

5-13-2024

InTouch Week of May 13, 2024

New York Medical College

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InTouch

a publication for the New York Medical College community

Week of May 13, 2024



NEWS



Department of Surgery Hosts 20th Annual Louis R.M. Del Guercio Distinguished Visiting Professorship and Research Day

The Department of Surgery hosted the 20th Annual Louis R.M. Del Guercio Distinguished Visiting Professorship and Research Day on May 8.

[Read more >](#)

School of Medicine Class of 2026 Embarks on Clinical Years

Members of the Class of 2026 marked the

start of their clinical years on May 8, at a special ceremony in the John W. Nevins, M.D. '44 Auditorium.

[Read more >](#)



Andre Limnander, Ph.D., Presents at the Neighborhood Science Seminar Series

Andre Limnander, Ph.D., director of immunology and inflammation at Regeneron, shared groundbreaking research during NYMC's and Regeneron's Neighborhood Science Seminar Series on May 8. His focus was on a therapeutic strategy to target distinct sources of IgE, a primary driver of allergic disorders, and durably reverse allergy. Dr. Limnander's

team has found that IgE-switched cells display unique regulation relative to other isotypes, and allergic memory is primarily maintained by two main sources: IgG memory B cells that require class switching to IgE to generate new IgE-secreting cells, and pre-established IgE-secreting long-lived plasma cells. His team has further delineated a therapeutic strategy to target these distinct sources of IgE memory and durably reverse allergy.

[View the video >](#)

STUDENT SPOTLIGHT

SOM Student Commencement Speaker Embarks on OB/GYN

Residency

Ashley Sacks, SOM Class of 2024, will be the School of Medicine student speaker at the 165th commencement ceremony on May 21.

[Read more >](#)



ACCOLADES



Abha Amin, M.D., clinical associate professor of ophthalmology, won the Best in Class Award for her video, “Staging Complex Cases,” in the High Intensity Pearl in 90 Seconds or Less category at the 2024 American Society of Cataract and Refractive Surgery annual meeting in Boston, Massachusetts.

Robert W. Amler, M.D., M.B.A., dean of the SHSP and vice president for government affairs, was presented with the Westchester Institute of Human Development 2024 President’s Award at the Spring Gala on May 8 at Abigail Kirsch at Tappan Hill Mansion in Tarrytown, New York.



Nisha Beharie, Dr.P.H., M.P.H., assistant professor of public health, was appointed to the New York State Public Health Association Board of Trustees.



Neil W. Schluger, M.D., dean of the SOM and professor of medicine, was honored at *Westchester Magazine's* 11th annual Healthcare Heroes Awards luncheon on May 9, at Mulino's at Lake Isle in Eastchester, New York, and was profiled in the [May 2024 issue of the magazine](#). Alumna Janet Herbold, PT, Ph.D., M.P.H. '09, vice president of post acute services at Burke Rehabilitation Hospital, was also honored.



DID YOU KNOW



May 19 marks the 10th Anniversary of the first digital issue of [InTouch](#), transforming from print to the convenience of scrolling on your devices.

TIP OF THE WEEK

Stress can be defined as a physical or emotional response, often a state of worry or mental tension, triggered by an external stressor. In recognition of Mental Health Awareness Month in May, here are a few ways to mitigate or reduce stress from the Office of Student Mental Health and Wellness.

10 Ways to Reduce Stress

1. Social interaction. Direct conversation works best. Go beyond texting and get some face-to-face time.
2. Physical exercise.
3. Engage in relaxation exercises, such as deep breathing, guided meditation, progressive muscle relaxation, and guided imagery.
4. Have fun and laugh.
5. Engage in meaningful activities, hobbies, or things that bring you joy, even if it is only for a short amount of time. Remember it is always better to do something in a modified way than to not do it at all.
6. Establish work-home boundaries.
7. Try new and different ways of coping with stress. What worked at one time may not be as effective later, so we can improve health and well-being by expanding our selection of self-care tools.



- 8. Get enough sleep.
- 9. Develop a structured plan for your self-care. If you schedule it, it is more likely to happen. Block out time for breathing exercise, schedule a walk, set a reminder to call a friend, or to take a break.
- 10. Know when to ask for help. If you are trying these things and still not feeling like yourself, it can be useful to speak to a licensed mental health professional. Don't allow yourself to struggle. Prolonged stress can cause significant health problems and support is available.

HIGHLIGHTS



NYMC's 165th Commencement

SHSP Commencement Ceremony

The Performing Arts Center at Purchase
Tuesday, May 21, p.m., 10:15 a.m.

SOM Commencement Ceremony

The Performing Arts Center at Purchase
Tuesday, May 21, p.m., 2:00 p.m.

GSBMS Commencement Ceremony

NYMC Campus
Thursday, May 23, p.m., 2:00 p.m.



NYMC Annual Golf Tournament and Reception

Monday, June 17 • 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, May 13	5:30 p.m.	Staff and Faculty Yoga
Tuesday, May 14	12:15 p.m.	Medical Student Research Seminar Series - Neurosurgery
	5:00 p.m.	SOM Grand Rounds
	6:00 p.m.	Office of Student Mental Health and Wellness Student Meditation
Wednesday, May 15	8:30 a.m.	Department of Surgery Grand Rounds
	12:00 p.m.	Department of Medicine Grand Rounds
	1:30 p.m.	Department of Neurology Grand Rounds

Add an event to the NYMC calendar here.

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

IN THE NEWS

Leadership News

[New Volume of 'Medical Halachah Annual' Bridges Halacha and Modern Medical Ethics](#)

Jewish Link - 5/9/24

Alan Kadish, M.D., NYMC and TU president
Edward C. Halperin, M.D., M.A., chancellor and CEO

Edward Lebovics, M.D., interim chair, professor of medicine and the Sarah C. Upham Professor of Gastroenterology

David Shabtai, M.D., adjunct assistant professor of medicine

Zvi G. Loewy, Ph.D., adjunct professor of pathology, microbiology and immunology

[Cooler campus voices amid the mob](#)

New York Daily News - 5/4/24

Edward C. Halperin, M.D., M.A., chancellor and CEO

Alan Kadish, M.D., NYMC and TU president

Faculty News

[The Fight Against Cardiovascular Disease Is Strong in Westchester](#)

Westchester Magazine 914INC - 4/29/24

[The 7 Best Nasal Sprays For Stuffy, Runny And Itchy Noses](#)

Health - 5/7/24

Srihari S. Naidu, M.D., professor of medicine
 Joshua A. Melcer, M.D., assistant professor of medicine
 Sei Iwai, M.D., professor of medicine

[Advancing Tardive Dyskinesia Treatment with New Sprinkle Formulation of Valbenazine](#)

Psychiatric Times - 5/2/24
 Leslie L. Citrome, M.D., M.P.H., clinical professor of psychiatry and behavioral sciences

[An Update on Muscarinic Agonism as a Treatment for Schizophrenia](#)

Psychiatric Times - 5/5/24
 Leslie L. Citrome, M.D., M.P.H., clinical professor of psychiatry and behavioral sciences

Allen J. Dozor, M.D., professor of pediatrics and of clinical public health

[Again and Again, Trials Back Short DAPT Post-PCI in ACS: Practice Slow to Shift](#)

TCTMD - 5/3/24
 Srihari S. Naidu, M.D., professor of medicine

[Close Up Radio Spotlights Antony Arumairaj, M.D.](#)

Close Up Radio - 5/6/24
 Antony Arumairaj, M.D., clinical assistant professor of medicine

[New Clinical Guidance for Sjögren-Related Neuropathy](#)

Medscape - 5/8/24
 Steven Mandel, M.D., adjunct professor of medicine

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