

*Buffalo Spree's list
of Western New York's*

TOP 2026 DOCTORS

Buffalo Spree's 2026 Top Doctors list is researched, rigorously screened, and provided by Professional Research Services (PRS), a nationally recognized company based in Troy, Michigan.

The professionals listed herein were selected by their peers in a survey conducted by Professional Research Services Company of Troy, Michigan. Professionals may be screened and selected through the verification of licensing and review of any infractions through various applicable boards, agencies, and rating services. For further information visit www.prscom.com or email PRS at sshevin@prscom.com.

To construct this list, certified doctors in Erie and Niagara counties were contacted by postcard and/or email, and asked to log onto the PRS voting site to cast votes. Hundreds of responses were received. Each doctor was able to vote for doctors within the seventy-five specialties included. Inclusion in *Buffalo Spree* magazine's Top Doctors list is based solely upon peer selection.

The doctors with the highest number of votes within each specialty were fact-checked with the state of New York and their individual practices. The final list follows.

Doctors do not and cannot pay to be selected and/or profiled by Professional Research Services.



Buffalo Medical Group

Treating people well.

Providing top-level, patient-centered care

Buffalo Medical Group is honored to serve our patients with the highest quality care from first-class medical professionals. We're proud of our team members that have been recognized as Top Doctors in Western New York, with a commitment to compassionate, coordinated and innovative care.

Congratulations to our 2026 Top Doctors

Manju Alex, M.D. Nephrology	John Griswold, M.D. Urology	Daniel Leberer, M.D. Colon And Rectal Surgery	Jack M. Routé, D.P.M. Podiatry
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Sandra Block, M.D. Sleep Medicine	Kenneth Halliwell, M.D. Sleep Medicine	Julia Melanson, D.O. Obstetrics and Gynecology	Aislinn Scarbinsky, D.O. General Surgery
Bryan Butler, M.D. Colon And Rectal Surgery	Aravind Herle, M.D. Cardiology	Inkee Min, M.D. Nephrology	Nora Serghany, M.D. Rheumatology
Matthew Cavagnaro, M.D. Orthopedic Surgery	Taylor Hoff, DPM Podiatry	Jehad Miqdadi, M.D. Gastroenterology	Sherif Sherif, M.D. Pulmonary Disease
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James Lampasso, M.D.**TOP DOC OF PULMONARY DISEASE****GENERAL PHYSICIAN, PC****What inspired you to go into medicine?**

My dad worked in a hospital in the Bronx in New York City, which exposed me to the medical field at an early age. I thought I could make a positive impact through my work.

What advancements in your field are most exciting to you?

The use of biologic agents in treatment of asthma and COPD [Chronic obstructive pulmonary disease].

Describe the Western New York medical community in three words?

Evolving, exciting, impressive.

What do you hope your work is remembered for?

I hope my care has improved my patients' lifestyles and brought them relief. I'm also proud that I've been involved in shaping the futures of young physicians, especially the pulmonary/critical care fellows.

Jenna Silverstein, M.D.

TOP DOC OF MATERNAL AND FETAL MEDICINE
CATHOLIC HEALTH



What inspired you to go into medicine?

Helping patients during the most vulnerable moments of their lives. It is an honor and a privilege to be involved in the most beautiful and challenging experiences people face. I have always hoped to leave the world better than I found it, and medicine allows me to work toward that goal every day.

What advancements in your field are most exciting to you?

The advances in prenatal genetics—how much we can learn about a baby's genetic makeup before birth. Innovations in both non-invasive screening—learning about a pregnancy's genetics through a simple blood test—and diagnostic testing, such as chorionic villus sampling and amniocentesis, are transforming the field. Combined with improvements in prenatal ultrasound, these tools are helping families navigate high-risk pregnancies with more clarity and support.

Describe the Western New York medical community in three words.

Caring. Collaborative. Kind.

How do you hope your work is remembered?

As honest, thoughtful, caring, and thorough. I hope my legacy lives on through the medical students and residents I help train who challenge me, inspire me, and motivate me to keep becoming a better physician.

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What inspired you to go into medicine?

My pediatrician, Dr. Roger Forden, had a profound impact on my interest in medicine. I was always excited to go to my annual appointments, which is not typical for kids. Playing the board game Life, I would always pick the profession of doctor. I had a calling to dedicate my life to helping others. My father was a science teacher and instilled in me a passion for learning. Medicine was always a natural fit between my love of science and my desire to help others. When I entered medical school, my plan was to become a pediatrician, following in the footsteps of Dr. Forden. After my clinical rotations in third year, I fell in love with orthopedic surgery. Now, almost twenty years later, I could not imagine a more rewarding career. I am blessed to help relieve pain and improve function for my patients.

What advancements in your field are most exciting to you?

The rate of innovation is faster than at any point in history, and I have helped develop many exciting new advancements, including three-dimensional planning software and robotic assistance for shoulder replacement surgery. These technologies allow surgeons to customize surgical procedures based on each patient's anatomy. We are currently working on patient-matched implants to allow for better fixation and less bone removal during shoulder replacement. The hope is that these technologies will improve outcomes and longevity for shoulder replacement.

Describe the Western New York medical community in three words?

Innovative. Compassionate. Diverse.

How do you hope your work is remembered?

Three things I hope that I am remembered for are one, conducting innovative research that helps expand our knowledge of shoulder pathology; two, providing compassionate and personalized care for my patients; and three, training the next generation of orthopedic surgeons to be attentive to patients and perform to their fullest potential.

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UBMD ORTHOPAEDICS & SPORTS MEDICINE



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TOP DOC OF PSYCHIATRY

MINDFUL CONNECTIONS PSYCHIATRY



What inspired you to go into medicine?

Growing up, I had the opportunity to interact with and be inspired by physicians across a variety of specialties, which sparked my passion for medicine and shaped my commitment to providing compassionate, patient-centered care.

What advancements in your field are most exciting to you?

In recent years, I have been both excited and pleasantly surprised to witness a cultural shift toward reduced stigma and normalization of conversations around mental health. I am particularly inspired by the younger generation proactively seeking treatment, which often encourages their families to pursue help as they observe the improvements in their loved ones' quality of life.

I am also energized by the growing availability of digital psychiatry and AI tools, which reduce administrative burden and allow clinicians to focus on the therapeutic relationship. We have already integrated these tools into our practice, and we are seeing meaningful benefits, including improved work-life balance for staff and enhanced care for patients.

After years of minimal new medication development in psychiatry, it is encouraging to see innovative treatments emerging across a range of diagnoses, including mood disorders, psychosis, and perinatal anxiety and depression. In addition, progress in interventional psychiatry and novel therapeutics inspire and motivate me to bring these advancements to patients.

Describe the Western New York medical community in three words?

It is difficult but close-knit, compassionate, and community-driven.

What do you hope your work is remembered for?

Ensuring patients feel heard, receive personalized care, and are treated like family during their most vulnerable times.

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You can't go any higher than the top.

CONGRATULATIONS TO OUR 2026 TOP DOCTORS

for always raising the bar,
year after year.



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TOP DOC OF PHYSICAL MEDICINE & REHABILITATION
EXCELSIOR ORTHOPEDICS



What inspired you to go into medicine?

Like most people, a desire to help people. Early in my training, I discovered Interventional Pain Management, a field that combines cutting edge diagnostics and treatment with developing long term relationships with patients, so we can focus on not just pain relief but also restoring function and quality of life.

What advancements in your field are most exciting to you?

The evolution of minimally invasive procedures and neuromodulation has been transformative. Techniques like spinal cord stimulation and image guided therapies are giving patients options that reduce reliance on surgery and opioids. These innovations allow us to identify root causes of pain, so we are able to better target treatments and achieve outcomes that were unimaginable a decade ago.

Describe the WNY medical community in three words?

Compassionate. Collaborative. Innovative.

How do you hope your work is remembered?

As compassionate and dedicated to providing my patients the best care possible. While my daily work involves complex diagnoses, treatment plans, and patient interactions, my singular, guiding goal is helping people improve their quality of life and get back to doing the activities they love.

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Dr. Helen Cappuccino

The cancer surgeon loves her job and her life

By Maria Scrivani

Cancer surgeon Dr. Helen Cappuccino is a purveyor of hope. That may sound counterintuitive in describing a surgical oncologist, but Cappuccino's upbeat personality, decades of experience treating patients at Roswell Park Comprehensive Cancer Center, and excitement about the rapid advances in breast cancer detection and treatment are convincing. One of three daughters of dentist Mike Hess and attorney/teacher [Ann Giardina Hess], Cappuccino is a 1988 graduate of Jacobs School of Medicine and Biomedical Sciences at University at Buffalo, where she also earned her undergraduate degree. Post-grad, she started a general practice in Lockport—where she still lives—then worked part-time at Roswell, a change prompted by increased family demands. “I was chronically exhausted,” recalls Cappuccino, who was raising four children with husband Andrew, also a physician. The couple has done medical mission work in Africa, and Cappuccino also volunteers for several local nonprofits. Eventually, Cappuccino became full-time at Roswell, a fortuitous collaboration both personally and professionally, and has been named a Top Doc multiple times.

Buffalo Spree: This is not the first time you’ve been honored as a Top Doc. What does it mean to you?

Dr. Helen Cappuccino: It’s not really about professional achievement for me. All I ever wanted to do was take care of patients. I’ve done research, and that’s great—I laud my peers who focus on that—but for me, it’s all about being with the patients. In cancer care, there’s such a psychological overlay. I see so many women in the prime of life, with children, and it’s not that they aren’t afraid of dying, but their main concern is leaving their children without a mother. There is such existential angst about that. But the fact is the vast majority of the cases we see are treatable. When I meet with patients, I emphasize the positive aspects of their disease. They leave with a plan and feel more hopeful. A team works with them at Roswell, and the benefit of going to a comprehensive cancer center is that that infrastructure is in place.

Is there good news to report in breast cancer treatment?

Progress over the past five to ten years is nothing short of breathtaking. We have targeted therapies. Treatment is much less invasive. Studies are being done to find the balance; we may, for example, just do a lumpectomy and put a patient on a pill [and achieve] the same outcomes as more radical surgeries that were done in the past. Early detection is still so important. A big part of what we do at Roswell is try to make screening available to everyone through our clinics and mobile screening sites. Tools like AI risk assessment give us enhanced screening options.

You also teach med students and PAs at UB and in Rochester. What is culinary medicine?

There are non-modifiable risk factors for cancer, like genetics, but also modifiable ones like exercise and diet. We’ve had dietitians for years, of course, but this is different—actually preparing foods, healthy cooking. People want some ownership over their prognosis; it empowers them. A Mediterranean diet without alcohol is best if you are at high risk for breast cancer. I don’t drink much at all, but of course it’s all about balance. Splurge occasionally; enjoy life. It’s about quality. My husband is our cook at home; it brings him joy. I do the prep work and clean up.

Enjoying life—personal and professional; is that a prescription?

I am by nature a positive person. I believe in the goodness of people, fundamentally, even with some evidence to the contrary these days. In terms of cancer? I urge my patients to hang on, live as long as you can. Literally, a cure might be just around the corner; I couldn’t say that ten years ago. As for me, I plan to keep working. I could retire, but why would I? I feel like I am still making a difference.



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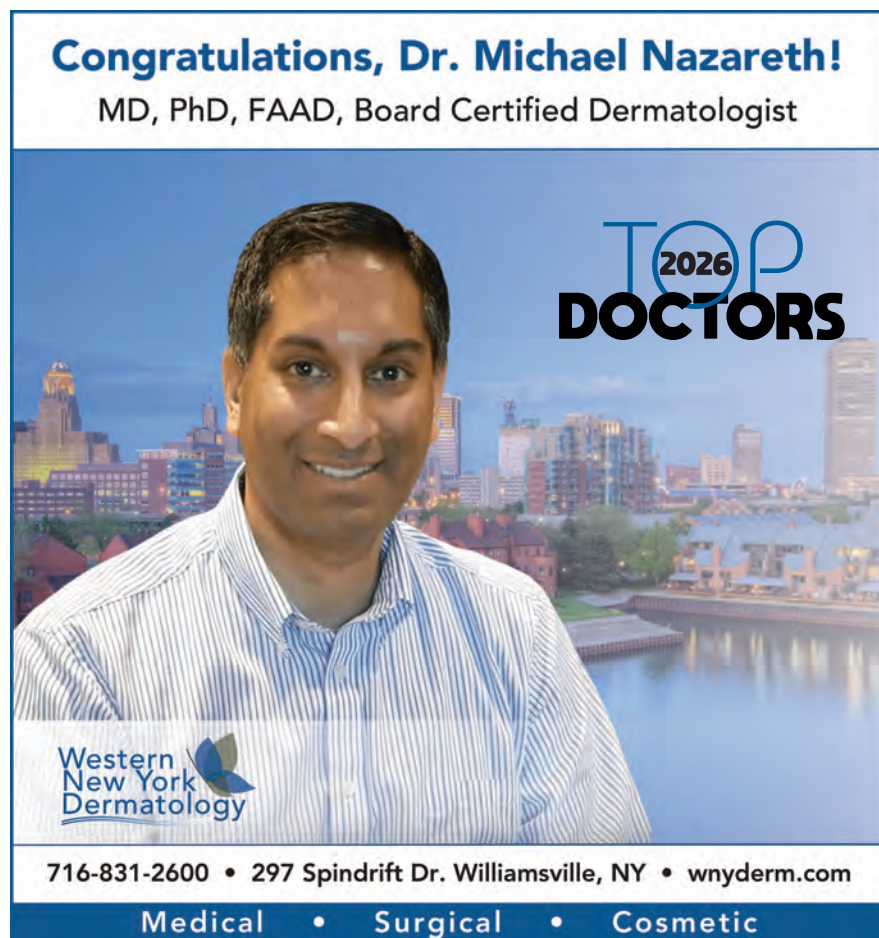
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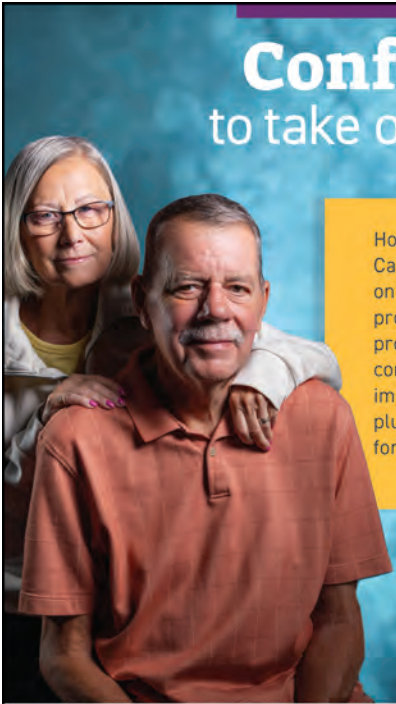
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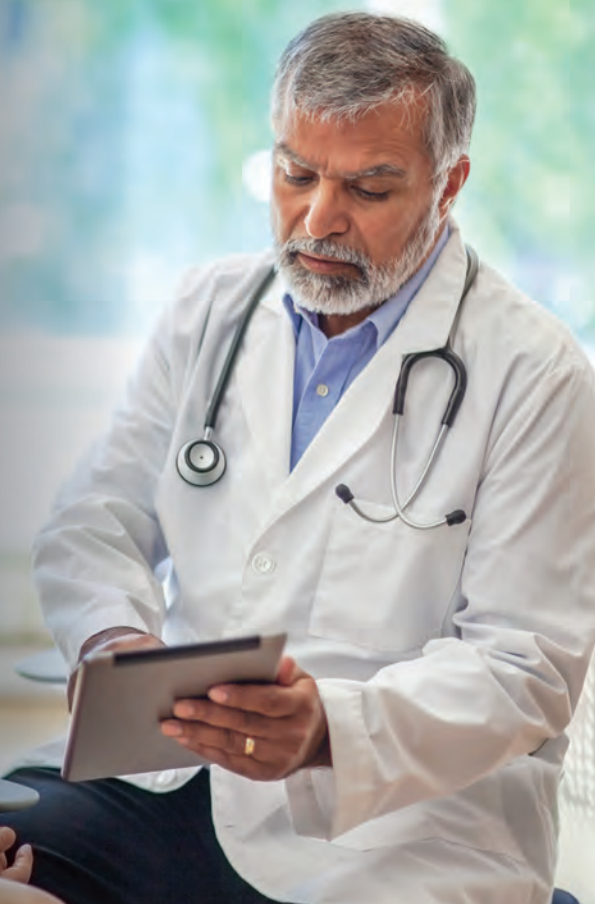
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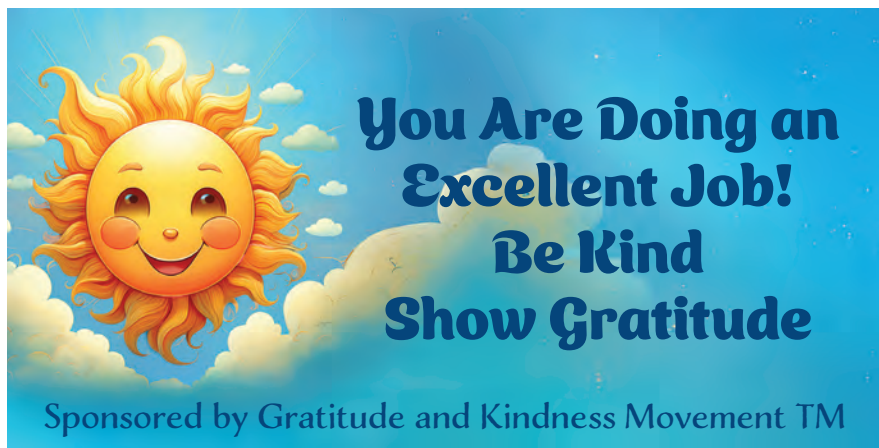
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