

Lena Edelstein, MD, IBCLC

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

American Board of Pediatrics

- Pediatric Board Certified: 2018 - Present

American Academy of Pediatrics

- Member: 2015 - Present

Academy of Breastfeeding Medicine

- Member: 2021 - Present

Certified Lactation Counselor

- Certified: 2021 - Present

International Board Certified Lactation Consultant

- Certified: 2022 - Present

WORK EXPERIENCE

Pediatrician/Breastfeeding Medicine - Pediatric Health Associates, Plainview, NY October 2018 - Present

- *Skills & Responsibilities:* Well baby, child, and adolescent care; telemedicine visits; asthma management, mental health care including initiation of treatment and management of ADHD, anxiety, and depression
- *Special Interests:* Breastfeeding medicine and lactation care. Provide care to both infant and lactating parent. International Board Certified Lactation Consultant (IBCLC), Certified Lactation Counselor (CLC).

TEACHING EXPERIENCE

General Outpatient Pediatrics: Initial Clinical Experience Preceptor- Donald and Barbara Zucker School of Medicine at Hofstra/Northwell 2019 - Present

- Precept second year medical students in the outpatient setting for 12 sessions over the course of several weeks. Debrief and provide feedback at the end of each session.

Resident Noon Conference Guest Lecturer - Cohen Children's Medical Center - Spring 2022 - Present

- Gave four noon lectures on Breastfeeding Medicine
 - Normal physiology
 - Assessment of the breastfeeding dyad
 - Milk expression/building & protecting supply
 - Troubleshooting common issues

Resident Continuity Clinic Preceptor - Cohen Children's Medical Center - July 2022 - Present

- Precept PGY3 Pediatric Residents in the outpatient setting with a focus on Breastfeeding Medicine.

EDUCATION

Categorical Pediatric Residency June 2015 – September 2018 (extended due to maternity leave)
Cohen Children's Medical Center, New Hyde Park, NY 11040

Medical School – M.D. July 2011 – May 2015

Sidney Kimmel Medical College at Thomas Jefferson University Hospital, Philadelphia, PA 19107

Undergraduate – B.S. Chemistry, Physics minor August 2005 – May 2009

Haverford College, Haverford, PA 19041

CERTIFICATES, AWARDS, & MEMBERSHIPS

- Hobart Amory Hare Medical Honor Society August 2013 – May 2015
- Departmental Honors for College Thesis May 2009
- 9x Centennial Conference Academic Honor Roll Fall 2006 – Spring 2009
- NCAA Division III USTFCCCA Women's All-Academic Team Fall 2008
- 2x NCAA Division III National Championship Cross Country Qualifier Fall 2006 & Fall 2007
- John Chesick Memorial Summer Research Internship Scholarship Summer 2007

RESEARCH ABSTRACTS

- Beason, DP; Connizzo, BK; Dourte, LM; **Edelstein, L**; Tucker, JJ; Liu, SS; Mauck, RL; Soslowsky, LJ; Steinberg, DR; Bernstein, J. Fiber-Aligned Polymer Scaffolds for Rotator Cuff Repair in a Rat Model, *Trans Orthop Res Soc* 37:1664, 2012.
- Beason, DP; Hsu JE; **Edelstein, L**; Lee, CS; Lee, BC; Marshall, SM; McDaniel, AL; Temel, RE; Abboud, JA; Soslowsky, LJ. High Cholesterol Increases Supraspinatus Tendon Mechanical Properties Across Multiple Species, *Trans Orthop Res Soc* 37:1225, 2012.
- Beason, DP; Tucker, JJ; **Edelstein, L**; Lee, CS; Abboud, JA; Soslowsky, LJ. Rat Rotator Cuff Tendon-to-Bone Healing Properties are Adversely Affected by Hypercholesterolemia, *Trans Orthop Res Soc* 37:42, 2012. *(Podium Presentation) Beason, DP; Hsu, JE; **Edelstein, L**; Lee, CS; Tucker, JJ; Abboud, JA; Soslowsky, LJ. Effect of Diet-Induced Hypercholesterolemia on Rotator Cuff Tendon Mechanics in a Rat Model, *Trans Orthop Res Soc* 36:223, 2011. *(Short Talk Podium Presentation)
- Thomas SJ, Sarver JJ, Tucker J, Reuther KE, **Edelstein, L**, Illkhani-Pour S, Gray C, Lee CS, Glaser DL, Soslowsky LJ. The Effect of Return to Overuse Activity After Supraspinatus Tear on Joint Function and Biceps Mechanical Properties in a Rat Model. ASME Summer Bioengineering, Farmington, PA, Paper No. 53660, 2011 *(Podium Presentation)
- Miller, K; **Edelstein, L**; Soslowsky, LJ. Effect of Preconditioning on Collagen Fiber Recruitment: Inhomogeneous Properties of Rat Supraspinatus Tendon. 2010. ASME Summer Bioengineering Conference, Naples, FL.
- **Edelstein, L**; Clark, KA; Londergan, CH. Cyanylated Cysteine Is a Site-Specific Vibrational Probe of Disorder-to-Order Transitions In Helical Protein Domains, *Biophys J* 2009; 96(3): 320.

RESEARCH PUBLICATIONS

- Beason, DP; Tucker, JJ; Lee, CS; **Edelstein, L**; Abboud, JA; Soslowsky, LJ. Rat Rotator Cuff Tendon-to-Bone Healing Properties are Adversely Affected by Hypercholesterolemia. *J Shoulder Elbow Surg* 2014 Jun;23(6):867-872.
- Miller, K; **Edelstein, L**; Connizzo, BK; Soslowsky, LJ. Effect of Preconditioning and Stress Relaxation on Local Collagen Fiber Re-Alignment: Inhomogeneous Properties of Rat Supraspinatus Tendon. *J Biomech Eng* 2012; 134(3):031007.
- Ansoerge, HL; Hsu, JE, **Edelstein, L**; Adams, S; Birk, DE; Soslowsky, LJ. Recapitulation of the Achilles tendon mechanical properties during neonatal development: a study of differential healing during two stages of development in a mouse model. *J Orthop Res* 2012; 30(3): 448-456 doi: 10.1002/jor.21542
- **Edelstein, L**; Thomas, SJ; Soslowsky, LJ. Rotator Cuff Tears: What have we learned from animal models? *J Musculoskelet Neuronal Interact* 2011; 11(2):150-62.
- **Edelstein, L**; Stetz, MG; McMahan, HA; Londergan, CH. The effects of cyanylated cysteine and alpha-helical structure on each other. *J Phys Chem B* 2010; 114(140): 4931-4936.

RESEARCH EXPERIENCE

Research Technician July 2009 – June 2011

McKay Orthopedic Center, University of Pennsylvania

- *Primary Investigator*: Lou Soslowsky, PhD
- *Area of Research*: Rotator cuff injury and repair, tendon structure-function relationships and tendon injury-repair relationships.
- *Skills & Responsibilities*: Animal handling (rats and mice); anesthetist/assistant for animal surgery; histological sectioning and staining; rat shoulder dissections; polarized light microscopy; RNA extractions; polymerase chain reactions; data processing, other biological assays.

Research Assistant May 2007 – August 2007, May 2008 – May 2009

Haverford College – Department of Chemistry

- *Primary Investigator:* Casey H. Londergan, PhD
- *Area of Research:* Demonstrate the sensitivity to local environment of a covalently incorporated thiocyanate probe in a model peptide system via FT-IR and CD spectroscopy.
- *Skills & Responsibilities:* Synthesize model peptides; chemically modify cysteine residue to yield desired probe, beta-thiocyanatoalanine; characterize line shape and frequency of the CN stretching band in model peptide system; FT-IR; automated peptide synthesis; high performance liquid chromatography; circular dichroism spectroscopy.

VOLUNTEER EXPERIENCE

Plainview Old Bethpage School District Health Advisory Committee 2020 – Present

- Committee with focus on student health across the Plainview-Old Bethpage school district (one high school, two middle schools, and four elementary schools).

Jefferson Students Organized Against Rape (SOAR), Sidney Kimmel Medical College February 2012 – 2015

- Raised awareness regarding rape and sexual assault of women worldwide via a yearly production of Eve Ensler's *The Vagina Monologues*.
- Production proceeds were donated to W.O.A.R. (Women's Organizations Against Rape), a Philadelphia Women's Crisis Center.

Peer Awareness Facilitator, Haverford College Freshman Orientation Program August 2006 – May 2007

- Oriented freshman college students via open, but sensitive, dialogues about taboo topics including alcohol, drugs, sex, sexuality, gender, race, class, and body image to elucidate further understanding of their peers' perspectives.

INTERESTS & ACTIVITIES

Competitive Running (Personal Records: 5K (16:53), 5 miles (28:01), half-marathon (1:23:29)), Club member of Elitefeats, Cooking, Gardening, Crocheting, Mommy-ing three adorable children Cassidy, Asher, and Bianca