Kaiser Health News – May 29

Medicare Pays for Spouses to Get Grief Counseling through Hospice – Michelle Andrews

Medicare’s hospice benefit covers services not only for a terminally ill beneficiary. Family caregivers also can receive grief and loss counseling for up to a year following the beneficiary’s death. However, a recent study found that hospice services had only a modest impact on symptoms of depression in surviving spouses. The study, published online in *JAMA Internal Medicine* earlier this week, examined symptoms of depression among 1,016 surviving spouses. The study could not determine how many of the spouses received bereavement benefits because that service is not billed separately from other Medicare hospice services. As a believer in the benefits of hospice, lead author Katherine Ornstein, PhD, an epidemiologist at the Icahn School of Medicine at Mount Sinai in New York, called the modest impact of hospice on depressive symptoms of surviving spouses “disappointing.” However, “I think it’s more of an opportunity to say hospice already has a system set up to help families, and what more can we do?”

-Katherine Ornstein, PhD, Assistant Professor, Geriatrics and Palliative Medicine, Medicine, Icahn School of Medicine at Mount Sinai


Additional Coverage:


Time Warner Cable News – May 18

New Device an Option to Replace Blood Thinners– Erin Billups

Margaret Cienki is one of at least three million Americans with atrial fibrillation, an abnormal heart beat. "As the top chamber is not beating properly, blood is not flowing, moving quite normally. There's a blind pouch in the top chamber called the left atrial appendage. This appendage is an area where blood can swirl and basically clot," explains Vivek Reddy, MD, Cardiac-Electrophysiology Director at The Mount Sinai Hospital. That clot could then potentially lead to a stroke. Then Cienki fell, causing internal bleeding. The drugs she was taking prevented her body from quickly stemming the flow. So her doctors at The Mount Sinai Hospital decided to insert a new device, called the Watchman, into her heart to plug up the problem chamber. "You can think of it like an umbrella that sits at the mouth of the appendage
and sort of closes off that blind pouch. So that any clot that's inside can't travel through the blood circulation go to the brain and cause a stroke,” says Dr. Reddy. Reddy was the lead investigator in the clinical trials for the Watchman. Cienki was the first person to receive it in the eastern U.S. after it won FDA approval.

- Dr. Vivek Reddy, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Arrhythmia Services, Mount Sinai Health System

Learn more: http://www.ny1.com/nyc/all-boroughs/health-and-medicine/2015/05/18/new-device-an-option-to-replace-blood-thinners.html

GeriPal – May 28

The House Calls Imperative And What You Can Do About It - Right Now. – Eric Widera

A timely study came out in JAMA IM this week that highlights the need and potential demand for home-based delivery of health care in the US. The study, led by Katherine Ornstein, gave us the most reliable estimate to date of the homebound population in the United States. What the authors found was noteworthy. 6% or an estimated 2 million older Americans are homebound, meaning they rarely or never leave the home (to put this in perspective, there are 1.4 million nursing home residents in the US.)

-Katherine Ornstein, PhD, Assistant Professor, Geriatrics and Palliative Medicine, Medicine, Icahn School of Medicine at Mount Sinai

Learn more: http://www.geripal.org/2015/05/the-house-calls-imperative.html

Healio – May 28

Higher response rate seen with T-VEC in advanced melanoma – Andrew Alexis, MD

Talimogene laherparepvec (T-VEC) is a novel therapeutic option for patients with metastatic melanoma that not only selectively targets melanoma cells (via genetically modified herpes simplex 1) but also, enhances systemic antitumor immune responses (by producing granulocyte macrophage colony-stimulating factor). The results of this study are exciting in that they offer hope to patients with inoperable melanomas – a population with limited effective treatment options and low response rates to currently available therapies.

- Dr. Andrew Alexis, Associate Professor, Dermatology, Chair, Department of Dermatology, Mount Sinai St. Luke's and Roosevelt

Learn more: http://www.healio.com/dermatology/cutaneous-oncology/news/online/%7B1dcf025f-98c2-4b30-940d-de7e0857143b%7D/higher-response-rate-seen-with-t-vec-in-advanced-melanoma#perspective

Good Morning America – May 28

Injured Student Walks at Graduation for the 1st Time in 4 Years

Chris Norton began his college career at Luther College in Iowa as a star football player. Then he suffered a terrible injury, fracturing his neck and compressing his spinal cord. Doctors telling him he had a three percent chance of ever walking again. Four years later, the 23 year old takes the stage at his graduation leaving his wheelchair behind, taking those courageous steps one by one with the help of his fiancée Emily. Arthur Jenkins, MD, an expert in the field of neurosurgery, says recovery can continue for many years and every kind of rehab helps. “You don’t get there without having the kind of grit and determination,” says Dr. Jenkins.

- Dr. Arthur Jenkins, Associate Professor, Neurosurgery, Orthopaedics, Icahn School of Medicine at
USA Today – May 28
No-Consent Medical Experiments Put Ethics to Test – Laura Ungar
Imagine waking up after a serious accident to discover you’ve become an unwitting subject in a medical study without ever agreeing to participate. It’s a controversial reality of emergency research, and now concern is growing that dwindling research budgets are making it harder to alert the community about the studies so people can decide ahead of time whether to opt in or out. But Lynne Richardson, MD, a professor of emergency medicine at the Icahn School of Medicine at New York’s Mount Sinai who researches community notification, says money matters less than reaching out to potential subjects in an effective way. She says most people who learn about such studies are OK with participating, and a mechanism for opting out isn’t required by the federal government. Plus, she says, “no matter how much money you spend, some people aren’t going to pay attention.”

- Dr. Lynne Richardson, Professor, Emergency Medicine, Population Health Science and Policy, Vice Chair for Academic, Research and Community Programs, Department of Emergency Medicine, Icahn School of Medicine at Mount Sinai


Cancer Network – May 26
CT Screening Now Standard for Those at High Risk for Lung Cancer – Leah Lawrence
As part of our coverage of the 2015 American Society of Clinical Oncology (ASCO) Annual Meeting held May 29 to June 2 in Chicago, we are speaking with Claudia I. Henschke, MD, PhD, a professor of radiology at Icahn School of Medicine at Mount Sinai. At this year’s meeting, Dr. Henschke will be chairing an education session discussing lung cancer screening and surveillance. “An effective screening strategy is one where you find the cancer early and you can treat it. Early treatment has higher cure rate. Those are the key things,” says Dr. Henschke. “With CT screening for lung cancer, we showed that you could find it early enough to have an effective treatment, typically by surgery, but there can also be alternative treatments that are being developed such as stereotactic body radiation. Those treatments are very effective. They have a high cure rate.”

- Dr. Claudia Henschke, Clinical Professor, Radiology, Icahn School of Medicine at Mount Sinai, Chief, the Lung and Cardiac Screening Program, The Mount Sinai Hospital

Learn more: http://www.cancernetwork.com/lung-cancer/ct-screening-now-standard-those-high-risk-lung-cancer

Everyday Health – May 28
What 6 Joint Docs Say About Running – Debbie Strong
The idea that running is bad for your knees is a popular fitness myth, according to many doctors and surgeons who are experts in joint health. In fact, there are a lot of misconceptions about running and its impact on the body. We asked six joint experts to explain the real story behind running and your joints. “Running on the concrete is the worst surface you can run on,” for joint wear and tear, according to Joseph Herrera, DO, assistant professor of rehabilitation at the Icahn School of Medicine at Mount Sinai
in New York City. “The most ideal is running on soft surfaces such as tracks; asphalt is another good alternative. In general, the softer the surface, the more joint-friendly it is,” says Dr. Herrera.

- Dr. Joseph Herrera, Assistant Professor, Rehabilitation Medicine, Icahn School of Medicine at Mount Sinai


Closer – June 2015

How to Look Your Most Beautiful

Q: Winter took a toll on my skin! How can I improve my complexion? A: “Try an at-home scrub with almond milk, organic honey and coffee grounds,” says NYC-based dermatologist Gary Goldenberg, MD. Caffeine works to tighten the elasticity of skin, while the natural enzymes found in honey and almond milk help keep skin soft and smooth.

- Dr. Gary Goldenberg, Assistant Professor, Dermatology, Pathology, Icahn School of Medicine at Mount Sinai, Medical Director, Dermatology Faculty Practice

Learn more: No Web Link Available

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu
212-241-9200
Medscape via Reuters Health – May 27

Hospice Helps Ease Depression in Surviving Spouse – Megan Brooks
Hospice care is modestly helpful as an “antidepressant” for widowed survivors, a new study suggests. The study found that widowed caregivers become more depressed after their spouse has died, regardless of hospice use, but those who used hospice had lesser increases in the severity of their depressive symptoms. “Given that hospice is an existing comprehensive care package that helps patients and achieves cost savings, any improvements in health for spouses is an added benefit,” lead researcher Katherine Ornstein, PhD, of the Icahn School of Medicine at Mount Sinai in New York, told Reuters Health by email. “We should continue to maximize the use of hospice for appropriate patients. It is a high-value intervention that can benefit both the patients and their families.”

-Katherine Ornstein, PhD, Assistant Professor, Geriatrics and Palliative Medicine, Medicine, Icahn School of Medicine at Mount Sinai


Additional Coverage:

Medscape – May 27
Low Vitamin D Tied to Testosterone Dip in Healthy Men – Pam Harrison
Low levels of vitamin D are significantly and independently associated with low levels of testosterone in otherwise healthy middle-aged men, according to a study presented at the American Urological Association 2015 Annual Meeting in New Orleans. In this new analysis of data from of the World Trade Center CHEST program, blood samples from 824 men were analyzed for various parameters, such as 25-hydroxyvitamin D and total testosterone. Hypovitaminosis D was defined as a 25-hydroxyvitamin D level below 30.0 ng/L. Level of 25-hydroxyvitamin D were insufficient in 68% of the samples. And only about 11% of participants with insufficient levels took vitamin D supplements, “which is pretty low,” said lead investigator Mary Ann McLaughlin, MD, from The Mount Sinai Hospital in New York City.

-Dr. Mary Ann McLaughlin, Associate Professor, Medicine, Cardiology, Assistant Professor, Population
Health Science and Policy, Icahn School of Medicine at Mount Sinai

Optometry Today – May 28
ARVO 2015: Hot Topics and Clinical Trends – Ryan O’Hare
Numerous disease links emerged from presentations this year, highlighting increased risk of eye disease in patient groups with a number of other conditions. One key presentation, from researchers at the New York Eye and Ear Infirmary of Mount Sinai in New York, showed patients with acquired immunodeficiency syndrome (AIDS) are at increased risk of developing age-related macular degeneration (AMD). A study of over 1,800 AIDS patients in the US found prevalence of intermediate stage AMD was almost 10% – four times that of a large comparator study, the Beaver Dam Eye Study. Rather than the antiretroviral drugs used to treat the condition, researchers say the hike in risk may be explained by the chronic inflammation and ‘chronic immune activation’ in those whose immune system has been restored with the treatment.
-New York Eye and Ear Infirmary of Mount Sinai
Learn more: http://www.optometry.co.uk/news-and-features/features/?article=7361

The Epoch Times – May 27
Have a Sense of Purpose in Life? It May Protect Your Heart
Having a high sense of purpose in life may lower your risk of heart disease and stroke, according to a new study led by researchers at Mount Sinai St. Luke’s and Mount Sinai Roosevelt. “Developing and refining your sense of purpose could protect your heart health and potentially save your life,” says lead study author Randy Cohen, MD, a preventive cardiologist at Mount Sinai St. Luke’s and Mount Sinai Roosevelt. The research team reviewed 10 relevant studies with the data of more than 137,000 people to analyze the impact of sense of purpose on death rates and risk of cardiovascular events. “Prior studies have linked a variety of psychosocial risk factors to heart disease, including negative factors such as anxiety and depression and positive factors such as optimism and social support,” says Alan Rozanski, MD, study co-author and Director of Wellness and Prevention Programs for Mount Sinai Heart at the Mount Sinai Health System.
- Dr. Randy Cohen, Medical Director, University Medical Practice Associates, Mount Sinai St. Luke’s, Mount Sinai Roosevelt
- Dr. Alan Rozanski, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Wellness and Prevention Programs, The Mount Sinai Hospital
Learn more: http://www.theepochtimes.com/n3/1369649-have-a-sense-of-purpose-in-life-it-may-protect-your-heart/

NPR All Things Considered – May 27
A Top Medical School Revamps Requirements to Lure English Majors – Julie Rovner
You can't tell by looking which students at Mount Sinai's Icahn School of Medicine in New York City were traditional pre-meds as undergraduates and which weren't. And that's exactly the point. Most of the class majored in biology or chemistry, crammed for the medical college admission test and got flawless grades and scores. But a growing percentage came through a humanities-oriented program at Mount Sinai known as HuMed. As undergraduates, they majored in things like English or history or medieval studies. And though they got good grades, too, they didn't take the MCAT, because Mount
Sinai guaranteed them admission after their sophomore year of college. Adding students who are steeped in more than just science to the medical school mix is a serious strategy at Mount Sinai. David Muller, MD, is Mount Sinai’s dean for medical education. One wall of his office is a massive whiteboard covered with to-do tasks and memorable quotations. One quote reads: "Science is the foundation of an excellent medical education, but a well-rounded humanist is best suited to make the most of that education.”

- Dr. David Muller, Professor, Medicine, Medical Education, Dean for Medical Education, Icahn School of Medicine at Mount Sinai, System Chair, Medical Education, Mount Sinai Health System

Learn more: http://www.npr.org/sections/health-shots/2015/05/27/407967899/a-top-medical-school-revamps-requirements-to-lure-english-majors

Medpage Today – May 27

Newer Birth Control Pills More Likely to Cause Blood Clots – Molly Walker

Women taking oral contraceptive pills had slightly higher risks of developing a clot, especially if the pill was a newer formulation, according to the results of two nested case-control studies from the U.K. But that risk seemed to vary by contraceptive formulation -- newer third and fourth generation pills appear to have about a fourfold relative risk increase versus about 2.5 times increase for older, second generation pills, they wrote in The British Medical Journal. Merle Myerson, MD, director, Center for Cardiovascular Disease Prevention at Mount Sinai St. Luke’s and Roosevelt hospitals in New York City, found this to be a well conducted analysis. "This study appears to be very well designed and yields important information regarding risk for VTE associated with oral contraception use,” she said. "This is a very relevant clinical question.”

- Dr. Merle Myerson, Assistant Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, the Mount Sinai Roosevelt and St. Luke’s Cardiovascular Disease Prevention Program

Learn more: http://www.medpagetoday.com/Cardiology/VenousThrombosis/51775

WNBC – May 26

Stroke Awareness Month – Pei-Sze Chang

Carolyn Brockington, MD, director of the stroke center at Mount Sinai Roosevelt and Mount Sinai St. Luke, and stroke survivor, model and author Claudia Mason join Pei-Sze to talk about the symptoms of having a stroke in this Stroke Awareness Month. “A stroke is an injury to the brain and it’s caused by not enough blood getting to the brain. Sometimes the blood vessel can be blocked. Sometimes the blood vessel is narrowed. So over a period of time not enough blood gets to the brain and people develop symptoms,” says Dr. Brockington.

-Dr. Carolyn Brockington, Director, The Stroke Center, Mount Sinai Roosevelt and Mount Sinai St. Luke’s

Learn more: http://www.nbcsnymag.com/video/#!/on-air/as-seen-on/Stroke-Awareness-Month/305101901

FoxNews.com – May 27

Friends, Teammates Call for Support of Softball Player Who Suffered Brain Aneurysm – Alexandra Hein

Friends and teammates of a California softball player who has been on life support since suffering a brain aneurysm on the field Saturday continue to spread awareness by using the hashtag #PrayforDana
on social media. Dana Housley, 15, was up at bat for the California Thunder in Fontana when she suddenly complained of dizziness to her coach, Angelo Michaels. Unbeknownst to those around her, Housley was suffering from a ruptured brain aneurysm, a type of stroke that can be difficult for an onlooker to identify. The tricky part about treating an aneurysm is that often they are detected incidentally while examining something else, Carolyn Brockington, MD, director of the Stroke Center at Mount Sinai St Luke’s and Mount Sinai Roosevelt Hospital told FoxNews.com. Because symptoms typically do not present themselves until after the aneurysm bursts, there are no warning signs for doctors to look for. “We don’t treat all aneurysms, but there’s a concern when it’s a rupture,” said Brockington, who is not involved in Housley’s treatment.

-Dr. Carolyn Brockington, Director, The Stroke Center, Mount Sinai Roosevelt and Mount Sinai St. Luke’s
Learn more: http://www.foxnews.com/health/2015/05/27/friends-teammates-call-for-support-softball-player-who-suffered-brain-aneurysm/

HealthDay – May 26

Newer Birth Control Pills May Slightly Raise Blood Clot Risk – Robert Preidt
Newer forms of the birth control pill -- brands such as Yaz, Yasmin and Desogen -- are more likely to cause blood clots than older versions, a new study finds. However, the study authors also stressed that the odds of a clot remain very low for any one woman using the medications, and remain lower than the clotting risk that occurs when a woman is pregnant. "One has to weigh the benefits of using oral contraceptive pills against the risks, such as unwanted pregnancies and abnormal uterine bleeding with resultant anemia," said Mamta Mamik, MD, assistant professor of obstetrics, gynecology and reproductive science at the Icahn School of Medicine at Mount Sinai in New York City.

- Dr. Mamta Mamik, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai
Additional Coverage:

HealthDay – May 26

Immune-Based Therapy Uses Virus to Fight Advanced Melanoma – EJ Mundell
A genetically engineered and harmless form of the herpes virus is showing promise in slowing the progression of melanoma, researchers report. The treatment works by killing cancer cells and triggering the immune system to attack tumors, researchers said. The study, published May 26 in the Journal of Clinical Oncology, was funded by drug maker Amgen, which is developing the therapy. The patients in this trial had aggressive, inoperable melanoma. Each received either an injection of the viral therapy -- called Talimogene Laherparepvec (T-VEC) -- or a "control" immunotherapy. Philip Friedlander, MD, is assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai, in New York City. He believes that "T-VEC represents a significant advance and is actively being studied in combination with other immune therapies."

- Dr. Philip Friedlander, Assistant Professor, Medicine, Hematology and Medical Oncology, Dermatology, Icahn School of Medicine at Mount Sinai
WCBS TV – May 28

Cuomo Thanks The Mount Sinai Hospital for Care Given to Girlfriend Sandra Lee

New York Governor Andrew Cuomo is thanking The Mount Sinai Hospital for taking good care of his girlfriend Sandra Lee. The Food Network star underwent a double mastectomy last week. Cuomo calls the hospital staff “kind, compassionate, and skilled.” He also gave a special shout out to members of the healthcare members union saying they outdid themselves.

- The Mount Sinai Hospital

Learn more: No Web Link Available

New Kerala (India) – May 28

Harsh Vardhan Speaks on Polio Eradication in New York hospital

The Indian Minister for Science, Technology and Earth Sciences Dr. Harsh Vardhan on Thursday addressed a group of physicians, scientists and medical students at The Mount Sinai Hospital in New York City. The title of talk was 'Tale of two drops', which focused on making changes in healthcare and impacting a lasting change in population such as eradication of polio in India. The 45-minute talk was followed by a small celebration to honor Dr. Vardhan's achievements in field of public health. The event was attended by senior faculty, professors and students of the hospital.

- The Mount Sinai Hospital


Additional Coverage:

The Bump – May 27

Should You Consider Preconception Genetic Testing?

As you probably learned back in high school biology class, a gene is a piece of DNA with chemicals arranged in a specific sequence. When changes occur in those sequences, the genes become mutated and can lead to a variety of genetic disorders. “Carrier testing is done to identify whether or not you’re at risk of having a child with a genetic disorder,” says Lakshmi Mehta, MD, FACMG, a clinical geneticist. You can be a carrier and show no signs of the disease but have the ability to pass it on to your children. The results of these tests will reveal whether you and your partner are carriers and what that means for baby.

-Dr. Lakshmi Mehta, Professor, Genetics and Genomic Sciences, Pediatrics, Icahn School of Medicine at Mount Sinai

Learn more: http://www.thebump.com/a/is-preconception-genetic-testing-right-for-you

Lucky Shops – May 27

The Sunscreens That Dermatologists Wear Every Day

Lucky Shops asked Heidi Waldorf, MD, director of laser and cosmetic dermatology at The Mount Sinai Hospital in New York City to detail her personal sunscreen preferences. This was her answer, “I wear
Elta MD UV Clear on my face and neck daily. Over it, I apply Colorescience Sunforgettable Primer, a tinted, moisturizing product that I use instead of foundation. I always keep Colorescience Sunforgettable Mineral Sunscreen in my bag so I can reapply SPF over makeup during the day. If I’m playing sports, swimming, walking around outdoors or even sitting in a stadium in a sunny climate, I instead use Blue Lizard Sport for both my face and my body—it contains physical and chemical sunscreens in a very water-resistant base. Then I apply Headhunter Warpaint, a surfer preferred sunscreen, on the areas that get the most sun, like my forehead, nose, jawline and hands.”

- Dr. Heidi Waldorf, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Laser and Cosmetic Dermatology, The Mount Sinai Hospital


If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu

212-241-9200
Forbes – May 27

Hospice Care Decreases Depression Symptoms In Surviving Spouses, Study Finds – CJ Arlotta

Patients being placed in hospice care aren’t the only ones eligible to receive services. Family members can also benefit from the wide range of medical, spiritual and emotional resources being offered by a palliative care facility. A new study took a look at the spouses of seriously ill patients and found that hospice care can positively impact their mental health even after the passing of their loved one.

Published this week in *JAMA Internal Medicine*, a peer-reviewed medical journal, the report examined depressive symptoms in surviving spouses of patients with a variety of serious illnesses. “We are seeing some benefits for surviving spouses in terms of a decrease in depressive symptoms after death relative to spouses of those who did not use hospice,” said Katherine Ornstein, PhD, MPH, professor of Geriatrics and Palliative Medicine at Icahn School of Medicine at Mount Sinai. “These differences are even more substantial one year after death.”

-Katherine Ornstein, PhD, Assistant Professor, Geriatrics and Palliative Medicine, Medicine, Icahn School of Medicine at Mount Sinai


Additional Coverage:


MedicalResearch.com – May 26

More Adults Homebound Than In Nursing Homes

Katherine Ornstein, PhD, MPH, sits down with MedicalResearch.com to discuss the finding of her study “The Epidemiology of the Homebound in the United States.” In the study, published in *JAMA Internal Medicine*, Ornstein, of the Icahn School of Medicine at Mount Sinai, and colleagues look at the community-dwelling Medicare population, which they estimate to be about 2 million people. “2 million
older Americans are homebound. This estimate is larger than the current U.S. nursing home population," she says, “Our proposed definitions and national prevalence estimates may be helpful for developing and evaluating the effectiveness of initiatives and programs to care for the homebound, an area of particular importance given Medicare home health payment reform and an overall shift toward more value-based payments.”

-Katherine Ornstein, PhD, Assistant Professor, Geriatrics and Palliative Medicine, Medicine, Icahn School of Medicine at Mount Sinai

Learn more: http://medicalresearch.com/author-interviews/more-adults-homebound-than-in-nursing-homes/14337/

Additional Coverage:
Science Daily: http://www.sciencedaily.com/releases/2015/05/150526132239.htm

NBC News – May 26
U.S. Traffic Fatalities Spike Ahead of Summer: National Safety Council Study – Anne Thompson, Ziad Jaber and Erik Ortiz

Dipping gas prices, an improving economy and more vacation travelers hitting America's highways could add up to one of the deadliest summers for drivers, safety advocates warn. It's a period they're calling "100 deadly days." The concern follows an 8 percent increase in monthly motor-vehicle deaths over the latest six-month period compared to the same time the previous year, according to a new study from the nonprofit National Safety Council. Peter Shearer, MD, medical director at The Mount Sinai Hospital Emergency Department, said summer guarantees a rise in patients rushed to the hospital for automobile accidents. They suffer from fractured bones and severe head trauma — if they survive at all, he said. "More people driving cars are going to lead to more injuries," Shearer said. "Add in a dangerous mix of ... alcohol and some degree of distracted driving, (it) just compounds it to make it worse."

-Dr. Peter Shearer, Assistant Professor, Emergency Medicine, Icahn School of Medicine at Mount Sinai


Huffington Post – May 26
Promising New Treatments for Melanoma – Desiree Ratner, MD

It can be frightening to learn you have melanoma, the least common but most dangerous form of skin cancer. When caught in its early stages, melanoma is almost always curable with surgery, but when it metastasizes -- that is, spreads to other areas of your body -- it is notoriously difficult to treat. In the past, patients diagnosed with the most advanced stages of melanoma usually had only a few months to live. However, metastatic melanoma is no longer the automatic death sentence that it once was.

Chemotherapy, once the standard (but largely ineffective) treatment for advanced melanoma, is giving way to new, more successful therapies that are prolonging survival and improving patients' quality of life.

- Dr. Desiree Ratner, Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, the Comprehensive Skin Cancer Program, Mount Sinai Beth Israel, Dermatologic Surgery, Mount Sinai Beth Israel, Mount Sinai St. Luke’s, Mount Sinai Roosevelt

Learn more: http://www.huffingtonpost.com/mount-sinai-health-system/promising-new-treatments-
HealthDay – May 26

Soy Supplements Won’t Ease Asthma, Study Finds – Robert Preidt

Despite hints from prior research that soy supplements might help asthma patients breathe easier, a major new study finds the nutrient has no beneficial effect on lung function. Experts in asthma care said the study gives patients valuable new information. "I think studies like this are important," said Beth Corn, MD, director of the Allergy and Asthma Clinic at The Mount Sinai Hospital in New York City. "Many patients want a natural (alternative) solution for their conditions, rather than having to take a medication, because medications come with potential side effects, both short term and long term." However, "the public needs to be educated that disease is a multifaceted process and that there are many components that work in tandem in the healing process," Corn added. "It is rare that a supplement, on its own, is the answer."

- Dr. Beth Corn, Associate Professor, Medicine, Clinical Immunology, Icahn School of Medicine at Mount Sinai, Director, Allergy and Asthma Clinic, The Mount Sinai Hospital


CBS News – May 26

Herpes Virus Harnessed to Fight a Common Cancer – Bianca Seidman

An experimental treatment using a genetically engineered herpes virus appears to be effective in treating one of the most common, deadly, and increasingly expensive cancers: melanoma. Researchers have been experimenting with forms of therapy using viruses -- an approach called immunotherapy -- to fight cancer for the past several years. A new study, published Tuesday in the Journal of Clinical Oncology, is the first to show the approach works in patients in a Phase III clinical trial, the final step of human testing before a treatment can receive FDA approval. This particular treatment, called T-VEC, is a genetically-engineered version of the herpes simplex virus designed not to cause an active herpes infection, which can be dangerous to cancer patients. "Right now I think this is an exciting advance in many ways," Philip Friedlander, MD, Assistant Professor of Medicine in Hematology and Medical Oncology at the Icahn School of Medicine at Mount Sinai, told CBS News. "There are current studies looking at combining this treatment with other promising immune treatments."

- Dr. Philip Friedlander, Assistant Professor, Medicine, Hematology and Medical Oncology, Dermatology, Icahn School of Medicine at Mount Sinai


Healio – May 27

VIDEO: New Data Highlight Use of Ticagrelor for Ad-Hoc PCI

In this video, Roxana Mehran, MD, professor of medicine at Icahn School of Medicine at Mount Sinai, program co-chair for the 2015 Society for Cardiovascular Angiography and Interventions Scientific Sessions and Cardiology Today’s Intervention associate medical editor, discusses the results of a trial comparing ticagrelor and clopidogrel for reduction of platelet activity in patients with ACS undergoing ad-hoc PCI. She said that the results were “as expected,” and concluded that clinicians can administer ticagrelor “on the table” for patients receiving ad-hoc PCI and feel confident that there will be a significant PRU reduction.
Radio MD – May 14
Best Ways to Protect Yourself from Skin Cancer
Even though warm weather may lift your spirits and send you running outside, you also may be getting more sun exposure than you’re used to, which could cause concern regarding skin cancer. Skin cancer is the most prevalent cancer in the U.S. In fact, according to the Skin Cancer Foundation, each year in the U.S. there are five million people treated for skin cancer. Hooman Khorasani, MD, shares the startling statistics of skin cancer and top tips for preventing it in yourself and your loved ones.

Dr. Hooman Khorasani, Assistant Clinical Professor, Dermatology, Icahn School of Medicine, Chief, Division of Mohs, Reconstructive and Cosmetic Surgery, The Mount Sinai Hospital

Learn more: http://radiomd.com/show/her-radio/item/27722-how-you-can-protect-yourself-from-skin-cancer

Elle – May 25
Eat These Foods to Banish Every PMS Symptom – Victoria Dawson Hoff
With a few easy diet hacks, that time of the month could be your best (and prettiest!) ever. Here, experts reveal the miracle foods that are scientifically proven to reduce the symptoms of PMS. “Dark green leafy veggies are a good source of vitamin A, which may help maintain a good complexion, and adequate hydration is critical for good skin any time of month,” says Rebecca Blake, MS, RD, CDN, and a clinical director of nutrition at The Mount Sinai Hospital in NYC.

Rebecca Blake, MS, RD, CDN, Director, Clinical Nutrition, Mount Sinai Beth Israel

Learn more: http://www.elle.com/beauty/health-fitness/advice/g26282/best-foods-for-pms/?slide=2

WNYW – May 26
Fertility Choices – Ernie Anastos
Alan Copperman, MD, a fertility specialist from The Mount Sinai Hospital, sits down with WNYW anchor Ernie Anastos to discuss options for people struggling with infertility. “I think what we are doing right now is that we are getting down to the basics really quickly. It’s either egg, sperm, uterus or tubes,” Dr. Copperman says, “So we figure out what’s wrong and we are targeting treatments. We are using data, we are using our experience and we are getting patients into the right treatment quicker which is hopefully going to get them to achieve success much quicker than ever before.”

Dr. Alan Copperman, Clinical Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai, Director, Division of Reproductive Endocrinology and Infertility, the Mount Sinai Hospital

Learn more: No Web Link Available
Fierce Healthcare – May 20

Patients Less Satisfied At Large, Urban Hospitals – Zack Budryk

The Centers for Medicare & Medicaid Services’ patient satisfaction rating system puts large urban hospitals at a distinct disadvantage compared to their smaller urban/suburban counterparts, according to research published in the *Journal of Hospital Medicine*. Researchers, led by Randall Holcombe, MD, chief medical officer for cancer at Mount Sinai Health System in New York City, studied survey data from 934,800 patients at 3,907 hospitals, and found that regardless of the organization’s location, English as primary language and hospital size were major predictors of patient satisfaction. Overall, patients gave the lowest scores in densely populated regions such as the District of Columbia, California, New Jersey and Maryland. Conversely, more sparsely populated areas such as South Dakota, Maine, Vermont and Louisiana had higher scores, according to Holcombe.

- Dr. Randall Holcombe, Professor, Medicine, Hematology and Medical Oncology, Icahn School of Medicine at Mount Sinai, Director, Clinical Cancer Affairs, The Mount Sinai Hospital, Chief Medical Officer, Cancer, Mount Sinai Health System


Time Warner Cable News – May 26

Skin Cancer Awareness among People of Color – Erin Billups

A growth on the back of Trina Tucker’s head kept getting bigger and bigger. “I thought it was a hair bump so I would try and squeeze it,” she says. Eventually it got so big, she couldn’t ignore it. Dermatologist Andrew Alexis, MD, removed the growth, tested it and delivered the news that it was cancerous. Dr. Alexis heads Mount Sinai’s Skin of Color Center, the only facility of its kind in the state focusing on ailments affecting people with darker skin. “We need to improve public awareness of skin cancers in darker skin types,” says Alexis, “I see patients every day that are surprised by my recommendation to protect their skin from the sun or to have a skin exam.”

- Dr. Andrew Alexis, Associate Professor, Dermatology, Chair, Department of Dermatology, Mount Sinai St. Luke’s and Roosevelt

Learn more: [No Web Link Available](http://www.fiercehealthcare.com/story/patients-less-satisfied-large-urban-hospitals/2015-05-20)

CNN’s In The Money – May 24

Murder Suspect Left DNA at Crime Scene – Alexandra Field
Daron Wint is the man suspected of multiple murders and arson at a Washington D.C. mansion. Much of the evidence was acquired similar to what you would see in a lot of police and forensic television shows. A pizza box is potentially the smoking gun, found on the scene; inside it pizza crust that investigators say connects Daron Wint to the heinous crime. David Zhang, MD, runs a DNA identification lab at The Mount Sinai Hospital in New York City. He says a single bite mark can be enough to crack a case. Zhang says investigators also likely tested a crumb.

*Dr. David Zhang, Professor, Pathology, Oncological Sciences, Preventive Medicine, Icahn School of Medicine at Mount Sinai*

*Tatyana Rosalie, Lab Technologist, The Mount Sinai Hospital*

Learn more: No Web Link Available

**Huffington Post – May 22**

**Hope for People with IBD and Those at Risk – Marla Dubinsky, MD**

Up to 1.3 million Americans have inflammatory bowel disease (IBD), a complex disorder of the immune system that results in uncontrolled inflammation of the gastrointestinal (GI) tract. Crohn's disease and ulcerative colitis are the two most common forms of IBD, causing severe GI symptoms, such as diarrhea, abdominal pain, and rectal bleeding, that can wreak havoc with everyday life. These symptoms can often be controlled with medication, but many people still cycle through periods of remission and flare-ups. Deep, long-term remission is possible with certain biologic therapies, but since IBD is a chronic condition with no cure, therapy is life-long.

*Dr. Marla C. Dubinsky, Co-Director, Feinstein Inflammatory Bowel Disease Clinical Center, Icahn School of Medicine at Mount Sinai, Chief, Pediatric Gastroenterology, Hepatology, Kravis Children's Hospital at Mount Sinai*


**The Today Show – May 26**

**Fear at the OB/GYN – Kathie Lee Gifford and Hoda Kotb**

Fahimeh Sasan, MD, shares the common phobias she hears from patients and offers advice to ease any fears you have when visiting the doctor. “Any doctor’s office you go to whether it’s your OB/GYN or your gastroenterologist or our primary care doctor, you might need to get your blood drawn, get a shot, get a vaccine, and here are some tips I have,” says Dr. Sasan, an OB/GYN at The Mount Sinai Hospital, “One is let your doctor know that you are afraid. We do this all the time and we forget that you might be afraid.”

*Dr. Fahimeh Sasan, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai*


**Yahoo Travel – May 26**

**Worst Nightmare: Feeling Motion Sick Years after a Trip — It Happened to These People – Sid Lipsey**

What was supposed to be a celebratory 55th birthday cruise for Johanne Roy and her husband turned out to be memorable for all the wrong reasons. “On the third day [at sea] I started being sick,” Roy tells Yahoo Travel. Now, seven months after the cruise, the bobbing and swaying feeling is still with her and showing no signs of going away. Travelers like Roy suffer from a rare and mysterious condition known
as “mal de debarquement syndrome” (also known as MdDS). Symptoms triggered by a boat or plane ride can last for months, even years. “Because this is a rare disease, most people and medical professionals have never heard of it, “says Mingjia Dai, MD, Assistant Professor of Neurology at the Icahn School of Medicine at Mount Sinai. Medicinal solutions have been lacking. Wright and Roy both have been prescribed antidepressants and other medications to help deal with the disease. “Antidepressants are not effective,” says Bernard Cohen, MD, a Professor of Neurology at the Icahn School of Medicine at Mount Sinai. He thinks he may have helped find something that is effective. Dr. Cohen and his Mount Sinai colleague Dr. Dai believe their research team has pioneered a treatment for MdDS that requires no medication.

- Dr. Mingjia Dai, Assistant Professor, Neurology, Icahn School of Medicine at Mount Sinai
- Dr. Bernard Cohen, Professor, Neurology, Assistant Professor, Structural and Chemical Biology, Icahn School of Medicine at Mount Sinai


New York Magazine – May 22

Are ‘Base Tans’ a Good Idea? – Susan Rinkunas

Memorial Day Weekend is here, marking the unofficial start of swimsuit season. You might think that your pale, untanned skin is an eyesore, and you definitely don't want a repeat of that god-awful sunburn from last year. For a brief moment, you consider going to a tanning salon to give yourself a base. So we asked a dermatologist: Is it a good idea to get a base tan before hitting the beach? What people refer to as a “base tan” is actually skin damage and doesn’t protect you from getting burned, according to Joshua Zeichner, MD, director of Cosmetic and Clinical Research at The Mount Sinai Hospital in New York City. "Getting a base tan is doubly harmful to your skin," he told the Cut. "First, you're exposing unprotected skin to UV light to get the base tan. Then you're likely not protecting your skin as well as you should later."

- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital

Learn more: http://nymag.com/thecut/2015/05/are-base-tans-a-good-idea.html

Additional Coverage:

Science Times – May 24

Drinking Good Coffee Could Result in Better Sex – Brian Wu

Coffee is one of the most universal drinks in our society. It helps us be more alert in the mornings, it sparks conversations in the afternoons and evenings, and much more. Now a study has revealed that for some men it may even have another added benefit - it reduces the risk of erectile dysfunction (ED). Researchers found that these benefits were seen in men who were physically fit and obese, and between men with high blood pressure and good blood pressure. However, men with diabetes did not see any improvement in their sex life. Natan Bar-Chama, MD, director of Male Reproductive Medicine at The Mount Sinai Hospital, agrees with what the researchers concluded. He said that their findings are all supported by the latest position of the U.S. Dietary Guidelines Advisory Committee, which says that drinking three to five cups of coffee a day reduces the risk of type two diabetes and heart disease. These two conditions have been well established as being significant risk factors for erectile dysfunction.
ABC News via Health.com – May 24
How to Buy the Best Sunscreen for You – Caroline Schaefer
Choosing a sunscreen used to be a numbers game: You’d go for a relatively high SPF (at least 30!) and slather it on. Turns out, there’s a lot more to consider to keep your skin safe from the sun and looking young, too. “What you really need to focus on is tailoring the kind of sunscreen to what you’re doing outdoors,” says Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at The Mount Sinai Hospital in New York City. "If you’re not choosing your product based on your activity, you put yourself at risk of sunburn and serious skin damage.

New York Daily News – May 24
Daily Checkup: Dr. Michael Pitman of Mount Sinai Has Some Sound Advice for Those with Voice Problems – Katie Charles
It isn’t just professional crooners like Sam Smith or Adele whose voices give out on them. “As much as 38% of the population will have a significant voice problem in their lifetime,” says Michael Pitman, MD, the director of the Voice and Swallowing Institute at the New York Eye and Ear Infirmary of Mount Sinai. “Vocal dysfunction can develop as the result vocal overuse or abuse, or as the result of many different medical issues, including vocal fold paralysis, allergies, acid reflux, and vocal fold cancer.” Dr. Pitman specializes in treating patients for problems with their airways. May is Better Hearing and Speech Month.

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:
newsmedia@mssm.edu
212-241-9200
In the News

Becker’s Hospital Review – May 20

50 Great Health Systems to Know | 2015 – Heather Punke and Tamara Rosin

Mount Sinai Health System is fairly new in the industry, as it was formed in 2013 by the combination of The Mount Sinai Medical Center and Continuum Health Partners. However, its history dates back to the mid-1800s, as The Mount Sinai Hospital was chartered in 1852 and the New York Eye and Ear Infirmary of Mount Sinai was chartered in 1820. Mount Sinai Health System has embraced the principles of diversity and inclusion as drivers of excellence. Gary Butts, MD, leads the charge at the system as its chief diversity and inclusion officer, and his and the system’s work in this area has gained recognition: DiversityInc named Mount Sinai Health System as one of the Top 5 Hospitals and Health Systems for 2015 based on performance in four areas of diversity management: talent pipeline, equitable talent development, CEO/leadership commitment and supplier diversity.

- Dr. Gary Butts, Professor, Medical Education, Pediatrics, Preventive Medicine, Senior Associate Dean, Diversity Programs, Policy and Community Affairs, Icahn School of Medicine at Mount Sinai, Chief Diversity and Inclusion Officer, Mount Sinai Health System


Medical Daily – May 21

Measles Virus Unable to Tolerate Certain Mutations to Its Genes – Ed Cara

It turns out that people aren’t the only ones who can be stodgy curmudgeons unwilling to get with the times. The viruses that infect us can be sticks in the mud too, according to a new study published in Cell Reports. It found that one of our long-time microbial foes, the measles virus (MeV), is unable to tolerate mutations in the two surface proteins crucial to bypassing our cellular defenses, especially when compared to presumably hipper viruses like Influenza A and Hepatitis C. “There are many potential explanations for why measles virus proteins can’t tolerate insertional mutations, from changing protein stability to changing the structure or function of the proteins,” senior study author Nicholas Heaton, PhD, a microbiologist at the Icahn School of Medicine at Mount Sinai, New York, said in a press release.

- Nicholas Heaton, PhD, Postdoctoral Fellow, Microbiology, Icahn School of Medicine at Mount Sinai


Chicago Tribune – May 21

Alzheimer’s Researcher Calls For More Volunteers in Studies – Barbara Sadick
The war on Alzheimer's disease has yet to make giant strides, but there have been significant steps. One of the leaders in that quest is Mary Sano, PhD, a neuropsychologist and the director of the Alzheimer’s Disease Research Center at the Icahn School of Medicine at Mount Sinai in New York. She has been studying Alzheimer's since the mid-1980s. Sano now is working on directing a study to learn if home-based assessments can be used to determine treatment for the prevention of cognitive loss and dementia. The advantage to early diagnosis, Sano said, is that medical care can be more specifically geared to what is causing the deficit. Sano also explained what a person can do on his or her own. "I want to stress the importance of maintaining maximum cognition and health at every stage of life," she said, “In the presence of disease, high functioning individuals are better able to maintain independence and be less devastated than those who are starting with chronic problems.”

-Mary Sano, PhD, Professor, Psychiatry, Associate Dean for Clinical Research, Director of Alzheimer's Disease Research, Icahn School of Medicine at Mount Sinai


Healio – May 20
Prevention Is Theme of DDW, New IBD Center
In this video interview, Marla Dubinsky, MD, discusses the move to prevention and prophylactic options on the horizon in inflammatory bowel disease. First, she reveals that just last week, the ribbon was cut on the new Susan and Leonard Feinstein Inflammatory Bowel Disease Clinical Center where Dubinsky will serve as co-director. Here, physicians will integrate pediatrics, adults and colorectal surgeons in the same geographic space, providing a “seamless transition” for pediatric patients to move to adult care. “There’s a lot of interesting discussions on the role of the microbiome, the role of genetics, the role of metabolites of bacterial byproducts that are all related to whether or not there are certain microbial profiles, certain metabolite profiles that are actually involved in risk of disease,” Dubinsky said.

-Dr. Marla C. Dubinsky, Co-Director, Feinstein Inflammatory Bowel Disease Clinical Center, Icahn School of Medicine at Mount Sinai, Chief, Pediatric Gastroenterology, Hepatology, Kravis Children’s Hospital at Mount Sinai

Learn more: http://www.healio.com/gastroenterology/inflammatory-bowel-disease/news/online/%7B03e4ce72-06f3-4350-a303-3fc0a667f584%7D/video-prevention-is-theme-of-ddw-new-ibd-center

FierceMobileHealthcare – May 19
How Mount Sinai uses mHealth to pave the way for more robust patient care – John DeGaspari
Two examples at The Mount Sinai Hospital in New York illustrate how apps are being used now to expand the scope and quality of care for existing patients. Ashish Atreja, MD, a gastroenterologist and assistant professor of medicine at Mount Sinai, has worked with Mount Sinai’s AppLab to develop an app for the treatment of inflammatory bowel disease (IBD). In an interview, he described it as a continuous engagement model that can help the hospital’s physicians keep a “finger on the pulse” of each patient suffering from IBD—9,000 patients across Mount Sinai’s seven hospitals. In a separate development, an app was created to allow the physicians in the Mount Sinai Doctors Faculty Practice to offer consultations using a secure digital connection via smartphones. Aida Vega, MD, director of the Mount Sinai Family Practice Associates, Primary Care Program, said the app is limited to existing
patients. "With our practices, we wanted to make sure that these were patients who were established and who had a real database in the office; that we knew their allergies, medications, and health problems, so we could make good decisions on a virtual visit that would impact their health," she said in an interview.

- Dr. Ashish Atreja, Assistant Professor, Medicine, Gastroenterology, Director, Medical Informatics, Icahn School of Medicine at Mount Sinai
- Dr. Aida Vega, Associate Professor, Medicine, General Internal Medicine, Icahn School of Medicine at Mount Sinai


HealthDay – May 21
Coffee May Help Men Keep Impotence at Bay – Robert Preidt
Coffee perks millions of Americans up each morning, and a new study finds it might help keep men’s sex lives percolating, too. The study, from the University of Texas Health Science Center at Houston, found that men who consume more caffeine each day had a lower risk of erectile dysfunction. The exception? Men with diabetes -- for them, extra caffeine didn't lower their odds for impotence, the researchers said. The study couldn’t prove cause-and-effect, but one expert said the findings are in line with current research. "These findings also support the latest U.S. Dietary Guidelines Advisory Committee position that drinking three to five cups a day reduces the risk of type 2 diabetes and heart disease; two conditions that are well established as significant risk factors for erectile dysfunction," said Natan Bar-Chama, MD, director of Male Reproductive Medicine at The Mount Sinai Hospital in New York City.

- Dr. Natan Bar-Chama, Associate Professor, Urology, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai, Director, Male Reproductive Medicine, The Mount Sinai Hospital


Additional Coverage:

Health.com – May 21
The Gross Reason You Should Think Twice About Getting a Full Brazilian Wax – Holly Dawsey
Forget the basic bikini wax. The Brazilian wax—which entails removing all of the hair down there—has become as standard a rite of summer for some women as spray tans and pedicures. Being bare may seem more hygienic than sporting a full bush, but actually, the opposite is true. "We have pubic hair for a reason," says Whitney Bowe, MD, a dermatologist in Briarcliff Manor, NY and clinical assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City. “It acts as a shield against bacteria, allergens, and other unwanted pathogens.” Stripping away that natural barrier puts you at higher risk of irritation or infection in the vaginal area, Dr. Bowe explains.
- Dr. Whitney Bowe, Assistant Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai

Learn more: http://news.health.com/2015/05/21/the-gross-reason-you-should-think-twice-about-getting-a-full-brazilian-wax/

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

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In the News                            May 21, 2015

- The Today Show – May 21

Spreading the Word about Stroke – Willie Geist and Tamron Hall
According to the National Stroke Association, someone in the United States has a stroke every 40 seconds. Doctors say they affect more women than men. In fact strokes kill twice as many women each year as breast cancer. Carolyn Brockington, MD, is the director of the Stroke Center at Mount Sinai Roosevelt and Mount Sinai St. Luke’s in New York City. She sits down with Tamron Hall and Willie Geist to discuss stroke prevention. “The interesting thing is that people don’t think strokes occur in younger people. They think it happens when you get older but really that’s not true,” says Dr. Brockington, “Everyone should know the signs and symptoms of a stroke and what to do about it.”

-Dr. Carolyn Brockington, Director, The Stroke Center, Mount Sinai Roosevelt and Mount Sinai St. Luke’s

Learn more: http://www.today.com/health/stroke-symptoms-women-know-when-call-help-t22251

U.S. News & World Report – May 21

What Not to Say to Someone with Obsessive-Compulsive Disorder – Kirstin Fawcett
Here are some phrases to think twice about saying to a friend, family member or acquaintance with OCD. "You don’t look like you have OCD." "Someone with OCD looks very normal on the outside – and might be in every other way," says Wayne Goodman, MD, a psychiatrist and chief of the division of Tics, OCD and Related Disorders at The Mount Sinai Hospital in New York. 'People think, ‘How could someone who seems so rational and normal inside and out be plagued by all these ridiculous, obsessive thoughts and behaviors?’"

- Dr. Wayne Goodman, Professor, Neuroscience, Psychiatry, Icahn School of Medicine at Mount Sinai, Chief, Division of Tics, OCD and Related Disorders, The Mount Sinai Hospital, System Chair, Psychiatry, Mount Sinai Health System

Learn more: http://health.usnews.com/health-news/health-wellness/articles/2015/05/21/what-not-to-say-to-someone-with-obsessive-compulsive-disorder

The Washington Post via The Associated Press – May 20

AP Source: Giants Tackle Will Beatty Tears Pectoral Muscle – Tom Canavan
New York Giants starting left tackle Will Beatty is going to be sidelined up to six months after tearing a pectoral muscle, a person with knowledge of the injury told The Associated Press on Wednesday. The source said Beatty was injured lifting weights on Tuesday. He was expected to have surgery on
Wednesday. The source said the recovery time frame is 4 to 6 months. Bradford Parsons, MD, chief of shoulder surgery at The Mount Sinai Hospital in New York, said the surgery will repair the tear but the player has to regain the flexibility in his shoulder and get strength back in the muscle. “The bottom line is, the repair gives him a chance of getting his strength back, and if he gets his strength back, then he should be able to get back in action,” Parsons said.

-Dr. Bradford Parsons, Associate Professor, Orthopaedics, Icahn School of Medicine at Mount Sinai

Learn more: http://www.washingtonpost.com/sports/redskins/ap-source-giants-lt-will-beatty-tears-pectoral-muscle/2015/05/20/64c1af68-ff31-11e4-8c77-bf274685e1df_story.html

Additional Coverage:
USA Today: http://www.usatoday.com/story/sports/nfl/2015/05/20/ap-source-giants-tackle-will-beatty-tears-pectoral-muscle/27666229/


NJ.com – May 20


Giants left tackle Will Beatty tore his pectoral muscle on Wednesday, an injury that is not considered as serious as the dreaded ACL or Achilles tear, but is still serious enough to warrant a lengthy recovery period. With Beatty having gone under the knife, he now faces a five-to-six month recovery period. Bradford Parsons, MD, chief of shoulder surgery at The Mount Sinai Hospital in Manhattan and an expert on shoulder injuries, got on the phone with NJ Advance Media to talk about Beatty's injury and what lies ahead. “When someone tears their pec muscle, what they tear typically is the attachment of the pec muscle onto the arm bone, called the humerus,” says Dr. Parsons.

-Dr. Bradford Parsons, Associate Professor, Orthopaedics, Icahn School of Medicine at Mount Sinai

Learn more: http://www.nj.com/giants/index.ssf/2015/05/will_beatty_injury_what_is_a_torn_pectoral_muscle.html

The Wall Street Journal – May 20

Uncertain Return for Jacoby Ellsbury Means a Chance for Slade Heathcott – Daniel Barbarisi

This much is certain: Jacoby Ellsbury won’t play for at least 15 days, and he won’t need surgery. Beyond that, even the Yankees’ center fielder is in the dark as to how much time he’ll miss due to the knee injury he suffered Tuesday night in Washington. The Yankees pulled him from the lineup and sent him for an MRI. The diagnosis came back as a right knee sprain. In cases where there is a sprain and surgery is not required, the prospects for a complete recovery are excellent in a reasonable amount of time, said Alexis Colvin, MD, an orthopedic surgeon specializing in sports medicine at The Mount Sinai Hospital. “There are cases when an LCL injury does require surgery, if it’s a complete tear, but if it’s a case where it doesn’t require surgery, he should be able to make a full recovery with physical therapy and time,” said Dr. Colvin, who stressed that she had not evaluated the MRI herself. “I would say my guess is probably four to six weeks, but it depends on the severity of it.”

-Dr. Alexis Colvin, Associate Professor, Orthopaedics, Icahn School of Medicine at Mount Sinai

Breast Density Shouldn’t Mean More Cancer Screening – Jessica Firger

In recent years, 22 states—including Michigan last week—have passed laws that require physicians to notify their female patients if a mammogram detects that she has dense breast tissue, a factor that has been found to both elevate the risk for breast cancer and make it harder to detect. Approximately half of all mammograms depict dense breast tissue. The problem, though, is that not all dense breast tissue is created equal. Tamara Fulop, MD, chief of breast imaging at Mount Sinai Beth Israel and assistant professor of radiology at the Icahn School of Medicine at Mount Sinai, says physicians should consider the benefit of additional screening on a case-by-case basis. “I think this is all evolving, and this all needs to be shaped by good medicine, and individual patients really need to discuss with doctors,” says Fulop.

- Dr. Tamara Fulop, Assistant Professor, Radiology, Icahn School of Medicine at Mount Sinai, Chief, Breast Imaging, Mount Sinai Beth Israel

Learn more: http://www.newsweek.com/breast-density-shouldnt-mean-more-cancer-screening-334034

Can Lemon Water Really Help You Lose Weight? – Kathleen Hou

It seems like every time we conduct or read an interview with someone about their beauty routine, at one point or another in the conversation, they mention that they drink lemon water in the morning. In an attempt to get to the bottom of this trend, the Cut interviewed several nutritionists and doctors about the benefits of drinking lemon water. Can lemon indirectly stimulate my liver? Gina Sam, MD, MPH, director of the Gastrointestinal Motility Center at The Mount Sinai Hospital, weighs in by saying, “There is no [scientific] data that says it metabolizes your bile, or helps you lose weight. I think that’s just a myth.”

- Dr. Gina Sam, Assistant Professor, Medicine, Gastroenterology, Icahn School of Medicine at Mount Sinai, Director, Mount Sinai Gastrointestinal Motility Center at the Mount Sinai Hospital

Learn more: http://nymag.com/thecut/2015/04/can-lemon-water-really-help-you-lose-weight.html

Asthma Symptoms in Children May Be a Sign of Peanut Allergies – Kristen Fischer

A new study has revealed that many young asthma patients are sensitive to peanuts but don’t know it. The discovery has prompted researchers to advise parents that children with asthma should be tested for peanut allergies. Another expert urges a little more caution. "It is not surprising that children with asthma have a high rate of peanut sensitivity," said Jacob Kattan, MD, an assistant professor at the Pediatric Allergy and Clinical Immunology Icahn School of Medicine at Mount Sinai. "I would, however, advise against testing all children with asthma for peanut allergy." Kattan said that current peanut testing allergies are accurate, but test results can be positive among children without allergies. Unnecessary testing can lead to unwarranted dietary restrictions and stress for patients and their families, in addition to increased health care costs, Kattan said.

- Dr. Jacob Kattan, Assistant Professor, Pediatrics, Allergy and Immunology, Emergency Medicine, Icahn School of Medicine at Mount Sinai


EatThis.com – May 20
9 Foods and Drinks Doctors Never Eat – Dana Leigh Smith

Cheeseburgers: "There isn’t a food I avoid entirely. One cheeseburger never killed anybody unless they choked on it," jokes Blase Carabello, MD, Chairman of Cardiology at Mount Sinai Beth Israel Hospital. "However, I do limit myself to one per month since the dish is high in heart disease-causing saturated fat and served in a processed bun made with refined carbohydrates." Giant Cups of Caffeine: “I try to avoid excessive caffeine,” says Mamta M. Mamik, MD, Assistant Professor of Obstetrics, Gynecology and Reproductive Science at the Icahn School of Medicine at Mount Sinai. “An adult can safely consume up to 400 milligrams of caffeine a day, but drinking any more than that can cause calcium excretion, which, over time, may lead to osteoporosis.”

- Dr. Blase Carabello, Senior Faculty, Medicine, Cardiology, Cardiovascular Surgery, Icahn School of Medicine at Mount Sinai, Site Chair, Cardiology, Mount Sinai Beth Israel
- Dr. Mamta Mamik, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai

Learn more: http://www.eatthis.com/9-foods-drinks-doctors-never-eat

Woman’s Day Magazine – June 2015

New Wrinkle Fighting Trick

The latest thinking in sun safety involves layering on several SPF-infused products keeps you totally covered. There’s no such thing as SPF-overkill – combining beauty products with sun protection will help keep your skin looking younger. The SPF numbers do not add up to a higher SPF, says dermatologist Joshua Zeichner, MD, but layering the formulas will ensure that you’re getting more complete coverage to keep those UV rays at bay.

- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital

Learn more: No Web Link Available

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In the News                            May 20, 2015

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Crain’s Health Pulse – May 20

Urban Hospitals and Patient Satisfaction

Large urban hospitals that serve diverse populations are at a disadvantage when it comes to the patient satisfaction surveys that help determine their government incentive payments, according to a study published in the Journal of Hospital Medicine last month. Researchers from the Icahn School of Medicine at Mount Sinai—one of the hospitals that may stand to benefit from the report—looked at patient satisfaction data from hospitals nationwide. Even though HCAHPS is designed to take patient demographics into account, researchers found that a large hospital serving many non-English speakers is likely to receive lower patient ratings, while a hospital primarily treating educated, white patients is likely to receive higher scores. Hospitals in population-dense states such as New York also have among the lowest patient ratings, while the best scores are found in states such as Iowa and Maine. Under the ACA, patient experience makes up 30% of a hospital’s Total Performance Score, the measurement CMS uses to determine value-based payments.

-Dr. Randall Holcombe, Professor, Medicine, Hematology and Medical Oncology, Icahn School of Medicine at Mount Sinai, Director, Clinical Cancer Affairs, The Mount Sinai Hospital, Chief Medical Officer, Cancer, Mount Sinai Health System

Learn more: http://www.crainsnewyork.com/article/20150520/PULSE/150519857/another-1b-for-nys-medicaid-reform

Additional Coverage:

Everyday Health – May 19

Purpose in Life Is Good for Your Health – Sanjay Gupta, MD

Having a strong sense of purpose in life may not guarantee happiness, but research shows it could promote good health and longevity. “There’s no formal definition of having a purpose in life, but the consensus is that it’s a sense of meaning and feeling that life is worth living,” says preventive cardiologist Randy Cohen, MD, medical director of University Medical Practice Associates at Mount Sinai St. Luke’s-Roosevelt Hospital in New York City. Reviewing data from ten studies involving 137,000 men and women, Dr. Cohen and his colleagues found that people with a low sense of purpose, as measured by psychological surveys, were more likely to have a stroke, heart attack, or coronary artery
disease requiring a stent or bypass surgery.

- Dr. Randy Cohen, Medical Director, University Medical Practice Associates, Mount Sinai St. Luke’s, Mount Sinai Roosevelt

Medscape – May 19
Too Much/Too Little Sleep Ups Stroke Risk Nearly Twofold in Hypertensive Patients, Says NIH-Funded Study – Deborah Brauser

Compared with healthy sleep patterns, long and short sleep durations appear to almost double the likelihood of stroke in middle-aged individuals with hypertension, new research suggests. A cohort study of 200,000 hypertensive patients, presented here at the American Society of Hypertension (ASH) 2015 Annual Scientific Meeting, showed an adjusted odds ratio (OR) of 1.83 (95% CI 1.56–2.14) for stroke in the participants who slept less than 5 hours a night on average vs those who slept 7 to 8 hours a night. In addition, the OR for stroke was 1.74 (95% CI 1.68–1.80) for those who averaged more than 8 hours of sleep per night. "This was a bit of a surprise that this was U-shaped, but it was even more surprising to us that the risk for stroke was so big among the insufficient sleepers," lead author Oluwaseun Akinseye, MD, (Icahn School of Medicine at Mount Sinai, NY) told heartwire from Medscape.

- Dr. Oluwaseun Akinseye, Resident, Internal Medicine, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medscape.com/viewarticle/844917
Additional Coverage:
Medical Daily: http://www.medicaldaily.com/too-much-sleep-or-too-little-could-increase-risk-stroke-people-high-blood-pressure-334078

The New York Times – May 19
Studies Confirm Brain Plaque Can Help Predict Alzheimer’s – Pam Belluck

The largest analysis to date of amyloid plaques in people’s brains confirms that the presence of the substance can help predict who will develop Alzheimer’s and determine who has the disease. Two linked studies, published Tuesday in JAMA, also support the central early role in Alzheimer’s of beta amyloid, the protein that creates plaques. Samuel Gandy, MD, an Alzheimer’s researcher at The Mount Sinai Hospital, who was not involved in the research, said doctors “can feel fairly confident that amyloid is due to Alzheimer’s.” But he and others cautioned against screening most people without dementia because there is not yet a drug that prevents or treats Alzheimer’s, and amyloid scans are expensive and typically not covered by insurance.

- Dr. Samuel Gandy, Professor, Neurology, Psychiatry, Icahn School of Medicine at Mount Sinai, Associate Director, Mount Sinai Alzheimer’s Disease Research Center
Learn more: http://www.nytimes.com/2015/05/20/health/studies-confirm-brain-plaque-can-help-predict-alzheimers.html?emc=eta1

CBS News – May 19
Sam Smith Puts Vocal Cord Surgery in the Spotlight – Amy Kraft

Doctors say Grammy Award winner Sam Smith is expected to make a full recovery after successful vocal cord surgery in Boston. The 23-year-old British singer-songwriter received the operation to stop recurrent vocal cord bleeding. The need for vocal cord surgery is relatively common -- and not just among superstar singers. "It can happen to anyone who uses their voice a lot," said Michael Pitman, MD,
director of The Voice and Swallowing Institute in the Department of Otolaryngology - Head & Neck Surgery at The New York Eye and Ear Infirmary of Mount Sinai. "Teachers have the highest prevalence of voice disorders," he added.

-Dr. Michael Pitman, Associate Professor, Otolaryngology, Icahn School of Medicine at Mount Sinai, Director, Laryngology, the New York Eye and Ear Infirmary of Mount Sinai, Chief, Laryngology, Mount Sinai Health System


Yahoo Health – May 19
This Photo Could Save Your Life: The Subtle Sign That Tipped This Woman Off to Breast Cancer – Jenna Birch

When we think of breast cancer, we tend to think of a lump or mass. But sometimes a cancer can present in the subtlest of ways — something Lisa Royle of Manchester, United Kingdom, now knows well. The 42-year-old posted a photo of her breast to Facebook just before her mastectomy, which has now been shared more than 57,000 times and liked 35,000 times. She wanted to share the single symptom that tipped her off to a growing cancer: a measly dimple. According to Susan K. Boolbol, MD, Chief of the Division of Breast Surgery at Mount Sinai Beth Israel, even a subtle dimple should send off alarms. “As a cancer grows, it can pull the skin in,” she tells Yahoo Health. “It is the same thing that can cause the nipple to become inverted.”

- Dr. Susan Boolbol, Associate Professor, Surgery, Icahn School of Medicine at Mount Sinai, Chief, Breast Surgery, Mount Sinai Beth Israel

Learn more: https://www.yahoo.com/health/this-photo-could-save-your-life-the-subtle-sign-119365754852.html?soc_src=mail&soc_trk=ma

Additional Coverage:
Yahoo Lifestyle UK: https://uk.lifestyle.yahoo.com/this-photo-could-save-your-life--the-subtle-sign-that-tipped-this-woman-off-to-breast-cancer-102613250.html
SheKnows: http://www.sheknows.com/health-and-wellness/articles/1084230/womans-breast-cancer-selfie-could-save-your-life

WCBS TV – May 19
Treating Sciatica – Max Gomez

Everyday thousands of people suffering from sciatica head to their doctors looking for relief from their pain. One of the most common sciatica treatments is the oral steroid called Prednisone. In a study in the Journal of the American Medical Association researchers studied 269 patients with sciatica due to a herniated disk. Two-thirds got oral prednisone and the other third got a placebo. The researchers found that people got no better with prednisone than they did with the placebo. So what are sciatica patients to do? “The more active you are, as long as you can tolerate it, the better,” says Houman Danesh, MD, of The Mount Sinai Hospital, “So walking around and walking it off is something that’s important.”

- Dr. Houman Danesh, Assistant Professor, Anesthesiology, Rehabilitation Medicine, Icahn School of Medicine at Mount Sinai, Director, Integrative Pain Management, The Mount Sinai Hospital

Learn more: No Web Link Available

WNYW – May 19
Washing New Clothes
Just because your clothes may still have the tags on them doesn’t mean they are fit to wear. Dermatologists say even adults should wash their new clothes before wearing them. “I see patients come in all the time that say they went to a new store, tried something on, and a in a couple of days had a reaction,” says dermatologist Angela Lamb, MD. She says the reaction can often be a bumpy, red, itchy rash and there are a number of culprits when it comes to new clothing allergens. “The most common thing that would give you reactions from new clothes are actually things called formaldehyde releasers that they coat clothing in. That’s what really reacts to your skin.”

- Dr. Angela Lamb, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Westside Mount Sinai Dermatology Practice Faculty Practice

Learn more: No Web Link Available

E! Online – May 19
How to Baby Your Skin After a Sunburn: a Dermatologist Shares 5 Must-Do Tips – Erika Stalder
Wearing SPF on the daily may be a common sense thing, but if Gisele Bündchen is a testament, we all get burned from time to time. Maybe it's because we didn't reapply the stuff frequently enough or perhaps we just don't put enough on. And many of us seek false protection in cloudy days or being indoors. But as Jeannette Graf, MD, a dermatologist and assistant clinical professor of dermatology at The Mount Sinai Hospital, reminded us dangerous UV rays can strike just about any time. "UV rays are always there, regardless of season or weather conditions—sun, rain, cold and even when we are indoors and sitting by a window,” she said.

- Dr. Jeannette Graf, Assistant Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai


If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:
newsmedia@mssm.edu
212-241-9200
In the News May 19, 2015

- New York Social Diary – May 15

Opening of Lauder Family Cardiovascular Ambulatory Center
On Wednesday, May 6th, The Mount Sinai Hospital opened its new 20,700-square-foot Lauder Family Cardiovascular Ambulatory Center. The Center was created thanks to the generous support from Ronald S. Lauder and family to honor Valentin Fuster, MD, PhD, Director of Mount Sinai Heart and Physician-in-Chief of The Mount Sinai Hospital, and dedicated to Dr. Fuster in recognition of his leadership. The Center, located within The Mount Sinai Hospital’s Guggenheim Pavilion (GP 1 Center) lobby at 1190 Fifth Avenue, now offers comprehensive and integrated cardiovascular care in one convenient location to nearly 300 heart and vascular outpatients daily.

- Dr. Kenneth L. Davis, CEO and President, Mount Sinai Health System
- Dr. Dennis Charney, Anne and Joel Ehrenkranz Dean of the Icahn School of Medicine at Mount Sinai and President for Academic Affairs for the Mount Sinai Health System, Professor Psychiatry, Neuroscience Pharmacology and Systems Therapeutics at Icahn School of Medicine at Mount Sinai
- Dr. Valentin Fuster, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Mount Sinai Heart, the Zena and Michael A. Wiener Cardiovascular Institute, the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health
- Dr. Joseph Sweeny, Assistant Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Medical Director, The Lauder Family Cardiovascular Ambulatory Center at Mount Sinai
- Haydee Garcia, NP, Nursing Director, The Lauder Family Cardiovascular Ambulatory Center at Mount Sinai

Learn more: http://www.newyorksocialdiary.com/social-diary/2015/women-science

Medscape – May 16

Fit Middle-Aged Men May Maintain Youthful Lipid Levels Longer – Marlene Busko
Levels of lipids other than HDL cholesterol increase from about age 20 to middle age and then decline, as a normal part of aging, but being very physically fit may delay middle-age dyslipidemia by 15 years, according to a new study published in the May 19, 2015 issue of the Journal of the American College of Cardiology (JACC). According to JACC editor Valentin Fuster, MD, (The Mount Sinai Hospital, New York, NY), this paper is perhaps the most thorough evaluation of exercise and lipids to date. "I think what is most important about the paper is it [suggests] that perhaps people who exercise take better care of themselves—for example, they eat better, they avoid obesity—and as a consequence, their lipid profile is better." In an accompanying editorial, Usman Baber, MD, and Paolo Boffetta, MD, (Icahn
School of Medicine at Mount Sinai, New York, NY) also point out that the results of this study "should be interpreted in the context of the unique clinical, demographic, and risk characteristics of [healthy, fit] study participants."

- Dr. Valentin Fuster, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Mount Sinai Heart, the Zena and Michael A. Wiener Cardiovascular Institute, the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health
- Dr. Paolo Boffetta, Professor, Medicine, Hematology and Medical Oncology, Oncological Sciences, Preventative Medicine, Icahn School of Medicine at Mount Sinai, Director, Institute for Translational Epidemiology at Mount Sinai
- Dr. Usman Baber, Assistant Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai


Medpage Today – May 18

Micro Pacer Leads Novel Technologies at HRS – Kate Johnson

An investigational miniaturized transcatheter pacing system can be safely implanted in patients with symptomatic bradycardia, according to French researchers. The device is described as "the world's smallest pacemaker" and is already approved for use in Europe. The device, which is fixated directly in the right ventricle via the femoral vein using protractible nitinol tines was successfully implanted in all patients in a mean procedure time of 37 minutes. "One is looking directly at the tissue," explained Vivek Reddy, MD, from The Mount Sinai Hospital in New York City. "Right now we perform point-to-point lesions ... it's technically complex to make all those point-to-point lesions contiguous. So the idea of the laser balloon catheter is ... at least in theory ... one should be able to get contiguous lesions all the way around."

- Dr. Vivek Reddy, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Arrhythmia Services, Mount Sinai Health System

Learn more: http://www.medpagetoday.com/MeetingCoverage/HRS/51599

Yahoo Health – May 18

HIV-Positive Dad Shares Amazing Photo With His HIV-Negative Family to Help Halt Stigma – Jenna Birch

According to his Facebook post, 34-year-old Andrew Pulsipher has been HIV positive all his life. He was infected prenatally, and both his parents passed away from the disease. He could have easily suffered a similar fate. Pulsipher did not immediately tell his now-wife, Victoria, about his HIV when they began dating — but when he finally did, it didn't make a difference. “I kind of just assumed I would get it too,” Victoria said, according to 12 News. “And that was OK with me, because I loved him and I wanted to be with him.” Luckily, that has not been an issue. The Phoenix, Ariz., pair now have three children via IVF, and will be celebrating their 10-year anniversary in October. Antonio Urbina, MD, an internist who works with HIV patients at Mount Sinai in New York says HIV is a completely different entity in recent years. “At Sinai, we have HIV patients in their 90s,” he tells Yahoo Health. “The landscape has changed tremendously. My oldest patient is 87, and HIV is like number five on his list of active health issues. The drugs are so less toxic now, too. It’s a chronic disease, but very manageable.”

- Dr. Antonio Urbina, Senior Faculty, Medicine, Infectious Diseases, Icahn School of Medicine at Mount Sinai, Medical Director, Institute for Advanced Medicine at Mount Sinai

Learn more: https://www.yahoo.com/health/hiv-positive-dad-shares-photo-with-his-119299374272.html
New York Daily News – May 18

After Kardashian Family Accuses Bruce Jenner of Keeping His Transitioning a Secret, Psychologists Weigh In on This Complex Issue – Jeanette Settembre

One day after the Kardashian/Jenner clan accused Bruce Jenner of keeping his transitioning to a woman a secret, psychologists say they’re not surprised the Olympian champion feared raising the topic. “There’s never a right way,” says psychologist Barbara Warren, director of LGBT Health Services at Mount Sinai Health System. “It really depends on family dynamic, the circumstances of someone’s life, your religion, or the place you live and what’s at stake,” she adds.

-Barbara E. Warren, Psy.D, LMHC, Director, LGBT Health Services, Mount Sinai Beth Israel, Mount Sinai Health System

Learn more: http://www.nydailynews.com/entertainment/kardashians-jenners-impacted-bruce-jenner-transition-article-1.2226980

USA Today – May 18

Sam Smith Has Successful Cord Surgery – Maria Puente

Happy birthday to singing sensation Sam Smith, who turned 23 on Tuesday and is recovering from successful vocal cord surgery in Boston. Massachusetts General Hospital announced that Smith underwent laser microsurgery at the hospital’s Voice Center to stop a recurrent problem of vocal cord bleeding. Vocal cord surgeries, such as removing polyps or lasering blood vessels, are not confined to top-flight singers like Smith and Adele, says Michael Pitman, MD, an expert in voice restoration and director of the Voice and Swallowing Institute at the New York Eye and Ear Infirmary of Mount Sinai. "Vocal cord trauma can happen to anybody, and the majority of patients seen for this are not professional singers," Pitman says. "It’s the number one laryngeal surgery that everyone does around the country.”

-Dr. Michael Pitman, Associate Professor, Otolaryngology, Icahn School of Medicine at Mount Sinai, Director, Laryngology, the New York Eye and Ear Infirmary of Mount Sinai, Chief, Laryngology, Mount Sinai Health System

Learn more: http://www.usatoday.com/story/life/music/2015/05/19/sam-smith-has-successful-vocal-cord-surgery/27577587/

WNBC – May 15

Positively Black: National Stroke Awareness Month

Strokes are not only for the elderly, and are more prevalent than people think. Carolyn Brockington, MD, discusses some of the risks with WNBC TV. “A lot of people think that you only have to think about stroke when you get older and that couldn’t be farther from the truth. Strokes can occur at any age,” says Dr. Brockington. She explains that strokes are the result of an interruption of blood flow to the brain, causing injury to the brain.

-Dr. Carolyn Brockington, Director, The Stroke Center, Mount Sinai Roosevelt and Mount Sinai St. Luke’s

Learn more: http://www.nbcnewyork.com/video/#!/on-air/as-seen-on/Positively-Black--National-Stroke-Awareness-Month/260586441
**Elle – May 15**

**How Do You Avoid Redness During a Makeout Session?**

We partnered with Google to find out each state’s most-asked beauty questions and then turned to the nation’s top skin, makeup, and hair experts for the answers. How do you clear up breakouts fast? The first rule, says dermatologist Heidi Waldorf, MD, is to take a hands-off approach. “Don’t try to pop or pick pimples. Trying to remove them with your fingers or various tools may flatten them out momentarily but will worsen acne overall and increase the risk of scarring.” A visit to the derm for a cortisone shot can reduce the size and redness of an individual pimple in 24 to 48 hours, but if that’s not an option, Waldorf suggests applying a combo of “over-the-counter one percent hydrocortisone cream and a spot acne treatment containing antibacterial and drying ingredients such as sulfur, benzoyl peroxide, or salicylic acid.”

- Dr. Heidi Waldorf, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Laser and Cosmetic Dermatology, The Mount Sinai Hospital
- Dr. Whitney Bowe, Assistant Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai


**Real Simple – June 2015**

**Can You Spot a Problem?**

With skin cancer, early detection is everything. The sooner you have a cancerous spot removed, the less likely it is to spread. Monthly self-exams are key. “If you see a new spot, whether it is brown, skin colored, or pearly, or scabbed and bleeding, see your dermatologist,” says Joshua Zeichner, an assistant professor of dermatology at The Mount Sinai Hospital in New York City.

- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital

Learn more: No Web Link Available

**Allure – May 18**

**Why Don't Men Put on Sunscreen? – Renee Jacques**

Here at Allure, we spend a good deal of time telling you how important it is to wear sunscreen all year round. And for many of our readers—most of whom are, yes, female—putting on sunscreen is just as much a part of their morning routine as brushing their teeth. But what about men? Melanoma kills twice as many men as women, and Ellen Marmur, MD, an associate clinical professor of dermatology, genetics, and genomic research at the Icahn School of Medicine at Mount Sinai in New York City, told us last year that the reason for this is because men don’t put on sunscreen as frequently as women do. “The majority of men don’t apply sunscreen at all,” Marmur said.

- Dr. Ellen Marmur, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai


**All You Magazine – May 15**

**Smart Health Advice – Camille Noe Pagan**
Taraneh Shirazian, MD, discusses straightforward solutions for your intimate concerns. She says there’s hope for your fibroids. Three in four women have uterine fibroids, which are noncancerous growths in the uterus. Many women with fibroids experience few or no problems, but for those who do, there are safe and effective options. Nonsteroidal anti-inflammatory medications can reduce bleeding, and your doctor might recommend a uterine artery embolization procedure, which cuts off fibroids’ blood supply to shrink them.

- Dr. Taraneh Shirazian, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai

Learn more: No Web Link Available

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212-241-9200
New York Social Diary – May 15

14 Things I Never Expected to Happen to Me – Susan York Morris

On Wednesday, May 6th, The Mount Sinai Hospital opened its new 20,700-square-foot Lauder Family Cardiovascular Ambulatory Center. The Center was created thanks to the generous support from Ronald S. Lauder and family to honor Valentin Fuster, MD, PhD, Director of Mount Sinai Heart and Physician-in-Chief of The Mount Sinai Hospital, and dedicated to Dr. Fuster in recognition of his leadership. The Center, located within The Mount Sinai Hospital’s Guggenheim Pavilion (GP 1 Center) lobby at 1190 Fifth Avenue, now offers comprehensive and integrated cardiovascular care in one convenient location to nearly 300 heart and vascular outpatients daily.

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- Dr. Joseph Sweany, Assistant Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Medical Director, The Lauder Family Cardiovascular Ambulatory Center at Mount Sinai
- Haydee Garcia, NP, Nursing Director, The Lauder Family Cardiovascular Ambulatory Center at Mount Sinai

Learn more: http://www.newyorksocialdiary.com/social-diary/2015/women-science

World’s Tiniest Pacemaker Seem Safe, Effective in Trial – Robert Preidt

The world’s smallest pacemaker is safe and effective in patients with a slow heart rhythm, according to the first human clinical trial of the device. A permanent pacemaker is the only effective treatment for slow heart rhythm. This new miniaturized pacemaker -- called the Micra transcatheter pacing system -- is implanted through the femoral vein (running from the leg to the heart) and placed directly inside the heart’s right ventricle. Cardiologists in the United States called the device a potential advance. Vivek Reddy, MD, directs arrhythmia services at The Mount Sinai Hospital and Mount Sinai Health System in New York City. He called the new pacemaker “a great step forward,” although he said longer-term study is needed.

- Dr. Vivek Reddy, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Arrhythmia Services, Mount Sinai Health System


14 Things the Doctor Wants You to Know About Skin Cancer – Susan York Morris

Skin cancer is one of the most preventable forms of cancer. But it’s also the most common. Two million people in the United States are diagnosed with a form of skin cancer every year, and that rate is constantly rising. Because May is Skin Cancer Awareness Month, we asked dermatologic surgeon Hooman Khorasani, MD, of The Mount Sinai Hospital in New York to tell us what everyone should know about skin cancer. What’s your risk, and how can you lower it? “Melanoma only accounts for about 5 percent of all skin cancers. But it’s about three times more deadly than the more common forms of skin cancer,” Dr. Khorasani tells Healthline.

- Dr. Hooman Khorasani, Assistant Clinical Professor, Dermatology, Icahn School of Medicine, Chief, Division of Mohs, Reconstructive and Cosmetic Surgery, The Mount Sinai Hospital


14 Things I Never Expected to Happen to Me – Susan York Morris

Talent, hard work, and more than a little luck earned 34-year-old actor and dancer Damian Thompson a thriving career on stage and on screen. But Thompson feared his luck had dried up when, in October 2014, he learned that the mole on his thigh was in fact melanoma, the...
most lethal type of skin cancer. “My friends helped me find Hooman Khorasani, MD, at The Mount Sinai Hospital in New York. I didn’t need chemo or anything, because they caught it early,” says Thompson, “A lot of the mole and skin were taken out and I had to get two layers of stitching… Dr. Khorasani was, for lack of a better word, “fatherly.” He knew I was not used to surgery, so while we were in there, he kept talking to me and easing me through it.”

- Dr. Hooman Khorasani, Assistant Clinical Professor, Dermatology, Icahn School of Medicine, Chief, Division of Mohs, Reconstructive and Cosmetic Surgery, The Mount Sinai Hospital

Learn more: http://www.healthline.com/health/skin-cancer/things-i-never-expected

CNN.com – May 18


Constipation isn’t the most glamorous of topics — but having it sure isn’t fun. For one, it’s extremely common, affecting 42 million people in the United States. Each of us has different bathroom habits, but most experts say that three or fewer bowel movements per week could indicate a problem. Most of us don’t drink enough water, either, which also contributes to constipation. Get things moving again with the 15 foods that follow. Popcorn: For a savory afternoon snack, skip potato chips and have plain popcorn instead, recommends Gina Sam, MD, director of the Gastrointestinal Motility Center at the Mount Sinai Hospital. It’s an easy way to add more fiber into your day—3 cups of air-popped contains 3 grams for just 90 calories. Pop it yourself or buy the bags of yummy versions that are popping up all over store shelves.

- Dr. Gina Sam, Assistant Professor, Medicine, Gastroenterology, Icahn School of Medicine at Mount Sinai, Director, Mount Sinai Gastrointestinal Motility Center at the Mount Sinai Hospital

Learn more: http://www.cnn.com/2015/05/18/health/foods-for-constipation/

WNBC – May 15

World MS Day– Janice Huff

Ilana Katz-Sand, MD, assistant professor of Neurology at The Mount Sinai Hospital, and Michele Tolson, Walk MS New York City participant, sit down with Janice Huff to talk about World MS Day, which is on May 27. “Multiple Sclerosis is an autoimmune disease which is when the immune system improperly gets activated and attacks a part of the body. In the case of MS that means attacking the nervous system,” says Dr. Katz-Sand, “Patients can have all kinds of neurological symptoms related to where those areas are that are getting attacked.”

- Dr. Ilana Katz-Sand, Assistant Professor, Neurology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.nbcnewyork.com/video/#!/on-air/as-seen-on/World-MS-Day/303971761

WFUV Radio – May 15

Alternative Treatments: Music Therapy for Asthma – Stephanie Colombini

Imagine you’re a kid with asthma on the playground at school. Suddenly, you start to feel your chest tighten, and next thing you know, you’re gasping for air. But what if there was a way to prevent things from escalating? That’s Petra Gelbart, PhD, conducting a music therapy session at p.s. 142 in Lower Manhattan. Gelbart’s an intern with the Louis Armstrong Center for Music and Medicine at Mount Sinai Beth Israel. Her sessions are part of the center’s Asthma Initiative Program. For some people, a chorus of recorders might bring back fond memories of childhood. For others, flashbacks to cringing through their own children’s recitals. But Joanne Loewy, DA, Director of the Louis Armstrong Center for Music and Medicine says these instruments can help save lives. "When they play a wind, you can actually see changes in their peak flow," Lowey said. "You can see them have more control, their breath more elongated. You can see more room in the lungs physically for air because they’re relaxed."

- Joanne Loewy, DA, LCAT, MT-BC, Associate Clinical Professor, Family Medicine and Community Health, Icahn School of Medicine at Mount Sinai, Founding Director, the Louis Armstrong Center for Music and Medicine, Mount Sinai Health System
- Petra Gelbart, PhD, Intern, Louis Armstrong Center for Music and Medicine, Mount Sinai Health System

Learn more: http://www.wfuv.org/content/alternative-treatments-music-therapy-asthma

Allure – May 15

10 Spot Treatments That Won’t Dry Out Your Skin – Stephanie Saltzman

Arithmetic Acne Control Complex: Formulated for anyone over the age of 20 (who are generally likely to have drier, thinner skin than teenagers who experience breakouts), this treatment aims to banish zits with minimal dryness. It relies on a lower dosage of the blemish-fighting superingredient benzoyl peroxide than most other blemish treatments on the market (3 percent, compared with 10 percent). According to Joshua Zeichner, MD, the director of cosmetic and clinical research in dermatology at The Mount Sinai Hospital in New York City, a 2.5 percent dose of benzoyl peroxide has been shown to be as effective as a 10 percent dose, so there’s no need to pile it on.

- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital

WABC Viewpoint – May 17

Skin Cancer Awareness – Ken Rosato

Skin cancer is the most common form of cancer in the United States. One in five Americans will develop it over the course of their lives. It is also one of the most preventable types of cancer. In fact, if basal cell carcinoma, the most common kind, is caught early enough it has a cure rate approaching 100 percent. Orit Markowitz, MD, and her patient Todd Pobiner, sit down with WABC's Ken Rosato to discuss skin cancer awareness. “What I tell my patients is if there's something new, very dark and concerning, something pink, crusty, bleeding, not healing, they need to come see a dermatologist,” Dr. Markowitz tells Rosato, “But it doesn't substitute for patients coming in regularly even if they don’t have a spot of concern. With the technology we have today the majority of the lesions that we biopsy are lesions that have no signs to the naked eye consistent with melanoma.”

-Dr. Orit Markowitz, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai

Learn more: http://7online.com/uncategorized/new-york-viewpoint-for-sunday-may-17-2015-segment-1/725108/

Lucky Shops – May 15

A New Report Says Some SPF Numbers Don’t Add Up—So What To Do? – Annie Tomlin

Most of us know to apply sunscreen when we're headed outside, but a new report suggests that we may not be getting the protection we're expecting. Consumer Reports tested 34 sunscreens and found that almost a third of them didn't meet the SPF claim on their labels. Some formulas also didn’t protect skin against UVA rays, the ever-present rays that cause signs of aging. So, does this mean your sunscreen can’t be trusted? Not necessarily. “I think the study probably has some merit,” says Gary Goldenberg, MD, a dermatologist at The Mount Sinai Hospital in New York. “There’s been criticism [of the report] because it’s not the way the Food and Drug Administration measures sunscreens, but I think that way isn’t actually how consumers use them.” In other words, that doesn’t mean sunscreen companies are lying about SPF protection, he says; it just means people are using them differently.

- Dr. Gary Goldenberg, Assistant Professor, Dermatology, Pathology, Icahn School of Medicine at Mount Sinai, Medical Director, Dermatology Faculty Practice

Learn more: http://www.luckyshops.com/article/consumer-reports-spf-numbers-not-reliable

FoxNews.com – May 18

8 Foods for Thicker, Stronger Hair – Julie Revelant

If you’re starting to notice more hair in your brush, you’re not alone. Although hair loss can be caused by stress or a medical condition or treatment, for about 80 million people who suffer, it’s simply hereditary, according to the American Academy of Dermatology. Copper, a mineral found in avocado, is one of the best nutrients that fortify both hair and skin. “Copper builds up the collagen and elastin of the skin that holds the hair follicle,” said Ellen Marmur, MD, a board-certified dermatologist and associate clinical professor in the department of dermatology and the department of genetics and genomic research at the Icahn School of Medicine at Mount Sinai in New York City.

-Dr. Ellen Marmur, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.foxnews.com/health/2015/05/18/8-foods-for-thicker-stronger-hair/

New York Daily News – May 17

Daily Checkup: Dr. Carolyn Brockington of Mount Sinai Says Sensible Lifestyle Changes Can Go a Long Way toward Preventing Strokes – Katie Charles

Sharon Stone, New England Pats linebacker Tedy Bruschi, Candice Bergen, Hugh Hefner — all celebrities who have survived a stroke, as do some 700,000 Americans each year. “Stroke is an injury to the brain caused by an interruption of blood flow — either because an artery is blocked or a blood vessel ruptures,” says the director of the Stroke Center at Mount Sinai St. Luke’s and Mount Sinai Roosevelt Hospital, Carolyn Brockington, MD. “Though many people associate having a stroke with becoming disabled, there’s actually a lot we can do to treat stroke and many patients regain their quality of life — there’s also a lot you can do to prevent stroke in the first place.” Brockington is a vascular neurologist who specializing in treating disorders of the brain and blood vessels. May is Stroke Awareness Month.

-Dr. Carolyn Brockington, Director, The Stroke Center, Mount Sinai Roosevelt and Mount Sinai St. Luke's

Learn more: http://www.nydailynews.com/life-style/health/daily-checkup-strokes-happen-old-young-article-1.2218151

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In the News May 15, 2015

SiriusXM Radio – May 9
Mount Sinai Health System CEO Dr. Kenneth L. Davis Grades the Affordable Care Act
Kenneth L. Davis, MD, offers his assessment of The Affordable Care Act as part of a larger discussion on health care on No Labels Radio with Former Governor Jon Huntsman. He is the President and CEO of Mount Sinai Health System, a group of 7 hospitals and the largest private employer in New York City. "I give it a B," said Dr. Davis, "but you see, it's a very complicated Act."
- Dr. Kenneth L. Davis, CEO and President, Mount Sinai Health System

Medscape – May 14
An Entirely New Way to Think About Multiple Sclerosis? – Stephen Krieger, MD
Hi. I'm Stephen Krieger, MD, a neurologist at the Corinne Goldsmith Dickinson Center for Multiple Sclerosis at The Mount Sinai Hospital in New York. I'm here at the American Academy of Neurology meeting in Washington, DC, where I had the chance to present for the first time a new visualization of multiple sclerosis (MS) disease course that I call "The Topographical Model of MS," so I thought I would show that to you and present it here.
-Dr. Stephen Krieger, Associate Professor, Neurology, Icahn School of Medicine, Attending, The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, The Mount Sinai Hospital

HealthDay – May 15
Too Much, Too Little Sleep May Up Stroke Risk for Those With High Blood Pressure– Maureen Salamon
People with high blood pressure who sleep less than five hours or more than eight hours each night may have significantly higher odds of a stroke, new research suggests. Analyzing data from more than 200,000 U.S. residents with high blood pressure, scientists determined that "insufficient" sleepers logging less than five hours of shuteye each night had an 83 percent increased risk of stroke compared to "healthy" sleepers who got seven to eight hours of sleep. "Long" sleepers reporting more than eight hours of nightly sleep experienced a 74 percent higher stroke risk than healthy sleepers, according to the study. "We were surprised, especially with the individuals reporting insufficient sleep, because most studies . . . have shown [only] a modest increase in the chances of suffering a stroke among those with
short sleep duration,” said study author Oluwaseun Akinseye, MD, a resident in internal medicine at the Icahn School of Medicine of Mount Sinai Hospital in New York City. “Our study showed much higher odds of a stroke, almost a twofold increase,” Akinseye added.

- Dr. Oluwaseun Akinseye, Resident, Internal Medicine, Icahn School of Medicine at Mount Sinai


Additional Coverage:

People Magazine – May 14

Martha Stewart Honors Her Late Mother with Center for Living at N.Y.C. Hospital – Gabrielle Olya

When Martha Stewart’s mother, Martha Kostyra, passed away at the age of 93, the lifestyle guru was inspired to do something to ensure that everyone would be able to age as gracefully as she did. “My mother was a very healthy woman, wife and mother of six kids, and she was very inspiring because she was very vibrant, lively and intelligent,” Stewart, 73, tells PEOPLE. “She was a very good example for anybody who’s living longer and wanting to live a healthier, more productive existence.” The businesswoman decided to establish the Martha Stewart Center for Living at New York’s Mount Sinai Hospital in her honor. The center provides outpatient geriatric care. “The whole idea was to give people over the age of 65 a wonderful experience visiting a group of doctors who could help very well with the aging process,” she says.

- The Martha Stewart Center for Living at The Mount Sinai Hospital


Woman’s World Magazine – May 14

Ask America’s Ultimate Experts: Staying Healthy All Your Life – Kristina Mastrocola

Top docs share the single most important thing you can do in every decade to ensure you look and feel your best year after year. In your 70s and beyond stay ache-free with H2O. “People 70 and older have a reduced sense of thirst and typically don’t drink enough water,” reveals geriatric medicine specialist Shahla Baharlou, MD. How much is enough? Eight cups a day to avoid dehydration, which can cause constipation, headaches and kidney stones.

- Dr. Shahla Baharlou, Assistant Professor, Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai

Learn more: No Web Link Available

Yahoo Health – May 14

Touching Moment Colorblind Man Sees Color for First Time: Here’s What Made It Possible – Jenna Birch

Advancing technology is opening us up to a host of new worlds and experiences, but few innovations are as profound as finally seeing the world in vivid color. A couple months ago, one YouTuber uploaded a pretty sweet video of his colorblind younger brother sliding on a pair of EnChroma glasses. The lenses fundamentally enhance color vision, opening the eyes of the colorblind for the first time. Colorblindness is the inability of a person to see colors normally, typically unable to distinguish hues like greens and reds, or occasionally blues. According to Reena A. Garg, MD, an assistant professor of ophthalmology at
the New York Eye and Ear Infirmary of Mount Sinai, the retina takes light input from our environment and converts it to electrical impulses our brain can understand. “There are two types of cells in the retina – the rods and the cones,” she tells Yahoo Health.

- Dr. Reena Garg, Assistant Professor, Ophthalmology, the New York Eye and Ear Infirmary of Mount Sinai

Learn more: https://www.yahoo.com/health.touching-moment-colorblind-man-sees-color-for-118963341922.html

Allure – May 14

Is Camu Camu the New Must-Try Skin-Brightening Ingredient? – Stephanie Saltzman

Camu camu berries, which are native to the Amazon region, contain about 30 times the amount of vitamin C found in oranges. They’re also rich in ellagic acid, an antioxidant that can help protect skin against free radicals, says Joshua Zeichner, MD, the director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. “Camu camu is also jam-packed with other vitamins and minerals including iron, niacin, riboflavin, phosphorus, potassium, beta-carotene, calcium, and amino acids,” he adds. So basically, they’re a superfood for your face (though it’s worth noting that you can eat them, too, if you want).

- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital

Learn more: http://www.allure.com/beauty-products/2015/camu-camu-skin-brightening-products#slide=1

Live Trading News – May 14

Healthy Mediterranean Diet Improves Mental Acuity – Paul Ebeling

Adding more Olive Oil or nuts to a Mediterranean diet: one rich in fruits, vegetables, fish and whole grains and low in red meat may help keep your mind sharper as you age, a new study suggests. The Spanish researchers found that seniors following such diets had greater improvements in thinking and memory than people who were simply advised to eat a lower-fat diet. Sam Gandy, MD, director of the Center for Cognitive Health at The Mount Sinai Hospital in New York City, said, “The general heart-healthy and brain-healthy effects of eating less beef and more chicken, fish, fruits and vegetables has been validated to the point that I now recommend this general Mediterranean diet to all my patients.”

- Dr. Samuel Gandy, Professor, Neurology, Psychiatry, Icahn School of Medicine at Mount Sinai, Associate Director, Mount Sinai Alzheimer’s Disease Research Center

Learn more: http://www.livetradingnews.com/healthy-mediterranean-diet-improves-mental-acuity-104907.htm#.VVYGyvD9z0w

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu

212-241-9200
Medpage Today – May 14

MS: A New 'Model' and a Possible New Treatment—Kristina Fiore

Multiple sclerosis may be more of a continuum than three distinct types of disease, and a new model attempts to capture that nuance. The "topographical" model could provide a new way of looking at disease course, Stephen Krieger, MD, of The Mount Sinai Hospital in New York City, told MedPage Today. "There's thought that MS is more of a continuum," Krieger said during an interview. "We should not think in terms of those categories, but we should think of it as a mixture of relapses and progression and how specifically they mix together." Currently, MS is classified as being in one of three groups: relapsing-remitting, secondary progressive, and primary progressive. But Krieger -- a protege of Fred Lublin, MD, of The Mount Sinai Hospital, who created the three-category model of MS -- said that system doesn't accurately capture the range of disease.

- Dr. Fred Lublin, the Saunders Family Professor of Neurology, Icahn School of Medicine, Director, The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, The Mount Sinai Hospital
- Dr. Stephen Krieger, Associate Professor, Neurology, Icahn School of Medicine, Attending, The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, The Mount Sinai Hospital
Learn more: http://www.medpagetoday.com/Neurology/MultipleSclerosis/51514

Reuters – May 12

Men Who Exercise May Delay Age-Related High Cholesterol – Lisa Rapaport

Men who get plenty of aerobic exercise may delay the onset of age-related high cholesterol, potentially lowering their risk for heart disease, a new study suggests. Researchers followed thousands of men over several decades, periodically drawing blood to test their cholesterol and then making them run on treadmills to measure their cardiorespiratory fitness. Men who could run longer and faster -- signs that their bodies more easily deliver oxygen to muscles -- also had lower cholesterol. "The benefits of physical fitness in improving cholesterol levels are greatest in young to middle-age adults and tend to decrease gradually with older age," said Usman Baber, MD, a cardiovascular researcher at the Icahn School of Medicine at Mount Sinai in New York City. "These findings should reinforce the importance of young to middle-age men incorporating regular aerobic exercise as part of a healthy lifestyle," Baber, co-author of an editorial accompanying the study in the Journal of the American College of Cardiology, said in an email to Reuters Health.

- Dr. Usman Baber, Assistant Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai
Learn more: http://www.reuters.com/article/2015/05/12/us-cholesterol-fitness-men-
Time – May 14

The Great Pot Experiment – Bruce Barcott and Michael Scherer

Yasmin Hurd raises rats on the Upper East Side of Manhattan that will blow your mind. Though they look normal, their lives are anything but, and not just because of the pricey real estate they call home on the 10th floor of a research building near The Mount Sinai Hospital. For skeptics of the movement to legalize marijuana, the rodents are canaries in the drug-policy coal mine. For defenders of legalization, they are curiosities. But no one doubts that something is happening in the creatures’ trippy little brains. In the past, scientists have found that rats exposed to THC in their youth will show changes in their brain in adulthood. But Hurd asked a different question: Could parental marijuana exposure pass on changes to the next generation, even to offspring who had never been exposed to the drug? “This data tells us we are passing on more things that happen during our lifetimes to our kids and grandkids,” Hurd explains, though it remains unclear how those changes manifest in humans.

- Dr. Yasmin Hurd, Professor, Psychiatry, Neuroscience, Pharmacology and Systems Therapeutics, Icahn School of Medicine at Mount Sinai

Learn more: http://time.com/3858353/the-great-pot-experiment/

U.S. News & World Report – May 13

Easy Ways to Protect Your Aging Brain – Samantha Costa

Write this down – you might forget. All puns aside, the Institute of Medicine was tasked with addressing the current state of cognitive aging for both health care providers and patients in a report published last month. In “Cognitive Aging: Progress in Understanding and Opportunities for Action,” the authors offer three evidence-based ways you can protect your aging brain. Dan Blazer, MD, chair of the report and professor emeritus of psychiatry at Duke University Medical Center, and Valentin Fuster, MD, director of Mount Sinai Heart and physician-in-chief at The Mount Sinai Hospital, share these three steps and more brain health tips.

- Dr. Valentin Fuster, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Mount Sinai Heart, the Zena and Michael A. Wiener Cardiovascular Institute, the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health

Learn more: http://health.usnews.com/health-news/health-wellness/slideshows/easy-ways-to-protect-your-aging-brain?int=98e708

Everyday Health – May 11

Free of Hep C After 40 Years ‘Under a Raincloud’ – Sanjay Gupta, MD

Elaine Resnick recently turned 70. She calls it her “rebirth day” because it was the first birthday in nearly 40 years where she could look forward to a future without the risk of becoming ill from hepatitis C. At the end of 2013 new drugs were developed that attack the virus directly. They work faster, with fewer side effects, and with much higher cure-rates. The new drugs are expensive, but they are usually covered by insurance, including Medicare. “When these new medications came out, I took them,” Resnick says.
She was treated by Douglas Dieterich, MD, at the liver clinic at The Mount Sinai Hospital in New York. This time the treatment worked. “Dr. Dieterich came in with a big smile on his face and said, ‘You’re cured,’” she says. “And so far so good.”

- Dr. Douglas Dieterich, Professor, Medicine, Liver Diseases, Icahn School of Medicine at Mount Sinai


Everyday Health – May 11
She Gave Blood and Learned She Had Hepatitis C – Sanjay Gupta, MD
“I actually wanted to get out of class,” admits Alyson Harty, “so I donated my blood at a local school drive.” Harty was 17 at the time, a high school student planning to become a physical education teacher. But that decision to donate blood to get out of class changed her life. A few days later, she got a letter in the mail telling her there was evidence of hepatitis C in her blood and advising her to see a doctor. Because the hepatitis C virus is slow-moving, Alyson could plan when she wanted to begin treatment. She knew it would be physically demanding. At the end of 2013 new drugs were developed that attack the virus directly. But when Alyson was making her decision, the treatment involved boosting the body’s immune system with drugs like interferon, which can cause unpleasant side effects, both emotional and physical. “I had to sit for my [nursing] boards on interferon, but I did it,” she says. She was still on treatment when she was offered her first job, at the liver clinic at The Mount Sinai Hospital in New York City, where she was also a patient.

- Alyson Harty, RN, Nurse Clinical Coordinator, Medicine, The Mount Sinai Hospital

Learn more: http://www.everydayhealth.com/hs/hepatitis-c-living-well/sanjay-gupta-giving-blood-alyson-harty-video/

Addiction.com – April 4
What the Heck is Epigenetics? – Mary Jane Horton
If you haven’t heard the word “epigenetics” yet, get used to it. You’re going to be hearing it a lot in the coming years. Now that the human genome — meaning the full picture of what makes up our DNA — has been mapped, epigenetics is the next big thing in biological science. “Epigenetics can be seen as the vehicle through which the environment interacts with an individual’s genome to determine all aspects of functionality in health and disease,” says Eric Nestler, MD, PhD, Nash Family Professor and director of the Friedman Brain Institute at The Mount Sinai Hospital, in New York City. Chemical changes in cells control the degree to which a gene is expressed, he adds.

- Dr. Eric J. Nestler, Nash Family Professor, Chair of the Department of Neuroscience and Director of the Friedman Brain Institute at the Icahn School of Medicine at Mount Sinai

Learn more: http://www.addiction.com/8426/what-the-heck-is-epigenetics/

Politifact – May 13
Mike Huckabee and the diabetes cure he endorsed that ‘no health agency supports’– Katie Sanders
Republican presidential candidate Mike Huckabee is distancing himself from the unusual ways he earned money before announcing his White House run May 5, but journalists aren’t letting the former Arkansas governor off the hook. Huckabee, who shed about 100 pounds after being diagnosed with Type 2 diabetes, filmed TV and radio infomercials advertising a program to “reverse” diabetes in February and March. The video discusses at length the “Double C Diabetes Remedy” of cinnamon and
chromium picolinate. Jeffrey Mechanick, MD, a past president of the American Association of Clinical Endocrinologists and attending physician in the endocrinology, diabetes and bone disease division of New York’s The Mount Sinai Hospital, said even though chromium and cinnamon are "associated with salutary effects on glucose and insulin physiology in animals and in vitro," there are insufficient clinical data to back up a recommendation for the product.

- Dr. Jeffrey Mechanick, Clinical Professor, Medicine, Endocrinology, Diabetes and Bone Disease, Icahn School of Medicine at Mount Sinai


If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu
212-241-9200
Healio – May 13

Breast Arterial Calcification May Predict Coronary Artery Calcification
Results of a study presented at the American Roentgen Ray Society Annual Meeting indicated that breast arterial calcification on digital mammography predicted coronary artery calcification in women. Laurie Margolies, MD, FACR, associate professor of radiology at Icahn School of Medicine at Mount Sinai and director of breast imaging at The Mount Sinai Hospital, and colleagues analyzed 371 women who had a digital mammogram and an unenhanced CT scan performed within 1 year of each other. The researchers identified calcified breast vessels on the mammogram and characterized them by number of vessels involved and length of involvement (less than one-third, one-third to two-thirds, or greater than two-thirds). “The opportunity to diagnose [CV] risk on mammography heralds a paradigm shift in imaging,” Margolies said in a press release. “Providing this knowledge to physicians increases the opportunity for patients to take advantage of [CV] risk-reduction strategies while screening for breast cancer.”

-Dr. Laurie Margolies, Associate Professor, Radiology, Icahn School of Medicine at Mount Sinai, Director, Breast Imaging, The Mount Sinai Hospital

Learn more: http://www.healio.com/cardiology/imaging/news/online/%7B48cefb23-ad9a-42ee-803a-37c45b56ac99%7D/breast-arterial-calcification-may-predict-coronary-artery-calcification?sc_trk=internalsearch

Healthy Living Magazine – May 11

Age-Related Macular Degeneration Risk Higher in AIDS Patients – Will Boggs
Add intermediate-stage age-related macular degeneration (AMD) to the list of diseases associated with accelerated aging in patients with AIDS. "We were suspicious of an increased risk of AMD in these patients, but we would not have predicted the four-fold difference that we found,” Douglas A. Jabs, MD, from Icahn School of Medicine at Mount Sinai, New York, told Reuters Health by phone. Based on the increased risk of other age-related diseases in patients with AIDS, Dr. Jabs and colleagues used data from the Longitudinal Study of the Ocular Complications of AIDS (LSOCA) to evaluate whether persons with AIDS have an increased prevalence of AMD.

-Dr. Douglas Jabs, Professor, Medicine, Ophthalmology, Chair Emeritus, Department of Ophthalmology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.healthylivingmagazine.us/Articles/9848/

Medpage Today – May 12
Barbara Vickrey, MD, MPH, has been named chair of neurology at the Icahn School of Medicine at Mount Sinai.

- Dr. Barbara Vickrey, System Chair, Neurology, Mount Sinai Health System

Learn more: http://www.medpagetoday.com/Neurology/GeneralNeurology/51481

Skin Cancer Awareness Month 2015 – Gary Goldenberg, MD

Did you know that skin cancer is the most common type of cancer in the United States? According to the American Cancer Society there are over 3.5 million cases and more than 2 million people are diagnosed per year. It is also estimated that 20% of Americans will develop skin cancer at some point during their lifetime. Although the statistics are daunting, there is some positive news. Skin cancer is also one the most preventable and –when detected early–one of the most treatable forms of cancer. To raise awareness about skin cancer, May has been designated National Skin Cancer Detection and Prevention Month.

- Dr. Gary Goldenberg, Assistant Professor, Dermatology, Pathology, Icahn School of Medicine at Mount Sinai, Medical Director, Dermatology Faculty Practice

Learn more: http://skincancer.about.com/od/riskfactors/fl/Skin-Cancer-Awareness-Month-2015.htm

Nurses thrive as volunteers around the corner and around the globe – Tom Clegg

Throughout 2015, Nurse.com is saluting the dedication and compassion of nurses who volunteer to serve others. During National Nurses Week, we introduce you to some nurses in the region who demonstrate the power of volunteerism through their efforts. Susan Eisenberg, RN, Employee Health Manager at New York Eye and Ear Infirmary of Mount Sinai, volunteers her time with the Sexual Assault and Violence Intervention (SAVI) program at Mount Sinai. SAVI is a program dedicated to validating, healing and empowering survivors and their supporters to lead safe, healthy lives through advocacy, free and confidential counseling, and public education.

- Susan Eisenberg, RN, Employee Health Manager, New York Eye and Ear Infirmary of Mount Sinai

Learn more: http://news.nurse.com/article/20150501/NY01/150430003#.VVNQvPD9z0x

Could Vitamin D Supplements Help With Weight Loss?

For obese people who are low on vitamin D, taking a supplement of the nutrient might help them lose weight, a new study suggests. According to an Italian team, prior research has shown that vitamin D deficiency is associated with a higher risk of obesity and obesity-related complications. However, studies on the use of vitamin D supplements to curb obesity have so far been inconclusive, the team said. "This study is somewhat reminiscent of a few years back, when there was an explosion of research on the effect of calcium in aiding in weight loss [and weight loss maintenance],” said Christopher Ochner, PhD, an expert in nutrition, weight loss and obesity at The Mount Sinai Hospital in New York City. "However, it is very important to note that the effect of vitamin D appears limited to only those people who are vitamin D-deficient."

- Christopher Ochner, PhD, Assistant Professor, Pediatrics, Adolescent Medicine, Psychiatry, Icahn School of Medicine at Mount Sinai
Mount Sinai

In the News May 12, 2015

The New York Times – May 8

Evening Hours | Monday Night Dream – Bill Cunningham
May 7: The Mount Sinai Hospital's 30th annual gala, held this year in the Central Park Conservancy garden, was attended by 1,300 guests and raised more than $3 million. Among those in attendance were Joan and Joel Picket; and Chairman of the Board of Trustees Peter May and his wife Leni May.
- Peter May, Chairman, the Board of Trustees, Mount Sinai Health System
Learn more: http://www.nytimes.com/interactive/2015/04/10/fashion/20150510-bill-cunningham-evening-hours.html?ref=fashion&_r=1

Medical Xpress – May 11

'Top 100' Papers in Lumbar Spine Surgery Reflect Trends in Low Back Pain Treatment
What are the most influential studies on surgery of the lower (lumbar) spine? The "top 100" research papers in lumbar spine are counted down in a special review in the May 15 issue of Spine. Samuel K. Cho, MD, and colleagues of Icahn School of Medicine at Mount Sinai, New York City, performed a literature review to analyze and quantify the most important research papers on lumbar spine surgery. Their results raise some interesting "questions, trends and observations"—including the finding that the two most-cited studies focus on situations when spinal surgery should not be performed.
- Dr. Samuel K. Cho, Assistant Professor, Orthopaedics, Neurosurgery, Icahn School of Medicine at Mount Sinai

Wired.co.uk – May 11

Autism Not On the Rise -- Correct Diagnoses Are – Liat Clark
A study looking at autism prevalence in Sweden over a ten-year period has concluded that although clinical diagnoses have risen, cases have in fact remained stable. It puts the increase down to "administrative changes" that have impacted how those on the spectrum are diagnosed and registered. The study, published in the British Medical Journal, is an interesting one in context of continuing concerns that autism diagnoses have inexplicably risen in the past few decades. The Swedish investigation -- a collaboration between the University of Gothenburg, the Karolinska Institutet in Stockholm and Icahn School of Medicine at Mount Sinai in New York -- attributed the rise more generally to the broadening of diagnostic criteria, increasing awareness leading to other disorders presenting under the spectrum and availability of services.
Medpage Today – May 12
Antibody Mix Exhibits Antitumor Activity in Colon Cancer – Diana Swift
A synergistic two-antibody combination targeting epitopes of epidermal growth factor receptor (EGFR), showed promise for combating acquired resistance to cetuximab (Erbitux) and panitumumab (Vectibix) in patients with metastatic colon cancer. The phase I Sym004 study had 39 evaluable patients (median age mid to late 60s) with metastatic colorectal cancer and acquired EGFR inhibitor resistance who were enrolled into two dose cohorts. Celina Ang, MD, assistant professor of medicine and medical oncology at the Icahn School of Medicine at Mount Sinai in New York City told MedPage Today that "the results from this study are intriguing and highlight a potential new option for patients with metastatic colorectal cancer that has progressed on anti-EGFR therapy, addressing a currently unmet need."
- Dr. Celina Ang, Assistant Professor, Medicine, Hematology and Medical Oncology, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medpagetoday.com/HematologyOncology/ColonCancer/51475

Medpage Today – May 8
Cohen's Brain Bits: Don't Hit Me with Your Best Shot – Joshua Cohen, MD
In this week's JAMA Pediatrics, a large epidemiologic study provides the first comprehensive analysis of concussion incidence in youth, high school, and collegiate football. With well over 200 teams and 10,000 players in the 2012 and 2013 seasons, the study evaluated the rates of concussion at each age level, the relative risk of concussion between different age groups, the setting in which concussions occurred (game versus practice), and the difference between the two seasons studied.
- Dr. Joshua Cohen, Assistant Professor, Neurology, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medpagetoday.com/Blogs/CohensBrainBits/51439

Crain's Health Pulse – May 12
Mount Sinai Doc Purchase
Mount Sinai Health System announced it acquired a Staten Island group practice with 13 physicians. Victory Internal Medicine, now renamed Mount Sinai Doctors Victory Internal Medicine, had been part of a 2011 merger with Staten Island Physician Practice, a multispecialty practice with 65 physicians at the time that deal was announced in 2010.
-Mount Sinai Health System

CNN – May 8
New Jersey Judge Rules Twin Girls Have Different Fathers – Haimy Assefa
A New Jersey father has been ordered to pay child support for one girl in a set of twins after DNA tests proved he is not the father of both, according to court documents. Keith Eddleman, MD, director of obstetrics at The Mount Sinai Hospital in New York, said the process in which two ova are fertilized within the same menstrual cycle by two separate sperm is called superfecundation. Twins with different
fathers are called bipaternal or heteropaternal twins, Eddleman said. "It is more common than we think," Eddleman said. "In many situations, you would never know because there is no reason to do a paternity test on twins."

- Dr. Keith Eddleman, Professor, Obstetrics, Gynecology and Reproductive Science, Genetics and Genomic Sciences, Icahn School of Medicine at Mount Sinai, Director, Obstetrics, The Mount Sinai Hospital
Learn more: http://www.cnn.com/2015/05/08/us/new-jersey-twins-two-fathers/

HealthDay – May 11
Mediterranean Diet Plus Olive Oil or Nuts May Boost Thinking and Memory – Steven Reinberg
Adding more olive oil or nuts to a Mediterranean diet -- one rich in fruits, vegetables, fish and whole grains and low in red meat -- may help keep your mind sharper as you age, a new study suggests. The Spanish researchers found that seniors following such diets had greater improvements in thinking and memory than people who were simply advised to eat a lower-fat diet. Sam Gandy, MD, director of the Center for Cognitive Health at The Mount Sinai Hospital in New York City, said, "The general heart-healthy and brain-healthy effects of eating less beef and more chicken, fish, fruits and vegetables has been validated to the point that I now recommend this general Mediterranean diet to all my patients."
- Dr. Samuel Gandy, Professor, Neurology, Psychiatry, Icahn School of Medicine at Mount Sinai, Associate Director, Mount Sinai Alzheimer’s Disease Research Center

Health – May 11
What Real-Life Doctors Say About Mad Men’s Shocking Cancer Diagnosis – Lisa Lombardi
Spoiler alert: If you’re behind on your Mad Men episodes, stop reading now. But if you caught this week’s episode, all we can say is poor Betty Draper Francis. She has metastatic lung cancer, with at the very most 9 months to a year left. While her ever-patient husband, Henry Francis, urges her to try the surgery or radiation that would still have her dead in a year, she decides to opt out of treatment altogether. Her stoicism in the face of a devastating diagnosis is gut-wrenching, as is the callousness with which a male oncologist delivers the dismal prognosis to her husband—rather than Betty—as if she weren’t even in the room. So does Mad Men—which has been praised for its historical accuracy—nail what it was like to get a cancer diagnosis in 1970? How much different is it to have lung cancer today? To find out, we emailed Jorge Gomez, MD, assistant professor of medicine, hematology and medical oncology at Icahn School of Medicine at Mount Sinai in New York City. “Unfortunately, the median survival today is approximately 12 months depending on the type of lung cancer,” he says.
- Dr. Jorge Gomez, Assistant Professor, Medicine, Hematology and Medical Oncology, Icahn School of Medicine at Mount Sinai
Learn more: http://news.health.com/2015/05/11/what-real-life-doctors-say-about-mad-mens-shocking-
Drug users are some of the most marginalized people in our society. Those who use intravenous drugs and contract HIV are, unfortunately, pushed even further to the edge of the margins. The sad truth is that society as a whole has little sympathy for those who acquire a chronic disease through injecting drugs. The federal government will not even allow communities to use its tax dollars for needle exchange programs, despite the fact that those programs have prevented millions of infections since the 1980s. In an exclusive interview with Plus, Don C. Des Jarlais, PhD, Director of Research at the Baron Edmond de Rothschild Chemical Dependency Institute at Mount Sinai Beth Israel in New York City, talked about his latest work to help injection drug users help their own. Des Jarlais has been awarded a $2.5 million grant to help fund research aimed at helping injection drug users break the cycle. They will be taught skills on how to discourage someone who wants to shoot up for the first time. “Almost all injectors are at least ambivalent about injecting. It clearly has created a lot of problems in their lives,” he told Plus. “Most of them do not want to do that to their friends.”

- Dr. Don Des Jarlais, Professor, Psychiatry, Preventive Medicine, Icahn School of Medicine at Mount Sinai, Director of Research, Chemical Dependency Institute, Mount Sinai Beth Israel

Learn more: http://www.hivplusmag.com/stigma/2015/05/11/grant-may-help-needle-exchange-trailblazer-clear-new-paths

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu
212-241-9200
Yahoo Health via Everyday Health – May 9

How High Cooking Temperatures Can Cause Inflammation

Could eating that charred steak lead to arthritis and other diseases linked to inflammation? Very possibly, say researchers from the Icahn School of Medicine at Mount Sinai in New York. The researchers found that when foods are cooked with high, dry heat, it creates toxins known as advanced glycation end products (AGEs) that are absorbed by the body. AGEs are compounds that can trigger inflammation and accelerate aging. Eat too many AGEs, and you're inviting a number of health issues connected to inflammation, including diabetes and chronic kidney disease, says the study's lead author Jaime Uribarri, MD, a professor of medicine at the Icahn School of Medicine at Mount Sinai in New York City.

- Dr. Jaime Uribarri, Professor, Medicine, Nephrology, Icahn School of Medicine at Mount Sinai

Learn more: https://www.yahoo.com/health/how-high-cooking-temperatures-can-cause-117796491708.html

WNBC – May 9

Mom, Daughter End up at Same Hospital on Same Day for Heart Surgeries

A mother and daughter will have each other this Mother's Day, and a pair of healthier hearts, after the two wound up going under the knife at the same hospital on the same day. Mary Beth Bastone was in the middle of surgery last week at Mount Sinai St. Luke's for an abnormal heart rhythm when her mom, Martha Robinson, paid her a kind of unannounced visit. "I woke up and she was alongside the bed," Martha said. Martha needed immediate, life-saving open heart surgery -- a quintuple bypass -- and was transferred to Mount Sinai St. Luke's, while her daughter was at the hospital for her surgery. As fate would have it, the two had heart surgeries at the same hospital, on the same day. "People with big hearts sometimes have big problems with those hearts," Martha said. Sandhya Balaram, MD, and Davendra Mehta, MD, say it's a first for the hospital. "The anxiety factor was there," Mehta said.

- Dr. Sandhya Balaram, Cardiac Surgeon, Mount Sinai St. Luke's
- Dr. Davendra Mehta, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai


Additional Coverage:
Crain’s Health Pulse – May 11
At a Glance: Who’s News
Barbara Vickrey, MD, will take over as system chair of the department of neurology at the Icahn School of Medicine at Mount Sinai on Oct. 1. She hails from UCLA, where she has been a professor of neurology for 25 years and currently serves as director of the departmental health services research program.
- Dr. Barbara Vickrey, System Chair, Neurology, Mount Sinai Health System
Learn more: http://www.crainsnewyork.com/article/20150511/PULSE/150509844/are-primary-care-doctors-shortchanged

Crain’s Health Pulse – May 6
At a Glance: Who’s News
Joanna Chikwe, MD, a professor of cardiovascular surgery at the Icahn School of Medicine, is leading the new department of cardiovascular surgery launched by Mount Sinai to serve Mount Sinai St. Luke’s and Mount Sinai Roosevelt hospitals. She joined Mount Sinai in 2006 and was the system's first female cardiothoracic surgeon.
- Dr. Joanna Chikwe, Professor, Cardiovascular Surgery, Icahn School of Medicine at Mount Sinai, Chair, Cardiovascular Surgery, Mount Sinai Roosevelt, Mount Sinai St. Luke’s

AARP – May 11
Boomers, Here’s Your 10-Year Health Checkup – Candy Sagon
America’s boomers just got a 10-year health checkup, and the diagnosis is mixed: More are dealing with chronic conditions, especially high blood pressure and high cholesterol, but fewer are dying from cancer and heart disease, thanks to recent medical advances. And while deaths from heart disease have decreased over the past 10 years, one prominent cardiologist says the overall report “is not encouraging news for baby boomers.” With 51 percent of boomers having high blood pressure, 40 percent with obesity, and 19 percent with diabetes, this shows a “strong need for different, novel approaches for addressing prevention of disease and management of chronic diseases,” Valentin Fuster, MD, physician in chief of Mount Sinai Hospital in New York, said in an email.
- Dr. Valentin Fuster, Professor, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai, Director, Mount Sinai Heart, the Zena and Michael A. Wiener Cardiovascular Institute, the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health
Learn more: http://blog.aarp.org/2015/05/11/boomers-heres-your-10-year-health-checkup/

HealthDay – May 10
Expert Tips to Detect Early Warning Signs of Stroke – Mary Elizabeth Dallas
Prompt treatment of stroke is key to preventing death and disability, but not everyone knows how to quickly identify the early warning signs of stroke. "Today, thanks to early detection, aggressive treatment and new intervention therapies, more stroke patients than ever are returning to normal life with limited to no disability," said Stanley Tuhrim, MD, director of the Stroke Center at The Mount Sinai Hospital in New York City. "Despite these accomplishments, it is clear that there is still much more work to be done
to reduce the burden of stroke in our community. The challenge remains to educate as many people as possible about stroke’s earliest warning signs and symptoms, so patients can get the immediate treatment they need,” he said in a hospital news release.

- Dr. Stanley Tuhrim, Professor, Neurology, Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Director, The Stroke Center, The Mount Sinai Hospital


Additional Coverage:

Everyday Health – May 11
10 Things Your Doctor Won’t Tell You about Weight Loss – Debbie Strong
From unexpected perks to annoying side effects, here are 10 important truths about weight loss that your doctor probably won’t mention. One thing your doctor may not prepare you for is the intense loneliness that many people losing weight report experiencing. “Many social outings revolve around food or drinking alcohol, so most people will avoid the situations completely — especially early on — which leads to feelings of isolation,” says Higgins. Rebecca Blake, a registered dietitian and the director of clinical nutrition at Mount Sinai Beth Israel Hospital, agrees. “If you have some food-centric friends or relationships, it might disappoint them that you are no longer interested in eating the way you used to,” she says. To avoid loneliness, look for support from like-minded people in similar situations.

- Rebecca Blake, MS, RD, CDN, Director, Clinical Nutrition, Mount Sinai Beth Israel


Yahoo Health – May 10
Is Food Addiction Real?
Sure, we all need food to survive. But guys aren’t getting into shoot-outs over cheeseburgers. They aren’t squandering their life savings on just a few more potato chips. So is food addiction legit? Is it a real disorder? It’s too soon to say for sure, but yeah, probably—at least according to two doctors we spoke to. “Drugs of abuse vary in potency and their effects on brain. A smoker has mild euphoria compared to someone who is a cocaine addict,” says Nicole M. Avena, PhD, research neuroscientist in the fields of nutrition and addiction at the Mount Sinai School of Medicine.

- Nicole Avena, PhD, Assistant Professor, Pharmacology and Systems Therapeutics, Icahn School of Medicine at Mount Sinai

Learn more: https://www.yahoo.com/health/is-food-addiction-real-117715880200.html

Time Warner Cable News – May 9
City Health Beat: Pregnancy – Erin Billups
There’s a lot to talk about when having a baby. But what about all those changes in your body that are certainly not uncommon but come with little warning? One of the most interesting things about pregnancy is the role the placenta plays. “The placenta really is the cornerstone of the pregnancy. The placenta is the barrier or the connecting mechanism between the mom, who is the host for all intents and purposes, and the baby,” says Fahimeh Sasan, MD, an assistant professor of obstetrics, gynecology
and reproductive science at the Icahn School of Medicine at Mount Sinai.

-Dr. Fahimeh Sasan, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai

Learn more: https://www.yahoo.com/health/is-food-addiction-real-117715880200.html

New York Daily News – May 10

Daily Checkup: Skin Cancer Strikes 1 In 5 Americans, Yet It Remains Highly Treatable, Especially If Caught Early – Katie Charles

No family or circle of friends lies outside the reach of skin cancer — 1 in 5 Americans will be diagnosed in the course of their lifetime. “There are three common types of skin cancer, and for all of them, ultraviolet radiation from the sun is the most important risk factor,” says director of the skin of color center at Mount Sinai, Andrew Alexis, MD. “This is the one risk factor we can all control by avoiding tanning and other intense exposure.” Dr. Alexis specializes in treating dermatologic disorders in populations with darker skin.

- Dr. Andrew Alexis, Associate Professor, Dermatology, Chair, Department of Dermatology, Mount Sinai St. Luke's and Roosevelt

Learn more: http://www.nydailynews.com/life-style/health/daily-checkup-skin-cancer-strikes-1-5-americans-article-1.2209794

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu
212-241-9200
CBS News – May 8
How Autism Brain Bank May Help Find a Cure – Ashley Welch
While science has yet to determine exactly what causes autism, a spectrum of developmental disorders affecting one in 68 children in the United States, some parents are taking a bold step to help researchers better understand the condition. Through a national program called Autism BrainNet, they're donating their children's brains to science after they die. Examining the brain tissue of individuals with autism spectrum disorder will allow researchers "to study the disease in a way that is currently not possible, and with that new information to open up new avenues for potential treatments," Patrick Hof, MD, of the Icahn School of Medicine at Mount Sinai told CBS News. The Icahn School of Medicine at Mount Sinai is one of four institutions around the country that will collect and store brain tissue of people with autism.

-Dr. Patrick Hof, Professor, Neuroscience, Ophthalmology, Geriatrics and Palliative Care, Icahn School of Medicine at Mount Sinai

Apple ResearchKit Blog – May 7
Preliminary User-Engagement Learning from our ResearchKit-Enabled Asthma Health App
With our partner Mount Sinai, we launched Asthma Health, one of the inaugural apps built on ResearchKit. The objective of the study is to gain greater insight into triggers of the disease and, in turn, help participants self-manage their asthma by avoiding areas where air quality could worsen symptoms. The study and science are still ongoing, and we hope to publish more results in the future, but we wanted to share some of our preliminary findings on how engaging these apps are. Before the launch of our Asthma app, we asked ourselves questions like: Would users be willing to step through the app’s entire e-consent flow? And would they continue to use the app after installation? The good news is that the answer to each question is a resounding yes.

-The Mount Sinai Hospital
Learn more: http://researchkit.github.io/blog.html#article-2

Medscape – May 7
Is Informed Consent Needed in STEMI Trials? Ethical Questions From the HEAT-PPCI Fallout – Michael O’Riordan
Is informed consent necessary to randomize patients with ST-segment elevation MI (STEMI) into clinical
trials? That was the question two experts grappled with this week at the Society for Cardiac Angiography and Interventions (SCAI) 2015 Scientific Sessions. According to Roxana Mehran, MD (Icahn School of Medicine at Mount Sinai, New York), in arguing her position in the debate, informed consent is absolutely necessary to protect vulnerable patients. While there might be advantages behind eliminating informed consent in certain situations, the bottom line is that physicians do not have an ethical right to interfere with a patient's right to choose. "As much as I love clinical research and I want the very best patients and I want the research to translate into real-world practice, are we empowered to take away a patient's right to choose to be part of a study?" she asked. "I don't think so."

- Dr. Roxana Mehran, Professor, Medicine, Cardiology, Population Health Science and Policy, Icahn School of Medicine at Mount Sinai


Time – May 7

Many Americans Aren’t Getting Cancer Screenings, Gov Says – Alexandra Sifferlin

A new federal report shows a high number of Americans are not undergoing recommended screenings for colorectal, breast and cervical cancers. The CDC looked at data from the 2013 National Health Interview Survey and compared the screening rates to the target numbers for “Healthy People 2020,” a national disease prevention initiative that has based cancer screening goals on the U.S. Preventive Services Task Force (USPSTF) guidelines. Though the new report doesn’t explain why the numbers are not meeting national goals, there are some hints. For instance, the data also showed that people without health insurance or a source of health care had the lowest rates of cancer screening test use. “Though the [USPSTF] does not consider costs or insurance coverage in its evaluation of the evidence, it will be interesting to see whether declines in the number of uninsured in the U.S. since 2013 will be reflected in improved prevention in these populations,” says Albert L. Siu, MD, the chairperson of the USPSTF and the chair of geriatrics and palliative medicine at Mount Sinai Health System.

- Dr. Albert Siu, Professor, Population Health and Policy, Medicine, General Internal Medicine, Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, Chair, Geriatrics and Palliative Medicine, the Mount Sinai Health System

Learn more: http://time.com/3850108/american-cancer-screening-statistics/

Time – May 7

Cities like Baltimore Still Suffer from the Toxic Legacy of Lead Contamination – Justin Worland

More than a decade before Freddie Gray suffered a fatal injury while in custody of the Baltimore Police Department, the Maryland native was allegedly the victim of the neurotoxin that contaminated the walls and windows in the dilapidated home where he grew up, according to a report in the Washington Post. For those exposed to lead as children when their brains are still developing, the poisoning can be devastating. The cognitive effects of lead poisoning include diminished intelligence, shortened attention span and increased risk for developing attention-deficit/hyperactivity disorder, according to The Mount Sinai Hospital’s Philip Landrigan, MD, who did pioneering research in the 1970s on the health effects of lead. “Unfortunately, it’s permanent,” he said. “The human brain displays very little capacity to repair itself once it’s damaged.”

- Dr. Philip Landrigan, Professor and System Chair, Preventive Medicine, Professor, Pediatrics, Dean for Global Health, Icahn School of Medicine at Mount Sinai

Learn more: http://time.com/3845837/baltimore-lead-contamination/
CBS This Morning – May 8
First Baby Born Through Controversial IVF Treatment Draws Attention – Jericka Duncan
A breakthrough in vitro fertilization procedure is giving hope to those struggling to get pregnant. The procedure is called augment in vitro fertilization, a treatment that hit the market in 2014, using a woman’s own cells. Mitochondria are taken from immature egg cells found within the lining of a woman’s own ovaries. Those mitochondria are combined with sperm and added to a woman’s mature egg to fuel embryo growth. “I think this is an exciting breakthrough, but one that should be taken with caution,” says Alan Copperman, MD, the director of infertility at The Mount Sinai Hospital in New York. He says the procedure isn’t necessarily the fix for those struggling to conceive.
- Dr. Alan Copperman, Clinical Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai, Director, Division of Reproductive Endocrinology and Infertility, the Mount Sinai Hospital

Today.com – May 8
Are More Babies Born At Night? New Study Reveals Top Arrival Times – Susan Donaldson James
Most babies are born at night, right? Turns out a new study is busting that birth myth. New babies actually tend to arrive just in time for breakfast. A new report from the Center for Disease Control and Prevention’s Center for Health Statistics reveals more babies in the U.S. are born during daylight hours, usually between 8 a.m. and noon. Michael R. Berman, MD, medical director of labor and delivery at New York City’s Mount Sinai Beth Israel Hospital, said the rise in daytime births is associated with scheduled C-sections, which are largely done in the morning hours. This CDC data, he said, “can be helpful for the planning of staffing on the labor and delivery floors and in neonatal intensive care units to improve patient safety and optimize outcomes.”
-Dr. Michael Berman, Senior Faculty, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai, Medical Director, Labor and Delivery, Mount Sinai Beth Israel
Learn more: http://www.today.com/health/are-more-babies-born-night-top-arrival-times-revealed-t20086#health/are-more-babies-born-night-top-arrival-times-revealed-t20086

Good Morning America – May 8
Singer Sam Smith Cancels Tour Over Health Concerns
The British crooner, Sam Smith, revealed that he will need surgery on his vocal cords. “When people say ‘Oh I blew out my voice’, often that’s actually a vocal fold hemorrhage, where a blood vessel actually breaks and it bleeds into the vocal fold,” says Michael Pitman, MD the chief of laryngology at the Mount Sinai Health System. He says that singers often injure their voice from overuse or even misuse. “Chances are nearly 100% that his voice will come back to close to what it was before,” says Dr. Pitman.
-Dr. Michael Pitman, Associate Professor, Otolaryngology, Icahn School of Medicine at Mount Sinai, Director, Laryngology, the New York Eye and Ear Infirmary of Mount Sinai, Chief, Laryngology, Mount Sinai Health System
HealthDay – May 6

Many Aging Boomers Face Chronic Illness, but Death Rate Is Falling: CDC – Robert Preidt

A new study finds mixed results for the health of America’s aging “Baby Boom” generation, with nearly half of people ages 55 to 64 taking a prescription heart drug and about 1 in 5 dealing with diabetes. However, the report from the U.S. Centers for Disease Control and Prevention also finds that the overall death rate in this age group has gone down over the past decade. The report shows that the “prevalence of diabetes and obesity among Baby Boomers remains remarkably high and is a public health concern,” said Ronald Tamler, MD, who directs the Mount Sinai Clinical Diabetes Institute in New York City.

- Dr. Ronald Tamler, Associate Professor, Medicine, Endocrinology, Diabetes and Bone Disease, Icahn School of Medicine at Mount Sinai, Director, Mount Sinai Clinical Diabetes Institute


Shape – May 7

Will One Night of Poor Sleep Affect Your Workout? – Jenna Birch

Tiger Woods hasn’t slept. The pro golfer is returning to action for the first time at the Players Championship this weekend, after a wrist injury at the Masters in April, but it’s more than the stress of the tournament that’s keeping him awake at night. So it’s understandable that he hasn’t exactly been getting a full night’s sleep—and it reportedly showed in his practice round. But how much does sleep really impact your game? “Generally, we do best on roughly seven and a quarter hours of sleep in a 24-hour period,” says Steven Feinsilver, MD, Director of the Center for Sleep Medicine at Mount Sinai. “It doesn’t have to be all at once.” He also notes that the lucky sleepers of the world may need just five hours, and the unlucky sleepers may need nine. Everyone’s rest needs are different, and genetics play a big role in determining that sweet spot.

-Dr. Steven Feinsilver, Professor, Medicine, Pulmonary, Critical Care and Sleep Medicine, Icahn School of Medicine at Mount Sinai, Director, Center for Sleep Medicine, The Mount Sinai Hospital

Learn more: http://www.shape.com/lifestyle/mind-and-body/will-one-night-poor-sleep-affect-your-workout

HealthDay – May 8

Vitamin D Supplements Might Help Some Lose Weight – Robert Preidt

For obese Americans who are low on vitamin D, taking a supplement of the nutrient might help them lose weight, a new study suggests. According to an Italian team, led by Luisella Vigna of the University of Milan, prior research has shown that vitamin D deficiency is associated with a higher risk of obesity and obesity-related complications. However, studies on the use of vitamin D supplements to curb obesity have so far been inconclusive, the team said. “This study is somewhat reminiscent of a few years back, when there was an explosion of research on the effect of calcium in aiding in weight loss [and weight loss maintenance],” said Christopher Ochner, PhD, an expert in nutrition, weight loss and obesity at The Mount Sinai Hospital in New York City. “However, it is very important to note that the effect of vitamin D appears limited to only those people who are vitamin D-deficient.”

- Christopher Ochner, PhD, Assistant Professor, Pediatrics, Adolescent Medicine, Psychiatry, Icahn School of Medicine at Mount Sinai

MSNBC Morning Joe – May 7
Skin Cancer Awareness Month – Mika Brzezinski
As the weather warms up more and more people head outside to soak up the sun. And that is sparking some concern from people who know all about the consequences of the sun. May is Skin Cancer Awareness Month. One of the physicians sounding the alarm is The Mount Sinai Hospital’s Ellen Marmur, MD, a leading dermatologist and surgeon. “As a Mohs surgeon and dermatologic surgeon I have done over 14,000 surgeries in my short career so far and I’m seeing more and more skin cancers, especially in young people,” she says. In addition to speaking about skin cancer risks and prevention, Dr. Marmur also donated her hair to a skin cancer survivor.

Dr. Ellen Marmur, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai
Learn more: http://www.msnbc.com/morning-joe/watch/first-ever-haircut-on-mj-is-for-a-good-cause-441389123756

Main Street – May 8
When Your Maternity Leave Ends: How to Strike a Healthy Balance between Work Life and Motherhood – Kristin Colella
Maternity leave is a special time to bond with your new bundle of joy, but when your leave comes to an end, entrusting your child to someone else’s care and returning to the rigors of career life can be daunting, to say the least. If you’re anxious about your baby’s well-being while you’re at work, you might be tempted to call your child’s nanny or day care center for an update. However, excessive check-ins can cause a decrease in performance and may even be in violation of employment work rules if you’re checking your phone on a manufacturing floor where phones are not allowed or taking breaks every hour to call but remaining on the clock. Elizabeth Ochoa, PhD, chief of psychology at Mount Sinai Beth Israel in New York City, says it’s important to have trust in your caregiver. If you know your child is in good hands, you’ll have less of a reason to check in so frequently. "Realize that anxiety about leaving the baby is normal and that it will subside with time," says Ochoa.

Elizabeth Ochoa, PhD, Assistant Professor, Psychiatry, Icahn School of Medicine at Mount Sinai, Chief Psychologist, Mount Sinai Beth Israel
Learn more: https://www.mainstreet.com/article/when-your-maternity-leave-ends-how-to-strike-a-healthy-balance-between-work-life-and-motherhood

Everyday Health – May 7
6 Ways You’re Ruining Your Joints – Ashley Welch
Millions of Americans suffer from joint-related issues like arthritis, a condition in which one or more of the joints are inflamed. In fact, the Centers for Disease Control and Prevention projects that 67 million American adults will be living with arthritis by the year 2030. On the flip side, many people without arthritis continue to harm and injure their joints without even knowing it. Being overweight puts extra pressure on your joints, particularly the knees, which bears the brunt of your body mass. Steven Harwin, MD, associate professor of orthopedics at the Icahn School of Medicine and chief of adult reconstruction and total joint replacement at Mount Sinai Beth Israel in New York City, often uses an automobile analogy to explain this issue to his patients. “On the corner of every truck, there’s a little wording that says ‘maximum allowable weight by law.’ Usually it’s 17,000 pounds or so. If you overload the truck,
what’s going to happen? The shock absorbers and breaks are not going to work well, and the truck is going to be damaged,” Dr. Harwin explains.

-Dr. Steven Harwin, Associate Professor, Orthopaedics, Icahn School of Medicine at Mount Sinai, Chief, Adult Reconstruction and Total Joint Replacement, Mount Sinai Beth Israel

USTA – May 7
Mount Sinai Health Beat: Get a Grip on Allergies
If you have seasonal allergies, the only time you won’t react to triggers on an outdoor court is from the first frost to the end of February, when trees generally start to pollinate. Then grass pollen coats the air from the end of May through the summer. Ragweed tickles your nose in mid-August until October. Your eyes weep during play, the ball whizzes by when you sneeze. So an indoor court must be a better option, right? Think again. Inside humidity can produce mold, a top allergen. And you may be bringing your allergies to the game from your house, anyway — your reaction to dust mites in pillows and mattresses, more mold, and indoor pets. The solution? “If you want to be at your best on the court, you just need to control your allergies, period,” says Beth Corn, MD, an Associate Professor of Medicine at the Icahn School of Medicine at Mount Sinai.

- Dr. Beth Corn, Associate Professor, Medicine, Clinical Immunology, Icahn School of Medicine at Mount Sinai, Director, Allergy and Asthma Clinic, The Mount Sinai Hospital
Learn more: http://www.eastern.usta.com/Resources/mount_sinai_health_beat_get_a_grip_on_allergies/

Health – May 7
4 Scary-Sounding Tampon Problems You Probably Don’t Need to Worry About – Hallie Levine
Toxic shock syndrome was a big news story in 1980, when the Centers for Disease Control and Prevention began to get hundreds of reports of women developing the illness (a rare and often fatal complication of a staph infection) during their periods. Experts quickly discovered that some of the materials used in super absorbent tampons seemed to increase the risk, and after they were pulled off the market, cases dropped significantly—there were only 5 cases of menstrual related toxic shock syndrome confirmed in 1997. “Today’s tampons are much more lightweight and are better at killing off bacteria, so risk for infection is virtually nonexistent, even if you accidentally leave a tampon in for days at a time,” reassures Taraneh Shirazian, MD, an ob/gyn at The Mount Sinai Hospital in New York City, who says she’s never seen a case in all her years of practice.

- Dr. Taraneh Shirazian, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai
Learn more: http://news.health.com/2015/05/07/4-scary-sounding-tampon-problems-you-probably-dont-need-to-worry-about/

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:
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212-241-9200
No Standard Treatment for Extreme Premies – Sarah Wickline Wallan

Hospital practices vary widely, as do rates of survival and survival without severe impairment, in initiating active treatment in extremely premature babies, researchers reported. Across two dozen hospitals, and out of nearly 5,000 infants born prior to reaching 27 weeks, overall rates of active treatment ranged from 22.1% (interquartile range [IQR] 7.7-100) among infants born at 22 weeks of gestation to 99.8% (IQR 100-100) among those born at 26 weeks of gestation, according to Edward F. Bell, MD, of the University of Iowa in Iowa City, and colleagues. Ian R. Holzman, MD, chief of the division of newborn medicine at the Icahn School of Medicine at Mount Sinai in New York City, had this take-away message from the study. "The assumption that hospitals with more neonatal deaths and poor outcomes just don’t ‘do it as well’ is too simplistic. The authors have nicely shown that a significant part of the differences between hospital relates to their philosophical decision to not initiate care for the smallest babies," Holzman said in an email to MedPage Today.

Healio – May 6

Patients with HIV at Higher Risk For Developing AMD

Patients infected with HIV have a four-fold increased risk for developing intermediate stage age-related macular degeneration compared with same-aged people who are not infected, according to results of the Longitudinal Study of the Ocular Complications of AIDS. "With HIV and AIDS patients living longer than ever before, they are at an increased risk of developing several age-related diseases at an earlier age than HIV uninfected people including cardiovascular and diabetes," Douglas A. Jabs, MD, MBA, said in a public release from the Mount Sinai Hospital.

U.S. News & World Report – May 7

Talking to the Doctor about Treatment Harms – Michael O. Schroeder

Whether preparing to undergo sensitive surgery or facing the prospect of spending a night in the hospital, patients often lack a critical piece of information to make an informed medical decision. Research shows doctors frequently talk little or not at all about how treatment could possibly harm patients or even lead to their death. The recent study, a survey of 425 physician-patient pairs, evaluated perceptions when patients had been admitted to the hospital for possible acute coronary syndromes, which refers broadly to conditions caused by a sudden, decrease in blood flow to the heart, like heart attack. "The moment of communication we were studying, was a moment where the decision to admit a patient to the hospital had just been made," says lead study author David Newman, MD, emergency room physician and director of clinical research at the Icahn School of Medicine at Mount Sinai in New York, New York.

CBS News – May 6

Emotional Reunion of Kidney Donors, Recipients

Michael Griffen says he didn’t realize what he was starting when he decided to help a stranger he read about on Facebook. Jamie Young needed a kidney transplant, and Griffen offered to donate one of his. He got tested and found out he wasn’t a match. But Griffen didn’t give up. "It was still on my mind. I couldn't shake it," he told CBS News' Marlie Hall. So he found another way to help. He donated his kidney to someone else, joining a living donor chain that resulted in Young receiving a kidney too. “He’s everything to me. I love him,”
she said as they embraced at Mount Sinai's Transplant Living Center in New York. "I wouldn't be here today if it wasn't for him." CBS News brought members of their donor chain together to talk about their experiences. Living donor chains like this are key to saving more people, said Sandy Florman, MD, the director of Mount Sinai's Recanati/Miller Transplantation Institute. "There are 125,000 people waiting for an organ in the U.S., and 100,000 of them are waiting for a kidney," Florman said.
- Dr. Sander Florman, Director, The Recanati/Miller Transplantation Institute at Mount Sinai

Becker's Spine Review – May 6
Mount Sinai Health System appoints Dr. Andrew Hecht chief of spine surgery – Laura Dyrda
Andrew Hecht, MD, was appointed chief of spine surgery for Mount Sinai Health System and Mount Sinai Hospital. He will lead the clinical expansion, integration and coordination of inpatient and outpatient spine care services across the health system. Dr. Hecht will implement and oversee standardized evidence-based medicine protocols and quality metrics with the goal of reducing avoidable readmissions, enhancing the overall patient experience and improving clinical outcomes. In addition to his new role, Dr. Hecht will continue as director of the Mount Sinai Spine Center of Mount Sinai Doctors, the faculty practice and as Associate Professor of Orthopaedic Surgery and neurologic surgery at Icahn School of Medicine at Mount Sinai.
-Dr. Andrew Hecht, Associate Professor, Orthopaedics, Neurosurgery, Icahn School of Medicine at Mount Sinai, Director, the Spine Center at The Mount Sinai Hospital, Chief, Spine Surgery, Mount Sinai Health System

Vanity Fair – May 6
How PTSD Became a Problem Far Beyond the Battlefield – Sebastian Junger
According to a 1992 study published in the Journal of Traumatic Stress, 94 percent of rape survivors exhibit signs of extreme trauma immediately afterward. And yet, nine months later 47 percent of rape survivors have recovered enough to resume living normal lives. Combat is generally less traumatic than rape but harder to recover from. The reason, strangely, is that the trauma of combat is interwoven with other, positive experiences that become difficult to separate from the harm. “Treating combat veterans is different from treating rape victims, because rape victims don’t have this idea that some aspects of their experience are worth retaining,” says Rachel Yehuda, PhD, a professor of psychiatry and neuroscience and director of traumatic-stress studies at The Mount Sinai Hospital in New York.
- Rachel Yehuda, PhD, Professor, Psychiatry, Neuroscience, Director, the Traumatic Stress Studies Division, Icahn School of Medicine at Mount Sinai, Director, Mental Health Patient Care Center and PTSD Research Program, the James J. Peters Veterans Affairs Medical Center in the Bronx
Learn more: http://www.vanityfair.com/news/2015/05/ptsd-war-home-sebastian-junger

Everyday Health – March 17
A Parkinson's Caregiver for 23 Years: One Husband's Story – Marie Suszynski
For most of their married life, Deryck Singh's wife has had Parkinson's disease. He shares how he has transformed their home into a handicap-accessible one, goes to all of her doctor appointments, and still takes her on vacation every year. Once daily activities — like getting dressed, walking, and taking medications — become a struggle for a person with Parkinson's, it's important to rely on a caregiver, says Joan Miravite, RN, nurse practitioner for the department of neurology's Center for Movement Disorders at Mount Sinai Beth Israel in New York City.
- Joan Miravite, RN, BSN, MSN, FNP-BC, Nurse Practitioner, Center for Movement Disorders, Mount Sinai Beth Israel
Learn more: http://www.everydayhealth.com/custom/parkinsons-caregiver-guide/deryck-singh/

HealthDay – May 6
Nursing Homes Using Hospice Care More, But at a Cost – Dennis Thompson
More nursing home residents are opting for hospice care as they near death, choosing comfort and reassurance over medical interventions aimed at squeezing out every possible extra day of life. But while hospice care has proven effective in providing peace to the dying, it's also more expensive than previously thought, according to a new study published in the May 7 New England Journal of Medicine. Part of the problem is that palliative care is being provided under the guise of hospice care, and they really are two separate things, said Amy Kelley, MD, an assistant professor of geriatrics and palliative medicine at The Mount Sinai Hospital in New York City. Palliative care focuses on easing pain and can be given to anyone, not just people who are near the end of their lives, she said. "We need an active palliative care program available to all patients, and then appropriate transition at the right time for a patient who needs hospice," Kelley said.
- Dr. Amy S. Kelley, Assistant Professor, Geriatrics and Palliative Care, Icahn School of Medicine at Mount Sinai
Additional Coverage:
Commercial Observer – May 6

Platinum Plan: NYC Hospitals’ Evolving Real Estate Portfolios – Danielle Schlanger

In 2013, Mount Sinai Medical Center and Continuum Health Partners, two major players in New York City’s health care market, announced that they would merge to form an integrated health group called the Mount Sinai Health System, which would become one of the largest not-for-profit health systems nationwide. Following the completion of its merger, Mount Sinai found itself responsible for seven hospital campuses (with 3,571 hospital beds and 138 operating rooms), 45 ambulatory practices and 31 affiliated community health centers in the metropolitan area. It then needed to assess how to manage its extensive real estate holdings. “Upon the signing of our merger, we have been looking at all of our assets,” said Thomas Ahn, the vice president of real estate at the hospital. Mr. Ahn oversees Mount Sinai’s roughly 13 million square feet of space.

- Thomas C. Ahn, Vice President of Real Estate, Mount Sinai Health System

Learn more: http://commercialobserver.com/2015/05/platinum-plan-nyc-hospitals-evolving-real-estate-portfolios/

Huffington Post – May 6

Is Genetic Testing for Breast Cancer Right for You? – Susan K. Boolbol, MD

For most women, the average risk of developing breast cancer is about 12 percent. However, if you have a mutation on either of the two most common genes associated with breast cancer -- BRCA1 and BRCA2 -- that risk can jump as high as 80 percent. While it’s natural to wonder if you might have inherited an abnormal BRCA gene from one of your parents, it’s also important to remember that only about 5-10 percent of breast cancers are due to hereditary mutations; the overwhelming majority of women with breast cancer have no family history of the disease. That’s why genetic testing is recommended only for people whose family history or other factors suggest the presence of a gene mutation.

- Dr. Susan Boolbol, Associate Professor, Surgery, Icahn School of Medicine at Mount Sinai, Chief, Breast Surgery, Mount Sinai Beth Israel

Learn more: http://www.huffingtonpost.com/mount-sinai-health-system/is-genetic-testing-for-breast-cancer-right-for-you_b_7207002.html

Allure – May 6

How to Wear Sunscreen Like a Beauty Editor – Jenna Rosenstein

Look, we’re all bad at applying sunscreen. In fact, a study by L’Oréal Paris and the Melanoma Research Alliance found that 52 percent of American women grade themselves a C or lower on their sun-care habits. The rules of good sun protection are easier than you think. If you are a fan of exact measurement, you need half a teaspoon of sunscreen for your face to get the full SPF. It will be thick and difficult to rub in at first, even if the formula is sheer. Heidi Waldorf, MD, an associate clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai, recommends rubbing in half, letting it absorb, then applying a second layer. With a lotion, place a heaping quarter-size dollop of sunscreen on each body part (each arm, each leg, your stomach, and so on) and rub it in. “For sticks, you need at least two passes back and forth—four layers total—all over your skin,” says Joshua Zeichner, MD, the director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. Applying sunscreen before you put on your bathing suit or hiking getup will ensure you get the most even application and protection. “You can get UV damage through your clothing,” says Ellen Marmur, an associate clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai.

- Dr. Heidi Waldorf, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Laser and Cosmetic Dermatology, The Mount Sinai Hospital
- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital
- Dr. Ellen Marmur, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.allure.com/skin-care/2015/sunscreen-rules

New York Observer – May 6

NYC Restaurateurs Serving Up Breakfast at Midnight – Sara Pepitone

The line, somewhat unexpectedly, ran down West 118th Street. The lure? Breakfast. Of the ham-and-sunnyside-up-egg-with-fig-jelly-on-a-biscuit variety. In other words: carbohydrate and nostalgia-rich, American-style comfort. “If you think about the best breakfast you ever had it was probably a holiday, event, or pancakes-every-morning vacation,” said Nicole Avena, PhD, a neuroscientist at The Mount Sinai Hospital who studies the psychology of how food affects the brain. “It resonates. You build an association, the pleasure of the experience. You want to engage in that again.”

- Nicole Avena, PhD, Assistant Professor, Pharmacology and Systems Therapeutics, Icahn School of Medicine at Mount Sinai

Learn more: http://observer.com/2015/05/nyc-restaurateurs-serving-up-breakfast-at-midnight/
If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu
212-241-9200
CBS News – May 4

Who's Got Your Back For Skin Cancer Prevention? – Paula Cohen

The American Academy of Dermatology points out that the back is the most common place on the body for melanoma to develop, and because it's a difficult area for a person to see, skin cancers on the back are often discovered later and require more extensive treatment. To raise awareness, the group has declared May 4 #MelanomaMonday and launched a public awareness campaign to encourage Americans to watch their backs. "Before you head outside, it’s important to apply a water-resistant, broad-spectrum sunscreen with a Sun Protection Factor [SPF] of 30 or higher to all exposed skin, including the back," Academy president and board-certified dermatologist Mark Lebwohl, MD, said in a press statement.

- Dr. Mark Lebwohl, Sol and Clara Kest Professor of Dermatology, System Chair, Dermatology, Icahn School of Medicine at Mount Sinai, the Mount Sinai Health System


Additional Coverage:
Healio: http://www.healio.com/dermatology/cutaneous-oncology/news/online/%7Bc424bb69-0c79-4357-93d4-bceaeb3b4da0%7D/aad-promotes-sunscreen-precautions-on-melanoma-monday

WNYC – May 5

More Mental Health Dollars for Those in Shelters – Cindy Rodriguez

New mental health dollars will be targeted toward some of the city’s most vulnerable—families living in homeless shelters, kids attending troubled schools and victims of violence. First Lady Chirlane McCray made the funding announcement at the Empire State Building which will light up green in honor of mental health awareness month. The largest chunk of funds will help create 80 mental health clinics at some of the most troubled city schools. More than 62,000 children attend these schools and it is anticipated that more than 5 percent of them will need treatment. Angela Diaz, Director of Mount Sinai Adolescent Health Center said putting services in places other than clinics will help to reach more people. "This population absolutely are the ones with tremendous needs that often do not have access to this care," she said. "Putting it right where they are is really, really important."

- Dr. Angela Diaz, Director, Mount Sinai Adolescent Health Center

Learn more: http://www.wnyc.org/story/mental-health-dollars-target-those-poverty/

The New York Times – May 5
The death of David Goldberg on a treadmill at a resort in Mexico was tragic, untimely and a shock to those who knew him. It was also very rare. Joseph E. Herrera, MD, director of sports medicine in the department of rehabilitation medicine at The Mount Sinai Hospital, said he has seen about seven patients with treadmill injuries over the past decade, including a man in his 40s who had never used one before and was flung off when he pushed buttons making it go too fast. Several of the other patients were older, he said. “It’s a very rare occurrence,” he said. “But if it does happen, it can have severe consequences.”

- Dr. Joseph Herrera, Assistant Professor, Rehabilitation Medicine, Icahn School of Medicine at Mount Sinai

Learn more: http://well.blogs.nytimes.com/2015/05/05/treadmill-may-be-riskiest-machine-but-injuries-from-it-still-rare/?_r=0

Additional Coverage:

The Today Show – May 4
How to Protect Yourself from Melanoma – Natalie Morales

May is Skin Cancer Awareness Month and Monday May 4th is “Melanoma Monday”, a day to raise awareness about the aggressive form of skin cancer. On "Melanoma Monday," Debra Wattenberg, MD, and "The Doctors" host Travis Stork, MD, offer viewers advice on protecting yourself from melanoma. “Screenings really depend on your risk factors. Everyone should do a self-skin exam but if you have a risk of melanoma, a family history, you’ve had blistering sunburns, you have fair skin or light eyes, then you need to be screened more frequently,” says Dr. Wattenberg. Natalie Morales passes a melanoma screening by Dr. Wattenberg with flying colors.

- Dr. Debra Wattenberg, Assistant Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.today.com/video/today/57325665

WNBC – May 4
Melanoma Monday – Gus Rosendale

Hooman Khorasani, MD, a dermatologist at The Mount Sinai Hospital and his patient Damien Thompson sit down with WNBC’s Gus Rosendale to discuss Melanoma Monday. “Of all the skin cancers it is the most deadly. The way it develops is usually from radiation. It is a mutation that occurs, usually have to have a genetic predisposition and sun. It’s that combination together that makes the cells mutate and grow uncontrollably,” says Dr. Khorasani.

- Dr. Hooman Khorasani, Assistant Clinical Professor, Dermatology, Icahn School of Medicine, Chief, Division of Mohs, Reconstructive and Cosmetic Surgery, The Mount Sinai Hospital

Learn more: http://www.nbcnewyork.com/video/#!/on-air/as-seen-on/Melanoma-Monday/302506571

WNYW – May 5
**Blog Talk Radio – May 5**

**Slim Down a Double Chin with Kybella**

The ever increasing pace of aesthetic medical innovation recently saw another exciting new product added to the clinical ‘toolkit’. Reducing a double-chin, or fat under the jawline, without surgery or liposuction has been difficult until now. Last week the FDA (U.S. Food and Drug Administration) approved a new injection therapy called Kybella (Kythera Biopharmaceuticals, Inc.) which was approved for the reduction of moderate to severe fat deposits under the chin. The active ingredient in Kybella, deoxycholic acid, dissolves fat, allowing dermatologists and aesthetic surgeons to resculpt the chin area without surgery. Heidi Waldorf, MD, an internationally respected expert in the field of noninvasive skin rejuvenation and dermatology, including the use of soft tissue augmentation, botulinum toxins, topical cosmeceuticals, lasers, and other devices, was a lead clinical investigator on Kybella leading to its approval.

- *Dr. Heidi Waldorf, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Laser and Cosmetic Dermatology, The Mount Sinai Hospital*

Learn more: [http://www.blogtalkradio.com/theaestheticinsider/2015/05/05/slim-down-a-double-chin-with-kybella](http://www.blogtalkradio.com/theaestheticinsider/2015/05/05/slim-down-a-double-chin-with-kybella)

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:

newsmedia@mssm.edu
212-241-9200
Yahoo Tech – May 4

Apple’s ResearchKit Takes Medical Research Years into the Future – David Pogue

Apple just released what history might say is its most important product ever. And guess what? Hardly anyone even knows it exists. It’s called ResearchKit. It’s a software toolkit that lets researchers write iPhone apps for medical studies. Apple worked with five medical institutions, associated with places like Harvard, Stanford, and Mount Sinai in New York City, to come up with the first five ResearchKit-based apps. They represent studies of asthma, diabetes, heart disease, Parkinson’s, and breast cancer. The first time you open a ResearchKit app, you encounter the first huge breakthrough: The sign-in process is electronic. Ordinarily, that sort of enrollment process would never fly with the hospitals’ notoriously conservative IRBs. But by choosing five institutions to help launch ResearchKit, Apple wound up creating competitive pressure. “No institution wanted to be left out because its review board wouldn’t approve it,” says Eric Schadt, PhD, of Mount Sinai, whose team created the Asthma Health app. The result: All five institutions’ IRBs approved an electronic consent-granting process within the app. With just this one advancement, the world of medical research has changed forever.

-Eric Schadt, PhD, Jean C. and James W. Crystal Professor of Genomics, Chair, Genetics and Genomic Sciences, Icahn School of Medicine at Mount Sinai, Director, Icahn Institute for Genomics and Multiscale Biology

Learn more: https://www.yahoo.com/tech/apples-researchkit-takes-medical-research-years-117781601479.html

Additional Coverage:
Yahoo News Canada: https://ca.news.yahoo.com/apple-s-researchkit-takes-medical-research-years-into-the-future-180555633.html

Voice of America – May 4

Study Links HIV to Eye Disease – Joe DeCapua

A new study adds to growing evidence that HIV infected people have immune systems similar to those who are much older. This occurs even when they are being treated with antiretroviral drugs. The older-acting immune systems can make them more susceptible to certain diseases. Douglas Jabs, MD, said while HIV/AIDS patients are living longer than ever – thanks to antiretroviral drugs – they are at greater risk of developing age-related diseases. These include cardiovascular disease, cancer, diabetes and even frailty. Jabs is the lead author of a new study that says they are also more susceptible to age-related macular degeneration or AMD.

-Dr. Douglas Jabs, Professor, Medicine, Ophthalmology, Chair Emeritus, Department of Ophthalmology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.voanews.com/content/hiv-eye-disease-4may15/2747713.html

Additional Coverage:
Neurology Advisor – April 22
New Multiple Sclerosis Model Visualizes Disease Course – Nicole Blazek
A new visual model of multiple sclerosis attempts to more clearly convey the continuum of the disease and bridge gaps in the current three-category MS classification system to change the way the medical community thinks about disease course. “The Lublin clinical course phenotypes have been extremely important for our understanding of relapsing MS, primary-progressive MS, and secondary-progressive MS for the past 20 years,” Stephen Krueger, MD, of Mount Sinai in New York City, told Neurology Advisor. “They’ve been really useful for clinical trial design, but it’s not always clear what category a patient fits in or how the disease is going to progress.” With the new “topographical” model, Krueger — a protege of Fred Lublin, MD, also of Mount Sinai, and creator of the three-category MS model — attempted to more accurately describe the range of the disease.

-Dr. Fred Lublin, the Saunders Family Professor of Neurology, Icahn School of Medicine, Director, The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, The Mount Sinai Hospital

-Dr. Stephen Krieger, Associate Professor, Neurology, Icahn School of Medicine, Attending, The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, The Mount Sinai Hospital


The New York Times – May 4
Although much of the country has barely noticed, avian influenza — a version of the virus that generated “Killer Bird Flu!” headlines a decade ago — is now sweeping the Midwest. No humans have caught this flu, but health officials fear they might. The H5N2 and the new H5N1 have some North American genes and so clearly emerged on this continent more recently — presumably when the H5N8 virus finally arrived and crossed with North American strains. Whatever the mix of genes, dose size is also important in determining spread of the virus, said Peter Palese, MD, a flu expert at the Icahn School of Medicine at Mount Sinai. Human flus can infect people who inhale only one to 10 virus particles, he said, but it takes 100,000 to 1 million particles of an H5 bird flu to infect a human. “That’s why people who sleep under their chickens in markets in Asia get it, and we don’t get it on Fifth Avenue,” Dr. Palese said.

- Dr. Peter Palese, Professor, Microbiology, Infectious Diseases, Horace W. Goldsmith Professor of Medicine, Chair, Microbiology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.nytimes.com/2015/05/05/health/a-flu-epidemic-that-threatens-birds-not-humans.html?_r=0

The New York Times – May 5
Rural Indiana Struggles to Contend With H.I.V. Outbreak – Abby Goodnough
She became addicted to painkillers over a decade ago, when a car wreck left her with a broken back and doctors prescribed OxyContin during her recovery. Then came a new prescription opiate, Opana, more potent when crushed, dissolved in water and injected. She did just that, sometimes sharing needles with other addicts. Last month she learned the unforgiving consequences. She tested positive for H.I.V., one of more than 140 cases in this socially conservative, largely rural region just north of the Kentucky border. Gov. Mike Pence reluctantly authorized a needle exchange program last month, but local officials are not running it according to best practices, outside experts say. Don Des Jarlais, MD, the director of research for the chemical dependency
Institute at Mount Sinai Beth Israel hospital in New York, said the most successful needle exchange programs let participants pass out syringes to peers who remain in the shadows instead of requiring everyone to sign up. Arresting drug users who are not officially enrolled in the program “makes it hard to build trust,” Dr. Des Jarlais said, adding, “You’re not going to be able to get enough syringes out to really stop the epidemic if you have those types of restrictions.”

- Dr. Don Des Jarlais, Professor, Psychiatry, Preventive Medicine, Icahn School of Medicine at Mount Sinai, Director of Research, Chemical Dependency Institute, Mount Sinai Beth Israel


The Root – May 4
Skin Cancer Doesn’t Affect Only White People – Nigel Roberts
With summer weather approaching, the usual warnings about skin cancer are not far off. African Americans typically think of melanoma as a white person’s disease and seldom heed warnings about overexposure to the sun’s ultraviolet rays. Actor Damian Thompson thought that way until a mole on his thigh was diagnosed as skin cancer, according to the New York Daily News. “For me it was like, it’s not a big deal, it’s just not common for us,” Thompson told the Daily News. In fact, he went to his dermatologist after breaking out in hives and just mentioned the mole in passing. Fortunately for Thompson, his doctor caught his cancer before it started to spread. “If it’s caught early, the actual prognosis is really good,” said Hooman Khorasani, MD, chief of reconstructive and cosmetic surgery at The Mount Sinai Hospital, who operated on Thompson.

- Dr. Hooman Khorasani, Assistant Clinical Professor, Dermatology, Icahn School of Medicine, Chief, Division of Mohs, Reconstructive and Cosmetic Surgery, The Mount Sinai Hospital

Learn more: http://www.theroot.com/articles/news/2015/05/skin_cancer_isn_t_a_disease_that_only_affects_white_people.html

Time Warner Cable News – May 4
Baby Steps: Why Birthing Location Matters – Erin Billups
Women are looking to take back control of their birthing experiences - rejecting the over-burdened labor and delivery departments at local hospitals. “There are so many people that are afraid of the institution, there are so many people that don’t want to come into a hospital because they feel that means they’re immediately signing up for an epidural, pitocin and a c-section,” explains Rita Wagner, a midwife at Mount Sinai Roosevelt’s Birthing Center - the city’s only in-hospital birthing center. “The idea of the birthing center is to give women a home like environment where they’ll feel comfortable and safe to labor and birth. We find that the larger beds, the lower lights as well as the tub, giving them their own bathrooms and allowing them space to move around lets them labor the way they want.”

-Rita Wagner, CNM, Faculty Midwife, Mount Sinai Roosevelt Birthing Center

Learn more: http://www.ny1.com/nyc/all-boroughs/baby-steps/2015/05/4/baby-steps--why-birthing-location-matters.html

Poughkeepsie Journal – May 2
Severe Grass Allergy Season Looms - Bad News for Your Eyes – Daniel Brocks, MD
There’s a lot of pollen likely to be blowing in the wind this season, according to the Centers for Disease Control (CDC). Flowers, trees and weeds are predicted to produce higher than normal pollen counts, and even people who don’t normally feel the effects of allergies may be affected this year. As an ophthalmologist, I’ll be expecting to see more than the usual number of patients with pollen allergies that can lead to conjunctivitis (sometimes known as pink eye). Allergic conjunctivitis is not contagious, but is very common. It is a response
that occurs because the eye is reacting to an irritant (called an allergen). The eyes produce a substance called histamine to fight off the allergen. As a result, the eyelids and conjunctiva — the thin filmy membrane that covers the inside of your eyelids and the white part of your eye (the sclera) become red, swollen and itchy, with tearing and burning.

- Dr. Daniel Brocks, Associate Adjunct Surgeon, New York Eye and Ear Infirmary of Mount Sinai

Learn more: http://www.poughkeepsiejournal.com/story/life/wellness/2015/05/02/allergies-eye-health-pollen/26695663/

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212-241-9200
In the News

Medscape – May 1

New Data, New Drugs, and...a Vitamin for MS? – Bruce Cree

Stephen Krieger, MD, sits down with Bruce Cree to discuss multiple sclerosis (MS) highlights from the 67th Annual American Academy of Neurology meeting in Washington, DC. “This was a great meeting. We heard a lot of results from research in MS that will be important for us over the coming years,” says Dr. Krieger, “For example, we heard the daclizumab clinical trial results. This was a phase 3 trial, a direct comparison with weekly intramuscular interferon injection. Daclizumab is a new candidate medicine for MS, with a new mechanism of action. It was superior to interferon in preventing relapses, preventing MRI lesions, and even preventing the accumulation of disability. It was positive on all three of those metrics.”

-Dr. Stephen Krieger, Associate Professor, Neurology, Icahn School of Medicine, Attending, The Corinne Goldsmith Dickinson Center for Multiple Sclerosis, The Mount Sinai Hospital


WNBC – May 3

Top NYC Hospital Racing to Specialize in Transgender Healthcare – Gus Rosendale, Maggie Freleng and A.B Fox

Early last month New York State health officials partially lifted a 17-year-old ban on transgender health care from Medicaid, affording people seeking surgeries transitioning from one gender to another coverage for the procedures. But a key element to transgender health care is still unavailable because there are no surgeons in New York City who specialize in gender reassignment surgery. The regulation, which took effect March 11, has left Mount Sinai Beth Israel hospital, which hopes to be the first in New York to provide transitional surgeries, scrambling to meet the new demand. “The day that announcement was made, when they lifted the Medicaid ban, I got a million calls from people like, ‘I’m ready for the surgery’,” said Barbara Warren, PsyD, director for LGBT Health Services at Mount Sinai Beth Israel. “I had to break the news to them that we don’t have a surgeon yet.” The doctors learning these procedures need not only to educate themselves but build a network of physicians who can specialize in each individual surgical technique in the transitioning process., said Zoe Rodriguez, MD, Director of OBGYN at Mount Sinai Beth Israel hospital.

-Barbara E. Warren, Psy.D, LMHC, Director, LGBT Health Services, Mount Sinai Beth Israel, Mount Sinai Health System

- Dr. Zoe Rodriguez, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn
The New York Daily News – May 4
Harlem Actor Urges Skin Cancer Checks after Melanoma Diagnosis; Docs Say Disease is on Rise – Erica Pearson
Harlem actor Damian Thompson didn’t think much about the mole on his thigh, even though friends urged him to get it checked out, saying it might be skin cancer. “For me, it was like, it’s not a big deal, it’s just not common for us,” said Thompson, 34, who is black and grew up in Jamaica. Only one in 1,000 black people will get melanoma in their lifetime, compared with one in 50 whites, according to the American Cancer Society. But Thompson’s case shows it’s important for everyone to be aware, said his doctor. When his biopsy came back positive for cancer last fall, Thompson was able to get surgery before it spread. “If it’s caught early, the actual prognosis is really good,” said Hooman Khorasani, MD, chief of reconstructive and cosmetic surgery at Mount Sinai School of Medicine, who operated on Thompson.
- Dr. Hooman Khorasani, Assistant Clinical Professor, Dermatology, Icahn School of Medicine, Chief, Division of Mohs, Reconstructive and Cosmetic Surgery, The Mount Sinai Hospital
Learn more: http://www.nydailynews.com/life-style/health/exclusive-harlem-actor-urges-skin-cancer-checks-article-1.2209136

USA Today – May 3
No Need To Live In a Cave: Sun Protection Tips, From Head to Toe – Kim Painter
Want to see the most flawless skin on your body? Dermatologists suggest you get a mirror, drop trou and take a look at your booty. Here, where the sun literally does not shine, you will find a dermal landscape free of wrinkles and age spots – and quite unlikely to develop skin cancer. Consider the wrinkles and dark spots on your face as a lifetime sun damage progress report. You may have forgotten all those tans you got as a teen, but your face remembers and tells all. And it’s tallying up any new sun damage you get today. Faces also are prime real estate for non-melanoma skin cancers, with noses, the tops of ears and lips especially vulnerable, says Mark Lebwohl, MD, president of the American Academy of Dermatology and chairman of the department of dermatology at the Icahn School of Medicine at Mount Sinai, New York.
- Dr. Mark Lebwohl, Sol and Clara Kest Professor of Dermatology, System Chair, Dermatology, Icahn School of Medicine at Mount Sinai, the Mount Sinai Health System

Everyday Health – May 1
7 Women’s Health Conditions That Affect Men – Beth W. Orenstein
Many diseases and conditions commonly associated with women can affect men as well. From breast cancer to rheumatoid arthritis, it’s important that men and their doctors recognize certain warning signs.
It’s rare, but men do get breast cancer — about 2,350 U.S. men every year — and about 440 die from it, according to the American Cancer Society. Men can experience the same breast cancer symptoms that women do: a lump or swelling, nipple inversion, bloody nipple discharge, and breast enlargement. Often men ignore these symptoms because they just don’t think breast cancer can happen to them, says Stephen Malamud, MD, an associate professor of medicine, hematology, and medical oncology at the Icahn School of Medicine at Mount Sinai in New York City.

-Dr. Stephen C. Malamud, Associate Professor, Medicine, Hematology and Medical Oncology, Icahn School of Medicine at Mount Sinai


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Gotham Magazine – May 4
Who Are NYC’s Most Influential Women? – Diane Clehane
Eva Andersson-Dubin, MD, learned firsthand how important integrated medicine and coordinated care are to patients dealing with breast cancer. After her own diagnosis in 2003, she and her husband, Glenn Dubin, cofounder of Highbridge Capital Management and principal of Dubin and Company, established the Dubin Breast Center of the Tisch Cancer Institute at Mount Sinai, a facility for women at risk of developing breast cancer and those undergoing treatment. “At the Dubin Breast Center we are trying to influence healthcare where the whole person is being cared for—psychological, dietary, genetic, cosmetic, and integrated medicine.”

- Dr. Eva Andersson-Dubin, Co-founder, the Dubin Breast Center at Mount Sinai

Learn more: http://gotham-magazine.com/personalities/articles/new-yorks-most-influential-women

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PRI – May 3
Do We All Have Alzheimer’s Completely Wrong? This Man Says Yes – Turna Ray
Throughout his career, Duke University neurology professor Allen Roses has challenged what for decades has been the prevailing orthodoxy in Alzheimer’s research: Namely, the “amyloid hypothesis,” which suggests that a protein called beta-amyloid clogs up the brain, killing neurons and causing the dementia associated with Alzheimer’s disease. The ApoE4 variation “is without question, now and probably forever, the most potent and important genetic factor in late-onset Alzheimer’s disease,” according to Samuel Gandy, associate director of the Mount Sinai Alzheimer’s Disease Research Center in New York City. But Gandy, known in the field as an amyloid expert, also points out that among ApoE4’s important effects is that it appears to promote beta-amyloid buildup. “My guess is that Allen would say [this is] ‘true but unimportant,’” he wrote in an email. While the influence of ApoE4 is now accepted, when Roses published his findings in 1993, the scientific community was dubious that a gene involved in cholesterol transport would also be involved in Alzheimer’s.

- Dr. Samuel Gandy, Professor, Neurology, Psychiatry, Icahn School of Medicine at Mount Sinai, Associate Director, Mount Sinai Alzheimer’s Disease Research Center

Learn more: http://www.pri.org/stories/2015-04-30/do-we-all-have-alzhemers-completely-wrong-man-says-yes

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HealthDay – May 4
Too Many Americans Neglect Backs in Skin Cancer Prevention – Randy Dotinga
A new survey finds that many people in the United States are forgetting their backs when they try to be
forward-thinking about skin cancer prevention. Experts at the American Academy of Dermatology, which sponsored the survey, note that the back is a common site for melanoma, a potentially deadly skin cancer. Men weren’t as willing as women to apply sunscreen to their backs or ask someone else for help, and they were twice as likely to be uncomfortable about the whole idea. Overall, 40 percent of men and 33 percent of women surveyed said they rarely or never apply sunscreen to their backs. One expert said he wasn’t surprised by the finding. “It is important to apply sunscreen not only to our fronts, but also to our backs regularly,” said Joshua Zeichner, MD, assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai, in New York City.

- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital


Advance for Nurses – May 1

Mount Sinai Beth Israel: Nurses Redesign Cath Lab to Improve both Workflow and Patient Experience – Stephanie Freeo, RN, CNOR and Mary Cronin, RN, CCRN, CMS

A team of nurses from the Cardiac Catheterization Lab (CCL) were invited to volunteer in a multidisciplinary architectural team charged with the renovation of the current CCL procedure room and adjoining areas. Our team consists of two nurses who act as advocates and representatives of nursing and allied professional staff. The participation of the CCL nurses allowed for collaboration with the other members of the design team to include workflow and adherence to practice standards. The influence of these CCL nurses helped define the design of our three new procedural suites, lounge, staff locker room, and waiting area of the Cardiac Catheterization Lab.

- Stephanie Freeo, RN, CNOR, Staff Nurse, Mount Sinai Beth Israel
- Mary Cronin, RN, CCRN, CMS, Staff Nurse, Mount Sinai Beth Israel

Learn more: http://nursing.advanceweb.com/Web-Extras/Online-Articles/Mount-Sinai-Beth-Israel-2.aspx

The New York Times – April 30

Injection Offers Option to Slim Down Double Chin without Surgery – Catherine Saint Louis

The Food and Drug Administration on Wednesday approved an injection, called Kybella, for the reduction of moderate to severe fat deposits under the chin. The active ingredient, deoxycholic acid, dissolves fat, permitting dermatologists and plastic surgeons to resculpt the chin area without surgery. The F.D.A. warned against injecting Kybella into parts of the body other than the chin area, saying that it is not known whether this use is safe or effective. Patients should also “make sure your physician is using the real product,” advised Heidi Waldorf, MD, a paid principal investigator for Kythera and a cosmetic dermatologist in Manhattan. Compounded antifat injections are not approved by the F.D.A. and have caused serious side effects in the past.

- Dr. Heidi Waldorf, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Laser and Cosmetic Dermatology, The Mount Sinai Hospital

Learn more: http://www.nytimes.com/2015/05/01/health/injection-kybella-double-chin.html?ref=health& r=1

Modern Medicine – May 1
Acne Ingredients to Embrace or Avoid – Lisette Hilton
When the tried-and-true mainstream acne treatments fail, it helps to use newer or lesser-known options. A few often-overlooked ingredients include topical nicotinamide, topical dapsone gel and glycolic acid, according to Rachel Nazarian, MD, an assistant clinical professor of dermatology at The Mount Sinai Hospital, who practices in New York. “Topical nicotinamide, or niacinamide, is used for its anti-inflammatory and sebo-suppressive properties,” she said. “Several studies have shown statistically significant improvement, both in the number of acne lesions (including comedones and pustules) and sebum levels. The additional benefit of bacterial-resistance-avoidance makes this topical application a favorable option.”
- Dr. Rachel Nazarian, Assistant Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai

The New York Daily News – May 3
Painful Hip Arthritis Affects Many Americans, and It’s Treated With Physical Therapy, Medications and, In Some Cases, Hip Replacement Surgery – Katie Charles
As one of the most common chronic conditions in this country, arthritis affects over 25 million Americans. “Arthritis is a painful joint condition caused by damage to the joints’ lining, usually as the result of wear and tear,” says Darwin Chen, MD. “It’s estimated that 15-20% of Americans will suffer from hip arthritis in their lifetime.” An assistant professor of orthopedic surgery at the Icahn School of Medicine at Mount Sinai, Dr. Chen performs between 200 and 300 hip and knee replacement surgeries a year, and specializes in using minimally invasive techniques. May is Arthritis Awareness Month.
- Dr. Darwin Chen, Assistant Professor, Orthopaedic Surgery, Icahn School of Medicine at Mount Sinai

New York Observer – May 2
No drafty castle bedrooms and Victorian hand-me-downs for the princess as Will and Kate do it differently, but what if she had been born in NYC? Celebrities such as Gwyneth Paltrow and P. Diddy have hand-picked The Mount Sinai Hospital to be the birthplace of their babies. At $4,000 a night for a room with a full view of Central Park, it’s no wonder that Mount Sinai Hospital has a reputation for providing the most luxurious labor experience. Services include but are not limited to spa-inspired baths with Italian tiles and decorative mirrors, massage therapy, photography services, a “beside mobile boutique” that allows recovering mothers to shop from their hospital beds, and complimentary tea and cookies served every afternoon at 2 p.m.—only fitting for British royalty.
- The Mount Sinai Hospital
Learn more: http://observer.com/2015/05/new-royal-baby-girl-her-new-york-must-haves/

If you have a news story, news tip, breakthrough, study, upcoming event or patient success story to share or have been contacted by the media for an interview contact:
newsmedia@mssm.edu
212-241-9200
Live Science – April 29
Cancer Death Rate Declines Worldwide – Rachael Rettner
The rate of deaths from cancer appears to be declining worldwide, a new study suggests. Part of the reason for the overall decline may be the decreasing smoking rates in developed countries, along with improved early detection and treatment of cancer, said study researcher Dana Hashim, PhD, a postdoctoral fellow in preventive medicine at The Mount Sinai Hospital in New York City. However, the death rate from lung cancer increased among women in most countries, likely because women in these countries are now adapting the smoking habits that were formerly seen among men, Hashim said. In addition, the rate of deaths from some cancers increased in less-developed countries: There was an increase in the rate of breast cancer deaths among women in less-developed countries. And the rate of death from prostate cancer was inconsistent (not consistently increasing or decreasing) in less-developed countries. The findings suggest that, although the rate of death from cancer is on the decline in developed countries, there could now be an uptick of some cancer deaths in some developing countries. “It seems like the burden [of cancer] is switching” to low- and middle-income countries, Hashim said.
- Dana Hashim, PhD, Postdoctoral Fellow, Preventive Medicine, The Mount Sinai Hospital
Learn more: http://www.livescience.com/50656-cancer-death-rate-worldwide.html
Additional Coverage:

Time – April 30
This New Drug Might One Day Cure Even the Most Painful UTIs – Alexandra Sifferlin
Antibiotic resistance is becoming a growing global problem, and for many women that’s having an unexpected effect. One very common infection among women, the urinary tract infection, is becoming increasingly resistant to the drugs used to treat it. New research published in the journal PLOS Pathogens sheds light on the rise of the antibiotic-resistant UTI and hints at a potentially new treatment that may one day offer women some relief. Mamta M. Mamik, MD, an assistant professor of obstetrics, gynecology and reproductive science at the Icahn School of Medicine at Mount Sinai (who was not involved in the study) says she’s seen more and more women with UTIs that are resistant to drugs. “I think use of antibiotics should be monitored strictly,” says Mamik.
- Dr. Mamta Mamik, Assistant Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai
Learn more: http://time.com/3841880/uti-drug-resistant/
Good Morning America – April 29
FDA Approves Double-Chin Eliminator Injection, Kybella – Sydney Lupkin
The Food and Drug Administration today approved a new drug that promises to get rid of double chins without surgery. The drug is called Kybella, and it is an injectable substance that dissolves fat under the chin. It is expected to be commercially available in June, according to the company. "This is not necessarily a silver bullet that will solve the problem for every patient, but it certainly is a good option for appropriate candidates," said Joshua Zeichner, MD, a dermatology professor at The Mount Sinai Hospital in Manhattan. He has not been involved in the drug’s development.
- Dr. Joshua Zeichner, Assistant Professor, Dermatology, Icahn School of Medicine at Mount Sinai, Director, Cosmetic and Clinical Research in Dermatology, The Mount Sinai Hospital
Learn more: http://abcnews.go.com/Health/fda-approves-double-chin-eliminator-injection/story?id=30685462
Additional Coverage:

Al Hurra TV – April 30
Specialist in Rehabilitation Medicine from New York Speaks about Migraine Headaches
Houman Danesh, MD, Director of Integrative Pain Management at The Mount Sinai Hospital sits down with Al Hurra TV to discuss the use of nerve block injections to treat migraine headaches.
- Dr. Houman Danesh, Assistant Professor, Anesthesiology, Rehabilitation Medicine, Icahn School of Medicine at Mount Sinai, Director, Integrative Pain Management, The Mount Sinai Hospital
Learn more: https://www.youtube.com/watch?v=aMR0CLAOcIQ&feature=youtu.be [In Arabic]

Fitness – April 30
9 Arthritis Symptoms to Look Out For Now – Corey Rossi
Though arthritis is defined as inflamed, stiff, and painful joints, there are more than 100 different types of the condition. The most common is osteoarthritis, when the protective cartilage on the ends of your bones wears down over time."If you experience pain in your joints first thing in the morning, but it subsides as you move around, osteoarthritis may be to blame," says Joseph Herrera, DO, a sports medicine doctor and an assistant professor of rehabilitation at the Icahn School of Medicine at Mount Sinai in New York City. You may also experience similar stiffness if you've been sitting for a long time.
- Dr. Joseph Herrera, Assistant Professor, Rehabilitation Medicine, Icahn School of Medicine at Mount Sinai
Learn more: http://www.fitnessmagazine.com/health/injury/arthritis/arthritis-symptoms/

Allure – April 29
The Scary Causes Behind the Rise in Skin-Cancer Rates – Jenna Rosenstein
Why is it so hard to get young women, my friends included, to quit tanning, both outdoors and in? The main reasons are as simple as they are intractable: Many young women love the way a tan looks—and the way the sun feels. "If you can't tone it, tan it" is a phrase I've actually heard from a handful of friends. And when someone regularly tans, they're hooked on that warm, happy, energized feeling. UV
exposure releases endorphins, which is possibly why people with seasonal affective disorder or low serotonin levels are more likely to be frequent indoor tanners. A recent study even found a genetic link to tanning addiction. “Our relationship with the sun is inherently ambivalent,” says Ellen Marmur, an associate clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City. “The sun gives us energy, and it has amazing healing properties. It’s not all bad. But it’s hard to know the balance.”

-Dr. Ellen Marmur, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.allure.com/skin-care/2015/skin-cancer-cases-rise

Commercial Property Executive – April 30

Staying Prepared, Coming Back Strong: Insights on Disaster Readiness – Paul Rosta

Events like the terrorist attacks of Sept. 11, 2001 and Superstorm Sandy have changed the way real estate professionals around the country think about disaster preparedness. In a wide-ranging conference at the New School in New York City, an eclectic group of professionals gathered on Tuesday to offer insights about lessons learned and best practices that apply to disaster preparation, recovery and resilience. The reminder is vital because “people are like institutions,” explained Kenneth Holden, chief facilities officer for the Mount Sinai Health System and a former commissioner of the New York City Department of Design and Construction, who oversaw the cleanup of the World Trade Center site after the attacks of 9/11.

-Kenneth Holden, Chief Facilities Officer, Mount Sinai Health System


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newsmedia@mssm.edu
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