

Alumni News

Jordan S. Josephson, M.D. (B.S. Chemistry '78)

NEW BOOK ON SINUS PROBLEMS, ALLERGIES, ASTHMA AND SNORING RECENTLY ON OPRAH AND FRIENDS RADIO WRITTEN BY ALBANY ALUMI

If you are one of the 70 million Americans who suffer from sinus problems, allergies, asthma, snoring, sleep apnea or gastro-esophageal reflux (GERD), sage advice from Jordan S. Josephson, M.D. (B.S. Chemistry '78) may be the first step toward treatment and recovery. As the Director of the New York Nasal and Sinus Center and an attending physician at Lenox Hill Hospital, Manhattan Eye, Ear and Throat Hospital and St Luke's Roosevelt Hospital in Manhattan, Dr. Josephson dedicated himself to writing the book entitled *Sinus Relief Now* (www.sinusreliefnow.com), recently published by Penguin publishers.

An important component of Josephson's advice focuses on positive behavioral changes in diet and exercise, and the cessation of high risk activity such as smoking. He is also an advocate of a collaboration between Western traditional therapies and Eastern alternative treatments such as acupuncture, holistic medicine, chiropractic, and the use of nasal irrigation devices.

Josephson has appeared on The Today Show, CBS News, Oprah Radio-Dr Memet Oz Show and Fox News among many. He has been quoted in many news articles including those found in the New York Times, New York Post, Newsday, Men's Health, Parenting, the Medical Herald and consumer newsletters like the Bottom Line/Personal and Bottom Line/ Health.

A Long Island native, Josephson entered the University at Albany in 1975 receiving a B.S. in Chemistry with distinction in 1978 in three years. His enthusiasm for the University is evident. My education at Albany, states Dr. Josephson afforded me a great foundation for the years that were ahead of me. The alumni office recently contacted me and expressed that they are interested in developing the alumni association. I am glad that the alumni office is becoming more proactive as the power of this networking with fellow alumnus is something that the Ivy League schools realized centuries ago. It is great to be connected and to see how well everyone has done. The

value of this networking is incredible. I would encourage everyone to become more involved as the power of our alumni association can be a great force in all of our lives and businesses. I am happy that the University is taking the initiative.

Dr. Josephson's high academic performance while at SUNY Albany resulted in admission to SUNY Downstate Medical School. Subsequently, he successfully completed an internship in general surgery followed by a residency and then a chief residency in Otolaryngology-Head and Neck Surgery at Long Island Jewish Hospital. He then completed a fellowship in Nasal and Endoscopic Sinus Surgery at Johns Hopkins Medical Center in Baltimore, where he was the first fellowship trained endoscopic sinus and nasal surgeon in the U.S. He finished up at the prestigious Johns Hopkins Medical School and held the rank of Instructor.

Dr. Josephson then opened up practice in New York City. He was asked to be a consultant to the National Institutes of Health where he researched new techniques for nasal and facial functional and cosmetic reconstruction. Josephson treats patients from all over the world and was featured as one of thirteen innovators in medicine in New York Magazine's Best Doctors 2004 <http://nymag.com/nymetro/health/bestdoctors/features/9257/>. He has also been listed in Castle Connolly's Americas Top Doctors for many years.

His interests transcend the practice of medicine. He is involved in education and has lectured and taught surgeons all over the world his technique of Functional Endoscopic Sinus Surgery. He has done significant research and has written and published over 40 publications in various peer review journals and has books in five languages that are in most hospital and medical school libraries around the world.

And yet, there is more depth to Dr. Josephson. He is a family man who is active with various charities. When asked about this, Dr. Josephson says, "my father and mother always told me that you have to give to get". Dr. Josephson has been on various charitable boards over the years and contributes generously. He believes in building worthwhile organizations that help people. "The three most important things in life, he says, are family, your health and people helping people" and that is what Dr. Josephson is all about. When asked how he could afford the time to write his most recent book "Sinus Relief Now", he replied, "that is easy, I couldn't afford not to write the book. There are over 70 million sufferers who suffer

from sinus problems, allergies and asthma. With air pollution and global warming, the number of these sufferers is increasing. Health care is such today that unfortunately patients are not always able to understand what their physicians are telling them. They are not aware about their problems and the treatments available to them. Dr. Josephson believes that through education, health care costs can be lowered and the delivery of such care can be improved as patients learn more about their problems and become more pro-active in taking care of themselves.

This is exactly what Dr. Josephson hopes to do with his book, *Sinus Relief Now*, and he recommends it for everyone who suffers from sinus problems, allergies, asthma, snoring, sleep apnea and gastro-esophageal reflux (GERD).