

2018 Annual Meeting Souvenir Journal



HONORING:



**Marshal Peris, MD
Outgoing President**

**Omar Syed, MD
President-elect**

**Edward C. Halperin, MD, MA
Chancellor & CEO
New York Medical College
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and

Omar Syed, M.D.
Incoming President



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Seth Miller, MD	1797-1798	Louis V. Waldron, MD	1931-1932
Elias Cornelius, MD	1797-1798	Andrew A. Eggston, MD	1932-1933
Ebenezer White, MD	1798-1799	Mortimer W. Raynor, MD	1933-1934
David Rogers, Jr., MD	1817-1820	Harrison Betts, MD	1934-1935
Matson Smith, MD	1825-1826	Theodore West, MD	1935-1936
Matson Smith, MD	1828-1830	Morley T. Smith, MD	1936-1937
William Hoffman, MD	1831-1832	Erich H. Reston, MD	1937-1938
David Palmer, MD	1833-1834	Ralph T.B. Todd, MD	1938-1939
James Fountain, MD	1835-1836	Henry J. Vier, MD	1939-1940
Peter Moulton, MD	1836-1837	Reginald A. Higgons, MD	1940-1941
Amos W. Gates, MD	1838-1839	George C. Aide, MD	1941-1943
William A. Stanley, MD	1840-1841	Merwin E. Marsland, MD	1943-1944
Seth Shove, MD	1842-1843	Laurance D. Redway, MD	1944-1945
James Fountain, MD	1844-1846	Isadore Zadek, MD	1945-1946
Benjamin Bassett, MD	1847-1848	Robert B. Archibald, MD	1946-1947
Joshua W. Bowron, MD	1848-1849	Godfrey Childress, MD	1947-1948
John Collett, MD	1850-1851	Waring Willis, MD	1948-1949
Stewart Philander, MD	1851-1852	Christopher Ward, MD	1949-1950
George Fisher, MD	1857-1858	Henry E. McGarvey, MD	1950-1951
Caleb W. Haight, MD	1859-1860	Margaret Loder, MD	1951-1952
J.F. Jenkins, MD	1861-1862	Reid R. Heffner, MD	1952-1953
Thomas Snowden, MD	1863-1864	W. Alex Newlands, MD	1953-1955
Hosea Fountain, MD	1864-1865	David Fertig, MD	1955-1956
I.F. Pelton, MD	1865-1866	Harold J. Dunlap, MD	1956-1957
J.H. Curry, MD	1866-1867	John N. Dill, MD	1957-1958
E.F. Arnold, MD	1867-1868	William P. Reed, MD	1958-1959
George Bayles, MD	1869-1870	Donald Reed, MD	1959-1960
James W. Scribner, MD	1870-1871	Arthur Diedrick, MD	1960-1961
H. Caruthers, MD	1871-1872	Charles M. Brane, MD	1961-1962
J.J. Linson, MD	1872-1873	Thomas Jaleski, MD	1962-1963
W.H. Helm, MD	1874-1875	James M. Jones, MD	1963-1964
Z.E. Lewis, MD	1875-1876	Wallace M. Sheridan, MD	1964-1965
Platt R.H. Sawyer, MD	1876-1877	James Haralambie, MD	1965-1966
Isaac G. Collins, MD	1877-1878	Maurice Woodhull, MD	1966-1967
H. Ernest Schmind, MD	1878-1879	William Brumfield, MD	1967-1968
G. P. Balch, MD	1879-1880	Robert Healy, MD	1968-1969
Henry L. Horton, MD	1880-1881	Francis T. Rogliano, MD	1969-1970
Champion H. Judson, MD	1881-1882	Allison B. Landolt, MD	1970-1971
Archibald M. Campbell, MD	1882-1883	Katherine L. Freidman, MD	1971-1972
J. Frances Chapman, MD	1883-1884	Robert A. Mayers, MD	1972-1973
Edward F. Brush, MD	1884-1885	Albert Lowenfels, MD	1973-1974
H. Freeland, MD	1886-1887	William P. Clark, MD	1974-1975
C.S. Benedict, MD	1887-1888	Thomas D. Rizzo, MD	1975-1976
William H. Helm, MD	1888-1889	William J. McCann, MD	1976-1977
Samuel Swift, MD	1889-1890	John A. Ramsdell, MD	1977-1978
Charles Mason, MD	1890-1891	Bertram J. Oppenheimer, MD	1978-1979
Newton F. Curtis, MD	1891-1892	Charles A. Bertrand, MD	1979-1980
William F. Green, MD	1892-1893	Michael Sierp, MD	1980-1981
E. Ernest Schmid, MD	1893-1894	Kenneth W. Trout, MD	1981-1982
Stuart B. Carlisle, MD	1894-1895	Peter B. Farnsworth, MD	1982-1983
Philander Collard, MD	1895-1896	Armond B. Mascia, MD	1983-1984
Archibald M. Campbell, MD	1896-1897	Richard L. Fenton, MD	1984-1985
Edgar M. Hermance, MD	1897-1898	Stanley M. Mendelowitz, MD	1985-1986
R. Condit Eddy, MD	1898-1899	Robert C. Mickatavage, MD	1986-1987
Archibald T. Banning, MD	1899-1900	Richard L. Petrillo, MD	1987-1988
A.R. Snowden, MD	1900-1901	William J. Walsh, MD	1988-1989
P.A. Callan, MD	1901-1902	Pellegrino J. Tozzo, MD	1989-1990
Robert T. Howe, MD	1902-1903	Ann C. Cea, MD	1990-1991
Robert T. Irvine, MD	1903-1904	Sanford A. Kaplan, MD	1991-1992
Charles E. Chapman, MD	1904-1905	Thomas A. Larsen, MD	1992-1993
T.F. Goodwin, MD	1905-1906	Mark L. Fox, MD	1993-1994
H. Beaty Brown, MD	1906-1907	Stephen O. Schwartz, MD	1994-1995
C.P. Byington, MD	1907-1908	Paul S. Carton, MD	1995-1996
W.A. Miner, MD	1908-1909	Robert L. Soley, MD	1996-1997
George A. Peck, MD	1909-1910	Barney B. Silverman, MD	1997-1998
S. Oscar Myers, MD	1910-1911	Howard F. Stock, MD	1998-1999
Frank E. Russell, MD	1911-1912	Carl P. Weber, MD	1999-2000
Edward W. Weber, MD	1912-1913	Peter S. Liebert, MD	2000-2001
John W. Smith, MD	1913-1914	David E. Bank, MD	2001-2002
Samuel E. Getty, MD	1914-1915	Kira Geraci-Ciardullo, MD	2002-2003
Bertrand F. Drake, MD	1915-1916	Andrew Kleinman, MD	2003-2004
W. Stuart Woodruff, MD	1916-1917	Michael Rosenberg, MD	2004-2005
Henry Moffat, MD	1917-1918	Bonnie Litvack, MD	2005-2006
William L. Russell, MD	1918-1919	Peter F. Rizzo, MD	2006-2007
Clarence C. Guion, MD	1919-1920	Alfred Tinger, MD	2007-2008
William H. Purdy, MD	1920-1921	Amy E. Newburger, MD	2008-2009
Francis R. Lyman, MD	1921-1922	John J. Stangel, MD	2009-2010
Edwin G. Ramsdell, MD	1922-1923	Joseph J. Tartaglia, MD	2010-2011
A.S. Corwin, MD	1923-1924	Abe Levy, MD	2011-2012
Charles C. Sweet, MD	1924-1925	Thomas T. Lee, MD	2012-2013
H.T. Kelly, MD	1925-1926	Robert Lerner, MD	2013-2014
H.W. Titus, MD	1926-1927	Louis McIntyre, MD	2014-2015
Elton G. Littell, MD	1927-1928	Thomas Lester, MD	2015-2016
W. H. Cantle, MD	1928-1929	Gino Bottino, MD	2016-2017
W.W. Mott, MD	1929-1930	Marshal Peris, MD	2017-2018



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2017-2018 Executive Committee

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

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Thomas J. Lester, MD

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Delegates
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Jeffrey Vainshtein, MD

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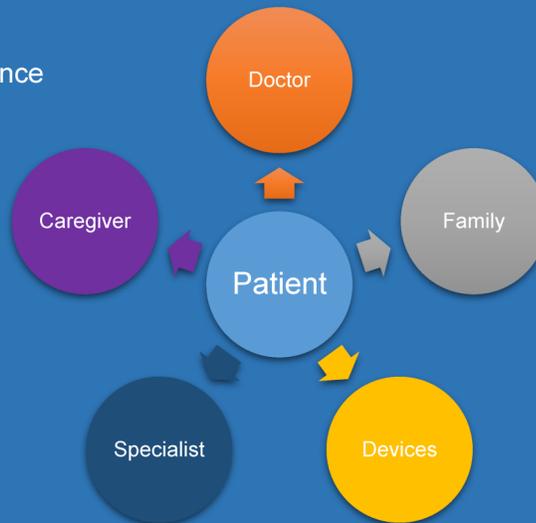
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2018 Westchester County Annual Meeting Program:

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

Report of the Bylaws Committee

Academy Program—WESEF Award Winners

Remarks of MSSNY President Charles Rothberg, MD

50 Year Citation Awards

Outgoing President's Award

Outgoing President's Remarks

Introduction of New President

Incoming President's Remarks

“Friend of the Society 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:

Dale M. Abadir, MD
Stuart E. Beeber, MD
George E. Berk, MD
Jack L. Brenner, MD
Jay M. Coblantz, MD
Morris I. Glassman, MD
Bruce L. Gordon, MD
John D. Ilario, MD
Paul R. Kalkut, MD
Raj Murali, MD
Roger N. Reichers, MD
Lucy R. Waletzky, MD

Congratulations on such a tremendous achievement!

The Westchester County Medical Society Administrative Staff

Would like to thank

Outgoing President, Marshal Peris, MD for all of his effort and hard work throughout the year.



We would like to offer Best Wishes to our
President-elect, Omar Syed, MD.

We are looking forward to the upcoming year working with you!

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

Marshal Peris, MD
President
2017—2018
Westchester County Medical Society



Marshal D. Peris graduated with a Bachelor of Arts from Cornell University and his MD from the University of Pittsburgh School of Medicine. He completed his Orthopedic Surgery Residency and Spine Fellowship at the University of Pittsburgh Medical Center. He has practiced Orthopedic Spine Surgery since 2002 and has served as Co-Chief of Spine Surgery

and Medical Staff President of Northern Westchester Hospital from 2010-Present. He is also currently Vice President of Caremount Medical (former Mount Kisco Medical Group). He is married to Anna Peris and has two children- Sophia and Jonah.

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Friend of the Society Awardee

Edward C. Halperin, MD, MA

Chancellor & CEO

New York Medical College



Biography:

Edward C. Halperin received a BS in Economics from The Wharton School of the University of Pennsylvania, a MD from Yale University, and a MA from Duke University. He was an internal medicine intern at Stanford University Medical Center and a radiation oncology resident at Harvard University/Massachusetts General Hospital. Dr. Halperin has served as Professor and Chairman of the Department of Radiation Oncology at Duke University, Vice Dean of Duke Medical School, Dean of the University of Louisville School of Medicine, and is currently Chancellor and CEO of New York Medical College and Professor of Radiation

Oncology, Pediatrics, and History. He is the author/editor of six editions of the textbooks Pediatric Radiation Oncology and the fourth through seventh editions of Principles and Practice of Radiation Oncology and >210 articles in the peer reviewed oncology and medical history literature. His research has focused on radiation-induced immunosuppression for organ transplantation, the management of childhood brain tumors, and the history of racial, religious, and gender discrimination in medical education.

At New York Medical College since 2012, Dr. Halperin has presided over the creation of the first new dental school in New York in fifty years; the creation of new masters programs in biostatistics, medical ethics, and professional studies for the biotechnology industry; the opening of the new biotechnology incubator; the signing of a new long-term academic affiliation agreement with Westchester Medical Center; renewal of the academic affiliation agreement with Metropolitan Hospital Medical Center; enlargement of the physical therapy and speech pathology programs; record high MCAT and GPA metrics for the entering medical students; and the highest percentage of underrepresented in medicine minority students of any historically majority medical school in the US.

Dr. and Mrs. Halperin are the parents of three daughters and the grandparents of three grandchildren.



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Friend of the Society Awardee

Edward C. Halperin, M.D., M.A.

Chancellor and Chief Executive Officer



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Dr. Marshal Peris



Dr. Omar Syed



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The Westchester County Medical Society & The Westchester Academy of Medicine

Would like to Congratulate and Thank our
2018 “Friend of the Society” Awardee

**Edward C. Halperin, MD, MA
Chancellor and CEO
New York Medical College**

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 2018-2019

The Nominating Committee of the Westchester County Medical and the Westchester Academy of Medicine met on April 26, 2018, and hereby nominates the following candidates for election at the Annual Meeting on June 14th, to take office effective July 1, 2018

President-elect

Daniel Gold MD

Vice President

Peter Acker, MD

Treasurer

Jeffrey Jacobson, MD

Secretary

Bella Malits, MD

Delegates to the MSSNY House of Delegates

(Four for two years; term ending 2020)

Ranjana Chaterji, DO

Robert Lerner, MD

Mark Fox, MD

Omar Syed, MD

Alternate Delegate to the MSSNY House of Delegates

(Four for two years; term expiring 2020)

Karen Arthur, MD

Ameet Goyal, MD

Daniel Gold, MD

Marshal Peris, MD

Note: Per the Bylaws, the current President-elect, Omar Syed, MD, automatically assumes the Office of President and the current President, Marshal Peris, 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.***

OMAR SYED, MD
2018-2019
PRESIDENT-ELECT
WESTCHESTER COUNTY MEDICAL SOCIETY



Omar N. Syed is a neurosurgeon at Caremount Medical in Mount Kisco. He practices at Northern Westchester Hospital and Putnam Hospital. At Northern Westchester Hospital, he serves as the Director of the Spine Radiosurgery Program, and previously was the Assistant Director of the Gamma Knife Radiosurgery program. From 2016-2017 he served as the Vice-Chair of the Department of Neurosur-

gery and as the Director of Spine Surgery at Putnam Hospital. In addition, in 2017, Dr. Syed was appointed to the Northern Westchester Hospital Foundation Board. He has been an active member of the Westchester County Medical Society and has served as Chair of the Young Physicians Section, Secretary, and Vice-President of the Society.

Dr. Syed was raised in Long Island. He received his Medical Degree from New York University School of Medicine in New York. He completed his Internship in Surgery and Residency in Neurosurgery at Columbia Presbyterian Medical Center in New York and his Fellowship in Minimally Invasive and Complex Spine Surgery at the University of Tennessee/Semmes-Murphey Clinic in Memphis. He is Board Certified in Neurological Surgery and specializes in Neurosurgery, Spine Surgery and Neuro-oncology. He lives in Katonah with his wife and two young children.

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For you

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The 18th Annual Westchester Science and Engineering Fair (WESEF) was held on March 17th 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 of appreciation that we have received 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

Donated by the Westchester Academy of Medi-

cine

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

Category School Name of Winner

Shakira Uculmana—Cellular and Molecular Biology, White Plains High School

Skylar Iosepovici—Medicine and Health, Hastings High School

Eliana Rosenzweig—Medicine and Health, Blind Brook High School

The Academy also gives prizes in Medicine and Health to the next ten top scorers in the “Excellence in Medi-cal 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 14th.** You will not regret it.



Future of Medicine Award Winner: Shakira Uculmana—Cellular & Molecular Biology White Plains High School

Impact of SF3B1 K700E Mutation in Breast Epithelial Cells

Abstract:

Breast cancer is most common malignant illnesses in the female community worldwide. The complexity of its pathogenesis full-proof effective treatment impossible. In cancer, splicing of RNA is disorganized, and mutations in splicing factors found in both hematologic malignancies as well as solid tumors. Cancer patient's genome can now be sequenced, allowing scientists to see mutations in one database. SF3B1, coding for splicing factor 3B subunit 1, among most commonly mutated splicing factors in cancers. METABRIC database was used to see SF3B1 alterations. Half of those cases are hotspot mutation K700E, indicating a drive role of SF3B1 K700E mutation in breast cancer genesis. The next step was to see how this mutation affects the splicing pathways. Using breast epithelial cells, SF3B1 K700E was knocked in. RNA then underwent RT-PCR. SF3B1 alternative splicing of the proteins DPHS, MAP3K7, and BRD9 was observed. Western blots of SF3B1, MAP3K7, and BRD9 were completed. The next procedure conducted to see the effects K700E had on cell proliferation. Lastly, we saw how K700E had impacted the reaction to a splicing inhibitor. We saw mRNA had altered the cells that carried the mutation as well as a change of levels in proteins in the alternative splicing. It was also concluded there was no significant impact to cell proliferation rate or reactions to the splicing inhibitor. There would need to be global alternative splicing of mRNA in future studies as well as using different cells that express estrogen receptor (ER) and an addition of other hotspot mutations.

Relevance of Work:

My lab helped my a lot in this project. My project is only a microscopic image of the advancements we are accomplishing in the world. As funny as it sounds the more we learn about the world and us humans, the more it seems we know nothing. My study consisted of taking a step back. Before jumping into the new treatments we have developed for cancer, specifically in this case breast cancer, we wanted to know more about the process occurring inside the cells. If we want something to be more effective we must understand all parts of it. We can't go in blind. Even though cancer is such a unique case for each patient, if we could understand more than we could develop treatments that could work for everyone. I feel my project is just one step into this path. I believe the medical field is taking giant leaps into the future everyday.

Future Goals:

In my future I want to be a surgeon, however, I have a passion for genetic research. I plan to continue doing research during my years in undergraduate. While surgery might be my calling, research is my hobby. I wouldn't want to drop either. I will be attending Muhlenberg College in order to major in Neuroscience. I am very excited for my future.

Future of Medicine Award Winner: Skylar Iosepovici—Medicine & Health Hastings High School

Measuring Preclinical Development and Collaboration for 2014 FDA Drug Approvals

Skylar Iosepovici

Hastings High School, Hastings-on-Hudson, NY

Teacher: Melissa Shandroff / Mentor: Nolan Ritcey, Bioethics International

Abstract

Despite the importance of preclinical trial results, the size of the average preclinical program is unknown. Additionally, the rates at which relevant studies are published and what kinds of institutions are conducting the research are unknown. The goal of our research was to educate the industry on the scope of available preclinical development reports in hopes of making all drug development information publicly accessible. Data was collected from the Pharmacology Reviews on Drugs@FDA website and PubMed via a MEDLINE search using the generic name and/or drug code and relevant keywords. We analyzed: a) the number of preclinical studies completed for the 19 drugs approved by the FDA in 2014; b) the number of publicly-available journal articles determined to be related to preclinical study; c) the number of unique affiliates per drug; and d) the breakdown of these affiliates. All data were recorded and analyzed using Excel V. 15. using descriptive statistics. We found that there tended to be a greater number of preclinical trials than were reported in relevant publications, even though multiple trials were sometimes reported in one journal article. Additionally, our results showed that there is a sizeable contribution to preclinical research from non-industry collaborators, such as university and contract researchers. In our sample, a median of 45% of collaborators were universities and a median of 50% of collaborators were contract research organizations. In the future, we would like to expand the cohort to include other approval years.

Explanation of Research Project

I completed my research in Summer 2017 as part of the course requirements for my Science Research class. I interned for 7 weeks at Bioethics International, a non-profit in Manhattan that was founded in 2005 to improve ethicality and patient-centricity in the pharmaceutical industry. My project addressed preclinical drug development, using a sample of FDA approvals from 2014. I will present this research at various high school research competitions in Westchester County in Winter 2018. Additionally, my research was part of a larger project that addressed collaboration in drug development. I worked with one other high school student and two professional researchers on this project. This research is presented in *Measuring clinical trial transparency: an empirical analysis of newly approved drugs and large pharmaceutical companies* (Miller et al. 2017, BMJOpen).

Future of Medicine Award Winner: Eliana Rosenzweig—Medicine & Health Blind Brook High School

Abstract:

Pulmonary Artery Hypertension (PAH) remains a disease with high morbidity and mortality. Functional capacity testing including 6minute walk distance (6MWD) and Cardiopulmonary exercise testing (CPET), which are traditionally used for baseline evaluation and monitoring of therapy and as clinical end points. However, these do not provide real-time data and are only conducted for a short period of time in a hospital. The purpose of this single center prospective study is to evaluate the use of a Fitbit Charge HR as a novel tool to obtain real time evaluation of effort in PAH patients and to determine if wearing a Fitbit can motivate patients to increase their daily activity levels and improve quality of life (QoL). 27 subjects ≥ 13 years with WHO Functional Class (FC) I-III who underwent a 6MWD and CPET were enrolled and given a Fitbit with instructions on uploading data periodically to a cloud based database. Data obtained included demographics, PAH classification, WHO FC, 6MWD and CPET. Fitbit data included levels of activity, steps per day, heart rate and calories expended. Subjects were given a QoL questionnaire (SF-36) at baseline and 12-16 week follow-up visits. 27 subjects 15 F, 12 M, ages 13-59 years were enrolled and 13 seen on follow up. At baseline, 22% (6) patients were in WHO FC I, 48% (13) FC II, 30% (8) were in FC III. Average 6MWD in FC I was 524 m, FC II 495 m and FC III 388 m. Fitbit data from week 1 was used to compare with 6MWD and steps taken per day. Average steps taken per day was a significant predictor of 6MWD ($p < 0.001$) with an r^2 value of 0.883. Significant predictors were found between 6MWD ($r^2 = 0.96$ for 6MWD) and average steps, distance walked, calories burned and activity time through multiple linear regression analysis. The QoL questionnaire revealed improved energy scores on follow up in 77% ($p = 0.008$), improved FC in 38%, improved pain scores in 92% and improved emotional well being and general health in 70%. The Fitbit provides real time data, which correlates well with baseline 6MWD and CPET and provides longitudinal data on activity levels that can potentially be used as valid endpoints to monitor therapy. Use of a Fitbit incentivizes patients to increase their activity levels and thereby improves their QoL.

Relevance of research/future goals:

Historically physicians have warned against the involvement of exercise for patients with pulmonary hypertension due to unknown adverse events. However, recent studies are showing that exercise in moderation for patients with PH is beneficial in outcomes and improving exercise capacity as well as quality of life. This study furthers recent studies by looking at the implications of physical activity accelerometry in patients with PH and how it can act as a source of motivation for patients to engage in physical activity. Through the use of accelerometry, health care providers can gain a more comprehensive synopsis of patients through real-time data measured on a day-to-day basis. While current exercise tests such as the six-minute walk test and the cardiopulmonary exercise tests are validated and are regularly used to predict prognosis as well as other variables in pulmonary hypertension (PH) patients, these tests are only six minutes and about fifteen minutes, respectively. Accelerometry also excludes limitations such as hospital anxiety, sickness, and other factors that can yield inaccurate results in the standardized exercise tests.

In this particular study, one of the most widely used commercial activity trackers, the Fitbit Charge HR, was used. In fact, the Food and Drug Administration has a great interest in monitoring children with exercise capacity limitations through commercial activity trackers such as the Fitbit and is currently working on determining the usability of these devices on a larger scale. Patients ultimately feel better in areas ranging from social functioning to role limitations and even general health after just 3-4 months of regularly wearing the Fitbit. Most significantly, PH patients found that one of the most distinctive and debilitating symptoms of the disease, fatigue, significantly decreased in the few months of wearing the physical activity tracker. The field of data science is developing rapidly with time and its usage extends beyond just in healthy patients but in patients that have limited exercise capacity. In fact, usage of activity trackers in patients with compromised or limited exercise capacity can be beneficial for both physicians and patients. A novel approach extracting daily activity levels from the Fitbit was used and can be used in other cohorts of patients as well as a predictor of other variables such as O_2 saturation.

This preliminary study should be repeated with a larger sample size. A larger sample size could confirm results as well as allow more regression analyses to be performed with the intention of determining correlations between the data yielded from the Fitbit and exercise tests taken in the hospital. In addition, the subjects should be monitored via the Fitbit with a prescribed and individualized exercise regimen to determine if exercise capacities that quantify the disease are improved from baseline to follow up. A longer tracking period would also be useful to determine if over a prolonged period of time the patients continually yield the same or different benefits of wearing the tracking device. With future studies that can determine and pinpoint exact correlations between measurements of the Fitbit data and standardized tests in each patient, physicians can have a useful tool for monitoring purposes that can potentially give greater insight on treatment options, adverse events, and other clinically significant changes in the patient.

Thank you to

Marshal Peris, MD

For your work as WCMS President

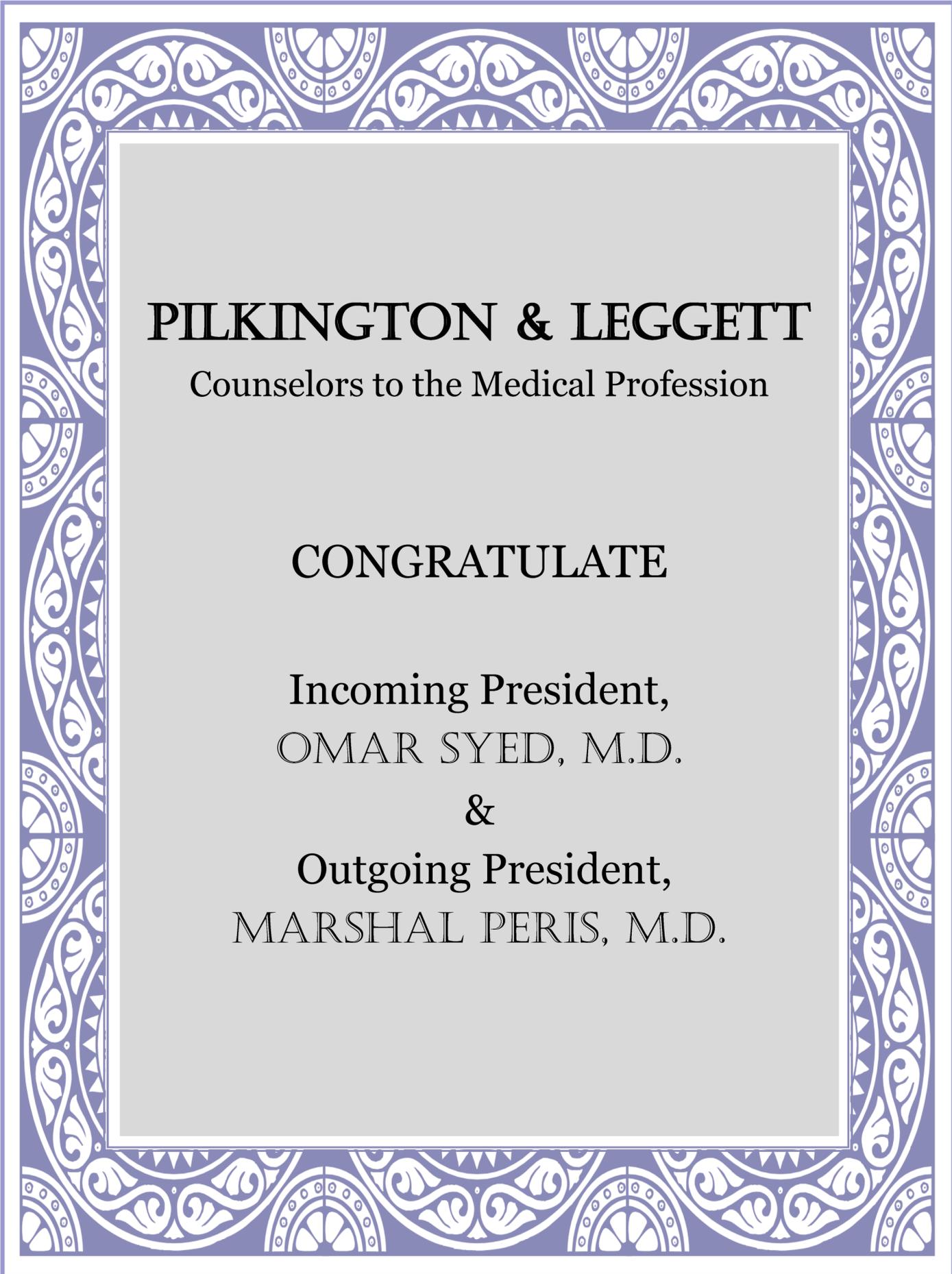
Congratulations to

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Incoming President,
OMAR SYED, M.D.

&

Outgoing President,
MARSHAL PERIS, M.D.

CONGRATULATIONS

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Chancellor & CEO
New York Medical College
2018 “Friend of the Society”

Thomas T. Lee, MD
Past President WCMS & WAM

Congratulations to my Friends

Marshal Peris, MD

&

Omar Syed, MD

For this well-deserved honor, and to

Edward C. Halperin, MD

“Friend of the Society”

Alfred Tinger, MD and the
Radiation Oncology Department at
Northern Westchester Hospital

The MSSNYPAC Executive Committee
Thomas J. Madejski, MD
Joseph R. Sellers, MD
Gregory Pinto, MD

Cordially invite you to

Physicians' Day at the Races

Saturday, July 28, 2018

11:30am-6:30pm

Saratoga Race Course
"At The Rail Pavilion"
Saratoga Springs, NY

\$500/physician, \$300/guest, \$250/guest under 21

Ticket price includes clubhouse admission, post parade programs, a gourmet buffet lunch at your own trackside table (11:30 am - 2:30 pm), unlimited open bar, private viewing of the horses as they bring them from the paddock and private betting windows with a 1:00 pm post time.

Saratoga Stakes Races: Jim Dandy, Alfred G. Vanderbilt, Bowling Green, Amsterdam are scheduled for this date.

<https://www.nyra.com/saratoga/racing/stakes-schedule/jim-dandy/>

<https://www.saratogacettrack.com/event/stakes-race-74892/>

Dress: Neat casual attire. Gentlemen require collared shirts. Ladies require dresses, skirts or slack outfits. Jeans, shorts, sneakers, flip-flops or abbreviated wear are not permitted at the venue.

Visit www.mssnypac.org/events for further details.

Contact Jennifer Wilks at 518-465-8085 or mail in the response form to secure tickets.



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

Networking Events

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!

914-967-9100



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.

The Westchester Medical Society
Has Partnered Up With
Park Avenue Benefit Planning, Inc.
To Bring Top Health Insurance Programs To You...

The Westchester County Medical Society has arranged to bring you many of the area's top health insurance programs to you. Included is the NY State of Health (exchange) group and individual plans, Cigna, Empire, Emblem, United Healthcare/Oxford and MVP. These choices are available to members of the Westchester County Medical Society. In addition; Park Avenue Benefits Planning, Inc. is offering even more; Employers can get discounted rates on Flex plans and Section 125 options.

- *You can choose the coverage that fits your needs.*
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For more information please contact:

Michael LaValley

Park Avenue Benefits Planning, Inc.

565 Taxter Road, Suite 625

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