

YOUR GUIDE TO HEALTH & WELLNESS

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**CLINICAL
TRIALS**

**GROUNDBREAKING RESEARCH
UNDER WAY AT LI HOSPITALS**

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[SPECIAL ADVERTISING FEATURE]

CLINICAL TRIALS

GROUNDBREAKING RESEARCH UNDER WAY AT LI HOSPITALS

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Dr. Jason Golbin, Catholic Health chief medical officer:

“We continue to deliver the exceptional treatments our patients know and expect by conducting groundbreaking cardiovascular and cancer research. Catholic Health is currently participating in more than 25 oncology trials, and our affiliation with Roswell Park Care Network provides Long Islanders exclusive access to emerging studies. We’re elevating the standards for cancer care to new heights, with our clinicians and researchers enrolling participants and overseeing these clinical trials, which are conducted at the Cancer Institutes at St. Francis Hospital & Heart Center® and Good Samaritan Hospital.

Through our partnership with Roswell, we are the only health system in the New York metropolitan area examining the impact of a lung cancer treatment immunotherapy called CIMAvax-EGF.

To date, more than 5,000 patients globally have been treated with this EGF-depleting immunotherapy. Several international studies have indicated improved overall survival and quality of life for patients receiving the treatment.

Catholic Health’s St. Francis Hospital also recently became the first hospital in the United States to enroll a patient in a groundbreaking cardiovascular clinical trial that investigates the effectiveness of a new device to treat refractory angina. The COSIRA-II trial studies the Neovasc Reducer. This device is designed to reduce symptoms of refractory angina, a painful and debilitating condition that occurs when the coronary arteries deliver an inadequate supply of blood to the heart muscle despite treatment with standard revascularization or cardiac drug therapies. The condition is estimated to affect 600,000 to 1.8 million Americans, with 50,000 to 100,000 new cases per year.”

Dr. Christina Brennan, vice president of clinical research at the Feinstein Institutes for Medical Research in Manhasset:

“At Northwell Health and the Feinstein Institutes for Medical Research, there are more than 800 active clinical trials which enroll more than 2,300 patients annually. From oncology to maternal medicine, cardiac, autoimmune diseases, behavioral health neurology and bioelectronic medicine, cutting-edge clinical trials are research studies that explore whether a medical strategy, treatment or device is safe and effective for humans. Without clinical trial volunteers giving their time and selves for the benefit of science, we would not have the life-saving medicines, vaccines and treatments available today.

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Some of the most exciting trials happening at Northwell Health and the Feinstein Institutes include a heart failure medication clinical trial at Valley Stream Hospital, perinatal and post-partum depression studies for new moms based out of Zucker Hillside Hospital, lupus clinical trials looking to improve brain cognition at the Feinstein Institutes' Institute of Molecular Medicine, and new studies looking to improve paralysis in those with spinal cord injury, based out of Feinstein Institutes' Institute of Bioelectronic Medicine. Additional ongoing trials include a randomized controlled trial offered through Northwell Health's Physician Partners looking at a medication to help treat atopic keratoconjunctivitis (AKC), a chronic inflammatory disease of the eye. At Long Island Jewish Medical Center, a cutting-edge robotic nipple-sparing mastectomy (NSM) procedure is being studied to help women who need to undergo preventative breast cancer surgery."

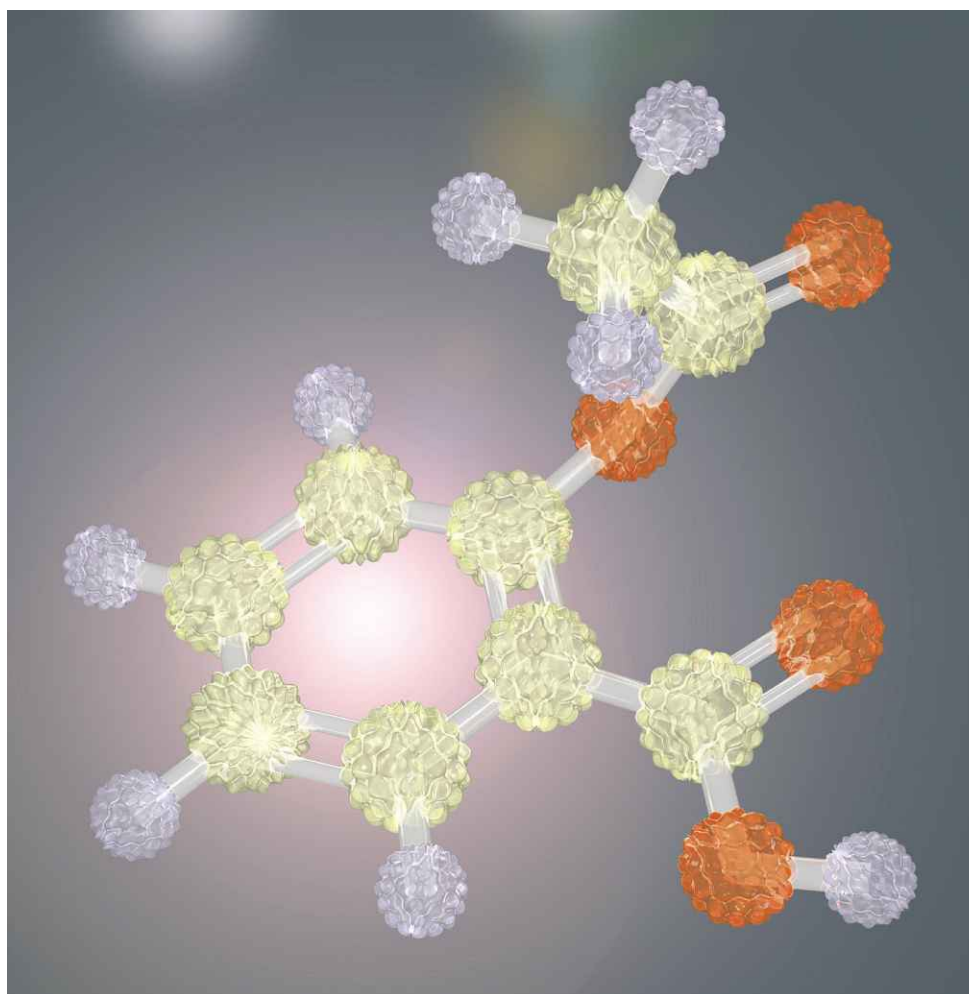
Dr. Shahriour Andaz, director of clinical research at Mount Sinai South Nassau in Oceanside:

"As a National Clinical Trial Network Affiliate within the Mount Sinai Health System, Mount Sinai South Nassau is making certain that Long Islanders have access to clinical trials and research for innovative therapies, medical treatments and surgical approaches.

Presently, Mount Sinai South Nassau is actively recruiting eligible patients for clinical trials that will determine the side effects of immunotherapy pembrolizumab (Keytruda) in lung cancer patients and the safety and effectiveness of lower dose chemotherapy in the treatment of patients with early stage (HER2) positive breast cancer.

The study of Keytruda is to determine its side effects during the first six months of treatment in patients with non-small cell lung cancer who are age 70 or older. The study of lower dose chemotherapy in the treatment of patients with early-stage positive breast cancer will determine if those patients can safely be treated with less chemotherapy than is generally prescribed.

The findings from clinical trials and research, in addition to published papers authored by our Department of Medicine directly documenting clinical research experiences, are culled by physicians and often incorporated in treatment plans to enhance the outcomes of our patients. For example, our participation in the National Institutes of Health Inpatient Treatment with Anti-Coronavirus Immunoglobulin trial for the treatment of COVID-19 in hospitalized patients has been vital to finding effective and safe treatments to help patients get better faster."



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Dr. Scott Rodeo, vice chair of orthopaedic research at Hospital for Special Surgery (HSS):

"Hospital for Special Surgery, which recently expanded HSS Long Island in Uniondale, conducts clinical trials to evaluate new treatments and better understand musculo-skeletal disorders. These are conditions that affect the muscles, bones and joints. Our patients often participate in a clinical trial to help generate knowledge that will improve their own treatment or will one day benefit people with the same condition. As a foremost center for orthopedic surgery, we conduct research on new technologies and techniques such as robotic-assisted, less invasive spine surgery and joint replacement; the use of a biologic treatment during rotator cuff surgery to enhance healing, and a new technique for ACL repair, to name a few.

Basic science research in the laboratory at HSS lays the groundwork for many of our clinical trials, and we have a robust infrastructure in

place. This synergy between basic science researchers and those conducting clinical trials is one of our greatest strengths.

In the area of rheumatology, HSS physicians and investigators are involved in vital research to find new and better treatment approaches to improve quality of life for people with rheumatoid arthritis, lupus, scleroderma and other autoimmune diseases. HSS is leading the way in clinical trials focusing on pain management after orthopedic surgery. Researchers have published a number of studies on 'multimodal analgesia,' which targets multiple pain pathways to reduce the amount of opioid medication needed after surgery. Patient registries are a critical part of our research at HSS. These extensive databases enable us to track patients and evaluate outcomes over the long term. More than 70 registries follow well over 100,000 HSS patients. Along with clinical trials, this gold mine of patient data will enable us to improve patient care."

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‘Research is the lifeblood of medicine.’

— Dr. Sharon Nachman, director of the Office of Clinical Trials at Stony Brook Medicine

Dr. Steven Carsons, senior associate dean for research at NYU Langone Hospital—Long Island in Mineola:

“NYU Langone Hospital—Long Island, in partnership with Massachusetts General Hospital, has launched a clinical trial to investigate a new treatment for type 1 diabetes — juvenile diabetes — a life-altering autoimmune disease in which the body no longer regulates blood sugars. The trial involves the BCG vaccine, a vaccine for tuberculosis that is the most widely administered vaccine in history, given to 100 million children per year globally. In clinical trials of adults, this same BCG vaccine has a significant disease-modulating ability to alter the underlying immune dysfunction of type 1 diabetes. This trial is aimed at showing whether a safe, affordable vaccine can potentially reverse immunological dysfunction associated with type 1 diabetes leading to improved HbA1c, a measure of average blood sugar.

Another clinical trial, at the Perlmutter Cancer Center at NYU Langone Hospital—Long Island, is aimed at breast cancer and involves Palbociclib. Palbociclib, FDA-approved in 2015, was the first of a new generation of drugs referred to as ‘cyclin-dependent kinase’ (CDK) inhibitors which have dramatically improved treatment for hormone sensitive advanced breast cancer. CDK inhibitors block cancer cells at a critical point in their growth cycle, and in many patients, delay the need for chemotherapy by several years. However, during treatment, cancer cells become resistant to these powerful inhibiting agents. To address this resistance, we are conducting an early-stage clinical trial for patients with advanced breast cancer, including those who have progressed on a CDK inhibitor.

The trial involves a newly developed CDK2 inhibitor from Pfizer, PF-0710491 (CDK2 inhibitor). Patients with breast cancer in this study will receive the CDK2 inhibitor along with Palbociclib and endocrine therapy. In addition to breast cancer patients, this promising protocol will also include select patients with small-cell lung cancer and specific gynecologic malignancies including ovarian cancer.”

Dr. Sharon Nachman, chief of the Division of Pediatric Infectious Diseases at Stony Brook Children’s Hospital and director of the Office of Clinical Trials at Stony Brook Medicine:

“Research is the lifeblood of medicine. Clinical research and trials allow us to test new medical ideas from the lab and see if they can work in the real world and make a difference for patient care. Experienced physicians, scientists, nurses and support staff from every service line at Stony Brook Medicine take part in clinical trials that investigate new treatments for cancer, neurological disorders, infectious diseases, psychiatric illnesses, pediatric disorders, chronic conditions and other illnesses. Clinical research involves the collaborative work of Stony Brook researchers and faculty looking at current issues and long-term healthcare crises. Some clinical trials assess the safety of a new therapy, others gauge the best dose of a new medication, while others compare a brand-new medicine to the current therapy, or ‘the standard of care.’ Before the pandemic, Stony Brook would participate in about 60 studies per year. Now we have over 120 studies per year. The past two-plus years have placed a lens on research and clinical trials around the virus that caused COVID-19.

Since the start of the pandemic, Stony Brook has been a pioneer in COVID care and clinical research. There have been over 300 projects developed of which 41 included biologic agents.

These clinical trials ranged from studying human serum from those who had COVID as a treatment for those admitted with COVID, to the now-EUA-approved vaccine trials in adults and children, and studies of Remdesivir in pregnant patients. And research has not stopped. Right now, Stony Brook is participating in over 50 studies that range from in-hospital treatments, to vaccines, to mental health among hospital staff, to long-term outcomes among patients with COVID, including infants born to mothers who had COVID during pregnancy. These trials include patients from our diverse populations here on Long Island, allowing for the data from these studies to potentially help prevent COVID-19 or better treat patients nationwide.”

Dr. Iris Zhi, medical site director of Memorial Sloan Kettering Cancer Center Commack:

“For the past 20 years, Memorial Sloan Kettering Cancer Center Commack has provided Long Islanders with the most innovative and caring approach to treating cancer. We also offer a robust clinical trial portfolio, including more than 400 studies across multiple disease types. Since January, the team has successfully opened 16 additional trials, including for patients with breast, head, neck, thoracic, genitourinary, and gastrointestinal cancers, as well as sarcoma, acute myeloid leukemia, lymphoma, and multiple myeloma, all from multidisciplinary specialties including surgery, medical oncology, and radiation oncology. We are also excited to offer patients the opportunity to join exercise, diet, and integrative medicine studies. We currently offer a study looking at acupuncture to help treat long-term neuropathic pain associated with chemotherapy.

At the American Society of Clinical Oncology Annual Meeting in June, MSK presented practice-changing results from a phase 3 study of HER2 directed therapy in patients with HER2 low metastatic breast cancer. The trial was open at MSK Commack and MSK Nassau, which made it easier for our local patients to be part of this exciting research. The study demonstrated, for the first time, a novel HER2 direct treatment option for patients with metastatic HER2 low breast cancer.

Research improves diagnosis and treatment, cancer care, from cancer prevention, diagnosis and treatment, to cancer survivors, whose well-being goes far beyond active treatment. My goal is to provide the best possible cancer care to our community, and this includes opportunities to participate in cancer clinical trials.”

— Compiled by Valerie Kellogg