

Mount Sinai **HOUSECALL**
Our Commitment to Your Healthy Home



The lobby at the new Center for Advanced Medicine

Center for Advanced Medicine
Opens Its Doors

Our commitment to caring for our community has been a top priority at Mount Sinai for more than 150 years. We are pleased to build upon that tradition with the opening of our new Center for Advanced Medicine.

This new 150,000-square-foot outpatient facility was developed with you and your family in mind. Now, many services and ambulatory clinics will be housed under one roof, making it convenient to see both primary care physicians and specialists. Mount Sinai's core community services, such as disease management programs in asthma, obesity, and diabetes, will be strengthened, and other services, such as primary care, physical therapy, and HIV/AIDS services, will also be offered at the Center.

We welcome you to the new Center for Advanced Medicine, and, as always, thank you for the trust you place in Mount Sinai.

Kenneth L. Davis, MD
 CEO AND PRESIDENT,
 THE MOUNT SINAI MEDICAL CENTER

Dennis S. Charney, MD
 DEAN OF MOUNT SINAI SCHOOL OF MEDICINE
 & EXECUTIVE VICE PRESIDENT OF
 THE MOUNT SINAI MEDICAL CENTER

HOUSECALL
 IN ENGLISH & SPANISH

- Love Your Heart
- Breathing Easier
- Kidney Care
- Healthy Minds
- Men's Health Matters

Fighting Diabetes
 It all starts with you

Diabetes is a growing epidemic in the United States. An estimated 14.6 million Americans have been diagnosed with diabetes, and another 6.2 million people are unaware that they even have the disease, according to the American Diabetes Association. What's more, 54 million Americans have prediabetes, a condition in which blood sugar levels are higher than normal, but not yet high enough to be become diabetes.

Despite this picture, preventing and managing diabetes is completely within your control. "Lifestyle changes can have a major impact on diabetes," says Tracy L. Breen, MD, Clinical Director of the Mount Sinai Diabetes Program and Assistant Professor of Medicine in the Department of Endocrine, Diabetes, and Bone Diseases at



Tracy L. Breen, MD

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Having Heart

Loving your heart makes a difference

Heart disease is the number-one public health threat in this country, which is why taking care of the hearts of our community is a top priority at Mount Sinai.

The new Center for Advanced Medicine is dedicated to preventing, diagnosing, and treating heart disease. At the Center, patients can undergo screenings and receive heart-health care all in one convenient location. "It's important that the East Harlem community is treated for uncontrolled high blood pressure, high cholesterol, and diabetes, all risk factors for heart disease," says Pilar Stevens-Haynes, MD, Director of Minority Recruitment at Mount Sinai. "If they've already had a heart attack, we can prevent them from having future heart attacks."

The Center also offers access to a nutritionist, since lifestyle changes can help control as well as prevent heart disease and diabetes. Patients can meet one-on-one with a nutritionist and then continue in a group setting in either English or Spanish.

Exercise can also have a major effect on heart health, says Dr. Stevens-Haynes. "Just taking a walk can have a big impact because exercise improves blood flow, which helps your heart."

For an appointment, please call 212-659-8551.



Alberta Slappy (left) and Jean Jones (right) take a walk through the Carver House Gardens. Doctors say just a little physical activity every day can make a big difference.

Breathing Easier

Even mild asthma can rob vitality

More than 22 million Americans struggle with asthma. "In the past 10 years, the incidence of asthma has approached one out of five individuals in many urban communities," says Anne Maitland, MD, at Mount Sinai. "It's the number-one reason why children are hospitalized. We see a large increase in the disease in adults, too."



Linda V. DeCherrie, MD (left), a physician from Mount Sinai's Visiting Doctors Program, helps 97-year-old Carmen Velázquez. Mrs. Velázquez suffers from asthma.

What's more, black and some Hispanic populations are more likely to be hospitalized for asthma attacks compared with non-Hispanic whites.

Asthma symptoms include coughing and feeling short of breath or chest tightness when walking. If you have symptoms, call your doctor. You can receive the best possible care by seeing an asthma specialist who will work with your primary care doctor to get your asthma under control.

At the Center for Advanced Medicine, patients have access to asthma specialists and physicians from several areas of medicine, including lung specialists, gastroenterologists, ear nose and throat specialists, and nutritionists, to provide comprehensive care.

"We have multidisciplinary teams at the Center because many factors can make asthma worse, including chronic sinus disease, obesity, and gastroesophageal reflux disease," says Dr. Maitland. "Although you may not be wheezing or coughing, mild asthma can rob vitality, contribute to fatigue, steal away lung function, and raise the risk of having a severe asthma attack."

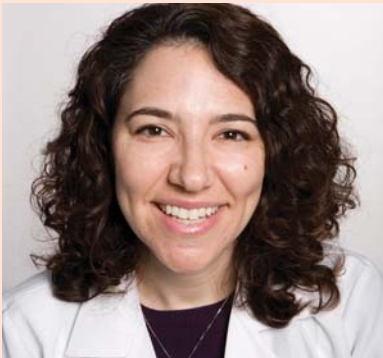
The Center provides screenings, including breathing tests and an asthma control test. The information from these tests will determine one's asthma severity and will lead to a plan individually tailored to help you breathe easier.

In the meantime, the number-one thing you can do to prevent asthma attacks is to avoid cigarette smoke. "Household smoking is a major trigger for asthma and can promote allergies year round," says Dr. Maitland. "If you're congested all the time, don't dismiss it. Have it checked out before the nose and sinus congestion drips into your lungs and makes it harder to breathe."

For an appointment, please call 212-659-8554.

Caring for Your Kidneys

What you need to know about kidney disease



Elizabeth Ommen, MD

No news isn't always good news. That's certainly the case with chronic kidney disease, a serious and silent condition. The mild-to-moderate stages of kidney disease usually don't have any obvious signs or symptoms.

The good news is that chronic kidney disease can be easily diagnosed with blood and urine tests that are being offered at the new Center for Advanced Medicine.

"Many people aren't aware that they have chronic kidney disease," says Elizabeth Ommen, MD, Assistant Professor in the Division of Nephrology at Mount Sinai. "Even in the early stages, the disease can lead to serious health effects, including an increased risk for a heart attack."

About 20 million Americans have reduced kidney function. If you have high blood pressure, diabetes, or a family history of kidney disease, you may be at risk. Get screened and have your kidney function checked regularly.

Blacks are nearly four times as likely to develop kidney failure as whites, and Hispanics have nearly twice the risk of non-Hispanic whites, according to the National Institute of Diabetes and Digestive and Kidney Diseases.

Even a small loss of kidney function can double a person's risk of developing cardiovascular disease. If left untreated, it can also progress to advanced renal disease and end-stage renal failure requiring dialysis or organ transplant.

Says Dr. Ommen, "We're hoping to increase awareness so that our neighbors in the community have access to the appropriate screening tests. Getting screened is the first step to making sure you receive the proper medical care."

For an appointment, please call 212-659-8554.

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— NATIONAL INSTITUTE OF DIABETES
AND DIGESTIVE AND KIDNEY DISEASES

Healthy Mind, Healthy Body

Emotional and physical health go hand-in-hand

Being healthy includes taking care of your emotional well-being, which also improves physical health.

Research continues to show that a healthy mind leads to a healthier body. Yet, according to Ian Kronish, MD, MPH, Assistant Professor in the Division of General Internal Medicine and a primary care physician at Mount Sinai's Internal Medicine Associates, "patients with chronic medical illnesses also often have depression and anxiety, two very common psychological conditions. Emotional conditions are just as important to treat as the physical ones."

At the new Center for Advanced Medicine, patients can take advantage of a unique clinic located in the primary care practice that provides mental health evaluations for many common psychological conditions, including depression and anxiety. If more serious mental health issues exist, patients will be referred to specialists. The idea, Dr. Kronish says, is for general internists to treat the whole patient and recognize that what affects the mind also affects the body.

This new primary care-based Mental Health Evaluation Clinic takes place once a week and is staffed by general internists and senior psychiatry residents. An advantage of the clinic is that it is located in the same place where patients see their primary care doctors.

"People feel more comfortable discussing their emotional issues at the same place where they come for their primary care," says Dr. Kronish.



Ian Kronish, MD, MPH, talks with a patient.

There are multiple treatment approaches to alleviating depression, anxiety, and other mental health problems. The most important way to improve your emotional well-being is by taking the first step.

"People might not realize that what they're experiencing is more than just feeling blue," says Dr. Kronish. "You don't have to tough out emotional problems alone."

For an appointment, please call 212-659-8551.

Diabetes (continued from page 1)

Mount Sinai. "You can do a lot to offset the progression of diabetes by watching your weight, eating right, and exercising, such as walking for 30 minutes, five times a week."

The new Center for Advanced Medicine offers comprehensive diabetes services that focus on everything from insulin management to nutrition. This spring, the Center will also begin offering free diet and nutrition courses to diabetic patients.

Mount Sinai has also spearheaded several community initiatives

to reach out to East Harlem residents to reduce the incidence of diabetes.

Additionally, Mount Sinai works closely with local hospitals and community leaders in East Harlem to educate the community about diabetes. The Mount Sinai Hospital has also started a farmer's market that runs through the summer and fall, and has worked with local bodegas to provide residents access to healthier foods.

For an appointment, please call 212-659-8551.

Men's Health Matters

No one likes to talk about prostate cancer, but it's an important topic for men and their families to address. Every year, 186,000 fathers, husbands, brothers, and sons are diagnosed with prostate cancer, according to the Centers for Disease Control and Prevention. The trouble is, most men with prostate cancer have no symptoms.

"By the time you notice symptoms, the cancer has typically spread," explains Simon Hall, MD, Director of the Deane Prostate Health and Research Center and Chairman of the Department of Urology at Mount Sinai. "The key is regular screening for early detection when prostate cancer is most curable."

At the Center for Advanced Medicine, patients can receive prostate cancer screenings as well as referrals for treatment. Screening involves what's called a PSA blood test, as well as a rectal exam.

All men should get screened annually for

prostate cancer starting at age 50. Men with a family history of prostate cancer, and those who are black, are at a higher risk and should begin screening around age 40 or 45.

If patients have elevated PSA levels and need further evaluation, they can be sent to The Mount Sinai Hospital just two blocks away from the Center for a prostate biopsy. Notes Dr. Hall, "Surgery and radiation are done at the Hospital. The care is streamlined and centralized to make it easy for our patients. If they need medications, then that can all be handled at the Center."

Signs of prostate cancer include frequent, urgent urination, a slow urine stream, and difficulty urinating. However, these same symptoms can also indicate an enlarged prostate, a noncancerous condition that is not related to prostate cancer.

Lifestyle changes make a difference. Not smoking and keeping meat intake to a



Simon Hall, MD

WHAT YOU Can Do

- Don't smoke
- Eat less meat
- Eat cooked tomatoes
- Take a daily multivitamin that contains vitamin E and selenium

minimum both help reduce risk. "Eating a lot of beef and pork, in particular, increases the risk of prostate cancer," says Dr. Hall. Eating cooked tomatoes, which contain an antioxidant called lycopene, may reduce the risk of the disease and they're also good for heart health. Dr. Hall also recommends taking a daily multivitamin that contains vitamin E and selenium, nutrients that may protect against prostate cancer.

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