

WESTCHESTER PHYSICIAN

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PRESIDENT'S MESSAGE

Anaïs Carniciu, MD

Like many of you, I was recently enjoying watching the Winter Olympics and found myself especially captivated by gold medal figure skater Alysa Liu. Her performance was both joyful and sassy, combining technical excellence with pure happiness.

Alysa's backstory is particularly meaningful because she stepped away from competitive figure skating at just 16 years old, citing the sport's rigidity and the weight of external expectations. She returned to competition only about a year before ultimately winning Olympic gold, this time driven not by outside pressure, but by her own internal motivation and rediscovered joy for the sport.

Watching her skate and learning her story reminded me a lot of the way so many of us feel in medicine. Elite figure skating, much like our profession, demands precision, endurance, and focus. Championships are not defined by a single jump but by the sum of countless elements executed under pressure. In the same way, excellence in clinical medicine and surgery comes not from one brilliant moment but from the thousands of decisions and interactions that define each day in practice.

Yet even at the highest level, performance without joy is unsustainable.

We know from sports science that when athletes begin to define themselves solely by outcomes such as scores, rankings, and records, performance can paradoxically suffer. The same is true in our exam rooms and operating rooms. When our professional identity becomes tethered exclusively to productivity benchmarks, documentation requirements, or administrative metrics, the intrinsic motivations that first drew us to medicine can fade.

What makes Alysa's journey so compelling is not merely her technical excellence, but her willingness to step back from competition, rediscover her love for the sport, and return having redefined what success means to her. Ultimately, she achieved her gold through a performance rooted in personal fulfillment rather than external expectation.

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ANAÏS CARNICIU, MD
President, WCMS

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UPCOMING MEETINGS

WCMS/WAM
ANNUAL MEETING
JUNE 23, 2026
WESTCHESTER COUNTRY CLUB
RYE, NY

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FROM THE EDITOR...***TB OR NOT TB***

PETER ACKER, MD



I have for many years have used my solitary commute to listen to novels in my car. This has allowed me to squeeze in great works of literature into my crowded and hectic schedule. It also provides a peaceful interlude between my work and my home life. Some of the works are either written by physicians or have an aspect that concerns medicine. I recently reviewed in these pages the novel **The Covenant of Water** by Abraham Varghese, a physician. An example of a novel I reviewed by a non-physician was **The Cider House Rules** by John Irving which features as main character Dr. Wilbur Larch, an obstetrician and abortionist.

I usually like to alternate more modern works of literature with the classics. **Middlemarch, A Study of Provincial Life** by George Elliot came out in the 1870's features a fictional mid-sized city in 1830's England. It is a long and complex work that looks at society from many different angles and covers such issues as the status of woman, the nature of marriage, religion and politics just to name a few. What is particularly fascinating from the medical perspective is its depiction of a young physician starting his career at a local hospital. He has to deal with a myriad of issues: rampant disease, hospital politics, shifting societal views of medical treatments and lastly the effect of all these stresses on his marriage.

I have recently began listening to **Wuthering Heights** by Emily Bronte. I often like to learn a little bit about the author before I read a book. She lived in the early 1800s in England. She died at the age of thirty from tuberculosis. Her seminal work was only complete not too long before her demise. The initially reception was mostly negative and was in fact, over shadowed by her sister Charlotte's publication of *Jane Eyre* the same year and was greeted with wide acclaim. Sadly, Emily Bronte never got to experience the wide acclaim it has received over the many years and its inclusion in the pantheon of what are considered the great classic works of literature.

All this caused me to reflect upon the short memory humans often have of the past: to wit, the current war on vaccines. Do we really want to return to the 1800's when so many young people died? Tuberculosis primarily affected the young in that era. And besides Emily Bronte, there were a number of artists felled by this scourge: Frederic Chopin 39, Henry David Thoreau 44, Katherine Mansfield 34 and Franz Kafka 40 just to name a few.

It also affected my family, though not so tragically. My aunt lost her kidney due to TB. My father (her brother) just after World War II, came down with tuberculosis, just prior to the development of the treatments

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STOP THE TRAIN**Elliot Barsh, MD***(Links to articles mentioned are found in the body of this piece)****“What is the bravest thing you ever said?” asked the boy. “Help”, said the horse. -the Boy, the Mole, the Fox and the horse***

Hi everyone.

We have a hard time *changing*.We feel *safe* in our routines, *comfortable* enough with who we are, and *certain* about what we want.

But certainty is not safety, and comfort is not growth.

Change is *uncertain*, and we are *afraid* of uncertainty, of being *vulnerable*.We like thinking we *control* our circumstances so we hold onto what we *expect*.

Listening to the fear paralyzes and isolates us.

How can we let ourselves feel the fear and do something different anyway?

Prentis Hamphill, teacher and therapist, writes...

“...the courage to break the pattern of the familiar in order to release the possible, is a radical act, and act not only of resistance but of redemption...Courage changes things and courage changes us. It is how we become.”

David Whyte writes that...

“vulnerability is not a weakness... or something we can arrange to do without. It is not a choice. Vulnerability is the underlying, ever present and abiding undercurrent of our natural state.”

What choice do we have?

Living with our arms full of expectations and no room for anything new, or letting go, vulnerable, with arms open and ready for what we can dream up and hope for?

Enjoy what Spring has to offer.

E

*“Stop chasing what everybody else is chasing. Create your own center of gravity.”***Start a Band, Even if You're Terrible**

We crave connection. We crave community. You should start by recruiting a drummer.

*“...the one thing I never felt was lonely or alone. I was awash in community.”***Falling From Ivy League Grad to Prisoner Expanded My Social Circle**

Unlike in the version of prison conjured on TV and in the movies, I found a community quick to be generous and kind.

*“Why didn't I feel anything?”***Good Compressions***“My worry was a toxic gas, expanding to fill every cubic millimeter of my brain until I succumbed.”***An Incidental Finding Unraveled****SWEET DARKNESS** by David WhyteWhen your eyes are tired
the world is tired also.When your vision has gone
no part of the world can find you.It's time to go into the night
where the dark has eyes
to recognize its own.It's time to go into the dark
where the night has eyes
to recognize its own.There you
can be sure

you are not beyond love.

The dark will make a home for you tonight.

The night

will give you a horizon
further than you can see.

You must learn one thing.

The world was made to be free in.

Give up all the other worlds
except the one to which you belong.Sometimes it takes darkness and the sweet
confinement of your aloneness
to learn

anything or anyone

that does not bring you alive
is too small for you.

PRESIDENT'S MESSAGE

Anaïs Carniciu, MD

(Continued from page 1)

In our profession, joy in medicine is rarely monolithic.

For some, it may reside in the autonomy of private practice and the ability to structure care delivery independently outside of corporate or insurance-driven frameworks. For others, fulfillment may be found in academic medicine through the intellectual stimulation of research, the iterative innovation of new therapies, or the mentorship of trainees who will carry our discipline forward. Still others may derive meaning from the flexibility of employed positions during seasons of life when raising young children or caring for family must take precedence.

Importantly, these sources of professional joy are not static.

The practice environment that energized us earlier in our careers may no longer align with our clinical interests or personal priorities today. Just as an elite skater modifies their technical program over time to reflect evolving strengths, we too have the agency to transition between roles as our careers and lives develop. Moving from academia to private practice, from full-time employment to part-time clinical work, or from procedural focus to teaching or administrative leadership is not a retreat from excellence. It is a recalibration in pursuit of sustainability.

Performing at an elite level in medicine, like in sport, requires not only resilience but intentional alignment between what we do and why we do it.

As we continue to confront the structural challenges facing our profession, I encourage each of you to consider where your own professional joy resides today and to remember that, like Alysa, redefining success is not a failure of commitment but a reaffirmation of purpose. We can practice medicine on our own terms, however that may look for each of us, and find joy in both our careers and our lives.

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save the date

WCMS/WAM Annual Meeting
Tuesday, June 23, 2026

JUNE		
MON	TUES	WED
22	23 <i>Annual Meeting</i>	24

Westchester Country Club
99 Biltmore Avenue
Rye, NY
6:00pm - 9:00pm
Details to follow

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*FROM THE EDITOR...***TB OR NOT TB****PETER ACKER, MD***(Continued from page 2)*

for the disease. Luckily, he only required a six month rest and isolation cure. It did however affect his life. He was a talented writer and hoped to make his career as such. The prolonged cure, put him in financial straits, and he had a wife and a new baby (my older sister) so he desperately needed work. In 1948, he was hired by Exxon (then known as Esso) to an entry level executive position in Bogota, Columbia. He never lost his interest in writing or in the great works of literature. He had a list of his favorite novels which included the works Joseph Conrad (**Lord Jim**) and William Thackeray (**Vanity Fair**). Notably at the top of

the list was Thomas Mann's novel, **The Magic Mountain**, which depicts life in tuberculosis sanitarium in Swiss Alps in the early 1900's.



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Member Spotlight—Mauvareen Beverley, MD

I was honored to be one of six authors selected for the **Harlem Fine Arts Show (HFAS) book-signing event at The Glasshouse in Manhattan, February 20-22**. It was a powerful opportunity to spotlight authors and connect with an engaged, receptive audience.

Discussing my book **“9 Simple Solutions to Achieve Health Equity: A Guide for Healthcare Professionals and Patients,”** was both emotional and inspiring. The thoughtful conversations and encouraging feedback reaffirmed the importance of this work.

Publishing the book on **Juneteenth**, the federal holiday commemorating the end of slavery in 1865 and on my birthday made its release especially meaningful. I’m grateful it debuted as Amazon’s #1 New Release in the Health Category.

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Website: drbeverley.com





MSSNY LOBBY DAY RECAP

On Tuesday, March 10th MSSNY held its annual Physician Lobby Day. The Westchester County Medical Society represented the physician membership with a group from Westchester. MSSNY held an informational session for the morning program that included a legislative update by Morris, Auster, Esq., Senior Vice President and Chief Legislative Counsel MSSNY. Other speakers included David Jakubowicz, MD, President MSSNY; Mark Adams, MD, MBA, FACR, President-Elect; James Satterfield, MD, MBA, MS, FACS, Vice President; Carlos Zapata, MD, Speaker - MSSNY House of Delegates; Thomas T. Lee, MD, MBA – MSSNY Executive Vice-President.

The group was joined by James McDonald, MD, Commissioner, NYS Dept of health; Deputy Senate Majority Leader Michael Gianaris; and Senate Minority Leader Robert Ort. There were two panels that also took place: Specialty Society Leaders Panel and the Health and Insurance Panel.

The Westchester physicians along with Janine Miller, Executive Director were able to meet with many of our local legislators and their staff people including Senators Shelly Mayer; Pete Harckham; Bill Weber; Jamaal Bailey; Michelle Hinchey and Senate Majority Leader Andrea Stewart-Cousins; along with members of the Assembly that included Steve Otis; Mary Jane Shimsky; Matt Slater; Dana Levenberg and Chair of the Assembly Health Committee Amy Paulin. Our group spoke about the importance of some of the items in the Governor's budget along with some of the items on MSSNY's Legislative Agenda including

- Reducing prior authorization and claim payment hassles
- Protecting patient safety by rejecting inappropriate scope expansions
- Protecting IDR appeal mechanisms to ensure fair payments
- Promoting comprehensive medical liability reform and preserving Excess Insurance coverage
- Addressing public health threats
- Preserving opportunities for NY's medical students and residents

We appreciate all of those physicians who took time away from their patients to join us in Albany. The work that they do on behalf of all the members of WCMS and New York State physicians is invaluable.



MSSNY ANNUAL HOUSE OF DELEGATE MEETING RECAP ROCHESTER, NY

The MSSNY House of Delegates took place in Rochester, NY from March 27-29. Over the course of the three days your 9th District Delegation attending in-person reference committee hearings, determined their position statements on the reports of the reference committees, and debated on the floor of the House their positions on the resolutions submitted from around the state.

We want to thank all of our Westchester Delegation this year, for their hard work. In attendance for Westchester County: Kham Ali, MD; Bruce Molinelli, MD; Thomas Lee, MD; Alyssa Lee, Medical Student; Emily Luo, Medical Student; Justin Han, Medical Student; Agam Singh, Medical Student; Bonnie Litvack, MD, Chair Delegates Committee; & Daniel Gold, MD, 9th District Councilor. From Putnam Elliot Barsh, MD and William Zurhellen, MD served as delegates and from Orange we had Mandes Kates, MD; Stefan Chevalier, DO and Sunitha Polepalle, MD. We appreciate you taking time away from school, work and family obligations to do the work of our delegation along with your colleagues from Dutchess, Orange, Rockland and Putnam Counties. Your 9th District submitted 7 resolutions for consideration, and we will publish the final actions of the House when they are made available.

MSSNY elections were held on Sunday and the following officers have been elected:

- **Mark J. Adams, MD, MBA, FACR Elected President**
- **James E. Satterfield, MD, MBA, MS, F.A.C.S. Elected President Elect**
- **Ramin Rak, MD, FAANS, FCNS Elected Vice President**
- **Gregory Pinto, MD, Elected Treasurer**
- **Howard H. Huang, MD Elected Secretary**
- **Erick A. Eiting, MD, MPH, MMM Elected Assistant Treasurer**
- **Bernadette A. Riley, DO Elected Assistant Secretary**

9th District Delegation 2026



Congratulations to all of the Resident & Student Poster Session Winners!

