Women’s Cancer Program Is an Oasis of Expert Care

Patients with gynecologic and breast cancers are finding advanced care and a peaceful oasis at the Women’s Cancer Program at Mount Sinai Chelsea, a clinical practice—located in the iconic Google building on 15th Street between 8th and 9th avenues—that was years in the making.

“The Women’s Cancer Program is unique in many ways,” says Luis M. Isola, MD, Gerald J. Friedman Chair in Oncology, and Director, Cancer Clinical Programs, Mount Sinai Health System. “In its location in New York, there are essentially no other cancer centers,” he says, referring to the west side of Manhattan south of 34th Street. “And certainly none affiliated with a major academic institution like the Icahn School of Medicine at Mount Sinai.”

The Program is based at Mount Sinai Chelsea, an 80,000-square-foot site with pastel walls, comfortable seating, and artfully placed flowers and paintings. “It has a very zen, serene atmosphere,” Dr. Isola says. “On any given day, hundreds of patients go in and out of the center, but there is no noise, there are no lines or bottlenecks. It’s efficient, and for patients, it’s a very welcoming environment.”

The Program provides “one-stop” care for patients diagnosed with breast or gynecologic cancer, says Stephanie V. Blank, MD, Director of Women’s Health, Mount Sinai Chelsea, and Professor of Obstetrics, Gynecology.

White Coat Ceremony Starts a Journey for Students

In a symbolic celebration that marked the beginning of their medical education, 140 first-year students at the Icahn School of Medicine at Mount Sinai gathered on Monday, September 18, for the 20th Annual White Coat Ceremony. Family and friends cheered the Class of 2021 as the students walked to the stage of Stern Auditorium to be draped in white coats by faculty; they received their first stethoscopes just after the jubilant event.

“I know you have it in you to become the leaders of our profession and the world at large,” 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, told the class in his welcoming address. “You come to Mount Sinai from top undergraduate colleges and universities and have mean GPA and MCAT scores as high as any other students in the nation. But you are much
White Coat Ceremony Starts a Journey for Students (continued from page 1)

There were 77 incoming students—whose ages range from 21 to 36—representing diverse backgrounds and experiences. Nineteen percent identify as underrepresented minorities, and 50 percent are women. The class includes a Marine, a rabbi, a pastor, an ultramarathon runner, a sailor who has traveled one-third of the way around the world, and a student who grew up in Carver Houses, the public housing project across the street from The Mount Sinai Hospital. Dr. Charney said of that student, “It was a short walk across the street, but a long road to get here. She is an inspiration.”

The keynote speaker was Paul R.G. Cunningham, MD, President of the North Carolina Medical Society, and Dean Emeritus of the Brody School of Medicine at East Carolina University in Greenville, North Carolina. Dr. Cunningham outlined his long career as a surgeon and educator, and he fondly recalled his residency at Mount Sinai, where he was mentored by Arthur H. Aufses Jr., MD, retired Chair of the Department of Surgery, whom he called his “professional father” and a “surgeon’s surgeon.” In their own professional journey, Dr. Cunningham advised the class to focus on outdoing themselves instead of merely competing with others, and to keep sight of their “why”—the vision that led them to study medicine.

Dr. Charney urged the Class of 2021 to “dream big.” And he posed challenges for the years ahead: translating the breakthroughs in DNA sequencing and precision medicine into clinical care; finding treatments for mental illness, substance abuse, and Alzheimer’s disease; and finding ways to treat, and even cure, the most common cancers.

“It is to your generation that we now turn, to guide us toward a new age of insight and discovery,” Dr. Charney said. “And it is our job, as your teachers, to guide you.”

Women’s Cancer Program Is an Oasis of Expert Care (continued from page 1)

and Reproductive Science, Icahn School of Medicine at Mount Sinai. The practice emphasizes a team approach, she says, with the team composed of a gynecologic oncologist, a nurse practitioner, an infusion nurse, a genetic counselor, a nutritionist, a social worker, a psychiatrist, and a financial counselor, among others.

The Program also strives to see any patient newly diagnosed with cancer within 24 hours. “We’ll get them right in,” Dr. Blank says. “Our goal is to provide the most excellent patient-centered care and make the whole experience as easy and pleasant as possible for women and their families going through a trying time.”

Dr. Blank, a renowned physician-scientist, says the Program delivers advanced treatments by taking part in several clinical trials, including combination immunotherapy for “frontline” patients—those just diagnosed with cancer. Another trial, for recurrent ovarian cancer, delivers drugs with conjugated antibodies, which are designed to target and kill cancer cells and spare healthy cells. The Program is also inaugurating a sexual health clinic focused on cancer survivors and an onco-fertility clinic dealing with the reproductive challenges faced by women with cancer.

The gynecologic oncology practice works closely with the breast cancer practice, which provides similarly comprehensive care. “We have breast imaging and ambulatory surgery. Except for radical mastectomy with major surgery, all diagnostic and surgical treatment can be done here,” Dr. Isola says. “We have three excellent oncologists who exclusively treat breast cancer, and we have access to supportive
Nurses Salute Physician Colleagues for Excellence

Before a celebratory audience of faculty and staff, and family and friends, nine physicians at The Mount Sinai Hospital were honored by nurse colleagues and Nursing leadership with the 50th Annual Physician of the Year Award. The ceremony, held Tuesday, September 26, at Hatch Auditorium, is a yearly salute to physicians who excel in patient care—and more—and take leadership roles in creating strong collaborative partnerships with nurses.

“There is nothing more validating for a clinical physician than to have the respect and admiration of your colleagues in nursing,” said David Reich, MD, President and Chief Operating Officer, The Mount Sinai Hospital.

Presentations included heartfelt and sometimes humorous recollections from nursing colleagues that spotlighted extraordinary examples of kindness, outstanding patient care, leadership, collegiality, and respect. For only the second time, a Team Recognition Award was presented—to the medical oncology attendings at the Dubin Breast Center of The Tisch Cancer Institute.

The team includes legendary oncologist James F. Holland, MD, the Distinguished Professor of Neoplastic Diseases, and Professor of Medicine (Hematology/Medical Oncology), and Oncological Sciences, who is considered one of the founding fathers of cancer chemotherapy.

Throughout the ceremony, recipients emotionally detailed the familial bonds developed between physicians and nursing. “I have learned so much about what it means to take care of patients but also what it means to take care of your colleagues and friends,” said Laura K. Stein, MD, Department of Neurology, recipient of the Fellow Award.

Add/scribed Frances Cartwright, PhD, RN-BC, Edgar M. Cullman, Sr. Chair of the Department of Nursing, and Chief Nursing Officer and Senior Vice President for Patient Care Services, The Mount Sinai Hospital: “A growing body of evidence shows that when physicians and nurses have a trusting, open, and collaborative relationship, we have improved patient safety and quality of patient experience.”

The 2017 honorees were:

Team Recognition Award: Medical Oncology team, the Dubin Breast Center of The Tisch Cancer Institute
- Aarti Sonia Bhardwaj, MD
- Julie Fasano, MD
- James F. Holland, MD
- Hanna Irie, MD, PhD
- Charles L. Shapiro, MD
- Amy Tiersten, MD

Attending Award: Umesh K. Gidwani, MD, Associate Professor, Medicine (Pulmonary, Critical Care and Sleep Medicine)

Fellow Award: Laura K. Stein, MD, Department of Neurology

House Officer Award: Jeffrey D. Nusbaum, MD, PGY-4S, Department of Emergency Medicine.

In addition to the Women’s Cancer Program, Mount Sinai Chelsea offers a range of other services for both men and women, including a skin cancer program, hematology-oncology, ambulatory surgery, radiology, and an infusion center that treats patients with cancer and non-malignant conditions. New spaces for phlebotomy and dermatology, and a lounge for patients, are expected to be completed in coming months.

The Mount Sinai Health System has long been planning for a “future of medicine” that includes improving access and increasing the quality of care for people south of 34th Street, close to where they live and work. “We made a very explicit decision to grow with this practice in Chelsea,” Dr. Isola says. “Here we are, a few years later, and it’s becoming a reality.”
To commemorate Gynecologic Cancers Awareness Month, the departments of Nursing and Social Work Services hosted a wellness-centered health fair in Guggenheim Pavilion on Thursday, September 28. "One of the best things a woman can do with her cancer diagnosis is to take it as a cue to embrace a healthy lifestyle—eating a balanced diet, engaging in low-impact physical activity, and reducing stress," says Stephanie V. Blank, MD, Professor of Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai, and Director of Women's Health, Mount Sinai Chelsea. Activities included blood pressure screenings, as well as advice on nutrition, yoga, and massage therapy—all while a flutist entertained participants, and pet-assisted therapy dogs made themselves available for hugs. Representatives from Woman to Woman, a gynecologic cancer support group, and the Department of Spiritual Care also attended. "Caring for our patients requires far more than treating their bodies," says Karen Terry, Chaplain Fellow, The Mount Sinai Hospital.

Al Leiter Makes a Pitch for Flu Vaccination

The former All-Star and World Series-winning pitcher Al Leiter, who played for several teams including the New York Yankees and New York Mets, drew a large crowd at Guggenheim Pavilion on Wednesday, October 11, when he came to Mount Sinai for his annual flu vaccination. "Get your flu shot," he told gathering fans as he offered his left (pitching) arm to Mohammad Khan, RN. "I'm glad to be part of Mount Sinai's day of giving folks free flu shots to help them and their families stay healthy." The vaccine is offered, at no expense, to all Mount Sinai Health System personnel and volunteers. Added Shirish Huprikar, MD, Chief Medical Officer, The Mount Sinai Hospital: "Annual influenza vaccination is the most effective way to protect our patients and staff from getting the flu. We are deeply grateful to Al Leiter for promoting influenza vaccine awareness—the lines definitely grew longer during his visit!"

Even Some CATS Get the Flu Shot

The Samuel J. Friedman Health Center for the Performing Arts—a medical facility jointly established by Mount Sinai Doctors and The Actors Fund—increased awareness of the importance of the flu vaccine with the help of two feline friends from the Broadway show CATS. On Monday, October 2, Claire Rathbun, who plays Victoria, and Tyler Hanes, who plays Rum Tum Tugger, visited the Health Center to shoot a video for Playbill.com that enforces the safety and effectiveness of the flu vaccine in preventing and spreading the seasonal flu. Located above The Actors Fund headquarters at 729 Seventh Avenue, it is the sole health center in New York City that caters to the performing arts community—which includes actors, musicians, dancers, ushers, and stagehands—and is open to the public.

Awareness for Gynecologic Cancers

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What mementos would you place in a 2017 time capsule that might not be opened for 100 years or more? When that question was posed to employees from Mount Sinai Queens and residents of western Queens through social media almost a year ago, the responses included a variety of items: copies of the weekly Queens Gazette newspaper and The New York Times, a New York City MetroCard, trailers of 2017 Oscar-nominated movies, an iPhone, the soundtrack from the popular musical Hamilton, and an issue of Inside Mount Sinai that highlighted the hospital’s building expansion project.

In September, Caryn A. Schwab, Executive Director of Mount Sinai Queens, together with a small group of employees and community members, placed these items and other historical keepsakes into the wall of the new Mount Sinai Queens Pavilion lobby. The Pavilion is a modern, light-filled, state-of-the-art ambulatory medical facility on the hospital’s Astoria campus.

A cornerstone marked “1895” that was preserved from the old building that once stood on the site of the new Queens Pavilion served as their time capsule. When construction workers were demolishing the old building in 2015, they removed the cornerstone. Inside they found keepsakes from 1929 that had been placed there by John Daly, MD, who ran an inpatient hospital known as Daly’s Astoria Sanatorium on the site at the time.

Although construction of the old building was completed in 1895, Dr. Daly renovated the building in 1929. At that time, he and his colleagues placed a bible and a copy of The New York Telegram, dated January 21, 1929, into the same cornerstone. Front page news of the day announced “President-elect” Herbert Hoover’s trip south and concern by physicians in London over King George V’s “mental state.” Another story about trading on Wall Street provided no indication of the Great Depression that would follow later that year.

Inside the 2017 time capsule, Ms. Schwab placed the items from 1929, the new items, and a letter on Mount Sinai Queens stationery that was addressed to “Dear Friends in the Future,” in which she provided a short background about the hospital and explained why the latest keepsakes were chosen.

“This capsule represents hope, determination, and good will for the future,” Ms. Schwab wrote. “We cherish our history as we look ahead with excitement to the future. These are uncertain times in health care and our world, but we are optimistic in our ability to keep improving health care for the Borough of Queens and beyond.”

A Ceremony at Mount Sinai Queens Honors Past, Present, and Future

Staff and community members joined Caryn A. Schwab, far right, to celebrate the creation of a new time capsule that was placed inside a cornerstone from 1895. The time capsule now rests in a lobby wall in the Mount Sinai Queens Pavilion.

The bible and newspaper uncovered from the first time capsule.
The Mount Sinai Adolescent Health Center (MSAHC) will celebrate its 14th Annual Breakfast of Legends on Wednesday, November 1, at The Plaza. MSAHC is one of the largest centers providing high-quality, comprehensive, free health and wellness services for young people in New York City. It is also one of the nation’s preeminent centers for adolescent health care, training, and research.

Funds raised at the Breakfast of Legends will support MSAHC’s mission to provide primary care, sexual and reproductive health, mental health, and dental and optical services that are free and confidential to more than 10,000 adolescents and young adults from New York City and the metropolitan area. MSAHC also provides specialized services for transgender and HIV-positive young people, and survivors of trauma or human trafficking.

Wednesday, November 1
7 am: Registration
7:30 – 9 am: Program and Breakfast
The Plaza | 768 Fifth Avenue

This year, MSAHC will recognize the following honorees for their ongoing service:

- **Felice F. Axelrod**, Advisory Board Member, Mount Sinai Adolescent Health Center
- **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
- **Adam Jacobs, MD**, Medical Director, Division of Family Planning, The Mount Sinai Hospital, and Associate Professor, Obstetrics, Gynecology and Reproductive Science, Pediatrics, and Medical Education, Icahn School of Medicine at Mount Sinai
- **Christine Soghomonian, MA**, Director of Information Systems and Operations, Mount Sinai Adolescent Health Center.

To learn more, call or email Sarah Potter at 212-731-7961 or sarah.potter@mountsinai.org.
Participants can register online at http://philanthropy.mountsinai.org/BreakfastofLegends.

### Save the Date!

#### Celebrating 100 Years Of Diabetes Care at Mount Sinai

Renowned clinicians and scientists from around the country join Icahn School of Medicine at Mount Sinai faculty to celebrate 100 years of excellence in diabetes research and treatment.

**Thursday, November 16**
1 – 5 pm: Program
5 – 6 pm: Reception
Goldwurm Auditorium

1 – 1:15 pm: Welcome
**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

**Barbara Murphy, MD**
Murray M. Rosenberg Professor of Medicine and Chair of the Department of Medicine, Mount Sinai Health System; and Dean for Clinical Integration and Population Health

1:15 – 1:45 pm
**Jesse Roth, MD**
Head, Laboratory of Diabetes Research, Feinstein Institute for Medical Research, Northwell Health

1:45 – 2:30 pm
**David Nathan, MD**
Professor of Medicine, Harvard Medical School, and Director, Diabetes Center, Massachusetts General Hospital

2:30 – 3:15 pm
**Carol Levy, MD**
Associate Professor of Medicine (Endocrinology, Diabetes and Bone Disease), and Director, Mount Sinai Diabetes Center

3:30 – 4:15 pm
**Richard Bergman, PhD**
Alfred Jay Firestein Chair in Diabetes Research Professor, and Director, Diabetes and Obesity Research Institute, Cedars-Sinai

4:15 – 5 pm
**Jeffrey S. Flier, MD**
Harvard University Distinguished Service Professor and former Dean, Harvard Medical School

### Mount Sinai Transformation Update

For the most recent updates on Mount Sinai’s downtown transformation, please go to: http://www.mountsinai.org/locations/downtown

The Mount Sinai Health System complies with applicable Federal civil rights laws and does not discriminate, exclude, or treat people differently on the basis of race, color, national origin, age, religion, disability, sex, sexual orientation, gender identity, or gender expression.