Headache is the number two reason why most people visit their doctor. Data from the National Headache Foundation show that more than 45 million Americans are afflicted by chronic, recurring headaches, and of these patients, 28 million suffer from migraines. Worldwide, according to the World Health Organization, migraine alone is 19th among all causes of years lived with disability. Yet despite the large number of patients in this country who suffer from this chronic, debilitating condition, many medical centers lack a formal department in headache medicine.

Led by Mark Green, MD, Professor of Neurology at Mount Sinai School of Medicine, The Mount Sinai Medical Center has a new Center for Headache and Pain Medicine. The Center is unique in that it offers a service that many hospitals lack. It also integrates two distinct specialties—headache and pain—under one umbrella. The Center employs a comprehensive approach to the treatment and

Forging Ahead in Treating Cancer

Daniel Labow, MD, whose groundbreaking use of hyperthermic intraperitoneal chemotherapy (HiPEC) has garnered headlines, was recently made Cancer Liaison to the American College of Surgeons’ Commission on Cancer (CoC).

A committee at Mount Sinai nominated Dr. Labow for the new role, in which he will act as Mount Sinai’s representative as it works toward achieving its accreditation from the CoC, as well as provide leadership to support Mount Sinai’s evolving cancer program. Accreditation from the CoC, which should be achieved within two years, is a stepping-stone toward becoming a National Cancer Institute–designated program.

Dr. Labow has also been appointed the Interim Chief of Surgical Oncology, a practice he helped develop at Mount Sinai along with three colleagues.
New Center Director at Mount Sinai (continued from page 1)

Mark K. Green, MD

Mark K. Green, MD

Mark K. Green, MD

Forging Ahead in Treating Cancer (continued from page 1)

In that role, Dr. Labow is in the process of recruiting a renowned melanoma surgeon as part of the expansion of Mount Sinai’s cancer treatment program.

“For the first time in our history, we have a comprehensive program, we need to be experts in all aspects of cancer care,” Dr. Labow says. As part of its growing cancer treatment program, the Hospital has recently started construction of the Eva and Glenn Dubin Breast Care Center. Dr. Labow is actively involved in recruiting new specialists, promoting Mount Sinai’s cancer program throughout the city, and establishing continuing medical education programs to allow doctors from around the world to learn from the Hospital’s expertise.

Dr. Labow is also active on the research front. He will be presenting some of his findings on HIPEC at an international conference on the subject next month in Puerto Rico. The procedure involves circulating liquid chemotherapy solution directly into a patient’s abdomen in the hope that direct contact with cancer cells will increase the drug’s efficacy.

One of his first cases at Mount Sinai involved a 31-year-old woman with abdominal cancer who had been told she was not a good candidate for surgery and had perhaps only a year to live. The patient—who was the first patient treated by Dr. Labow to receive HIPEC—had recently given birth, refused to accept the prognosis, and approached Dr. Labow about the aggressive HIPEC treatment.

“If I had listened to conventional wisdom, I would have said she’s not a good candidate for surgery,” Dr. Labow says. The HIPEC procedure successfully eliminated tumors from her body, and she has now been disease free for two and a half years. “She still holds a very special place in my heart,” Dr. Labow says.

The long-term nature of the relationship between patient and oncology surgeon is one Dr. Labow says he cherishes. “It’s one of the most intimate, trusting relationships you can have,” he says. “They’re trusting you with their lives.” Seeing a patient for follow-up treatment for the next five to ten years after a procedure is something Dr. Labow says he very much enjoys.

“Too often we get caught up with statistics,” Dr. Labow says. “Really it’s about what’s best for the individual on a clinical, psychological, and emotional level.”
Ordinary Dolls Prompt Extraordinary Results

Imagine a patient needing an x-ray who kicks and screams and refuses to lie still. Then imagine that very patient calm and cooperative—without drugs or restraints.

That’s the reaction of numerous patients to a program known at Mount Sinai as “The Doll Project.” It’s as simple as it sounds: agitated patients on the geriatric psychiatry unit are given dolls used as a proven therapeutic intervention to calm behavior.

“The staff has definitely noticed how patients with dolls—male and female—communicate better and cooperate more with procedures,” says Pat Matos, DNP, RN, Director of Nursing, Psychiatry. “It really is amazing.”

A handout for families explains the therapeutic benefits and the positive effects the dolls have on the mood and behavior of patients suffering from dementia and other psychiatric disorders.

The program started in 2007 with an agitated patient cared for by Lorna Green, MSN, RN, and former Nurse Manager. “The patient was kicking and biting and started to cry,” says Ms. Green. “She said she wanted her mommy and her baby doll. So an assistant fashioned a doll and it quieted her immediately. It worked so well for her we thought it might work equally as well for other dementia patients.”

That prompted the staff to research the use of dolls as calming agents, and they developed a program approved by the director of nursing, who gave permission to purchase six initial dolls. The results were immediate and dramatic, prompting a grant from MaryDee McEvoy of the Joseph F. Cullman Jr. Institute for Patient Care to purchase lifelike, culturally diverse dolls that resemble actual babies.

In 2008, the nurses logged the behavior of 115 patients over a three-month period to compare rates of haloperidol administration between patients who accepted a doll and patients who did not.

“The most important finding was that the dolls prevented the more prevalent negative emotions and agitations like throwing things or combative behavior,” says Neushotz. “The more effective the doll was in calming the patient, the fewer anti-psychotic drugs they needed.”

The program started in the geriatric ward, but word soon spread throughout the hospital. Now any patient who can benefit from a doll and it quieted her immediately. It worked so well for her we thought it might work equally as well for other dementia patients.”

The dolls are not a hit with everyone.

“Some patients do refuse them,” says Ms. Matos. “They say ‘I’m not babysitting. I’m done with all that.’ Aside from this, there really is no downside to the program. The patients who accept the offer of the dolls keep them, so there is no sharing or issues with infection control. And there are no adverse side effects.”

There is every indication that Mount Sinai’s program is influencing others. Official hospital visitors from Australia and England were impressed enough with the dolls to request more information so they could start programs of their own.

“It makes everyone happy,” says Ms. Green. “Patients and staff.”

Michael H. Ludwig Foundation Donates ACUSON SC2000 to Mount Sinai

Michael H. Ludwig was a happy and energetic nine-and-a-half-year-old boy who loved nothing more than playing sports with his friends. Michael’s life ended unexpectedly in 2007 after suffering a seizure caused by a rare congenital abnormality of his coronary arteries. To honor Michael’s life, and raise awareness about similar heart conditions as the one that took his life, Michael’s parents established the Michael H. Ludwig Memorial Foundation with an undisclosed sum.

As the foundation’s first gift, the Ludwigs chose to help Mount Sinai’s Division of Pediatric Cardiology purchase the ACUSON SC2000 volume imaging ultrasound system. A revolutionary new 3D echocardiography technology launched by Siemens in 2008, the ACUSON SC2000 is the first system capable of acquiring real-time, full-volume, 3D images of the heart in one single cycle. This novel model of echocardiography holds great promise in detecting complex pediatric heart defects and has the potential to transform echocardiography practice at Mount Sinai and serve as a model for the field.

“We are incredibly grateful for the Ludwigs’ generosity and support,” says Ira A. Parness, Chief of the Division of Pediatric Cardiology at Mount Sinai. “Their great strides and efforts to raise funding for and bring awareness of congenital heart defects in children will help prevent similar tragedies from occurring.”

Michael H. Ludwig
## Mount Sinai Global Health Conference

The 8th Annual Mount Sinai Global Health Conference entitled “Indigenous Health” will take place February 26–27. The program includes screening of the award-winning documentary film *The Battle for Whiteclay*, and keynote address by Winona LaDuke. The event is free and participants will earn CME credits.

To register and for more information go to: http://2010conference.eventbrite.com.

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<tr>
<th>Event Description</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mount Sinai Global Health Conference</td>
<td>Friday, February 26</td>
<td>5:30 pm through Saturday, February 27</td>
<td>Goldurm Auditorium</td>
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## Educational Patient Seminar

Fred D. Lublin, MD, Director of the Corinne Goldsmith Dickinson Center for Multiple Sclerosis and Saunders Family Professor of Neurology, presents “MS Care in the Next Decade.” The event is open to the public. To register, call 212-241-7393.

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<td>Wednesday, January 27</td>
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<td>5:30 – 7 pm</td>
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<td>Stern Auditorium</td>
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## Grand Rounds Cardiovascular Institute

Hugh Grovenor Calkins, MD, FACC, FAHA, FHRS, Professor of Medicine; Director, Electrophysiology Lab; Johns Hopkins University School of Medicine, presents “Catheter Ablation versus Antiarrhythmic Drugs for Atrial Fibrillation.”

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<tr>
<td>Monday, January 25</td>
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<td>5 – 6 pm</td>
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<td>Hatch Auditorium</td>
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## Grand Rounds Endocrinology

Maria I. New, MD, Professor of Pediatrics; Professor of Genetics and Genomic Sciences; Director, Adrenal Steroid Disorders Program, Department of Pediatrics, presents “A Case of Cushing’s Syndrome in a 17 Year Old Boy.”

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<td>Thursday, January 28</td>
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<td>4:30 pm</td>
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## Seminar Series Translational Neuroscience

Ruggero Scorcioni, PhD, Associate Fellow, The Neuroscience Institute, presents "Computational Neuroanatomy: From Legacy Data to New Discoveries."

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<tr>
<td>Thursday, January 28</td>
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<td>1 – 2 pm</td>
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<tr>
<td>Icahn Medical Institute, 1st Floor Seminar Room</td>
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## National Blood Donor Month

Participate in National Blood Donor Month by donating blood at Mount Sinai’s blood bank. Call 212-241-6104 to set up an appointment.

## Classifieds

### For Rent

  - Call Felina at 646-685-9743.

### For Sale

- A Junior-4 Co-op for sale in Riverdale, NY. The unit features a terrace with views of the river and a newly windowed eat-in kitchen. Within walking distance to shops, express bus, Metro-North. $900 monthly maintenance fees and asking $360,000.
  - Call 917-841-8126.

## Editor’s Note

**Calendar Submission Guidelines**

Interested in advertising an event or posting an announcement in *Inside*? Use the submission template on the Intranet or send an e-mail to inside@mssm.edu. Submissions can also be sent to Box 1475. Please send items at least three weeks in advance.