Research Reveals New Insights Into the Preclinical Stages of Inflammatory Bowel Disease

Years before inflammatory bowel disease (IBD) is diagnosed and symptoms exist, biomarkers are already circulating that can help predict risk not only of disease development but also of complications, according to recent findings by Mount Sinai scientists and partner organizations. For the first time, researchers found that these markers, in the form of antimicrobial antibodies, were present in serum up to six years before diagnosis of IBD, and that the higher number of antibodies indicated a greater chance of complications at or around the time of diagnosis.

The results of the study, known as PREDICTS (Proteomic Evaluation and Discovery in an IBD Cohort of Tri-service Subjects), were published June 15, 2016, in *Alimentary Pharmacology & Therapeutics*. Study partners included the Naval Medical Research Center, Mayo Clinic, Prometheus Laboratories, and Janssen pharmaceuticals.

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Three Physicians at Mount Sinai’s Cardiac Catheterization Lab Receive Top Safety Rating

The Mount Sinai Hospital’s Cardiac Catheterization Laboratory has become the first to have three interventional cardiologists receive the highest two-star safety rating from the New York State Department of Health for percutaneous coronary interventions (PCI), also known as angioplasty. PCI—one of the most common procedures for patients with coronary artery disease—opens blocked arteries and restores normal blood flow to the heart.

The physicians recognized were Samin K. Sharma, MD, Director of Clinical and Interventional Cardiology at The Mount Sinai Hospital; Annapoorna S. Kini, MD, Zena and Michael A. Wiener Professor of Medicine at the Icahn School of Medicine at Mount Sinai; and George Dangas, MD, PhD, Professor of Medicine (Cardiology). They were awarded the two-star safety rating while performing a total of 7,247 PCI cases from 2011 to 2013. Dr. Sharma was one of only two interventional cardiologists in New York State to receive the two-star safety rating in two categories: non-emergency and emergency cases.

“I am very proud of Dr. Sharma, Dr. Kini, and Dr. Dangas, and our Cardiac Catheterization Laboratory team. They are true leaders in the field of interventional cardiology,” says Valentin Fuster, MD, PhD, Physician-in-Chief

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Study researchers Jean-Frédéric Colombel, MD, and Joana Torres, MD, postdoctoral fellow, Department of Medicine (Gastroenterology)
In an effort to increase transparency, the Mount Sinai Doctors Faculty Practice has begun posting patient experience ratings for its doctors. The star ratings are based on patients’ responses to select questions from a nationally validated, standardized survey developed by the federal Centers for Medicare & Medicaid Services. The ratings are being posted to physicians’ profiles on the Mount Sinai “Find a Doctor” website as part of an initiative that was launched Thursday, October 13. (See example, right.)

Star ratings are calculated from patient surveys received following a medical office visit. Patients rate physicians on a one-to-five scale based upon their perception of how well the physician explained things during the visit, how well the physician listened, and the likelihood of recommending the physician’s office. In accordance with industry practice, only physicians with at least 30 completed surveys in the most recent 18 months will have star ratings.

Mount Sinai physicians, on average, received 4.75 out of 5 stars, and nearly 90 percent of Mount Sinai physicians scored more than a 4.5, according to a preliminary analysis of existing survey data. Vendor Press Ganey mails or emails surveys to more than 500,000 Mount Sinai patients annually.

Patients routinely research ratings when making health care choices. Websites such as ZocDoc, Yelp, Vitals, and Healthgrades allow anyone to post ratings and reviews of physicians, but without verification.

In launching these star ratings, the Faculty Practice joins other leading organizations, including the Cleveland Clinic, Stanford Health, and Duke University Medical Center.

### New Cullman Family Award Honors 42 Clinicians for Communication

The Mount Sinai Health System recently honored the first recipients of the Cullman Family Award for Excellence in Physician-Patient Communication. The 42 clinicians who were celebrated ranked in the top 1 percent nationally in provider communication in 2015 as measured by the Centers for Medicare & Medicaid Services CG-CAHPS patient experience survey.

Mount Sinai Trustees Susan Cullman and Edgar M. Cullman, Jr., joined Health System leadership in presenting the awards on Wednesday, September 21, at 150 E. 42nd Street. “Dad was always concerned about how the patient felt when he or she walked into the hospital or the doctor’s office. It can be a scary and unsettling experience, and he wanted to help make that experience as positive and thoughtful as possible,” Ms. Cullman said, speaking of her father, the late Edgar M. Cullman, Sr., who was a Mount Sinai Trustee for more than 50 years. “You obviously do that exceptionally well. We and, more importantly, your patients thank you.” To see a list of the award winners go to: www.mountsinai.org/static_files/MSHL/Files/Fall.pdf

Recipients of the Cullman Family Award were joined by Sandra Myerson, MBA, MS, BSN, RN, Chief Patient Experience Officer, Mount Sinai Health System, (front row, center), flanked by Edgar M. Cullman, Jr., and Susan Cullman. Also in the front row, far right, were Thomas A. Ullman, MD, Senior Associate Dean for Clinical Affairs; and Jeremy Boal, MD, Executive Vice President and Chief Medical Officer, Mount Sinai Health System.
Push-Up Challenge Focuses on Men’s Health

Eighty-five members of the Mount Sinai community demonstrated their strength and stamina on Friday, September 23, by performing a total of 4,449 push-ups as part of the Second Annual Push-Up for Prostate Cancer Challenge. The event, hosted by the Milton and Carroll Petrie Department of Urology, and held in the Guggenheim Pavilion, drew attention to Prostate Cancer Awareness Month, and men’s health in general.

In addition to the push-up challenge, physicians and nurses from the Urology Department provided visitors with prostate cancer risk consultations and performed 55 PSA screenings. Visitors also had an opportunity to test-drive the da Vinci® robot, which is used in robotic prostate surgery.

This year, employees in the Department of Finance at The Mount Sinai Hospital achieved 721 push-ups, more than any other department, and received a trophy they will keep for a year. The trophy will move to the Mount Sinai department that comes in first place next year.

Individually, Noriel Cordova, who works in Finance-Reimbursement at The Mount Sinai Hospital, came in first among male challengers with 138 push-ups. Carolyn Forman, MPA, Administrative Director, Recanati/Miller Transplantation Institute, received first prize among females, with 68 push-ups.

“Mount Sinai’s push-up challenge is an enjoyable way for us to call attention to the importance of men’s health and the role that exercise plays in maintaining one’s health,” says Ash Tewari, MBBS, MCh, the Kyung Hyun Kim, MD Chair in Urology, Mount Sinai Health System, who led the event. “Screenings and information can lead to early diagnoses, which increase the chances of positive health outcomes.”

Three Physicians at Cardiac Catheterization Lab Receive Top Safety Rating (continued from page 1)

of The Mount Sinai Hospital, and Director of the Zena and Michael A. Wiener Cardiovascular Institute, and the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health.

This marks the 18th consecutive year the Mount Sinai Catheterization Laboratory or its physicians have been awarded a two-star designation for safety rates significantly exceeding the statewide average. “At Mount Sinai Heart’s Cardiac Catheterization Laboratory, our patients’ safety is our No. 1 concern,” says Dr. Sharma, Anandi Lal Sharma Professor of Medicine in Cardiology at the Icahn School of Medicine at Mount Sinai.

The new data released by the Department of Health reports on the outcomes for patients at all 61 statewide cardiac catheterization labs. The report, “Percutaneous Coronary Interventions (PCI) in New York State 2011-2015,” tracked PCI data in overall, non-emergency, and emergency cases. During the three-year period, Mount Sinai’s Cardiac Catheterization Laboratory achieved a significantly higher safety level than the statewide average while performing 15,906 PCI cases, the largest number in New York. Mount Sinai’s risk-adjusted mortality rate (RAMR) for all cases was 0.75 percent, significantly lower than the statewide average, 1.04 percent. Also, Mount Sinai’s mortality rate for non-emergency cases, 0.49 percent, was significantly lower than the statewide average, 0.68 percent. The Mount Sinai Hospital’s readmission rate was also significantly lower than the statewide average.

“The achievement of such great results is quite remarkable given the high complexity of cases referred and likely due to the individualized, interdisciplinary patient care at Mount Sinai,” says Dr. Dangas, Director of Cardiovascular Innovation.

Dr. Kini, Director of the Cardiac Catheterization Laboratory at The Mount Sinai Hospital, says, “This report measures the high-quality patient care and successful results our team of skilled interventional cardiologists and staff have been able to offer our patients each and every day.”

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### 2011-13 NY State Department of Health PCI Report

Data on Top Five Volume Centers in NY State 30-Day RAMR

<table>
<thead>
<tr>
<th>PCI Statistics 2011-13</th>
<th># Cases</th>
<th>All Cases</th>
<th>Non-Emergency Cases</th>
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<tbody>
<tr>
<td>1. The Mount Sinai Hospital</td>
<td>13,906</td>
<td>0.75**</td>
<td>0.49**</td>
</tr>
<tr>
<td>2. Columbia Presbyterian Hospital</td>
<td>8,342</td>
<td>0.76**</td>
<td>0.52</td>
</tr>
<tr>
<td>3. St. Francis Hospital</td>
<td>7,230</td>
<td>0.97</td>
<td>0.62</td>
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<tr>
<td>4. St. Joseph’s Hospital</td>
<td>6,283</td>
<td>0.92</td>
<td>0.69</td>
</tr>
<tr>
<td>5. Long Island Jewish Medical Center</td>
<td>5,158</td>
<td>0.88</td>
<td>0.73</td>
</tr>
</tbody>
</table>

New York State Total

| # | 145,247 | 1.04 | 0.68 |

http://www.nyhealth.gov  **Risk-Adjusted Mortality Rate (RAMR) significantly lower than statewide rate**
Research Reveals New Insights Into Inflammatory Bowel Disease (continued from page 1)

“This study adds an additional piece of evidence into ‘life before IBD,’ a major focus of research at Mount Sinai, since exploring the preclinical phase of inflammatory bowel disease may offer some new insights into disease origin and even prevention,” says Jean-Frédéric Colombel, MD, co-senior author and Co-Director of the Susan and Leonard Feinstein Inflammatory Bowel Disease Clinical Center at Mount Sinai. An estimated two million people in the United States have IBD, a lifelong illness marked by swelling and irritation of the intestines.

“IBD is a progressive disease, and by the time it is diagnosed, one-third of patients present with complications, which may involve abscesses, strictures, or the need for surgery,” Dr. Colombel says. “Our findings could ultimately lead to the development of a tool to detect the disease before the first clinical manifestations so that we could apply preventive strategies.”

Those strategies, for example, could include changing the diet and manipulating the gut microbiome, which is the largest microbial community in the human body, in a family with children considered at high risk for developing the disease, says Dr. Colombel, an internationally renowned IBD clinician and researcher who is also Professor of Medicine (Gastroenterology) at the Icahn School of Medicine at Mount Sinai.

Clinical data from the Defense Medical Surveillance System, and serum samples from the U.S. Department of Defense serum repository, made the PREDICTS study possible. From the medical information of more than seven million members of the U.S. armed forces, researchers identified patients with a diagnosis of Crohn’s disease, a major form of IBD. They then retrieved up to four pre- and post-diagnostic serum samples from each patient, making this the first longitudinal assessment showing these markers and their progression using multiple samples at different time points before diagnosis. According to the results, 65 percent of patients tested positive for at least one marker in the earliest serum samples, and the number of positive markers increased up to diagnosis.

In the months ahead, investigators will expand the study to look for preclinical biomarkers beyond antimicrobial antibodies, which could include proteomics and infectious agents like viruses in the serum of patients.

Open Enrollment Season

Healthfirst Mount Sinai Select (HMO)

Healthfirst Mount Sinai Select, the Medicare Advantage (MA) plan run in collaboration with the Mount Sinai Health System, is enrolling new members between Saturday, October 15, and Wednesday, December 7, 2016. All Manhattan residents who are eligible Medicare beneficiaries can enroll in the Healthfirst Mount Sinai Select plan for coverage effective January 1, 2017.

Healthfirst Mount Sinai Select offers an innovative plan option that gives members affordable access to Mount Sinai’s top-rated network of doctors and hospitals. It includes all of the traditional benefits offered by Original Medicare, and it also provides coverage for prescription drugs, dental care, hearing aids, acupuncture, and eyewear.

The Healthfirst Mount Sinai Select plan offers two levels of cost sharing:

- For Tier 1, when using Mount Sinai-affiliated physicians and hospitals, copayments are not required for visits to a Mount Sinai primary care physician. Specialty care visits require a $20 copayment.

- For Tier 2, when using other Healthfirst providers, copayments are $35 for primary care physician visits and $50 for specialty care visits.

NOTE: CMS does not allow health care providers to recommend or steer patients toward specific health plans, but they can confirm Mount Sinai Health System’s participation in the Healthfirst Mount Sinai Select plan and direct interested patients to Healthfirst for additional information.

Health care providers may visit http://chip.chpnet.org/General.aspx?id=19086 to gain a better understanding of the Healthfirst Mount Sinai Select plan and direct people appropriately who would like more information.
The Founder of a Major Kosher Food Network is Honored

Leaders from the Mount Sinai Health System and volunteers from the Satmar Bikur Cholim kosher food distribution network recently gathered in the Guggenheim Pavilion to donate a plaque in honor of the late Rebbetzin Alta Feige Teitelbaum, the woman who started the program more than 60 years ago. Each day, Mrs. Teitelbaum, the wife of Grand Rabbi Joel Teitelbaum, the deceased founder of the Satmar Hassidic movement, would travel by subway to bring homemade kosher meals to patients at The Mount Sinai Hospital. Today, the organization provides meals to patients in hospitals throughout the New York Metropolitan area. The plaque honoring Mrs. Teitelbaum was unveiled at a special event organized by Satmar Bikur Cholim board member Susan Goldstein. It will hang in the kitchen on GP2W that serves as the organization’s central distribution point at The Mount Sinai Hospital and also provides hot kosher cereal and snacks for patients and visitors around the clock.

Treating Athletes at the 2016 Rio Paralympics: An Uplifting Experience for Physician

It was a volunteer experience like few others: being a physician selected to treat athletes at the Rio 2016 Summer Olympics and the recently concluded Paralympics. “I was part of a team that evaluated acute and chronic musculoskeletal sports-related injuries,” says Gerardo Miranda-Comas, MD, Assistant Professor of Rehabilitation Medicine, Icahn School of Medicine at Mount Sinai (in photo). For Dr. Miranda-Comas, “The Paralympics, especially, was an important learning experience,” he says. “The atmosphere in the Paralympic village was unreal: it was a small city filled with elite athletes with disability and a vast variety of assistive devices for mobility that included prosthesis, crutches, wheelchairs, and other adaptive equipment.” But mostly, he says, “I felt an uplifting human spirit, where the person with a physical, mental, or visual impairment was applauded as loudly as the able-bodied individual just a few weeks before.”

Festival Patrons Learn About Mount Sinai Doctors Brooklyn Heights

Several hundred visitors stopped by a table hosted by Mount Sinai Doctors (MSD) Brooklyn Heights at the 42nd Annual Atlantic Antic™, Brooklyn’s oldest and largest street festival, held Sunday, September 25, along Atlantic Avenue. Festival workers gave out brochures, headbands, hand sanitizers, and balloons as MSD physicians engaged with patrons, sharing information about the two-floor practice that offers more than 35 specialties and urgent care. To learn more about the practice, visit www.mountsinai.org/bh.
Mount Sinai Downtown’s **New** Beth Israel Hospital and **Enhanced** New York Eye and Ear Infirmary

As part of the Mount Sinai Health System’s creation of a new Mount Sinai Downtown network, we are excited to announce that Phase 1 of the transformation is under way. Mount Sinai Downtown will include an enhanced New York Eye and Ear Infirmary and will be anchored by a new Beth Israel Hospital with inpatient beds, operating and procedure rooms, and a brand-new state-of-the-art Emergency Department located two blocks from the current Mount Sinai Beth Israel hospital. We anticipate the project will be completed by the end of 2020.

To learn more visit: www.mountsinai.org/downtown

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**Epic Electronic Medical Record System Project Launches at Two Hospitals**

Mount Sinai St. Luke’s and Mount Sinai West have launched the Epic Inpatient Project, officially putting both hospitals on the path to adopting the same electronic medical record system currently in place at The Mount Sinai Hospital and Mount Sinai Queens. The effort, which aims to provide more integrated and coordinated care for patients, is being led by operational and clinical leadership at both hospitals, and the Mount Sinai Epic Clinical Transformation Group and the Project Management Office within the Information Technology Department. The project team expects to build the system this year and next, and go live with the system in early 2018. For more information, email the project team at EpicSLWinPatient@mountsinai.org.