

# TOP DOCS 2022

The Hudson Valley is home to exceptional healthcare. We are proud to present our annual list of the best physicians in the region—515 in all from allergy specialists to vascular surgeons. Although there have been many stories of heroic patient care in our hospitals over the past year, we selected four to include in this issue, starting with our cover story on the following page. We know you'll find them inspirational.



## Unbeatable Care

When a champion athlete had a heart attack, Montefiore Nyack Hospital's physicians and cardiopulmonary rehab program saw him through a marathon recovery. **BY DEBORAH SKOLNIK**

**M**any people lie on the sofa when they get home from work. Mickey Coleman, however, laces up his sneakers. The 43-year-old is a former Gaelic football player, a sport known for its rough-and-tumble mashup of soccer and rugby.

Mickey and his team, Tyrone, won the Gaelic Athletic Association (GAA)'s All-Ireland Championship twice in 2003 and 2005.

So, when he took a long evening run around his Pearl River neighborhood in March of last year, it was just a normal night for him—until it wasn't. Shortly after returning to his house, he suddenly felt severe pain in

his heart. "It was somersaulting like it was in spasm," he recalls. "I knew right away I was dying."

Somehow, he dragged himself upstairs and alerted his wife, who called 911. "Two police officers came into my house. I said, 'Can someone help me?' and then I remember falling," he shares. He had flatlined.

Fortunately, EMS had just arrived. They needed to revive Mickey twice before loading him into an ambulance. On the way to Montefiore Nyack Hospital, his heart needed to be shocked a third time.

### Diagnosis: The Widowmaker

Although the situation was grave, world-class care was standing by in the emergency room. Dr. Mark Greenberg, an interventional cardiologist, analyzed an electrocardiogram that the EMS team had forwarded. It

showed Mickey had a blockage in the artery that supplies blood to the largest area of the heart muscle. “The artery was entirely blocked. It’s the most serious of heart attacks,” shares Dr. Greenberg.

The condition is so serious, in fact, it’s informally known as the “Widowmaker” due to the likelihood of survival (12–15 percent), explains Dr. Duane Bryan, the chief medical director of nuclear cardiology and co-director of the cardiac CT angiography department at Montefiore Nyack. Mickey needed several more shocks from the automated external defibrillator (AED) before he was stable enough to be treated, first with an angioplasty to restore blood flow, and then with a stent to prop up the artery permanently.

#### Getting Stronger Through Rehabilitation

Three days later, Mickey woke up from a medically-induced coma on a ventilator. Twelve days later, after undergoing a second angioplasty for two other partially blocked arteries and recovering from pneumonia he’d developed while on the ventilator, he went home.

Yet his recovery was far from over. “Mickey had severely reduced heart function, because a significant



portion of his heart had been damaged by the blockage,” explains Dr. David Southren, division director of cardiology at Montefiore Nyack. “The minute a blockage occurs, you start to lose heart muscle.” He was impressed by Mickey’s resilience, however: “When he woke up and his breathing tube was removed, he was very positive from the beginning. He’s an incredibly motivated individual,” he notes.

That fighting spirit would come in handy for the next step in Mickey’s journey: Exercise sessions at Montefiore’s Cardiopulmonary Rehabilitation Center, which opened in the hospital in 2020. The outpatient facility helps enable individuals who struggle with heart disease, have had a heart attack, or are recovering from cardiac surgery to resume a healthy, active lifestyle.

The program is an enormous help to patients, explains Dr. Jared Corriel, director of echocardiography, co-director of cardiac CT, and the center’s director. “There is great clinical evidence supporting cardiopulmonary rehab. After a heart attack, a stent, bypass surgery, or many other conditions, a patient’s

survival rate is better with cardiac rehabilitation.”

Several weeks after Mickey returned home, he began visiting the center and working with exercise physiologists to customize a program based on his needs. The wealth of resources ensures superior care. “We’re helping to increase the functional capacity of our patients’ bodies as well as their exercise capacity, and also teaching them what exercises will help in terms of conditioning their heart,” says Dr. Corriel. “In addition, we’re introducing improvements to their diet, and educating them about their medications. It’s a full-body, holistic approach to improve a person’s cardiac care.”

Mickey worked out at the center three times a week for three months under careful supervision. “I started out with short walks on a treadmill. It was exhausting,” he says. But he quickly rallied: “By three weeks, I was running three miles and rowing three kilometers on a rowing machine,” he says. He also performed exercises to strengthen his upper body.

#### Heart-Healthy Changes

Mickey revamped his diet on his own and is now a vegan. He has also taken steps to reduce his stress.

“One of the doctors told me stress can bring on stress hormones, which can lead to bad health and heart attacks,” he explains. Although his responsibilities as the owner of a drywall company in Manhattan can weigh on him, “I started doing yoga and meditation,” he shares.

Despite Mickey being relatively young and extremely active, his family has history of heart disease—which can affect even those in

incredible shape. “There are risk factors that we consider controllable—including weight and diet—and then there are things that are uncontrollable, like your genetics and your family history,” says Dr. Bryan. For those who know heart disease runs in their family, Dr. Bryan says following a healthy diet, staying active, and having regular physicals, are extremely important.

Dr. Southren, who sees Mickey for regular check-ups, is proud of the stellar care he received. “Montefiore Nyack Hospital has a state-of-the-art catheterization laboratory, specialists in advanced heart failure, and a new cardiac rehabilitation program,” he says. Mickey, who’s grateful to still be here for his wife and two young children, agrees that he couldn’t have asked for more. “The doctors were amazing,” he says. “They saved me. I can’t thank them enough.”

Having been given a second chance against all odds, he plans to work hard to preserve his newfound health. “There’s an old quote,” says Mickey. “Every man has two lives. They start to live their second when they realize they only have one.”

## TOP DOCS

### ALLERGY & IMMUNOLOGY

**Paula Brown**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
Telemedicine

**Myrelle B. Castro**  
Horizon Family Medical Group  
Monroe  
Montefiore St. Luke’s Cornwall

**Jocelyn Celestin**  
Albany Med Allergy, Asthma and  
Immunology  
Albany  
Albany Med  
Pediatric Allergy & Immunology,  
Asthma, Eosinophil Disorders

**Janet L. Claassen**  
Certified Allergy & Asthma Consultants  
Albany  
Albany Med  
Pediatric Allergy & Immunology,  
Asthma & Allergy, Eosinophil  
Disorders

**Jinlin Du**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
Asthma, Food Allergy, Pediatric  
Allergy & Immunology

**Thomas N. Flaim**  
Certified Allergy & Asthma Consultants  
Albany  
Albany Med  
Asthma & Allergy, Eosinophilic  
Lung Disorders, Pediatric Allergy &  
Immunology

**Peter R. LoGalbo**  
ENT and Allergy Associates  
West Nyack  
Good Samaritan Hospital – Suffern,  
Montefiore Nyack Hospital  
Asthma, Telemedicine

**Scott L. Osur**  
Certified Allergy & Asthma Consultants  
Clifton Park  
Albany Med  
Asthma, Food Allergy, Pediatric  
Allergy & Immunology

**Joon H. Park**  
ENT and Allergy Associates  
Middletown  
Garnet Health Medical Center,  
Mount Sinai Hospital  
Food Allergy, Immune Deficiency,  
Telemedicine

**Muhammad A. Pasha**  
Albany Med Allergy, Asthma and  
Immunology  
Albany  
Albany Med  
Urticaria, Hereditary Angioedema,  
Sinusitis

**Prashant P. Ponda**  
ENT and Allergy Associates  
New Windsor  
Garnet Health Medical Center  
Food Allergy, Eczema, Telemedicine

**David J. Resnick**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, NewYork-Presbyterian  
Hudson Valley Hospital  
Food Allergy, Asthma, Hereditary  
Angioedema

**Joel H. Selter**  
Allergy & Asthma Care of Rockland  
Suffern  
Good Samaritan Hospital – Suffern,  
Montefiore Nyack Hospital  
Food Allergy, Asthma & Allergy,  
Atopic Dermatitis

**Renata Witkowska**  
Allergy, Asthma & Sinus Practice  
Newburgh  
Montefiore St. Luke’s Cornwall –  
Newburgh  
Allergy & Asthma, Sinus Disorders,  
Eczema

### BARIATRIC SURGERY

**Wayne M. Weiss**  
Tri-State Bariatrics  
Suffern  
Good Samaritan Hospital – Suffern,  
Phelps Hospital  
Bariatric/Obesity Surgery,  
Laparoscopic Surgery, Endoscopy

### CARDIAC ELECTROPHYSIOLOGY

**Evan C. Adelstein**  
Albany Med Faculty Physicians  
Albany  
Albany Med  
Pacemakers/Defibrillators,  
Arrhythmias

**Jay Vinay Doshi**  
Middletown Medical  
Middletown  
Phelps Hospital, White Plains Hospital

**Paul Eugenio**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center,  
Montefiore Nyack Hospital  
Electrophysiology, Cardiology,  
Cardiovascular Disease

**Seth J. Lessner**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center,  
Montefiore St. Luke’s Cornwall  
Arrhythmias, Pacemakers/  
Defibrillators, Catheter Ablation

**Sarah B. Levin**  
The Heart Center, part of Nuvance  
Health  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
Arrhythmias, Pacemakers/  
Defibrillators, Atrial Fibrillation

**Eric Manheimer**  
Crystal Run Healthcare  
Newburgh  
Montefiore St. Luke’s Cornwall,  
Montefiore Nyack Hospital  
Catheter Ablation, Atrial Fibrillation,  
Ventricular Tachycardia Ablation

**John T. Respass**  
The Heart Center, part of Nuvance  
Health  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
Arrhythmias, Pacemakers/  
Defibrillators, Atrial Fibrillation

**Sankar Varanasi**  
The Heart Center, part of Nuvance  
Health  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
Arrhythmias, Pacemakers/  
Defibrillators, Atrial Fibrillation

### CARDIOVASCULAR DISEASE

**Sherrita Bhagan-Bruno**  
ColumbiaDoctors  
Suffern  
Heart Disease in Women

**Duane Bryan**  
Advanced Cardiovascular Care  
West Nyack  
Montefiore Nyack Hospital  
Non-Invasive Cardiology,  
Echocardiography-Transesophageal,  
Nuclear Cardiology

**Michael Nam-Sung Cho**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center,  
Montefiore St. Luke’s Cornwall  
Non-Invasive Cardiology,  
Echocardiography, Nuclear  
Cardiology

**Muhaddis Choudhury**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
Telemedicine

**H. Louis Clinton**  
Twin County Cardiology  
Hudson  
Columbia Memorial Health, Albany  
Med

**Gary S. Cohen**  
The Heart Center, part of Nuvance  
Health  
Kingston  
Nuvance Health Northern Dutchess  
Hospital, Nuvance Health Vassar  
Brothers Medical Center  
Heart Failure, Arrhythmias,  
Hypertension

**Jared S. Corriel**

Advanced Cardiovascular Care  
West Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern  
Echocardiography, Nuclear  
Cardiology, Non-Invasive Cardiology

**Ronald P. Cuffe**  
The Heart Center, part of Nuvance  
Health  
New Windsor  
Montefiore St. Luke’s Cornwall,  
Nuvance Health Vassar Brothers  
Medical Center  
Cardiac Imaging, Preventive  
Cardiology

**Jonathan M. DeSantis**  
Albany Associates in Cardiology  
Albany  
St. Peter’s Hospital – Albany, Samaritan  
Hospital – Albany Memorial Campus  
Interventional Cardiology, Heart  
Disease, Hypertension

**Ricardo Esquitin**  
NewYork-Presbyterian Medical Group  
Hudson Valley  
Cortlandt Manor  
NewYork-Presbyterian Hudson Valley  
Hospital  
Heart Attack, Hypertension,  
Cholesterol/Lipid Disorders

**Steven A. Fein**  
Albany Med Cardiology  
Albany  
Albany Med  
Non-Invasive Cardiology

**Ali Hammoud**  
Kingston  
Nuvance Health Northern Dutchess  
Hospital, Nuvance Health Vassar  
Brothers Medical Center  
Cardiac Catheterization

**Seth E. Hurwitz**  
Metropolitan Cardiology Consultants  
Goshen  
St. Anthony Community Hospital, Bon  
Secours Community Hospital  
Echocardiography, Nuclear  
Cardiology

**Sanjaya Jha**  
The Heart Center, part of Nuvance  
Health  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
Cardiac Imaging, Preventive  
Cardiology

**Jonathan S. Katz**  
Crystal Run Healthcare  
West Nyack  
Good Samaritan Hospital – Suffern,  
Montefiore Nyack Hospital  
Heart Disease, Echocardiography,  
Cardiac Imaging

**Ellis W. Lader**  
WMHealth Heart & Vascular Institute  
Kingston  
Westchester Medical Center,  
HealthAlliance Hospital: Mary’s Avenue  
Campus  
Heart Failure, Cholesterol/Lipid  
Disorders, Arrhythmias

**Stephen D. Lazar**  
WMCHealth Heart & Vascular Institute  
New Windsor  
Westchester Medical Center,  
Montefiore St. Luke's Cornwall  
*Non-Invasive Cardiology*

**William Lee**  
The Heart Center, part of Nuvance  
Health  
New Windsor  
Montefiore St. Luke's Cornwall,  
Nuvance Health Vassar Brothers  
Medical Center  
*Cardiac Imaging, Preventive  
Cardiology*

**Julie Ling**  
The Heart Center, part of Nuvance  
Health  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
*Cardiac Imaging, Preventive  
Cardiology*

**James J. Lyons**  
The Heart Center, part of Nuvance  
Health  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
*Heart Failure, Non-Invasive  
Cardiology, Nuclear Cardiology*

**James D. McLaughlin**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Non-Invasive Cardiology,  
Echocardiography, Nuclear  
Cardiology*

**Veeranna Merla**  
Northern Medical Specialists  
Carmel  
Nuvance Health Putnam Hospital

**Gary W. Nathanson**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Emmanuel O. Nketiah**  
Garnet Health Doctors  
Middletown  
Garnet Health Medical Center

**Edward F. Philbin**  
Albany Med Cardiology  
Albany  
Albany Med  
*Heart Failure, Transplant Medicine-  
Heart*

**Joseph D. Sacco**  
Albany Med Cardiology  
Albany  
Albany Med  
*Ischemic Heart Disease,  
Hypertension, Cholesterol/Lipid  
Disorders*

**Inderpal Singh**  
ColumbiaDoctors  
Goshen  
Garnet Health Medical Center

**Sandeep Singh**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center,  
Montefiore St. Luke's Cornwall  
*Cholesterol/Lipid Disorders, Nuclear  
Cardiology, Coronary Artery Disease*

**Lawrence W. Solomon**  
The Heart Center, part of Nuvance  
Health  
Fishkill  
Nuvance Health Putnam Hospital,  
Vassar Brothers Medical Center  
*Cardiac Imaging, Preventive  
Cardiology*

**David B. Southren**  
Advanced Cardiovascular Care  
West Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern  
*Cholesterol/Lipid Disorders, Non-  
Invasive Cardiology, Preventive  
Cardiology*

**Lance E. Sullenberger**  
Capital Cardiology Associates  
Albany  
Albany Med, St. Peter's Hospital –  
Albany  
*Cardiac Imaging, Cardiac CT  
Angiography, Preventive Cardiology*

**Jeffrey R. Uzzilia**  
Capital Cardiology Associates  
Albany  
Albany Med, St. Peter's Hospital –  
Albany  
*Coronary Artery Disease, Congestive  
Heart Failure, Cardiac Imaging*

**Harshan I. Weerackody**  
The Heart Center, part of Nuvance  
Health  
New Windsor  
Montefiore St. Luke's Cornwall,  
Nuvance Health Vassar Brothers  
Medical Center  
*Nuclear Cardiology*

**Kevin M. Woods**  
Capital Cardiology Associates  
Albany  
Albany Med, St. Peter's Hospital –  
Albany  
*Preventive Cardiology, Cardiac  
Imaging*

**Ying Yang**  
Crystal Run Healthcare  
Newburgh  
Garnet Health Medical Center,  
Montefiore St. Luke's Cornwall -  
Newburgh  
*Nuclear Cardiology,  
Echocardiography, Vascular Medicine*

## CHILD & ADOLESCENT PSYCHIATRY

**Steven J. Cooper**  
Frawley Mental Health Outpatient  
Clinic  
Suffern  
Good Samaritan Hospital – Suffern-  
n,  
Rockland Psychiatric Center  
*ADD/ADHD, Autism Spectrum  
Disorders, Behavioral Disorders*

**Thandar A. Win**  
Synergy of Monticello  
Monticello

## COLON & RECTAL SURGERY

**Asna A. Amin**  
Columbia Memorial Surgical Associates  
Hudson  
Columbia Memorial Health  
*Colon & Rectal Cancer, Telemedicine*

**Jill C. Genua**  
Capital District Colon & Rectal Surgery  
Associates  
Albany  
St. Peter's Hospital – Albany  
*Colonoscopy, Anal Cancer,  
Inflammatory Bowel Disease*

**Pranat Kumar**  
Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
*Robotic Surgery, Colon & Rectal  
Cancer, Inflammatory Bowel Disease*

**Edward C. Lee**  
Albany Med General Surgery  
Albany  
Albany Med  
*Colon & Rectal Cancer*

**Brian T. Valerian**  
Albany Med Division of General  
Surgery  
Albany  
Albany Med  
*Anal Cancer, Colon & Rectal Cancer &  
Surgery, Minimally Invasive Surgery*

**Nora L. Yip**  
Capital District Colon & Rectal Surgery  
Associates  
Albany  
St. Peter's Hospital – Albany  
*Colonoscopy, Minimally Invasive  
Surgery, Laparoscopic Surgery*

## DERMATOLOGY

**Craig Austin**  
Craig Austin Dermatology  
Fishkill and Rhinebeck  
*Eczema, Dermatopathology, Skin  
Cancer & Moles*

**Joseph Scott. Baler**  
4 Palisades Drive, Suite 240  
Albany  
St. Peter's Hospital – Albany  
*Rosacea, Skin Cancer, Psoriasis/  
Eczema*

**Samuel E. Book**  
The Center for Skin Surgery  
New Windsor  
Good Samaritan Hospital – Suffern  
*Mohs Surgery, Skin Cancer,  
Melanoma*

**Robert J. Cohen**  
Dermatology Center of Rockland  
Orangeburg  
NewYork-Presbyterian/Columbia  
University Irving Medical Center  
*Dermatologic Surgery, Cosmetic  
Dermatology, Medical Dermatology*

**Edward B. Desciak**  
Center for Laser & Dermatologic  
Surgery  
Pomona  
NewYork-Presbyterian/Columbia  
University Irving Medical Center  
*Skin Cancer, Melanoma, Mohs  
Surgery*

**Salvatore J. Di Grandi**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Medical Dermatology, Acne &  
Rosacea, Eczema*

**Joshua P. Fogelman**  
Dermatology Center of Rockland  
Orangeburg  
NewYork-Presbyterian/Columbia  
University Irving Medical Center  
*Medical Dermatology, Cosmetic  
Dermatology, Botox*

**Peter C. Friedman**  
The Skin Center Dermatology Group  
New City  
*Medical Dermatology, Phototherapy*

**Anthony Neal. Gregory**  
Upstate Dermatology  
Castleton-on-Hudson  
Samaritan Hospital – Albany Memorial  
Campus, Columbia Memorial Health  
*Mohs Surgery, Skin Cancer*

**Andrew S. Gutterman**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital,  
NewYork-Presbyterian Hudson Valley  
Hospital  
*Medical Dermatology, Skin Cancer &  
Moles, Rosacea*

**Filamer D. Kabigting**  
Hudson Dermatology  
Kingston  
*Dermatopathology*

**Kenneth T. Kircher**  
Advanced Dermatology  
Lake Katrine  
HealthAlliance Hospital: Mary's Avenue  
Campus

**Michael J. Mulvaney**  
Dermatologic Surgery of Albany  
Albany  
*Mohs Surgery, Skin Cancer*

**Wendy R. Parish**  
361 Broadway  
Kingston  
*Skin Cancer & Moles, Dermatologic  
Surgery*

**Hendrik I. Uyttendaele**

Hudson Dermatology  
Poughkeepsie  
*Skin Cancer, Psoriasis, Melanoma*

**Heidi A. Waldorf**

Waldorf Dermatology Aesthetics  
Nanuet  
*Facial Rejuvenation, Botox, CoolSculpting*

**DEVELOPMENTAL-BEHAVIORAL PEDIATRICS****Diane M. Cicatello**

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Developmental & Behavioral Disorders, Autism Spectrum Disorders, ADD/ADHD*

**DIAGNOSTIC RADIOLOGY****Lisa Ann Fisher**

Radiologic Associates  
Middletown  
Garnet Health Medical Center, Garnet  
Health Medical Center – Catskills  
*Gastrointestinal Imaging*

**Vikash S. Panghaal**

CareMount Medical  
Fishkill  
*Musculoskeletal Imaging, Breast Imaging, Body Imaging*

**ENDOCRINOLOGY, DIABETES & METABOLISM****Jonathan Castro**

Horizon Family Medical Group  
Monroe  
*Thyroid Disease, Osteoporosis, Diabetes*

**Florence I. Celzo-Vista**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Thyroid Cancer, Osteoporosis, Metabolic Bone Disorders*

**Ayesha Cheema**

Medical Associates of the Hudson  
Valley  
Kingston  
HealthAlliance Hospital: Broadway  
Campus

**Samer S. Eldeiry**

Albany Med Endocrinology  
Albany  
Albany Med  
Diabetes, Thyroid Disorders,  
Metabolic Disorders

**Brian K. Golden**

Diabetes & Endocrinology Consultants  
West Nyack

**Scott T. Hines**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Diabetes, Thyroid Disorders, Osteoporosis*

**Kristen T. Hull**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Diabetes, Thyroid Disorders, Osteoporosis*

**Carla Iudica-Souza**

Endocrine Associates of Rockland  
Pomona  
*Adrenal Disorders, Diabetes, Pituitary Disorders*

**Melissa A. Price**

CareMount Medical  
Fishkill  
Nuvance Health Putnam Hospital  
*Bone Disorders, Thyroid Cancer, Thyroid Ultrasound*

**Jonathan Schlosser**

Rockland Endocrine and Diabetes  
Services  
Suffern  
*Good Samaritan Hospital – Suffern*

**Jay G. Watsky**

Albany Med Endocrinology  
Albany  
Albany Med  
*Thyroid Disorders, Thyroid Cancer*

**FAMILY MEDICINE****Dimitri Alvarez**

Highland Medical Family Practice  
Associates of Rockland  
Valley Cottage  
Montefiore Nyack Hospital  
Community Health

**James P. Aram**

Brunswick Family Practice  
Troy  
*Geriatric Medicine, Preventive Medicine, Chronic Illness*

**Todd E. Baldwin**

CareMount Medical  
Lake Katrine  
HealthAlliance Hospital: Broadway  
Campus  
*Telemedicine*

**Lisa R. Bevilacqua**

CapitalCare Medical Group  
Slingerlands  
*Preventive Medicine, Women's Health*

**Thomas Castiglia**

Northern Medical Specialists  
Pawling  
*Diabetes, Cardiovascular Disease, Hypertension*

**Joseph C. Chavez Carey**

Garnet Health Doctors  
Goshen  
Garnet Health Medical Center  
*Preventive Medicine, Chronic Illness, Hypertension*

**Francine L. Cormier**

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Acupuncture, Telemedicine*

**Scott J. Costley**

Nuvance Health Medical Practice  
Kingston  
Nuvance Health Northern Dutchess  
Hospital, Nuvance Health Vassar  
Brothers Medical Center  
*Preventive Medicine*

**Margaret M. Coughlan**

3712 Route 44  
Millbrook  
*Preventive Medicine, Travel Medicine, Chronic Illness*

**Anthony D'Ambrosio**

Nuvance Health Medical Practice  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Preventive Medicine*

**Liana Das**

CareMount Medical  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital  
*Telemedicine*

**Wael Fakhoury**

Crystal Run Healthcare  
Newburgh  
Montefiore St. Luke's Cornwall, Garnet  
Health Medical Center  
*Pediatrics, Geriatric Medicine, Addiction Medicine*

**Grahame W. Fitz**

St. Peter's Internal and Family Medicine  
Albany  
St. Peter's Hospital – Albany  
*Preventive Medicine*

**Daniel Fitzgerald**

Jefferson Heights Family Care  
Catskill  
Columbia Memorial Health  
*Preventive Medicine*

**Daren R. Garb**

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Christie D. Garb**

CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Karl M. Heymann**

CareMount Medical  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital  
*Telemedicine*

**Vincent M. Ibelli**

Orangetown Family Practice  
Tappan  
Montefiore Nyack Hospital  
*Asthma, Hypertension, Integrative Medicine*

**Bogdan Iorgu**

WMCHealth Physicians  
Kingston  
HealthAlliance Hospital: Mary's Avenue  
Campus, HealthAlliance Hospital:  
Broadway Campus  
*Geriatric Medicine*

**Jean A. Jaeger**

CareMount Medical  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital  
*Telemedicine*

**Mark A. Josefski**

The Institute for Family Health  
Kingston  
*Sports Medicine*

**David S. Kang**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Preventive Medicine*

**Allison R. Lucchesi**

CareMount Medical  
New Paltz  
HealthAlliance Hospital: Broadway  
Campus, Nuvance Health Northern  
Dutchess Hospital  
*Telemedicine*

**Craig Maier**

Community Care Physicians  
Delmar

**Marcus E. Martinez**

Twin Rivers Medical  
Hoosick Falls  
Southwestern Vermont Medical Center

**Shawkat G. Massih**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Preventive Medicine, Hypertension, Cholesterol/Lipid Disorders*

**Sharon L. Alger-Mayer**

Albany Med Clinical Nutrition  
Albany  
Albany Med  
*Eating Disorders, Anorexia, Bulimia*

**Francis C. Mayle III**

Nuvance Health Medical Practice  
Modena  
Nuvance Health Vassar Brothers  
Medical Center

**Megan McMullan**

The Institute for Family Health  
Kingston  
HealthAlliance Hospital: Broadway  
Campus  
*Women's Health*

**Laura A. Nicoll**

Crystal Run Healthcare  
Monroe  
Garnet Health Medical Center  
*Women's Health, Geriatric Medicine, Pediatrics*

**Leigh A. Rieper**

Sun River Health  
Beacon

**Chester Robbins**  
Hurley Avenue Family Medicine  
Kingston  
*Geriatric Medicine*

**Vincent Savath**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Laura Ellen. Staff**  
Capital District Medical & Wellness  
Albany  
Albany Med, St. Peter's Hospital –  
Albany

**Sheryl Sulangi-Lorenc**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Preventive Medicine*

**Lisa M. Thorn**  
CapitalCare Family Practice Averill Park  
Averill Park  
*Geriatric Medicine*

**Lauren Vigna**  
First Care Family Practice  
Highland  
*Complementary Medicine, Women's  
Health*

**Stacey Whyte-Connell**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Preventive Medicine*

**Jay A. Zaslou**  
Open Door Family Medical Centers  
Brewster  
Nuvance Health Putnam Hospital,  
Northern Westchester Hospital

## GASTROENTEROLOGY

**Khurram I. Ashraf**  
Premier Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Endoscopy, Colonoscopy,  
Gastrointestinal Cancer*

**Louis N. Aurisicchio**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Endoscopy & Colonoscopy, Gastric &  
Esophageal Disorders, Liver Disease*

**Matthew Joseph. Ben**  
Albany Gastroenterology Consultants  
Albany  
St. Peter's Hospital – Albany, Albany  
Med  
*Liver Disease, Crohn's Disease, Colitis*

**Hal N. Buch**  
Buch Gastroenterology  
Kingston

**Georgia M. Close**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Telemedicine*

**Edward Croen**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center,  
Montefiore St. Luke's Cornwall  
*Liver Disease, Hepatitis,  
Inflammatory Bowel Disease*

**Robert S. Dean**  
Premier Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Barrett's Esophagus, Pancreatic &  
Biliary Disease, Endoscopy*

**Kevin Dodd**  
Hudson Valley Gastroenterology  
Kingston  
HealthAlliance Hospital: Broadway  
Campus, Margaretville Memorial  
Hospital  
*Endoscopy & Colonoscopy,  
Pancreatic/Biliary Endoscopy (ERCP)*

**Majed El-Zouhairi**  
Premier Medical Group  
New Windsor  
Montefiore St. Luke's Cornwall  
*Obesity, Liver Disease, Endoscopy &  
Colonoscopy*

**David J. Ellis**  
Horizon Family Medical Group  
Goshen  
Garnet Health Medical Center, St.  
Anthony Community Hospital

**Andrew M. Goldenberg**  
Digestive Disease Associates of  
Rockland  
Pomona  
Good Samaritan Hospital – Suffern,  
Montefiore Nyack Hospital

**Bora Gumustop**  
Albany Gastroenterology Consultants  
Albany  
St. Peter's Hospital – Albany, Albany  
Med

**Steven E. Helft**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Digestive Disorders*

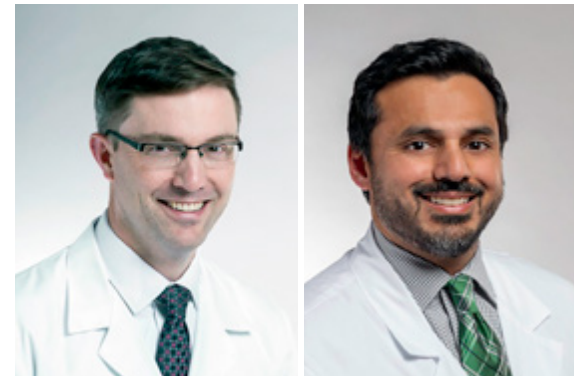
**Todd P. Jessup**  
Crystal Run Healthcare  
Rock Hill  
Garnet Health Medical Center, Garnet  
Health Medical Center – Catskills  
*Gastroesophageal Reflux Disease  
(GERD), Colon Cancer Screening*

**Varun Kumar**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Clostridium Difficile Infection (C.  
Difficile)*

## TOP DOCTORS

### Ryan Swan, M.D. & Pranat Kumar, M.D.

#### Nuvance Health Vassar Brothers Medical Center



In the winter of 2021, Sheena Volkmann began experiencing rectal bleeding. By the time the busy 39-year-old social worker and mom went to her primary care doctor that summer, she was referred to a gastroenterologist who performed a colonoscopy and detected a tumor. A subsequent biopsy alarmingly revealed stage IV rectal cancer which had spread to her liver. Stage IV rectal cancer has a 17 percent survival rate.

The Vassar Brothers Medical Center rectal cancer tumor board reviewed Sheena's case and jumped into action. They recommended chemotherapy prior to surgery to see if the liver cancer would respond to the treatment. Sheena had eight cycles of chemotherapy via IV infusion over four months. To everyone's relief, she had a great response to the chemo, which shrunk the liver tumors enough so she could safely have liver surgery. Ryan Swan, MD, a Vassar Brothers gastrointestinal surgical oncologist, performed a laparoscopic right hepatectomy in February, removing the right half of Sheena's liver. He also treated cancerous lesions on the left side.

Again, Sheena responded remarkably well. She then had five weeks of radiation therapy at the Dyson Center for Cancer Care (part of Vassar Brothers Medical Center), to shrink the rectal tumor before surgery in June, which was performed by Pranat Kumar, M.D., director of Rectal Cancer Program at Vassar Brothers Medical Center. Dr. Kumar did a robotic resection (removal) of the cancer, and then reconnected her colon using healthy rectal tissue.

At press time, Sheena was considered to be NED (no evidence of disease) and cancer-free. Her doctors will follow her closely with CT scans, colonoscopies, and blood tests at regular intervals since the risk of rectal cancer recurring ranges from 3 percent to 14 percent, usually within five years after surgery.

PHOTOS COURTESY OF NUVANCE HEALTH VASSAR BROTHERS MEDICAL CENTER

**Michael S. Kushner**  
Putnam Gastroenterology  
Carmel  
Nuvance Health Putnam Hospital  
*Gastrointestinal Disorders, Liver Disease, Colon Cancer Screening*

**Seth A. Levin**  
Horizon Family Medical Group  
New Windsor  
Montefiore St. Luke's Cornwall

**Murali A. Perumal**  
Horizon Family Medical Group  
New Windsor  
Montefiore St. Luke's Cornwall

**Joseph M. Polito**  
Albany Gastroenterology Consultants  
Albany  
St. Peter's Hospital – Albany, Albany Med  
*Crohn's Disease, Inflammatory Bowel Disease, Endoscopy*

**Seth J. Richter**  
Albany Med Gastroenterology  
Albany  
Albany Med  
*Gastrointestinal Disorders, Endoscopy & Colonoscopy, Barrett's Esophagus*

**Roxan F. Saidi**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Gastric & Esophageal Disorders, Colitis, Liver Disease*

**Viyada Sarabanchong**  
Digestive Disease Associates of Rockland  
Pomona  
Montefiore Nyack Hospital, Good Samaritan Hospital – Suffern  
*Endoscopy, Liver Disease, Women's Health*

**Tamer Sargios**  
Premier Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, MidHudson Regional Hospital  
*Barrett's Esophagus, Crohn's Disease, Colitis*

**Robert J. Scoyni**  
Crystal Run Healthcare  
Rock Hill  
Garnet Health Medical Center, Garnet Health Medical Center – Catskills  
*Colon Cancer Screening, Irritable Bowel Syndrome, Inflammatory Bowel Disease*

**Vipul H. Shah**  
Digestive Disease Associates of Rockland  
Pomona  
Good Samaritan Hospital – Suffern, Montefiore Nyack Hospital  
*Pancreatic & Biliary Disease, Pancreatic/Biliary Endoscopy (ERCP), Endoscopic Therapies*

**Lance M. Siegel**  
Horizon Family Medical Group  
Goshen  
Garnet Health Medical Center, St. Anthony Community Hospital

**Stuart Weinberger**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers Medical Center  
*Telemedicine*

## GERIATRIC MEDICINE

**Jodi B. Friedman**  
Nuvance Health Medical Practice  
Rhinebeck  
Nuvance Health Northern Dutchess Hospital  
*Alzheimer's Disease, Memory Disorders*

**Craig N. Moss**  
Medical Associates of the Hudson Valley  
Kingston  
*Alzheimer's Disease, Diabetes, Preventive Medicine*

**Alvin K. Viray**  
Crystal Run Healthcare  
Middletown

## GYNECOLOGIC ONCOLOGY

**Heidi E. Godoy**  
New York Oncology Hematology  
Albany  
St. Peter's Hospital

**Patrick F. Timmins III**  
Women's Cancer Care Associates  
Poughkeepsie  
St. Peter's Hospital – Albany, Albany Med  
*Gynecologic Cancers*

## HAND SURGERY

**Gina C. Del Savio**  
Crystal Run Healthcare  
New Windsor  
Montefiore St. Luke's Cornwall  
*Trauma*

**Doron Ilan**  
Northeast Orthopedics & Sports Medicine  
Nanuet  
St. John's Riverside Hospital-Dobbs Ferry Pavilion  
*Hand & Upper Extremity Surgery*

**Michelle L. Moyer**  
Orthopedic Associates of Dutchess County  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Nuvance Health Northern Dutchess Hospital  
*Hand & Upper Extremity Surgery*

**David E. Quinn**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter's Hospital – Albany  
*Hand Injuries, Shoulder Surgery, Elbow Surgery*

**Richard L. Uhl**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter's Hospital – Albany  
*Upper Extremity Surgery, Trauma*

**Richard R. Whipple**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter's Hospital – Albany  
*Hand Surgery, Carpal Tunnel Syndrome, Shoulder Replacement*

## HEMATOLOGY

**Bradley J. Cohen**  
Highland Medical, P.C.  
Nyack  
Montefiore Nyack Hospital, Good Samaritan Hospital – Suffern  
*Lymphoma, Colon Cancer, Lung Cancer*

**Ramamohana Kancherla**  
Hudson Valley Cancer Center  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, MidHudson Regional Hospital  
*Leukemia & Lymphoma*

**Ponciano L. Reyes Jr**  
Hudson Valley Health Care System  
Poughkeepsie  
VA Hudson Valley Medical Center-Montrose  
*Hematologic Malignancies, Benign Hematology,*

**Jason Rubin**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers Medical Center  
*Telemedicine*

**Lesley Ann. Stead**  
Goshen Medical Associates  
Goshen  
Westchester Medical Center, St. Anthony Community Hospital

## INFECTIOUS DISEASE

**Neeta Chitkara**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital, NewYork-Presbyterian Hudson Valley Hospital

**Anousheh Ghezal-Ayagh**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St. Anthony Community Hospital  
*Sexually Transmitted Diseases, Pneumonia, HIV*

**Shelley A. Gilroy**  
Albany Med HIV Medicine  
Albany  
Albany Stratton VA Medical Center, Albany Med  
*HIV/AIDS, Sexually Transmitted Diseases*

**Philip J. Palmieri**  
Upstate Infectious Diseases Associates  
Albany  
St. Peter's Hospital – Albany  
*HIV/AIDS, Lyme Disease, Meningitis*

**Marc A. Tack**  
Medical Associates of the Hudson Valley  
Kingston  
HealthAlliance Hospital: Broadway Campus  
*Lyme Disease, Hepatitis, HIV*

**Andrew E. Yanofsky**  
Medical Associates of the Hudson Valley  
Kingston  
HealthAlliance Hospital: Mary's Avenue Campus, HealthAlliance Hospital: Broadway Campus  
*Lyme Disease, Hepatitis, HIV*

## INTERNAL MEDICINE

**Kavita Aggarwal**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, MidHudson Regional Hospital  
*Telemedicine*

**Arbie B. Baccay**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Hypertension, Diabetes, Cholesterol/Lipid Disorders*

**Lev L. Barats**  
Community Care Physicians  
Slingerlands  
St. Peter's Hospital – Albany  
*Preventive Medicine*

**Ruth Blash**  
CareMount Medical  
Fishkill

**Thomas M. Burnette**  
CareMount Medical  
Brewster  
Northern Westchester Hospital  
*Telemedicine*

**Yorlery Bustamante**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Telemedicine*

**Patricia Casimir**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers Medical Center

**Amy E. Cocina**  
Nuvance Health Medical Practice  
Rhinebeck  
Nuvance Health Northern Dutchess Hospital  
*Preventive Medicine*

**Carlo F. Diminico**  
CareMount Medical  
Poughkeepsie  
MidHudson Regional Hospital

**Lisa A. Ferrara**  
Rockland Pulmonary & Medical Associates  
West Nyack  
Good Samaritan Hospital – Suffern

**Karen J. Finnigan**  
Crystal Run Healthcare  
Middletown  
*Asthma, Osteoporosis, Heart Disease*

**Jose R. Fontanez**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers Medical Center, MidHudson Regional Hospital  
*Telemedicine*

**Michael J. Gardner**  
St. Peter’s Internal Medicine  
Albany  
St. Peter’s Hospital – Albany  
*Preventive Medicine*

**Michael Geringer**  
CareMount Medical  
Hopewell Junction  
MidHudson Regional Hospital

**Brandi D. Gestri**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Telemedicine*

**Philip P. Goodwin**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center  
*Telemedicine*

**George Gorich**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital, NewYork-Presbyterian Hudson Valley Hospital  
*Geriatric Medicine, Osteoporosis, Weight Management*

**William J. Higgins**  
NewYork-Presbyterian Medical Group  
Hudson Valley  
Cold Spring  
NewYork-Presbyterian Hudson Valley Hospital  
*Geriatric Medicine, Alzheimer’s Disease*

**Jai K. Jalaj**  
Dutchess Pulmonary Associates  
Wappingers Falls  
Nuvance Health Vassar Brothers Medical Center  
*Pulmonary Disease, Sleep Medicine*

**Debra Karnasiewicz**  
Medical Associates of the Hudson Valley  
Kingston  
*Women’s Health, Preventive Medicine, Obesity*

**Neha Khullar**  
Upstate Infectious Diseases Associates  
Albany  
St. Peter’s Hospital – Albany  
*Infectious Disease*

**Sophia S. Lee**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center

**Paul G. Mangiafico**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Telemedicine*

**Anthony Martini**  
Middletown Medical  
Warwick  
*Diabetes, Weight Management, Hypertension*

**Elisabeth W. McKeon**  
Jefferson Heights Family Care  
Catskill  
Columbia Memorial Health

**Cynthia H. Miller**  
Albany Med HIV Medicine  
Albany  
Albany Med  
*HIV/AIDS*

**Nicole M. Monserrate**  
Community Care Physicians  
Delmar

**Jonathan Nasser**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, Montefiore St. Luke’s Cornwall  
*Pediatrics, Preventive Medicine*

**Daniil Niyazov**  
Community Care Physicians  
Delmar

**Charles E. O’Dowd**  
Clarkstown Medical Associates  
New City  
Montefiore Nyack Hospital

**John S. Pomichter**  
Hudson Medical Care  
Hudson  
Columbia Memorial Health

**Brianna Riccobono**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital

**Adam L. Rubinstein**  
Hudson Valley Primary Care  
Wappingers Falls  
Nuvance Health Vassar Brothers Medical Center, Westchester Medical Center  
*Pediatrics, Preventive Medicine, Chronic Illness*

**Rabi Sinha**  
Community Primary Care  
Hopewell Junction  
Nuvance Health Vassar Brothers Medical Center

**Laurence A. Tawil**  
Crystal Run Healthcare  
Rock Hill

**Rommel Tolentino**  
Schodack Internal Medicine and Pediatrics  
Castleton-On-Hudson  
*Pediatrics, Preventive Medicine*

**Arthur F. Tolis**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center

**Sunhee D. Woo**  
Premier Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center

**Valerie J. Zarcone**  
Putnam Valley Internal Medicine  
Putnam Valley  
NewYork-Presbyterian Hudson Valley Hospital, NYU Langone Health – Tisch Hospital

**Albert H. Zucker**  
Bon Secours Medical Group  
Monroe  
Good Samaritan Hospital – Suffern

## INTERVENTIONAL CARDIOLOGY

**Gregory G. Bishop**  
Albany Associates in Cardiology  
Albany  
St. Peter’s Hospital – Albany, Samaritan Hospital – Albany Memorial Campus  
*Angioplasty & Stent Placement, Echocardiography*

**William Gotsis**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, Montefiore St. Luke’s Cornwall  
*Cardiac Catheterization, Angioplasty & Stent Placement*

**M Zubair Jafar**  
The Heart Center, part of Nuvance Health  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center  
*Cardiac Catheterization, Coronary Artery Disease-Complex, Heart Valve Disease*

**Louis W. Kantaros**  
The Heart Center, part of Nuvance Health  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Nuvance Health Northern Dutchess Hospital  
*Peripheral Vascular Disease, Coronary Artery Disease, Coronary Angioplasty/Stents*

**Nish H. Patel**  
Albany Associates in Cardiology  
Albany  
St. Peter’s Hospital – Albany, Samaritan Hospital – Troy, NY

**Michael H. Yen**  
The Heart Center, part of Nuvance Health  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Nuvance Health Northern Dutchess Hospital  
*Coronary Artery Disease, Coronary Angioplasty/Stents, Peripheral Vascular Disease*

## MATERNAL & FETAL MEDICINE

**Kimberly Heller**  
Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center  
*High-Risk Pregnancy, Ultrasound*

**Lillian M. Kaminsky**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Prenatal Diagnosis, Fetal Diagnosis & Therapy*

## MEDICAL ONCOLOGY

**Robert E. Dinsmore**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, Garnet Health Medical Center – Catskills  
*Hematology, Palliative Care*

**Joseph J. Dudek**  
New York Oncology Hematology  
Albany  
St. Peter’s Hospital – Albany, Samaritan Hospital – Albany Memorial Campus  
*Cancer Immunotherapy, Leukemia & Lymphoma, Hematologic Malignancies*

**Jeffrey L. Halaas**  
CareMount Medical  
Brewster  
Northern Westchester Hospital, Nuvance Health Putnam Hospital  
*Breast Cancer, Leukemia & Lymphoma, Ovarian Cancer*

**G. Varuni Kondagunta**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, Garnet Health Medical Center – Catskills  
*Breast Cancer, Genitourinary Cancer*

**Mathew Lonberg**  
Highland Medical, P.C.  
Nyack  
Montefiore Nyack Hospital, Good Samaritan Hospital – Suffern  
*Lung Cancer, Breast Cancer, Lymphoma*

**Michael J. Maresca**  
Hudson Valley Cancer Center  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, MidHudson Regional Hospital  
*Genitourinary Cancer, Prostate Cancer, Kidney Cancer*

**Radhika Rachamalla**

Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital

**Irina Rybalova**

Highland Medical, P.C.  
Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern  
*Breast Cancer, Gynecologic Cancers,  
Hematologic Malignancies*

**Gurvinder Sethi**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center,  
Montefiore St. Luke’s Cornwall  
*Leukemia & Lymphoma,  
Gastrointestinal Cancer, Breast  
Cancer*

**Jeffrey M. Stewart**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center,  
Montefiore St. Luke’s Cornwall  
*Hematology, Bone Marrow Transplant*

**NEONATAL-PERINATAL  
MEDICINE****Joaquim M. B. Pinheiro**

Albany Med  
Albany  
*Neonatal Critical Care, Prematurity/  
Low Birth Weight Infants*

**NEPHROLOGY****Darshan S. Arora**

Northeast Nephrology Associates  
Troy  
Saratoga Hospital  
*Hypertension, Glomerulonephritis,  
Kidney Failure-Acute*

**Michael Capicotto**

Nuvance Health Medical Practice  
Carmel  
Nuvance Health Putnam Hospital

**Rachel F. Colvin**

Horizon Family Medical Group  
Goshen  
Garnet Health Medical Center  
*Hypertension, Diabetic Kidney  
Disease, Dialysis Care*

**Susmitha Dhanyamraju**

WMHealth Physicians  
Poughkeepsie  
MidHudson Regional Hospital,  
Westchester Medical Center  
*Chronic Kidney Disease, Diabetes,  
Hemodialysis*

**Paul Feldman**

Advanced Kidney Care of Hudson  
Valley  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Montefiore St. Luke’s  
Cornwall  
*Transplant Medicine-Kidney,  
Wegener’s Granulomatosis, End  
Stage Renal Disease*

**Madhavi Katikaneni**

NewYork-Presbyterian Medical Group  
Hudson Valley  
Putnam Valley  
NewYork-Presbyterian Hudson Valley  
Hospital  
*Hemodialysis, Kidney Disease, Kidney  
Stones*

**Arthur M. Kozin**

Rockland Renal Associates  
West Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern  
*Hypertension, Kidney Failure,  
Diabetic Kidney Disease*

**Geoffrey Lee**

Advanced Kidney Care of Hudson  
Valley  
Kingston  
HealthAlliance Hospital: Broadway  
Campus, Nuvance Health Northern  
Dutchess Hospital  
*Dialysis Care*

**Yaakov Liss**

CareMount Medical  
Brewster  
Northern Westchester Hospital,  
Nuvance Health Putnam Hospital  
*Dialysis Care*

**Michal J. Tracz**

Rockland Renal Associates  
West Nyack  
Good Samaritan Hospital – Suffern,  
Montefiore Nyack Hospital

**NEUROLOGICAL SURGERY****Jeffrey W. Degen**

Oppenheim & Degen Neurological  
Surgeons  
Middletown  
Montefiore St. Luke’s Cornwall, Good  
Samaritan Hospital – Suffern  
*Neuro-Endoscopy, Minimally Invasive  
Spinal Surgery, Brain & Spinal Cord  
Tumors*

**Thomas McCormack**

St. Peter’s Hospital Spine and  
Neurosurgery  
Latham  
St. Peter’s Hospital – Albany  
*Pain-Chronic*

**Jeffrey S. Oppenheim**

Oppenheim & Degen Neurological  
Surgeons  
West Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern  
*Spinal Surgery, Brain Tumors*

**NEUROLOGY****Uma Alampur**

Upstate Neurology  
Poughkeepsie  
*Electromyography (EMG),  
Neuromuscular Disorders*

**Shaheda N. Azher**

CareMount Medical  
Poughkeepsie  
MidHudson Regional Hospital

**Zewditu Bekele-Arcuri**

Crystal Run Healthcare  
Middletown  
St. Anthony Community Hospital  
Montefiore St. Luke’s Cornwall  
*Epilepsy, Neuromuscular Disorders,  
Multiple Sclerosis*

**Ashlesh Dani**

CareMount Medical  
Poughkeepsie  
MidHudson Regional Hospital

**Fabio O. Danisi**

APS Neurology  
Poughkeepsie  
MidHudson Regional Hospital  
*Movement Disorders, Parkinson’s  
Disease, Dystonia*

**Shany David**

Nuvance Health Medical Practice  
Kingston  
Nuvance Health Northern Dutchess  
Hospital  
*Multiple Sclerosis, Dementia,  
Peripheral Neuropathy*

**Lyle J. Dennis**

Bon Secours Neurology  
Suffern  
Good Samaritan Hospital – Suffern  
*Stroke, Headache, Multiple Sclerosis*

**Andrew J. Faskowitz**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Palliative Care, Pain Management*

**Zoltan Fekete**

Crystal Run Healthcare  
Rock Hill  
St. Anthony Community Hospital  
*Headache, Epilepsy/Seizure  
Disorders, Multiple Sclerosis*

**Olga Fishman**

Crystal Run Healthcare  
Middletown  
St. Anthony Community Hospital,  
Montefiore St. Luke’s Cornwall  
*Epilepsy*

**Dmitri Gorelov**

Crystal Run Healthcare  
Middletown  
St. Anthony Community Hospital  
Montefiore St. Luke’s Cornwall  
*Peripheral Neuropathy, Myasthenia  
Gravis*

**David E. Hart**

Albany Med Neurology  
Albany  
Albany Med  
*Electromyography (EMG), Guillain-  
Barre Syndrome, Stroke*

**John T. Hughes**

Cornwall Neurology  
Newburgh  
Montefiore St. Luke’s Cornwall  
*Migraine, Epilepsy/Seizure Disorders,  
Multiple Sclerosis*

**David Alex. Jaeger**

Crystal Run Healthcare  
Middletown  
St. Anthony Community Hospital  
Montefiore St. Luke’s Cornwall  
*Movement Disorders*

**Timothy M. Lynch**

Albany Med Neurology  
Albany  
Albany Med  
*Epilepsy, Seizure Disorders*

**Amber N. Mitchell**

Nuvance Health Medical Practice  
Kingston  
Nuvance Health Northern Dutchess  
Hospital  
*Epilepsy/Seizure Disorders*

**Paul D. Mullin**

Medical Associates of the Hudson  
Valley  
Phoenicia  
Nuvance Health Northern Dutchess  
Hospital  
*Epilepsy, Memory Disorders*

**David T. Ober**

Bon Secours Neurology  
Suffern  
Good Samaritan Hospital – Suffern  
*Neuromuscular Disorders, Botox,  
Electrodiagnosis*

**Glenn M. Seliger**

Helen Hayes Hospital Neurology  
West Haverstraw  
Helen Hayes Hospital  
*Head Injury*

**NEURORADIOLOGY****Richard J. Friedland**

Hudson Valley Radiologists  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
*Head & Neck Radiology,  
Interventional Neuroradiology,  
Epilepsy*

**Mark Glicklich**

Northeast Radiology  
Brewster  
*Brain Imaging, Head & Neck  
Radiology, Spinal Imaging*

**David M. Krakowski**

Hudson Valley Radiologists  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
*Brain & Spinal Imaging, Osteoporosis  
Spine-Kyphoplasty, Head & Neck  
Radiology*

**Joel M. Schwartz**

Hudson Valley Radiology Associates  
New City  
Montefiore Nyack Hospital

**Emil Shih**

Hudson Valley Radiologists  
Poughkeepsie  
Nuvance Health Northern Dutchess  
Hospital, Nuvance Health Vassar  
Brothers Medical Center



## OBSTETRICS & GYNECOLOGY

### Mridasim Aguwa

CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

### Christine Beer

CareMount Medical  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital  
*Gynecology Only, Telemedicine*

### Rupinder Bhangoo

CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Telemedicine*

### Matthew D. Cantor

NewYork-Presbyterian Medical Group  
Hudson Valley  
Cold Spring  
NewYork-Presbyterian/Columbia  
University Irving Medical Center,  
NewYork-Presbyterian Hudson Valley  
Hospital  
*Minimally Invasive Surgery,  
Hysteroscopic Surgery, Colposcopy*

### Nicole Ceradini

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*High-Risk Pregnancy, Telemedicine*

### Stephen T. Cestari

Crystal Run Healthcare  
Middletown  
Montefiore St. Luke's Cornwall  
Hospital-Newburgh  
*Ultrasound, Laparoscopic Surgery-  
Complex, Robotic Surgery*

### Meedlen Charles

NewYork-Presbyterian Medical Group  
Hudson Valley  
Cold Spring  
NewYork-Presbyterian Hudson Valley  
Hospital  
*Menstrual Disorders, Pregnancy,  
Women's Health*

### Angelo Cumella

CareMount Medical  
Brewster  
Northern Westchester Hospital  
*Gynecology Only, Laparoscopic  
Surgery, Robotic Surgery*

### Kimberly J. Henderson

Nuvance Health Medical Practice  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital

### Jeffrey B. Katz

CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Laparoscopic Surgery, Pregnancy,  
Telemedicine*

### Laura M. Kaye

CareMount Medical  
Carmel  
Northern Westchester Hospital  
*Telemedicine*

### David A. Menges

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital

### Jennifer A. Mosmen

Albany Obstetrics & Gynecology  
Albany  
St. Peter's Hospital – Albany  
*Vulvar & Vaginal Disorders, Vulvar  
Disease, Adolescent Gynecology*

### Lance Murphy

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

### Amy Novatt

CareMount Medical  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital  
*Menopause Problems, Adolescent  
Gynecology, Laparoscopic Surgery*

### Tapti Panda

Crystal Run Healthcare  
Warwick  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Obstetrics, Pediatric Gynecology*

### Rebecca G. Rogers

Albany Med  
Albany  
*Pelvic Floor Disorders, Pelvic Organ  
Prolapse Repair, Incontinence-  
Urinary*

### Danielle Rooney

Community Care Physicians  
Latham  
Ellis Hospital, Albany Med  
*Preventive Medicine, Minimally  
Invasive Surgery*

### Timothy Rydell

Crystal Run Healthcare  
Warwick  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Infertility, Urogynecology, Pelvic  
Organ Prolapse Repair*

### Toni A. Saychek

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

### Deborah K. Spencer

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, Garnet  
Health Medical Center – Catskills

### Maureen Terranova

CareMount Medical  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital  
*Telemedicine*

### Susan Vosko

CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Telemedicine*

### Ilan J. Zedek

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Incontinence-Urinary, Pelvic Organ  
Prolapse Repair, Laparoscopic  
Surgery*

## OPHTHALMOLOGY

### Sonia B. Kern

Ramapo Ophthalmology Associates  
Pomona  
Bon Secours Community Hospital  
*Corneal Disease & Surgery,  
Keratoconus, Cornea Transplant*

### Gerard P. Barry

Children's Medical Eye Consultants  
Latham  
Albany Med, St. Peter's Hospital –  
Albany  
*Pediatric Ophthalmology,  
Retinopathy of Prematurity*

### Samuel A. Berger

Ophthalmic Consultants of Rockland  
Suffern  
Good Samaritan Hospital – Suffern,  
Montefiore Einstein Campus  
*Corneal Disease*

### Pawan Bhatnagar

Retina Consultants  
Slingerlands  
Albany Med, Samaritan Hospital –  
Albany Memorial Campus  
*Retina/Vitreous Surgery, Retinal  
Detachment, Uveitis*

### Robert E. Brass

Brass Eye Center  
Latham  
Albany Med  
*Corneal Disease, Cataract Surgery,  
Intraocular Lens Replacement*

### Erich Braun

CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Cataract Surgery, Anterior Segment  
Surgery*

### Mohsin M. Cheema

Cheema MD Eye Care  
Kingston  
*Cataract Surgery, Glaucoma, Dry Eye  
Syndrome*

### David Chen

Hudson Valley Eye Surgeons  
Fishkill  
*Oculoplastic Surgery*

### Greg Diamond

Hudson Valley Eye Surgeons  
Fishkill

### Robert Eden

Slingerlands  
Albany Med  
*Cataract Surgery, Laser Refractive  
Surgery*

### Donna M. Esposito

Hudson Valley Eye Surgeons  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Cataract Surgery, Intraocular Lens,  
Dry Eye Syndrome*

### Naomi S. Falk

Retina Consultants  
Slingerlands  
Albany Med, Samaritan Hospital –  
Albany Memorial Campus  
*Retinal Disorders, Macular  
Degeneration, Diabetic Eye Disease/  
Retinopathy*

### Lawrence K. Fox

CareMount Medical  
Poughkeepsie  
MidHudson Regional Hospital  
*Cataract Surgery*

### Paul N. Guerriero

Hudson Valley Eye Surgeons  
Fishkill  
*Retina/Vitreous Surgery*

### Roger C. Husted

CareMount Medical  
Rhinebeck  
Nuvance Health Northern Dutchess  
Hospital  
*Telemedicine*

### Thien T. Huynh

Highland Ophthalmology Associates  
New Windsor  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Glaucoma, Cataract Surgery, Laser-  
Assisted Cataract Surgery*

### Jonathan I. Huz

Retina Consultants  
Slingerlands  
Albany Med  
*Retina/Vitreous Surgery*

### Jeffrey M. Josef

Suffern  
Good Samaritan Hospital – Suffern  
*Retinal Disorders*

### Howard J. Kaplan

Hudson Retina  
Carmel  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Retinal Disorders, Retina/Vitreous  
Surgery,*

### Jeffrey Leen

Rockland Eye Physicians & Surgeons  
Garnerville  
Good Samaritan Hospital – Suffern  
*Pediatric Ophthalmology,  
Strabismus,*

**David A. Liebergall**  
Ophthalmic Consultants of Rockland  
Suffern  
Good Samaritan Hospital – Suffern  
*Cataract Surgery, Intraocular Lens  
Replacement, Glaucoma*

**Maria McPherson**  
Hudson Valley Ophthalmology  
Hudson  
Columbia Memorial Health  
*Cataract Surgery, Retinal Disorders,  
Dry Eye Syndrome*

**Dale R. Meyer**  
Ophthalmic Plastic Surgery  
Slingerlands  
Albany Med  
*Oculoplastic & Orbital Surgery, Eyelid  
Problems/Ptosis/Blepharospasm*

**Nancy E. Miller-Rivero**  
Hudson Retina  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Retinal Disorders, Retina/Vitreous  
Surgery*

**John C. Nichols II**  
Hudson Valley Eye Surgeons  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center

**Pat-Michael Palmiero**  
Hudson Valley Eye Surgeons  
Fishkill  
New York Eye and Ear Infirmary of  
Mount Sinai  
*Glaucoma, Cataract Surgery*

**Rupal P. Panghaal**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital

**Alexandra Pappas**  
CareMount Medical  
Lake Katrine  
Nuvance Health Northern Dutchess  
Hospital  
*Retinal Disorders*

**Joseph Paskowski**  
Ophthalmic Consultants of Rockland  
Suffern  
Mount Sinai Hospital

**Matthew Pomykala**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center

**Andrew Robinson**  
Capital Eye Care  
Troy  
Samaritan Hospital – Troy, NY  
*Cornea Transplant, Cataract Surgery,  
Anterior Segment Surgery*

**Robert Schultze**  
Cornea Consultants of Albany  
Slingerlands  
Albany Med  
*Laser Refractive Surgery, Cornea  
Transplant, Cataract Surgery*

**Steven T. Simmons**  
Glaucoma Consultants of the Capital  
Region  
Slingerlands  
Albany Med  
*Glaucoma*

**Phyllis E. Weingarten**  
Rockland iCare  
Suffern  
Good Samaritan Hospital – Suffern,  
New York Eye and Ear Infirmary of  
Mount Sinai  
*Pediatric Ophthalmology, Strabismus*

**Glen H. Weiss**  
Rockland Eye Physicians & Surgeons  
Garnerville  
Good Samaritan Hospital – Suffern  
*Cataract Surgery, Contact Lenses*

**David M. Witzel**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Glaucoma*

**Edward Wladis**  
Ophthalmic Plastic Surgery  
Slingerlands  
Albany Med  
*Neuro-Ophthalmology, Oculoplastic  
& Reconstructive Surgery*

**Andreas Wolter**  
Seeta Eye Centers  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Glaucoma, LASIK-Refractive Surgery*

**Jitka L. Zabal-Ratner**  
Children’s Medical Eye Consultants  
Latham  
Albany Med, St. Peter’s Hospital –  
Albany  
*Pediatric Ophthalmology, Strabismus*

#### ORTHOPEDIC SURGERY

**Mark D. Aierstok**  
Orthopedic Associates of Dutchess  
County  
Kingston  
HealthAlliance Hospital: Mary’s Avenue  
Campus, Nuvance Health Northern  
Dutchess Hospital  
*Sports Medicine, Knee Replacement,  
Shoulder Replacement*

**Richard Alfred**  
The Bone & Joint Center  
Albany  
Albany Med  
*Sports Injuries, Trauma*

**R. Maxwell Alley**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter’s Hospital –  
Albany  
*Sports Medicine, Arthroscopic  
Surgery, Trauma*

### TOP DOCTOR Suzette Gjonaj, M.D.

Boston Children’s Health Physicians



Last year, 16-year-old Sophia Turenchalk of Newburgh was experiencing pain and a “clicking sound” in her chest. Sophia’s primary care physician referred her to Suzette Gjonaj, M.D., a pediatric pulmonologist with Boston Children’s Health Physicians (BCHP) in Valhalla. Sophia had been previously diagnosed with asthma by another doctor but wasn’t responding to medication. Dr. Gjonaj asked Sophia’s mom to bring the previous “asthma” x-rays to the visit as well as a recording of the clicking sound (since it wasn’t constant and may not have happened at the visit).

When Dr. Gjonaj reviewed the older x-rays, she was very surprised to see that both indicated a pneumothorax (PTX), which is a collection of air that has leaked into the space between the lungs and chest wall. This condition can be dangerous and lethal. Sophia was re-imaged at BCHP and the PTX was still there. She was immediately admitted to Maria Fareri Children’s Hospital in Valhalla, where doctors inserted a chest tube to decompress the accumulated air. After further scanning showed blebs (little sacs of air) that could rupture in the future leading to other pneumothoraces, a pediatric surgeon performed video assisted thorascopy with bleb resection and pleurectomy to prevent future bursting. Sophia recovered very well and has not had additional pneumothoraces or “clicking sounds.”

“Although Sophia is still somewhat of a diagnostic dilemma, we have solved her ‘clicking’ symptom which could have potentially been life threatening,” says Dr. Gjonaj. At press time, Sophia was still asymptomatic, getting ready for her freshman year of college in Rochester, and has no activity restrictions.

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**Kenneth S. Austin**  
Bon Secours Orthopedic  
Suffern  
Good Samaritan Hospital – Suffern  
*Hip Replacement & Revision, Knee  
Replacement, Sports Medicine*

**Gabriel D. Brown**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Sports Medicine, Sports Injuries,  
Arthroscopic Surgery*

**Pierre A. Bruneau**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Reconstructive Surgery, Arthroscopic  
Surgery-Hip, Arthritis-Hip & Knee*

**Robert A. Cheney**  
The Bone & Joint Center  
Albany  
Albany Med  
*Spinal Surgery, Minimally Invasive  
Spinal Surgery, Spinal Surgery*

**Cory Czajka**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter’s Hospital –  
Albany  
*Trauma, Fractures, Musculoskeletal  
Injuries*

**William L. Davis Jr**  
Northeast Orthopedics & Sports  
Medicine  
Airmont  
Montefiore Moses Campus, Good  
Samaritan Hospital – Suffern  
*Fractures-Upper/Lower Extremities*

**Matthew R. DiCaprio**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter’s Hospital –  
Albany  
*Sarcoma-Soft Tissue, Bone Cancer,  
Bone Tumors-Benign*

**Frederick J. Fletcher**  
OrthoNY  
Albany  
St. Peter’s Hospital – Albany, Samaritan  
Hospital – Troy, NY  
*Hip & Knee Replacement, Minimally  
Invasive Surgery*

**Marc D. Fuchs**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter’s Hospital –  
Albany  
*Joint Reconstruction, Arthroscopic  
Surgery, Trauma*

**Christopher T. Gorczyński**  
Columbia Memorial Bone & Joint  
Center  
Hudson  
Columbia Memorial Health  
*Arthroscopic Surgery, Hip & Knee  
Replacement, Shoulder Replacement*

**John S. Juliano**  
Crystal Run Healthcare  
Warwick  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Sports Medicine, Pediatric  
Orthopedic Surgery*

**Barry S. Kraushaar**  
Northeast Orthopedics & Sports  
Medicine  
Nanuet  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern

**Lawrence Kusior**  
Orthopedic Associates of Dutchess  
County  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital

*Shoulder Arthroscopic Surgery, Knee  
Surgery, Cartilage Damage*

**Jordan M. Lisella**  
The Bone & Joint Center

Albany  
Albany Med  
*Foot & Ankle Surgery, Trauma,  
Reconstructive Surgery*

**Frank Lombardo**  
Orthopedic Associates of Dutchess  
County  
Kingston  
HealthAlliance Hospital: Mary’s Avenue  
Campus, Nuvance Health Northern  
Dutchess Hospital  
*Joint Replacement*

**Abigail Mantica**  
The Bone & Joint Center  
Albany  
Albany Med, St. Peter’s Hospital –  
Albany  
*Pediatric Orthopedic Surgery*

**Eric L. Martin**  
Garnet Health Doctors  
Middletown  
Garnet Health Medical Center, Garnet  
Health Medical Center – Catskills  
*Joint Reconstruction, Hip  
Replacement, Knee Replacement*

**Stephen G. Maurer**  
Orthopedic Associates of Dutchess  
County  
Kingston  
HealthAlliance Hospital: Mary’s Avenue  
Campus, Nuvance Health Vassar  
Brothers Medical Center  
*Sports Medicine, Shoulder  
Replacement, Shoulder Problems-  
Complex*

**Mark D. Medici**  
Northeast Orthopedics & Sports  
Medicine  
West Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern

**Patrick J. Murray**  
Northeast Orthopedics & Sports  
Medicine  
West Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern

**Richard Perkins**  
Orthopedic Associates of Dutchess  
County  
Kingston  
HealthAlliance Hospital: Mary’s Avenue  
Campus, Nuvance Health Northern  
Dutchess Hospital  
*Spinal Surgery, Spinal Disorders-  
Degenerative, Minimally Invasive  
Spinal Surgery*

**Steven Renzoni**  
Northeast Orthopedics & Sports  
Medicine  
Stony Point  
Montefiore Moses Campus, Good  
Samaritan Hospital – Suffern  
*Sports Injuries, Fractures-Upper/  
Lower Extremities*

**Yair Rubinstein**  
CareMount Medical  
Fishkill  
NewYork-Presbyterian Hudson Valley  
Hospital  
*Shoulder & Knee Surgery*

**Richard Semble**  
Northeast Orthopedics & Sports  
Medicine  
Orangeburg  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern  
*Orthopaedics-Non Surgical*

**Wen Shen**  
Orthopedic Associates of Dutchess  
County  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, Nuvance Health  
Northern Dutchess Hospital  
*Foot & Ankle Surgery, Reconstructive  
Surgery*

**Catherine H. Shin**  
Columbia Memorial Bone & Joint  
Center  
Hudson  
Columbia Memorial Health  
*Hand & Upper Extremity Surgery,  
Fractures, Carpal Tunnel Syndrome*

**Jordan A. Simon**  
Northeast Orthopedics & Sports  
Medicine  
Orangeburg  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern

**Andrew M. Somberg**  
Northeast Orthopedics & Sports  
Medicine  
West Nyack  
Montefiore Nyack Hospital, Good  
Samaritan Hospital – Suffern  
*Foot & Ankle Surgery*

**Adam D. Soyer**  
CareMount Medical  
Lake Katrine  
MidHudson Regional Hospital

**Kevin M. Trapp**  
Crystal Run Healthcare

Middletown  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Knee Replacement & Revision,  
Hip Replacement & Revision,  
Arthroscopic Surgery-Hip*

## OTOLARYNGOLOGY

**Ryan S. Borress**  
ENT and Allergy Associates  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Sinus Disorders/Surgery,  
Telemedicine*

**Richard DeMaio**  
ENT and Allergy Associates  
New Windsor  
Garnet Health Medical Center  
*Pediatric Otolaryngology, Endoscopic  
Sinus Surgery, Sleep Disorders/  
Apnea/Snoring*

**David Foyt**  
Albany Med ENT  
Albany  
Albany Med  
*Hearing Disorders/Tinnitus, Facial  
Nerve Disorders, Cochlear Implants*

**Lisa T. Galati**  
Albany Med ENT  
Albany  
Albany Med  
*Head & Neck Cancer, Laryngeal  
Cancer, Swallowing Disorders*

**John P. Gavin**  
Albany ENT & Allergy Services  
Albany  
St. Peter’s Hospital – Albany, Samaritan  
Hospital – Albany Memorial Campus  
*Pediatric & Adult Otolaryngology,  
Telemedicine*

**Lawrence S. Kaufman**  
Albany ENT & Allergy Services  
Albany  
St. Peter’s Hospital – Albany, Samaritan  
Hospital – Albany Memorial Campus  
*Telemedicine*

**Mitchell Kolker**  
ENT and Allergy Associates  
New Windsor  
Garnet Health Medical Center, Nuvance  
Health Vassar Brothers Medical Center

**Michael J. Kortbus**  
Albany Med ENT  
Red Hook  
Albany Med, Columbia Memorial  
Hospital  
*Sinus Disorders*

**Siobhan M. Kuhar**  
Albany ENT & Allergy Services  
Albany  
St. Peter’s Hospital – Albany, Samaritan  
Hospital – Albany Memorial Campus  
*Telemedicine*

**Phillip L. Massengill**  
ENT and Allergy Associates  
Middletown  
Garnet Health Medical Center, Mount  
Sinai Hospital  
*Head & Neck Cancer*

**Robert R. Parks**  
CareMount Medical  
Fishkill  
Northern Westchester Hospital  
*Vocal Cord Paralysis*

**Rami Payman**  
ENT and Allergy Associates  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center

**Nora W. Perkins**  
Albany ENT & Allergy Services  
Albany  
St. Peter's Hospital – Albany, Samaritan  
Hospital – Albany Memorial Campus  
Sinus Disorders, Laryngeal  
Disorders, Telemedicine

**Edward Rhee**  
ENT and Allergy Associates  
West Nyack  
Good Samaritan Hospital – Suffern,  
Montefiore Nyack Hospital  
*Pediatric Otolaryngology, Endoscopic  
Sinus Surgery, Sleep Disorders*

**Jessica L. Riccio**  
Albany ENT & Allergy Services  
Albany  
*Tonsil/Adenoid Disorders*

**Eric J. Roffman**  
ENT and Allergy Associates  
West Nyack  
Good Samaritan Hospital – Suffern,  
Montefiore Nyack Hospital  
*Thyroid & Parathyroid Surgery, Sleep  
Apnea*

## OTOLARYNGOLOGY AND FACIAL PLASTIC SURGERY

**Manoj T. Abraham**  
Facial Plastic Reconstructive & Laser  
Surgery  
Poughkeepsie  
MidHudson Regional Hospital,  
Westchester Medical Center  
*Facial Plastic Surgery, Facial  
Rejuvenation, Rhinoplasty*

**Robert T. Adelson**  
Albany ENT & Allergy Services  
Albany  
Samaritan Hospital – Albany Memorial  
Campus, St. Peter's Hospital  
*Rhinosinusitis, Endoscopic Sinus  
Surgery, Nasal Surgery*

**Gavin Setzen**  
Albany ENT & Allergy Services  
Albany  
St. Peter's Hospital – Albany, Samaritan  
Hospital – Albany Memorial Campus  
*Pediatric & Adult Otolaryngology,  
Allergy & Immunotherapy, Head &  
Neck Inflammatory Disorders*

**Keimun Slaughter**  
The Williams Center  
Latham  
Albany Med, St. Peter's Hospital –  
Albany  
*Cosmetic & Reconstructive Surgery-  
Face, Hair Restoration/Transplant*

**Mark D. Very**  
ENT and Allergy Associates  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center

**Edwin F. Williams III**  
The Williams Center  
Latham  
Albany Med

## PAIN MEDICINE

**Charles E. Argoff**  
Albany Med Neurology  
Albany  
Albany Med  
*Headache, Pain-Interventional  
Techniques, Pain-Chronic*

**Scott Lawrence. Gottlieb**  
Gramercy Pain Management  
Pearl River  
HackensackUMC, New York Eye and  
Ear Infirmary of Mount Sinai  
*Pain Management*

**Jacob Handszer**  
CareMount Medical  
Brewster  
Nuvance Health Putnam Hospital  
*Knee & Shoulder Pain, Pain-Spine,  
Telemedicine*

**Neil P. Patel**  
Brain & Spine Surgeons of New York  
Nyack  
Montefiore Nyack Hospital  
*Pain – Cancer*

**Ali I. Seckin**  
Gramercy Pain Management  
Pearl River  
HackensackUMC, New York Eye and  
Ear Infirmary of Mount Sinai  
*Pain-Back & Neck, Spinal Cord  
Stimulation, Pain – Cancer*

**Niraj Sharma**  
Cardinal Spine & Pain Medicine  
Wappingers Falls  
Nuvance Health Vassar Brothers  
Medical Center, Westchester Medical  
Center

**Michael Colon**  
Capital District Pediatric Cardiology  
Associates  
Albany  
Albany Med, St. Peter's Hospital –  
Albany  
*Fetal Echocardiography, Preventive  
Cardiology*

**Eric D. Fethke**  
Boston Children's Health Physicians  
Middletown  
Garnet Health Medical Center,  
Montefiore Nyack Hospital  
*Echocardiography, Fetal Cardiology,  
Congenital Heart Disease*

**Robert N. Vincent**  
Boston Children's Health Physicians  
Boston Children's Health Physicians  
*Interventional Cardiology, Cardiac  
Catheterization, Transplant Medicine-  
Heart*

## PEDIATRIC ENDOCRINOLOGY

**Jill L. Brodsky**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Diabetes, Pubertal Disorders,  
Growth/Development Disorders*

**Linda M. Riddick**  
Albany Med Pediatric Endocrinology  
Albany  
Albany Med  
*Growth/Development Disorders,  
Diabetes, Pituitary Disorders*

## PEDIATRIC GASTROENTEROLOGY

**Stuart Berezin**  
Boston Children's Health Physicians  
Suffern  
Westchester Medical Center, Boston  
Children's Health Physicians  
*Gastroesophageal Reflux  
Disease (GERD), Celiac Disease,  
Inflammatory Bowel Disease*

**Cary M. Qualia**  
Albany Med Pediatric Gastroenterology  
Albany  
Albany Med  
*Inflammatory Bowel Disease, Celiac  
Disease, Gastroesophageal Reflux  
Disease (GERD)*

## PEDIATRIC HEMATOLOGY- ONCOLOGY

**Kanyalakshmi Ayyanar**  
Albany Med Pediatric Hematology and  
Oncology  
Albany  
Albany Med  
*Neuro-Oncology, Brain Tumors,  
Neurocutaneous Disorders*

**Jennifer M. Pearce**  
Albany Med Pediatric Hematology and  
Oncology  
Albany  
Albany Med  
*Hematologic Disorders, Hemophilia,  
Leukemia in Infants*

**Joanne C. Porter**  
Albany Med Pediatric Hematology and  
Oncology  
Albany  
Albany Med  
*Hemophilia, Bleeding/Coagulation  
Disorders, Histiocytoma*

## PEDIATRIC INFECTIOUS DISEASE

**Holly Swanson**  
Delmar Pediatrics  
Slingerlands  
St. Peter's Hospital – Albany, Albany  
Med  
*Travel Medicine, Meningitis*

## PEDIATRIC OTOLARYNGOLOGY

**Jason Mouzakes**  
Albany Med Pediatric Otolaryngology  
Albany  
Albany Med, Albany Stratton VA  
Medical Center  
*Airway Disorders, Cochlear Implants,  
Hearing Loss*

## PEDIATRIC PULMONOLOGY

**Suzette Gjonaj**  
Boston Children's Health Physicians  
Hawthorne  
Boston Children's Health Physicians,  
Westchester Medical Center

**Robert A. Kaslovsky**  
Albany Med Pediatric Pulmonology  
Albany  
Albany Med  
*Cystic Fibrosis, Asthma & Chronic  
Lung Disease, Pneumonia*

**Barry A. Kogan**  
Albany Med Urology  
Albany  
Albany Med  
*Genitourinary Reconstruction, Fetal  
Urology*

## PEDIATRICS

**Kathleen A. Brady**  
Giombetti & Brady Pediatrics  
Delmar  
St. Peter's Hospital – Albany, Samaritan  
Hospital – Albany Memorial Campus  
*Adolescent Medicine, Vaccines, ADD/  
ADHD*

**Alexander C. Brand**  
Delmar Pediatrics  
Slingerlands  
Albany Med

**Sharon M. Britos-Neves**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Emily R. Brown**  
Boston Children's Health Physicians  
Middletown  
Boston Children's Health Physicians,  
Garnet Health Medical Center

**Joseph Calabro**  
Premier Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center

**Shelley D. Carolan**

Crystal Run Healthcare  
Haverstraw  
Montefiore Nyack Hospital

**Margaret M. Centurioni**

Schoolhouse Pediatrics  
Albany  
Albany Med, St. Peter's Hospital – Albany  
*Developmental & Behavioral Disorders, Nutrition, Weight Management*

**Marc E. Childs**

CareMount Medical  
Brewster  
Northern Westchester Hospital  
*Telemedicine*

**Danielle Cigliano**

CareMount Medical  
Lake Katrine  
Nuvance Health Vassar Brothers Medical Center, Nuvance Health Northern Dutchess Hospital

**Karma Cinnante**

CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers Medical Center, Westchester Medical Center

**Cynthia Cohen**

Boston Children's Health Physicians  
Orangeburg

**Sejal Dalwadi**

The Children's Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center

**Ingrid M. Dodard**

CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center  
*Telemedicine*

**Jocelyn A. Dummett**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Obesity, Weight Management*

**Claire Jocelene. Elpenord**

Hillcrest Medical Associates  
Nanuet  
Good Samaritan Hospital – Suffern

**David Fenner**

The Children's Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center  
*Chronic Illness, Nutrition, Preventive Medicine*

**Veena S. Gangasani**

CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers Medical Center  
*Telemedicine*

**Annabell Garcia**

CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers Medical Center

**Peter Gergely**

Gergely Pediatrics  
Garrison  
NewYork-Presbyterian Hospital/Weill Cornell Medical Center

**Todd P. Giombetti**

Giombetti & Brady Pediatrics  
Delmar  
St. Peter's Hospital – Albany, Samaritan Hospital – Albany Memorial Campus  
*Growth/Development Disorders, ADD/ADHD, Obesity*

**Risa Gorelick**

Hillcrest Medical Associates  
Nanuet  
Good Samaritan Hospital – Suffern

**Carol L. Greenblatt**

CapitalCare Pediatrics Troy  
Troy

**Marc Habert**

The Children's Medical Group  
Fishkill  
Nuvance Health Vassar Brothers Medical Center  
*Newborn Care, Asthma, Infectious Disease*

**Arnel B. Hechanova**

Columbia Memorial Pediatrics  
Hudson  
Columbia Memorial Health  
*Asthma*

**Lawrence Eric. Krawitz**

Hillcrest Medical Associates  
Nanuet  
Good Samaritan Hospital – Suffern

**Jennifer K. Larner**

Delmar Pediatrics  
Slingerlands  
St. Peter's Hospital – Albany, Albany Med  
*Preventive Medicine, Adolescent Medicine, Vaccines*

**Kira Lawton**

The Children's Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center  
*Nutrition, Preventive Medicine*

**Sara J. Little**

Little Pediatrics  
Port Jarvis  
Bon Secours Community Hospital,  
Garnet Health Medical Center

**Judith A. Lucas**

Albany Med Developmental and Behavioral Pediatrics  
Albany  
Albany Med  
*Preventive Medicine, Developmental & Behavioral Disorders*

**TOP DOCTOR****Fabio Danisi, M.D.****MidHudson Regional Hospital**

**W**endy McCarthy recently returned from the trip of a lifetime to Greece, a vacation the Millbrook resident may not have been able to enjoy—or even take—without her recent treatment by Fabio Danisi, M.D., associate director of neurology at MidHudson Regional Hospital.

The 66-year-old was diagnosed with Parkinson's disease seven years ago and her symptoms had been under control with medication. However, as the disease progressed, higher doses of medicine were necessary and effective, but Wendy began to experience involuntary movements, an unfortunate side effect.

"After discussions amongst our team, we agreed Wendy would be a good candidate for deep brain stimulation," says Dr. Danisi. The procedure provides relief from the tremors, stiffness, mobility issues, and other common symptoms of Parkinson's.

For Wendy's deep brain stimulation, a surgeon implanted electrodes in the regions of her brain affected by the disease. A battery and pacemaker-like device were placed in her collar bone area to power continuous, electric brain stimulation that help mitigate symptoms. "Wendy did remarkably well. It usually takes several sessions to fine-tune the stimulation, but we were able to get very good results right away," says Dr. Danisi. The positive effects of deep brain stimulation can last a lifetime.

Dr. Danisi is skilled in the diagnosis and treatment of disorders such as Parkinson's disease, essential tremor, Huntington's, chorea, dystonia, tics, and spasticity. He's the principal investigator for several clinical trials for Parkinson's and Dystonia and has published book chapters and peer-reviewed articles on these topics.

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**Anthony F. Malone**  
CapitalCare Pediatrics Troy  
Troy  
Albany Med  
*Developmental & Behavioral Disorders*

**Mark E. Osborn**  
Saint Peter's Family Health Center  
Albany  
St. Peter's Hospital – Albany  
*Preventive Medicine, Adolescent Medicine, Developmental Disorders*

**Melanie K. Paige**  
Hillcrest Medical Associates  
Nanuet  
Good Samaritan Hospital – Suffern

**William Parsons**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Barbara Payne**  
CareMount Medical  
Rhinebeck  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Laura Polizzi**  
CareMount Medical  
Brewster  
Northern Westchester Hospital

**Douglas R. Puder**  
Clarkstown Pediatrics  
Nanuet  
*Asthma, Developmental Disorders*

Stacey K. Rosmarin  
**Monroe Pediatrics**  
Monroe  
Garnet Health Medical Center

**Andrew Satran**  
Advanced Pediatrics of Rockland  
Pomona  
Montefiore Nyack Hospital,  
Westchester Medical Center  
*Autism Spectrum Disorders*

**Carrin E. Schottler-Thal**  
Albany Med Pediatrics  
Albany  
Albany Med  
*Adolescent Medicine, Preventive Medicine*

**Jack Sobrin**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center  
*Telemedicine*

**Jessica Soni**  
CareMount Medical  
Hopewell Junction  
Nuvance Health Vassar Brothers  
Medical Center  
*Adolescent Medicine*

**Stefan A. Swicker**  
St. Peter's Internal Medicine &  
Pediatrics  
Albany  
St. Peter's Hospital – Albany  
*Preventive Medicine, Obesity, Nutrition*

**Elyse Teicher**  
Hillcrest Medical Associates  
Nanuet  
Good Samaritan Hospital – Suffern

**Traci A. Toll-Griffin**  
CareMount Medical  
Brewster  
Northern Westchester Hospital  
*Telemedicine*

**Anu Vatsan**  
CareMount Medical  
Brewster  
Northern Westchester Hospital

**Christine Verna**  
The Children's Medical Group  
Hopewell Junction  
Nuvance Health Vassar Brothers  
Medical Center

**Gary B. Wenick**  
CareMount Medical  
Brewster  
Danbury Hospital, Northern  
Westchester Hospital  
*Pediatric Endocrinology, Telemedicine*

## PHYSICAL MEDICINE & REHABILITATION

**Thomas J. Booker**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St.  
Anthony Community Hospital  
*Pain-Back & Neck, Sciatica, Complex Regional Pain Syndrome*

**Amit Dholakia**  
CareMount Medical  
Fishkill  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Pain Management, Telemedicine*

**Michael D. Robinson**  
Northeast Orthopedics & Sports  
Medicine  
Airmont  
Montefiore Moses Campus, Good  
Samaritan Hospital – Suffern  
*Pain-Neuropathic, Pain-Back & Neck, Electrodiagnosis*

**Jonathan A. Rudnick**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Sports Injuries, Pain Management, Sports Injuries*

## PLASTIC SURGERY

**Lucie Capek**  
Capek Plastic Surgery  
Cohoes  
Ellis Hospital, St. Peter's Hospital –  
Albany  
*Liposuction & Body Contouring, Fillers & Injectables*

**Jerome D. Chao**  
Chao Plastic Surgery  
Latham  
Saratoga Hospital, Albany Med  
*Cosmetic Surgery, Liposuction & Body Contouring, Blepharoplasty*

**Michael A. Fiorillo Jr**  
150 South Pearl Street  
Pearl River  
HackensackUMC  
*Breast Augmentation, Breast Reconstruction, Breast Lift*

**Sanjiv Kayastha**  
K Plastic Surgery  
Latham  
Ellis Hospital  
*Cosmetic Surgery, Skin Cancer*

**Karoline S. Nowillo**  
CareMount Medical  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Breast Cosmetic & Reconstructive Surgery, Body Contouring after Weight Loss, Facial Rejuvenation*

**Ashit Patel**  
Albany Med Plastic and Reconstructive  
Surgery  
Albany  
Albany Med

**Alain Polynice**  
The Williams Center  
Latham  
Albany Med, St. Peter's Hospital –  
Albany  
*Burns-Reconstructive Plastic Surgery, Breast Reconstruction & Augmentation, Liposuction & Body Contouring*

**Malcolm Z. Roth**  
Albany Med Plastic and Reconstructive  
Surgery  
Albany  
Albany Med  
*Cosmetic Surgery, Breast Cosmetic Surgery, Body Contouring after Weight Loss*

**Adam T. Silverman**  
New Beginnings Plastic &  
Reconstructive Surgery  
Poughkeepsie  
Nuvance Health Vassar Brothers  
Medical Center, MidHudson Regional  
Hospital  
*Facial Plastic Surgery, Liposuction, Reconstructive Plastic Surgery*

**Francis V. Winski**  
Westchester Medical Center  
Goshen  
Westchester Medical Center  
*Reconstructive Plastic Surgery, Cosmetic Surgery*

## PODIATRY

**Valerie Sprenz**  
CareMount Medical  
Fishkill  
Nuvance Health Northern Dutchess  
Hospital, Nuvance Health Vassar  
Brothers Medical Center  
*Asthma, Adolescent Medicine, Telemedicine*

## PSYCHIATRY

**William F. Cox**  
Pinnacle Behavioral Health  
Albany  
*Psychotherapy, Psychopharmacology, Forensic Psychiatry*

**Michael I. Levy**  
Highland Medical Psychiatry  
Nyack  
Montefiore Nyack Hospital  
*Psychopharmacology, Geriatric Psychiatry, Anxiety & Depression*

**Olanrewaju (Lanre) Somorin**  
Exodus Health  
Monroe  
Montefiore St. Luke's Cornwall  
*Addiction/Substance Abuse*

**Yelena Yermak**  
Nuvance Health Medical Practice  
Carmel  
Nuvance Health Putnam Hospital  
*Anxiety Disorders, Depression, Telemedicine*

## PULMONARY DISEASE

**Alexey Amchentsev**  
Crystal Run Healthcare  
Rock Hill  
Garnet Health Medical Center,  
Montefiore St. Luke's Cornwall  
*Chronic Obstructive Lung Disease (COPD), Critical Care, Sleep Medicine*

**Kristy L. Bauer**  
Rockland Pulmonary & Medical  
Associates  
West Nyack  
Good Samaritan Hospital – Suffern

**Petr Bezdicek**  
Goshen Medical Associates  
Goshen  
Westchester Medical Center, St.  
Anthony Community Hospital

**Benjamin G. Chang**  
Rockland Pulmonary & Medical  
Associates  
West Nyack  
Good Samaritan Hospital – Suffern  
*Sleep Disorders/Apnea, Critical Care*

**Barbara Chatr-Aryamontri**  
WMCHealth Advanced Physician Services  
Rhinebeck  
MidHudson Regional Hospital,  
HealthAlliance Hospital: Mary’s Avenue Campus  
*Sleep Disorders/Apnea, Asthma, Chronic Obstructive Lung Disease (COPD)*

**Samer El Zarif**  
Garnet Health Doctors  
Middletown  
Garnet Health Medical Center, Garnet Health Medical Center – Catskills  
*Sleep Disorders/Apnea*

**Steven Grundfast**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, Montefiore St. Luke’s Cornwall  
*Chronic Obstructive Lung Disease (COPD), Sleep Disorders/Apnea, Smoking Cessation*

**Leon S. Harris**  
Rockland Pulmonary & Medical Associates  
West Nyack  
Good Samaritan Hospital – Suffern

**Geoffrey E. Hulse**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St. Anthony Community Hospital  
*Lung Cancer, Critical Care, Occupational Lung Disease*

**Marc A. Judson**  
Albany Med Pulmonary and Critical Care Medicine  
Albany  
Albany Med  
*Lung Disease, Sarcoidosis, Interstitial Lung Disease*

**Boris Medarov**  
Albany Med Pulmonary and Critical Care Medicine  
Albany  
Albany Med Pulmonary & Critical Care Medicine  
*Pulmonary Hypertension, Sleep Disorders/Apnea*

**Stephen Menitove**  
Rockland Pulmonary & Medical Associates  
West Nyack  
Good Samaritan Hospital – Suffern

**Asaf Savir**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Asthma, Chronic Obstructive Lung Disease (COPD), Lung Cancer-Early Detection*

**Alan Schaffer**  
Goshen Medical Associates  
Goshen  
Westchester Medical Center, St. Anthony Community Hospital  
*Sleep Medicine*

**Thomas C. Smith**  
Albany Med Pulmonary and Critical Care Medicine  
Albany  
Albany Med  
*Critical Care, Bronchiectasis, Asbestos-related Lung Disease*

**Rajan Subbiah**  
Crystal Run Healthcare  
Rock Hill  
Garnet Health Medical Center, Montefiore St. Luke’s Cornwall  
*Chronic Obstructive Lung Disease (COPD), Asthma, Cough-Chronic*

**Shobharani Sundaram**  
Pulmonary & Critical Care Services  
Troy  
St. Peter’s Hospital – Albany, Samaritan Hospital – Troy, NY  
*Sleep Disorders*

## RADIATION ONCOLOGY

**Miriam A. Knoll**  
Advanced Radiation Oncology Services  
Nyack  
Montefiore Nyack Hospital  
*Stereotactic Radiosurgery, Brachytherapy, Intensity Modulated Radiotherapy (IMRT)*

**Dimitrios P. Papadopoulos**  
Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Putnam Hospital

**Duncan E. Savage**  
St. Peter’s Radiation Oncology  
Albany  
St. Peter’s Hospital – Albany  
*Intensity Modulated Radiotherapy (IMRT), Brachytherapy, Prostate Cancer*

**Camilo G. Torres**  
Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Northern Dutchess Hospital

## REPRODUCTIVE ENDOCRINOLOGY/ INFERTILITY

**Daniel Levine**  
Hudson Valley Fertility  
Fishkill  
Northern Westchester Hospital  
*Infertility, Miscarriage-Recurrent, Endometriosis*

## RHEUMATOLOGY

**Mark J. Bele**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Rheumatoid Arthritis, Scleroderma, Lupus/SLE*

**Ludovico Frank. Cavaliere**  
The Center for Rheumatology  
Albany  
*Rheumatoid Arthritis, Lupus/SLE, Fibromyalgia*

**Bella Fradlis**  
Garnet Health Doctors  
Middletown  
Garnet Health Medical Center  
*Arthritis, Lupus/SLE, Rheumatoid Arthritis*

**Dorota L. Hausner-Sypek**  
The Center for Rheumatology  
Albany  
*Fibromyalgia, Lupus/SLE, Rheumatoid Arthritis*

**Ronen Marmur**  
CareMount Medical  
Brewster  
Northern Westchester Hospital, Nuvance Health Putnam Hospital  
*Gout/Pseudogout, Lupus/SLE*

**Matthew H. Ornstein**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital, Northern Westchester Hospital  
*Arthritis, Musculoskeletal Ultrasound, Telemedicine*

**Shivani Purohit Mehta**  
Northeast Orthopedics & Sports Medicine  
Airmont  
Montefiore Moses Campus, Good Samaritan Hospital – Suffern  
*Autoimmune Disease, Lupus/SLE, Sjogren’s Syndrome*

**Anju Varghese-Charalel**  
Hudson Doctors  
New City  
Montefiore Nyack Hospital, Good Samaritan Hospital – Suffern

## SLEEP MEDICINE

**Anita Bhola**  
Montefiore St. Luke’s Cornwall Center for Sleep Medicine  
Cornwall  
Montefiore Nyack Hospital, Montefiore St. Luke’s Cornwall  
*Sleep Disorders/Apnea, Sleep & Snoring Disorders, Narcolepsy*

**Deogenes G. deLeon**  
Goshen Medical Associates  
Goshen  
Westchester Medical Center, St. Anthony Community Hospital

## SPORTS MEDICINE

**Richard L. Popowitz**  
Northeast Orthopedics & Sports Medicine  
Nauet  
Montefiore Nyack Hospital, Good Samaritan Hospital – Suffern

## SURGERY

**Lee S. Fleischer**  
Highland Surgical Associates  
West Nyack  
Montefiore Nyack Hospital  
*Laparoscopic Surgery, Gastrointestinal Surgery, Hernia*

**Adrienne Fueg**  
Highland Surgical Associates  
West Nyack  
Montefiore Nyack Hospital  
*Breast Surgery, Hernia, Gastrointestinal Surgery*

**Scott B. Grant**  
CareMount Medical  
Carmel Hamlet  
Nuvance Health Putnam Hospital  
*Thyroid & Parathyroid Cancer & Surgery, Endocrine Surgery*

**Andrew L. Isenberg**  
Community Care General Surgery  
Latham  
St. Peter’s Hospital – Albany  
*Laparoscopic Surgery*

**Ankesh Nigam**  
Albany Med Surgical Oncology  
Albany  
Albany Med  
*Pancreatic Cancer, Liver Tumors, Gastrointestinal Surgery*

**James R. Nitzkowski**  
Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Putnam Hospital  
*Cancer Surgery, Colon & Rectal Cancer, Melanoma*

**Aleksandr Rakhlin**  
Highland Surgical Associates  
West Nyack  
Montefiore Nyack Hospital  
*Laparoscopic Surgery, Robotic Surgery, Minimally Invasive Surgery*

**Lyda E. Rojas Carroll**  
CareMount Medical  
Carmel  
Nuvance Health Putnam Hospital  
*Breast Surgery, Breast Cancer, Breast Disease*

**Ryan Z. Swan**  
Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Putnam Hospital  
*Liver Surgery, Liver Cancer, Pancreatic Cancer*

**Guillermo Uy**  
Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center  
*Thyroid & Parathyroid Surgery, Laparoscopic Surger*

## THORACIC & CARDIAC SURGERY

**Faiz Y. Bhora**  
Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, Putnam Hospital  
*Lung Cancer, Tracheal Surgery, Esophageal Surgery*

**Cleveland W. Lewis Jr.**

Garnet Health Doctors  
Middletown  
Garnet Health Medical Center, Garnet Health Medical Center – Catskills  
*Lung Cancer, Chest Diseases-Benign, Chest Wall Tumors*

**Dennis Rassias**

Albany Thoracic and Esophageal Surgery  
Albany  
St. Peter's Hospital – Albany  
*Thoracic Surgery, Esophageal Surgery, Minimally Invasive Surgery*

**Javid Saifi**

Albany Cardiothoracic Surgeons  
Albany  
St. Peter's Hospital – Albany  
*Vascular Surgery, Coronary Artery Surgery, Heart Valve Surgery-Aortic*

**UROLOGY****Ross Bauer**

Bon Secours Urology  
Suffern  
Good Samaritan Hospital – Suffern  
*Kidney Stones, Bladder Cancer, Prostate Cancer*

**Mark Chang**

Advanced Urology Centers of New York  
West Nyack  
Montefiore Nyack Hospital, Good Samaritan Hospital – Suffern  
*Laparoscopic Surgery, Telemedicine*

**Mitchell C. Fraiman**

Bon Secours Urology  
Suffern  
Good Samaritan Hospital – Suffern  
*Prostate Cancer, Prostate Benign Disease (BPH), Kidney Cancer*

**John G. Giella**

Advanced Urology Centers of New York  
West Nyack  
Montefiore Nyack Hospital, Good Samaritan Hospital – Suffern  
*Kidney Stones, Prostate Cancer, Prostate Benign Disease (BPH)*

**Thomas Grimaldi**

CareMount Medical  
Carmel  
Nuvance Health, Nuvance Health Putnam Hospital Vassar Brothers Medical Center  
*Prostate Cancer, Kidney Cancer, Bladder Cancer*

**Michael E. Hoffman**

Middletown Medical  
Middletown  
Garnet Health Medical Center, Garnet Health Medical Center – Catskills  
*Kidney Stones, Prostate Benign Disease (BPH), Incontinence*

**Daniel M. Katz**

Premier Medical Group  
Arlington  
Nuvance Health Vassar Brothers Medical Center, MidHudson Regional Hospital  
*Urology-Female, Incontinence, Pelvic Organ Prolapse Repair*

**Michael P. Solliday**

Premier Medical Group  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center, MidHudson Regional Hospital  
*Urologic Cancer, Erectile Dysfunction, Incontinence*

**Praneeth Vemulapalli**

Premier Medical Group  
New Windsor  
Montefiore St. Luke's Cornwall - Newburgh  
*Minimally Invasive Surgery, Robotic Surgery*

**R Charles Welliver Jr**

Albany Med Urology  
Albany  
Albany Med, Albany Stratton VA Medical Center  
*Erectile Dysfunction, Peyronie's Disease, Prostate Benign Disease (BPH)*

**VASCULAR SURGERY****H. Michael Choi**

Rockland Thoracic & Vascular Associates  
Pomona  
Good Samaritan Hospital – Suffern, Englewood Hospital  
*Endovascular Surgery, Limb Salvage, Dialysis Access*

**R. Clement Darling III**

Albany Med Vascular Surgery  
Albany  
Albany Med, Columbia Memorial Hospital  
*Aneurysm-Abdominal & Thoracic Aortic, Arterial Bypass Surgery, Carotid Endarterectomy*

**John A. Fiorianti**

Crystal Run Healthcare  
Middletown  
Garnet Health Medical Center, St. Anthony Community Hospital  
*Vein Disorders, Varicose Veins, Endovascular Surgery*

**Joseph J. Fulton**

WMCHHealth Heart & Vascular Institute  
Poughkeepsie  
Westchester Medical Center, MidHudson Regional Hospital  
*Peripheral Vascular Disease, Aneurysm-Aortic, Thoracic Outlet Syndrome*

**Raghuram Gorti**

Garnet Health Doctors  
Middletown  
Garnet Health Medical Center, Garnet Health Medical Center – Catskills  
*Aortic Surgery, Varicose Veins, Angioplasty & Stent Placement*

**Jeontaik Kwon**

WMCHHealth Heart & Vascular Institute  
Kingston  
Westchester Medical Center, HealthAlliance Hospital: Mary's Avenue Campus  
*Endovascular Surgery, Thoracic Outlet Syndrome*

**Kathleen J. Ozsvath**

St. Peter's Vascular Associates  
Troy  
St. Peter's Hospital – Albany, Samaritan Hospital – Troy, NY  
*Arterial Bypass Surgery, Aneurysm-Aortic, Wound Care*

**Stephanie S. Saltzberg**

Kingston  
HealthAlliance Hospital: Broadway Campus

**Michael L. Schwartz**

Rockland Thoracic & Vascular Associates  
Pomona  
Good Samaritan Hospital – Suffern, Montefiore Nyack Hospital  
*Aneurysm-Abdominal & Thoracic Aortic, Carotid Artery Surgery, Peripheral Vascular Surgery*

**Andreas M. Spirig**

Nuvance Health Medical Practice  
Poughkeepsie  
Nuvance Health Vassar Brothers Medical Center

**HOW TOP DOCTORS ARE SELECTED**

Castle Connolly Top Doctors is a healthcare research company and the official

source for Top Doctors for over 25 years. 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.

The online nominations process—located at [castleconnolly.com/nominations](http://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. Once nominated, Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels.

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 also appear online at [castleconnolly.com](http://castleconnolly.com), or in conjunction with other Castle Connolly Top Doctors databases online on other sites and/or in print.

Castle Connolly was acquired by Everyday Health Group (EHG), one of the world's most prominent digital healthcare companies, in late 2018. EHG, a recognized leader in patient and provider education, attracts an engaged audience of more than 53 million health consumers and more than 780,000 U.S. practicing physicians and clinicians to its premier health and wellness websites. EHG combines social-listening data and analytics expertise to deliver highly personalized healthcare consumer content and effective patient engagement solutions. EHG's vision is to drive better clinical and health outcomes through decision-making informed by highly relevant data and analytics. Healthcare professionals and consumers are empowered with trusted content and services through the Everyday Health Group's flagship brands, including Everyday Health®, What to Expect®, MedPage Today®, Health eCareers®, PRIME® Education, and our exclusive partnership with MayoClinic.org® and The Mayo Clinic Diet.® Everyday Health Group is a division of J2 Global Inc. (NASDAQ: JCOM), and is headquartered in New York City.