of pain. Kyphoplasty is another newer procedure, in which we put a needle into the patient's collapsed vertebral bone and inject cement into the area to make the bone stronger. This procedure takes about

two hours and relieves most, if not all, of the pain almost instantly. In a recent case, the patient came into my office using a wheelchair and walked out of my office that same day.

Any tips for maintaining a healthy spine?

I urge people to pay attention to their lifestyle to reduce risk of spine and joint problems later in life. Specifically, I urge people to maintain a healthy weight, which will reduce stress on joints and spine, and to exercise in moderation. Too much and too little are equally bad on the body!

How has Westchester's opioid epidemic impacted pain medicine?

When I first started working in Westchester, there wasn't any focus on the issue of opioid addiction. That has all changed. New York State's creation of I-STOP [the Internet-based system, which tracks opioid prescriptions with the intent to reduce the number of deaths caused by addiction] has helped us identify some problematic patients in ways we were not able to do so in the past. Patients have also become more conscientious about narcotic addiction, and many of my patients will say, "Dr. Shue, I would like to stay away from narcotics and use them only as my very last resource."

And how about medical marijuana?

I'm an advocate for medical marijuana. There can be side effects, as with anything, but the danger of overdosing on marijuana is almost none. With medical marijuana, I've helped many of my patients get to the point where they can either stop or greatly reduce the amount of narcotics they use.

Developmental-Behavioral Pediatrics

Mark Bertin

Pleasantville
914.841.2302
Westchester Medical Center, Northern Westchester Hospital
ADD/ADHD, Developmental & Behavioral Disorders, Autism Spectrum Disorders, Learning Disorders

William Levinson

Valhalla
914.304.5250
Westchester Medical Center
Developmental & Behavioral Disorders, ADD/ADHD, Autism Spectrum Disorders

Merryl A. Schechtman

Valhalla
914.304.5250
Westchester Medical Center
Autism Spectrum Disorders, ADD/ADHD, Developmental & Behavioral Disorders, Learning Disorders

Diagnostic Radiology

Gail A. Calamari

Rye Brook
914.253.9200
Breast Imaging, Neuroradiology

Caren E. Greenstein

White Plains
914.681.1260
White Plains Hospital
Breast Imaging, Mammography

Marc A. Hertz

Mount Kisco
888.656.4723
Northern Westchester Hospital, Putnam Hospital Center
CT Scan, MRI, Ultrasound, Body Imaging

Claire A. Hibbard

Mount Kisco
888.656.4723
Women's Imaging, Mammography

Paul T. Khoury

White Plains
914.681.1219
White Plains Hospital
MRI, CT Scan, Nuclear Medicine

Rosalyn Kutcher

White Plains
914.935.0011
White Plains Hospital
Mammography, Ultrasound, Breast Imaging

Dermatology continued

Sherri K. Kaplan

Ardsey
914.693.7191
St. John's Riverside Hospital-Dobbs Ferry Pavilion
Medical Dermatology

Athena G. Kaporis

Mount Kisco
914.242.2020
White Plains Hospital
Cosmetic Dermatology, Skin Cancer, Laser Surgery

Tobi B. Klar

New Rochelle
914.636.2039
Montefiore New Rochelle Hospital
Medical Dermatology

David A. Kriegel

Scarsdale
914.472.4105
Mount Sinai Hospital
Mohs Surgery, Skin Cancer

Jay S. Lerman

White Plains
914.949.6070
Montefiore Einstein Campus, Montefiore Moses Campus
Acne, Eczema, Laser Surgery, Ethnic Skin Disorders

Ross S. Levy

Mount Kisco
914.242.1355
Northern Westchester Hospital, Montefiore Moses Campus
Laser Surgery, Dermatologic Surgery, Skin Cancer

Karen Mackler

New Rochelle
914.576.7070
Montefiore New Rochelle Hospital, Montefiore Moses Campus
Pediatric Dermatology, Skin Cancer

Patricia A. McAleer

Mount Kisco
914.242.1355
Northern Westchester Hospital
Acne, Psoriasis, Laser Surgery, Botox Therapy

Harold Mermelstein

Scarsdale
914.667.2242
NYU Langone Medical Center, NewYork-Presbyterian Lawrence Hospital
Medical Dermatology, Laser Surgery

Ayelet Mizrahi-Jonisch

Katonah
914.232.3135
Northern Westchester Hospital
Cosmetic Dermatology, Laser Surgery, Laser Hair Removal, Dermatologic Fillers

Rhoda S. Narins

White Plains
914.684.1000
White Plains Hospital, NYU Langone Medical Center
Botox Therapy, Cosmetic Dermatology, Facial Rejuvenation, Liposuction

Amy E. Newburger

Purchase
914.725.1800
Mount Sinai St. Luke's
Skin Cancer, Cosmetic Dermatology, Laser Surgery, Photodynamic Therapy

Benjamin N. Rosenberg

Mount Kisco
914.242.1355
Northern Westchester Hospital
Cosmetic Dermatology, Laser Surgery, Pigmented Lesions, Skin Cancer & Moles

Jeffrey P. Schachne

Jefferson Valley
914.245.7700
NewYork-Presbyterian Hudson Valley Hospital, Putnam Hospital Center

Alan B. Schlifman

White Plains
914.761.1400
Westchester Medical Center, White Plains Hospital
Laser Surgery, Skin Cancer, Cosmetic Dermatology

Jeffrey H. Sturza

Tarrytown
914.631.4666
Phelps Memorial Hospital Center
Psoriasis, Acne, Skin Cancer, Cosmetic Dermatology

Ruth K. Treiber

Rye
914.967.2153
NewYork-Presbyterian/Columbia University Medical Center
Botox Therapy, Acne & Rosacea, Facial Rejuvenation, Skin Cancer & Moles

Saryna P. Young

White Plains
914.682.6426
Montefiore Einstein Campus
Medical Dermatology, Cosmetic Dermatology

Top Doctors Tip

The Biggest Mistake Patients Make:

"Failing to obtain a second opinion from a high-volume (minimally invasive) surgeon if they were told they were not a candidate for such surgery."

—Dr. Herbert F. Gretz III, Gynecologic Oncology



Tracey L. Weigel, MD

Specialty: Thoracic & Cardiac Surgery **Title:** Chief of Thoracic Surgery

Hospital: Westchester Medical Center, the flagship of the Westchester Medical Center Health Network

Immediately after completing her fellowship in surgical oncology at Memorial Sloan Kettering and a cardiothoracic residency at the University of Wisconsin, Tracey Weigel, MD, was given the opportunity to build a brand-new, minimally invasive thoracic surgery program at the University of Pittsburgh. Weigel jumped at the chance to create the pioneering program. “I joined my dear friend and colleague Jim Luketich, and, along with our colleagues, we built one of the busiest minimally invasive thoracic surgery practices in the USA, focusing on minimally invasive surgery for thoracic malignancies and complex benign esophageal problems,” Weigel says. “We worked hard to develop new techniques to perform minimally invasive surgery for both esophageal and lung cancer.”

In 2016, Weigel joined WMC as Chief of Thoracic Surgery. In her newest role, she is still a pioneer in her field, creating a thriving robotic oncology program at WMC devoted to caring for the highest acuity and most complex patients in the country.

Why is the new robotic oncology program such a big deal for cancer patients in Westchester?

The most meaningful recent work I’ve done has been to help develop the robotic thoracic oncology and foregut programs here at WMC. The robot’s highly specialized instrumentation and new energy and fluorescence technologies enable us to perform more complex robotic procedures with increased precision on more individuals.

We now routinely perform robotic lung, esophageal, gastric, adrenal, and mediastinal robotic surgeries for benign and malignant diseases and conditions. Our robotic surgery volume at WMC has increased tremendously since the program’s inception and a second state-of-the-art robot will arrive at the medical center in the near future.

What innovations are you most excited about using in your practice today?

Some of the most exciting advances in thoracic surgery have been the universal acceptance of low-dose CT screening for early detection of lung cancer and the advances in minimally invasive surgery techniques, including robotics, that allow more patients to be candidates for curative thoracic surgeries.

Can you share any real-life examples of when the robot allowed you to save a life?

One of my most memorable cases involved resecting an 85-year-old man’s esophageal cancer robotically, when three years previously he had been told he was “too old” for surgery. The surgery was a success and I heard from the same patient just recently. He is doing well and remains free of cancer!

Are open surgeries becoming a thing of the past?

I do believe traditional open elective surgery is rapidly becoming historical; nearly 98 percent of surgeries I perform are done minimally invasively and most robotically.

Mindy J. Sotsky

Valhalla
914.269.9622
White Plains Hospital
Diabetes, Thyroid Disorders, Osteoporosis

Randy Stein

White Plains
914.831.4150
White Plains Hospital
Diabetes, Endocrinology, Diabetes in Pregnancy, PCOS, Thyroid Disease

Kenneth R. Weiser

White Plains
914.831.4150
White Plains Hospital
Diabetes, Endocrinology

Family Medicine

Iyad N. Annabi

Yonkers
914.375.2300
St. John’s Riverside Hospital-Andrus Pavilion
Diabetes, Geriatric Medicine, Preventive Cardiology, Preventive Medicine

Thomas R. Apuzzo

Yonkers
914.237.0994
St. John’s Riverside Hospital-Andrus Pavilion

Stere Carniciu

Dobbs Ferry
914.591.6888
Phelps Memorial Hospital Center,
St. John’s Riverside-Dobbs Ferry Pavilion

Peter Michael Gottesfeld

Yorktown Heights
914.241.7800
Northern Westchester Hospital,
NewYork-Presbyterian Hudson Valley
Hospital
Aging, Preventive Medicine, ADD/ADHD

Edward L. Merker

Pleasantville
914.769.7300
Phelps Memorial Hospital Center,
NewYork-Presbyterian/Columbia University Medical
Center
Geriatric Medicine

Daniel Miller

Yonkers
914.965.9771
St. John’s Riverside Hospital-Andrus Pavilion, Saint
Joseph’s Medical Center

Diagnostic Radiology

continued

Zvi Lefkovitz

Valhalla
914.493.6692
Westchester Medical Center
Thoracic Radiology

Denise Leslie

Hartsdale
914.345.0376
Neuroradiology

Virna Lisi-DeMartino

Mount Kisco
888.656.4723
Northern Westchester Hospital
Women’s Imaging, Breast Imaging, MRI

Diane LoRusso

Rye Brook
914.253.9200
Women’s Imaging, Mammography-Digital, MRI, MRI-Breast

Maurice R. Poplasky

Cortlandt Manor
914.734.3680
NewYork-Presbyterian Hudson Valley
Hospital
Interventional Radiology

Rand J. Stack

Rye
914.848.8088
Breast Imaging, Mammography

Christine N. Staeger-Hirsch

Rye Brook
914.253.9200
Women’s Imaging, Mammography-Digital, MRI, MRI-Breast

Michael H. Swirsky

White Plains
914.681.1260
White Plains Hospital

Leonard A. Wald

Mount Kisco
888.656.4723
Body Imaging, Women’s Imaging, Mammography, Ultrasound

Jonathan D. Weiss

White Plains
914.682.6430

Endocrinology, Diabetes & Metabolism

David K. Bloomgarten

Harrison
914.723.8100
White Plains Hospital
Diabetes, Thyroid Disorders, Osteoporosis, Obesity, Polycystic Ovarian Syndrome, Hypogonadism-Male, Diabetes in Pregnancy, Weight Management

David Blum

New Rochelle
914.633.8680
Montefiore New Rochelle Hospital
Diabetes, Osteoporosis, Thyroid Disorders

Chee-Yeung Chan

Mount Kisco
914.242.1370
Northern Westchester Hospital

Bonnie Wolf Greenwald

White Plains
914.328.2355
White Plains Hospital
Thyroid Disorders, Diabetes, Osteoporosis, Weight Management

James G. Hellerman

Tarrytown
914.631.9300
Phelps Memorial Hospital Center
Thyroid Disorders, Diabetes, Osteoporosis

Alan B. Kantor

Yorktown Heights
914.245.1111
Northern Westchester Hospital
Thyroid Disorders, Osteoporosis, Diabetes, Endocrine Tumors

Jerry Kleinbaum

Yorktown Heights
914.248.5556
NewYork-Presbyterian Hudson Valley
Hospital, Putnam Hospital Center
Diabetes

Rita E. Landman

Katonah
914.269.9630
Northern Westchester Hospital
Diabetes in Women

Jonas Leibowitz

Yonkers
914.237.3636
NewYork-Presbyterian Lawrence
Hospital, White Plains Hospital
Diabetes, Osteoporosis, Thyroid Disorders, Nutrition

Jeffrey S. Powell

Mount Kisco
914.242.1370
Northern Westchester Hospital

Eric A. Rudin

Katonah
914.232.3135
Northern Westchester Hospital
Thyroid Cancer, Thyroid Ultrasound, Diabetes, Endocrinology

Top Doctors Tip

Exciting Development in My Specialty:

“Computer/video analysis of baseball pitching motion, tennis serve, and running mechanics has revolutionized sports performance and injury prevention.”

—Dr. Steven R. Small, Orthopaedic Surgery



Alfred Tinger, MD, FACRO

Specialty: Radiation Oncology **Title:** Chief of Radiation Oncology **Hospital:** Northern Westchester Hospital

A typical workday for Dr. Alfred Tinger, Northern Westchester Hospital's Chief of Radiation Oncology, includes providing radiation-oncology care for 25 to 30 patients while interacting with the medical oncologists, urologists, neurosurgeons, and other specialists to coordinate his patients' cancer care. It can be emotionally grueling work, but Tinger, who was drawn to the field when he lost a close friend to cancer while still in college, says radiation oncology is his calling. "Every patient is meaningful to me," he explains. "Each person and cancer is a unique challenge. Helping patients adjust to the diagnosis and get to a cure, or helping relieve them from suffering and help them pass on as comfortably as possible, is very humbling and rewarding work."

How do you cope with the emotional strain of caring for critically and terminally ill patients daily?

Oncologists are often tasked with giving our patients tough news, and sometimes they or their families can get very upset. I don't take it personally. I'm very spiritual, which helps me connect with patients. When one of my patients asks me a question, no matter how hard it may be, I answer it as honestly, sympathetically, and as empathetically as possible.

How have recent advancements in stereotactic radiation changed the playing field for your patients?

The ability to do stereotactic radiation [high doses of radiation to certain parts of the body] is one of the exciting recent innovations. We have been doing stereotactic radiation to the lung for about eight

years, and to the brain for 12 years, but now we can apply stereotactic treatments to the pancreas, prostate, liver, spine, and anywhere in the body that might need it. It's more effective at treating tumors and associated with fewer side effects than previous treatments.

How has the field of radiation oncology changed over the course of your career?

The field is constantly changing, and we are continuously learning new techniques and information to keep up. For example, right out of training, I had to learn to do prostate seed implant brachytherapy. Then, we had to learn stereotactic radiosurgery, intraoperative radiation therapy, and image-guided radiation therapy. There is always something new.

What is your advice on how best to survive a cancer diagnosis?

When you first meet your physician, listen, ask good questions, and trust your gut feelings. If there is any uncertainty, get a second opinion. Once you've settled on a doctor, it's important to have faith in your physician. In Westchester there is very good care.

How are we doing in the fight against cancer in Westchester?

National statistics say patients with cancer are living longer — that there are more cancer survivors than ever before. Our practice mirrors these results, showing improved patient survival because of early detection and better treatments. We have a very robust Survivorship Program here at the hospital, which includes an annual celebration for all our survivors.