



***HASC Diagnostic and Treatment Center
Blanche Kahn Medical Center
Healthy Highlights Newsletter!***



Your bridge to better health

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Join Our List

March 2016

Dear Friend,

Welcome to the HASC Diagnostic and Treatment Center, *Healthy Highlights* newsletter. See inside for the most up to date news from our medical center, and what we are doing to better service you!

Getting to Know the BKMC Medical Staff

Join Our Mailing List!



Blanche Kahn Medical Center Dermatologist Dr. Abraham Freilich M.D., F. A.A D

In addition to his work at the BKMC, Dr. Freilich is also an Assistant Clinical Professor at the Mount Sinai School of Medicine, The SUNY Health Science Center of Brooklyn, and the Director of Freilich Dermatology in Brooklyn.

What is Dermatology and why do I need an appointment?

Dermatologists are doctors that are specially trained to diagnose and treat diseases of the skin, hair, nails and mucous membranes. Our dermatologist can treat skin cancers, moles, warts, fungal infections, psoriasis, acne, dry skin, contact dermatitis and other skin conditions.

According to the Skin Cancer Foundation, "an estimated 76,380 new cases of invasive melanoma will be diagnosed in the US in 2016." Statistics as alarming as those are what remind us of the necessity to schedule an annual examination with our Dermatologist.

Services Available

**BKMC Services provided at
1221 East 14th Street Brooklyn, NY 11230**



Medical Services:

Primary Care
Endocrinology
Dermatology
Neurology
Psychiatry

Podiatry
Women's Health

Therapy Services:

Occupational Therapy
Physical therapy
Speech Therapy (Device specialist on staff)
Psychotherapy
Psychological and Psychosocial Evaluations

Hours of operation:

Monday 9 am -7 pm
Tuesday 9 am -7 pm
Wednesday 9 am -7 pm
Thursday 9 am -7 pm
Friday 9 am-1 pm
Select Sundays 10 am -2 pm

**Additional Evening and Sunday Hours
Available!**

**For an appointment please call:
718-434-4600**

Services at Other Locations

The Blanche Kahn Medical Center is now offering therapy services in our satellite locations co-located with the HASC Center Day hubs including:

**83 South 8th Street Brooklyn NY
1600 63rd Street Brooklyn NY
5601 1st Ave Brooklyn NY
4201 Fort Hamilton Parkway Brooklyn NY**

This means that the people you care for can now receive therapy services at their respective day programs without the hassle of traveling to the Medical Center's main site at East 14th street. If individuals under your care require therapeutic services, please do not hesitate to contact us for more information or to make the referral. You can reach out to Shaindy Itzkowitz at 718-535-1978 or by email to sitzkowitz@hasccenter.org to arrange for these services at your convenience.

Getting to Know the BKMC Physical Therapy

BKMC Physical Therapists:

Pearl Brodt PT
Chelsea Chan PT
Gina Healy PT

Why would I refer a family member or a person for whom I care to physical therapy? What happens in therapy?

The Physical Therapy Team at the Blanche Kahn Medical Center provides evaluation and treatment to adults with both physical and cognitive impairments. We treat a variety of individuals who present with many neurological and genetic disorders. In therapy, the individuals are treated with care and compassion combined with unmatched expertise. Treatments include providing care for orthopedic injuries, pain management, gait and balance disorders and any other therapeutic needs. In addition, we also assess the patient's need for durable medical equipment including wheelchairs and walkers.

Zika Virus and Birth Defects

On February 2, 2016 WHO, the World Health Organization, professed that Zika Virus had reached the stage of an international public health emergency. The birth defects were manifested as babies born with abnormally small heads and brains. This condition is referred to as Microcephaly, and can be accompanied by a host of developmental delays and sensory impairments.

[Read More](#)

Stress Relief; Laughter is the Best Medicine

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.

[By Mayo Clinic Staff](#)

Whether you're guiltily guffawing at an episode of "South Park" or quietly giggling at the latest New Yorker cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

[Read More](#)

Happy Purim

~Wishing Everyone a *Freilichin* Purim!~



On behalf of the entire staff, I'd like to wish everyone a happy Purim!

Sincerely,

Shaina Rosenfeld, MPA
Administrator

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Brooklyn, NY 11230

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