Mount Sinai First in U.S. to Use Drug-Coated Balloon For Peripheral Arterial Disease

The Mount Sinai Hospital became the first institution in the United States to use a U.S. Food and Drug Administration-approved drug-coated balloon to reopen arteries in a patient’s leg. The new device was approved last October to treat arteries above the knee that have been narrowed or blocked by peripheral arterial disease (PAD), a potentially life-threatening condition that may cause leg pain, skin ulcers, and gangrene, and can result in amputation if left untreated.

“This drug-coated balloon may be a game changer in the management of patients with peripheral arterial disease,” says Prakash Krishnan, MD, Director of Endovascular Services at Mount Sinai Heart, who performed the first procedure with Jose Wiley, MD, and Bhaskar Purushottam, MD. “It can effectively reduce the recurrence of blockages in patients.” Dr. Wiley is Assistant Professor of Medicine (Cardiology), and Radiology.

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Treatment for Wrist Arthritis Provides Lasting Results

A procedure developed at Mount Sinai Roosevelt’s CV Starr Hand Surgery Center has proven to be a highly successful, long-term treatment for chronic, degenerative arthritis of the wrist. The results of a 20-year study on the effectiveness of the procedure, distal scaphoid resection, were published as the lead article in the September 2014 issue of the Journal of Hand Surgery.

Louis Catalano III, MD, Attending Surgeon at Mount Sinai Roosevelt’s CV Starr Hand Surgery Center, and Assistant Clinical Professor of Orthopaedic Surgery at Icahn School of Medicine at Mount Sinai, led the study. He and his team compared the long-term results of distal scaphoid resection to alternative options in patients with scaphoid fractures. The scaphoid, the most commonly broken bone in the wrist, is located at the base of the thumb.

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Top Honors for Groundbreaking Researchers

For the first time in its 47-year history, the Crohn’s & Colitis Foundation of America has awarded all three of its 2014 annual scientific achievement awards to research and academic luminaries at the Mount Sinai Health System.

“It seems quite fitting that they all are from Mount Sinai, where Crohn’s disease was first described by Dr. Burrill B. Crohn, a Mount Sinai physician, together with his Mount Sinai colleagues, Drs. Leon Ginzburg and Gordon Oppenheimer, and where groundbreaking research and treatment for Crohn's continues today,” says Marjorie Merrick, Vice President of Research Special Projects at Crohn's & Colitis Foundation of America. The Foundation was created in 1967 at Mount Sinai, and among its founders was Henry D. Janowitz, MD, a world-renowned physician and educator and longtime Chief of the Division of Gastroenterology, which now bears his name.

The Henry D. Janowitz Lifetime Achievement Award in Inflammatory Bowel Disease (IBD) was granted to David B. Sachar, MD, Clinical Professor of Medicine at the Icahn School of Medicine at Mount Sinai and Director Emeritus of the Dr. Henry D. Janowitz Division of Gastroenterology. Among his many accomplishments, Dr. Sachar contributed to the development of oral rehydration therapy, known as one of the most significant medical advances of the twentieth century, and was instrumental in laying the foundation for the current international classification of Crohn's disease.

The Foundation’s Scientific Achievement

Mount Sinai First in U.S. to Use Drug-Coated Balloon for Peripheral Arterial Disease  (continued from page 1)

at Icahn School of Medicine at Mount Sinai. Dr. Purushottam is an endovascular fellow.

In conventional artery procedures, physicians use a balloon to reopen an artery to help restore blood to the limb. In the new procedure, physicians use the traditional balloon to partially open the artery, but also a second balloon coated on its outer surface with the drug paclitaxel to fully open the artery. The drug, which works to prevent inflammation and scar tissue from building up in the area where the balloon was inserted, is applied to the artery wall, where it remains for about a month, and is believed to help prevent new blockages. The new device, the Lutonix® 035 Drug-Coated Balloon (DCB) Catheter, is made by C. R. Bard, Inc.

“Preventing future artery blockages is as important as opening the initial blockage,” says Dr. Krishnan, who is also Assistant Professor of Medicine (Cardiology), and Radiology, at Icahn School of Medicine at Mount Sinai.

PAD is believed to affect 8 million Americans. At-risk patients include those with high blood pressure; a family history of an amputation; a history of atherosclerosis, stroke, or heart attack; or individuals who have renal failure and are on dialysis. Treatment varies widely and may include minimal approaches, such as reducing risk through lowering an individual’s cholesterol and blood pressure measures; surgical bypass; or other endovascular interventions—such as stents or traditional balloon therapy.

Angioplasty procedure data show that using nondrug-coated balloons could result in restenosis—the renarrowing of blood vessels—following a procedure in nearly 50 percent of patients. By comparison, clinical trial studies show that restenosis occurs in only approximately 28 percent of patients with drug-coated balloons.

Mount Sinai was one of 54 sites in the world participating in the LEVANT-2 pivotal study, a global randomized clinical trial that compared the new drug-coated balloon to the standard therapy of using a nondrug-coated balloon. The study results, which helped lead to the device’s Food and Drug Administration approval, demonstrated the technology improved blood flow in arteries, increased patient mobility for walking longer distances, and reduced the rates of blood clots. Dr. Krishnan served as principal investigator at Mount Sinai for the study. He also is a consultant for C. R. Bard, Inc. the maker of the drug-coated balloon.
Treatment for Wrist Arthritis Provides Lasting Results (continued from page 1)

“Patients with this condition suffer progressive, activity-related pain as well as flexibility and motion loss,” says Dr. Catalano. “The 19 patients we followed in our 20-year study had previously been treated with alternative options that failed, such as splinting and steroid injections.”

The study found that distal scaphoid resection produced favorable, long-term clinical outcomes, including decreased pain, increased grip strength, and improved range of motion. In addition, standard wrist fusion was not required. Only two patients in the study required more conventional reconstructive procedures, including wrist arthrodesis and proximal row carpectomy.

“It is far easier for patients to tolerate distal scaphoid resection than other procedures to treat wrist arthritis, such as bone fusion, which actually limits motion even further,” says Dr. Catalano. “If I were a patient, I would choose to have this simpler procedure done.”

During the scaphoid resection, the surgeon creates a five-centimeter incision over the wrist and carefully removes the broken scaphoid before closing the joint capsule and then the incision with absorbable sutures.

Says Michael Bronson, MD, Chair of Orthopaedic Surgery, Mount Sinai Roosevelt, “Hand fellows come from all over the country to train at the CV Starr Hand Surgery Center. We are fortunate that Dr. Catalano serves as Program Director for our orthopaedic residents. He is a model surgeon-educator-researcher.”
Heisman Trophy Winner Visits Pediatric Patients at Mount Sinai

University of Oregon quarterback Marcus Mariota, the 2014 Heisman Trophy winner, recently visited patients at Kravis Children’s Hospital at Mount Sinai, where he hosted a live show from the hospital’s television studio in The Child Life Zone and fielded live calls from patients watching in their rooms. The event was sponsored by The Companions in Courage Foundation, whose founder, NHL Hall of Famer Pat LaFontaine, also attended. Mr. Mariota conducted a special Skype session in the Lion’s Den, an interactive playroom, where he spoke with pediatric patients in other hospitals.

Skilled Quilters Donate Baby Blankets

Expert quilter Lee Ebs visited the Pediatrics Playroom at Mount Sinai Beth Israel on Tuesday, January 20, with dozens of donated baby blankets made by members of Empire Quilters, a nonprofit organization in New York City that is comprised of dedicated quilters. Marcia Graham, CCLS, Senior Child Life Specialist, Mount Sinai Beth Israel Pediatrics, was on hand to accept the colorful blankets and incubator covers that will be used by pediatric patients and premature babies in the Neonatal Intensive Care Unit (NICU). “Patients and their parents greatly appreciate these quilts and covers,” says Ms. Graham. “Their colors and designs brighten the look of the child’s room and the NICU, taking away the institutional feel. They definitely add a child-friendly touch.”

Top Honors for Groundbreaking Researchers (continued from page 2)

in IBD Clinical Research award was granted to Jean-Frédéric Colombel, MD, Professor of Medicine and Director of The Leona M. and Harry B. Helmsley Charitable Trust Inflammatory Bowel Disease Center at Mount Sinai. Dr. Colombel is the former president of the European Crohn’s and Colitis Organization, and past chair of the International Organization for the Study of Inflammatory Bowel Disease, and is one of the world’s most prominent IBD researchers, having published or co-published more than 600 articles and books on the disease.

The Scientific Achievement in Basic IBD Research distinction was awarded to Judy H. Cho, MD, Ward-Coleman Chair in Translational Genetics, Vice Chair for Translational Genetics, Associate Chief of Research in the Dr. Henry D. Janowitz Division of Gastroenterology, and Director of CePORTED at the Icahn School of Medicine at Mount Sinai. Dr. Cho, the first female to win the award, has identified many of the first genes associated with Crohn’s disease.

“These awards recognize not only their profound individual contributions to this area, but also Mount Sinai’s ongoing contributions to understanding these complex and difficult diseases,” says Bruce E. Sands, MD, Dr. Burrill B. Crohn Professor of Medicine and Chief of the Dr. Henry D. Janowitz Division of Gastroenterology.
A Dose of Canine Affection at Levy Library

When a fluffy Pomeranian named Alice paid a two-hour visit to the Gustave L. and Janet W. Levy Library in November, more than 60 Mount Sinai Health System students, faculty, and staff visited her for a quick dose of canine affection.

In fact, Alice’s visit was so successful that the Levy Library plans to begin hosting visits from certified therapy dogs on the first Tuesday of each month starting in February, giving students, faculty, and staff the opportunity to unwind and relieve stress during lunchtime.

“I know how intensely medical students have to study, and I know that a lot of academic libraries have used therapy dogs to reduce stress. I figured, why not give it a shot,” says Robin Milford, MLIS, Public Services Manager, Levy Library.

Alice was certified by Therapy Dogs International, a volunteer organization that brings regulated, tested, and registered dogs to nursing homes, hospitals, and other institutions to provide affection and comfort to patients.

Therapy dogs have been used to help patients of all ages throughout the Mount Sinai Health System, including The Martha Stewart Center for Living and the Child Behavioral Health and Science Center. A recent study by researchers at Mount Sinai Beth Israel found that patients undergoing intense chemotherapy and radiation therapy received an emotional lift from therapy dogs.

Overcoming Congenital Glaucoma

In the summer of 1998, Shavanne McCurchin noticed something odd about her 2-month-old son’s right eye. “The entire eye looked white,” she says, remembering that she thought she had accidentally sprinkled powder in his eye while changing his diaper.

Two referrals later, Ms. McCurchin and her son Densha were seen by Paul A. Sidoti, MD, at New York Eye and Ear Infirmary of Mount Sinai (NYEE). Dr. Sidoti is now Deputy Chair for Clinical Affairs in the Department of Ophthalmology at Icahn School of Medicine at Mount Sinai and the Mount Sinai Health System. He confirmed the baby had primary congenital glaucoma in both eyes, a condition that affects about one in every 10,000 infants, and leads to blindness if left untreated. Although Densha’s family had a history of glaucoma, many cases appear to be spontaneous.

With a damaged optic nerve associated with excessively high intraocular pressure in each eye, Dr. Sidoti said Densha’s best alternative was immediate surgery, despite the fact that he was so young. He assured Ms. McCurchin that surgery offered the best chance of preventing blindness and allowing Densha to develop and maintain good vision in both eyes. It would not be a cure, but it would control the glaucoma.

Now 16 years old, Densha does not remember the trauma of his initial diagnosis or the surgeries that followed. Over the years, the Brooklyn teenager has grown accustomed to taking the many steps needed to control his condition and continues to be seen by Dr. Sidoti, who has been a principal investigator in clinical trials that improve surgical techniques and imaging studies for glaucoma.

In addition to wearing glasses, he adheres to a strict schedule of administering eye drops and follows up regularly with Dr. Sidoti and the ophthalmologists at NYEE to make sure that his eye pressure remains well controlled. Today, he plays baseball and the piano, and is planning on a career as a recording engineer producing classical music.

“When people ask me about glaucoma, I just say I was born with it, and I’ve been living with it since I was a baby,” Densha says. “It has been hard but I know there’s a bright future ahead.” When he visits NYEE for his periodic checkups, Densha says, “I know I have supporters and people dedicated to helping me have a better future and better eyesight.”
Mount Sinai Celebrates American Heart Month

Staff and the public are encouraged to attend free heart health fairs, health screenings, lectures, heart-healthy cooking demonstrations, and more. The events include:

Community Heart Health Fairs and “Wear Red Day”

Complimentary blood pressure, cholesterol, and glucose testing; nutrition and diet counseling; diabetes education; heart-healthy food tasting; stress management and yoga; giveaways upon completion of heart-health screenings; and more, at these locations:

Friday, February 6
10 am – 2 pm
The Mount Sinai Hospital Guggenheim Pavilion Lobby
Mount Sinai Beth Israel Petrie Campus
First Avenue at 16th Street
Second Floor
Dazian Rotunda
Mount Sinai Beth Israel Phillips Ambulatory Care Center (PACC)
10 Union Square East
Second Floor
Atrium
Mount Sinai Beth Israel 3201 Kings Highway
Main Lobby
Mount Sinai St. Luke’s 1111 Amsterdam Avenue
Main Lobby
Mount Sinai Queens will present free screenings for blood pressure and body mass index, heart health information, and lectures. RSVP is required for this event. Visit www.mshq.org/events or call 718-267-4333.

Heart Health Educational Lecture

Maurice Rachko, MD, Attending, Department of Medicine, Mount Sinai Beth Israel, presents “Broken Heart Syndrome.”

Wednesday, February 18
Noon – 1 pm
Mount Sinai Beth Israel
First Avenue at 16th Street
3 Linsky – Conference Room

Women’s Heart NY of the Mount Sinai Health System “Heart Smart” Education Course

A free, six-session heart health program in partnership with New York City Parks and Recreation

Registration is required:
Please call 212-525-9663 or email strignano@chpnet.org to register.

Thursdays, February 19, 26, March 5, 12, 19, and 26
6 – 7 pm
NYC Parks and Recreation Chelsea Recreation Center
430 West 25th Street
Sponsored, in part, by grant funding from the TD Bank Charitable Foundation

Eat Heartily with Chef Rocco Sacramone

Mount Sinai Queens, the United Community Civic Association, and Central Sushi Bar and Lounge present a heart-healthy cooking demonstration and food tasting by Trattoria L’incontro Chef and owner Rocco Sacramone.

RSVP is required:
Visit www.mshq.org/events or call 718-267-4333.

Wednesday, February 25
6:30 pm
Central Sushi Bar and Lounge
20-30 Steinway Street
Astoria, New York

Mount Sinai Queens will present free screenings for blood pressure and body mass index, heart health information, and lectures. RSVP is required for this event. Visit www.mshq.org/events or call 718-267-4333.

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