

Issues & Topics covered on

Well Said Show

Hosted by Ira Nash M.D.

Engineered by WRHU General Manager John Mullen

Public Affairs Show

Aug 1, 2023 – Nov 27, 2023

This is a public service program to inform and educate the community about important health and wellness topics.

Cholesterol Management

Nov 27, 2023

Joining us on *Well Said* is Dr. Eugenia Gianos, Professor of Cardiology at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, System Director for Cardiovascular Prevention with Northwell Health and Director of both the Women's Heart Program at Lenox Hill Hospital and the Western Region for the Katz Institute Women's Heart Program. She will be talking about the dangers of high cholesterol and how cholesterol awareness and cholesterol management have become a crucial public health issue.

Alternatives to dialysis in end-stage renal disease (ESRD)

Nov 20, 2023

Joining us on *Well Said* is Ms. Candice Halinski, a nurse practitioner who specializes in the care of patients with chronic and end-stage kidney disease, Deputy Chief Nursing Officer for Northwell Health Ambulatory Care and an Assistant Professor at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. She will be talking about how traditionally, the only choices that patients with ESRD have been offered are a kidney transplant or chronic dialysis – however today there are different approaches to be considered.

Assisted Fertility

Nov 6, 2023

Joining us on *Well Said* is Dr. Randi Goldman, a gynecologist specializing in reproductive endocrinology and infertility or REI, program director for the Northwell Health fellowship training program in REI and assistant professor at the Donald and Barbara Zucker School of Medicine at Hofstra Northwell. Today we will be talking about the many advances in recent years in the field of assisted fertility and the current state of the art.

Parkinson's Disease

Oct 24, 2023

Joining us on *Well Said* is Dr. Alessandro Di Rocco, System Director for Neurology, Parkinson's, and Movement Disorders at Northwell Health and Professor of Neurology at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell to shed some light on exactly what is Parkinson's Disease? And what treatments are available to the patients it affects?

Psychedelics in Medicine

Oct 17, 2023

Joining us on Well Said is Dr. Kimia Pourrezaei and Mr. Greg Mendoza. Dr. Pourrezaei is the Medical Director for the Psychedelic Program and the Early Treatment Program at Lenox Hill Hospital and an Assistant Professor at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Mr. Mendoza is a Senior Social Worker with Northwell Health.

They will be discussing how once a taboo class of illicit substances, psychedelics have been gaining ground in modern medicine as part of promising treatments for patients struggling with PTSD, anxiety, depression, and even addiction.

Climate Change and Health

Oct 16, 2023

Joining us on Well Said is Dr. Marcalee Alexander and Dr. Marc Futernick. Dr. Marcalee Alexander is the Founder and President of Sustain Our Abilities, an NGO focused on environmental justice for persons with disabilities, a clinical professor of physical medicine and rehabilitation at the University of Alabama at Birmingham School of Medicine and Editor-In-Chief of The Journal of Climate Change and Health. Dr. Marc Futernick is a Board Member of Climate Resolve, an organization building relationships to champion equitable climate solutions and Director of Clinical Services for US Acute Care Solutions and a Managing Editor of The Journal of Climate Change and Health. They will be talking about how as temperatures become more extreme and calamitous weather events—hurricanes, floods, and wildfires—become more commonplace, we must address how these events affect our health and wellbeing.

Loneliness at Work

Oct 1, 2023

Joining us on Well Said is Dr. Jeremy Nobel and Ms. Maxine Carrington. Dr. Nobel is an internist and President of The Foundation for Art & Healing and Project UnLonely, and Maxine Carrington is Senior Vice President and Chief People Officer for Northwell Health. They will be shedding light on how loneliness can be a silent epidemic at work, impacting not only employees' well-being but also organization's productivity and longevity.

Adult Congenital Heart Disease

Sep 24, 2023

Joining us on Well Said is Dr. Catherine Weinberg, Dr. Director of Adult Congenital Heart Disease at Northwell Health, Director of High-Risk Cardiovascular Obstetrics at Lenox Hill Hospital, and Assistant Professor of Cardiology at Donald and Barbara Zucker School of Medicine to educate us on adults living with congenital heart disease. As techniques for evaluating and treating heart disease in children have improved, it has allowed more and more affected individuals to survive (and thrive) into adulthood. The result has been a growing number of adults with conditions previously only seen in kids.

Peripheral Artery Disease

Sep 19, 2023

Joining us on Well Said is Dr. Mitchell Weinberg, Chair of Cardiology at Staten Island University Hospital and an Associate Professor of Medicine at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell to discuss Peripheral Artery Disease – a common, although often serious condition in which narrowed arteries reduce blood flow to the arms or legs.

Chronic Obstructive Pulmonary Disease (COPD)

Sep 12, 2023

Joining us on Well Said is Dr. Bushra Mina, Program Director of Pulmonary Critical Care Fellowship with Northwell Health and Associate Professor at the Donald and Barbara Zucker School of Medicine to discuss how Chronic Obstructive Pulmonary Disease, also known as “COPD” is believed to be largely underdiagnosed and, even still, has been linked to over 3.2 million deaths worldwide.

Sleep Apnea

Aug 27, 2023

Joining us on Well Said is Dr. Harly Greenberg, Division Chief for Pulmonary, Critical Care and Sleep Medicine, Associate Director at the Northwell Lung Institute and a Professor of Medicine at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell to discuss the ins and outs of Sleep Apnea including how it can contribute to daytime sleepiness, depression, and even heart disease.

Global Health Perspective

Aug 14, 2023

Joining us on Well Said Dr. Eric Cioe-Peña, Vice President of Global Health for Northwell Health and an Associate Professor of Emergency Medicine at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell to discuss how as our world becomes increasingly interconnected, understanding global health is crucial.

Point of Care Ultrasound

Aug 7, 2023

Well Said has invited Dr. John Pellerito, Vice Chair of Education and Residency Program Director for Northwell Health's Department of Radiology and professor in the Departments of Radiology and Science Education at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell to talk about recent technological advances in the field of Ultrasound and how it is used in everyday medical practice.

Social Media and Mental Health

Aug 7, 2023

Joining us on Well Said is Dr. Victor Fornari, Chief of Child & Adolescent Psychiatry at Long Island Jewish Medical Center and a professor of Psychiatry at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell to discuss the role social media has played in the recent rise in rates of depression and anxiety among young people.