

# 2016 Annual Meeting Souvenir Journal

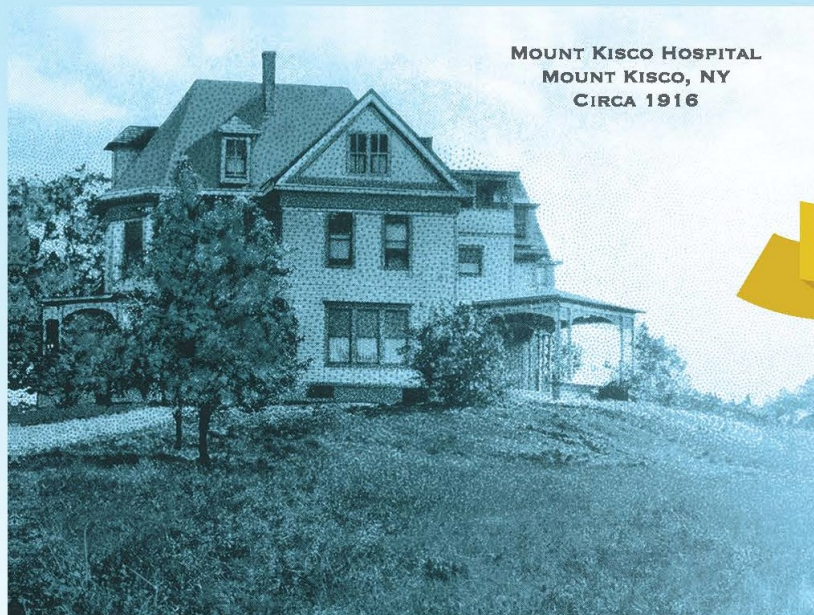
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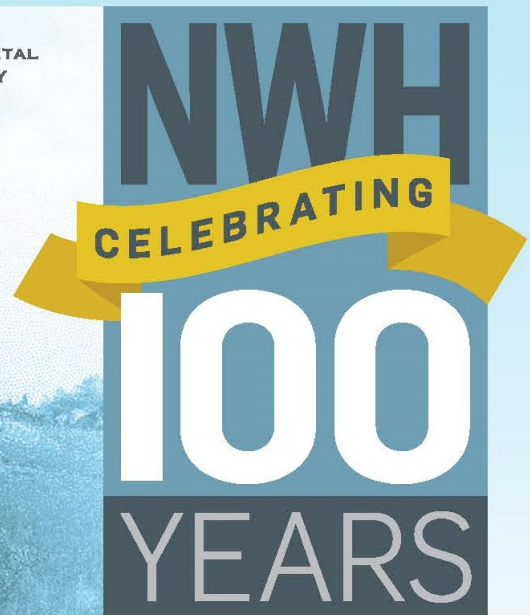
**Gino Bottino, MD** – President-elect

**Thomas Lester, MD** – Outgoing-president

**Dee DelBello** – “Friend of Medicine” award recipient



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Westchester County Medical Society

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Gino Bottino, MD

Dee DelBello

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on his service as President of the  
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and

*Gino Bottino, M.D.,*

Incoming President



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# Past Presidents of the Westchester County Medical Society

Archibald McDonald, MD	1797-1798	W.W. Mott, MD	1929-1930
Seth Miller, MD	1797-1798	Louis B. Chapman, MD	1930-1931
Elias Cornelius, MD	1797-1798	Louis V. Waldron, MD	1931-1932
Ebenezer White, MD	1798-1799	Andrew A. Eggston, MD	1932-1933
David Rogers, Jr., MD	1817-1820	Mortimer W. Raynor, MD	1933-1934
Matson Smith, MD	1825-1826	Harrison Betts, MD	1934-1935
Matson Smith, MD	1828-1830	Theodore West, MD	1935-1936
William Hoffman, MD	1831-1832	Morley T. Smith, MD	1936-1937
David Palmer, MD	1833-1834	Erich H. Reston, MD	1937-1938
James Fountain, MD	1835-1836	Ralph T.B. Todd, MD	1938-1939
Peter Moulton, MD	1836-1837	Henry J. Vier, MD	1939-1940
Amos W. Gates, MD	1838-1839	Reginald A. Higgons, MD	1940-1941
William A. Stanley, MD	1840-1841	George C. Aide, MD	1941-1943
Seth Shove, MD	1842-1843	Merwin E. Marsland, MD	1943-1944
James Fountain, MD	1844-1846	Laurance D. Redway, MD	1944-1945
Benjamin Bassett, MD	1847-1848	Isadore Zadek, MD	1945-1946
Joshua W. Bowron, MD	1848-1849	Robert B. Archibald, MD	1946-1947
John Collett, MD	1850-1851	Godfrey Childress, MD	1947-1948
Stewart Philander, MD	1851-1852	Waring Willis, MD	1948-1949
George Fisher, MD	1857-1858	Christopher Ward, MD	1949-1950
Caleb W. Haight, MD	1859-1860	Henry E. McGarvey, MD	1950-1951
J.F. Jenkins, MD	1861-1862	Margaret Loder, MD	1951-1952
Thomas Snowden, MD	1863-1864	Reid R. Heffner, MD	1952-1953
Hosea Fountain, MD	1864-1865	W. Alex Newlands, MD	1953-1955
I.F. Pelton, MD	1865-1866	David Fertig, MD	1955-1956
J.H. Curry, MD	1866-1867	Harold J. Dunlap, MD	1956-1957
E.F. Arnold, MD	1867-1868	John N. Dill, MD	1957-1958
George Bayles, MD	1869-1870	William P. Reed, MD	1958-1959
James W. Scribner, MD	1870-1871	Donald Reed, MD	1959-1960
H. Caruthers, MD	1871-1872	Arthur Diedrick, MD	1960-1961
J.J. Linson, MD	1872-1873	Charles M. Brane, MD	1961-1962
W.H. Helm, MD	1874-1875	Thomas Jaleski, MD	1962-1963
Z.E. Lewis, MD	1875-1876	James M. Jones, MD	1963-1964
Platt R.H. Sawyer, MD	1876-1877	Wallace M. Sheridan, MD	1964-1965
Isaac G. Collins, MD	1877-1878	James Haralambie, MD	1965-1966
H. Ernest Schmind, MD	1878-1879	Maurice Woodhull, MD	1966-1967
G. P. Balch, MD	1879-1880	William Brumfield, MD	1967-1968
Henry L. Horton, MD	1880-1881	Robert Healy, MD	1968-1969
Champion J. Judson, MD	1881-1882	Francis T. Rogliano, MD	1969-1970
Archibald M. Campbell, MD	1882-1883	Allison B. Landolt, MD	1970-1971
J. Frances Chapman, MD	1883-1884	Katherine L. Freidman, MD	1971-1972
Edward F. Brush, MD	1884-1885	Robert A. Mayers, MD	1972-1973
H. Freeland, MD	1886-1887	Albert Lowenfels, MD	1973-1974
C.S. Benedict, MD	1887-1888	William P. Clark, MD	1974-1975
William H. Helm, MD	1888-1889	Thomas D. Rizzo, MD	1975-1976
Samuel Swift, MD	1889-1890	William J. McCann, MD	1976-1977
Charles Mason, MD	1890-1891	John A. Ramsdell, MD	1977-1978
Newton F. Curtis, MD	1891-1892	Bertram J. Oppenheimer, MD	1978-1979
William F. Green, MD	1892-1893	Charles A. Bertrand, MD	1979-1980
E. Ernest Schmid, MD	1893-1894	Michael Sierp, MD	1980-1981
Stuart B. Carlisle, MD	1894-1895	Kenneth W. Trout, MD	1981-1982
Philander Collard, MD	1895-1896	Peter B. Farnsworth, MD	1982-1983
Archibald M. Campbell, MD	1896-1897	Armond B. Mascia, MD	1983-1984
Edgar M. Hermance, MD	1897-1898	Richard L. Fenton, MD	1984-1985
R. Condit Eddy, MD	1898-1899	Stanley M. Mendelowitz, MD	1985-1986
Archibald T. Banning, MD	1899-1900	Robert C. Mickatavage, MD	1986-1987
A.R. Snowden, MD	1900-1901	Richard L. Petrillo, MD	1987-1988
P.A. Callan, MD	1901-1902	William J. Walsh, MD	1988-1989
Robert T. Howe, MD	1902-1903	Pellegrino J. Tozzo, MD	1989-1990
Robert T. Irvine, MD	1903-1904	Ann C. Cea, MD	1990-1991
Charles E. Chapman, MD	1904-1905	Sanford A. Kaplan, MD	1991-1992
T.F. Goodwin, MD	1905-1906	Thomas A. Lansens, MD	1992-1993
H. Beaty Brown, MD	1906-1907	Mark L. Fox, MD	1993-1994
C.P. Byington, MD	1907-1908	Stephen O. Schwartz, MD	1994-1995
W.A. Miner, MD	1908-1909	Paul S. Carton, MD	1995-1996
George A. Peck, MD	1909-1910	Robert L. Soley, MD	1996-1997
S. Oscar Myers, MD	1910-1911	Barney B. Silverman, MD	1997-1998
Frank E. Russell, MD	1911-1912	Howard F. Stock, MD	1998-1999
Edward W. Weber, MD	1912-1913	Carl P. Weber, MD	1999-2000
John W. Smith, MD	1913-1914	Peter S. Liebert, MD	2000-2001
Samuel E. Getty, MD	1914-1915	David E. Bank, MD	2001-2002
Bertrand F. Drake, MD	1915-1916	Kira Geraci-Ciardullo, MD	2002-2003
W. Stuart Woodruff, MD	1916-1917	Andrew Kleinman, MD	2003-2004
Henry Moffat, MD	1917-1918	Michael Rosenberg, MD	2004-2005
William L. Russell, MD	1918-1919	Bonnie Litvack, MD	2005-2006
Clarence C. Guion, MD	1919-1920	Peter F. Rizzo, MD	2006-2007
William H. Purdy, MD	1920-1921	Alfred Tinger, MD	2007-2008
Francis R. Lyman, MD	1921-1922	Amy E. Newburger, MD	2008-2009
Edwin G. Ramsdell, MD	1922-1923	John J. Stangel, MD	2009-2010
A.S. Corwin, MD	1923-1924	Joseph J. Tartaglia, MD	2010-2011
Charles C. Sweet, MD	1924-1925	Abe Levy, MD	2011-2012
H.T. Kelly, MD	1925-1926	Thomas T. Lee, MD	2012-2013
H.W. Titus, MD	1926-1927	Robert Lerner, MD	2013-2014
Elton G. Littell, MD	1927-1928	Louis McIntyre, MD	2014-2015
W. H. Cantle, MD	1928-1929	Thomas Lester, MD	2015-2016





# Westchester County Medical Society 2015-2016 Officers

## 2015-2016 Executive Committee

President  
Thomas J. Lester, MD

President-elect  
Gino Bottino, MD

Immediate Past President  
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Vice President  
Marshal Peris, MD

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Secretary  
Omar Syed, MD

Academy President  
Joseph Tartaglia, MD

Staff  
Janine Miller  
Executive Director  
Kalli Voulgaris, MPH  
CME Coordinator  
Rhonda Nathan  
Accounts Manager

## Westchester Delegates 2016

Joseph Tartaglia, MD  
Thomas Lee, MD  
Gino Bottino, MD  
Peter Liebert, MD  
Robert Lerner, MD  
Louis McIntyre, MD  
Robert Ciardullo, MD  
Thomas Lester, MD

## Westchester Alternate Delegates 2016

Alfred Tinger, MD  
Jason Winkler, MD  
Marshal Peris, MD  
Daniel Gold, MD  
Richard Yung, MD  
Ranjana Chaterji, MD

9th District Counselor  
Thomas Lee, MD

9th District President  
Bonnie Litvack, MD

## Committee Chairs 2015-2016

Ethics  
Gino Bottino, MD

CME  
Thomas J. Lester, MD

Budget & Finance  
Peter Liebert, MD

Delegates  
Bonnie Litvack, MD

Legislative  
Louis F. McIntyre, MD

Membership  
Omar Syed, MD

Communications &  
Public Relations  
Joseph Tartaglia, MD

Young Physicians  
Jason Winkler, MD

Socio Medical Economics  
Thomas Lee, MD

Public Health  
Robert Lerner, MD

Workers Compensation  
Steven Schwartz, MD  
Daneil Zelazney, MD

Peer Review  
Nancy Howanitz

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**2016 Westchester County Annual Meeting Program:**

**6:00 pm — Networking Reception with Sponsors & Guests**

*Please be sure to visit all of our sponsors!*

**7:00 pm — Dinner**

**7:15 pm — Call to Order**

Recognize Special Guests, MSSNY Officers, WCMS/WAM Officers,  
Past Presidents, WCMS Staff, Sponsors & Supporters

**7:45 pm — Meeting called back to order**

Report of the Nominating Committee

Academy Program—WESEF Award Winners

Recognition of Thomas Lee, MD—Immediate Past President WAM

Remarks of MSSNY President Malcolm Reid, MD

50 Year Citation Awards

Outgoing President's Award

Outgoing President's Remarks

Introduction of New President

Incoming President's Remarks

“Friend of Medicine Award”

Adjournment



Medical Society State of New York  
and the  
Westchester County Medical Society

Would like to recognize the following Physicians  
for **50** years devoted to the service of the public  
in the practice of medicine:

**John Louis Costa, MD**

**Ronald Jay Hagadus, MD**

**Abe Levy, MD**

**Roger E. Salisbury, MD**

**Deanna Camac Sandor, MD**

**Bharatee M. Sharma, MD**

**Michael I. Weintraub, MD**

**Congratulations on such a tremendous achievement!**

# **The Westchester County Medical Society Administrative Staff**

Would like to thank

Outgoing President, Thomas Lester, MD for all of his support and guidance throughout the year.



We would like to offer Best Wishes to our  
**President-elect, Gino Bottino, MD.**  
We are looking forward to working with you!

**We would also like to thank all of our members for a great year!**



# Thomas J. Lester, MD President 2015-2016 Westchester County Medical Society



**T**homas J. Lester graduated summa cum laude and Phi Beta Kappa from Washington and Jefferson college and AOA from Rutgers Medical School. He completed Internal Medicine Residency at Mount Sinai Hospital, and Fellowships in Hematology (Mount Sinai), and Oncology - at Memorial Sloan Kettering Cancer Center. Dr. Lester has practiced Internal Medicine, Hematology, and Oncology since 1986, and served as Chief of Medical Oncology at Northern Westchester Hospital from 2007-2015. He is currently Chief Medical Officer at CareMount Medical (the former Mount Kisco Medical Group). He is married to Anastasia Skelos Lester, and has two children – Jason and Paige. Prior to serving as President of WCMS, he has been Chair of the CME Committee for the past five years.

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WESTCHESTER ACADEMY OF MEDICINE

*in congratulating*

CURRENT PRESIDENT THOMAS J. LESTER M.D.

PRESIDENT-ELECT GINO BOTTINO, M.D.

AND

“FRIEND OF MEDICINE” AWARDEE DEE DELBELLO

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**Gino Clement Joseph Bottino, M.D.**  
**President-elect, 2016-2017**  
**Westchester County Medical Society**



## **Gino Clement Joseph Bottino, M.D.**

Doctor Bottino came to Northern Westchester to practice medicine 32 years.

He was born in New York City in 1951, and married in 1990. He has 3 children and a ward, being a faithful family man. He attended Swarthmore College, graduating with both a B.S in Electrical Engineering, and a B.A in Biology. He then attended New York Medical College where he earned his MD. He graduated first in his class in Surgery, 5 in his class in medicine; and won the New York State Surgical Society award for being the best surgery student in the state. He also was inducted into the Alfa Omega Alfa Honors Medical Society.

He completed his residency at Montefiore Hospital, Einstein College of Medicine, Bronx, NY. Staying at Montefiore, first as a chief resident, and then, to complete a fellowship in Hematology. He completed his training as an Oncology fellow at the national Institutes of Health, national Cancer Institute. He is currently triple board certified in Internal Medicine, Hematology, and Oncology; and was board eligible for 3 other specialties that he trained in (Immunology, Infectious Diseases, and Hematopathology and Blood banking).

His first job was as a researcher at the Medicine Branch of the National Institutes of Health in Bethesda, MD. When he first came to start a private practice in Westchester he took several jobs including teaching at NYU and in the ER at Northern Westchester Hospital. Although his practice grew to where he did not need these jobs to supplement his income, he has continued to teach. For the last 21 years he has taught multiple classes at his alma mater, New York medical College.

He won his first teaching award in 1977; Excellence in Teaching Award

NY Medical College, then again in 2002, in 2005, and just this year 2015. In 2014 he won the Chancellor's Award for exceptional service to New Your Medical College!

He is willing to teach anyone, anywhere; and has been asked to give talks in Westchester County at the Italian Society, for large companies like PepsiCo and IBM, and for the American Cancer Society events, at local churches, last week at the Port Chester Knights of Columbus; and many other venues.

He has been will to care for all patients, independent of any reimbursement, without means to pay or any insurance. The Open Door Clinics send him all their Heme-Onc patients, and even the large Medical Groups will send him

patients that have no insurance or Medicaid. This willingness to care for the poor lead to the Catholic Church's recognition of Dr. Bottino by Awarding him the Bishop's Father Rufin Compassionate Caregiver Award in 2012.

His commitment to Northern Westchester Hospital has been second to none, and his accomplishments many. He joined the Cancer Committee, Blood banking Committee, and the Ethic Committee when he started on staff in 1983. In 1995, till he stepped down in 2012, he was the Chair of the Cancer Committee and Director of Oncology.

He brought into the hospital and the cancer committee the American Cancer Society, and started the first ACS Patient Navigator Program in the US. He also brought in Gilda's Club. We continue to have a strong partnership with these organizations, thanks to Dr. Bottino. In 2004 and currently he severs on the Board of Advisors for the Westchester-Rockland-Putman Region of the American Cancer Society. In 2005 till the present, he is a member of the Medical Resource Council of Gilda's Club.

In 1996 till 2009 he was Cancer Liaison Physician for the American College of Surgeons, Commission on Cancer for the Northern Westchester Area. Again in 2009 till 2013 he served in this capacity, and currently is the backup Liaison for NWH.

In 2009 at the request of the Hospital's CEO, he moved his practice into NWH to help jump-start the Cancer Center at the hospital. This directly led to the building of the Cancer and Wellness Center, which he was instrumental in creating.

In 1996 he became the Chair of Hematology and Blood Banking Committee. He remains the Chair of the Blood Banking Committee today. To my knowledge, he is the only physician who has ever served as the chair of 2 hospital committees at the same time!

In 1997 he joined the Westchester County Medical Society and the American Medical Association, participating in 2 committees. In 2009 he became the Chairman of the Ethics Committee, and remains so today. He is also a member of the Medical Society of the state of New York, and a member of the state's Ethic and Cancer Committees.

In 2010 he became a Board Member of the Westchester County Medical Society and is currently a delegate to the Medical Society of the State of NY.

He has published extensively for a community based physician. He has continued to do research in his field at Northern Westchester Hospital Cancer Center.



# **Dee DelBello**

## **“Friend of Medicine”**

### **Awardee 2016**



**C**hief executive officer and owner of Westfair Communications Inc. (Westfair), a publishing firm headquartered in White Plains, Dee DelBello, also serves as publisher of the company’s publications — *Westchester County Business Journal*, *Fairfield County Business Journal*, *HV Biz* and *WAG* magazine.

A graduate of The College of New Rochelle, Dee also holds a master’s degree from Seton Hall University. Her former professional experiences include teaching, administrative positions at two universities and regional public relations director for Bloomingdale’s.

She became an entrepreneur in 1990 when she purchased two moribund newspapers on the verge of bankruptcy — the Business Journals, which were co-founded more than 50 years ago by a descendant of Joseph Pulitzer and a former editor at The Wall Street Journal. Today, the journals are flourishing and bringing local business news to more than 90,000 readers in New York state’s Westchester County and Hudson Valley and Connecticut’s Fairfield County. The journals have become a must-read for business owners and executives, entrepreneurs and professionals.

WAG magazine, reaches more than 120,000 readers and has caused a buzz in the region for its unique editorial approach. Classy and sassy, WAG’s monthly themes bring the savvy, exciting, glamorous, cultured and successful movers and shakers to life on its pages. For the past two years it has been judged the “Best Magazine in New York State” by the New York Press Association.

Through the years Dee has served extensively on charitable and professional boards. She has also been the recipient of numerous awards and honors for her efforts and achievements from



such organizations as ArtsWestchester, Hispanic Chamber of Commerce in Westchester, Women in Communications (an organization she co-founded), Visiting Nurse Service of Westchester, Family Service of Westchester, Westchester ARC, Westchester chapter of the American Red Cross, March of Dimes, Bridgeport Regional Business Council, Bar’Ilan University in Israel, Westchester Advertising Club, WAWBO, Boy Scouts of America, The Westchester Business Council, Westchester Leadership Council of the United Way, Westchester County Parks, Hudson River Museum, Westchester Community College Foundation, New York Medical College Board of Directors and so many more.

She was also a New York state commissioner – appointed by Gov. Hugh Carey – for 17 years on the New York State Commission on Judicial Conduct and was awarded the 1996 Samuel Dubroff Award from the New York State Fund for Modern Courts.

During her husband’s tenure in public service in Westchester County, Dee was helpful in establishing the county’s corporate branding, developing the Muscoot Farm Park in Somers, the Bridge Gallery in the government center, the arts in public places program, the arts council and a host of arts-related countywide events.

A resident of Waccabuc, Dee’s husband, Alfred, now deceased, was a Yonkers mayor, Westchester County executive and New York state lieutenant governor. She spends her free time at home tending to her growing alpaca farm. Her son Damon is a pediatric orthopaedic surgeon.

## **The Westchester County Medical Society & The Westchester Academy of Medicine**

Would like to Congratulate and Thank our  
“2016 Friend of Medicine Awardee”

**Dee DelBello**

Your efforts on behalf of the medical community and the patients of Westchester County are greatly appreciated.



WESTCHESTER COUNTY MEDICAL SOCIETY  
WESTCHESTER ACADEMY OF MEDICINE  
REPORT OF THE NOMINATING COMMITTEE 2016-2017

The Nominating Committee of the Westchester County Medical and the Westchester Academy of Medicine met on April 21, 2016, and hereby nominates the following candidates for election at the Annual Meeting on June 3<sup>rd</sup>, to take office effective **July 1, 2016:**

*President-elect*

Marshal Peris, MD

*Vice President*

Omar Syed, MD

*Treasurer*

Howard Yudin, MD

*Secretary*

Daniel Gold, MD

*Delegates to the MSSNY House of Delegates*

(Four for two years; term ending 2018)

Robert Lerner, MD                      Joseph Tartaglia, MD

Gino Bottino, MD                      Thomas Lee, MD

*Alternate Delegate to the MSSNY House of Delegates*

(Five for two years; term expiring 2018)

Marshal Peris, MD                      Ranjana Chaterji, MD

Jason Winkler, MD                      Amanda Messina, MD

Daniel Gold, MD

*Alternate Delegates to the MSSNY House of Delegates*

(One for two years; term ending 2017)

Richard Stumacher, MD

***Note: Per the Bylaws, the current President-elect, Gino Bottino, MD, automatically assumes the Office of President and the current President, Thomas Lester, MD, assumes the Office of the Immediate Past President.***

***\*Additional candidates may be nominated from the floor at the WCMS/Academy Annual Meeting, provided that each nomination is supported by a petition signed by at least 100 members, as specified in the Bylaws.***



**The Westchester Academy of Medicine provides Continuing Medical Education at a very reasonable fee and with a short turn around period. Please contact our office for more information and application materials.**

The overall goals of the Westchester Academy of Medicine (Academy) Continuing Medical Education (CME) Committee center on providing opportunities for member and non-member physicians and related health care professionals to participate in excellent continuing medical educational programming. These programs focus on the latest technological and scientific discoveries, improvements and enhancements and will be presented with our jointly-sponsored hospitals and our co-sponsored specialty sections.

#### Goals Set By the Academy to Achieve This Mission

The Academy will strive to provide educational programs that are designed to advance physician competence, enhance practice performance, promote patient safety, and, where, possible, improve patient outcomes in the population served by the health care providers we educate.

The Academy will maintain a sound educational system with all the prospective participants from each of Academy's CME joint and co-sponsored program partners, as well as all of the office-based and hospital-based physician members and non-member of the Westchester County Medical Society and their professional medical staffs.

The Academy CME activities will utilize on-site and off-site locations to provide the dissemination of scientific information and training pertaining to the most recent scientific advances. The educational programs will be conducted through multiple techniques including lectures, demonstrations, and hands-on training. The educational programs will utilize presentations and interactive discussions to educate the aforementioned population. Additionally, we will utilize audiocassettes and audiovisual equipment in order to demonstrate and educate.

The Academy will strive to keep the CME relevant and cost effective by conducting regularly scheduled educational programs at the Medical Society, co-sponsoring local hospitals and area facilities.

The Academy CME Committee reviews all applications for directly provided, co-provided and jointly-provided programs, on a needs basis. The Academy CME Committee works closely with all participating healthcare organization's CME teams, who are responsible for presenting their institution's programs, as well as ensuring that the programs achieve the stated objectives. The organizations are expected to be responsible and abide by the Academy's policies, as well as, the policies, standards and guidelines put forth by MSSNY and the ACCME.

The Academy CME Committee will evaluate and modify the programs in order to maintain high standards and ensure that the expected results are being met. The expected results of our educational activities are to provide our physician learners the ability to enhance their knowledge/competence, performance and/or patient outcomes, (as put forth by MSSNY/ACCME policies, standards and guidelines) and to apply the newly acquired knowledge to their practice settings. Program success is measured by analyzing changes in the learners, achieved as a result of the program. Measurement methods include, short-term (immediate) and/or long term post-activity evaluations and surveys, based on the professional practice gap(s), and what the activity was intended to and designed to change.



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Robert Lerner, MD, WCMS Past President, with some of the 2016 WESEF Winners

Sitting on my desk are the letters of appreciation from many of the sixty-five high school students who won prizes sponsored by the Academy at the 16th Annual Westchester Science and Engineering Fair (WESEF) which was held on March 12th at Sleepy Hollow High School. These prizes are made possible by the generous support of the Academy and our members at the Annual Golf Outing and Holiday Party.

This year's winners come from many of the thirty high schools around Westchester and Putnam counties who participated in the Fair. All 370 students and their families are aware that the Academy and the physicians of the Medical Society care about furthering the ambitions of budding young scientists, many of whom have their eyes on a career in medicine or medical research. All their letters express utmost gratitude to the Society for recognizing them and their efforts. They realize that if it weren't for our support many of the students would receive no recognition for the many long hours spent over months and years dedicated to research in their particular subject matter.

The Academy presented three "Future of Medicine" prizes to the top scorers in the category of Medicine and Health. The winners of these awards are:

**Future of Medicine Award**

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Three projects will win a plaque, \$50 and a celebration dinner.

**Category School Name of Winner**

Cell Biology, Blind Brook, Melissa Blum

Medicine and Health, Byram Hills, Alex Pfeffer

Medicine and Health, Briarcliff, Joshua Papson

The Academy also gives prizes in Medicine and Health to the next ten top scorers in the "Excellence in Medical Research" category and the 4th place awards in all other categories: Animal Science; Behavioral Science; Biochemistry; Cell Biology; Chemistry; Computer Science; Earth & Space Science; Environmental Science; Engineering & Math; Medicine; Microbiology; and Plant Science.

These children are our future. Their passion to solve the same problems that intrigue us is inspiring. This was the Academy's eighth year of participation in WESEF and it has grown into a very rewarding and fruitful relationship between the physicians who represent the Academy as judges and the communities of Westchester and Putnam counties. I hope more physicians will participate next year as judges and meet some of these prodigious young minds who are stepping up to the challenges of medicine today. **I hope you will make it a point to take a moment and see the projects and speak with the Future of Medicine award winners at our Annual Meeting on June 3rd.** You will not regret it.



2016 WESEF Winners



# **Future of Medicine Award Winner: Melissa Blum—Blind Brook Cell Biology**

## **Abstract:**

Breast cancer is the most common cancer among women worldwide and more than 1.2 million new cases of breast cancer were diagnosed in 2012. Epithelial-mesenchymal transition (EMT) is a process by which transformed breast cells can alter their phenotype in order to increase their metastatic potential, losing cell junctions and increasing motility. EMT is regulated by the transcription factor Snail, which down-regulates the expression of epithelial-associated genes and up-regulates mesenchymal-associated genes. Snail is in turn regulated by the protein GSK-3 $\beta$ , which induces exportation from the nucleus and eventual degradation of Snail. This study aims to elucidate the impact of crosstalk between macrophages and breast cancer cells in relation to EMT induction by Snail and subsequent regulation by GSK-3 $\beta$ . After treatment with macrophage conditioned media (MCM), both T47D and MCF-7 breast cancer cell lines underwent morphological elongation traditionally associated with EMT, and T47D exhibited decreased proliferation. Western blotting revealed an increase in Snail expression in T47D cells following treatment with MCM, as well as oscillations in expression of p-GSK-3 $\beta$ , the inactivated form of GSK-3 $\beta$ . This suggests that EMT induction in T47D breast cancer cells is regulated in a time dependent manner, which could aid in the development of new treatments.

## **Thoughts on Relevance of Work:**

My work draws a crucial connection between the interaction between macrophages and breast cancer cells in the tumor microenvironment, and the induction of epithelial-mesenchymal transition in breast cancer cells, which initiates metastasis. Investigation into the regulatory mechanisms of this process revealed that it may be linked to the cell cycle in some way, and provided greater understanding of the induction of EMT that may aid the development of future treatments.

## **Future Goals:**

I am not entirely decided as to the career I intend to pursue, but my experience in the research world over the last two years has reaffirmed for me that scientific inquiry is one of my passions, and I intend to make it a central component of my future. I hope to continue my research on breast cancer in college, and perhaps complete a graduate degree in either biology or medicine.

# **Future of Medicine Award Winner: Alex Pfeffer—Byram Hills Medicine and Health**

## **Abstract:**

Ovarian Serous Cystadenocarcinoma (OSC) is a cancer that is characterized by epithelial tumors and accounts for 75 percent of all ovarian tumors. Cachexia is one of the most debilitating symptoms of OSC and cancer as a whole. Individuals who suffer from cachexia exhibit shorter survival and reduced response to anti-cancer therapies. One protein that potentially contributes to the development of cachexia in cancer is myostatin. Normally, myostatin's role is to restrict the growth and development of skeletal muscles; however myostatin administration to mice causes weight loss without reduced food intake, a hallmark of cachexia. The purpose of our study is to determine the relationship between MSTN, GDF11, INHBA, and FST, gene status and survival in OSC. GDF11 codes for Growth Differentiation Factor 11, another member of the TGF- $\beta$  superfamily that is most similar to myostatin. INHBA encodes ActivinA, a TGF- $\beta$  family member also linked to cachexia and muscle wasting. FST encodes follistatin, an inhibitor of myostatin, GDF-11 and Activins. Data were obtained from The Cancer Genome Atlas and cBioPortal for Cancer Genomics. Archival cancer data from patients was then recorded for the following categories: overall survival status, survival time, age, and presence of genetic alteration. A Cox Regression Analysis was then run to determine survival probability while accounting for the covariate of age. We found that survival probability when an alteration occurs is significantly lower than survival when no alteration is present ( $p = 0.043$ ). The results show that alterations in the MSTN, GDF11, INHBA, and FST genes in the tumor do correlate with lower survival probability in OSC. Further studies are necessary to determine whether decreased survival was due to the presence of cachexia, however these results are suggestive of a link. Further studies regarding MSTN, myostatin, and related genes should focus on determining which alteration specifically is associated with lower survival probability in OSC.

## **Thoughts on Relevance of Work:**

My research is important because research done in this field allows for a greater understanding of cancer and cachexia. Cachexia is one of the most debilitating symptoms of various types of cancers, and discerning which genes influence the presence of Cachexia could lead to improved quality of life in the future for cancer patients.

## **Future Goals:**

I'll be attending Vanderbilt University in the upcoming fall, and hope to participate in their undergraduate research program. I plan to major in economics on a pre-business track. I would like to continue participating in scientific research in some capacity throughout college and past that.

# **Future of Medicine Award Winner: Joshua Papson—Briarcliff Medicine and Health**

## **Abstract:**

### **Retrospective Analysis of Metabolic and Medicinal Effects in Pediatric Narcolepsy Data**

**Introduction:** Narcolepsy is a crippling sleep disorder with a global prevalence of 0.05%. Recently, narcolepsy research has uncovered that it is possible for children to develop narcolepsy during early childhood. The objective of this study is to evaluate the potential risk of growth defects in children through retrospective analysis of growth charts.

**Methods:** Data were collected through growth charts and patient distributed surveys gauging the ante and post severity of narcolepsy through the patient's experience. We evaluated data against existing growth curves to determine any growth impairments correlated and/or caused by narcolepsy.

**Results:** During pubescent years, 75% of (3 of 3 female participants) showed comprehensible signs of premature stabilization of growth and an erratic and/or rapid changes in weight after the age of narcolepsy onset. The data showed a strong correlation between narcolepsy and signs of impaired growth shown in pediatric growth charts in females.

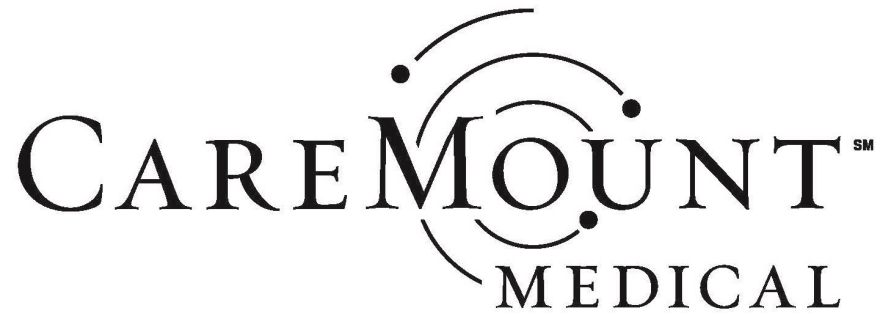
**Conclusion:** Although the sample size was very small, there is still a strong correlation between narcolepsy and impaired growth. The findings of this study do not insinuate causation between the two variables. Since there is little to no published data regarding the analysis between pediatric narcolepsy and growth, further investigation, especially one with a much larger sample size, is most definitely needed.

## **Thoughts on Relevance of Work:**

Although my study was not statistically significant, I still believe there is reason to assume that these results will be the cornerstone for the future of narcolepsy research as it pertains to pediatric growth. I am immensely appreciative for having the opportunity to work with my mentor on conducting this research where no previous research exists. I hope that other researchers, if not me at a future point, continue this study with a much larger sample size to confirm or deny the findings found within this study.

## **Future Goals:**

My career aspirations include attending medical school after I graduate from Emory University: I will be attending in the fall of 2016. After medical school graduation, I plan to pursue a career in neuroscience and practice as a neurosurgeon. This has been a dream of mine for years, and I fully intend to pursue this path. This is something I wholeheartedly look forward to.



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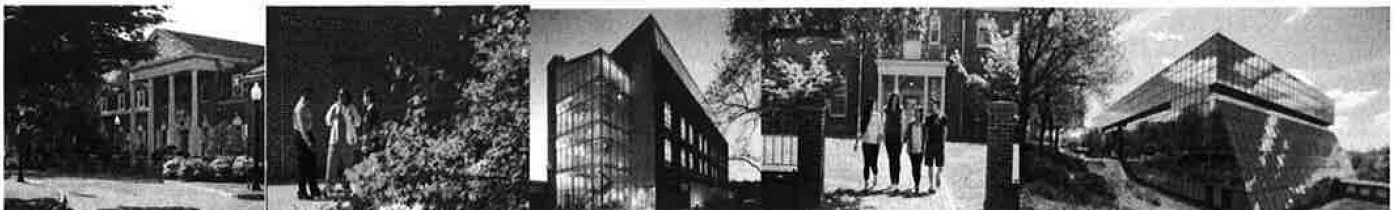
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&

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**Best Wishes and Congratulations to**

**Thomas J. Lester, MD**

**Gino Bottino, MD**

§

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The Westchester County Medical Society has many opportunities for our members to become involved and get to know your colleagues. We hold several membership meetings throughout the year and invite you to attend:

**Annual Meeting**

**Pool Party & Barbecue**

**Golf Outing**

**Holiday Party**

**New York Medical College Student Wine Tasting**

We are also involved in several other events during the year which include:

**Westchester Science & Engineering Fair**

**Doctors of Distinction**

**MSSNY Legislative Day**

**MSSNY House of Delegates**

We also have a monthly meeting of the Board and Executive Committee. If you are interested in becoming more involved with the Society or the Academy, consider becoming the Chair of a Committee .

**Contact our office for more information!**

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