



“75 years of enduring legacy!”

75th Anniversary Celebration and XLVII Scientific Conference

In the life of every organization there comes a time to reflect. A 75th anniversary offers that opportunity. Since 1950, the Ukrainian Medical Association of North America has matured – arising from the need of our founders to network to re-establish their personal and professional lives. It grew slowly, chapter by chapter, through many phases of recent history.

Today, UMANA chapters exist in many cities of North America, with an active membership of nearly 500 professionals, and close to 1,000 professional contacts.

Its sister association, the educational non-profit UMANA Foundation, has evolved to be a major player in the non-profit universe able to pull together significant medical aid for Ukraine while still maintaining its mission of medical publication, education and scholarship.

We invite you to participate in the 75th Anniversary Gala Celebration in New York. During the scientific conference you will learn about re-emerging diseases in a global environment.

Friday April 25 - Attend the LXVII Scientific Conference: “Micro-invaders, Problem Creators”

Saturday April 26 - Come join us for UMANA’s 75th Anniversary Gala Celebration

Scheduled Speakers:

Orest Bauer, DMD	“The Good, the Bad and the Yucky: Exploring Your Mouth’s Microbial Zoo”
Maria Geba, MD	“Tuberculosis-New Threats from an Age Old Disease”
Stephanie Hanchuk, MD	“Recurrent Urinary Tract Infection Prevention - Current Management and Future Directions”
Michelle Hladunewich, MD	“The Infectious Complications of War Lessons from the Canadian Ukrainian Surgical Aid Program”
Irena Karanetz, MD	“Surgical Site Infections in Breast Reconstruction: How to Prevent and Treat”
Nazary Nebeluk, MD, PhD	“Small Pathogens after Big Disasters: Infectious Diseases Complicating Relief Efforts”
Liza Pilch, MD, MBA, FACEP	“Knowing Where the Bugs Are”
Daniel G. Swistel, MD	“Micro-Invaders and Heart Disease-A Rapidly Evolving Relationship”

Looking forward to seeing you in New York!

Register at: <https://formsmarts.com/form/2drz>



UMANA CHAPTER NEWS

ILLINOIS BRANCH members held a meeting on “Updates in Obesity Management” at Cooper’s Hawk Winery in Wheeling, IL, on November 17, 2024. Members engaged in a very interactive lecture event with **Dr. Olha Duchon** (endocrinology, diabetes management). The discussion included strategies for weight loss; focusing on the many medications that have now become part of every day life for many Americans. Afterwards members and guests enjoyed a nice lunch with wine pairing while reconnecting and socializing.



Illinois Branch members at Cooper’s Hawk

NEW YORK METRO BRANCH met on December 14, 2024, for a short meeting and then celebrated the holiday season at their annual Yalynka at the Ukrainian Institute of America. The chapter made plans for the upcoming year and look forward to seeing many UMANA members at the 75th Anniversary Gala and Conference in New York City in April.



UMANA News

The Newsletter of the Ukrainian Medical Association of North America is published quarterly by UMANA with the objective to promote good fellowship and to uphold and enhance the best interests of UMANA. The newsletter serves as an impartial forum for the information for its members. UMANA cannot guarantee the accuracy of all information contained herein. Some information has been obtained from third party published and oral sources and may not have been independently verified. The treatment of articles, view, and opinions expressed in UMANA News is not necessarily endorsed by UMANA.

Distributed to members and friends of UMANA

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The Ukrainian Medical Association of North America



New York Metro Branch members at their Yalynka

MICHIGAN BRANCH gathered for their annual Christmas luncheon on December 21, 2024, at the Carpe Diem Banquet Hall in Southfield. The chapter elected the following board members: President – **Dr. Ivanna Murskyj-Muravytskyy**, Vice-President – **Dr. Nataliya Sachovska**, Secretary – **Dr. Anastazia Novatchinski**, Treasurer – **Dr. Andrew Loginsky**. Plans were made for another Ridna Shkola Career Day and other academic events. It was wonderful to see some newer members.



Michigan Branch members at Carpe Diem

ILLINOIS BRANCH held their traditional Yalynka on Sunday, January 12, 2025, at the Ukrainian Cultural Center in Chicago. Members and their families were entertained

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OBITUARIES



BANDURA, Larissa DDS, age 81, *New York University* 1973, member of Illinois Branch, died January 5, 2025.



DUCHON, Olha MD, age 42, *Bukovyna State University* 2006, member of Illinois Branch, died November 17, 2024.



President's Message

Greetings Dear Colleagues!

As a beekeeper I've learned that in the beehive, nature offers us a masterclass in precision, teamwork, and resilience – qualities that mirror the art of medicine and the spirit of Ukraine during these challenging times.

Bees maintain a near-perfect environment inside their hive, keeping the temperature constant between 93-95°F to nurture their young. They achieve this through subtle yet coordinated actions – fanning their wings to circulate air when it's too warm, or clustering tightly to generate heat when it's cold. This meticulous care is also evident in the way bees transform nectar into honey. They collect nectar, mix it with special enzymes, and fan it to evaporate excess water, creating a natural, long-lasting nourishing treasure. Both are incredible achievements.

Just as the bees' collective efforts sustain the hive, many of you work tirelessly, to restore health and detect medical issues.

This lesson of unity and perseverance resonates deeply in our communities and in Ukraine today. UMANA partners with multiple organizations, including UCCA, Project Cure, and CUF to amplify our efforts and we're collaborating with a number of groups.

UMANA also has a partnership with the UCU Medical Clinic in Lviv. Last year, despite the challenges of war, the Ukrainian Catholic University opened a medical clinic to serve as an educational center and to care for the city's patient population which includes many refugees. Their focus includes family medicine, women's health, pediatrics, mental health and rehabilitation. Our project focuses on education and we'll be sending out more information to our members on how to register and help.

In January of 2025, **Dr. Ariadne Bach**, a radiologist from Memorial Sloan Kettering Cancer Center, officially started our project. She travelled to Lviv to present a lecture on Oncological Emergencies and to spend two days with the ultrasound medical team performing exams at the medical clinic. It was a great educational success and collaboration! Watch your emails for more updates and opportunities to get involved.

In both the beehive and our community, working together leads us to create something truly worthwhile.

All my best,

Marta Lopatynsky, MD

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by the Ukrainian Daughters Foundation's Vertep performance. A small "White Elephant" gift exchange brought some laughs and fun for all. Along with good food and drinks, a good time was had by all.



NEW YORK METRO BRANCH members participated in a guided tour of the Alexandra Exter exhibit at the Ukrainian Museum in New York on January 12, 2025. Kalyna Boychuk led the tour. This was the exhibit



visited by Ukrainian President Zelensky and the First Lady. Afterwards members were hosted by **Dr. Areta Podhorodecki** at her home.

PENNSYLVANIA BRANCH held a dinner meeting on February 1, 2025, at the Ukrainian Educational and Cultural Center in Jenkintown with a mix of older and newer members, students, and guests in attendance. Longtime member **Dr. Ihor Fedoriw** was presented with a Certificate of Merit for his dedication and leadership including multiple past terms as Chapter President. **Dr. Taras Kochno** (UMANA Florida) presented a lecture entitled "A Holistic Approach to PTSD: Body, Mind, and Spirit" which included live demonstrations of therapeutic techniques.



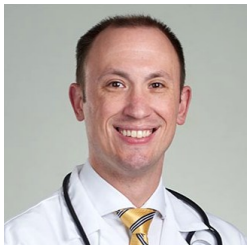
UMANA MEMBER NEWS



Andrew DAGENAIS, DO (Michigan Branch) graduated in 2024 from Michigan State University College of Osteopathic Medicine and is now an Emergency Medicine Resident at University of Michigan Health-West.



Maria HORDINSKY, MD (Minnesota Branch) has stepped down after 23 years as Head of the Department of Dermatology at the University of Minnesota, and is now Vice Chair of Research and leads the Clinical Research Division.



Mark KOZICKY, MD (New York Metro Branch) was promoted to Program Director of the Internal Medicine Residency Program at St. John's Riverside Hospital in Yonkers, NY.



Michael LEWKO, MD (New York Metro Branch) started a traveling Rheumatology consultation service at the Medychna Klinika of the Ukrainian Catholic University in Lviv, Ukraine, in November 2024.



Vlada NAKHLIS, OD (Illinois Branch), has recently added new technology at her practice Eye See LLC in Lincolnshire, Illinois. IPL Radiofrequency Low Level light therapy, Thermal pulsation with Lipiflow, Blepharoexfoliation/Lid Debridement and Punctal occlusion were acquired to better treat eye health.



Tatyana TYMKIV, MSN MBA MSBA (Syracuse/ New York Central Branch), is the founder of Tabott Anti-Aging & Regenerative Clinic in Rochester, focusing on Medical Esthetics and Anti-Aging and Regenerative Medicine. She is also Board member in the Rochester Academy of Medicine

where she organized successful fundraisers (Rochester Ukrainian Fashion Show and Christmas Ball), which collectively raised \$50,000 for medical equipment donations to hospitals in Ukraine. In addition she recently was President of the Foreign Council USA of the Order of St. Panteleimon.



Walter WESS, AuD (Illinois Branch) continues to stay busy in his retirement. He's a regular guest on WONP Radio several times a month on various topics including news about Ukraine.

Orest BALYTSKY, DMD (Northern California Branch), went on a dental volunteer trip to Ukraine in September 2024. He spent two weeks providing dental care for the soldiers undergoing rehabilitation at the Unbroken Rehabilitation Center in Lviv. Dr. Balytsky's focus was to provide endodontic care. However, after assessing the alarming status of dental health among Ukrainian servicemen, he realized the need to perform restorative dental procedures. The rate of tooth decay among the soldiers serving on the frontlines is distressing, with most showing extensive decay of the majority of their dentition.

As Dr. Balytsky said, "The work was challenging, especially mentally, but it was also very rewarding. Times like these make a huge impact. Despite all the difficulties and inconveniences (long travel, mental toll, frequent air raid alerts, etc.), you want to go again. You realize how important it is to support the people who fight so bravely and valiantly for their country and the values of a free world."

For our fellow dentists. There is a great need for dental supplies in Ukraine. If you have any equipment or materials that you could donate, you can contact Dr. Balytsky, so he can deliver them on his next trip. There is also need for dental volunteers, and if anybody is interested, he can help in finding opportunities.

