



NEWSLETTER Fall 2020

Welcome Message from the Council Co-Chairs

During these unpredictable and changing times, the vision of Hadassah remains steadfast: education, advocacy, and support of our Hospitals in Israel. Aligned with that vision, the Physicians Council continues to offer educational webinars and to make a meaningful contribution to the new Round Building.

October 6-12 was National Physician Assistants Week, and we want to take a moment to recognize all of our Physician Assistant members in the council. Thank you for all you do!

Summaries and links to our recent webinars as well as information about upcoming webinars are described in the newsletter. Be sure to check out the links to the Hadassah on Call podcast, the latest from HMO in Israel, and the details of our philanthropic initiative.

Looking ahead, we're planning our Israel trip for 2022 -- stay tuned! Hope everyone stays safe and well.

B'Shalom,

Laura Brandspiegel, MD and Stacey Keen, MD, FACR
Co-Chairs, Hadassah National Physicians Council



Meet a Member: Susan Shikora

I became a Hadassah member before I knew what I wanted to be when I grew up. My grandmother, a nurse, gifted me a Life Membership when I was 10; it was a very good investment! I learned about Hadassah at my mother's knee, stuffing envelopes, and going with her to donor dinners.

In college, I majored in biology with an eye to becoming a clinician, and I decided upon the then relatively new profession of physician assistant. Being able to use my biology background and desire to help people made the decision perfect for me. And though I had considered primary care for my area of practice, I have always worked in surgery and the surgical subspecialties.

Even after working long days in the hospital, I felt a need for the friendships of like-minded women who had a love for Israel, tikkun olam, and building bridges to peace through medicine. Since I was already a Hadassah member, it was an easy decision. I got involved in my local group and chapter. Though I never saw myself as a leader, I soon developed into a chapter portfolio holder, and subsequently president of my chapter, then of my region. I am currently National Co-Chair of Annual Giving, and my Keepers gift supports the exceptional medical care and research being done at our Hadassah Medical Organization. I hope you'll join me!

Council Program Recaps

The Hadassah Physicians Council has presented and partnered on several outstanding webinars in recent weeks:



Medical Marijuana

On September 15, 2020, Temple Kerem Shalom of Concord, MA and the Hadassah Professional Councils sponsored the webinar “Medical Marijuana: Highs and Lows, Smoke and Mirrors” presented by Dr. Jordan Tishler. A Cannabis Specialist, Dr. Tishler trained at the Brigham and Women’s Hospital in Boston. He is on the faculty of both the Brigham & Women’s Hospital and Harvard Medical School. In addition, Dr. Tishler cares for patients through his private practice “InhaleMD.” He is the President of the Association of Cannabis Specialists, an organization dedicated to improving the standard of care, educating physicians and specialists, encouraging research, and improving laws and regulations.

Dr. Tishler described symptoms well treated by medical cannabis including pain, anxiety and depression, insomnia, anorexia, nausea and vomiting, and sexual dysfunction. The use of cannabis in treating neurological illnesses, autoimmune disorders, and cancer are promising areas of current research. He also addressed the low risk of dependence and inconsistent data on the effects of cannabis on cognition.

Dr. Tishler noted that cannabis behaves differently with different routes of administration, and a controlled approach to optimize medical benefits and minimize side effects is warranted. The goals of medical cannabis treatment are effective and safe medical care. Close medical guidance and doctor accessibility are key.

A vibrant Q&A session with a wide range of questions concluded the webinar. The link to this fascinating webinar can be found [here](#).



Advances in Women's Health 2020

On October 14, 2020, the Greater Kansas City Physicians Council and the Hadassah Physicians Council sponsored the webinar “Advances in Women’s Health 2020.” The webinar was moderated by Physicians Council co-chair, Dr. Stacey Keen, a radiologist specializing in breast imaging. The panel included Dr. Scott Sher, a diagnostic radiologist at the Diagnostic Imaging Centers in Greater Kansas City who also teaches at the University of Kansas and the University of Missouri-Kansas City; Dr. Christa Balanoff, a breast surgical oncologist at the University of Kansas

Cancer Center and Associate Program Director for the Department of Surgery at the University of Kansas Medical Center; and Sabrina Korentager, a registered nurse at the Lymphedema Prevention Clinic at the University of Kansas Cancer Center.

Dr. Sher discussed the different screening regimens for mammography and the difference between mammograms and 3D mammograms. He explained the use of breast ultrasound in women with dense breasts and how alternating mammograms and breast ultrasound in these women can better detect cancer. He also discussed using MRI as a supplement to mammography in women who are at high risk for breast cancer. The MRI is performed with IV contrast and there is no radiation. Regarding lung cancer screening, a low dose chest CT without contrast is recommended for women who are at high risk. In terms of ovarian cancer screening, ultrasound is not reliable enough to detect early cancer, but may be used to screen high risk populations.

Dr. Balanoff gave an update on breast surgery. The five-year survival rate is 90%. She compared excisional biopsy to core needle biopsy with core needle biopsy being the preferred method. She discussed breast conserving surgery versus mastectomy. She reviewed lumpectomy with wire localization versus radioactive seed localization. She discussed the modified radical mastectomy and the nipple sparing mastectomy. The importance of identifying the sentinel node and the information that it gives the surgeon. She discussed lymphedema, which is a long-term accumulation of protein rich fluids, as a consequence of breast surgery. She explained the spectrum of risk for lymphedema and that there are non-surgical and surgical treatments.

Nurse Korentager spoke about advances in therapy for lymphedema. She explained that lymphedema happens due to removal of lymph nodes, chemotherapy and radiation. There are early stages which are reversible and later stages which are irreversible and chronic. The key is early detection because it is treatable. She discussed that being active and exercising, maintaining a healthy weight and maintaining healthy skin are very important. The women are given recommendations for interventions and treatments based on personalized risk. There is a multidisciplinary team and the patients are monitored and followed for a minimum of 5 years.

A Q&A session concluded the webinar. The link to this very informative webinar can be found [here](#).



Eye Health 2020

Physicians Council member Dr. Lynn Brandes presented the webinar “Eye Health 2020” on October 25, 2020. Dr. Brandes is an Optometry Specialist in Brockton, Massachusetts. A graduate from the New England College Of Optometry, she has more than 25 years of experience in Optometry, including time working in Israel. The webinar consisted of two-parts: the first dealt with the timely topic of eyestrain and the computer. The second portion delved into neuro-ophthalmic emergencies.

Regarding eyestrain and the computer, Dr. Brandes described the explosion of digital device use as a significant public health issue, especially now during the era of COVID-19. She discussed the ramifications of increased engagement with handheld digital devices among children, including decreased motor and social skills and complaints of difficulty seeing at far distances. Research is ongoing on the large pupil syndrome which can result from computer use. Dr. Brandes mentioned the American Academy of Pediatrics recommendations for limits in sedentary behavior and screen time, as well as the encouragement of physical activity. For persistent symptoms, optometrists may recommend plus lenses and eye drops for the treatment of dry eye. Proper ergonomics and distance from the computer, frequent breaks, and encouragement of physical activity are valuable tools to offer balance in our digital culture for both adults and children alike.

In the second portion of the webinar, Dr. Brandes described management of several neuro-ophthalmic emergencies. Using fascinating case studies, she gave examples of the differential diagnosis and management of 3 clinical scenarios: acute vision loss, double vision (diplopia), and anisocoria (unequal pupil size).

For all the details, a link to the webinar can be found [here](#). Support Hadassah's eye health advocacy efforts by visiting www.hadassah.org/Act4EyeHealth.



Upcoming Webinar:

What We Will Become: A Discussion on Transgender Youth

Monday, November 16 at 8:00 pm ET

Join Hadassah's Professional Councils for this important and informative panel discussion. Lisa Hostein, Executive Editor of *Hadassah Magazine*, moderates a conversation with Dr. Norman Spack, a noted pediatric endocrinologist who pioneered medical treatment of transgender teens and is the co-founder of Boston

Children's Hospital's Gender Management Service clinic, and Mimi Lemay, transgender rights activist and author of the acclaimed memoir, *What We Will Become: A Mother, A Son and A Journey of Transformation*.

[CLICK TO REGISTER](#)



Podcast Alert: "Breast Cancer: Early Detection, Higher Risks and the Effect of COVID-19"

While Breast Cancer Awareness Month was in October, new information can be learned about the disease's causes, treatments and research on any given day. The latest episode of Hadassah's medical podcast, "Hadassah On Call," features Professor Beatrice Uziely, the head of Oncology and Ambulatory Services at Hadassah's Sharett Institute of Oncology, and Dr. Paluch-Shimon, a medical oncologist and director of the Breast Oncology Program at Hadassah University Hospital in Jerusalem. Click [here](#) to listen to them discuss how COVID-19 may have lead to increase in breast cancer cases, among other related topics.



In Memory of Dr. Nancy Dintenfass

The Physicians Council is raising funds in memory of Dr. Nancy Dintenfass, Hadassah and Physicians Council member who passed away in 2018. In addition to the caring, warm person we remember, Nancy was a wonderful radiologist specializing in Breast Imaging. Our goal is to raise \$36,000 for a fully equipped double patient room in the Hematology Oncology Department in the Round Building. Please join us in creating this legacy by making a [donation](#). You may also send a check to Hadassah, 40 Wall Street, New York, NY 10005 (include code 'TNCDC1B' in the memo line). Read Hadassah's

Charitable Solicitation Disclosure Statement [here](#).

Hadassah Hospitals In the News

Stories like these out of Hadassah Medical Organization (HMO) in Israel often inspire hope and are something we can all take pride in as Hadassah members:



Hadassah Inoculates First Patient in Trial of Israeli-Made COVID-19 Vaccine

Anar Ottolenghi, a 34-year-old doctoral student in immunology, was one of the first Israelis to be inoculated last week as part of the Phase I clinical trial of an Israeli-made coronavirus vaccine at Hadassah Hospital Ein Kerem. "I feel good, excited," Ottolenghi said. "I want to encourage as many people as possible to join the experiment and help the entire public." The Israeli vaccine, known as "Brilife," was developed by the Israel Institute for Biological Research (IIBR), and Sunday November 1 marked the launch of its Phase I clinical trial, in which 80 healthy volunteers between the ages of 18 and 55 will participate—40 at Hadassah and 40 at Sheba Medical Center in Tel Hashomer. Each volunteer will receive an injection, with some receiving the vaccine and some

receiving a placebo. Read the full story [here](#).



Dr. Shaden Salameh-Youssef: Saving Lives and Giving Hope

At the young age of 10, when her grandfather suffered a heart attack and no medical treatment was immediately available in their village of Tur'an near Nazareth in the Galilee, Dr. Shaden Salameh-Youssef found herself struggling to describe his condition to paramedics over the phone. That is when she decided she had to become a doctor. With a magnetic personality, she has been dreaming big and fulfilling her ambitions ever since. [Appointed as the head of the Emergency Medicine Department at Hadassah Hospital Mount Scopus, in mid-2019](#), Dr. Salameh-Youssef is now setting her sights on expanding and improving the Emergency Room. Read the whole story [here](#).

Read more inspiring stories at [hadassah.org/news-stories](https://www.hadassah.org/news-stories).

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