



Mount Sinai

inside

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The Mount Sinai Hospital Is Among Best in Nation

The Mount Sinai Hospital has been ranked No. 18 out of more than 4,500 hospitals across the nation in the just-released 2017-2018 *U.S. News & World Report* “Best Hospitals” guidebook, making it one of only 20 institutions to be named to the “Honor Roll.” This is a special recognition that signifies the Hospital earned top rankings in select complex specialty care areas—and additional high marks in seven common procedures and conditions—all of which helped secure Mount Sinai’s position as the No. 2 hospital in New York City and the metropolitan area.



Four Mount Sinai specialty areas are ranked in the Top 10:

- Geriatrics, No. 3
- Gastroenterology & GI Surgery, No. 8
- Cardiology & Heart Surgery, No. 9
- Nephrology, No. 10.

Also ranked are: Neurology & Neurosurgery (No. 16), Diabetes & Endocrinology (No. 19), Gynecology (No. 23), Cancer (No. 44),

Orthopaedics (No. 44), and Urology (No. 48). This year marks great progress for Nephrology, which reached the Top 10 for the first time, and Gynecology, which returned to the rankings. The Hospital is also ranked “high performing” in two areas—Pulmonology and Psychiatry.

Rankings by Specialty 2017-2018

The Mount Sinai Hospital

Geriatrics	3
Gastroenterology & GI Surgery	8
Cardiology & Heart Surgery	9
Nephrology	10
Neurology & Neurosurgery	16
Diabetes & Endocrinology	19
Gynecology	23
Cancer	44
Orthopaedics	44
Urology	48

New York Eye and Ear Infirmary of Mount Sinai

Ophthalmology	12
Ear, Nose & Throat	50

continued on page 4 >



Ramon E. Parsons, MD, PhD

The Tisch Cancer Institute Names New Director

Renowned cancer scientist Ramon E. Parsons, MD, PhD, who has held successive leadership positions within the Mount Sinai Health System since joining in 2013, has been named Director of The Tisch Cancer Institute.

Dr. Parsons replaces Steven J. Burakoff, MD, who has served as the Institute’s Director for the past decade, overseeing a period of significant expansion in cancer research and clinical care. Under Dr. Burakoff, Mount Sinai became a National Cancer Institute-designated Cancer Center and opened the Leon and Norma Hess Center for Science and Medicine, which provided expanded research space and outpatient cancer treatment. Dr. Burakoff will now serve as Dean for Cancer Innovation at Mount Sinai.

“A major goal of The Tisch Cancer Institute—which sees 10,000 patients a year—is to

continued on page 4 >

Healthy Dialogues at the 2017 Aspen Ideas Festival



Clear blue skies and fresh mountain air set the stage for the 2017 Aspen Ideas Festival, which ran from Thursday, June 22, through Saturday, July 1. Presented by the Aspen Institute and *The Atlantic* magazine, the annual festival in Aspen, Colorado, is a gathering place where thought leaders across many disciplines engage in a robust exchange of ideas.

Experts from the Mount Sinai Health System participated in discussions that offered the latest information on the future of medicine, the power of good health, today's opioid epidemic, ways to grow a global health workforce, the intersection between climate change and health, and the aging brain. These discussions drew more than one million social media impressions.

As in years past, Mount Sinai provided attendees with complimentary health screenings in its Health Concourse. Dermatologists from Mount Sinai's Kimberly and Eric J. Waldman Department of Dermatology performed 748 free skin cancer screenings and identified 35 possible melanomas, 13 basal cell carcinomas, and 2 squamous cell carcinomas. Nurses from Mount Sinai Heart performed 571 complimentary blood pressure and cholesterol screenings.

At this year's festival, Kenneth L. Davis, MD, President and Chief Executive Officer of the Mount Sinai Health System, addressed the future of medicine and provided a glimpse into next-generation health care. "Automated diagnostics are going to change medicine over the next 25 years in ways we can't even conceptualize," said Dr. Davis. He discussed a scenario where mobile phone apps would be used to collect



Kenneth L. Davis, MD, right, in blue, leads a luncheon roundtable discussion on the future of medicine and medical care. Below, Mount Sinai offers free health screenings to Festival participants.



personalized health data that is sent to the patient's electronic health records. Using smart technology, this information would then generate a diagnosis and outline a treatment for the patient.

In a talk called "The Power of Good Health," Mount Sinai experts discussed how nutrition, sleep, and the environment affect well-being. Valentin Fuster, MD, PhD, Director of Mount Sinai Heart and Physician-in-Chief of The Mount Sinai Hospital, said the risk factors that contribute to heart disease—high cholesterol, poor eating habits, lack of exercise, obesity, high blood pressure, smoking, and diabetes—can all be prevented or reduced with lifestyle or behavior modification.

Yasmin Hurd, PhD, Director of the Addiction Institute at the Icahn School of Medicine at Mount Sinai, and Professor of Psychiatry, Neuroscience, and Pharmacological Sciences, addressed the opioid epidemic. She explained that addiction can occur quickly because opioids "get into the brain very quickly." Some people are so susceptible that three days of exposure is all they need to become hooked.

"Genetics play an important role," Dr. Hurd said, but more information is needed to fully understand the mechanisms behind addiction. Now that greater attention is being paid to this illness, she added, large-scale studies are under way that "will be able to give us better information about who is at risk."

Philip J. Landrigan, MD, MSc, Dean for Global Health, and Professor of Environmental Medicine, Public Health, and Pediatrics, told



Mount Sinai luminaries, from left, Kenneth L. Davis, MD; Valentin Fuster, MD, PhD; David M. Rapoport, MD; and Philip J. Landrigan, MD, MSc, participate in a talk about "The Power of Good Health."

attendees that "clean air and safe drinking water are critical for children's health," along with the elimination of environmental hazards such as lead and pesticides. He said eating organic food can lower someone's risk of ingesting pesticides by 90 percent.

David M. Rapoport, MD, Director of the Sleep Medicine Research Program at the Icahn School of Medicine at Mount Sinai, said, "The average amount of sleep needed is seven to eight hours per night, but that varies a great deal." The best way to tell if someone is getting enough sleep is to see if he or she feels rested in the morning.

According to Robert Wright, MD, MPH, Chair of Environmental Medicine and Public Health, and Professor of Pediatrics, the Earth's changing climate—with more extreme droughts, flooding, rising temperatures, and air pollution—will lead to increased infections, heat stress, heart attacks, and other impacts on human health, with the most severe consequences affecting the elderly and the very young. "There is a lot about climate and health we don't know," Dr. Wright said. "We need better surveillance and satellite systems, and we need to start tracking the impact on health in order to make better predictions, and thereby, employ our resources more wisely, as these effects now seem inevitable."

Prabhjot Singh, MD, PhD, Director of The Arnhold Institute for Global Health and Chair of the Department of Health System Design and Global Health, discussed how Mount Sinai is deploying machine learning and technology in its Atlas project, which combines data from satellite images with field-based insights to address health inequities in undercounted and underserved communities. The Atlas platform, being used in Guatemala and Harlem, is the "start of a journey," he said. "It will allow us to push actionable, real-time insights to frontline workers who build trust within communities and optimize health system effectiveness."

Samuel Gandy, MD, PhD, Director of the Center for Cognitive Health and Professor of Neurology, and Psychology, told attendees that Alzheimer's disease research now includes the development of medication that can prevent inflammation in the brain, as well as the tangles that occur within dying nerve cells. "We are working on a cocktail of drugs and vaccines, some that prevent inflammation, some that reduce tangle formation, and some that, hopefully, arrest both inflammation and the tangle formation," he said.



Yasmin Hurd, PhD, second from left, discusses the science of addiction in the panel, "Deep Dive: The Opioid Tsunami."



Prabhjot Singh, MD, PhD, left, addresses the worldwide shortage of health professionals in the panel, "Deep Dive: Growing a Global Health Workforce."



Samuel Gandy, MD, PhD



Robert Wright, MD, MPH

› The Mount Sinai Hospital Is Among Best in Nation *(continued from page 1)*

“The passion of our faculty and staff—along with a commitment to innovation, collaboration, and individualized patient care—has made this recognition possible,” says Kenneth L. Davis, MD, President and Chief Executive Officer, Mount Sinai Health System. “We are extremely proud to be on the Honor Roll and among the nation’s best centers.”

Separately, the New York Eye and Ear Infirmary of Mount Sinai is ranked nationally in two specialties: No. 12 in Ophthalmology and No. 50 in Ear, Nose & Throat.

“Mount Sinai continues to push the boundaries of scientific discoveries as we improve methods of diagnosing and treating human disease, allowing our exceptional physicians and staff to provide high-quality care for our diverse communities,” says Dennis S. Charney, MD, Anne and Joel Ehrenkranz Dean, Icahn School of Medicine at Mount Sinai, and President for Academic Affairs, Mount Sinai Health System.

Overall, *U.S. News* ranks the nation’s top 50 hospitals in 16 areas of complex care, which is driven predominantly by objective data, such as mortality rates for particularly challenging patients, and patient safety and other measures. Also factored in are

the responses from the three most recent years of an annual reputational survey of physicians who are asked to name up to five hospitals they consider the best for difficult cases in their specialty. According to *U.S. News*, specialty rankings are intended for patients with a life-threatening or rare condition who need a hospital that excels in treating complex, high-acuity cases.

U.S. News additionally evaluates how well a hospital performs in a number of specific procedures and conditions for all patients treated—not just for the complex cases. Here, it assesses each hospital’s risk-adjusted outcomes, such as 30-day mortality rates, 7-day readmissions, and length of stay, as well as other variables linked to higher quality, including volume and nurse staffing. The Hospital is rated significantly better than the national average in colon cancer surgery, lung cancer surgery, heart bypass surgery, aortic valve surgery, abdominal aortic aneurysm repair, and treatment for heart failure and chronic obstructive pulmonary disease.

“Being recognized among the nation’s best hospitals truly reflects the innovation and quality care that Mount Sinai provides,” says David L. Reich, MD, President and Chief Operating Officer, The Mount Sinai Hospital.

› The Tisch Cancer Institute Names New Director *(continued from page 1)*

become a leader in early disease detection, intervention, and treatment through the development and implementation of diagnostic tools, vaccines, imaging, and immune monitoring,” Dr. Parsons says. “Tisch serves as a bridge to many departments, institutes, and hospitals across the Mount Sinai Health System.” This close association, he adds, enables the Institute to monitor and treat patients early, before their cancers become more aggressive, when their chances are greater for positive outcomes.

“We’re with patients from the beginning, so anything we can do to intervene earlier is going to be a benefit—anything from vaccines to screenings,” Dr. Parsons says.

A strategic plan created in 2016 also calls for Tisch to expand its novel therapeutics program and cancer clinical trials network throughout the Health System to include locations at Mount Sinai Downtown, Mount Sinai West, and later on, Mount Sinai St. Luke’s. The plan also calls for an increased focus on personalized medicine that utilizes the latest technology in immunology, molecular biology, and genetics. Providing

New York City’s diverse communities with greater access to innovative care will enable Mount Sinai to address health care disparities and build upon the strength of its population health programs. Plans call for the establishment of more community-based outcomes research, and behavioral oncology and epidemiology programs that would include smoking cessation, healthy eating, and exercise, as well as a new initiative in global oncology.

“Mount Sinai is committed to improving the quality and research of cancer control, treatment, and early detection,” Dr. Parsons says. “This is a wonderful opportunity to have an impact on our community.”

In addition, Dr. Parsons plans to enhance fellowship training; recruit and train clinical scientists to perform more patient-based research in oncology, pathology, surgery, and radiation oncology; and promote careers in immunotherapy research. Plans to create disease-focused centers of excellence that are funded by federal and collaborative grants and develop predictive genomics and personalized medicine in cancer are also on The Tisch Cancer Institute’s agenda.

Dr. Parsons is a proponent of immunology treatments that help the body harness its immune system to fight off cancerous cells. More than two decades ago, as a research fellow at Johns Hopkins School of Medicine, Dr. Parsons was involved in developing a test to detect hypermutating cancers. Today, he says, these cancers are proving to be more susceptible to new treatments that use immune checkpoint inhibitors.

“We didn’t know back then that it would be useful in a clinical treatment, and now it is,” Dr. Parsons says. “The test should be given as early as possible in a patient’s diagnosis so we can offer immune checkpoint inhibitors earlier, at the most advantageous point possible during patient treatment. That’s the sort of platform we will be building.”

By taking a thoughtful approach to growth, Dr. Parsons says the Institute will focus on providing the best evidence-based treatments to patients throughout the Health System. “It is important not to overpromise and under-deliver with so much at stake,” he says. “Good science and improved medical care must be done very deliberately and rigorously.”

Around the Health System

Make Way for the Mount Sinai Mighty Milers!

A club sponsored by the Parenting Center at Kravis Children’s Hospital at Mount Sinai has inspired a love for running in about 70 patients ages 5 to 12. From April to June, the Mount Sinai Mighty Milers met on Wednesdays in Central Park to chat, stretch, and run on the half-mile East Meadow loop. Along the way, they were chaperoned by 20 volunteers, including medical students, residents, attendings, nurses, social workers, and support staff.

“Wednesday afternoon quickly became the highlight of the week for everyone involved,” says Keith J. Benkov, MD, Associate Professor of Pediatrics, and Gastroenterology, who was an organizer, along with Abby T. Klock, MS, Child Life Specialist; Katie Connolly, Program Coordinator, and Mariel Benjamin, LCSW, both of the Parenting Center; and Michael N. Yaker, MD, Assistant Clinical Professor of Pediatrics, and founding partner of Westside Pediatrics. The program will return in October. For more information, contact sinaimightymilers@mssm.edu.



Clockwise from left: Runners at the starting line; Delilah Rodriguez (with a purple friend) and Ezra Rzetelny; and George Hendy getting a high five from Michael N. Yaker, MD.



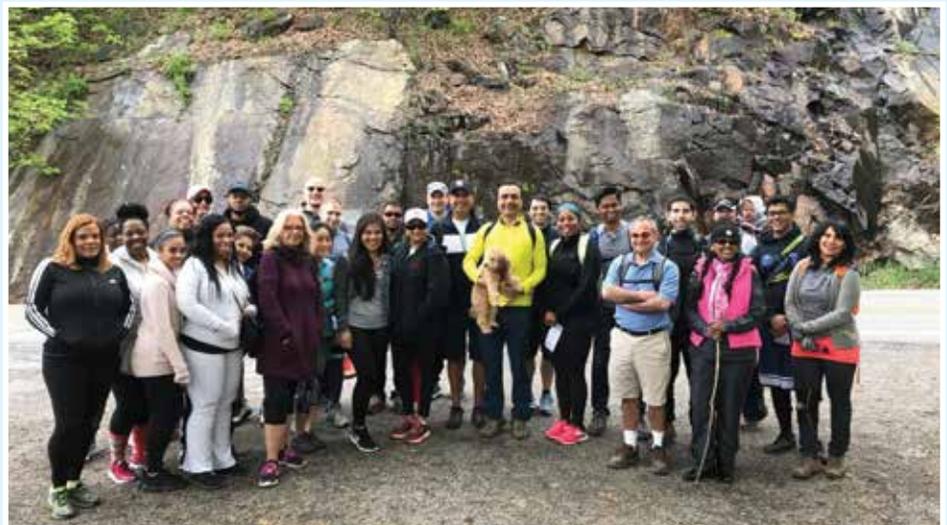
Ami Rogé with her physician, Stephen C. Malamud, MD, Associate Professor of Medicine (Hematology and Medical Oncology).

20th Annual Luncheon for Cancer Survivors

About 200 cancer survivors, their families and friends, and Mount Sinai faculty and staff, recently attended the 20th annual luncheon celebrating National Cancer Survivors Day®. At the event, held on Sunday, June 11, in The Mount Sinai Hospital’s Annenberg West Lobby, attendees enjoyed a performance by Ami Rogé, a concert pianist and breast cancer survivor who was treated at Mount Sinai Downtown-Chelsea Center. Steven J. Burakoff, MD, Dean for Cancer Innovation, Icahn School of Medicine at Mount Sinai, discussed the state of cancer care. “Given our increasing success treating cancer, there are now more than 15.5 million cancer survivors in the United States,” he said. “We must focus more of our efforts on helping our patients cope as cancer survivors.”

Hiking for Good Health

Faculty and staff from the Milton and Carroll Petrie Department of Urology, along with their families and friends, enjoyed a healthy and rigorous hike in the Hudson Valley last spring, climbing and rock scrambling 1,260 feet above sea level at Breakneck Ridge near Cold Spring, N.Y. All of the hikers successfully reached the summit, as well as Raja, the family dog that belongs to Ash Tewari, MBBS, MCh, the Kyung Hyun Kim, MD, Chair of the Department of Urology (in yellow, holding Raja), and his wife, Mamta (far right).



Save the Date! **SINAInnovations**

Icahn School of Medicine at Mount Sinai

6th Annual **SINAInnovations**

Leading a New Era of Discovery

Theme: Cancer

Email: Sinainnovations@mssm.edu

<http://icahn.mssm.edu/about/sinainnovations>

Tuesday, October 17 - Wednesday, October 18

Annenberg, Stern Auditorium

Registration is free but required.

2nd Annual **Mount Sinai Health Hackathon**

Creating Novel Technology Solutions for Health Care

(formerly SINAimedMaker Challenge)

Theme: Cancer

A 48-hour fun and high-energy, team-based, multidisciplinary competition focused on creating novel technology solutions for problems in health care.

Email: health-hackathon@mssm.edu

<http://icahn.mssm.edu/about/sinainnovations/health-hackathon>

health-hackathon

Friday, October 13 – Sunday, October 15

Hess Center for Science and Medicine

Davis Conference Center

Registration is \$10.00.

5th Annual **Careers & Connections**

(formerly Trainee Forum/Networking Reception)

A series of interactive breakout sessions and panels culminating in a networking reception with entrepreneurs and industry professionals.

<http://icahn.mssm.edu/about/sinainnovations/networking>

Tuesday, October 17

Hess Center for Science and Medicine

Davis Conference Center

Registration is free but required.

#healthHackathon

#sinainnovations

21ST ANNUAL

Seaver Autism Center

Advances in Autism Conference



Mount Sinai's Seaver Autism Center for Research and Treatment brings together academic experts in the field of autism spectrum disorders (ASD)—along with individuals with autism and their families, and community groups—in its annual Advances in Autism Conference. Research and clinical leaders will discuss recent advances into understanding the causes of ASD, brain development in individuals with autism, and current treatment options. The Scientific Keynote Speaker is Shelli Avenevoli, PhD, Deputy Director of the National Institute of Mental Health. The Family Keynote Speaker is Elizabeth Burns, PhD, mother of a child with autism, and author of *Tilt*. For more information and to register, please visit seaverconference2017.eventbrite.com.

Sunday, September 10
9 am – 4:30 pm

New York Academy of Medicine
1216 Fifth Avenue

Mount Sinai Transformation update

For the most recent updates on Mount Sinai's downtown transformation, please go to:

<http://www.mountsinaihealth.org/locations/downtown>



INSIDE MOUNT SINAI

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