



**Mount
Sinai**

inside

A PUBLICATION OF THE MOUNT SINAI HEALTH SYSTEM

May 2 - 22, 2016

Mount Sinai Vascular Surgeons Among First in Nation To Treat Complex Aortic Aneurysm With New Device

Physicians at The Mount Sinai Hospital were among the first in the nation to implant an investigational device, a fabric and metal mesh tube known as a stent graft, as part of a clinical trial to treat aneurysms located in the thoracic/abdominal area of the aorta. Mount Sinai is one of only six institutions in the nation granted approval by the U.S. Food and Drug Administration to test the safety and initial feasibility of the device in patients.

The stent graft is used to strengthen the inner lining of the aorta—the main artery that carries blood from the heart to organs—in patients where the aortic walls have weakened and caused a balloon-type bulge known as an aneurysm to grow. Once implanted, the device serves to direct blood flow away from the aneurysm, causing it to shrink in size. If not repaired, the



From left: Rami O. Tadros, MD, FACS; James F. McKinsey, MD, FACS; and Michael L. Marin, MD, FACS, are using a new-generation implantable device to treat complex thoracoabdominal aortic aneurysms.

continued on page 2 >

Mammograms May Reveal Early Signs of Heart Disease



Laurie Margolies, MD

Routine mammograms used for the early detection of breast cancer may also provide women with an early warning of cardiovascular disease, according to a recent study led by Laurie Margolies, MD, Associate Professor of Radiology at the Icahn School of Medicine at Mount Sinai, and Chief of Breast Imaging at the Dubin Breast Center at The Mount Sinai Hospital.

Dr. Margolies' research, funded by the nonprofit Flight Attendant Medical Research Institute, showed that nearly

70 percent of mammograms with breast arterial calcification (BAC) correlated with the presence of coronary artery calcium (CAC). Calcium deposits in the coronary arteries can narrow arteries and increase the risk of heart attack. Heart disease is the leading cause of death in women.

The study, which examined BAC in 292 women between the ages of 39 and 92, appeared in the March 2016 issue of the *Journal of the American College of Cardiology Imaging (JACC: Cardiovascular Imaging)*.

continued on page 3 >

› Mount Sinai Vascular Surgeons Among First in Nation *(continued from page 1)*

aneurysm can rupture and result in life-threatening internal bleeding.

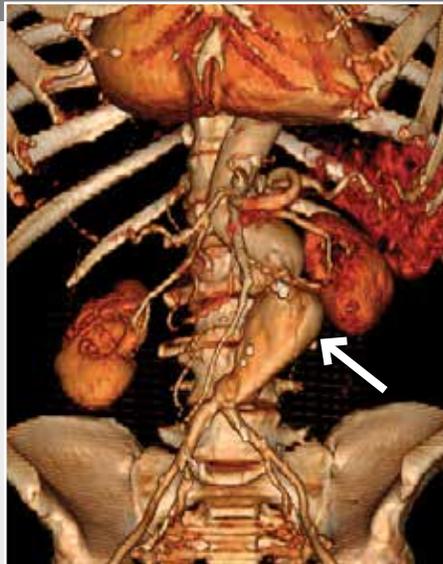
“This is an important advance. We are the first in the region to implant this device and we were instrumental in its development,” says Michael L. Marin, MD, FACS, The Jacobson Professor of Surgery, and Chairman, Department of Surgery, and Chairman, Department of Surgery, Icahn School of Medicine at Mount Sinai, and Surgeon-in-Chief, Mount Sinai Health System. The minimally invasive procedure is being performed in several dozen select patients around the nation who have life-threatening aneurysms.

Vascular surgeons have had a formidable challenge treating these particular kinds of aneurysms. They typically are large and encroach upon or involve many of the major blood vessels of the abdomen, including those arteries that extend to the liver, spleen, intestines, and both kidneys, as well as those leading into the leg and pelvis. The investigational device, known as a Thoracoabdominal Branch Endoprosthesis, gives surgeons the capacity, for the first time, to repair these aneurysms using minimally invasive techniques.

This first procedure was performed on a 78-year-old male patient on Thursday, March 17, by a team that included Dr. Marin; James F. McKinsey, MD, FACS, Vice Chair of the Department of Surgery at Mount Sinai West and Chief of the Mount Sinai Health System’s Complex Aortic Interventions Program; and Rami O. Tadros, MD, FACS, Associate Program Director, Vascular Surgery Residency, and Associate Professor of Surgery, and Radiology, Icahn School of Medicine at Mount Sinai. Dr. Tadros is the principal investigator of the Phase 1 investigational trial at Mount Sinai.

“The patient had severe heart and lung disease caused by atherosclerosis and emphysema from smoking, all risk factors for aortic aneurysms,” says Dr. Tadros. “He had a large, 6.5-cm wide aneurysm that put him at significant risk of rupturing and death. The procedure was complicated and challenging because of the patient’s complex aortic

Before Aneurysm Repair



Preoperative 3D reconstruction from a CT scan of the 6.5-cm wide thoracoabdominal aneurysm (see arrow) encroaching upon the renal, bowel, and other arteries leading into the pelvic area.

After Aneurysm Repair



Postoperative 3D scan of minimally invasive thoracoabdominal stent graft with complete repair of the aneurysm (see arrow), completely isolating the complex thoracoabdominal aneurysm.



A TAMBE thoracoabdominal stent graft with side branches for repair of complex aneurysms.

anatomy, but all phases went as planned.” Because of the minimally invasive technique employed by this procedure—small incisions in both groins and the left clavicle without the need for chest or abdominal incisions—the hospital stay was dramatically reduced and his recovery was shortened from many months to two weeks.

“As many as 8,000 to 12,000 patients across the United States may benefit from this procedure if approved for wider use, far more than the 3,000 we are only able to treat now,” says Dr. Marin.

Dr. McKinsey will help lead the team of vascular surgeons who will advance the use of this new generation of stent grafts to repair the most complicated forms of aortic aneurysms. Considered a pioneer in this specialty, Dr. McKinsey has performed more than 200 complex thoracoabdominal aortic procedures using minimally invasive techniques.

“Mount Sinai performs more of these types of procedures than any other institution in the region while having some of the best outcomes, measured by long-term survival rates, and fewer procedure-related complications and deaths,” says Dr. McKinsey.

Volunteers Recognized at Annual Breakfast

More than 1,200 volunteers who provide assistance to The Mount Sinai Hospital and the Icahn School of Medicine at Mount Sinai were recognized at a breakfast on Wednesday, April 13, during National Volunteer Week.

“Today we celebrate Mount Sinai’s volunteers and the energy and compassion they bring to patient care, office support, and research,” said Peter W. May, Chairman, Boards of Trustees, Mount Sinai Health System.

The tradition of service to Mount Sinai began in the 1880s, when volunteers taught hospitalized children. Today, requests for volunteers to support inpatient and outpatient units, the Emergency Department, and research are rising and programs are growing and evolving in response.

Care and Respect for the Elderly (CARE) has expanded from the Emergency Department to inpatient units through “CARE II: Up and About!” The Pet-Assisted Therapy program continues to be popular, and available sites now include the Dubin Breast Center of The Tisch Cancer Institute at Mount Sinai.

Today, the “Music for Healing” program offers music in the Guggenheim Pavilion Atrium and at the bedside. In addition, hundreds of students volunteer in research-related activities.

“You make an extraordinary difference at Mount Sinai,” Kenneth L. Davis, MD, President and Chief Executive Officer, Mount Sinai Health System, told the volunteers. “I receive letters every day about the quality of care at Mount Sinai. Lots of them are very positive and often the positive letters make note of the volunteers.”

Claudia Colgan, Vice President for Care Coordination, Mount Sinai Care, said, “The Volunteer Program is a huge success, a direct result of the skill and dedication of Cynthia Levy, Kaye Derman, and their team, who select the best volunteer applicants and carefully match them to assignments.” Ms. Levy is Director, and Ms. Derman is Assistant Director, of the Department of Volunteer Services. “It is a great pleasure



From left: Kenneth L. Davis, MD; Jennifer Price, President, The Mount Sinai Auxiliary Board; Claudia Colgan; Cynthia Levy; and Peter W. May.

to celebrate Mount Sinai’s outstanding volunteers—who are found in more than 200 placement areas—and their supervisors,” said Ms. Levy. “We are also fortunate to have the opportunity to acknowledge The Mount Sinai Auxiliary Board, who, 100 years ago, set the standard for commitment and caring and laid the groundwork for the Department of Volunteer Services.”

› Mammograms May Reveal Early Signs of Heart Disease *(continued from page 1)*

“The finding that additional information concerning the risk for coronary artery disease—a common disease in women—can be derived from a study that is routinely performed in women for the early detection of breast cancer, is a welcome and unexpected benefit of screening mammography,” says Burton Drayer, MD, Chair of the Department of Radiology, Mount Sinai Health System, and Chief Executive Officer of the Mount Sinai Doctors Faculty Practice. “There are important public health implications.”

Indeed, Dr. Margolies says such screening enables women to take early steps to improve their health. “If you’re a 50-year-old patient, you’re glad to know that your mammogram is normal. But if your breast exam shows arterial calcification, you may want to take steps to improve your cardiovascular health, such as stopping smoking or losing weight,” she says. “Further evaluation with a dedicated coronary artery CAT scan may provide more information. The standard among

radiologists is not to mention breast arterial calcification in mammogram reports. But women should have the right to know so they have the opportunity to make healthy lifestyle changes based on this information.”

The study showed that the presence of calcification in women’s breasts and coronary arteries increased with age. The frequency of BAC in women under the age of 60 was 27 percent, increasing to 47 percent in those between ages 60 to 69, and then rising to 69 percent in women who were between 70 and 92 years of age. The corresponding frequency of CAC in women went from 28 percent, to 55 percent, to 79 percent.

Dr. Margolies says that larger studies are needed. But in the meantime, she says, “If we can find out information that’s indicative of heart disease, we can save even more lives.”

In a supportive editorial comment on the study that appeared in the same issue of

JACC: Cardiovascular Imaging, Khurram Nasir, MD, MPH, Director, Center for Healthcare Advancement and Outcomes, Baptist Health South Florida, wrote that “Although cardiovascular disease remains the leading cause of mortality, morbidity, and cost in women, there is no consensus on national screening for early signs of actual disease, such as CAC testing.” Among the steps he suggested to remedy the situation were supporting the widespread documentation of BAC in mammography reports and improving the education of primary care and radiology providers regarding the link between BAC and atherosclerotic cardiovascular disease.

Additional authors of the study included Mount Sinai Health System physicians, Jagat Narula, MD, PhD; Mary Salvatore, MD; Harvey S. Hecht, MD; Sean Kotkin, MD; Usman Baber, MD; Vivian Bishay, MD; David Yankelevitz, MD; and Claudia Henschke, MD, PhD; and Rowena Yip, MPH.

Around the Health System

Tenth Annual Dean's Cup Strongest Person Competition

Icahn School of Medicine at Mount Sinai students and staff showed off their biceps along with 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, during the Tenth Annual Dean's Cup Strongest Person Competition on Monday, April 11, in the Aron Hall Gym. This contest included deadlift, bench press, squat, pull-ups, and push-ups. The Dean's Cup is a week of fun and competition with games for all medical students, including a 3v3 basketball tournament, 5K run, table tennis, pool, soccer, and Ultimate Frisbee. Winners received Icahn School of Medicine sweatshirts, sweatpants, and other prizes.



Morningside Clinic Moves to a Newly Renovated Location



The Institute for Advanced Medicine has relocated the Spencer Cox Morningside Clinic to renovated space at 440 West 114th Street and renamed it the Morningside Clinic. The new site provides patients with a more convenient and comfortable setting that includes a spacious waiting room with a television, and a pediatric waiting area. The Morningside Clinic continues to provide patients with HIV/AIDS treatment and other services, including dental, integrative

medicine, and behavioral health care. The attendees at a recent ribbon-cutting ceremony (see photo) included, from left: Vani P. Gandhi, MD, Interim Medical Director, Morningside Clinic, and Assistant Clinical Professor, Medicine (Infectious Diseases), Mount Sinai St. Luke's; Michael P. Mullen, MD, Director, and Matt Baney, Senior Director, Institute for Advanced Medicine; and Judith A. Aberg, MD, Dr. George Baehr Professor of Clinical Medicine, and Division Chief, Infectious Diseases.

Medical Students Host First Annual Ethics Conference

The Icahn School of Medicine at Mount Sinai's Bioethics Program hosted its First Annual Medical Student Ethics Conference, a forum designed to provide medical students across the country with an opportunity to discuss and resolve the ethical challenges they may encounter during physician training. A call for abstracts was issued to medical schools in the region and to several academic medicine and medical ethics organizations. Eight students from six medical schools gave poster presentations that examined such topics as "Anatomy and Cadavers as First Patients," and "Anticipating Obligations

as Future Physicians." Keynote Speakers Vanessa Northington Gamble, MD, PhD, University Professor of Medical Humanities, George Washington University, and Robert Klitzman, MD, Professor of Clinical Psychiatry and Director of the Masters of Bioethics Program, Columbia University Medical Center, discussed, respectively, personal and historical reflections on racism, medicine, and bioethics; and the role reversal experienced when physicians become patients. The conference, funded by The Arnold P. Gold Foundation, took place on Saturday, March 19, and drew 65 participants.



From left: Nada Gligorov, PhD, Associate Professor, Bioethics Program; Vanessa Northington Gamble, MD, PhD; and Paul J. Cummins, PhD, Education Program Manager, Medical Education, Bioethics Program.

Enhancing Employee Health at Mount Sinai

Valerie Ruffin, an Executive Assistant in the Department of Information Technology, thought that drinking homemade fruit juices was a good way to improve her health and lose weight—until she had a physical exam in 2015. “I was in shock when I was told I had diabetes,” she recalls. “My blood work showed extremely high sugar levels, the result of all the fruit juice I was drinking daily.”

Colleague Angela Mazzone, Project Manager III, Department of Information Technology, was similarly surprised when her physical exam uncovered glucose levels consistent with pre-diabetes. She always thought of herself as a healthy eater, and athletic, but the diagnosis forced her to re-examine that perception. She was now a working mom and, in reality, she was devoting less time to exercising and preparing nutritious meals.

Both quickly vowed to make lifestyle changes to improve their overall well-being. They turned to the Mount Sinai Health System’s Employee Health and Wellness Program, *Mount Sinai Fit*, an initiative that is part of the Employee Benefits program within the Department of Human Resources. *Mount Sinai Fit* coordinated access to wellness visits provided through Mount Sinai Doctors Primary Care Associates, lifestyle coaches who focus on diabetes prevention, a walking group, and registered dietitians who are certified diabetes educators (CDEs). As a participant, each received healthy, satisfying, and easy-to-follow meal plans, and access to an exercise program.

By making healthy meals at home, increasing their time spent walking, meeting with Mount Sinai wellness clinicians, and working with their respective Mount Sinai primary care physicians over the past year, Ms. Ruffin and Ms. Mazzone have lost weight and seen a significant decrease in blood sugar levels, cholesterol, and triglycerides.

Ms. Ruffin lost 20 pounds, and her A1C results—a blood test that measures average



Dietitian Maria Elena Rodriguez, RD, CDE, center, helped Mount Sinai employees Angela Mazzone, left, and Valerie Ruffin achieve a healthier lifestyle.

“We are offering our hard-working faculty and staff the tools to make healthy lifestyle changes to improve their overall well-being.”

— Jane Maksoud, RN, MPA



blood sugar levels over a three-month time frame—is now 7 percent. It had been more than 10 percent. A normal A1C is equal to or below 5.7 percent.

Ms. Mazzone participated in the Mount Sinai Selikoff Centers for Occupational Health Diabetes Prevention Program and has nutritional wellness visits with Maria Elena Rodriguez, RD, CDE. Ms. Mazzone says, “Not only am I looking and feeling better, my husband has started to lose weight, and my kids are enjoying healthier meals at home.”

Mount Sinai Fit includes a “Lunch and Learn” group discussion series that features cooking demonstrations and health and wellness discussions. By the end of the year, a cooking demonstration featuring hospital leadership will be held at each Mount Sinai Health System campus.

The program also offers employees weekly yoga and meditation classes, running and walking groups, nutrition classes, and access to face-to-face and mobile wellness programs through OffTheScale. Personal nutrition, diabetes self-management education, and the



Valerie Ruffin learned how to eat healthier meals at Mount Sinai’s “Lunch and Learn” program.

Livongo for Diabetes Program are available by participating in the Diabetes Alliance. As participants in the Diabetes Alliance, employees receive free consultations with Ms. Rodriguez or Jennifer Kartashevsky, RD, CDE.

“We are inspired by the initial results Mount Sinai employees have achieved by working with us,” says Ms. Rodriguez.

Adds Jane Maksoud, RN, MPA, Chief Human Resources Officer, Mount Sinai Health System: “We are offering our hard-working faculty and staff the tools to make healthy lifestyle changes to improve their overall well-being. Our goal is to continue to roll out new initiatives that will transform our employees, in mind, body, and spirit.”

To learn more about how to join these programs, email Wellness@mountsinai.org.

2016 Wall Street Run And Heart Walk

Join Mount Sinai Heart and colleagues in this annual event to raise awareness and funds for cardiovascular disease. For more information email heart@mountsinai.org.

Thursday, May 19
5 – 8 pm
Brookfield Place
230 Vesey Street

Grand Rounds / Medicine

Gurpreet Dhaliwal, MD, Professor, Medicine, University of California, San Francisco, presents “The Arthur W. Ludwig, MD, Lectureship in Humanism in Medicine: Clinical Reasoning: Good to Great.”

Tuesday, May 3
8:30 – 9:30 am
The Mount Sinai Hospital Campus
Hatch Auditorium

Grand Rounds / Anesthesiology

Herb Niemirow, Senior Publisher, STM Journals, presents “Journal Publishing 101 for New Researchers.”

Wednesday, May 11
6:30 – 8:10 am
The Mount Sinai Hospital Campus
Annenberg 13-01

Grand Rounds / Dermatology

Dermatology Residents present “Residents’ Research No. 1,” a synopsis of clinical and/or lab research performed by residents.

Thursday, May 12
8 – 9 am
The Mount Sinai Hospital Campus
Hess Center, Seminar Room A

Grand Rounds / Population Health Science and Policy

Lynne D. Richardson, MD, FACEP, Professor, Vice Chair, Emergency Medicine, and Professor, Population Health Science and Policy, presents “The Role of the Emergency Department in the Era of Population Health.”

Tuesday, May 17
1 – 2 pm
The Mount Sinai Hospital Campus
Goldwurm Auditorium

Ways to Wellness Week

Mount Sinai Doctors (MSD) will host free community events during its Ways to Wellness Week from Tuesday, May 17 - Friday, May 20. Staff and the public are welcome to participate.

› MSD Urgent Care Upper West Side

Urgent Care vs. ER: Rachel Printy, PA, Senior Physician Assistant, Urgent Care, discusses the types of injuries and conditions that can be treated at an Urgent Care center versus those conditions that require Emergency Room care. RSVP is required: Email Kayla.Pinto@mountsinai.org.

Tuesday, May 17
2:30 pm
Jefferson Towers, Community Room
700 Columbus Avenue

› MSD Brooklyn Heights

Baby Skin Care: Stephen Turner, MD, MSD Brooklyn Heights Medical Director and pediatrician, visits Mama Bears’ Picnic, a supportive group for moms at AreaYogaBrooklyn, to advise on diaper rash, cradle cap, infant acne, insect stings, and more. RSVP is required: Email brooklynheightsprenatal@gmail.com. Moms are welcome to bring their little ones. This event charges a fee.

Wednesday, May 18
3 pm
AreaYogaBrooklyn
144 Montague Street, Brooklyn

› MSD East 85th Street

Get Active: Learn more about this newest MSD location, and jump on a stationary “smoothie bike” for a unique form of exercise using pedal power to blend a healthy afternoon drink.

Thursday, May 19
Noon - 4 pm
234 East 85th Street

› MSD Urgent Care Inwood

Letters to Heroes: In honor of Memorial Day, join staff to write letters of appreciation to local veterans. Letters and artwork will be donated to the James J. Peters VA Medical Center. RSVP is required: Email rosalind.torres@raininc.org.

Friday, May 20
3 - 5 pm
RAIN Senior Center
84 Vermilyea Avenue



INSIDE MOUNT SINAI
Marketing & Communications
Carrie Gottlieb, *Editor*
Marilyn Balamaci, *Editor*
Donald Maxton, *Editor*
Leslie Kirschenbaum, *Design*

SUBMISSIONS
Box 1475
inside@mssm.edu

VISIT INSIDE ON THE WEB
www.mountsinai.org/inside

To find out what’s happening right now, follow Mount Sinai on Twitter [@MountSinaiNYC](https://twitter.com/MountSinaiNYC)

Visit us on Facebook
facebook.com/mountsinainyc