

2-12-2024

InTouch Week of February 12, 2024

New York Medical College

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InTouch

a publication for the New York Medical College community

Week of February 12, 2024



NEWS



NYMC Celebrated the Grand Re-Opening of Doc's Café

NYMC celebrated the grand re-opening of Doc's Café on Monday, February 12 at noon. There were giveaways to the first 100 people. Operated by Silverleaf, the Café is supervised Glatt Kosher by the Orthodox Union. It will operate on a cashless system, accepting payments via credit cards, debit cards, and Apple Pay. The hours of operation are 8:00 a.m. to 2:00 p.m., Monday through Friday.

Catering is available for breakfast and lunch. All requests must be pre-approved by Vilma Bordonaro, M.B.A., chief of staff, at vilma_bordonaro@nymc.edu and submitted no less than one week prior to an event with no exceptions. The catering submission form is available on the TouroOne portal under the Campus Resources tab. Please refer to the [Food Services Policy](#) for all catering requests. Silverleaf can be reached at nymc-silverleaf@nymc.edu or (914) 594-4581. "We are pleased to offer the NYMC community another food option on campus," said Bordonaro. "The menus will be evolving as we gather feedback from the community, and we look forward to providing a pleasant dining experience for all."

NYMC and Regeneron Debut Neighborhood Science Seminar Series

NYMC and Regeneron are proud to announce the launch of the Neighborhood Science Seminar Series on Wednesday, February 28 at noon at Biolnc@NYMC in 7 Dana Road. The inaugural session of the seminar series will showcase **Aarti Sharma, Ph.D.**, associate director of Motor

Neuron Diseases at Regeneron.

[Read more >](#)

[Register >](#)



NYMC Alums Share Marriage, Memories, and a Lifetime Together

Alumni found more than a degree at the College, they found love. The couples of NYMC share how they met their spouses during their studies.

[Read more >](#)

LCME Element of the Week

In preparation for the SOM's April 2024 LCME accreditation visit, in the upcoming weeks, we will be featuring the most-cited elements, based on recent data from the LCME and how this is addressed at NYMC. This week's element is Fair and Timely Summative Assessment.

[Read more >](#)



SIGN Hosts "Ask a Neurologist" Podcast Series

In a pioneering move, the NYMC Student Interest Group in Neurology (SIGN) has introduced a compelling podcast series titled, "[Ask a Neurologist](#)," featuring interviews conducted by medical students with experts in the field of neurology on a range of neurological topics. "Our goal is to shed light on the different specialties within the field of neurology, and importantly, a glimpse into the life of physicians within and

beyond the clinic," said SIGN co-presidents Sahdev Baweja, SOM Class of 2026, and Michelle You, SOM Class of 2025. To date, several SOM faculty members have been featured, including Tracey Milligan, M.D., professor and chair of the Department of Neurology and an expert in the field of epilepsy; Stephan Mayer, M.D., professor of neurology and of neurosurgery and an expert in the field of neurocritical care; **Steven Wolf, M.D.**, clinical professor of pediatrics and an

expert in the field of pediatric epilepsy; Fawaz Al-Mufti, M.D., associate professor of neurology, neurosurgery, and of radiology, who is a triple board-certified neurologist, neurointensivist, and neuroendovascular surgeon; and Gurmeen Kaur, M.B.B.S., assistant professor of neurology and of neurosurgery, and Fabio Danisi, M.D., associate professor of neurology.

STUDENT SPOTLIGHT

SOM Student Ariel Yusupov Secures Spot in Westchester County Biosciences Accelerator Program

Ariel Yusupov, M.S., SOM Class of 2026, is one of just 12 budding entrepreneurs chosen to participate in the Westchester County Biosciences Accelerator Program this year.

[Read more >](#)



ACCOLADE



Bianca Stifani, M.D., clinical assistant professor of obstetrics and gynecology, was appointed to the editorial board of *Contraception*, an international journal in reproductive health and complex family planning.

NYMC SCAVENGER HUNT

Find the footman on campus and win an NYMC t-shirt! Put your detective skills to the test using the clues on [social media](#).

Contact the Office of Public Relations at public_relations@nymc.edu to claim your prize.





February is Black History Month. Test your knowledge on NYMC's proud history of diversity and inclusion on [Instagram](#).

TIPS OF THE WEEK

February is National Heart Month, a time dedicated to raising awareness about cardiovascular health. Srihari S. Naidu, M.D., professor of medicine, shares nine valuable tips to support your heart's well-being.

Nine Tips to Support Your Heart's Well-Being

1. Eat a healthy diet combination of fruits, vegetables, and lean protein to maintain an ideal body weight.
2. Stay active, preferably with activities, but alternatively at the gym, with a combination of some cardio and some resistance work.
3. Avoid the deadly habits of smoking, excessive alcohol, and illicit drugs.
4. Get plenty of sleep usually seven to eight hours a night, and find the hours of sleep that work best for your energy level.
5. Minimize stress in life by balancing work and life and obligations as best you can.
6. Manage your cholesterol and blood pressure initially with lifestyle changes. If it's not working in a few months, then medications are the best way.
7. Get checked for diabetes, especially if you are overweight or have a family history.
8. Take your medications to control risk factors and make sure to get to your cardiology appointments regularly.
9. Know the signs of a heart attack or vascular disease such as stroke or blockages in the legs, and don't delay if any unusual or worrisome symptoms - early and prompt treatment is the best treatment.

POLICIES

Update

- [GGSBMS Two-Year M.S. Block Program Policy](#)
- [Ten-Year Limit on Courses](#)

From the Graduate School of Biomedical Sciences, February 6, 2024

HIGHLIGHTS

[NYMC Goes Red for National Heart Month](#)
Wednesday, February 14, 2023 • 12:15 p.m.



Willner Lobby, MEC

Wear red to show your support for National Heart Month by joining the NYMC community for a group photo.



2024 HeLa Diversity, Equity and Inclusion Conference: Addressing Health Disparities in the Age of AI

**Thursday, February 29, 2024
2:00 p.m. • Nevins Auditorium, MEC**

Join the Office of Diversity and Inclusion for scholarly discussions surrounding the rising impact of the use of Artificial Intelligence in the practice of health care and the ramifications on already existing health disparities facing our society today.

[RSVP >](#)



NYMC Annual Golf Tournament and Reception

**Monday, June 17, 2024 • 10:00 a.m.
Saint Andrew's Golf Club
Hastings-on-Hudson, New York**

Sponsored by the NYMC Board of Advisors, the annual golf tournament is a fundraiser to benefit student scholarships and other initiatives at NYMC.

[RSVP >](#)

EVENTS ON THE NYMC CALENDAR

DATE	TIME	EVENT
Monday, February 12	12:00 p.m.	Grand Reopening of Doc's Cafe
	12:00 p.m.	SOM Seminar
	5:30 p.m.	Staff and Faculty Yoga
Tuesday, February 13	12:15 p.m.	Department of Psychiatry and Behavioral Sciences
	6:00 p.m.	Office of Student Mental Health and Wellness Healthy Eating or Disordered Thinking?
	6:00 p.m.	Office of Student Mental Health and Wellness Student Evening Meditation
	7:00 p.m.	Office of Student Academic Support Step1 Jumpstart Prep session - Microbiology
Wednesday, February 14	8:00 a.m.	Department of Pediatrics Grand Rounds
	12:00 p.m.	Department of Medicine

		Grand Rounds
	12:15 p.m.	NYMC Go Red Photo-op
	2:00 p.m.	SOM Seminar
Thursday, February 15	1:00 p.m.	GSBMS Fordham STEM Career Fair
	5:30 p.m.	Office of Student Mental Health and Wellness Student Yoga Class
Friday, February 16	12:15 p.m.	SOM Research Seminar

Add an event to the NYMC calendar here.

[Visit \[nymc.edu/calendar\]\(https://nymc.edu/calendar\) to view all events.](https://nymc.edu/calendar)

IN THE NEWS

Leadership News

[Commentary: Gov. Hochul, don't weaken kids' environmental health protections](#)

Times Union - 2/8/24

Robert W. Amler, M.D., M.B.A., dean of SHSP and vice president of government affairs

Faculty News

[When a Mentor Dies](#)

Psychology Today - 2/4/24

Abraham S. Bartell, M.D., M.B.A., clinical associate professor of psychiatry and behavioral sciences

Affiliate News

[The top states, hospitals for cardiac surgery, per Healthgrades](#)

Beckers Hospital Review - 2/5/24

Westchester Medical Center

[Westchester Medical Center Verified by the American Burn Association](#)

The Patch - 2/8/24

Joseph R. Turkowski, M.D., assistant professor of surgery

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