



**Mount
Sinai**

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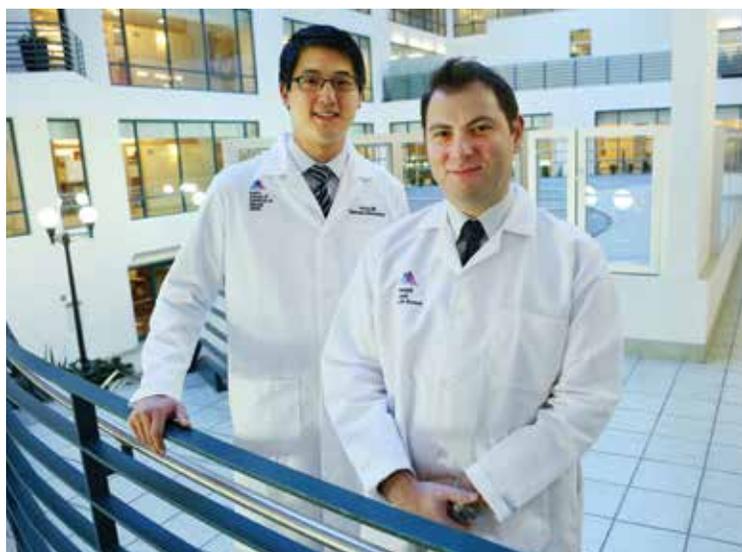
November 9 - 22, 2015

A Promising New Treatment for Sleep Apnea

Physicians at the Mount Sinai Health System are among the first in New York State to offer a promising new surgical treatment for people with moderate-to-severe obstructive sleep apnea, a common disorder characterized by the recurrent narrowing and closing of a person's upper airway during sleep. Moderate-to-severe sleep apnea—defined as 15 or more episodes of disturbed airflow per hour—is often associated with excessive daytime sleepiness and an increased risk for diabetes and heart disease.

The new treatment, which stimulates the hypoglossal nerve, is comprised of three implantable components that sense and monitor a person's breathing patterns, and deliver mild stimulation to muscles that keep the airway open during sleep.

The device is manufactured by Inspire™ and was approved last year by the U.S. Food and Drug Administration. It is recommended for patients who have trouble using the current therapy, a CPAP (continuous positive airway pressure) machine that is worn over the nose and mouth at night, but is often



Fred Lin, MD, Chief of the Division of Sleep Surgery at the Mount Sinai Health System, left, and Boris Chernobilsky, MD, Director of the Division of Sleep Surgery at Mount Sinai Beth Israel, are pioneering new surgery for sleep apnea.

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David Muller, MD, left, and Jeremy Boal, MD

“Visiting Doctors” Celebrates 20 Years

The Mount Sinai Visiting Doctors Program, the largest academic home-visit program in the nation, celebrated its twentieth anniversary on Thursday, October 22, with a festive event held in the Annenberg West Lobby of The Mount Sinai Hospital.

Manhattan Borough President Gale Brewer issued an official proclamation announcing October 22 as “Visiting Doctors Appreciation Day,” while commending the program's interdisciplinary teamwork and dedication to patients and their families.

Since its inception in 1995, when three Mount Sinai residents—Laurent Adler, MD, MS; Jeremy Boal, MD; and David Muller, MD—created the Visiting Doctors Program to provide health care

services to homebound patients in communities surrounding The Mount Sinai Hospital, the program has grown to care for more than 1,500 patients a year. The nationally recognized program now serves as a model for providing high-quality, patient-centered primary care to homebound patients.

Today, Dr. Muller is System Chair and Dean for Medical Education at Icahn School of Medicine at Mount Sinai, Dr. Boal serves as Executive Vice President and Chief Medical Officer of the Mount Sinai Health System, and Dr. Adler is National Medical Director for OptumHealth at UnitedHealth Group.

The Visiting Doctors Program is a joint venture between two Mount Sinai departments, the

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Researchers Advance Effective Therapy for Psoriasis

The results of a multicenter clinical trial led by Mount Sinai Health System researchers and published in *The New England Journal of Medicine* on October 1, 2015, demonstrate that brodalumab, an experimental biologic treatment for plaque psoriasis, achieved 100 percent reduction in psoriasis symptoms in twice as many patients as a second, commonly used treatment.

“When it comes to complete skin clearing, our results are dramatically better than any previously published,” says lead study author Mark Lebwohl, MD, Sol and Clara Kest Professor and Chair of the Kimberly and Eric J. Waldman Department of Dermatology, Icahn School of Medicine at Mount Sinai.

Plaque psoriasis is a non-contagious chronic disease in which the immune system causes skin cells to grow at an accelerated rate. Instead of being shed, skin cells pile up, causing painful scaly patches that can crack and bleed on the scalp, knees, elbows, and lower back. The lifelong disease affects 2 percent to 3 percent of the global population and can have a significant negative impact on quality of life.

The study drug, brodalumab, is a monoclonal antibody, akin to the proteins built by the human immune system



Mark Lebwohl, MD

to recognize and block specific target molecules. Brodalumab was designed to block the function of the immune-signaling protein interleukin 17 (IL-17). If not blocked, IL-17 docks into specially shaped proteins, IL-17 receptors, to pass on signals that contribute to psoriatic inflammation.

“Studies have demonstrated that brodalumab binds to the IL-17 receptor, thus preventing IL-17 from doing so, to counter inflammatory diseases,” says Dr. Lebwohl. “Our results

confirm that targeting the IL-17 receptor is highly effective in treating moderate-to-severe plaque psoriasis. Treatment was so effective that many patients did not have a dot of psoriasis left on their bodies.”

The main measure of treatment success is the degree of reduction in the Psoriasis Area Severity Index (PASI), which scores psoriatic plaque redness, scaling, and thickness of skin lesions, and the extent of the body involved. Until now, the goal was a 75 percent reduction in the PASI score, which is called PASI 75. A 100 percent reduction is known as PASI 100.

In one study, after 12 weeks, 44 percent of randomly selected patients receiving a 210-mg injection of brodalumab every other week achieved PASI 100, compared with 22 percent of patients treated with a leading psoriasis therapy. In the second study, 37 percent of patients randomized to receive the same dosage of brodalumab achieved PASI 100, compared with 19 percent of patients treated with the comparator drug. Also, with brodalumab, 86 percent of patients achieved PASI 75.

According to Dr. Lebwohl, brodalumab is the only IL-17 receptor antagonist in clinical development. The Phase 3 clinical trial—the final phase needed before the U.S. Food and Drug Administration considers an application for approval—was funded by drugmakers Amgen and AstraZeneca.



The research team included, from left: Giselle K. Singer, Clinical Trials Manager; Fellows Peter Hashim, MD, Anjali Shroff, MD, and John Nia, MD; and Vicky Wong, Research Program Coordinator.

Around the Health System

Louis Armstrong Center Honors Musicians, Physician, and Patient

A performance by Tony Yazbeck, lead actor in the Broadway musical *On the Town*, set the stage for the tenth annual “What a Wonderful World” Gala, hosted by the Louis Armstrong Center for Music and Medicine at The Gramercy Theatre in Manhattan.

The Louis and Lucille Armstrong Music Therapy Department at Mount Sinai Beth Israel, established two decades ago as part of Louis Armstrong’s legacy, was the foundation for the expanded programs of the Louis Armstrong Center for Music and Medicine. Every year, the Louis Armstrong Center honors patients, physicians, and prominent musicians who embody the spirit of music therapy.

Mercedes Ellington, a dancer, choreographer, and granddaughter of Duke Ellington, and Bill Daughtry, host of WBGO jazz and sports radio programs, were co-emcees at the event in October, which included live music performances, and a silent auction to benefit the Louis Armstrong Center’s clinical programs for adults and children.

This year’s award recipients were:

KALEY CLAVELL, a college student and former patient at Mount Sinai Beth Israel, who had surgery to remove a tumor last summer. Ms. Clavell spent a week in the Pediatric Intensive Care Unit, where her recovery was enhanced with daily sessions from Louis Armstrong Center music therapists.

ROY HAYNES, an iconic American jazz drummer who has influenced and shaped jazz for more than 50 years, playing with such legendary artists as Louis Armstrong, Charlie Parker, and Sarah Vaughan.



▲ From left: Louis Armstrong Center for Music and Medicine award recipients Bernie Williams, jazz guitarist; Gabriel A. Sara, MD; drummer Roy Haynes; and patient Kaley Clavell

GABRIEL A. SARA, MD, Assistant Clinical Professor, Medicine (Hematology, Medical Oncology), Icahn School of Medicine at Mount Sinai, who established the Helen Sawaya Fund, a philanthropic program dedicated to improving the experience of cancer patients at Mount Sinai Roosevelt through art, music therapy, reflexology, and other therapies.

BERNIE WILLIAMS, a former New York Yankee and also a highly praised, Grammy-nominated jazz guitarist who has recorded two albums, and the co-author of a book examining the relationship between musical artistry and athletic performance.

The Louis Armstrong Center’s team treats patients using the most current music psychotherapy techniques in areas such as meditation, pain management, sedation, and breathing.

▶ A Promising New Treatment for Sleep Apnea *(continued from page 1)*

perceived by patients as intrusive and has a compliance rate of only about 50 percent.

Surgery to implant the Inspire device takes between two to three hours under general anesthesia on an outpatient basis, according to Boris Chernobilsky, MD, Director of the Division of Sleep Surgery at Mount Sinai Beth Israel, who is spearheading the procedure. Fred Lin, MD, Chief of the Division of Sleep Surgery at the Mount Sinai Health System, will perform the surgery as well.

“This is a significant new therapy that stimulates the base of the tongue and offers a wider airway for the patient’s oxygen

intake,” says Dr. Chernobilsky. “The patient data has been very favorable, showing great improvement. The procedure is well tolerated and the recovery time is quick. There may be some incisional pain lasting a few days, but no muscles are cut.”

According to Dr. Chernobilsky, this is the first relatively predictable surgical alternative for properly selected patients with sleep apnea. “Other procedures can be quite painful, have a risk of bleeding, two-to-three weeks of healing, and about a 30 percent chance of not working,” he says.

During the procedure, three small incisions are made for the two leads and a pulse

generator. Once the incisions are healed, the patient returns to the physician to have the device activated and to receive operating instructions. Patients then return once a year to have the device checked.

The results of a large clinical trial published in the January 9, 2014, issue of *The New England Journal of Medicine* showed that following the surgical implantation of the Inspire system, the median number of obstructed breathing events—per hour—dropped by 68 percent, to 9 from 29.3.

For more information, please visit www.mountsinai.org/sleepsurgery.

Advancing Cardiac Care at Mount Sinai Beth Israel

Physicians and staff at Mount Sinai Beth Israel recently celebrated the opening of the newly renovated Cardiac Catheterization Procedure Room located on the eleventh floor of the Dazian Building. The facility houses a state-of-the-art Philips AlluraClarity high-definition X-ray system with advanced software that improves image quality while significantly reducing X-ray exposure. The new X-ray system enhances the physician's ability to diagnose patients quickly and to efficiently perform complex coronary and peripheral procedures, including stent implants, valvuloplasties, balloon angioplasties, carotid artery stenting, and thrombectomies.



▲ From left: Ramesh M. Gowda, MD, Assistant Professor, Medicine (Cardiology); John T. Fox, MD, Director, Cardiac Catheterization Laboratory, Mount Sinai Beth Israel; John D. Puskas, MD, Professor and Site Chair, Cardiovascular Surgery, Mount Sinai Beth Israel; Blase Carabello, MD, Chair of Cardiology, Mount Sinai Beth Israel; Sam Hanon, MD, Associate Professor, Medicine (Cardiology); Susan C. Somerville, RN, President, Mount Sinai Beth Israel; Beth A. Oliver, DNP, RN, Vice President, Clinical Operations, Mount Sinai Heart; Merle Nazares, RN, Director of Invasive Cardiology; and Maureen Rorke, RN, Director of Nursing (Cardiology), Mount Sinai Beth Israel.

Mount Sinai St. Luke's Opens New Hospital Restaurant

Mount Sinai St. Luke's recently opened the doors to Luke's, the hospital's new restaurant, which features a deli, a global food station serving ethnic food, and healthful eating options, including gluten-free and vegetarian choices. The salad bar, grill, and entrée line have been upgraded to offer a wider variety of selections. Breakfast is now available all day at the grill, and sandwiches, burgers, salmon, and steak are made to order. Luke's is located on the first floor of the Babcock Building and is open Monday through Friday from 7 am to 2 pm.



◀ Art Gianelli, President, Mount Sinai St. Luke's, second from right, at the restaurant ribbon-cutting ceremony, with, from left: Valerie Shirley, Director of Retail and Marketing; Jay Aldieri, Regional Manager, and Michael Shapiro, Director, Food and Nutrition Services; and Sherryl Philpot, Food and Nutrition Aide.

› “Visiting Doctors” Celebrates 20 Years *(continued from page 1)*

Samuel Bronfman Department of Medicine and the Brookdale Department of Geriatrics and Palliative Medicine. When St. Vincent's Hospital closed its doors in 2010, the Chelsea-Village House Call Program joined Mount Sinai Visiting Doctors and now provides care to homebound patients in downtown Manhattan. The St. Luke's-Roosevelt Hospital House Call Program joined in 2014 after the former Continuum Health Partners combined with The Mount Sinai Medical Center.

At the event, Linda DeCherrie, MD, Director of the Mount Sinai Visiting Doctors and Mount Sinai Chelsea-Village House Call Programs, noted that the program recently received the Innovators Award from the American Academy of House Call Medicine for submitting more academic papers on home-based primary and palliative care than any other program in the country. The award honors the core mission of the Visiting Doctors Program, which is to train health care workers in the art and science of making house calls.

In addition, Drs. Muller and Boal presented a posthumous Pioneer Award to the son and daughter of Philip Brickner, MD, founding Chair of the Department of Community Medicine at St. Vincent's Hospital and founder of the Chelsea-Village House Call Program at Saint Vincent's in 1973 (now the Mount Sinai Chelsea-Village House Call Program). The physicians noted Dr. Brickner's dedication to providing home-based primary care to the frail and elderly in Chelsea, Greenwich Village, and Chinatown, and making thousands of home visits over the decades.

As the event's concluding speaker, Dennis S. Charney, MD, Anne and Joel Ehrenkranz Dean of Icahn School of Medicine at Mount Sinai and President for Academic Affairs, the Mount Sinai Health System, reminded the audience that new advances in medical technologies are vitally important to patient care but can never replace the care provided by a visiting doctor. “Technology is coming, but the touch will always be there,” Dr. Charney said.

Honoring a Legend in Environmental Health

Government officials, visiting physicians, and members of the Mount Sinai Health System recently gathered at a symposium honoring a seminal figure in environmental medicine—the late Irving J. Selikoff, MD—and to celebrate the renovation of Mount Sinai’s Selikoff Centers for Environmental Health. The Selikoff Centers treat thousands of patients each year for World Trade Center-related health issues and other work-related illnesses and injuries.

At the symposium, sponsored by Mount Sinai’s Division of Occupational and Environmental Medicine, U.S. Representative Carolyn B. Maloney (D-NY), a champion of workers’ health, presented Mount Sinai with a Congressional Tribute for being the “birthplace of environmental health and a leader in the United States in this research.”

Representative Maloney called the late Dr. Selikoff, whose work at Mount Sinai spanned more than 50 years from the early 1940s to his passing in 1992, a “remarkable” physician and scientist. His pioneering research, which included linking asbestos



Under a photograph of the late Irving J. Selikoff, MD, Philip J. Landrigan, MD, MSc, and Congresswoman Carolyn B. Maloney display a Congressional Tribute to Mount Sinai for its leadership in environmental health.

exposure to the development of lung cancers, mesotheliomas, and multiple other cancers one to five decades later, was able to shape national legislation that imposed strict exposure limits for workers. Dr. Selikoff’s leadership in public health was central to establishment of the

National Institute for Occupational Safety and Health and the Occupational Safety and Health Administration (OSHA).

Speakers at the symposium included 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, and Philip J. Landrigan, MD, MSc, Dean for Global Health and Professor of Preventive Medicine, and Pediatrics. David Michaels, PhD, MPH, Assistant Secretary of Labor for Occupational Health and Safety; John Howard, MD, JD, MPH, Director of the National Institute for Occupational Safety and Health; and representatives of the World Health Organization also attended the event, along with Dr. Selikoff’s former trainees, two of whom traveled from Ecuador and Israel.

“He was a tough guy, but he was also smart and charming,” Dr. Landrigan told the audience, comprised of national and international specialists in environmental and occupational health. “We are all the children of Irving Selikoff.”

Transitioning to a New Era of Practice Management

The Mount Sinai Doctors Faculty Practice has launched a major initiative that seeks to create a single unified Epic electronic medical record system for registration, scheduling, clinical documentation, and billing for physician office visits, an effort that is expected to greatly streamline clinical and operational processes and improve patient experience.

“This is the single most important project for Mount Sinai Doctors in 2016,” says Donald Scanlon, Executive Vice President and Chief Financial Officer, Mount Sinai Health System, who oversees the initiative with Burton Drayer, MD, Chief Executive Officer of the Mount Sinai Doctors Faculty Practice, and Michael Schaffer, its Executive Director and Chief Operating Officer. The effort is being led and implemented by the Mount Sinai Practice Transformation team, formerly known as Epic Revenue Cycle, and will involve the training of 1,700 staff in practice

administration, billing, compliance, finance, IT, and other key areas.

Says Dr. Drayer, “The new program will transform every aspect of practice management, from patient check-in to check-out, all with the goal of providing a seamless experience.” Additional enhancements to MyMountSinaiChart, the secure patient portal, will allow patients to request and schedule appointments, access consolidated statements, make payments, and receive appointment reminders, all online.

The program is now in its building phase. The schedule includes staff training in July; a pilot “Go-Live” for the Department of Medicine, and Ear, Nose and Throat in September; and the overall “Go-Live,” Tuesday, November 1, 2016.



Project leaders from Mount Sinai Doctors Faculty Practice include, from left, Seth Ciabotti, Vice President, Ambulatory Operations; Burton Drayer, MD; Crystal MacNeill, Vice President, Revenue Cycle; Michael Schaffer; and Denise Mullin, Senior Director and Strategic Business Advisor.

“We are excited to be transitioning to a new era of practice management,” says Mr. Schaffer.

To keep up-to-date with the rollout and to learn which Mount Sinai Health System locations will be impacted, visit <http://intranet1.mountsinai.org/mspt/>.

Reminder: Get Your Flu Shot Now

The New York State Department of Health requires that all personnel in hospitals, nursing homes, diagnostic and treatment centers, home care, and hospice either receive the influenza vaccination or wear masks while in areas where patients may be present. Masking will be required Tuesday, December 1. Mount Sinai Health System personnel can get the influenza vaccine immediately at Employee Health Services, or at these convenient venues, among others:

Mount Sinai Beth Israel

Monday, November 16
Thursday, November 19
6:30 – 10:30 am
2 Dazian Rotunda

Wednesday, November 18
6:30 – 11:30 am
Monday, November 23
1 – 4 pm
Bernstein Pavilion
Outside Podell Auditorium

Mount Sinai Roosevelt

Monday, November 23
Wednesday, December 9
7 am – 6 pm
Lobby

The Mount Sinai Hospital

Wednesday, November 18
Thursday, November 19
8:30 am – 2 pm
Guggenheim Pavilion Atrium

Tuesday, December 1
Wednesday, December 2
7 – 10 am
6:30 – 8:30 pm
Outside Plaza Café

Mount Sinai St. Luke's

Wednesday, November 18
Monday, December 7
7 am – 6 pm
Lobby

Innovations and Systems of Care in the Treatment of Stroke Conference

Mount Sinai Health System physicians will lead an educational event aimed at advancing pre-hospital stroke care, an effort organized by Stephan Mayer, MD, Director of Neurocritical Care for the Health System. Joining the effort are stroke leaders from major New York City hospitals, and FDNY and Emergency Medical Services personnel from the region committed to working together to deliver coordinated stroke care. The event will also feature representatives from the New York State Department of Health, the American Heart Association, and the Greater New York Hospital Association. Attendees will learn about the latest clinical trial data supporting endovascular intervention for large vessel occlusions, telemedicine, and evolving models of regionalized emergency care that emphasize preferential delivery to comprehensive stroke centers. The event is supported in part by Stryker Neurovascular. RSVP to Christina.Bailey@stryker.com.

Thursday, November 12
5:30 – 9 pm
Marriott Marquis Hotel
1535 Broadway

Master of Science in Biomedical Informatics

The Icahn School of Medicine at Mount Sinai is accepting applications for its new Master of Science in Biomedical Informatics program, which will enroll its first cohorts in fall 2016. Biomedical Informatics combines mathematics, science, and engineering to allow investigators to explore and better understand complex biological and clinical data generated by computational-based research and electronic health records, with the ultimate goal of accelerating the development of new treatments.

Students will select one of five translational science areas as a focus—Genetics and Genomic Sciences; Structural and Chemical Biology; Systems Biology; Clinical and Translational Informatics; and Design, Technology and Entrepreneurship. At the program's core is a capstone project that will pair students with a leading health care, academic, or technology-entrepreneur partner to help them gain unparalleled practical experience and broaden job-placement opportunities. Interested individuals may learn more at <http://mssm.edu/msbmi>, or apply at <http://applygs.mssm.edu>.

We Want Your Opinion!

Help us assess our quality and patient safety efforts by completing a brief online survey:

www.theori.org/mshspatientsafetysurvey

Feedback is welcome from all faculty, staff, and students.

Your answers will be kept anonymous and confidential and will help us ensure the safest environment possible for our patients.

Survey will be open through November.



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