



**Mount
Sinai**

inside

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Two Prominent Researchers in Brain Disease Assume Key Leadership Roles at Mount Sinai

Two world-renowned researchers in brain disease have assumed key leadership roles at the Icahn School of Medicine at Mount Sinai: René S. Kahn, MD, PhD, as Chair of the Department of Psychiatry, and Paul Kenny, PhD, as Chair of the Department of Neuroscience.

Both men have made significant academic and scientific achievements in their respective fields. Dr. Kahn, the newly appointed Esther and Joseph Klingenstein Professor of Psychiatry, has dedicated his career to studying psychotic disorders, particularly the origins and treatment of schizophrenia. Dr. Kenny, Ward-Coleman Chair in Pharmacology and Experimental Therapeutics, has focused on understanding the neurobiological mechanisms of drug addiction, obesity, and schizophrenia, and developing novel therapeutics that address each.



René S. Kahn, MD, PhD



Paul Kenny, PhD

Dr. Kahn returns to the Mount Sinai Health System after more than 20 years. Most recently, he served as Professor of Psychiatry and Director of the Brain Center Rudolf Magnus at the University Medical Center Utrecht in the Netherlands. The author of 800 research papers and book chapters, he has made major findings that have helped

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Tomer Avraham, MD, with Cherie Marcus

An “Astounding Recovery” After New York City Street Accident

It was Tuesday evening, May 17, 2016, and Cherie Marcus, 62, had stopped at a corner on Central Park West, waiting to cross the street. Suddenly, a runaway car struck a taxi, which then rammed into Ms. Marcus, crushing her legs. When she was taken by ambulance to Mount Sinai St. Luke’s, orthopaedic surgeon David A. Forsh, MD, thought she had a 50-50 chance of losing one or both legs. Today, after nine surgeries and several months of physical and occupational therapy, Ms. Marcus—with her legs preserved—is walking almost normally.

Dr. Forsh, Chief of Orthopaedic Trauma, Mount Sinai Health System, and Assistant Professor of Orthopaedics, Icahn School of Medicine at Mount Sinai, performed surgery to control the bleeding, irrigate her wounds, and place external hardware to stabilize the tibia and fibula in both legs. A week later, when the soft tissue began to heal and some of the muscle swelling had subsided, he operated to insert rods and plates in both legs.

After assessing the extensive bone loss and muscle and soft tissue damage, he called on Tomer Avraham, MD, Assistant Professor of Surgery (Plastic and Reconstructive Surgery).

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Celebrating New Site for Respiratory Institute

The Mount Sinai-National Jewish Health Respiratory Institute recently opened a newly renovated, state-of-the-art practice on the Upper East Side. The location, at 10 East 102nd Street, features updated exam rooms, waiting areas and consultation offices, and suites equipped to diagnose and treat respiratory diseases.



From left: Richard Martin, MD, Chair, Department of Medicine, National Jewish Health; Michael Salem, MD; Charles A. Powell, MD, Janice and Coleman Rabin Professor of Pulmonary Medicine, Icahn School of Medicine at Mount Sinai, and Chief Executive Officer of the Respiratory Institute; Dennis S. Charney, MD; and Barbara Murphy, MD.

“This is a symbolic event today,” Dennis S. Charney, MD, Anne and Joel Ehrenkranz

Dean of the Icahn School

of Medicine, and President for Academic Affairs for the Mount Sinai Health System, said at the ribbon-cutting. “It emphasizes the incredible, terrific collaborations ongoing between the scientists and clinicians at Mount Sinai and National Jewish Health.”

In December 2013, the Mount Sinai Health System entered a partnership with Denver-based National Jewish Health to create an integrated program for the diagnosis and treatment of respiratory illnesses, including asthma, chronic obstructive pulmonary disease, and interstitial lung disease. The

partnership has proved successful, with the Mount Sinai pulmonary division ranked in the Top 50 by *U.S. News & World Report* and the Respiratory Institute on track to receive 20,000 patients in 2016. Before the new site opened, patients were seen in two temporary locations on the Upper East Side.

Michael Salem, MD, President and CEO of National Jewish Health, has a “great belief” in the Institute’s potential. “The Icahn School of Medicine has the same values and a kinship with National Jewish Health in terms of providing a differentiated

experience for patients, going after cures for difficult respiratory diseases, and educating the next generation of doctors and scientists,” Dr. Salem said.

In its outpatient programs, the Respiratory Institute utilizes an interdisciplinary approach developed by National Jewish Health. Pulmonologists collaborate with specialists in disciplines including cardiology, allergy, gastroenterology, rheumatology, ENT, and thoracic surgery, to provide team-based, patient-centered care. The Institute also draws on Mount Sinai’s programs in personalized medicine, genomics, and data-driven clinical protocols to enhance the quality and outcomes of care.

“As we move from fee-for-service to quality-based care, it is important that we see patients in their entirety and that we unite in caring for those patients,” said Barbara Murphy, MD, Murray M. Rosenberg Professor of Medicine, Health System Chair, Department of Medicine, and Dean for Clinical Integration and Population Health, Icahn School of Medicine at Mount Sinai. “We see this practice as an excellent model of comprehensive, collaborative care that will help the Mount Sinai Health System achieve the critical objective of advancing care and patient satisfaction while reducing the cost of health care.”

› An “Astounding Recovery” *(continued from page 1)*

Dr. Avraham would begin a series of seven tissue transfer surgeries on Memorial Day weekend.

“We had to take skin and fat from her thigh, transfer it with its blood supply, connect the small blood vessels under the microscope, and do repeated rounds of skin grafting,” Dr. Avraham says. Throughout the process, doctors warned Ms. Marcus that infection might set in and complications might still necessitate amputations. “I’ve seen worse injuries, but not on anybody who ended up keeping their legs,” Dr. Avraham recalls.

During the long process, patient and physician bonded, Ms. Marcus remembers. “I had complete faith in Dr. Avraham,” she says. “He was very approachable and easy to communicate with. He answered all our questions and he was always in touch with my husband.” She also recalls, “I’ll never forget the day when, after weeks of emphasizing that amputation could not be ruled out, Dr. Avraham walked into my hospital room, smiled, and said, ‘I think we have a win.’”

Throughout the process, Ms. Marcus remained optimistic, which her doctors believe played a role in her recovery. Also key to her recovery was the diligence with which she pursued physical and occupational therapy at Mount Sinai St. Luke’s to help her relearn to walk. “They were all so helpful,” she recalls of the staff. “Everyone was so positive, the nurses’ aides, the people who took my food order, even the maintenance people. And, I can’t say enough nice things about the nurses.”

On the mend in July, Ms. Marcus was transferred to an inpatient rehabilitation facility, where she spent six weeks, followed by physical therapy at home for a month. She recently completed two months of outpatient physical therapy and plans to continue strengthening and conditioning at a local gym in Park Slope, Brooklyn, where she lives. In addition to her doctors, she is grateful to her supportive network of family, friends, and colleagues from the Brooklyn Academy of Music and the Public Theater, where she worked prior to her accident. “It’s an astounding recovery,” says Dr. Avraham. “She’s an amazing lady.”

MountSinaiNY App Widens Its Reach to Android Users

The Mount Sinai Health System recently launched an Android version of its mobile app for patients, MountSinaiNY. The app is a one-touch patient experience, featuring information and links that make it easier to access and use health services.

“Research shows that when patients can see their health information, they take greater ownership of their wellness and are more prepared to interact with their providers,” says Sandra Myerson, MBA, MS, RN, Senior Vice President and Chief Patient Experience Officer, Joseph F. Cullman Jr. Institute for Patient Experience, Mount Sinai Health System.

The MountSinaiNY app was developed by the departments of Information Technology (eHealth and Epic teams), Marketing, and Finance in partnership with LifeMap Solutions. It was first released in the Apple App Store in June.

Since the Android update in November, it is also available in the Google Play store. “Now pretty much anyone with a smartphone can use our app,” says Dana Lewis, a Director on the eHealth team who led the project.

Through the app, which has received more than 2,200 downloads so far, users can book appointments, pay bills, request prescription refills, access their medical records, read a live blog, and look up general information about Mount Sinai facilities. The team envisions several possible updates for the future, including a “wayfinding” map feature, information on clinical trials, and options for patients to have “telemedicine” video calls.

“Patients visiting Mount Sinai want access to familiar technology that simplifies their experience,” says Bruce Darrow, MD, PhD, Chief Medical Information Officer, Mount Sinai Health System. “Offering our app on Android devices is the next step in helping our patients use the power of their mobile devices to improve their care.”

For questions or suggestions on the app, email mountsinainy@mountsinai.org.



A collaborative team, from left: Sudipto Srivastava, MBA, Senior Director, Information Technology; Dana Lewis, Director, Information Technology; Bruce Darrow, MD, PhD; Sandra Myerson, MBA, MS, RN; Samantha Violante, Senior Project Manager, Icahn Institute for Genomics and Multiscale Biology; and John Davey, Executive Director, Digital Marketing, Mount Sinai Health System.

Phillips School of Nursing Announces Launch Of Second Degree Accelerated BSN Program



Todd F. Ambrosia, DNP, MSN, RN

The Phillips School of Nursing at Mount Sinai Beth Israel has received approval from the New York State Education Department to offer a Second Degree Accelerated Bachelor of Science with a major in Nursing (ABSBN).

Designed for career changers who already have a bachelor's degree in other disciplines, this full-time program leads to a bachelor's degree in as little as 15 months. Graduates are eligible for licensure as registered nurses and qualify for admission to graduate programs.

“The nursing profession has never before experienced such a unique opportunity,” says Phillips School of Nursing Dean Todd F. Ambrosia, DNP, MSN, RN. “We are committed to preparing our graduates to become highly skilled clinicians in a variety of settings.”

The ABSBN consists of a minimum of 120 credits, with 54 credits designated for nursing courses. The remaining credits consist of prerequisite science, math, and general education courses. Students will participate in 585 hours of clinical experiences throughout the Mount Sinai Health System, offering a unique opportunity to learn alongside some of the very best nursing preceptors in a variety of environments, including community hospitals, academic medical centers, and neighborhood health care providers serving diverse patient populations.

The program is currently accepting applications, and the first classes will begin in January 2017. For more information, visit pbisn.edu or call 212-614-6114.

› Two Prominent Researchers in Brain Disease *(continued from page 1)*

inform clinical work in the field. One of his seminal discoveries was that schizophrenia starts in the early teenage years, earlier than previously thought, and that the first cognitive symptoms usually precede the first psychosis and visit to the psychiatrist by 10 years. “This is very important because we now know if we want to understand the illness and identify people at risk, we have to look much earlier in the process,” says Dr. Kahn.

Using neuroimaging, Dr. Kahn has uncovered progressive changes in the brain over the course of schizophrenia that are linked to its severity. In his new role as Chair, he plans to establish a high-risk clinic to identify and treat individuals at an early age who are likely candidates for a range of psychiatric illnesses, as well as drug abuse. “A specialized clinic of this type will have a major impact scientifically, as well as on the overall health care system, and New York’s population, in particular,” he says.

A member of the Royal Netherlands Academy of Science and a former Fulbright Scholar, Dr. Kahn completed a four-year psychiatry residency at The Mount Sinai Hospital and was appointed to the Icahn School of Medicine at Mount Sinai faculty in 1992. He conducted schizophrenia research and served as Research Unit Chief at the James J. Peters VA Medical Center in the Bronx, before returning to the Netherlands. For two decades, Dr. Kahn has maintained an adjunct appointment at Mount Sinai to continue his collaborations with faculty members.

“I am delighted that Dr. Kahn is joining us,” says Kenneth L. Davis, MD, President and Chief Executive Officer of the Mount Sinai Health System. “His medical acumen is evidenced by the honors and accolades awarded to him through his noteworthy career.”

When Dr. Kahn received an endowed professorship at Mount Sinai’s Convocation Ceremony in September, he told the audience that his mentors were Dr. Davis and 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, both of whom have made significant discoveries in neuroscience.

“My two mentors are together,” he said, “having built one of the best medical schools in the United States and probably the world, and I am extremely honored to be part of that.”

Dr. Kenny is a world authority on the neurobiology of addiction and obesity and has advanced the scientific community’s understanding of the mechanisms of both disorders. His recent work in tobacco addiction has centered on a group of proteins known as nicotinic acetylcholine receptors (nAChRs) that consist of five subunits, each encoded by its own unique gene. (Previous research by a Mount Sinai scientist identified a mutation in one of those genes, CHRNA5, which appears to influence whether someone becomes a smoker, and the severity of his or her habit.)

“My lab played an important role in understanding how the CHRNA5 gene works, and that has opened a new window on nicotinic-

“My two mentors are together, having built one of the best medical schools in the United States and probably the world [at Mount Sinai], and I am extremely honored to be part of that.”

– René Kahn, MD, PhD

receptor signaling in the brain and how it influences behavior,” says Dr. Kenny. People who carry CHRNA5 variants are more likely to smoke, not because they enjoy nicotine more than others, but because they are resistant to adverse effects of the drug, according to his team’s findings.

The Kenny Laboratory is currently investigating the molecular and cellular mechanisms of CHRNA5 in nicotine addiction and also developing novel smoking-cessation therapeutics based on a better understanding of how this gene variant works.

His interests also include the role for novel regulatory RNA elements in brain cells called microRNAs in drug addiction and schizophrenia. Dr. Kenny says, “We were among the first to show that microRNAs in the brain can influence behavior and may play a role in various aspects of neuropsychiatric disorders.” Under Dr. Kenny’s direction, Mount Sinai’s Experimental Therapeutics Institute is actively exploring the novel therapeutic potential of microRNAs.

“Dr. Kenny is an international authority on applying the tools of molecular biology to neuropharmacology and using the new insights obtained to develop novel treatments for neuropsychiatric disorders. He has served as an inspiring leader of Mount Sinai’s Experimental Therapeutics Institute, and the Department of Neuroscience will be fortunate to benefit from his innovative leadership,” says Eric J. Nestler, MD, PhD, Nash Family Professor of Neuroscience, Director of The Friedman Brain Institute, and Dean for Academic and Scientific Affairs at the Icahn School of Medicine at Mount Sinai.

Prior to joining Mount Sinai in 2013, Dr. Kenny served as Associate Professor of Molecular Therapeutics, and Director of the Medications Development Program in Substance-Related Disorders at The Scripps Research Institute’s Jupiter, Florida, campus. He completed his doctorate in Neuroscience at King’s College London, and pursued his postdoctoral training at The Scripps Research Institute in La Jolla, California.

Around the Health System



Wellness Tips Throughout the Year

Finding time to exercise and cook nutritious meals while working long hours in a high-stress job presents a constant challenge. To maintain a healthy lifestyle, Jeremy Boal, MD, Executive Vice President, Chief Clinical Officer, Mount Sinai Health System, and

President, Mount Sinai Downtown, takes time to meditate, walk, and eat nutritious food, including the vegetables he grows in his family's garden. Jane Maksoud, RN, MPA, Chief Human Resources Officer, Mount Sinai Health System, is a yoga devotee who keeps an arsenal of green vegetables and precooked steamed chicken in the refrigerator for weeknight salads.

Dr. Boal and Ms. Maksoud recently shared their health tips with staff at the 42nd Street Corporate Services Center. The gathering was part of the Mount Sinai Wellness Lunch and Learn Series held throughout the Mount Sinai Health System in 2016. Hospital leaders, senior executives, and clinicians participated in cooking demonstrations of nutritious, delicious, and easy-to-prepare dishes.

"My family jokes that when you open the door to our refrigerator it looks like the Serengeti inside," said Ms. Maksoud. Dr. Boal told the



Mount Sinai Health System leaders Jeremy Boal, MD, and Jane Maksoud, RN, MPA

attendees about the miniature farm he created from a small plot of land at his family's home on Fire Island. "We grow 50 varieties of vegetables," Dr. Boal said. "We can, we pickle, and that gives us food for the whole year."

In November, just before Thanksgiving, the Mount Sinai Health System's Wellness Team distributed an online cookbook, which featured recipes used in Lunch and Learn presentations throughout the year, for employees to share with their families. The special holiday gift, titled *Mount Sinai Fit Cooks!*, is available in electronic form at <http://www.mountsinai.org/files/MSHealth/Assets/MountSinaiFitCookbook.pdf>.

For more information about Mount Sinai Wellness programs, email wellness@mountsinai.org.

Honoring Physicians for Outstanding Patient Care and Collaboration

Six physicians at The Mount Sinai Hospital were recognized for providing outstanding patient care and fostering strong collaborative relationships with nurses at the 29th Annual Physician of the Year ceremony held recently.

"Mount Sinai nurses are nationally known to be among the best in the nation, and we are so fortunate to have physicians who work together with them as a team," Vicki LoPachin, MD, Chief Medical Officer of the Mount Sinai Health System, told the audience of faculty, staff, and friends and family members of the honorees. "The winners are nominated by their nurse colleagues and exemplify what it means to be partners in care," added Frances Cartwright, PhD, RN-BC, Chief Nursing Officer and Senior Vice President of The Mount Sinai Hospital and Mount Sinai Queens.

The honorees were:

Andrew Goldberg, MD, Assistant Professor; **Samuel DeMaria Jr., MD**, Associate Professor; and **Adam Levine, MD**, Professor, Department of Anesthesiology, who shared the **Special Recognition Award**;

Errol Gordon, MD, Assistant Professor, Department of Neurosurgery, and Neurology, who received the **Attending Award**;

Eric Bergh, MD, Fellow, Department of Obstetrics, Gynecology and Reproductive Science, who received the **Fellow Award**;

Joseph Titano, MD, Fourth Year resident, Department of Radiology, who received the **House Officer Award**.



From left: Eric Bergh, MD; Joseph Titano, MD; Errol Gordon, MD; Frances Cartwright, PhD, RN-BC; Margaret Grogan, MPA, BSN, RN, Chair of the Nurse Recognition Committee; Samuel DeMaria Jr., MD; Vicki LoPachin, MD; Andrew Goldberg, MD; and Adam Levine, MD.

Mount Sinai Doctors Winter Wonderland Events

Children are invited to create their own ice cream ornament, build a 3D igloo, make a snowman picture frame, and take photos with *Frozen* figures at two Winter Wonderland events hosted by Mount Sinai Doctors. All ages are welcome.

Williamsburg Winter Wonderland
Wednesday, December 14

3 - 5 pm

Mount Sinai Doctors North 7th Street
135 North 7th Street
Brooklyn, New York

Inwood Winter Wonderland
Friday, December 16

3 - 5 pm

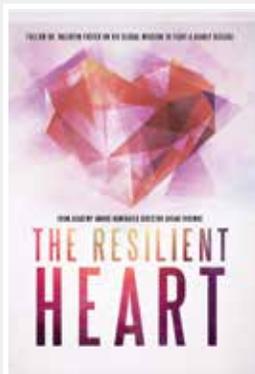
Mount Sinai Doctors Urgent Care Inwood
5030 Broadway
New York, New York

To learn more, email
kayla.pinto@mountsinai.org.

Premiere of *The Resilient Heart*

A film featuring Valentin Fuster, MD, PhD,
by Emmy-winning Director Susan Froemke

Journey with Dr. Fuster, Director of Mount Sinai Heart and Physician-in-Chief of The Mount Sinai Hospital, and a team of doctors on their mission to promote heart health worldwide. The event will include a Q&A with Dr. Fuster and Ms. Froemke. To register, email Wendi.Chason@mountsinai.org.



Wednesday, December 14

5:30 – 8:15 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>

Mount Sinai Concerts

All are welcome to a free event, **“Ringing In the Season,”** featuring acclaimed musical artist Jon Batiste and the Singing Together Measure by Measure Choir, hosted by the Louis Armstrong Center for Music and Medicine at Mount Sinai Beth Israel.



Tuesday, December 13

Noon - 1 pm

Mount Sinai Downtown-Union Square Atrium

Mount Sinai Concerts for Patients is a series of baroque chamber music concerts that are free and open to all.

The next event will feature the Grammy-nominated Bach

Choir of Holy Trinity, directed by Donald Meineke, which will perform a holiday program of unaccompanied choral works.



Tuesday, December 20

Noon - 1 pm

The Mount Sinai Hospital
Guggenheim Pavilion, Atrium



INSIDE MOUNT SINAI

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