

**Mount Sinai  
Diabetes Center**

**Faculty and Staff**

Yaron Tomer, MD  
*Division Chief*

Ronald Tamler, MD, PhD,  
MBA, CDE  
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Anne Lai, NP, CDE

Brett Ives, NP, CDE

Alenka Ravnik-List, MS, RD,  
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Elaine Galan, RN, CDE

## New leadership, new initiatives

The spring of 2011 brought some changes: Yaron Tomer, MD, succeeded Derek LeRoith, MD, PhD, as Chief of the Division of Endocrinology, Diabetes and Bone Diseases. Dr. Tomer has spent – with a few brief interruptions – 17 years at Mount Sinai and is Professor of Medicine and Director for Basic Science Research in the Department of Medicine. He is internationally renowned for his research on autoimmune thyroiditis and Type 1 diabetes.



Yaron Tomer, MD, and Ronald Tamler, MD, PhD

Ronald Tamler, MD, PhD is the new clinical director of the Mount Sinai Diabetes Center and a board-certified endocrinologist, internist, nutrition-support physician and diabetes educator. He specializes in diabetes and the endocrinology of men. His PhD research focused on free radical biology and he is transferring his experience

from the bench to the clinical arena by investigating diabetes-related endothelial dysfunction. Other interests include diabetes education for physicians and mobile health applications.

Together, Dr. Tomer and Dr. Tamler intend to promote quality initiatives for the care of patients with diabetes

throughout Mount Sinai, clinical and basic research that keeps our patients' well-being in mind, and outreach and education projects for the community. Together, they will make the Center even better!



**November is  
National Diabetes  
Awareness Month!**

## Saying farewell to Dr. Stanley Mirsky



Stanley Mirsky, MD

We are sad to report that Dr. Stanley Mirsky, a renowned diabetologist and supporter of our Diabetes Center, passed away in April. During his lifetime, Dr. Mirsky received many honors, and published widely, including the best-selling Diabetes Survival Guide. His passion

for diabetes care and his commitment to education live on through the Stanley Mirsky, MD Diabetes Education Unit at the Mount Sinai Diabetes Center, where all patients, independent of background or means, receive a world-class education in diabetes self-management.

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# Diabetes Education, Research & Community Outreach: Facing the Epidemic Together



## Moving to prevent or control diabetes

As anyone with diabetes knows, lifestyle modification (eating healthy foods and engaging in physical activity) is essential to preventing or controlling diabetes. Regular physical activity promotes insulin sensitivity, lowers blood pressure and improves cholesterol – all of which in turn lowers cardiovascular risk. But we all know that getting regular exercise is a lot easier said than done, even when a person is highly motivated.

To help you keep to an exercise routine, the Mount Sinai Diabetes Center provides programs to facilitate and support your efforts to be physically active. Every November for National Diabetes Awareness Month, the Center hosts “**Walk the Walk**,” the Mount Sinai employee walking contest. With over 600 participants, the event raises awareness about the importance of physical activity for a long, healthy life, and creates a friendly

competition that keeps colleagues motivated long past November.

In addition, the Center offers **The Viva Program**, a free, fun and comprehensive fitness program, that began in September 2011 with the support of the Mount Sinai Auxiliary Board. Viva is open to all Mount Sinai patients and local community members with pre-diabetes or who are at risk for diabetes. Viva was created by Brett Ives, NP,



Fitness instructor Lichiana Amigo

CDE, community outreach coordinator for the MSDC and Lichiana Amigo, an East Harlem community fitness instructor. Led by Lichiana, these fun and engaging classes are offered three times per week, both at Mount Sinai and at a local church, in English and Spanish. Each class provides a healthy living lesson followed by 75 minutes of exercise in a fun, safe and supportive environment!



Lichiana leads an exercise class at a local health fair.

### Interested in joining Viva?

Call (212) 824-VIVA  
or e-mail  
viva@mountsinai.org  
to register.

## How to have a diabetes-friendly holiday season

If you are monitoring your carbs, follow these healthy tips, so you can enjoy your favorite treats.

- Don't go to the party hungry. Have a soup or salad beforehand; it will keep your mood and blood glucose steady.
- Fill up your plate the healthy way:
  - Divide your 9-inch plate in three sections:
  - Fill one half with non-starchy vegetables (that's right: potatoes are not a vegetable);
  - Fill one quarter with lean meat and the rest with a starch of your choice.
- Eat slowly. Wait for 20 minutes before eating again – chances are you will no longer be hungry by then!
- Don't waste your calorie allotment on drinks. Choose calorie-free beverages that won't add to your waistline.
- Make time for exercise and go for a walk after eating.
- Get sweet smart – get only one serving of your favorite.

## Turnips with Garlic

*Yields 8 servings*

2 medium turnips,  
peeled and quartered  
1 ripe pear, peeled, cored  
and chopped  
6 garlic cloves  
2 tbsp butter substitute  
1/4 cup skim milk, hot  
but not boiling

Meanwhile, place turnips in a large pot. Cover with water. Bring to boil. Lower heat and simmer for 15-20 minutes until fork tender. When turnips are done drain well and transfer to food processor. Add pears and garlic. Pulse to mix ingredients all together. Add butter substitute and pulse to incorporate. Turn on machine and slowly add milk and puree until smooth.

Nutrition information:  
CALORIES: 41 CARBS: 7 FIBER: 0g  
TOTAL FAT: 2g SATURATED FAT: 0g

Preheat oven to 375 degrees.

Wrap garlic in aluminum foil and cook 20 minutes in oven. Garlic should be very soft.

November is National Diabetes Awareness Month!

## Calendar of Community Events – November, 2011

### Tuesday, November 1, 12-2 pm

Counseling and Education on healthy living and diabetes (in English y en Español!), Guggenheim Pavilion Cafeteria, 1468 Madison Avenue

And ... “Walk the Walk” Mount Sinai Employee Walking Contest begins!

### Monday, November 7, 12-2 pm

Counseling and education on healthy living and diabetes, and Diabetes Jeopardy Game! (in English y en Español!) Guggenheim Pavilion Cafeteria, 1468 Madison Avenue

### Tuesday, November 8, 12-2 pm

Diabetes Screening and Counseling (in English y en Español!) Center for Advanced Medicine (CAM) Lobby, 17 E 102nd st.

### Thursday, November 10, 6 pm

Diabetes Friendly Thanksgiving Dinner with Alenka Ravnik-List and George Russo, Guggenheim Pavilion Cafeteria, 1468 Madison Avenue

### Monday, November 14, 12-3 pm

World Diabetes Day! Includes Diabetes Screening and Counseling, Healthy Cooking and Viva Exercise Demonstrations! (in English y en Español!), Guggenheim Pavilion Atrium, 1468 Madison Avenue

### Tuesday, November 15, 6:30 pm

Ronald Tamler, MD and Brett Ives, NP, CDE, talk entitled, “Turning Back the Clock on Diabetes and Pre-Diabetes” 92nd Street Y, 1395 Lexington Avenue

### Wednesday, November 16, 4 pm

Opening Night: Sight for Life photo exhibit – “Vision loss from diabetes: it’s never too late to save your sight.” See the photos and meet the artists from the Vision Voice Project. They are members of your community, with your same health issues.

Association to Benefit Children at ECHO Park  
1841 Park Ave (Corner of 126th & Park Ave), NY, NY 10035  
*Hosted by Mount Sinai Diabetes Center, IMPACT Community Diabetes Center and Association to Benefit Children*

## Mount Sinai leading the way in diabetes education for physicians

Most patients with diabetes are treated in the practice setting. However, about a quarter of all patients admitted to the hospital have diabetes. Treating so-called “inpatient diabetes” is a worthwhile challenge: Patients – no matter what the reason for their hospital stay -are less likely have complications or require readmission to the hospital if their diabetes is under control. With a grant from the Endocrine Fellows Foundation, the Mount Sinai Diabetes Center under the leadership of Drs. Derek LeRoith and Ronald Tamler, created an

### Research Spotlight

**online course** that teaches doctors how to treat diabetes in the hospital. The results have been extraordinary: patients of participating doctors had blood sugar levels on average 20 points lower than before the course. The results were published in several scientific journals, and the course has been expanded to other medical centers, such as Brigham & Women’s Hospital in Boston. Several hundred doctors have already been educated, and the course is set to expand to even more sites.

## A warm welcome to Dr. Levy!

Renowned diabetologist Carol Levy MD, CDE joined the Department of Medicine in May of this year as Director of the Clinical Trials Office and Senior Faculty in the Division of Endocrinology.

Dr Levy received her MD from Northwestern University and completed her residency and fellowship in Boston at the Deaconess Hospital, the Joslin Diabetes Center and Brigham and Women’s Hospital. She joined Mount Sinai from Novo Nordisk, where she participated in diabetes-focused pharmaceutical research. Prior to working there, Dr Levy was a full-time faculty member of Weill Cornell Medical College where she led the endocrine group in the pregnancy-



Carol Levy MD, CDE

diabetes center. “After a 10-year hiatus, I am excited to return to the Mount Sinai Division of Endocrinology, where I was on faculty from 1995-1999.” Dr Levy is an authority on gestational diabetes and diabetes in pregnancy. She is also a well respected clinician in the areas of Type 1 and Type 2 diabetes and general endocrinology.



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[www.mountsinai.org/diabetes](http://www.mountsinai.org/diabetes)

**For general information:** (212) 241-7429

**For medical consultation:** (212) 241-7975

**For free diabetes classes:** (212) 241-3422

**Health Tip** — Eating nuts, e.g. walnuts or almonds, can be good for your heart. They contain unsaturated fatty acids that help lower LDL, or “bad cholesterol,” a major risk factor for heart disease. Even though most of the fat in nuts is “healthy” fat, nuts still contain a lot of calories. Eat only a handful (1.5 oz) and make sure they are not covered with chocolate, sugar or salt.



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The Mount Sinai Diabetes Center provides both inpatient and outpatient care for people with diabetes and is active within the Mount Sinai Medical Center, as well our surrounding community. Our primary goal is to support people with diabetes by managing the disease and minimizing complications that can occur. We also strive to prevent diabetes from occurring in the first place, through promotion of healthy eating and activity habits.

Our Diabetes Center spans three clinical sites (the IMA Diabetes Clinic, the Endocrine Associates Faculty Practice, and the Mount Sinai Hospital). Our physicians, nurse practitioners and dietician are certified diabetes educators, and we have been recognized as a Center of Excellence by the American Diabetes Association for our Diabetes Self-Management Education Program.

Members of our multidisciplinary team actively collaborate with other specialties, such as cardiology, nephrology, ophthalmology, podiatry and vascular surgery to improve the care of our patients. A dedicated diabetes educator leads our efforts in community outreach and is a key liaison to community groups concerned with the growing epidemic of diabetes.