

# Pediatric Otorhinolaryngology at Montefiore Einstein



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Through close collaboration with pediatric gastroenterologists, pulmonologists, endocrinologists, speech pathologists and other specialists, we provide comprehensive and compassionate care to every patient and family. We specialize in treating the ear, nose, throat and related structures of the face and neck, including:



**Flexible and rigid endoscopic examination of air, food and sinus passages**



**Treatment of sinus, laryngeal, thyroid and esophageal disorders**



**Management of patients with hearing loss and balance disorders**



**Treatment of patients with velopharyngeal dysfunction, hypernasality and related speech disorders**



**Endoscopic sinus surgery**



**Evaluation and treatment of voice disorders**

# Aerodigestive Program at Montefiore (ADAM)

The Aerodigestive Program at Montefiore (ADAM) consists of a unique multidisciplinary team devoted to the medical and surgical management of complex pediatric airway and esophageal disorders, swallowing disorders, and sleep abnormalities. ADAM team members include specialists in pediatric pulmonary, otorhinolaryngology (ear, nose and throat specialist), gastroenterology and speech pathology. This multidisciplinary approach begins with the patient's combined clinical evaluation and ensures comprehensive, highly specialized and personalized care for every child—from newborns to 21-year-olds. Some aerodigestive patients benefit from endoscopic evaluation of the larynx, trachea, lungs, esophagus and stomach during the same encounter (triple scope: flexible and rigid bronchoscopy, esophagogastroduodenoscopy [EGD]).



## CLINICAL EXPERTISE

- Aspiration-related lung disease
- Bronchiectasis
- Bronchomalacia
- Bronchopulmonary dysplasia
- Chronic cough
- Chronic lung disease
- Chronic or recurrent pneumonia
- Complete tracheal rings
- Congenital airway problems
- Difficult to treat asthma
- Eosinophilic esophagitis
- Feeding difficulties
- Oral aversion
- Gastroesophageal reflux
- Laryngeal cleft
- Laryngeal stenosis
- Laryngomalacia
- Tracheomalacia
- Obstructive sleep apnea
- Persistent wheezing
- Subglottic web
- Subglottic stenosis
- Tracheal stenosis
- Tracheoesophageal fistula/esophageal atresia
- Esophageal stricture
- Tracheostomy dependence
- Vocal cord dysfunction or paralysis



**Michel Nassar, MD**  
Pediatrics, Pediatrics -  
Otorhinolaryngology  
Director

**Christina J. Yang, MD**  
Otorhinolaryngology-Head and Neck Surgery  
**Alanna M. Windsor, MD**  
Otorhinolaryngology-Head and Neck Surgery  
**Aneela Bidiwala, MD**  
**Nicole Scafura, MS, CCC-SLP**  
**Michelle Hesari, MS, CCC-SLP**  
**Emily Stoddard, MS, CCC-SLP**  
**Hannah Tahhan-Jackson, MS, CCC-SLP**

## CONTACT

**Michel Nassar, MD, Director**  
mnassar@montefiore.org

**Anne Haber, NP, Coordinator**  
718-515-2330  
ahaber@montefiore.org  
adam@montefiore.org

# Dysphagia Clinic

Dysphagia is a complex and often difficult pathology to manage. Our team of board-certified pediatric otorhinolaryngologists and speech pathologists provide a dedicated and caring approach to patients and families. Modified barium swallow testing as well as Fiberoptic Endoscopic Evaluation of Swallowing (FEES) are often recommended to better diagnose and treat feeding and swallowing problems.



During our monthly Dysphagia Clinic, the child is assessed by both a pediatric otorhinolaryngologist and speech-language pathologists. Fiberoptic Endoscopic Evaluation of Swallowing (FEES) is a procedure that allows the assessment of areas surrounding the voice box and opening of the esophagus through the use of a small flexible endoscope (camera). During this procedure, the patient is given various foods and liquids to eat and drink, as appropriate, and the swallowing is observed and evaluated. The pediatric otorhinolaryngologist and speech-language pathologists review findings together with patients and families. Specific recommendations are made from both specialists. If indicated, airway surgery is performed by our pediatric otorhinolaryngology-head and neck surgery team. Complicated cases are co-managed by our multidisciplinary aerodigestive team. The Dysphagia Clinic runs once monthly.



**Christina J. Yang, MD**  
Pediatrics, Otorhinolaryngology-  
Head and Neck Surgery  
Director

**Nicole Scafura, MS, CCC-SLP**  
**Michelle Hesari, MS, CCC-SLP**  
**Emily Stoddard, MS, CCC-SLP**  
**Hannah Tahhan-Jackson, MS,**  
CCC-SLP

## CONTACT

**Christina J. Yang, MD,**  
Director  
chyan@montefiore.org

**Eva Pabafikos, Manager**  
epabafik@montefiore.org  
718-741-2527

# Velopharyngeal Dysfunction (VPD) Clinic

The VPD Clinic consists of a multidisciplinary team of pediatric otorhinolaryngologists as well as speech-language pathologists who specialize in the evaluation and medical and surgical treatment of patients with hypernasality and other resonance disorders. The goal is to assess the patient's speech, resonance, velopharyngeal function and to form a treatment plan. Through a comprehensive team assessment, these specialists try to determine the cause of the speech problem and the contributing factors.



**Michel Nassar, MD**  
Pediatrics, Pediatrics -  
Otorhinolaryngology  
Director

**Nicole Scafura, MS, CCC-SLP**  
**Michelle Hesari, MS, CCC-SLP**  
**Emily Stoddard, MS, CCC-SLP**  
**Hannah Tahhan-Jackson, MS,**  
**CCC-SLP**

## CONTACT

**ORL:**  
**Michel Nassar, MD, Director**  
mnassar@montefiore.org

**Michelle Foster,**  
**Speech Coordinator**  
718-920-8770  
mfoster@montefiore.org

# Pediatric Thyroid Nodule and Cancer Clinic

The Pediatric Thyroid Nodule and Cancer Clinic (PTNCC) aims to improve access and provide more comprehensive care to children and adolescents with thyroid nodules and thyroid cancer. Our team of board-certified and specialty trained endocrinologists, thyroid surgeons, radiologists, pathologists and pediatric nurses are dedicated to helping our pediatric patients with newly discovered thyroid nodules arrive at a more accurate and timely diagnosis, guide them through further evaluation or surgery as needed, and provide individualized follow-up care throughout the course of their disease.



Patients seen at this monthly multidisciplinary clinic will have an initial thyroid ultrasound on the morning of their clinic appointment. They will then be seen by both an endocrinologist and thyroid surgeon who will both evaluate the patient and review the ultrasound study to establish a diagnosis and formulate a management plan with the patient.

If clinically warranted, an ultrasound-guided biopsy of any suspicious or concerning thyroid lesion will be performed during the same clinic session. Once the biopsy results are finalized (usually in 3-4 business days), patients will be contacted by our physicians to discuss the results and to arrange follow-up care. The more complicated cases will be presented and discussed further in pediatric thyroid tumor board conference with our colleagues from pediatric radiology, nuclear medicine, cytopathology and surgical pathology. Through PTNCC, we hope to provide a clinical setting at CHAM where kids with thyroid nodules and thyroid cancer can receive the timely, comprehensive and specialized care they deserve.



**Mona Gangar, MD**  
Pediatrics - Otorhinolaryngology,  
Otorhinolaryngology-Head and  
Neck Surgery, Co-Director

- Liane Eng, MD** Endocrinology
- Leslie S. Lam, MD** Endocrinology
- Jessica Kurian, MD**  
Pediatric Radiology
- Renee M. Moadel, MD**  
Nuclear Medicine
- Simon Sung, MD** Cytopathology
- Jennifer Oliver-Krasinski, MD, PhD**  
Pathology
- Laleh Hakima, DO** Pathology
- Michelle Ewart, MD** Pathology

**CONTACT**

**Mona Gangar, MD,  
Co-Director**  
mgangar@montefiore.org

**Chanel Rivera**  
chariver@montefiore.org

**Eva Pabafikos, Manager**  
718-741-2527  
epabafik@montefiore.org

# Cochlear Implant Program

The Cochlear Implant Program consists of an expert team of cochlear implant surgeons and audiologists who provide personalized care to children with sensorineural hearing loss.

Cochlear implants are surgically implanted devices which can provide auditory perception in patients with severe-to-profound sensorineural hearing loss by electrically stimulating the nerve of hearing.



Through multidisciplinary collaboration, our team identifies children with hearing loss as early as infancy using Auditory Brainstem Response (ABR) testing and comprehensive audiology evaluations. Our team will then determine if a patient is medically and audiology a candidate for cochlear implantation and that he or she has the support needed to ensure long-term follow up and rehabilitation. Our goal is to ensure that each child's hearing is optimized and families are adequately supported. Through partnership with Rose F. Kennedy Center (CERC), speech language pathologists and other specialized schools, we aim to support the family in advocating for their child.



**Alanna Windsor, MD**  
Pediatrics, Otorhinolaryngology-  
Head and Neck Surgery  
Director

**Michel Nassar, MD**  
**Mahindra Ramdhanie, AuD**  
**Sharon Ripinsky, MA, ABR**  
**Marisa Ramirez, AuD**  
**Sophie Racine, AuD**  
**Mariana Urbina, AuD**

## CONTACT

**Alanna Windsor, MD, Director**  
[awindsor@montefiore.org](mailto:awindsor@montefiore.org)

**Mahindra Ramdhanie, AuD**  
**Cochlear Implants**  
[mramdhan@montefiore.org](mailto:mramdhan@montefiore.org)

# Pediatric Vestibular Clinic

The Pediatric Vestibular Clinic evaluates and treats children with symptoms of dizziness and imbalance. Patients with symptoms of unexplained dizziness/vertigo, frequent falls, periodic episodes of nausea/vomiting, or clumsiness may be candidates for the clinic. Our expert team of multidisciplinary specialists understand the way that balance disorders and dizziness can adversely affect gross motor development, neurocognition, and quality of life. Patients are evaluated on the same day by an audiologist who performs hearing and balance testing, as well as a pediatric ear, nose and throat physician, and a physical medicine and rehabilitation specialist. After evaluation in the clinic, an individualized treatment plan is developed, which may include a course of vestibular rehabilitation exercises, medications, or referral to other subspecialists.



**Alanna Windsor, MD**  
Pediatrics, Otorhinolaryngology-  
Head and Neck Surgery  
Director

## **PEDIATRIC VESTIBULAR CLINIC**

**Monika Desai, MD**  
Physical Medicine &  
Rehabilitation, Pediatrics -  
Rehabilitation Medicine

**Mahindra Ramdhanie, AuD**

## **CONTACT**

**Alanna Windsor, MD, Director**  
[awindsor@montefiore.org](mailto:awindsor@montefiore.org)

**Eva Pabafikos**  
[epabafik@montefiore.org](mailto:epabafik@montefiore.org)



# Pediatric Voice Clinic

The Pediatric Voice Clinic is a multidisciplinary program for the evaluation of children with voice problems. Conditions we treat include but are not limited to vocal fold nodules, cysts, polyps, vocal cord paralysis, laryngopharyngeal reflux, and muscle tension dysphonia. Patients are evaluated jointly by a pediatric ear, nose and throat specialist and a voice therapist with videostroboscopy and voice recordings performed. Based on this evaluation, patients may be recommended for a course of vocal exercises, surgical management of their voice disorder, or a combination of the two. Each visit, families are also asked to complete a survey measuring the severity of their voice issues so that we may track their progress over time. Through the Pediatric Voice Clinic, we aim to provide compassionate care tailored to each patient and family and which recognizes the negative impact that voice problems can have on a child's communication, academics, social development and self-esteem.



**Alanna Windsor, MD**  
Pediatrics, Otorhinolaryngology-  
Head and Neck Surgery  
Director

**PEDIATRIC  
VOICE CLINIC**  
Mehak Noorani, CCC-SLP

## CONTACT

**Alanna Windsor, MD, Director**  
awindsor@montefiore.org

**Eva Pabafikos**  
epabafik@montefiore.org

# Pediatric Otorhinolaryngology at Montefiore Einstein

 LOCATIONS:



**The Children's  
Hospital  
at Montefiore**

3415 Bainbridge Avenue  
Bronx, NY 10467-2403



**Montefiore  
Hutchinson Campus**

1250 Waters Place  
Bronx, NY 10461-2720



**Moses Campus  
Greene Medical  
Arts Pavilion**

3400 Bainbridge Avenue  
Bronx, NY 10467

