

# Winter Newsletter

SCMS & SAM

31 December 2024



## Letter from our President

Happy New Year!

As 2024 comes to a close and we reach the halfway point of the SCMS calendar year, I would like to take a moment to thank all of you for your dedication to our society. We've made numerous accomplishments this year and it would not be possible without your hard work. Indeed, we've come a long way since the pandemic changed organized medicine and medicine at large. We continue to make strides to better our society and ourselves and the proof is tangible.

Thanks to many years of arduous and painstaking work, the bylaws committee has proposed an updated set of bylaws due for a vote by our membership in January. This committee, comprised of at least 6 past and current Suffolk County Medical Society presidents, believes these new bylaws better reflect the modern day-to-day practice of our society and allow us more flexibility to continue to change and grow. I hope you all have a chance to read through these new bylaws and appreciate the work that went into them.

Our membership committee has seen substantial growth with scores of new members joining in just the last 6 months. This is in large part due to our continued engagement with every medical staff in Suffolk County, rather than being too reliant on a few institutional memberships.

We have stronger ties than ever before to Huntington Hospital, St. Catherine's of Siena, Long Island Community Hospital, South Oaks Hospital, Pilgrim State Hospital and Stony Brook University Hospital, in addition to our ongoing work with New York Cancer and Blood.

This engagement crosses corporate lines and is inclusive of all hospital systems. We will continue over the next 6 months to try and engage with every hospital and medical staff in Suffolk County.

In large part this progress is due to our numerous events throughout the year. Not only did we bring back a very successful legislative breakfast and host social events in Huntington, Bay Shore and Port Jefferson, but our newly expanded Doctors of Tomorrow program saw its largest number of students in history.

### In this newsletter you can expect:

Letter from our President

Member Spotlight

Board of Directors Meeting

New & Improved Website!

Legislative Breakfast

UPCOMING:  
Women's Health Fair

---

We will continue our legislative work at the **MSSNY House of Delegates** and continue our social events over the next 6 months in addition to hosting our annual **Research Symposium** and our **Annual Dinner**.

Perhaps most exciting is our new **Galentine's Women's Health Fair** on February 12th at the Long Island Aquarium in Riverhead. I am so proud of the work of our Women's Health Committee. Their energy and enthusiasm is contagious. This event will have involvement and support from every hospital and hospital system in Suffolk County.

I believe this is what makes SCMS so special and that this is its true purpose. At a time when external forces seek to divide us as physicians, SCMS unites us across all specialties from all the various hospitals and hospital systems. It gives us a voice not only with our state and federal legislators, but with our patients, our community and with the future doctors of tomorrow.

We are here to help you in your time of need and to empower you to have an impact at the federal, state and local levels. We will continue to do so over the next 6 months and years to come. If you have any ideas, suggestions or passions you would like to make a reality please do not hesitate to call, text, or write - even if it is just to say, "Happy Holidays & Happy New Year!"



PRESIDENT, SUFFOLK COUNTY MEDICAL SOCIETY



#### Q & A

## Member Spotlight: Sara Siddiqui, MD, FAAP

Dr. Sara Siddiqui is a dedicated pediatrician with over two decades of experience, specializing in caring for children from birth to 21 years old. As a pediatrician at Hassenfeld Children's Hospital at NYU Langone, she takes immense pride in watching her patients grow up, graduate, and thrive under her care. Dr. Siddiqui provides comprehensive care for acute and chronic illnesses in children and adolescents.

Her approach to medicine is deeply rooted in building long-term relationships with her patients and their families, emphasizing family-oriented care. Dr. Siddiqui believes in partnering with parents, grandparents, and guardians to ensure the well-being of her patients. Drawing from her experience as both a doctor and a parent of four children, she offers holistic advice and treatment plans tailored to each child's unique needs. Based in NYU Langone Huntington Medical Group on Long Island, Dr. Siddiqui is not just a healthcare provider but also an integral part of her community. Living and working in the same area allows her to foster strong connections with her patients and their families, offering them comfort and support beyond the medical setting. Dr. Sara Siddiqui exemplifies compassion, expertise, and dedication in her role as a pediatrician, enriching the lives of those she cares for.

#### What is a piece of advice you would give to young doctors just starting their careers?

This is a great question. I think back to the beginning of my career and remember the feeling of always going on to the next step. I was always looking at where I was going, never reflecting on how far I had come. Now, after being in practice for 25 years, I would tell my earlier self as well as those that are early in their career, to ultimately enjoy the journey. Enjoy where you are right now. Celebrate yourself. Look around you and see how far you have come. Look at your accomplishments and be proud of yourself. Try and remember why you entered into this career in the first place and try to picture it often. You are now in the driver's seat so to speak and you can go any direction. Also, there is really no wrong direction and you can change tactics if something is not right.

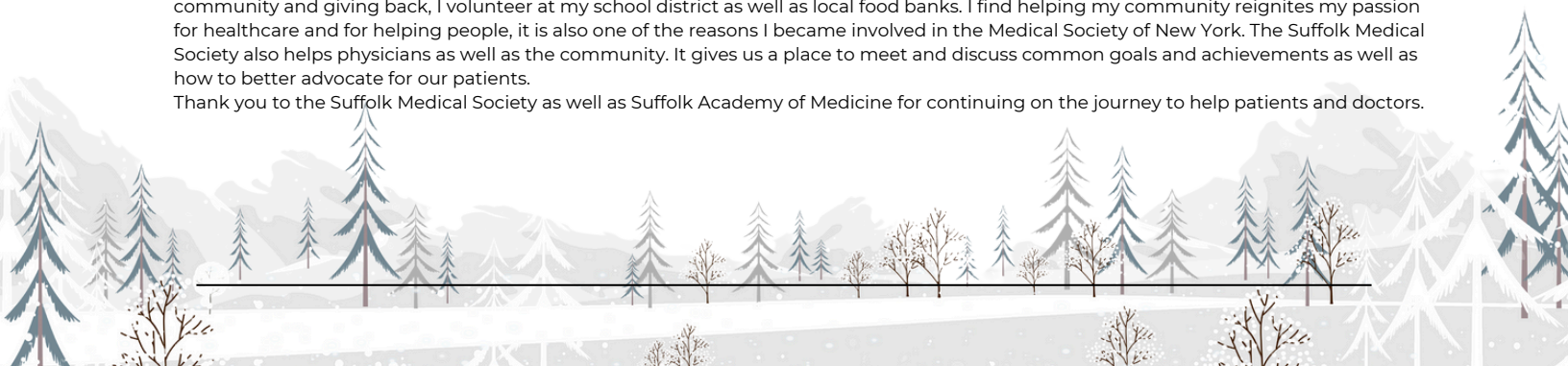
#### If you weren't a physician, what career path would you have chosen?

I would have been a teacher. Pediatricians and teachers both have similar ideals and goals. I love education and being a part of young people's journey in education. I love learning myself and feel like I am a student at heart. I do think I would have made a great teacher and supporter of students.

#### What initiatives or causes in the medical community are you particularly passionate about?

I am very passionate about maintaining health and preventative care. I am deeply concerned about the direction that healthcare is going in general in that we are treating disease rather than trying to stay well and prevent illness. I like to integrate wellness and staying healthy at each and every childcare visit while also incorporating that in my outside activities as well. I also am very passionate about helping my community and giving back, I volunteer at my school district as well as local food banks. I find helping my community reignites my passion for healthcare and for helping people, it is also one of the reasons I became involved in the Medical Society of New York. The Suffolk Medical Society also helps physicians as well as the community. It gives us a place to meet and discuss common goals and achievements as well as how to better advocate for our patients.

Thank you to the Suffolk Medical Society as well as Suffolk Academy of Medicine for continuing on the journey to help patients and doctors.



## Legislative Breakfast

Suffolk Academy of Medicine hosted a highly successful Legislative Breakfast in partnership with New York Cancer and Blood Specialists. Attendees had the invaluable opportunity to engage directly with Suffolk County elected officials, discussing key healthcare and community issues. The event fostered meaningful dialogue and collaboration, with participants sharing insights and concerns that will help shape the future of healthcare in our region. Thank you to all who joined us for this impactful morning of connection and advocacy! A very special thank you to Senator Murray, Senator Palumbo, Assemblyman Gandolfo, Assemblywoman Giglio, and Felicia Crivello, Legislative Director to Senator Martinez.



## Board of Directors Meeting

On December 11th, the Suffolk County Medical Society held its Board of Directors meeting, bringing together leadership to discuss ongoing initiatives and plans for the upcoming year. The meeting focused on advancing our mission to support physicians and improve healthcare for our community. It was a productive evening of collaboration, strategic planning, and shared commitment to driving meaningful progress in the medical field. Thank you to all our dedicated board members for their invaluable contributions!



## Our New and Improved Website!

We're thrilled to unveil our new and improved website:  
[www.suffolkcountymedical.com](http://www.suffolkcountymedical.com)! This updated platform is your one-stop destination for staying informed about all our upcoming events, programs, and initiatives. With streamlined navigation and regular updates, it's never been simpler to stay engaged and take advantage of everything our society has to offer. Visit today to explore the new features and stay connected!

# Upcoming Event



## Join us for our first Women's Health Fair at the Long Island Aquarium



Mark your calendars! On February 12th, the Suffolk County Medical Society is excited to host the **Galentine's Women's Health Fair** at the Long Island Aquarium. This event will bring together representatives from all the major hospital groups in Suffolk County to explore key issues in women's health. Join us for an evening of insightful discussions, expert panels, and opportunities to connect with leading healthcare professionals in our community. This event is open to all members of the Suffolk Community. Click [here](#) to RSVP. Stay tuned for more details, and don't miss this impactful event in a stunning setting!

*Thank you for reading!*



NICOLE GERBERG, EXECUTIVE DIRECTOR INFO@SCMS-SAM.ORG	P: 631-851-1400 F: 631-851-1401
www.suffolkcountymedical.com  suffolkcounty_medicalsociety  Suffolk County Medical Society	PO Box 2274, Huntington, NY 11743