



HOUSECALL

Our Commitment to Your Healthy Home



Kenneth L. Davis, MD, President and CEO of The Mount Sinai Medical Center (left), and Dennis S. Charney, MD, Dean of Mount Sinai School of Medicine and Executive Vice President for Academic Affairs of The Mount Sinai Medical Center (right), are pleased to bring you *HouseCall*.

Welcome to HOUSECALL

The connection between Mount Sinai and the Harlem community has only deepened over the decades. The strength of our relationship hinges on making sure that our neighbors are well informed about our services, educational programs, and the medical breakthroughs that impact all our lives.

HouseCall is a newsletter designed to introduce you to the doctors, nurses, social workers, and other health professionals who serve this community. In this issue, you'll learn about how Mount Sinai's extensive outpatient services can help keep you and your family healthy and out of the hospital.

We're also delighted to preview the new Center for Advanced Medicine, now under construction on 102nd street. This state-of-the-art building will be home to all Mount Sinai's ambulatory services and will become very much a part of neighborhood life.

We look forward to welcoming you to our new facilities later in 2008 and to keeping you posted on our progress throughout the year. In the meantime, thank you for the trust you place in Mount Sinai.

HOUSECALL IN ENGLISH AND SPANISH

- Your Home for Health
- Navigating Adolescence
- Coming Soon—the Center for Advanced Medicine
- Community Calendar

Visiting Doctors Bring Hope to Homebound Patients

What happens to patients who are too old and frail to visit their doctors? At Mount Sinai, their doctors visit them. The Mount Sinai Visiting Doctors program was founded in 1995 to serve homebound patients who have been traditionally underserved by the medical community. Today, Visiting Doctors serves over 1,000 patients throughout Manhattan and is a national model for the care of this most vulnerable group.

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Theresa Soriano, MD (left), and internal medicine resident Torsten Vahl, MD (right), visit the Linkage House in East Harlem, a housing facility for low-income seniors. The Linkage House just celebrated its 10th anniversary.

Visiting Doctors (continued from page 1)

“We aim to ensure the best quality of life for as long as possible in the setting that many patients prefer—their own homes, as opposed to hospitals or nursing facilities,” said David Muller, MD, a co-founder of the Visiting Doctors Program and Dean for Medical Education at Mount Sinai School of Medicine.

The Visiting Doctors team includes physicians, nurse practitioners, social workers, and other professionals who make both routine and urgent visits. The team is led by Theresa Soriano, MD, Director of the program and Assistant Professor of Medicine (General Medicine). Dr. Soriano, who previously served as the Visiting Doctors Medical Director, is also a graduate of Mount Sinai School of Medicine. “Everyone deserves not just adequate health care, but the very best health care has to offer,” says Dr. Soriano. “We want to help our neighbors live long, healthy, and independent lives, and that is our goal when we come knocking on your door.”

The team takes a comprehensive approach to a patient’s health and that includes providing social and psychological support to families and other caregivers. Someone is available by telephone 24 hours a day, 7 days a week. Chances are, you will speak to either Carmen Andujar, RN, or Adaga Catano, RN.

In addition, every Mount Sinai internal medicine resident and medical student participates in a Visiting Doctors rotation. “Learning about the lives and families of homebound patients who are doing their best to stay independent is both instructive and inspiring for students—and for all of us,” said Dr. Muller.



Dr. Soriano (left) talks with her patient Luisa Nieves.

Mount Sinai Visiting Doctors

One Gustave L. Levy Place, Box 1216
New York, New York 10029

For more information, call Carmen Andujar at 212-241-4141



Mary Rojas, PhD (left), works with Cassima Pryce (right), a patient of The Adolescent Health Center and peer educator for SPEEK, Sinai Peers Encouraging Empowerment Through Knowledge.

Helping Adolescents Navigate Life

Encouraging kids to share their lives

“When we provide adolescents with services designed just for them and get them to care more about their own health, we are helping them meet their tremendous promise,” explained Angela Diaz, MD, Director of the Mount Sinai Adolescent Health Center. “At Mount Sinai we are addressing the real risks that adolescents face and the dreadful lack of access to services which is a crisis for kids today.”

The Center provides free, high-quality integrated services that include routine medical care, treatment of acute problems, mental health services, reproductive health care, health education,

substance abuse prevention and treatment, HIV prevention and treatment, nutrition and wellness services, a teen parenting program, and medical-legal services, among others.

Dr. Diaz, who today is the Jean C. and James W. Crystal Professor of Adolescent Health at Mount Sinai School of Medicine, understands first hand how difficult adolescence can be. She grew up in the Dominican Republic and came to the Bronx as a teenager and found her way to the Mount Sinai Adolescent Health Center, where a social worker changed her life. Her experience reaffirmed her dream to pursue a career in medicine. Under her leadership, the Mount Sinai Adolescent Health Center has become the largest center of its kind in the country, and now serves as a national model.

In fact, the Center has been so successful that it was recently awarded a \$12 million, five-year grant from The Atlantic Philanthropies, a foundation dedicated to improving the lives of the disadvantaged. This significant award will support the development and expansion of innovative programs designed to help adolescents achieve their potential.

But what makes the Center successful is much more than the particular services it offers. “We encourage kids to come and share their lives with us even if those lives include abuse or other issues that are extremely hard to talk about. Once they are willing to do that, we can address all their health issues and build long-term relationships. These kids also tell their friends about us. I’m very proud of the fact that we’ve grown through the power of word-of-mouth recommendations from the adolescents themselves,” explained Dr. Diaz.

The Mount Sinai Adolescent Health Center

312 East 94th Street
New York, New York 10128

To make a medical appointment, call 212-423-3000

To reach mental health services, call 212-423-2981

To reach an Adolescent Health Center nurse, call 212-423-2999

For more information, call 212-423-2900

IMA—Your Home for Health

Keeping people healthy and out of the hospital

“Everyone needs a medical home, and I’d like Internal Medicine Associates (IMA) to be that home—the first place people come for anything that does not require emergency room care,” said David C. Thomas, MD, who was recently named to the new position of Director of Ambulatory Care and Ambulatory Training in the Department of Medicine, after having served for many years as IMA’s Medical Director.

“We are continually working to increase Mount Sinai’s capacity to serve the needs of our patients,” continued Dr. Thomas. “My new position reflects the priority we place on keeping people healthy and out of the hospital.”

For urgent complaints such as sore throat, headache, stomach or back pain, rashes, allergies, and upper respiratory or urinary tract infections, IMA offers convenient walk-in treatment. Extended evening hours further help our patients avoid unnecessary trips to the emergency room.

By appointment, IMA also offers a full range of medical services, including routine exams and screenings and ongoing disease management. Patients with more serious or chronic conditions may be referred to Mount Sinai specialists who will work in tandem with the IMA primary care team.

“We are particularly excited by the prospect of moving into the new Center for Advanced Medicine sometime in 2008. Our patients will be able to go to one state-of-the-art facility for primary care visits, imaging, rehabilitation, and most specialist referrals,” said Dr. Thomas.

IMA teams are also easy to spot at health fairs and community events. They are ready to answer questions and offer free screenings for diabetes and heart disease—including cholesterol and blood pressure tests, and other potentially life-threatening conditions.

“One of my strategic priorities is to create new programs in consultation with the people we serve,” said Dr. Thomas. “Diabetes, for instance, is epidemic in our community, and we will certainly be focusing on ways to help people prevent and better manage their conditions. We already have a diabetes study group looking at what will be the most helpful to our patients and the larger community.” Diabetes is also a risk factor for heart disease, the leading cause of



David Thomas, MD (right), walks with his patient Carol Sawyer (left).

death in the United States, Dr. Thomas noted, so a stronger focus on preventing and treating diabetes in the community may also help reduce the risk for heart disease.

Internal Medicine Associates

1470 Madison Avenue at 101st Street

8 am – 8 pm, Monday through Friday

For more information, call Seth Ciabotti at 212-659-8551

Center for Advanced Medicine Your new medical home is coming soon



All of Mount Sinai’s ambulatory care services, now located at the Internal Medicine Associates, will soon be consolidated in this modern, world-class building.

The construction site on 102nd Street between Madison and Fifth Avenues is the future home of the new 150,000-square-foot Center for Advanced Medicine. All of Mount Sinai’s ambulatory care services will be consolidated in this modern, world-class facility, due to open in 2008.

“Our patients will no longer have to walk all over campus to see their various doctors,” said Dr. Thomas. “One of my patients, for instance, is an older woman with diabetes, heart disease and other debilitating conditions that keep her wheelchair bound. She now has to cross

several streets to go to her various appointments, so the new offices will markedly improve the quality of her visits.

And from a medical perspective, it will be easier for primary care physicians and specialists to collaborate when we’re all under one roof.”

What will the facilities look like? When will they open?

Watch this space over the coming months and we’ll keep you posted on developments.

Community Calendar

Free Health Screenings

Take control of your health!

Screenings are a proactive way to help you and your family better manage your own health.

Go Red for Women Day

Coronary heart disease is the number one killer of women over 25. Find out the facts at Mount Sinai. For more information, call 212-731-7888.

Friday, February 1
10 am - 2 pm
1468 Madison Avenue at 100th Street Guggenheim Pavilion, Plaza Café

Kidney Disease

One in nine people have chronic kidney disease. Adults with hypertension, diabetes, family history, or who are of African American or Hispanic ethnicity are at greater risk. Find out if you are at risk. For more information, call 212-241-4060.

Every Tuesday
Noon - 4 pm
Renal Faculty Practice
5 East 98th Street, 11th floor

Breast Health

Learn self-exam techniques and get information about free breast exams and referrals to mammography screening and biopsies. For more information, call 212-987-3063.

First Monday of every month
Noon - 3 pm
Settlement Health
212 East 106th Street

Support Groups

No one should have to weather illness alone.

Mount Sinai's support groups offer patients and their families a chance to share their stories with others who have been down a similar road.

Lung Cancer

Open to patients and family members. Meetings are held one Monday per month as decided by the group. For more information, call Michelle Santomassino at 212-241-6119.

12:30 - 1:30 pm
1468 Madison Avenue
Annenberg Building, 5th floor, Room C and D

New Parents

Open to all new parents, this weekly group is led by a pediatrician or social worker. For more information, call Elizabeth Kaplan at 212-241-4050.

Every Thursday
Noon - 1 pm
1468 Madison Avenue
Annenberg Building
4th floor Multi-Purpose Room

Breast Cancer

The Latina Group for Spanish Speaking Women with a Breast Cancer Diagnosis offers support to patients and their families and friends. For more information, call 212-987-3063.

Every other Tuesday
10:30 - noon
6 East 98th Street, 1B

Exercise and Education

Stretch your body and your mind.

Mount Sinai offers physical fitness as well as informational classes.

Tai Chi for Adults 65 and Up

Free weekly Tai Chi class for Coffey Geriatrics Practice patients, \$10 for non-patients. For more information, call 212-241-6774.

Mondays
Noon - 1 pm
1470 Madison Avenue
Coffey Geriatrics Practice
1st floor Conference Room

Yoga Class for Adults 65 and Up

Free weekly class for Coffey Geriatrics Practice patients, \$10 for non-patients. For more information, call 212-241-6774.

Mondays
10:30 - 11:30 am
1468 Madison Avenue
Annenberg Building
10th floor, Room 10-30

Parent Power Over Weight Eating Right

Learn about weight management and how to protect against Type 2 Diabetes. For more information, call 212-241-8727.

2nd & 4th Tuesdays/every month
10 - 11 am
1468 Madison Avenue
The Hall Family Clinic for Endocrinology and Diabetes
Annenberg Building, 4th floor



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2008 Marketing & Communications

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