

NOVEMBER 2023



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Hello!

Let me introduce myself. I'm Adam Rubinstein, and I have the honor and privilege of being elected the new President of the Dutchess County Medical Society. I am excited to work with the medical community of Dutchess County, and over the next two years I hope to be able to make a more personal connection between DCMS and the rest of Dutchess County. In that light, I'd like to talk a little bit about who I am, and in future newsletters hope to introduce other members of the DCMS

Executive Board.

But first, some **important business**. For those who have been reading our newsletters, you are familiar with the Grieving Family Act and the significant risk to the medical community if it is not vetoed by Governor Hochul. The first time this bill was passed by the Legislature, with only 8 dissenting votes, it was vetoed by the Governor. It was then passed by the Legislature a second time, with a slightly higher but still very low 20 dissenting votes, and it awaits her signature or veto. If it is signed into law, the estimated increase in malpractice cost is 40%. This will drive physicians out of business and out of the state, directly affecting the care of the people of NY. MSSNY has designated certain days for each district to call Governor Hochul's office, and for Dutchess County it's November 9th, all day. **Calling instructions and talking points can be found [HERE](#)**. Our voices were heard the first time the bill passed Governor Hochul's desk, and we need to make sure we heard again, for the sake of our patients and the sake of the medical community of Dutchess County and all of New York. Please take a few minutes on November 9th for this very important

task.

And now, a little about me! I'm originally from the Bronx, went to college at SUNY Albany, and then back to the Bronx for med school at Albert Einstein. After that I had a little detour to New Orleans for my Internal Medicine/Pediatrics residency. My wife and I wanted to get back to NY after that, so in 2000 we moved here to Dutchess County, where I started working at Hudson Valley Primary Care, and have been there ever since. Those of you who attended the Fall meeting in October heard the whole story so I won't go into all the details here, but in 2018, my wife and I, along with two other families, founded the Dutchess County Pride Center, providing support services and social events to the LGBTQIA+ community, their families, and allies of Dutchess County. Finally, I love music, going to concerts, and hanging out with family and friends.

Thanks for reading, and have a great Thanksgiving!

Adam Rubinstein, MD



Dutchess County Behavior & Community Health Commissioner's Corner

As we set our clocks back and enter the winter and holiday seasons, I present my offering of some reminders from the world of local public health:

It's also respiratory season, at least in theory. The last two years have seen some upheaval in the previously predictable seasonality of respiratory bugs, but we still expect increased influenza, COVID and RSV activity over the winter. There are some good resources that can help you stay on top of the what's happening locally. The NY State DOH maintains [current COVID data](#) on their website; you can filter the data by Region or County, and look at trends in testing and hospitalizations. The State DOH has an [influenza page](#) with links to their [weekly reports](#). The [DOH RSV resources](#) aren't as robust but contain some useful links and information, including information about the vaccines recently approved for those 60 and older. Note that due to a national shortage, the CDC has issued [updated guidelines](#) for the use of niservimab, the monoclonal "immunization product" approved for babies under 19 months, recommending limiting its use to babies under 8 months, or those 8-19 months with risk of severe RSV disease.

Please consider that this season is associated with increases in problems with substance use and addiction. We want Dutchess County to be a place where recovery is possible and supported by our physicians. We want those who need help to be able to seek it without fear of stigma or closed doors. There are too many lives being lost to overdoses, and we as physicians can be part of the solution.

Prescribe and dispense naloxone liberally. Please screen patients for substance use disorders and refer them for medication assisted treatment (MAT) for opioids. [Sun River Health offers MAT](#) in multiple locations in

Dutchess County, but we need more of you to treat these individuals! Learn about harm reduction, including fentanyl test strips, syringe exchange, and intranasal naloxone so you can better educate patients and families. Our **Empowerment Center** is open Monday through Friday and provides free access to peer recovery coaches who are trained in harm reduction and trauma informed care, and can advocate for individuals and help connect them to the help they need. All that said, our data show that many overdoses involve not just opioids, but also prescribed medications, particularly benzodiazepines.

In Dutchess County, there were almost **400 benzodiazepine prescriptions** for every 1000 residents—something we should all view with high concern. This winter, I would encourage all prescribers to review and revise medication regimens, and consider tweaks to your overall practice, with all this in mind.

Finally, in the spirit of the upcoming Thanksgiving holiday, I would like to thank you for continuing to serve this community. This past weekend, my daughter and I volunteered at an incredible Coat Sort event. It was the culmination of the annual Coat Drive organized by **Dutchess Outreach**, an incredible organization that addresses food insecurity and other needs right in the heart of the City of Poughkeepsie. I was struck not only by the size of the volunteer crew, dozens of them, that showed up in force, but also by the sheer scale of the donation—an estimated 12,000 coats plus hundreds of hats, scarves, and gloves. I believe those piles of coats reflect a spirit of consideration and generosity I see everywhere in Dutchess County. And for this too, I am grateful.

My wishes to you and yours for a Happy Thanksgiving,

Livia Santiago-Rosado, MD



DUTCHESS COUNTY MEDICAL SOCIETY'S FALL ELECTIONS AND DINNER AT LOCUST GROVE

On October 19, 2023, the Dutchess County Medical



Society held its elections, dinner and educational panel at Locust Grove. Attended by 85 physicians and friends, we welcomed our new slate of officers for the 2023 - 2025 term.

The new Medical Society Officers are as follows:

President - Adam Rubinstein, MD
Past President - Adele El Kareh, MD, PhD
President Elect - Surinder Jindal, MD
Vice President - Vikash Panghaal, MD

Treasurer - Rachana Tyagi, MD
Secretary - Amit Dholakia, MD

Delegates to the Medical Society of the State of New York:

William Barrick, MD
Amit Dholakia, MD
Lobsang Lhungay, MD
Jai Jalaj, MD

Alternate Delegates:

Kavita Aggarwal, MD
Stephen Chernay, MD
Rachana Tyagi, MD

We heard from Moe Auster, Senior Vice-President & Chief Legislative Council for MSSNY, who provided a NYS legislative update. We heard a talk on "Spinal Cord Stimulator for Diabetic Peripheral Neuropathy" by Dr. Amit Dholakia, and an expert panel on "Healthcare in the LGBTQ Community," led by Dr. Adam Rubinstein and his panel, Karen Marder, Dutchess Pride Center, Adam Silverman, MD, Sarah Sims, MD and Melissa Marino, LMHC. We also gave a standing ovation to to Dr. Adele El Kareh for her two years of service to the Medical Society!

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\$13.9 Million Dollars was recently raised from 64 investors for our senior housing project in Stuart, Florida and \$14 Million Dollars from over 90 investors for our senior housing project in Sarasota, Florida. Both are managed by The United Group. Pictured below is our senior housing project in Palm Beach Gardens, Florida.

Contact Keith at (914) 456-0708, Keith.axelrod@ugoc.com for information!



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