

SOLID CREDENTIALS, PROVEN SKILL, AND A
COMPASSIONATE BEDSIDE MANNER — THESE QUALITIES
ARE THE HALLMARKS OF A TOP-FLIGHT PHYSICIAN.
HERE ARE 145 LOCAL DOCTORS IN 38 SPECIALTIES
WHO — ACCORDING TO THEIR PEERS — MAKE THE GRADE

TOP DOCTORS

BY DALE MCKNIGHT • PHOTOGRAPHS BY KEN GABRIELSEN

ALLERGY & IMMUNOLOGY

John Bosso

2 Crosfield Ave., Ste. 406,
West Nyack, NY 10994
845-353-9600
Affiliation: Nyack Hospital,
Valley Hospital
Special expertise: Asthma, contact
dermatitis, food allergy, drug sensitivity

Peter Lo Galbo

1 Crosfield Ave., Ste. 201,
West Nyack, NY 10994
845-727-1370
Affiliation: Nyack Hospital,
Good Samaritan Hospital (Suffern)
Special expertise: Asthma, food allergy

Scott L. Osur

8 Southwoods Blvd.,
Albany, NY 12211
518-434-1446
Affiliation: Albany Medical Center,
St. Peter's Hospital (Albany)
Special expertise: Asthma, asthma in
pregnancy, food allergy

CARDIAC ELECTROPHYSIOLOGY

Sankar Varanasi

The Heart Center
1 Columbia St.,
Poughkeepsie, NY 12601
845-473-1188
Affiliation: Vassar Brothers
Medical Center, Bridgeport Hospital
Special expertise: Arrhythmias

CARDIOVASCULAR DISEASE

Ainat Beniaminovitz

Hudson Heart Associates
222 Rte. 59, Ste. 302,
Suffern, NY 10901
845-368-0100
Affiliation: Good Samaritan
Hospital (Suffern)
Special expertise: Heart failure

Glenn Boyar

672 Stoneleigh Ave., Ste. C-210,
Carmel, NY 10512
845-279-3900
Affiliation: Putnam Hospital Center
Special Expertise: Arrhythmias,
preventive cardiology

Stephen T. Brady

Samaritan Medical Arts Building
2231 Burdett Ave., Ste. 160,
Troy, NY 12180
518-292-6200
Affiliation: Albany Medical Center,
Samaritan Hospital
Special expertise: Interventional
cardiology, peripheral vascular
intervention, echocardiography

William Gotsis

Crystal Run Healthcare
155 Crystal Run Rd.,
Middletown, NY 10941
845-703-6999
Affiliation: Orange Regional Medical
Center (Goshen Campus)
Special expertise: Cardiac catheterization

Gary Nathanson

600 Westage Business Center Dr.,
Fishkill, NY 12524
845-231-5600
Affiliation: Vassar Brothers
Medical Center

Daniel O'Dea

Hudson Valley Heart Center
1 Columbia St.,
Poughkeepsie, NY 12601
845-473-1188
Affiliation: Vassar Brothers
Medical Center

Sandeep Singh

Crystal Run Healthcare
155 Crystal Run Rd.,
Middletown, NY 10941
845-703-6999
Affiliation: Orange Regional Medical
Center (Goshen Campus)
Special expertise: Preventive cardiology,
cholesterol/lipid disorders, coronary artery
disease

Lawrence W. Solomon

200 Westage Business Center Dr., Ste. 111,
Fishkill, NY 12524
845-897-9760
Affiliation: Vassar Brothers Medical Center
Special Expertise: Heart valve disease,
non-invasive cardiology

David Southren

206 Rte. 303,
Valley Cottage, NY 10989
845-268-0880
Affiliation: Nyack Hospital, Englewood
Hospital & Medical Center
Special expertise: Cholesterol/Lipid
disorders, non-invasive cardiology,
preventative cardiology

David Weinreich

The Heart Center
1 Columbia St. Fl. 2 - Ste. 200,
Poughkeepsie, NY 12601
845-473-1188
Affiliation: Vassar Brothers
Medical Center
Special expertise: Nuclear cardiology



DR. GEORGE PAZOS

Otolaryngology,
Carmel and Yorktown

Dr. George Pazos' medical background runs the gamut from treating military jet-fighter pilots, to serving as backup for NASA missions, to treating kids and adults in his Hudson Valley practice.

Pazos specializes in otolaryngology, the medical field involving conditions of the head, neck, ears, nose, and throat. A University of Pennsylvania graduate, he received his medical degree from the Uniformed Services University of the Health Sciences. He served as a resident at Walter Reed National Military Medical Center, became a Navy flight surgeon, offering medical care for Navy F-18 fighter and Marine helicopter pilots, and was trained by NASA for medical support during space shuttle programs.

He also served as chief resident of otolaryngology at Bethesda Naval Hospital and the Walter Reed Army Medical Center, and has received awards for military medical care, including treating personnel wounded in the

second Gulf War. In addition to his practice at ENT and Allergy Associates in Yorktown and Carmel — a medical group with offices throughout New York and New Jersey — Pazos is clinical assistant professor of medicine at Mount Sinai School of Medicine.

“Otolaryngology is a very rewarding, dynamic field, with several innovative new approaches to the way we do things,” he says.

Among those state-of-the-art techniques is a method known as an oral brush biopsy, which helps detect cancer in the mouth. “Prior to about 2010, you would have to do a knife biopsy if a patient had an unusual feature in their oral cavity. Now we can do a biopsy with the Oral CDx brush. There’s no surgery needed, it’s painless, and within just a few days, we get a very detailed report as to whether any cancer cells are present.”

Pazos says the process uses a state-of-the-art computerized technique. “A microscope automatically scans and picks out areas of interest in the cells, whittling down from thousands of images to about 20, that it presents to a pathologist” to analyze. “What’s interesting is that this technology is the same type used in the military Star Wars program, where some degree of sophisticated artificial intelligence was needed.”

Another high-tech method, known as balloon sinuplasty, can help unclog blocked nasal passages. “It’s the same approach as when a balloon is used in cardiology to dilate blood vessels. Here, everything is done through the nasal cavity, so there’s no incision; it’s much less painful and recovery is dramatically improved,” Pazos says.

Still another leading-edge procedure helps in nasal polyposis cases. “We inject the polyps with steroids. In some cases, I’d inject on say, a Monday, and by the next week when we do a follow-up, in the majority of patients, the polyps would either be completely gone or reduced by

about 80 percent. Relief can last for six months or so.”

Simpler screening for cancer of the esophagus and other throat conditions is another aid to otolaryngology physicians, Pazos says. “This test can be done easily, with a very thin scope inserted through the nose, into the esophagus.” It’s useful in a condition commonly known as silent reflux, where stomach acid can pool in parts of the throat. Silent reflux is sometimes linked to a possibility of cancer of the esophagus, “so testing is very helpful.”

Pazos sometimes encounters life-threatening problems in his practice. “About three or four times a year, patients will arrive with severe airway distress, where they probably wouldn’t have made it through the night without a procedure to open the airway right away. It’s very rewarding to help in cases like that,” he says.

About thirty percent of his practice involves pediatric patients, ranging from kids with sinus infections to youngsters with sleep apnea. Surprisingly, the potentially dangerous breathing condition of sleep apnea — often associated with overweight, middle-aged men — is a problem for some children, too, Pazos says.

“There’s been shown to be a significant correlation between children with attention deficit disorder and sleep apnea,” he says. “If it’s not addressed early, the condition can have long-term effects, so sleep apnea should be considered if a young patient has attention deficit disorder and they snore — snoring is the warning sign of sleep apnea. The epidemic of pediatric obesity in the United States also plays a part; we’re seeing more and more children with breathing troubles,” he says.

When Pazos, who lives in Pleasantville, isn’t practicing medicine, he can often be found playing soccer, coaching his three kids’ sports teams, enjoying historical fiction and nonfiction, and traveling.

TOP DOCTORS

CARDIOVASCULAR DISEASE (CONTINUED)

Sherma Winchester-Penny

Crystal Run Healthcare
155 Crystal Run Rd., Middletown, NY 10941
845-703-6999

Affiliation: Orange Regional Medical Center (Goshen Campus)

Special expertise: Nuclear cardiology

COLON & RECTAL SURGERY

Garner P. Johnson

319 S. Manning Blvd., Ste. 310,
Albany, NY 12208
518-438-2776

Affiliation: St. Peter’s Hospital (Albany),
Albany Medical Center

DERMATOLOGY

Samuel E. Book

575 Hudson Valley Ave., Ste. 205,
New Windsor, NY 12553
845-220-2200

Affiliation: Good Samaritan Hospital (Suffern),
Yale-New Haven Hospital

Special expertise: Mohs’ surgery, skin cancer

Wendy Parish

361 Broadway,
Kingston, NY 12401
845-331-2677

Affiliation: Kingston Hospital

Special expertise: Skin cancer and moles,
dermatologic surgery

Hendrik I. Uyttendaele

29 Fox St., Fl. 4,
Poughkeepsie, NY 12601
845-473-2350

Special expertise: Hair loss, nail disorders

Heidi A. Waldorf

57 N. Middletown Rd.,
Nanuet, NY 10954
845-623-7077

Affiliation: Mount Sinai Medical Center

Special expertise: Cosmetic dermatology, skin
laser surgery, skin cancer, Mohs’ surgery

DIAGNOSTIC RADIOLOGY

Lewis M. Bobroff

255 Lafayette Ave., Dept. Radiology,
Suffern, NY 10901
845-368-5196

Affiliation: Good Samaritan Hospital (Suffern)

Special expertise: Mammography, nuclear
medicine, PET imaging

Richard J. Friedland

DRA Imaging
1 Columbia St.,
Poughkeepsie, NY 12601
845-454-4700

Affiliation: Vassar Brothers Medical Center

Victor Gaines

DRA Imaging
1 Columbia St., Poughkeepsie, NY 12601
845-454-4700

Affiliation: Vassar Brothers Medical Center,
Columbia Memorial Hospital

Mark E. Geller

18 Squadron Blvd.,
New City, NY 10956
845-634-9729

Affiliation: Nyack Hospital

Special expertise: MRI, ultrasound, nuclear
medicine, CT scan

Bruce Moor

45 Pine Grove Ave.,
Kingston, NY 12401
845-340-4500

Affiliation: Benedictine Hospital

Special expertise: Interventional radiology,
CT scan

Elizabeth Ramirez De Arellano

707 E. Main St.,
Middletown, NY 10940
845-333-1258

Affiliation: Orange Regional Medical Center
(Goshen Campus)

Special expertise: Breast imaging

ENDOCRINOLOGY, DIABETES & METABOLISM

Serhat Aytug

Crystal Run Healthcare
155 Crystal Run Rd.,
Middletown, NY 10941
845-703-6999

Affiliation: Orange Regional Medical Center
(Goshen Campus)

Special expertise: Thyroid disorders, pituitary
disorders, diabetes

Robert S. Busch

1365 Washington Ave., Ste. 300,
Albany, NY 12206
518-489-4704

Affiliation: Albany Medical Center

Special expertise: Diabetes

Felicia Cosman

Helen Hayes Hospital, Regional Bone Center
Rte. 9W, West Haverstraw, NY 10993
845-786-4489

Affiliation: Helen Hayes Hospital, New York
Presbyterian Hospital/Columbia

Special expertise: Osteoporosis,
bone densitometry

Matthew Leinung

25 Hackett Blvd., Fl. 3, Albany, NY 12208
518-262-5185

Affiliation: Albany Medical Center

Special expertise: Adrenal disorders

FAMILY MEDICINE

Margaret Coughlan

3712 Rte. 44, Millbrook, NY 12545
845-677-6767

Affiliation: Sharon Hospital

Special expertise: Preventive medicine, travel
medicine, cholesterol/lipid disorders, asthma

Vincent Ibelli

97 Rte. 303, Tappan, NY 10983
845-359-5005

Affiliation: Nyack Hospital

Special expertise: Asthma, hypertension,
osteoporosis, gastroesophageal reflux disease (GERD)