

Mount Sinai HOUSECALL

Our Commitment to Your Healthy Home



The Center for Advanced Medicine at 5-17 East 102 Street will officially celebrate its grand opening in May.

Mount Sinai Makes Its Move

We are pleased to announce the opening of our new addition to the Mount Sinai campus, the Center for Advanced Medicine.

This state-of-the-art, 150,000 square foot facility will house many medical and surgical specialties under one roof in a comfortable and convenient setting. Outpatient services that were scattered throughout the campus now will be located in this close-knit setting so that patients will no longer need to walk to different buildings to keep their appointments. This will also facilitate rapid communication among primary care doctors and specialists, which will enhance the quality and comprehensiveness of patient care.

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, rehabilitation and physical therapy, ophthalmology, podiatry, and HIV/AIDS services, will also be offered at the center.

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HOUSECALL

IN ENGLISH AND SPANISH

Mount Sinai's "Prescription" for Healthy Living

Healthy Eating

A Recipe for Success!

Community Calendar

Closing the Health Care Gap in East Harlem

Stroke, diabetes, heart failure and postpartum depression are common conditions that are exceptionally high in East Harlem. That is why Mount Sinai has dedicated \$12 million in federal grants toward studying and improving these conditions by creating and implementing intervention programs that will benefit patients, their families, and the community.

"Mount Sinai's health policy program is unique because we develop interventions that have a shelf life long after the grants have ended and the research studies have closed," says Nina Bickell, MD, Director of Mount Sinai's Center for Achieving and Sustaining Health



116th Street, East Harlem

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Closing the Gap (continued from page 1)

Improvement in Harlem. “We’re tailoring interventions to our community that are designed to last.”

One grant of \$7.9 million from the National Institutes of Health’s National Center for Minority Health and Health Disparities will support three different studies.

One study will test whether specific educational activities can help minimize postpartum depression. These activities will be designed to help prepare new black and Hispanic mothers for the emotional stresses and physical symptoms that can occur after childbirth. This study builds on previous work at Mount Sinai, which showed that minority mothers in Harlem were more likely than whites to suffer from postpartum depression.

In the second study, Harlem community members at risk for stroke will be enrolled in community-based, peer-led classes to help them prevent future strokes by assisting in managing stroke risk factors.

A third study will look at heart failure. Mount Sinai researchers will examine a successful heart failure treatment program to specifically figure out why it worked and how it can be repeated.

The second grant for \$4.25 million is a REACH Center of Excellence for Eliminating Disparities grant, funded by the Centers for Disease Control and Prevention. This grant will partner with churches and community centers to support diabetes prevention and management programs in East Harlem. These programs include learning how to eat right and exercise. Local partners include Union Settlement Association and North General Hospital.

“With these two grants,” says Dr. Bickell, “we will be able to build on and expand the work we’ve been doing in East and Central Harlem to reduce these conditions.”



Cameron Hernandez, MD, a physician in Mount Sinai’s Visiting Doctors Program, checks on patient Mattie Hall.

29%

the percentage of East Harlem residents who reported that they did not have a doctor, a figure higher than the New York City average

— NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

“Prescriptions” for Healthy Living

“Put down cigarettes, pick up a hobby.” “Exercise your brain, take a brisk walk.” “Take control of your calories, eat less.” These are a few of the new messages popping up on lamp posts throughout the Greater Harlem community as part of a new campaign—*Prescriptions for Healthy Living*—recently launched by The Mount Sinai Medical Center. Mount Sinai is the first voluntary hospital in New York City to create a health promotion banner campaign, which runs through May 2008.

While other hospitals have had banners in their local communities, none have been part of a public health campaign to prevent and manage chronic diseases. The banners are designed to get area residents to think about the importance of a healthy lifestyle.

“Many of the diseases prevalent in our neighboring communities, such as diabetes, obesity, and heart disease, can be prevented and managed with changes in how we eat and how active a life we lead,” said Kenneth L. Davis, MD, President and CEO of The Mount Sinai Medical Center. “We hope this new campaign will help to educate and encourage our neighbors to take control of their health.”

The banners are located in Harlem and the Upper East Side from East 72nd to East 116th Streets and on the West Side from 57th to 116th Streets. While the campaign will last for seven months, the banners will be refreshed to include new messages every few months. There are 300 banners in total and it is estimated that they will be viewed by millions of people each week.

“The research-based messages convey healthy ‘prescriptions’ for daily living that are both practical and easy for New Yorkers to implement,” said Jane Zimmerman, PhD, Chief Marketing Officer of The Mount Sinai Medical Center.

David C. Thomas, MD, Director of Ambulatory Care and Ambulatory Training in the Department of Medicine, said the banners are a unique way for doctors to communicate key health messages. “We are always looking for innovative ways to reach our patients and to inform the community about the range of high-quality services Mount Sinai provides to prevent, diagnose, and treat illness,” Dr. Thomas said. “These ‘prescriptions’ may sound simple, but we know that they work, and that when practiced routinely, they can have very positive and lasting effects on people’s health and lives.”



One of the many banners across East Harlem

Center for Advanced Medicine Move (continued from page 1)

"We're really excited about opening the Center for Advanced Medicine," says David C. Thomas, MD, Director of Ambulatory Care and Ambulatory Training. "Getting everyone and everything moved and settled in is quite an undertaking, but that's always the case when moving into a new home. We have a great team from all of Mount Sinai's departments who are working together to make the new center a great success. Our new medical home means that we will be able to provide our patients with an enhanced healthcare experience."

Clinics and staff previously housed at the Internal Medicine Associates and in the Annenberg Building are preparing their move to the brand new Center for Advanced Medicine. The move starts this Spring.

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Healthy Eating as Easy as 1, 2, 3

Good nutrition doesn't have to be hard

You don't have to give up the foods you love or make huge sacrifices to eat a balanced diet. Eating a diet high in nutritious foods like fruits and vegetables can help reduce your risk of many diseases, including heart disease, cancer, and stroke.

March is National Nutrition Month, so why not celebrate by making small changes to your life that will lead to big results? It's just a matter of learning a few simple steps that can start right at home.

Follow the rainbow. Just two cups of bright-colored fruits and two-and-a-half cups of vegetables each day are all you need to help reduce your risk against heart disease, diabetes, obesity, and even cancer. Keep washed, cut-up vegetables, such as celery, carrots, and peppers in your fridge for easy snacking, recommends Jodi Buckman, MS, RD, CDN, a senior dietitian at Mount Sinai. Apples, bananas, and berries are also great snacks on the go. Don't want to nosh on a carrot stick? Sneak veggies into meals, like casseroles, chili, or even pizza. Frozen fruits and vegetables are also an option. "Frozen produce has as many, if not more, vitamins as fresh produce," explains Laurie Tansman, MS, RD, CDN, a registered dietitian at Mount Sinai.

Skip the salt. Instead of salt, flavor foods with herbs and spices such as pepper, onion powder, chili powder, basil, or garlic. Sodium lurks in places such as frozen entrées (including dietetic ones), canned soups, soy sauce, and smoked and pickled foods. Check food labels to see if they say "low in sodium."

Great grains. Trade in white breads, pasta, and rice for high-fiber whole grain bread and brown rice. Consuming at least three ounces or more of whole grains per day can reduce the risk of several chronic diseases, including heart disease, and may help with weight maintenance because fiber is so filling.

Smart proteins. Processed meats are high in fat and salt. "Avoid high-fat meats like bacon, and opt for leaner meats, even if it's turkey bacon," says Laurie Edelman, Assistant Professor of Medicine at Mount Sinai School of Medicine. A single protein portion size is about the size of a deck of cards. Dairy is also a great source of protein and calcium, but watch the fat. Swap whole milk for 1 percent or skim milk and eat low-fat yogurt and cheeses.

Cook smart. Fried food, full of saturated and trans fats, clogs arteries. Instead, poach, bake, roast, steam, or boil food. Substitute non-hydrogenated spreads like Smart Balance or Promise for butter or margarine, or try olive oil, which contains healthy fats.



Mount Sinai Chef Lucal Gordon shares one of his own signature creations that he serves to the Mount Sinai Medical Center community.

A Recipe for Sweet Success!

SPRING WALNUT SALAD

- 1 large dollop of plain, low-fat yogurt
- 1 green apple, diced
- 1 red apple, diced
- 1 handful of raisins
- 1 handful of walnut halves
- 4 large strawberries, sliced

DIRECTIONS:

Combine all ingredients all at once.
Refrigerate and serve chilled.



Community Calendar

Free Health Screenings

Take control of your health!

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

It's Great to Be A Loser

Learn about weight loss and get screened for cardiovascular disease at this weight management event. For more information, call 212-731-7888.

Thursday, March 27
11 am – 3 pm
1468 Madison Avenue at
100th Street,
Guggenheim Pavilion,
Plaza Café

Community Health Fair “Respect Your Body: Protect Your Health”

This bilingual family event includes free health screenings, food, and entertainment, including the Hot 97 Street Team. For more information, call 212-731-7888.

Saturday, April 5
11 am – 4 pm
102nd Street between 5th and
Madison Avenues

92nd Street Y “Healthy, Wealthy and Wise: Life After 50”

Free health screenings as well as body fat and healthcare proxy consultation.

Sunday, April 6
10 am – 4 pm
92nd Street Y
1395 Lexington Avenue

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

Support group 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,
Rooms 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

Education

Learn how to live the life you always wanted.

Mount Sinai offers seminars and workshops that can help caregivers and family members.

Depression in the Older Adult

Family caregivers are invited. A light lunch will be served. Reservations required. For more information, call the Caregiver Resource Center at 212-241-2277.

Wednesday, March 26
10:30 am – noon
New York Public Library
112 East 96th Street

Home Activities for the Person with Dementia

Family caregivers are invited. A light lunch will be served. Reservations required. For more information, call the Caregiver Resource Center at 212-241-2277.

Tuesday, April 22
10:30 am – noon
New York Public Library
112 East 96th Street

POWER

Parent Power Over Weight Eating Right

Learn about weight control and how to protect children 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



HOUSECALL
2008 Marketing & Communications

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For more information, call the
Department of Community Relations at 212-731-7888.