

Issues & Topics covered on

Well Said Show

Hosted by Ira Nash M.D.

Engineered by WRHU General Manager John Mullen

Public Affairs Show

Nov 28, 2023 – March 7, 2024

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

Sickle Cell Disease

[March 5, 2024](#)

Speaking with us on *Well Said* is Dr. Banu Aygun, a Pediatric Hematologist, Oncologist and Professor of Pediatrics at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. She also serves as the Associate Chief of Hematology at Cohen's Children's Hospital and the Section Head of Sickle Cell Disease at Cohen Children's Medical Center. She will be joined by her patient, Juan Carlos Benitez who was part of a landmark clinical trial that led to the FDA approval of a gene therapy for SSD. They will be discussing the ins and outs of SSD as well as the many new promising treatments including recent clinical trials focusing on gene editing.

Life Expectancy and Other Health Statistics

[February 26, 2024](#)

Well Said has invited Dr. Karina Davidson, Senior Vice President of Research for Northwell Health and Director of the Institute of Health System Science at The Feinstein Institutes and Professor at the Donald and Barbara Zucker School of Medicine to assist us in understanding how to digest the reports and headlines discussing epidemiologic trends and related research findings.

Patient Self Tracking

February 12, 2024

Well Said has invited Dr. Avy Ronay, a Pediatric Neurologist who leads Northwell Health's pediatric concussion program and Lead Clinical Strategist for remote Physiological Monitoring, Communications, Digital Health and Sensors for Northwell to talk about how to use the information from self-tracking to live healthier, better lives.

Strength/Resistance Training and Cardiovascular Fitness

February 5, 2024

Well Said has invited Dr. Jamie Ghigiarelli, a Professor in the Department of Allied Health and Kinesiology at Hofstra University, a Certified Strength and Conditioning Specialist and Certified Performance Sports Scientist, to talk about how new research suggests that strength training such as weightlifting may play a crucial and previously neglected role in promoting cardiovascular health.

Seasonal Affect Disorder

January 29, 2024

Joining us on *Well Said* is Dr. Paul Desan, Director of the Psychiatric Consultation Service for Yale New Haven Hospital, Associate Professor at the Yale University School of Medicine, where he leads the Winter Depression Research Clinic and co-founder of Pursuit of Happiness Project, a nonprofit, data-driven enterprise that provides science-based information on life skills needed to fight depression and experience greater psychological well-being. Dr. Desan will be talking Seasonal Affect Disorder, also known as SAD, a condition that can for periods of the year affect how we feel, think about ourselves, and interact with others.

Kidney Disease

January 22, 2024

Joining us on *Well Said* is Dr. Steven Fishbane, Vice President of Northwell Health's Network Dialysis Services, Chief of Kidney Disease and Hypertension for Northwell Health and Professor at the Institute of Health System Science at the Feinstein Institute for Medical Research and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Dr. Fishbane will be exploring the nuances of kidney disease, including its causes, risk factors and treatment options.

Diabetes and Cardiovascular Disease

January 8, 2024

Well Said has invited Dr. Amgad Makaryus, Chairman of Cardiology at Nassau University Medical Center and Professor at the Zucker School of Medicine at Hofstra/Northwell to help us better understand how diabetes and cardiovascular disease relate to one another. We will also learn how this understanding is a vital step toward affording healthier lives for those navigating these overlapping diseases.

Natural Orifice Surgery

December 19, 2023

Joining us on *Well Said* is Dr. Mark Talamini, Senior Vice President and Executive Director of Northwell Health Physician Partners, Professor at the Zucker School of Medicine at Hofstra/Northwell, Editor-in-Chief of the medical journal *Surgical Endoscopy* and the President of the Foundation for Surgical Fellowships. He will be talking about Natural Orifice Surgery, a kind of surgery based on using the body's naturally occurring entry points to reach inside.

Family Centered Care

December 15, 2023

Joining us on *Well Said* is Dr. Lyndonna Marrast, an Assistant Professor of Medicine and Science Education at the Donald and Barbara Zucker School of Medicine, as well as a practicing primary care physician and children's book author. She will be discussing the ways that our relationships can impact our health and the importance of intergenerational connections and family relationships to our well-being.