In the News                                     November 29, 2013

NPR Radio/WNYC Radio – November 27
A New Way of Killing Cancer – The Leonard Lopate Show
We’ll find out about how four people became connected and how those connections have changed lives. Esquire executive editor Mark Warren and writer-at-large Tom Junod went to Mississippi and the Gulf after Hurricane Katrina, where they met a woman named Stephanie Lee, whose husband had been killed in Iraq two months earlier and who was nine months pregnant when Katrina hit. Years later the magazine wrote about a scientist/mathematician named Dr. Eric Schadt. Then, when Stephanie Lee was diagnosed with colon cancer, Warren and Junod connected her with Dr. Schadt, who is now Chairman of the Mount Sinai Department of Genetics and Genomic Sciences and Director of the Icahn Institute for Genomics and Multiscale Biology. He accepted Stephanie into a study on developing a new, personalized means of killing cancers. Junod and Warren are authors of “There’s a Whole New Way of Killing Cancer: Stephanie Lee Is the Test Case” in Esquire.

-Dr. Eric Schadt, Director of the Institute for Genomics and Multiscale Biology, Chairman of the Department of Genetics and Genomics Sciences and the Jean C. and James W. Crystal Professor of Genomics, Icahn School of Medicine at Mount Sinai

Med City News – November 28
‘Remember to Eat Apps’ can’t compete with the Hordes of Calorie Counters – Stephanie Baum
Thanksgiving kicks off the holiday season when decadent food abounds, alcohol flows and diet plan stories hit overdrive. The proliferation of calorie counting apps meant to help people in their battle to lose weight or better inform them of calorie content present a risk to people with eating disorders. Although it’s well known for its weight management and fitness tracking apps, health IT startup Noom got an NIH grant in October for a two year pilot study to look at applying its technology to binge eating. Noom’s study will be led by Thomas Hildebrandt, MD, Assistant Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai. The Noom Monitor app is not on the market and it’s been modified to track binge eating.

-Dr. Thomas Hildebrandt, Assistant Professor, Psychiatry, Icahn School of Medicine at Mount Sinai

Downtown Magazine – Holiday 2013
Beauty and the Breast
When patients consult dermatologists and plastic surgeons about cosmetic problems, attention is focused
on treatment for age lines of the mid-face, wrinkles, crow’s feet, brown spots, and sagging jaw lines. When questions arise about breast surgery, these usually concern reduction and enhancement of breast size or reconstruction after breast surgery. Unfortunately, too often the appearance of the skin of décolleté area is overlooked.

-Dr. Albert Lefkovits, Associate Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai

Philly.com – November 28

It’s No Holiday from Bad Family Habits – Melissa Dribben

Since Thanksgiving is the kickoff for the season of indulgence, you are about to observe some unhealthy behavior. You will want to say something to family members, purely out of concern for their welfare, longevity, but will your two cents do any good? Or is offering well-meaning advice about bad habits at a time like this as futile, and emotionally explosive, as preaching politics and religion? ”When you confront someone strongly, you raise their defense mechanisms. They shut down and don’t hear you,” said Harris Straytner, MD, an Associate Clinical Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai.

-Dr. Harris Straytner, Associate Clinical Professor, Psychiatry, Icahn School of Medicine at Mount Sinai


Manhattan Times – November 27

Spreading the Gospel – Madeleine Cummings

Arianna Huffington calls herself a “sleep evangelist.” At least since 2007, when she worked herself so hard that she fainted from exhaustion and slammed her head down on her office desk. “Don’t sleep with the phone nearby,” she warned guests during her keynote speech at a Mount Sinai women’s health fundraiser on Thursday, November 14. “Cell phones and other electronic devices have been scientifically proven to disrupt sleep patterns,” said the Chair, President and Editor-in-Chief of the Huffington Post Media Group. “I think it was a wonderful success,” said Barbara Murphy, MD, Dean for Clinical Integration and Population Health, and Professor and Chair of Medicine and Nephrology at the Icahn School of Medicine at Mount Sinai, and one of the event’s organizers, in regards to the event.

-Dr. Barbara Murphy, Dean for Clinical Integration and Population Health, Professor, Chair, Medicine, Nephrology, Icahn School of Medicine at Mount Sinai


Brooklyn Daily Eagle – November 28

‘Standing O’ Shouts Out to Dr. Chaim Bernstein – Joanna DelBuono

The love was pulsating at Beth Israel Brooklyn, when Dr. Chaim Bernstein was presented with the Wholeness of Life Award. The honor recognizes health care practitioners who demonstrate respect for human beings as whole persons, shared Dr. Harris Nagler, president of the hospital. “Dr. Bernstein is loved by all for his warmth, kindness, excellence as a clinician, and for his care and compassion,” he said. Dr. Bernstein also possesses a rare quality: a great bedside manner, which he attributes to treating patients as people in need of expert care — every time. “Every patient is different even if they have the
same disease,” he said. “I am always mindful that each encounter a patient has with me is the most important part of their day, and I strive to emulate the dedication of mentors, who were never too tired or too exhausted to go that extra mile for patients.” Standing O wishes more physicians would emulate Dr. Bernstein, and wishes him continued success.

-Dr. Chaim Bernstein, Associate Medical Director, Chief Medical Officer and Chief of Pulmonary Critical Care, Beth Israel Brooklyn


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 Cardiology – November 27

EFFERVESCENT: Valsartan Linked to Reverse Remodeling of Carotid Arteries

Valsartan reduced carotid artery wall thickness and decreased plaque thickness at 24 months in patients with carotid atherosclerosis, according to results from a new report presented at AHA 2013. Researchers hypothesized that the angiotensin receptor blocker valsartan (Diovan, Novartis) would reduce carotid artery wall thickness and inhibit atherosclerotic plaque progression. “The EFFERVESCENT trial used MRI to measure the carotid artery because it has been shown to be a noninvasive, reproducible technique,” said Zahi A. Fayad, PhD, Director of the Translational and Molecular Imaging Institute, Vice-Chair for Research in the Department of Radiology, and Professor, Departments of Radiology and Medicine (Cardiology) at the Icahn School of Medicine at Mount Sinai. “There is an opportunity to look at plaque composition as well as activity, although that has not been addressed in this trial specifically.”

-Dr. Zahi A. Fayad, Director, Translational and Molecular Imaging Institute, Vice-Chair for Research in the Department of Radiology, and Professor, Departments of Radiology and Medicine (Cardiology), Icahn School of Medicine at Mount Sinai

Learn more: http://www.healio.com/cardiology/vascular-medicine/news/online/%7B47f5d83d-76ac-4997-a101-77c22560ea09%7D/effervescent-valsartan-linked-to-reverse-remodeling-of-carotid-arteries

HealthDay – November 27

Even When Breast Cancer Gene Test Is Negative, Risk Can Persist: Study

Women with a family history of breast cancer often want to get tested for the BRCA1 and BRCA2 genetic mutations linked to the disease, but a new study suggests that even if a woman tests negative for the BRCA2 gene, she could still be at increased risk for breast cancer. Elisa Port, MD, Associate Professor of Surgery at the Icahn School of Medicine at Mount Sinai, Chief of Breast Surgery, and Director of the Dubin Breast Center at the Mount Sinai Health System, said getting reliable results from a gene test is key to good care. "Providing patients with accurate information on their risk for developing breast cancer in the future is critical for decision making regarding different options and interventions,” said Dr. Port.

-Dr. Elisa Port, Associate Professor, Surgery, Icahn School of Medicine at Mount Sinai; Chief of Breast Surgery, Director, Dubin Breast Center, Mount Sinai Health System


Today – November 26

'Egg Agents' Recruit Women to Sell their Eggs – A. Pawlowski
Men aren’t the only ones in pursuit of young, healthy, beautiful women. Parents struggling with fertility issues are looking for them, too, and they’re often turning to “egg agents” who can secure egg donors with the most desirable genes. Shellie Smith, founder of The Egg Donor Program in Studio City, California, has been on a mission to match prospective parents with their ideal donors for two decades. The recommended guidelines established by the American Society for Reproductive Medicine say a woman should donate no more than six times. Shari Brasner, MD, Assistant Clinical Professor of Obstetrics, Gynecology and Reproductive Science at the Icahn School of Medicine at Mount Sinai, said the long-term risks are minimal.

-Dr. Shari Brasner, Assistant Clinical Professor, Obstetrics, Gynecology, and Reproductive Science, Icahn School of Medicine at Mount Sinai

Learn more: http://www.today.com/health/egg-agents-recruit-women-sell-their-eggs-2D11658569

**Everyday Health – November 26**

**Salt Bombs may be Hiding in your Medicine Cabinet – Amir Khan**

If you’re watching the amount of salt in your diet, you may have to check your medicine cabinet, according to a study published in the *British Medical Journal*. Researchers in the UK found some common medications that dissolve in water contain such high levels of sodium that taking the maximum dose each day would cause you to exceed the recommended daily limits, and put you at a 16 percent higher risk of heart attack and a 28 percent higher risk of developing high blood pressure. Merle Myerson, MD, Director of the Cardiovascular Disease Prevention Program at St. Luke’s and Roosevelt Hospitals said “Processed foods and fast foods have a lot of hidden salt. Salt helps make the medication more digestible and dissolve better, but if it contains too much salt, it could add up to amounts that could be dangerous.”

-Dr. Merle Myerson, Director, Center for Cardiovascular Disease Prevention, St. Luke’s and Roosevelt Hospitals


**Diabetes Forecast – December 1**

**Eating Expertise: What to Expect When Working With a Registered Dietician – Tracey Neithercott**

Healthy eating is a challenge for many people but for diabetics, there are additional challenges. Managing blood glucose levels requires an understanding of how to balance food, exercise and medication. In the long term, unhealthy eating patterns contribute to the risk of complications such as cardiovascular disease and high blood pressure so talking to a registered dietician can help diabetic patients use what they eat and drink as a tool for blood glucose control now and their best health later. Everyone who has diabetes, whether it’s someone who has recently been diagnosed or someone who has had the condition for years, should be working with a dietician. “There’s so much information,” says Shelley Wishnick, RD, CDN, CDE, a registered dietician at the Friedman Diabetes Institute at Beth Israel Medical Center. “And there’s always something new to learn.”

-Shelley Wishnick, Registered Dietician, The Gerald J. Friedman Diabetes Institute, Beth Israel Medical Center

Learn more: http://www.diabetesforecast.org/2013/dec/who-needs-a-dietitian-you-do.html

**New York Daily News – November 26**
Disfigured Man Speaks out about Pope’s Loving Embrace: I felt like I was in Paradise – Carol Kuruvilla

Vinicio Riva was diagnosed with neurofibromatosis type 1 when he was 15 years old. Accustomed to stranger’s hostile stares, Riva was shocked when Pope Francis hugged him without hesitation at the Vatican. The disease is genetic and not contagious. Riva’s mom and sister were diagnosed with milder forms of it. But according to Gary Goldenberg, MD, Assistant Professor of Dermatology and Pathology at the Icahn School of Medicine at Mount Sinai, the psychological effects of the disease do the most damage.

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


Health Day – November 25

FDA Approves New Treatment for Hepatitis C Infection

The United States Food and Drug Administration has approved a new drug for chronic hepatitis C infection that some experts hope will cut down on side effects from current therapies. Hepatitis C infection triggers an inflammation of the liver that can lead to reduced liver function, liver failure and even death over time. According to the U.S. Centers for Disease Control and Prevention, 3.2 million Americans – many of them in the “baby boomer” generation – are infected with the hepatitis C virus. “The approval of Olysio is the first step toward once daily interferon-free treatment of hepatitis C,” said Douglas Dieterich, MD, Professor of Medicine (Liver Diseases), and Director of Continuing Medical Education at the Icahn School of Medicine at Mount Sinai.

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


Buzz Feed – November 26

Women’s Health Expert Says All Oral Contraceptives Can Be Affected by Weight – Rachel Zarrell

Many doctors weren’t surprised by news that Europe is labeling Norlevo, the European version of the Plan B morning-after pill, as ineffective for women who weigh more than 176 pounds. “We know that the oral contraceptives, not just this but all of them, can have an effect by the weight because of metabolism issues,” said Jacques Moritz, MD, Director of Gynecology at St. Luke’s and Roosevelt Hospitals. Since a bigger liver can’t metabolize as fast, “it makes medical sense,” he said. Dr. Moritz said he will continue to prescribe the pill, which has yet to be labeled as ineffective in the U.S. “There’s no other contraceptive [like] the Plan B,” he said. “The Plan B is the plan b.”

-Dr. Jacques Moritz, Director of Gynecology, St. Luke’s and Roosevelt Hospitals

Learn more: http://www.buzzfeed.com/rachelzarrell/womens-health-expert-says-all-oral-contraceptives-can-be-aff

Loop 21 – November 26

Five Ways to Decrease Your Diabetes Costs: Diabetes can Play a Major Role in Your Financial Health – Dana Leigh Smith
From doctor visits to medications, the ongoing list of diabetes expenses can seem daunting. According to a recent Consumer Reports Health study, diabetes patients spend an average of $6,000 annually for treatment – that’s more than double the cost of healthcare for those without the condition. “The cost of living with diabetes really adds up,” said Jerome Tolbert, MD, PhD, Medical Director for Outreach at the Gerald J. Friedman Diabetes Institute at Beth Israel Medical Center. “Most treatments and medications for diabetes are expensive even when the patient has insurance. Plus, when the condition isn’t controlled well, diabetes also causes side effects that further increase the cost of care.” Dr. Tolbert says the good news is that a diabetes diagnosis doesn’t have to be a budget buster, suggesting five ways patients can decrease the cost of their diabetes care.

-Dr. Jerome Tolbert, Medical Director for Outreach, Gerald J. Friedman Diabetes Institute, Beth Israel Medical Center
Learn more: http://www.loop21.com/health/5-ways-decrease-your-diabetes-costs

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
The New York Times – November 25
FDA Lifts Some Restrictions on Avandia – Sabrina Tavernise
The Food and Drug Administration removed some restrictions on the prescribing and use of the diabetes drug Avandia on Monday, saying that new research showed the drug did not increase the chances of heart attacks. Avandia has gone from being one of the industry’s biggest blockbusters to a marginalized drug used by just a few thousand people, after a 2007 analysis of the drug showed that taking it could greatly increase the risk of heart attack. “The decision by the FDA is irrelevant in clinical practice,” said Ronald Tamler, MD, Associate Professor of Medicine, Endocrinology, Diabetes and Bone Disease, and Clinical Director of the Mount Sinai Diabetes Center at the Mount Sinai Health System. He said that after years of warnings about the drug, patients would not “abandon their concerns overnight.”

-Dr. Ronald Tamler, Associate Professor, Medicine, Endocrinology, Diabetes, Bone Disease, Clinical Director, Mount Sinai Diabetes Center, Mount Sinai Health System
Additional coverage:
http://www.medpagetoday.com/Endocrinology/Diabetes/43110

HealthDay – November 6
Study Finds Too Few With Hepatitis C Start or Stick with Treatment – Serena Gordon
A new study suggests that only a quarter of people with hepatitis C are willing to start the standard treatment for the serious viral infection. “This study points out the inadequacies of old therapies for hepatitis C,” said Douglas Dieterich, MD, Professor of Medicine and Liver Diseases, and Director of Continuing Medical Education at the Icahn School of Medicine at Mount Sinai. Liver specialists said that although this study may be reflective of what’s currently going on in hepatitis C treatment, soon there will be a huge shift in the way the disease is treated. “There’s a revolution afoot in the treatment of hepatitis C,” said Dr. Dieterich. “New treatments that are taken in pill form should be approved in the coming months, and the newer medications will be far more effective at treating hepatitis C than interferon.”

-Dr. Douglas Dieterich, Professor, Medicine, Liver Diseases, Director, Continuing Medical Education, Icahn School of Medicine at Mount Sinai
Additional coverage:
http://www.philly.com/philly/health/topics/HealthDay682480_20131125_FDA_Approves_New_Treatment_for_Hepatitis_C_Infection.html

New York 1 News – November 26
Losing Weight Harder For Adults Than Most Realize, Study Says – Erin Billups
A recently published study from Christopher Ochner, PhD, Research Associate at The New York Obesity Nutrition Research Center suggests that losing weight for obese adults is much harder than most realize. “The body actually adapts to that higher body weight and then will kick in these same exact biological mechanisms and defend that higher body weight,” Ochner says. Ochner says that the only proven long-term defense against weight re-gain, so far, is bariatric surgery.

-Dr. Christopher Ochner, Research Associate, Director, The New York Obesity Nutrition Research Center at St. Luke's Hospital
Learn more: http://www.ny1.com/content/lifestyles/health/199357/losing-weight-harder-for-adults-than-most-realize--study-says
(Time Warner Cable subscription required)
Shape – November 22
Lindsey Vonn Crashes Again: Is She Out? – Cristina Goyanes

Only nine months after a high-speed crash at the World Championships in Austria, Olympic gold medalist Lindsey Vonn crashed during a training run last week, leaving everyone to wonder if she can recover in time for the Sochi games. Vonn was ready to compete in next week’s race in Beaver Creek after surgery and recovery repaired her torn ACL and MCL in her right knee. But now that ACL is partially torn and she also suffered minor facial abrasions and a bruised shoulder blade in the crash. With the Winter Games only two and a half months away, she may be able to bounce back in time. According to Robert Gotlin, MD, Director of Orthopedic and Sports Rehabilitation at Beth Israel Medical Center, “A partial ACL tear means that the ligament is intact, so she’ll be okay to get through the Olympics.” He says that for the next six weeks, she should focus on building the muscles around her ligaments to support her entire lower torso and strengthen it enough to handle all the back-and-forth and left-to-right motions.

-Dr. Robert Gotlin, Director of Orthopedic and Sports Rehabilitation, Beth Israel Medical Center
Learn more: http://www.shape.com/blogs/fit-famous/lindsey-vonn-crashes-again-she-out

Becker's Hospital Review – November 25
51 Spine Surgeons on Top Leadership Strategies – Heather Linder

Andrew Hecht, MD, Assistant Professor of Orthopaedics and Neurosurgery, and Co-Chair of Spine Surgery at the Icahn School of Medicine at Mount Sinai, was featured in an article in which spine surgeons give advice to become leaders in their industry: “My strategic approach to leadership has been to help provide vision and direction for the growth and success of our spine center and service,” said Dr. Hecht. “It’s important to involve all the different members of your center and service including other surgeons, physiatrists, pain specialists, physical therapy and administrators, as well as the clinical and basic science research team.”

-Dr. Andrew Hecht, Assistant Professor, Orthopaedics, Neurosurgery, Co-chair of Spine Surgery, Icahn School of Medicine at Mount Sinai
Learn more: http://www.beckersspine.com/lists/item/18428-51-spine-surgeons-on-top-leadership-strategies

Publisher’s Weekly – November 25
Getting Slimmer and Smarter – Gwenda Bond

The diet and fitness category has become more competitive than ever, with Publisher’s Weekly receiving submissions for this annual feature from 34 publishers, a number that topped even the most robust recent years. The vast majority of titles are about dieting, making for a crowded field of ways to slim down. As customers become more sophisticated about choosing diets, publishers agree that a smarter selection of titles has naturally led to more weight loss and maintenance strategies based in science and tied to long-term health. One such cleanse and detox book on the list is The Detox Prescription: Supercharge Your Health, Strip Away Pounds and Eliminate the Toxins Within by Woodson Merrell, MD and Marybeth Augustine, MS, RDN, published by Rodale and due to hit shelves in December.

-Dr. Woodson Merrell, Chairman, Department of Integrative Medicine, Beth Israel Medical Center
- Marybeth Augustine, MS, RDN, Center for Health and Healing, Beth Israel Medical Center

Prevention – November
16 Doctor-Approved Home Remedies – Pamela Bond

Home remedies are a staple of natural medicine. They’re cheap, fast and often work just as well as a drugstore fix, and may be as near as your spice cabinet, refrigerator, or laundry room. For nasal congestion, Benjamin Kligler, MD, Director at the Continuum Center for Health and Healing suggests to irrigate the nose with contact lens saline solution using a Neti Pot. Or, he suggests putting a few drops of eucalyptus oil on the floor of a hot, running shower and inhaling the steam that accumulates.

-Dr. Benjamin Kligler, Director, Continuum Center for Health and Healing
Learn more: http://www.prevention.com/print/41471

Huffington Post – November 25
What’s Really Lurking On Your Loofah? Dermatologists Tell Us the Gross Truth – Dana Oliver

Using a loofah (plus a richly lathered body wash and some aromatherapy candles) can make an at-home spa treatment feel like you’re getting pampered at a posh spa. Those spongy pouf balls also make for great exfoliators, especially around this time of the year when our skin is extra dry and flaky. But reaching for the same loofah when you take a warm shower or back could potentially do more harm than good to your skin. “Bacterium is attracted to moisture and loves to grow in the nook and crannies of a loofah,” said Stafford Broumand, MD, Associate Clinical Professor of Surgery at The Mount Sinai Hospital. “Some of the bacteria might be something like P. aeruginosa (which has been linked to drug-resistant infections).”

-Dr. Stafford Broumand, Associate Clinical Professor, Surgery, The Mount Sinai Hospital
Learn more: http://www.huffingtonpost.com/2013/11/25/loofah-bacteria_n_4330801.html
Skin and Allergy News – November 22

Expert Offers Insight on Photocontact Dermatitis – Susan London
The diagnosis of photocontact dermatitis can be challenging and often requires careful photopatch testing, according to Vincent A. DeLeo, MD, Chairman of Dermatology at Beth Israel Medical Center and St. Luke’s and Roosevelt Hospitals. Dr. DeLeo examines the finer points of diagnosing the two main types of photocontact dermatitis – photoirritant and photoallergenic – and differentiates them from other conditions with a similar clinical presentation at the annual Coastal Dermatology Symposium.

-Dr. Vincent DeLeo, Chairman, Dermatology, Beth Israel Medical Center and St. Luke’s and Roosevelt Hospitals

New York Real Estate Journal – November 26

Lease extension for Beth Israel Medical Center in Google Building
Beth Israel Medical Center (BIMC) has signed a 15-year lease extension on the 2.9 million square foot space it occupies in the commercial office building owned by Google Inc. Beth Israel’s Comprehensive Cancer Center, an outpatient cancer care facility, occupies part of the ground floor at 111 Eighth Avenue, between 15th and 16th streets. Robert Martin, vice chairman, Jones Lang LaSalle was BIMC’s real estate attorney, “The property remains an ideal location, featuring a private street entrance. The Google Building allows Beth Israel to offer a caring, comfortable environment for its patients, and a facility that supports the work of Beth Israel’s doctors and medical care providers.”

–Beth Israel Comprehensive Cancer Center
Learn more: http://nyrej.com/67671

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newsmedia@mssm.edu
212-241-9200
WABC’s “Up Close With Diana Williams” – November 24

Up Close“ Health Care Coverage – Diana Williams
Healthcare reform isn’t just about who gets coverage. Obamacare is also going to change how that care is provided. Kenneth Davis, MD, CEO and President of the Mount Sinai Health System, addresses the complex matrix of Obamacare and how it is going to affect access to coverage, the quality of care provided and the cost of care.

-Dr. Kenneth Davis, CEO and President, Mount Sinai Health System
Learn more: http://abclocal.go.com/wabc/story?section=news/politics&id=9337915&vid=9337972

USA Today – November 25

Analysis of Huge Data Sets Will Reshape Health Care -- Kelly Kennedy
Insurers will soon reassess how they predict costs; patients will let doctors know what medications won’t work with their particular genomes; and researchers will look at hospital records in real time to determine the cheapest, most effective ways to treat patients — all because of developments in what is known as big data. Driven by industry trends and the Affordable Care Act, the analysis of large sets of data, such as medication usage or hospital readmissions, has enabled health care providers and policymakers to make smarter decisions and predict future trends. Electronic medical records and decisions by governments and companies to share data have made for smarter decision-making that can save money and provide better care, experts say. Several factors have made genomic research and data analysis possible, said Eric Schadt, PhD, director of the Institute for Genomics and Multiscale Biology at the Icahn School of Medicine at Mount Sinai: changes in the law, financial incentives and "the demand of patients for better health care and outcomes." Sequencing a person’s genome costs about $3,000, Schadt said. "It is rapidly approaching the cost of a standard test, such as an MRI or PET scan," he said. "However, sequencing a single human genome produces hundreds of gigabytes of data, which turns into petabytes of data when you combine several thousand genomes, medical histories of the individuals associated with those genomes, their drug treatments, their environments, microbiomes (the bacteria that live in your gut and your skin), and so on. Ideally we want to be looking at millions of individuals together to discern the patterns that identify different subtypes of disease" and determine the best way "to diagnose, treat and even prevent disease." Mount Sinai has used the data to help reduce the 30-day readmission rate for patients by 56% by determining which patients were most at risk, then taking precautions to prevent them returning to the hospital.

-Dr. Eric Schadt, Director of the Institute for Genomics and Multiscale Biology, Chairman of the Department of Genetics and Genomics Sciences and the Jean C. and James W. Crystal Professor of
Oncology Times – November 25
Shop Talk: Appointments, Promotions, Honors, Grants, and Other 'People News'
Ashutosh K. Tewari, MB, BS, has been named Chairman of the Milton and Carroll Petrie Department of Urology at the Icahn School of Medicine at Mount Sinai. “Dr. Tewari is a top-flight urologist and physician scientist of national and international repute who will position Mount Sinai as a urologic center of excellence, offering world-class urologic care, practice-changing research, and patient-centered care,” said Dennis S. Charney, MD, the Anne and Joel Ehrenkranz Dean of the Icahn School of Medicine at Mount Sinai, and President for Academic Affairs of the Mount Sinai Health System. “Dr. Tewari is known for his work in developing the fields of robotic prostatectomy, and outcomes research using novel medical imaging and genomics research.”

- Dr. Ashutosh K. Tewari, Chairman, Milton and Carroll Petrie Department of Urology, Icahn School of Medicine at Mount Sinai
- Dr. Dennis Charney, Anne and Joel Ehrenkranz Dean, Icahn School of Medicine at Mount Sinai, President for Academic Affairs, Mount Sinai Health System

Fox News – November 22
Brittany Murphy’s Toxicity: How Daily Exposure to Chemicals Can Affect Our Overall Health – Loren Grush
Numerous studies have found phthalate exposure to be associated with a range of health problems. Known as endocrine disruptors, phthalates have been found to interrupt some forms of hormone production in mammals – which can sometimes lead to cancer, birth defects and developmental disorders. “One of the better-studied chemicals, there’s an association with low sperm count and low reproductive capacity in adult males,” said Mary Snow Wolff, MD, Professor of Preventive Medicine and Oncological Sciences at the Icahn School of Medicine at Mount Sinai.

- Dr. Mary Snow Wolff, Professor, Preventive Medicine, Oncological Sciences, Icahn School of Medicine at Mount Sinai

USA Today – November 25
Doctor: Derrick Rose's Knee Injury could've been Worse – Jeff Zillgitt
Point guard Derrick Rose sat in a chair on the Chicago Bulls’ practice court in February and with unwavering confidence said he planned to return from a torn anterior cruciate ligament in his left knee stronger than ever. But after he tore the medial meniscus in his right knee Friday against the Portland Trail Blazers and needs surgery, the depressing but realistic question lingers like a bad dream: Will Rose ever be the same — or better — than he was before his knee injuries? “Sure, he can,” said Alexis Colvin, MD, Associate Professor of Orthopaedics at The Mount Sinai Hospital. Dr. Colvin said there are two options: “Repair the torn meniscus, or remove all or some of it. Repairing is the preferred option, as the cartilage acts as a cushion for knee bones.”
NY City News Service - November 23
More Help for Trauma Victims – Sierra Leone and Jonathan Moffie
Healthcare professionals are trained to assess the medical needs of victims of sexual assault or trauma. The HEARTS program (Healing Emotions and Achieving Resilience to Traumatic Stress) at Beth Israel Medical Center and St. Luke’s and Roosevelt Hospitals aims to train healthcare professionals to also comfort victims moving forward after a traumatic sexual experience. The HEARTS program presented a workshop on November 22, 2013, designed to help healthcare professionals better communicate with trauma victims. Jacob Ham, PhD, Director, HEARTS Program, said the federally funded program strives to improve care for children and families who have suffered the effects of sexual and physical traumatic stress.

Dr. Jacob Ham, Director, HEARTS Program, Beth Israel Medical Center and St. Luke’s and Roosevelt Hospitals

Yahoo Shine - November 22
Why You Shouldn’t Do a Juice Cleanse After Thanksgiving – Cristina Goyanes
Thanksgiving dinners can be very stressful on a person’s digestive system and may leave some to want to give up on eating solid foods. Therefore, some people consider a juice cleanse after consuming such large proportions of food over the holiday. Lynn Allen, MD, Research Associate, New York Obesity Nutrition Research Center at St. Luke’s Hospital says that the severe caloric restriction of juice cleanses have the ability to backfire. “When you’re on a limited diet of 800 to 1,200 calories, your body will start to feed off fat and muscle tissue,” Allen says. Christopher Ochner, PhD, Research Associate, New York Obesity Nutrition Research Center at St. Luke’s Hospital says that you don’t need juices to flush out toxins in the body. He adds, “Your liver and intestines have got you covered-after all, it’s their job to keep your digestion on track all the time.”

Dr. Lynn Allen and Dr. Christopher Ochner, Research Associates, The New York Obesity Nutrition Research Center at St. Luke’s Hospital

The Weather Channel – November 22
Do You Get Enough of the Sunshine Vitamin? – Jeffrey Kopman
Most health experts believe that vitamin D deficiency is a huge problem. “A large proportion of the general population — an estimated 30 percent — has vitamin D deficiency [based on the most commonly used definition],” said Anita Mehrotra, MD, Assistant Professor of Nephrology at the Icahn School of Medicine at Mount Sinai. Vitamin D deficiency poses a risk because the “sunshine vitamin” has been shown to reduce high blood pressure, improve sleep, decrease inflammation and even lower the risk of type 2 diabetes.

Dr. Anita Mehrotra, Assistant Professor, Nephrology, Icahn School of Medicine at Mount Sinai


Learn more: http://www.nycitynewsservice.com/2013/11/23/more-help-for-trauma-victims/

Learn more: http://shine.yahoo.com/healthy-living/why-shouldnt-juice-cleanse-thanksgiving-144400102.html

Learn more: http://www.weather.com/health/vitamin-d-deficiency-are-americans-getting-enough-sun-
Medical Daily – November 23
Healthy Skin Awareness Month: Five Ways to Save your Skin from the Winter Blues – Sabrina Bachai

Your skin is the first line of defense for the body’s immune system. The average adult’s skin spans 21 square feet, weighs nine pounds, and contains more than 11 miles of blood vessels. Marina Peredo, Assistant Clinical Professor of Dermatology at the Icahn School of Medicine at Mount Sinai, recommends that everyone should change their daily skin regimen when the weather changes — especially during the winter months.

-Dr. Marina Peredo, Assistant Clinical Professor of Dermatology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.medicaldaily.com/healthy-skin-awareness-month-5-ways-save-your-skin-winter-blues-263597

Brooklyn Daily Eagle – November 20
Brooklyn MD Wins Award – Our World in Pictures

Chaim Bernstein, MD, of Beth Israel Hospital Brooklyn has been awarded this year’s Wholeness of Life Award by the Health Care Chaplaincy. The award recognizes those health practitioners whose treatment of patients and colleagues demonstrates respect for human beings.

-Dr. Chaim Bernstein, Associate Medical Director, Chief Medical Officer and Chief of Pulmonary Critical Care, Beth Israel Brooklyn

(No web link available)

Town & Village – November 21
Phillips Beth Israel Helps HS for Health Professions Students in Career Planning

Students and faculty members from Phillips Beth Israel School of Nursing (PBISN) are important resources for another non-profit, Comprehensive Development, Inc. (CDI). That group partners with three public schools to help students who are economically challenged reach their college and career goals. PBISN students Molly Winter and Erika Arnon recently participated in a program at one of CDI’s partners, the High School for Health Professions and Human Services. They talked about the process of getting into and succeeding in nursing school. “We are proud of our students’ and faculty’s activities with the high school,” said PBISN Dean Janet Mackin, EdD, RN. “The health care field offers many job opportunities and we try to inspire motivated and hardworking students to consider nursing as a career.”

- Dr. Janet Mackin, Dean, Phillips Beth Israel School of Nursing

(No web link available)

New York Daily News – November 24
Daily Checkup: Lifestyle Changes Help Fight Diabetes – Katie Charles

Diabetes has been a mainstay of headline news for the past decade, with the International Diabetes Federation predicting that 1 in 10 people worldwide will have the disease by 2035. “Diabetes is a disease of elevated blood sugar levels, also called blood glucose levels,” said David Lam, MD, Instructor of Medicine, Endocrinology, Diabetes and Bone Disease at the Icahn School of Medicine at Mount Sinai.
“The majority of patients have Type 2 diabetes, in which the body is not as efficient as it used to be in processing glucose. In Type 1 diabetes, the body has entirely stopped producing insulin, which is the vehicle we use to process sugar.”

-Dr. David Lam, Instructor, Medicine, Endocrinology, Diabetes and Bone Disease, Icahn School of Medicine at Mount Sinai

Learn more: http://www.nydailynews.com/life-style/health/daily-checkup-lifestyle-fight-diabetes-article-1.1523576

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
Multiple Sclerosis Discovery Forum – November 21
Researcher Tests First-in-Class Compound for Neuroprotection with Hope of Stopping MS Disease Progression - Bob Finn
A $500,000 drug development grant from the National Multiple Sclerosis Society (NMSS) was awarded to a partnership between a multiple sclerosis research team at the Icahn School of Medicine at Mount Sinai and Karyopharm Therapeutics Inc., a clinical stage pharmaceutical company. Patrizia Casaccia, MD, PhD, a Professor of Neuroscience, and Genetics and Genomics at the Icahn School of Medicine at Mount Sinai, will be the academic lead and will test the effectiveness of a novel Karyopharm compound that can be orally administered and aimed at stopping the progressive phase of the disease. With the 14-month grant, Dr. Casaccia also hopes to gather information that will help design future clinical trials for MS treatments.
-Dr. Patrizia Casaccia, Professor, Neuroscience, Genetics and Genomics, Icahn School of Medicine at Mount Sinai
Learn more: http://www.msdiscovery.org/professional-resources/bulletin-boards/8612-researcher-tests-first-class-compound-neuroprotection

The National Herald – November 2013
Post’s Arianna Huffington Discusses Women’s Health at Mount Sinai Luncheon – Eleni Kalogeras
Arianna Huffington was the keynote speaker at the recent Mount Sinai Women’s Health Day of Learning Luncheon. Mount Sinai is celebrating the 60th anniversary of the Department of Obstetrics, Gynecology, and Reproductive Science as a formalized department within the hospital. The guests were greeted by David Reich, MD, Chair, and Horace W. Goldsmith Professor of Anesthesiology, and Barbara Murphy, MD, Dean for Clinical Integration and Population Health, and Professor and Chair of Medicine and Nephrology at the Icahn School of Medicine at Mount Sinai, who introduced Huffington. [This story also ran in the Greek edition of The National Herald].
-Dr. David Reich, Horace W. Goldsmith Professor, Chair, Anesthesiology, The Mount Sinai Hospital
-Dr. Barbara Murphy, Dean for Clinical Integration and Population Health, Professor, Chair, Medicine, Nephrology, Icahn School of Medicine at Mount Sinai
[No web link available]

Nature – November 2013
Mobility Machines – Peter Gwynne
Devices that support patients as they walk upright first emerged in the 1990s, but the early versions
required overhead harnesses, which limited walking to treadmills. That has changed, and today’s exoskeletons are effectively wearable robots that provide the power to enable movement. Ann Spungen, MD, an Associate Professor of Medicine, Teaching Assistant of Rehabilitation Medicine at The Mount Sinai Hospital, and an exercise physiologist at the James J. Peters VA Medical Center, has helped patients use the devices. “I have had wonderful experiences of seeing patients become quite ecstatic,” said Dr. Spungen.

-Dr. Ann Spungen, Associate Professor, Medicine, Teaching Assistant, Rehabilitation Medicine, The Mount Sinai Hospital

Fox News – November 21

Necrotizing Fasciitis: New Treatment Discovered for Deadly Flesh-Eating Disease – Amanda Woerner

Necrotizing fasciitis, commonly known as the flesh-eating disease, results from a bacterial infection and rapidly destroys the body’s soft tissue. The condition garnered national attention in 2012, when 24-year-old Aimee Copeland underwent a quadruple amputation after contracting necrotizing fasciitis in the aftermath of a zip lining accident. A FDA-approved wound cleanser called NeutroPhase contains hypochlorous acid and is used to treat the condition. “Hypochlorous acid is produced by the body’s white blood cells when it fights infection,” said Harvey Himel, MD, Assistant Clinical Professor of Surgery, and Medical Director of the Wound Program at the Icahn School of Medicine at Mount Sinai. “It is one of the common chemicals found to purify water in swimming pools and is used as a disinfectant in food preparation.”

-Dr. Harvey Himel, Assistant Clinical Professor, Surgery, Medical Director, Wound Program, Icahn School of Medicine at Mount Sinai


Everyday Health – November 21

Medical Marijuana Making You Forgetful? Advil Could Help – Susan E. Matthews

Medical marijuana has taken hold in several states and gained the backing of several prominent doctors, but one of the problematic side effects of the drug, which makes supporters hesitant of long-term use, is the memory loss that often accompanies its use. Luckily, a solution is in sight — over-the-counter painkillers, such as Advil, might be the perfect antidote to the problem, according to a new, small study on mice. “It was quite a remarkable study, as it worked out very complicated pathways in great detail,” said Sam Gandy, MD, PhD, Mount Sinai Professor in Alzheimer’s Research, Professor of Neurology, Psychiatry, and Associate Director of the Alzheimer’s Disease Research Center at the Icahn School of Medicine at Mount Sinai.

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


Everyday Health – November 21

Younger People More At Risk for Stroke – Dr. Sanjay Gupta
Stroke is a leading cause of disability and death, claiming more than 137,000 lives in this country every year. Your risk of having a stroke increases as you get older, but many people don’t realize that strokes can occur at any age. In fact, younger people are more at risk for having a stroke than ever before. A lot of people think these things only happen if you’re in a car accident or from some major trauma, but it can happen with a relatively minor injury,” said Carolyn Brockington, MD, director of the Stroke Center at Roosevelt Hospital in New York City. "If you move your neck in an unusual way it can happen. I’ve had patients who have had dissections by flipping their hair while drying it or doing a yoga pose.”

- Dr. Carolyn Brockington, Director of the Stroke Center, St. Luke’s and Roosevelt Hospitals


NY1 – November 21

**Doctor Gives Health Tips for Working Out in the Cold – Jill Urban**

NY1s health reporter Jill Urban talked with Robert Gotlin, DO, Director of Orthopedic and Sports Rehabilitation in the Department of Orthopedics at Beth Israel Medical Center, about how to stay safe while working out in the cold this winter. “In the wintertime, we see more injuries due to cold weather, muscles and bones get injured more frequently and people need to be aware of that and need to prepare before they go outside,” says Dr. Gotlin. Those preparations include dressing properly, warming up before your workout, staying hydrated and starting off slow.

- Dr. Robert Gotlin, Director of Orthopedic and Sports Rehabilitation, Department of Orthopedic Surgery, Beth Israel Medical Center


Fox News – November 20

**‘New Pregnancy Bible’ gives Advice from Pregnancy to Early Parenthood – Manny Alvarez**

While most new parents wish their little ones came with instruction manuals, the plain truth is: they just don’t. That’s why two OB-GYNs from The Mount Sinai Hospital collaborated to offer parents the next best thing with their book *The New Pregnancy Bible: The Experts Guide to Pregnancy and Early Parenthood*. Manny Alvarez, MD, Senior Managing Health Editor at FoxNews.com recently sat down with the book’s authors, Joanne Stone, MD, Professor of Obstetrics, Gynecology, Reproductive Medicine, Director of the Maternal Fetal Medicine Fellowship, Perinatal Ultrasound, and Division Director of Maternal Fetal Medicine at the Icahn School of Medicine at Mount Sinai, and Keith A. Eddleman, MD, Professor of Obstetrics, Gynecology and Reproductive Sciences, Genetics and Genomic Sciences, and Director of Obstetrics at The Mount Sinai Health System, to talk about what parents can expect.

- Dr. Joanne Stone, Professor, Obstetrics, Gynecology Reproductive Medicine, Director, Maternal Fetal Medicine Fellowship, Perinatal Ultrasound, Division Director, Maternal Fetal Medicine, Icahn School of Medicine at Mount Sinai
- Dr. Keith Eddleman, MD, Professor, Obstetrics, Gynecology and Reproductive Sciences, Genetics and Genomic Sciences, Director, Obstetrics, Mount Sinai Health System


Medscape News – November 21
Flu Vaccine Allergy may be Attributed to Gelatin, Not Egg – Kate Johnson
A new allergy risk to a common ingredient has been identified in a recent case study that has implications for vaccination. Gelatin, often found in lunchmeats, jellies, and gummy candies, is also used in vaccines, and allergy — though rare — can trigger anaphylaxis. “It is rare, and the first case reports were published in the mid-1900s,” said Stephanie Albin, MD, a Fellow of the Jaffe Food Allergy Institute at the Icahn School of Medicine at Mount Sinai. “However, it can present significant issues because many vaccines — and foods — contain gelatin.”
-Dr. Stephanie Albin, Fellow, Jaffe Food Allergy Institute, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medscape.com/viewarticle/814826

Healthline – November 20
Lupus Prognosis: How Does It Affect My Life Expectancy?
Lupus is an autoimmune disease, meaning that the immune system attacks the body’s organs, causing damage and organ failure. Over 90 percent of people with lupus are women between the ages of 15 and 45. “We have found that with treatment, Lupus patients are able to live longer,” said Olivia Ghaw, MD, an Assistant Professor of Medicine, Division of Rheumatology at the Icahn School of Medicine at Mount Sinai. “They are able to live with less disability and morbidity.”
-Dr. Olivia Ghaw, Assistant Professor, Medicine, Rheumatology, Icahn School of Medicine at Mount Sinai
Learn more: http://www.healthline.com/health-slideshow/lupus-prognosis-life-expectancy

Prevention – December 2013
Stomach Stress Solved – Readers’ Remedies
Your stomach has a lot to handle this time of year: frazzled nerves, too much food and travel queasiness. Readers of Prevention Magazine weighed in with their own natural remedies. Roberta Lee, MD, Vice Chair, Department of Integrative Medicine, Beth Israel Medical Center, reviewed the submissions and helped to choose the most effective.
-Dr. Roberta Lee, Vice Chair, Department of Integrative Medicine, Beth Israel Medical Center
Learn more: http://images.burrellesluce.com/image/4697/4697_5387

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In the News November 21, 2013

Medscape – November 19
Campaign Sustains Healthy Behaviors among Preschoolers – Michael O’Riordan
A six-month educational campaign to boost awareness of the importance of diet, including unhealthy foods, and physical activity in preschool children led to sustained improvements in their knowledge, attitudes, and habits more than three years after the intervention was stopped, research shows. “We have a hypothesis, which is probably correct, that our behavior as adults evolves when we are between ages three to five and in contact with our environment,” said Senior Investigator Valentin Fuster, MD, Director of Mount Sinai Heart, Michael A. Wiener Cardiovascular Institute, and the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health at The Mount Sinai Hospital. “If cardiovascular disease has to do with behavior, then what better opportunity is there than to use that window between three and five years to infuse that concept of health in children?” In 2012, Dr. Fuster gained fame as the inspiration for a new Muppet named Dr. Valentin Ruster, a physician who teaches children about healthy lifestyles on Barrio Sésamo: Monstruos Supersanos, a version of the acclaimed kids’ TV show Sesame Street.
- Dr. Valentin Fuster, Director of Mount Sinai Heart, the Zena and Michael A. Wiener Cardiovascular Institute and the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health, The Mount Sinai Hospital
Additional coverage: http://health.yahoo.net/articles/children/sesame-street-may-help-kids-make-healthy-choices

Cath Lab Digest – November 18
The Cardiothoracic Surgical Trials Network (CTSN), whose Data and Clinical Coordinating Center is at Icahn School of Medicine at Mount Sinai, is reporting for the first time evidence on whether or not there is any significant difference between the two current surgical approaches to treat patients with severe ischemic mitral regurgitation — mitral valve repair and mitral valve replacement. “Ischemic mitral regurgitation is an important public health problem affecting as many as two million Americans. Our study is the first definitive clinical trial to address the relative merits of mitral valve repair versus mitral valve replacement surgery in patients suffering from severe ischemic mitral regurgitation,” said Annetine C. Gelijns, PhD, Professor and Chair of the Department of Health Evidence and Policy at the Icahn School of Medicine at Mount Sinai, who is the corresponding author for the NEJM study and
Principal Investigator for the Data and Clinical Coordinating Center based at Mount Sinai for the NIH-sponsored Cardiothoracic Surgical Trials Network (CTSN) which conducted the clinical trial study.

-Dr. Annette C. Gelijins, Professor, Chair, Health Evidence and Policy, Icahn School of Medicine at Mount Sinai


TCTMD – November 18

Varying Cell Therapy Techniques Demonstrate Safety, Mixed Efficacy at AHA 2013 – Yael Maxwell

In a study looking at LVAD recipients, Deborah D. Ascheim, MD, Associate Professor, Health Evidence and Policy, Medicine, and Cardiology, at the Icahn School of Medicine at Mount Sinai, and colleagues tested the safety and feasibility of adjunctive myocardial transplantation of allogeneic mesenchymal precursor cells. The researchers randomized 30 patients in a 2:1 fashion to receive 25 million study cells or cryoprotective medium alone at 11 US centers. No primary safety events occurred at 90 days. Donor-specific human leukocyte antigen sensitization developed in 10 percent of the study arm and 30 percent of controls, but all donor-specific antibodies were resolved by 12 months.

-Dr. Deborah D. Ascheim, Associate Professor, Health Evidence and Policy, Medicine, Cardiology, Icahn School of Medicine at Mount Sinai

Learn more: http://www.tctmd.com/show.aspx?id=122977

Genetic Engineering and Biotechnology News – November 14

Therapeutic Potential of Gene Therapy Shown in Preclinical Study of Heart Failure

Scientists at the Cardiovascular Research Center at the Icahn School of Medicine at Mount Sinai report that they have successfully tested a gene therapy, delivered directly into the heart, to reverse heart failure in large animal models. The team’s findings (“SUMO-1 Gene Transfer Improves Cardiac Function in a Large-Animal Model of Heart Failure findings”), published in November 13 issue of Science Translational Medicine, is the final study phase before human clinical trials can begin testing SUMO-1 gene therapy, said Roger J. Hajjar, MD, Director of the Cardiovascular Research Center and the Arthur and Janet C. Ross Professor of Medicine at the Icahn School of Medicine at Mount Sinai, adding that SUMO-1 is a gene that is “missing in action” in heart failure patients.

-Dr. Roger J. Hajjar, Director, Cardiovascular Research Center, Arthur and Janet C. Ross Professor of Medicine, Icahn School of Medicine at Mount Sinai


The Atlantic – November 20

The Quest to End the Flu – Carl Zimmer

The methods used to make flu vaccines are slow and sometimes unreliable, and new viruses threaten to outrun them. Can researchers find a way to stay ahead? At the Icahn School of Medicine at Mount Sinai, Peter Palese, MD, Professor and Chair of Microbiology, Horace W. Goldsmith Professor of Medicine
Dr. Peter Palese, Professor and Chair, Microbiology, Horace W. Goldsmith Professor of Medicine; Infectious Disease, Principal Investigator, The Palese Laboratory, Icahn School of Medicine at Mount Sinai

Learn more: http://www.theatlantic.com/magazine/archive/2013/12/the-quest-to-end-the-flu/354677/

KEYC-TV (CBS Affiliate) – November 20
New Device Helps Treat Aneurysms – Marlie Hall

Sixty three year old Christine Pampeno is getting ready to undergo an experimental procedure at Roosevelt Hospital in New York to treat a large aneurysm, which is pressing on the optic nerve and is at risk of rupture. Part of a clinical study at the hospital, doctors reach the brain through an artery in her groin and place the tiny mesh device, called the Flow Redirection Endoluminal Device (FRED), across the opening of the aneurysm. Johanna Fifi, MD, an endovascular surgeon and principal investigator of the trial at Roosevelt Hospital, says “Just by cutting off the blood flow, the clot in the aneurysm dissolves slowly over time and the entire thing shrinks. This allows for treatment of complex aneurysms that we couldn’t treat before.” The new device has already been approved for use in Europe, Turkey and South America with more than 100 patients treated worldwide.

-Dr. Johanna Fifi, Director of Endovascular Stroke, Hyman-Newman Institute for Neurology and Neurosurgery, Roosevelt Hospital

Learn more: http://www.keyc.com/story/24028474/new-device-helps-treat-brain-aneurysms
(This story ran in 32 additional television markets across the country)

The Huffington Post – November 15
Visionary Medicine: Neurosurgery Simulation and the Potential to Save Lives – Traci L. Slatton

Brain surgery simulation has remained elusive, both because of its inherent complexity and because of the exquisite, mushy, wet, softness of the human brain itself. It’s also hard to distinguish critical structures within the brain from each other. Joshua Bederson, MD, Professor and Chair of Neurosurgery at the Icahn School of Medicine at Mount Sinai, made opening remarks at the Second Annual Neurosurgery Simulation Symposium that included a sobering figure: Neurosurgery in the Mount Sinai Health System covers eight hospitals where 3,290 open neurosurgery procedures are performed each year. Although safety has reached unprecedented levels, brain surgery, he said, entails serious risks and high cost.

-Dr. Joshua Bederson, Professor and Chair, Neurosurgery, Icahn School of Medicine at Mount Sinai

Learn more: http://www.huffingtonpost.com/traci-l-slatton/neurosurgery-simulation_b_4268463.html

Crain’s Health Pulse – November 21
Bill’s Team

Mayor-elect Bill de Blasio yesterday announced 60 members of his transition committee. Katherine LaGuardia, MD, Assistant Clinical Professor of Obstetrics and Gynecology at The Mount Sinai Hospital, was selected to be a member of de Blasio’s team.
- Dr. Katherine LaGuardia, Assistant Clinical Professor, Obstetrics and Gynecology, The Mount Sinai Hospital
Learn more: http://www.cransnewyork.com/article/20131121/PULSE/131129981 (subscription required)

The Huffington Post – November 14
Arianna Huffington on How to Prevent Burnout and Focus on What Really Matters
Arianna Huffington, the Chair, President and Editor-in-Chief of The Huffington Post Media Group, gave a keynote speech at The Plaza Hotel as part of the Mount Sinai Women’s Health Day of Learning and Luncheon. Speaking to a full ballroom of medical professionals who have devoted their careers to the field of women’s health, Arianna touched on a startling statistic: More than 75 percent of medical costs are associated with preventable chronic diseases.

-The Mount Sinai Hospital
Learn more: http://www.huffingtonpost.com/2013/11/14/arianna-huffington-mount-sanai-womens-health-day_n_4276512.html

The New York Times - November 20
Reconciling a Sport’s Violent Appeal as a Fighter Lies in a Coma – Greg Bishop
Russian heavyweight boxer Magomed Abdusalamov remains in a medically induced coma at Roosevelt Hospital after a fight on November 2 against Mike Perez at Madison Square Garden. He expected a tough bout, perhaps even a bloody one, the kind of televised fight that could propel him to greater heights. The fight lasted 10 rounds, with Abdusalamov taking the worst of the exchanges. Abdusalamov left the arena and was taken to Roosevelt Hospital, where a brain scan showed swelling and a blood clot. His chances were grim and had he not been treated immediately, he likely would have died within a 30 minutes. To save his life, doctors induced a coma and removed a portion of his skull. Mr. Abdusalamov’s injury is indicative of the violence of the sport of boxing and begs the questions of why people decide to box and why, as a culture, we are mesmerized by such violence.

-Roosevelt Hospital

The New York Times – November 20
After Another Knee Injury, Duration of Recovery for Vonn Is Uncertain – Bill Pennington
In February, days after she sustained the first major knee injury of her career, Lindsey Vonn vowed to return to ski racing in record time. To Vonn, rehabilitating her reconstructed right anterior cruciate ligament became another competition — and she sped past every milestone in her recovery. Told by doctors that a usual prognosis would have her on skis by November, Vonn was proud to be taking some runs on the slopes of Chile in early September. But Tuesday in Colorado, Vonn crashed in training, a tumble that partly tore the same knee ligament that she had repaired about nine months ago. James Gladstone, MD, Associate Professor of Orthopaedics and Co-Chief of Sports Medicine at the Icahn School of Medicine at Mount Sinai, would also not give a definitive prognosis for Vonn’s recovery, but he said in the best case, Vonn would be back on skis in two to four weeks.

- Dr. James Gladstone, Associate Professor, Orthopaedics, Co-Chief, Sports Medicine, Icahn School of Medicine at Mount Sinai
Learn more: http://www.nytimes.com/2013/11/21/sports/olympics/lindsey-vonn-suffered-partial-
CBS News – November 21
Obese Pilots to be Grounded if they have Sleep Apnea – Ryan Jaslow
The Federal Aviation Administration (FAA) wants to start screening obese pilots for obstructive sleep apnea, a medical condition that may be making them too tired when flying a plane. A new medical bulletin released to aviation medical examiners by Federal Air Surgeon Fred Tilton, MD, said pilots with a body mass index (BMI) of 40 or higher will need to go for screening for the condition, and eventually the agency will expand the testing pool to include all pilots. “Almost everyone has brief periods of losing breath when they sleep,” said Steven Feinsilver, MD, Senior Faculty of Medicine, Pulmonary Critical Care and Sleep Medicine at the Icahn School of Medicine at Mount Sinai, and Director of the Center for Sleep Medicine at the Mount Sinai Health System. “Typically a person may briefly stop or slow breathing about five to 10 times per hour. But someone with obstructive sleep apnea may stop breathing 40 to 50 times or more each hour.”

-Dr. Steven Feinsilver, Senior Faculty, Medicine, Pulmonary Critical Care and Sleep Medicine, Icahn School of Medicine at Mount Sinai, Director, Center for Sleep Medicine, Mount Sinai Health System
Learn more: http://www.cbsnews.com/news/obese-pilots-to-be-grounded-if-they-have-sleep-apnea/

Everyday Health – November 20
Quitting Smoking Reduces Heart Risk Faster Than Previously Thought – Amir Khan
What’s the best thing you can do for your heart? Stop smoking. New research presented at the American Heart Association’s Scientific Sessions finds that the heart-health benefits happen quickly. While previous data suggested it takes 15 years for an ex-smoker’s risk of heart disease to drop to that of a non-smoker, it may actually be as few as eight. Merle Myerson, MD, director of the Cardiovascular Disease Prevention at St. Luke’s and Roosevelt Hospitals, said that the findings aren’t surprising, “[This] underscores what we already know, but gives doctors more power to encourage people to stop smoking.”
-Dr. Merle Myerson, Director, Cardiovascular Disease Prevention, St. Luke’s and Roosevelt Hospitals
Learn more: www.everydayhealth.com/stop-smoking/quitting-smoking-reduces-heart-risk-faster-than-previously-thought-9017.aspx

Nurse.com - November 11
Storm stories: Nurses recall Superstorm Sandy memories a year later – Barry Bottino and John Grochowski
Superstorm Sandy arrived along the East Coast on Oct. 29, 2012, and left behind incredible damage. The storm leveled homes, flooded streets and buildings and caused billions of dollars in damage. Some hospitals and health systems lost power, sustained serious water damage and were forced to evacuate. A year after the storm, Patricia Attreed and Eden Espaldon, intensive care unit nurses at Beth Israel Brooklyn; Barbara Ravida, nurse manager in the Cardiac Progressive Care Unit at Beth Israel Medical Center and Cathy Sullivan, director of Patient Care Services at Beth Israel Medical Center share their memories of the storm’s fury and the inspirational, compelling and selfless acts of their nursing colleagues.

-Patricia Attreed, RN; Eden Espaldon, RN, Intensive Care Unit, Beth Israel Brooklyn
-Barbara Ravida, RN, Nurse Manager, Cardiac Progressive Care Unit, Beth Israel Medical Center
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
Esquire Magazine – December 2013 (Included again with accessible link)

Patient Zero
When Stephanie Lee went to the Internet to find out about colon cancer, she said, she was surprised at what she discovered—she had a cancer often described as an “old man’s disease.” She was not an old man. Why did she have a cancer that in many cases develops slowly over time, from an accumulation of cellular insults? The question of whether she inherited a predisposition for colon cancer made her realize how little control she had over her future. It was one of the reasons she was so driven to find out what was happening to her. She had to know. Knowledge might not save her, but it could save her daughters, who would be able to get tested and, possibly, treated preemptively. It was her need for knowledge that allowed Stephanie to endure a distressing suspicion that the combination of her youth and her disease made her “interesting” to her doctors. “I think they want to keep me around as a lab rat,” she said of her doctors. On June 22, two days after he’d found out about her diagnosis, Eric Schadt, PhD, from Icahn School of Medicine at Mount Sinai, called her in Mississippi and told her about a research study he was conducting at the Icahn Institute—a study that he called, with anodyne flourish, “Personalized Cancer Therapy Study.” He put her in touch with his genetic counselor and handles patient enrollment. She told Stephanie about the risks involved and about the consent forms she would have to sign; she answered Stephanie’s most persistent question by assuring her that yes, she would find out if her susceptibility to colon cancer was an inheritance she could have passed on to her daughters. On June 26, Schadt sent her a note informing her that she’d been accepted into the study, and she sent me a text: I’m shaking I’m so happy! And she wasn’t just happy—she was proud. She was empowered by the promise of “personalized” cancer therapy being devised in a city she’d never visited by a scientist who wanted nothing less than to reinvent his science.

–Dr. Eric Schadt, Jean C. and James W. Crystal Professor of Genomics at the Icahn School of Medicine at Mount Sinai
Learn more: http://www.esquire.com/features/patient-zero-1213?click=promo

The New York Times - November 19
Losing War Against Drugs – Robert Newman
In a letter to the editor of the New York Times, Robert Newman, MD, President Emeritus, Beth Israel Medical Center responds to a November 13 article entitled “Afghan Opium Cultivation and Production Seen Rising,” saying that the disparity of US taxpayer money spent on the war against opium production in Afghanistan and a 49 percent increase in production of opium in the country, considered a “failure” by a quoted Western diplomat, is no surprise. In response to a quote from Donald Rumsfeld saying that illicit drug use is a demand problem, Dr. Newman says “And what has been done to address demand throughout the world? Shamefully little. For example, Russia, one of our allies in combating opium production in Afghanistan, persists in rejecting ‘maintenance’ treatment with methadone or buprenorphine and consequently offers essentially no treatment to its estimated two million addicts. And the United States is not much better, with an estimated 85 percent of opiate-dependent Americans receiving no care.”

–Robert Newman, MD, President Emeritus, Beth Israel Medical Center
Learn more: http://www.nytimes.com/2013/11/20/opinion/losing-war-against-drugs.html?ref=todayspaper&_r=0

Nurse.com – November 11
Storm Stories: Nurses Recall Superstorm Sandy Memories a Year Later – Barry Bottino
A year after Superstorm Sandy, nurses from around the region share their memories of the storm’s fury and the
inspirational, compelling and selfless acts of their nursing colleagues. “On the night of Hurricane Sandy, New York University Langone Medical Center conducted an emergency evacuation of critical-care patients from its medical, surgical and pediatric ICUs,” said Geralyn McDonough, RN, BSN, MA, Director of Post-Anesthesia Care Unit Services at The Mount Sinai Hospital. “As Mount Sinai’s critical care units were near capacity, the quickest and simplest way to receive and admit these patients was to accept them into two of our PACUs. Mount Sinai nurses worked quickly to prepare, and shortly after midnight the patients began arriving, one more critical than the next.”

-Geralyn McDonough, RN, BSN, MA, Director, Post-Anesthesia Care Unit Services, The Mount Sinai Hospital

Learn more: http://news.nurse.com/article/20131111/NY02/131107004#.UozL2uLo53s

Healio Cardiology – November 18

Report Reveals High Cost of Cardiac Surgery Health Care-Associated Infections

The average cost of treating major health care-associated infections within 65 days of cardiac surgery is $40,000, with increased costs from intensive care unit stays being an important contributing factor, researchers reported at AHA 2013. “Our analysis found readmissions due to health care-associated infections after cardiac surgery cost on average nearly three times as much as non-health care-associated readmissions,” said Giampaolo Greco, PhD, Assistant Professor of Health Evidence and Policy at Icahn School of Medicine at Mount Sinai.

-Dr. Giampaolo Greco, Assistant Professor, Health Evidence and Policy, Icahn School of Medicine at Mount Sinai


Drug Discovery and Development – November 19

Long-Lasting Gene Therapy Benefits Heart Patients

Researchers from the Cardiovascular Research Center at Icahn School of Medicine at Mount Sinai reported the long-term benefits of a single dose of their gene therapy AAV1/SERCA2a in advanced heart failure patients yesterday at the American Heart Association Scientific Sessions 2013. “This study shows AAV1/SERCA2a gene therapy has long-lasting and beneficial effects for congestive heart failure patients allowing us to block the downward spiral of patients with severe heart failure,” said Principal Investigator Roger J. Hajjar, MD, Director of the Cardiovascular Research Center and the Arthur and Janet C. Ross Professor of Medicine at Icahn School of Medicine at Mount Sinai, who developed the gene therapy approach.

-Dr. Roger J. Hajjar, Director, Cardiovascular Research Center, Arthur and Janet C. Ross Professor of Medicine, Icahn School of Medicine at Mount Sinai


Genetic Engineering and Biotechnology News – November 19

Crowdsourcing to Be Used in Metformin Prostate Cancer Trial

Transparency Life Sciences (TLS), along with Matthew Galsky, MD, Associate Professor of Medicine in the Division of Hematology/Oncology at the Icahn School of Medicine at Mount Sinai, will be designing and conducting a pilot trial assessing the diabetes drug metformin as a potential treatment for prostate cancer. This collaboration will also test using crowdsourcing to obtain input to the design of the clinical protocol, and telemonitoring to replace most patient site visits. “Our prior research demonstrates that cancer trials are highly inefficient and geographically inaccessible to a large proportion of cancer patients,” said Dr. Galsky.

-Dr. Matthew Galsky, Associate Professor, Medicine, Hematology, Oncology, Icahn School of Medicine at Mount Sinai

HealthDay – November 19
Insomnia Cure Boosts Success of Depression Treatment, Study Finds
Treating persistent insomnia at the same time as depression could double the chances that the mood disorder will disappear, a new study shows. Doctors have long reported a link between insomnia – the inability to sleep – and depression, but many thought that depression led to insomnia. Now, experts suspect sleep problems can sometimes precede depression. “Insomnia and depression are both common problems, and often interact,” said Steven Feinsilver, MD, Senior Faculty of Medicine, Pulmonary Critical Care and Sleep Medicine, at the Icahn School of Medicine at Mount Sinai, and Director of the Center for Sleep Medicine at the Mount Sinai Health System, who was not involved in the study.

-Dr. Steven Feinsilver, Senior Faculty, Medicine, Pulmonary Critical Care and Sleep Medicine, Icahn School of Medicine at Mount Sinai, Director, Center for Sleep Medicine, Mount Sinai Health System

Getty Images – November 14
Mount Sinai Women’s Health Day of Learning and Luncheon
The Mount Sinai Women’s Health Day of Learning and Luncheon was held on Thursday, November 14 at the Plaza Hotel. Arianna Huffington was the keynote speaker, and some Mount Sinai experts addressed important women’s health issues.

-The Mount Sinai Hospital

Fox News – November 19
‘Dallas Buyers Club’ Highlights Patient Advocacy’s Role during HIV/AIDS Epidemic – Loren Grush
Since the emergence of HIV, the real life stories of many AIDS patients have become fodder for movie magic. A great example can be seen in the latest film Dallas Buyers Club, which profiles the life of Ron Woodroof – a Texas cowboy and drug user who was diagnosed with AIDS in the 1980s. “I think (the movie) is more interesting from the perspective of patient advocacy,” said Demetre Daskalakis, MD, Medical Director of Ambulatory HIV Services at The Mount Sinai Hospital, and Associate Professor of Medicine and Infectious Diseases at Icahn School of Medicine at Mount Sinai. “The patients who were living with HIV pushed the agenda way faster and way harder than those with any other disease.”

-Dr. Demetre Daskalakis, Medical Director, Ambulatory HIV Services, The Mount Sinai Hospital, Associate Professor, Medicine, Infectious Diseases, Icahn School of Medicine at Mount Sinai

In Style – November 2013
Beauty Q and A
Q: Do I need to toss my lipstick after a cold? A: “Your body has built up antibodies by the time you show symptoms, so reinfection from any tiny virus particles temporarily trapped on the surface of your lipstick is unlikely,” said Nicole M. Bouvier, MD, Assistant Professor of Medicine, Infectious Diseases, and Microbiology at the Icahn School of Medicine at Mount Sinai.

-Dr. Nicole M. Bouvier, Assistant Professor, Medicine, Infectious Diseases, Microbiology, Icahn School of Medicine at Mount Sinai
[No web link available]

Good Housekeeping
Seven Surprising Ways You’re Aging Your Skin – Melanie Rud Chadwick
Washing your face too much can be harmful and cause premature aging of the skin. “Of course, it’s important to keep your skin clean, but don’t overdo it,” said Joshua Zeichner, MD, Assistant Professor of Dermatology, and Director of Cosmetic and Clinical Research (Dermatology) at the Icahn School of Medicine at Mount Sinai. “Wash no more than twice daily (an extra wash pre- or post-workout is okay), and keep in mind that not all cleansers are created equal. Alkaline bar soaps strip your skin of its natural oils and can cause irritation; a non-soap cleanser is a much gentler option.”

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

Learn more: http://www.goodhousekeeping.com/beauty/anti-aging/surprising-habits-aging-skin

Woman’s World – November 25
Smoothie Off Five Pounds in Three Days: Easy, Filling Detox Recipes Get You Skinny In a Hurry!
This Woman’s World magazine article profiles a new, three-day cleanse that is part of a soon-to-be-released book entitled The Detox Prescription, by Woodson Merrell, MD, who leads the Department of Integrative Medicine at Beth Israel Medical Center. Touted by top doctors who call the book’s approach “a marriage of massive clinical experience and cutting-edge science,” a “breakthrough,” and “the most well-researched, highly effective and doable detox program available today,” what sets this detox plan apart is the elimination of toxins that come from including natural foods and flooding the body with an array of nutrients to bolster cytochrome enzymes and other compounds the body uses to neutralize and expel toxins. “There is so much exposure to toxins these days – from chemicals in junk food to cleaner fumes and car exhaust – that the body can have trouble eliminating them fast enough,” says Dr. Merrell. “Research shows that toxic buildup can disrupt your hormone levels and interfere with metabolism, making you prone to weight gain, fatigue and illness. I wanted to share an evidence-based plan to help people reverse that.”

-Woman’s World readers who tested Dr. Merrell’s guidelines - profiled in the story - experienced remarkable results.

-Anesthesiology Today – November 2013
Low-Current Brain Stimulation Safe and Effective for Relief of Chronic Pain – Alice Goodman
Transcranial direct current stimulation (tDCS), a noninvasive technique that is sometimes called “low-current brain stimulation therapy,” is effective in various types of intractable chronic pain, according to a review of patient experiences. “These patients had several types of neuropathic and nociceptive pain that failed to be controlled on conservative therapy and were referred to our center by pain specialists,” said Zachary Leuschner, MD, anesthesiology resident at Albert Einstein College of Medicine, and a co-author of the poster that was presented at the 2013 annual meeting of the American Pain Society. The study reviewed the experience of 100 patients treated at the Institute for Non-Invasive Brain Stimulation at Beth Israel Medical Center. The institute was established in 2008 within the Department of Pain Medicine and Palliative Care at Beth Israel and is one of few such facilities in the U.S.

-Dr. Zachary Leuschner, Anesthesiology Resident, Beth Israel Medical Center

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
News-Medical – November 19

Study Examines Two Surgical Approaches for Treatment of Severe Ischemic Mitral Regurgitation

The Cardiothoracic Surgical Trials Network (CTSN), whose Data and Clinical Coordinating Center is at Icahn School of Medicine at Mount Sinai, is reporting for the first time evidence on whether or not there is any significant difference between the two current surgical approaches to treat patients with severe ischemic mitral regurgitation -- mitral valve repair and mitral valve replacement. The findings were presented on November 18 at the American Heart Association’s Scientific Sessions 2013. “Ischemic mitral regurgitation is an important public health problem affecting as many as two million Americans. Our study is the first definitive clinical trial to address the relative merits of mitral valve repair versus mitral valve replacement surgery in patients suffering from severe ischemic mitral regurgitation,” said Annetine C. Gelijns, PhD, Professor and Chair of the Department of Health Evidence and Policy at Icahn School of Medicine at Mount Sinai, and corresponding author of the study.

-Dr. Annetine C. Gelijns, Professor, Chair, Health Evidence and Policy, Icahn School of Medicine at Mount Sinai


Medscape Medical – November 14

Video Laryngoscopy Improves Intubating Success – Lara Pullen, PhD

A new study has found for fellows in pulmonary and critical care medicine, training with a video laryngoscope, rather than a direct scope, improves first-pass success and decreases the complications of urgent endotracheal intubation. “I think everybody should be using the video laryngoscope, at least non-anesthesiologists,” said Michael Silverberg, MD, Beth Israel Medical Center. Dr. Silverberg presented his research at CHEST 2013, the American College of Chest Physicians’ Annual Meeting where he is a semi-finalist for the Young Investigator Award.

-Dr. Michael Silverberg, Pulmonary and Critical Care Medicine, Beth Israel Medical Center


Fox News – November 19

Preterm Birth Linked to Chemicals in Personal Products – Bahar Gholipour

Pregnant women exposed to phthalates, a group of hormone-mimicking chemicals found in personal care products and processed foods, may have an increased risk of preterm delivery, a new study suggests. “A recent review of studies looking for what might underlie the increase in preterm birth rates
identified risk factors such as increasing maternal age and use of assisted reproduction. However, nearly half of the increase remains unaccounted for,” said Shanna Swan, MD, a Professor of Preventive Medicine at the Icahn School of Medicine at Mount Sinai.

-Dr. Shanna Swan, Professor, Preventive Medicine, Icahn School of Medicine at Mount Sinai

http://www.healio.com/endocrinology/pediatric-endocrinology/news/online/%7B3f6820b0-1332-4266-9b75-80f5b701e73c%7D/exposure-to-phthalates-during-pregnancy-increased-risk-for-preterm-birth

PIX 11 – November 19
The ‘Bionic Man’ Shares his Inspiring Story of Determination to Walk Again – Kori Chambers
In 2007, architect Robert Woo was paralyzed from the hips down, after being crushed under seven tons of steel. The father of three was told he’d never walk again. But, he proved everyone wrong. In fact, just this weekend, he walked one mile in Riverside Park, thanks to the help of a bionic suit. “The suit has motors at the hips and knees, and a computer processor and batteries in the backpack. The walking movement is triggered by making a weight shift over one leg, not unlike the way we normally walk,” said Alan Kozlowski, MD, Assistant Professor of Rehabilitation Medicine at the Icahn School of Medicine at Mount Sinai.

-Dr. Alan Kozlowski, Assistant Professor, Rehabilitation Medicine, Icahn School of Medicine at Mount Sinai

Learn more: http://pix11.com/2013/11/19/the-bionic-man-shares-his-inspiring-story-of-determination-to-walk-again/#axzz2l6TdS6XV

New York Times – November 16
Addiction Treatment With a Dark Side – Deborah Sontag
A drug by the name of Suboxone, like Methadone, a substitute opioid drug used to treat opioid addiction has been used quite often in the field of addiction. Because of its nature, it is a very controversial drug, but has become very attainable for addicts. However, there was a time where Suboxone was not authorized by the FDA. Edwin A. Salsitz, MD, Beth Israel Medical Center, who has been treating addiction for decades, said that in the pre-Suboxone universe, he encountered too many middle-class addicts who refused to set foot in a clinic. “And then sometimes, a couple of years later, they’d be H.I.V. positive, or something more catastrophic would have occurred,” he said. “There’s no way to explain what this meant to the addiction field to have another option besides the clinics.” Robert Newman, MD, President Emeritus, Beth Israel Medical Center, a leading advocate of methadone treatment said, “The safety factor should not be oversold. It is diverted and sold on the black market,” he said. “It is misused, and it does lead to medically adverse consequences, including death. It is associated with a large number of deaths.”

- Dr. Robert Newman, President Emeritus and Dr. Edwin A. Salsitz, Beth Israel Medical Center

NY Daily News – November 17
Magomed Abdusalamov Remains in Medically-induced Coma as Doctors Proclaim Boxer Not Yet Ready – Mitch Abramsom
The attempted awakening of brain-damaged heavyweight boxer Magomed Abdusalamov from his medically-induced coma didn’t happen on Saturday. Doctors were hoping to rouse Abdusalamov after he moved his right arm slightly on Friday during a test of his motor skills at Roosevelt Hospital, where he has remained in intensive care since his brutal fight with Mike Perez on Nov. 2 at Madison Square Garden. But doctors revised that scenario, deciding he wasn’t prepared to be taken off life support and stirred from his coma, according to his promoter, Nathan Lewkowicz.
-Roosevelt Hospital
Learn more: http://www.nydailynews.com/sports/more-sports/boxer-remains-coma-plans-rouse-pushed-back-article-1.1520245

Prevention – November 2013
The Newest Beauty Frontier – Melinda Wenner Moyer
Stem cell transplants have been used on thousands of cancer patients and are being hailed as a potential cure for Parkinson’s disease, paralysis, and, in a new twist, aging skin. "These new treatments are promising," said Joshua Zeichner, MD, an Assistant Professor of Dermatology, and Director of Cosmetic and Clinical Research (Dermatology) at the Icahn School of Medicine at Mount Sinai. “But we do need more research about what ingredients and products really do work, as well as which are safe for long-term use.”
-Dr. Joshua Zeichner, Assistant Professor, Dermatology, Director, Cosmetic and Clinical Research; Dermatology, Icahn School of Medicine at Mount Sinai
[No web link available]

KQDS-FOX - November 15
E-Cigarettes and Minors
E-Cigarettes are gaining in popularity, not just among adult smokers but now with teenagers. The e-cigarette industry is not tightly regulated and doesn’t have to follow federal rules like the big tobacco companies. They can market to young people and sell in a range of flavors that make them even more appealing. Physicians like Mary O’Sullivan, MD, Director, Smoking Cessation Program, St. Luke’s and Roosevelt Hospitals, say that’s a big problem, “This e-cigarette business is the vulnerability of the teenager. The flavors of the e-cigarette are geared towards drawing in young people.” Twenty four states have laws restricting e-cigarette sales to minors, trying to get ahead of the Food and Drug Administration which will likely come down hard on the e-cigarette business.
-Dr. Mary O’Sullivan, Director, Smoking Cessation Program, St. Luke’s and Roosevelt Hospitals
[No web link available]

WNYW (FOX5) – November 18
Princeton to Use European Meningitis Vaccine for Students
Meningitis cases at Princeton University have prompted the school to use a vaccine that isn’t FDA approved. The vaccine, called Bexsero, is used in Europe and Australia to fight the B-strain of meningitis. U.S. vaccines treat four other types of the illness but not the strain at Princeton. Brian Koll, MD, Chief of Infection Prevention, Beth Israel Medical Center feels the inoculated students will be safe,
saying, “I don’t think the vaccine itself is risky. We have certain laws about how our vaccines are assessed to ensure the safety of people in our country and this has to go through the process to ensure we don’t do any more harm.” There have been seven confirmed cases of meningitis at Princeton since March.

-Dr. Brian Koll, Medical Director and Chief, Infection Prevention, Beth Israel Medical Center

NBC New York Nonstop News – November 18

Diabetes 101 – Roseanne Colletti
In honor of Diabetes Awareness Month this November, NBC News invited Shelley Wishnick, registered dietician and certified diabetes educator at the Gerald J. Friedman Diabetes Institute at Beth Israel Medical Center, to offer viewers education about all the latest information about the illness. In this live segment, in-studio segment Ms. Wishnick explains what diabetes actually is, who is most susceptible and why, what other health ramifications are associated with diabetes and what needs to be done to control diabetes if it does affect you or a loved one.

-Shelley Wishnick, Registered Dietician and Certified Diabetes Educator, The Gerald J. Friedman Diabetes Institute, Beth Israel Medical Center
Learn more: http://www.nbcnewyork.com/video/#!/on-air/as-seen-on/American-Diabetes-Month/232433491

KGO-TV ABC-7 - November 18

Video and Panel Explores the Drug War’s Impact on Pregnant Women and Families
Open Society Foundations are proud to host National Advocates for Pregnant Women (NAPW) for a groundbreaking event on November 19th in New York City that will explore the drug war’s impact on pregnant women and families. The event will begin with a screening of NAPW’s short video, Project Prevention: Mothers and Children Speak Out, confronting the drug war’s influence on the civil child welfare system and how private initiatives like Project Prevention are undermining the health and well-being of pregnant women and families. After the conclusion of the film, Robert Newman, MD, MPH, President Emeritus, Beth Israel Medical Center, will be part of an expert panel discussing Project Prevention’s reach nationally and internationally and the implications of the war on drugs on pregnant women and families.

-Dr. Robert Newman, President Emeritus, Beth Israel Medical Center
Learn more: http://www.mediawebsite.net/kgo/story/?catSetID=7012&catID=291852&nrid=232331691&page=1

Philippine Daily Inquirer – November 18

It’s All About Enzyme Power – Cory Quirino
There are 5,000 kinds of vital enzymes created in the cells of the human body and each has a specific function. Hiromi Shinya, MD, Chief of the Surgical Endoscopy Unit at Beth Israel Medical Center, and author of The Enzyme Factor believes there’s a general “unspecialized prototype enzyme” that has the potential, much like a stem cell, to become a specific enzyme which the body requires for good health. Dr. Shinya says with a healthy diet and balanced lifestyle, “None of my patients have had to face cancer again.”

-Dr. Hiromi Shinya, Chief of Surgical Endoscopy Unit, Beth Israel Medical Center
Learn more: http://lifestyle.inquirer.net/137609/its-all-about-enzyme-power

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Gene Injection could Cure Heart Failure

**Learn more:**

Doctors should diagnose and treat obesity at every clinic visit, the way they would any other chronic disease, according to two new guidelines released Tuesday.

*Doctors should diagnose and treat obesity at every clinic visit, the way they would any other chronic disease,* according to two new guidelines released Tuesday.

Not all groups, however, agree with the guidance. Jeffrey Mechanick, MD, Clinical Professor of Medicine, Endocrinology, Diabetes and Bone Disease at the Icahn School of Medicine at Mount Sinai and President of the American Association of Clinical Endocrinologists, said his organization reviewed the guidelines and did not endorse them.

Dr. Mechanick, who also co-authored a commentary on the topic, said that the guidelines recommend very aggressive weight loss goals that warrant further study.

"The guidelines appear to be mainly for patients who are severely overweight," Dr. Mechanick said, "and I think that's the take-home message."

Dr. Mechanick said that the guidelines also recommend that patients lose 5-7% of their body weight within 3-6 months in order to qualify as having achieved weight loss goals. While this is achievable for many patients, it is not appropriate for patients who have already lost a significant amount of weight, he said.

"The guidelines also call for a 1% body weight loss every 6 months as the ultimate goal," Dr. Mechanick said. "This is a very aggressive target and it's not clear whether it's realistic for everyone."

Doctors should not focus on a target weight, he said, but rather on helping patients achieve a healthy weight.

"We need to focus on what a healthy weight is for each individual patient," Dr. Mechanick said. "It's not just about losing weight, but about maintaining a healthy lifestyle."
Psychiatric News – November 14
Gene Deletions May Be Linked to Autism – Vabren Watts
Researchers reported that individuals with autism spectrum disorder (ASD) are more likely to have gene deletions than those without the disorder. Published in the American Journal of Human Genetics, the comparison study included genetic analyses of 431 participants with ASD and 379 people without the condition. “This is the first time that the autophagic pathway has been implicated in autism,” said Joseph Buxbaum, PhD, Lead Author and Professor of Psychiatry, Neuroscience, and Genetic and Genomic Sciences at the Icahn School of Medicine at Mount Sinai. “Since we know that there is excess brain size early in life in individuals with autism, it may be a result of the pathway’s failure to properly prune brain connections.”
-Dr. Joseph Buxbaum, Professor, Psychiatry, Genetic and Genomic Sciences, Neuroscience, Icahn School of Medicine at Mount Sinai
Learn more: http://psychnews.psychiatryonline.org/newsarticle.aspx?articleID=1778676

MedPage Today – November 14
Heroin Addiction Warps Brain’s Ability to Change – Cole Petrochko
In a study of heroin abusers’ post-mortem brains, longer duration of heroin use was associated with changes in the shape and packaging of DNA in the brain in the ventral and dorsal striatum, areas of the brain associated with drug addiction, according to Yasmin Hurd, PhD, Professor of Psychiatry, Neuroscience, Pharmacology and System Therapeutics at the Icahn School of Medicine at Mount Sinai and colleagues. “The DNA of these patients’ brains became more "open" to gene expression and overactive, which may mean that a treatment that helps "close" this gap and reduce overactivity may help temper addiction,” said Dr. Hurd.
-Dr. Yasmin Hurd, Professor, Psychiatry, Neuroscience, Pharmacology and System Therapeutics, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medpagetoday.com/MeetingCoverage/SFN/42901

MedPage Today – November 14
Cannabis Effects Visit Sons unto the Third Generation – John Gever
Metabolic and behavioral effects of cannabis in rats during adolescence were passed down to multiple generations of male offspring, even though these animals were not themselves exposed to the drug. “Male rats born to parents who had received injections of tetrahydrocannabinol (THC) when young – but reared by drug-naive surrogate rat mothers – weighed more than otherwise similar rats whose
parents received saline injections, yet showed less motivation to seek highly tasty foods, said Yasmin Hurd, PhD, Professor of Psychiatry, Neuroscience, Pharmacology and System Therapeutics at the Icahn School of Medicine at Mount Sinai. Dr. Hurd presented the findings at the Society for Neuroscience’s annual meeting.

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

Learn more: http://www.medpagetoday.com/MeetingCoverage/SFN/42903

Gothamist – November 14
Paralyzed By Seven Tons of Steel, Man Now Walks With A Bionic Suit
Robert Woo was trapped under seven tons of steel, his body folded in half at the waist. Between screams for help, he gulped breaths of debris-filled air. He was cold, wet, and couldn’t feel his lower body. Woo, then a 39-year-old architect designing Goldman Sachs’ new headquarters, arrived at the construction site at Vesey and West Streets, right across from the World Trade Center site, around 7:30 a.m. After his daily site inspection, he entered the trailer that served as his office. Then a crane malfunctioned, sending 14,000 pounds of steel tubes plummeting 25 stories onto the trailer, crushing it. Rescuers found him buried beneath the rubble in the seated position. Woo stayed in New York City. His days of designing buildings that filled city skylines were replaced by outpatient care at Mount Sinai Hospital on the Upper East Side. While Woo responded well to the treatment and saw improvements in his physical condition, his mind remained shattered. "He just broke down to the point where he didn't want to live anymore," said Jim Cesario, Mount Sinai’s senior outreach program coordinator for spinal cord patients. "He was a mess." In October of 2011, Woo was selected to participate in an exoskeleton suit trial at Mount Sinai. The intricacies of the device help paraplegics walk by using a motorized suit to drive the legs. Thirty minutes into the first session, Woo took his first step since the accident.

- James Cesario, Senior Outreach Program Coordinator, Rehabilitation Medicine, The Mount Sinai Hospital

Learn more: http://gothamist.com/2013/11/14/robert_woo_bionics.php

Town & Country
The T & C Top 50 Strategists (A Beauty’s Clinic)
Eva Andersson-Dubin, MD, is the founder of the Dubin Breast Center at The Mount Sinai Hospital. She is also a retired Ford model, a former Miss Sweden, a wife, and a mother of three, including a daughter who’s a freshman at Harvard. “It will be three years this coming spring since [the center] was founded, and we’ve had 50,000 visits,” said Dr. Andersson-Dubin. “We are located on the verge of the wealthiest neighborhood in New York and the poorest. I am really proud that we see everyone, including the uninsured.”

-Dr. Eva Andersson-Dubin, Founder, Dubin Breast Center, The Mount Sinai Hospital

[No web link available]

WCBS-TV – November 14
Bronx School Handling MRSA Case – Tamara Leitner
A suspected case of the bacterial infection Methicillin-Resistant Staphylococcus Aureus, or MRSA, turned up at the Lewis and Clark Special Education School in the Bronx this week. By Thursday evening, a doctor determined there was no MRSA incident, but parents remained worried about the
condition that can be fatal if left untreated. Brendan Connell, MD, an emergency department physician at St. Luke’s and Roosevelt Hospitals says MRSA is contagious, “It certainly is concentrated in schools and anywhere people are interacting closely.” But Dr. Connell adds there are antibiotics to successfully treat the infection.

--Dr. Brendan Connell, Emergency Department Physician, St. Luke’s and Roosevelt Hospitals
Learn more: http://newyork.cbslocal.com/2013/11/14/report-mrsa-turns-up-at-bronx-school/

Enhanced Online News – November 14
First Ever Endomicroscopy Virtual Assistant To Be Demonstrated Live For The First Time
Mauna Kea Technologies, leader in the optical biopsy market and maker of Cellvizio, the fastest way to see cancer, today announced that physicians around the world will soon have access to a new Optical Biopsy platform through the launch of the Endomicroscopy Virtual Assistant (EVA), dedicated to provide a seamless Cellvizio experience from image acquisition to review and documentation in the patient’s health record. “This impressive improvement will significantly facilitate our usage of Optical Biopsy”, commented David Carr-Locke, MD, Chief, Division of Digestive Diseases, Beth Israel Medical Center, an early adopter of the Cellvizio system who helped design EVA. “With EVA, I believe that endoscopy and surgery will never be the same again.”

--Dr. David Carr-Locke, Chief, Division of Digestive Diseases, Beth Israel Medical Center
Learn more: http://eon.businesswire.com/news/eon/20131114006239/en

In Style – November
Secrets to Strong, Smooth Tips
Whether you hit the salon once a week or once a season, you can keep nails super-tough and snag-free with these handy pointers: “Resist switching your polish at the sight of every chip,” said Debra Jaliman, Assistant Clinical Professor of Dermatology at the Icahn School of Medicine at Mount Sinai, as acetone-based removers can be drying. “Like your skin, nails (which are made of keratin and water) “have a harder time holding onto moisture in your 30s,” said Joshua Zeichner, Assistant Professor of Dermatology, and Director of Cosmetic and Clinical Research of Dermatology at the Icahn School of Medicine at Mount Sinai.

--Dr. Debra Jaliman, Assistant Clinical Professor, Dermatology, Icahn School of Medicine at Mount Sinai
--Dr. Joshua Zeichner, Assistant Professor, Dermatology, Director, Cosmetic and Clinical Research; Dermatology, Icahn School of Medicine at Mount Sinai
[No web link available]

Healthy Living Made Simple, Sam’s Club Magazine – November/December
A Healthy Approach to Travel – Daniel Caplivski
With a little planning, there is plenty one can do to stay healthy while travelling. “Don’t forget your prescription medication,” said Daniel Caplivski, MD, Associate Professor of Medicine and Infectious Diseases at The Mount Sinai Hospital. “I recommend people carry their prescriptions in the original bottles. Particularly if you’re going to another country, there are some officials who may give you a hard time about carrying unmarked medications.”

--Dr. Daniel Caplivski, Associate Professor, Medicine, Infectious Diseases, The Mount Sinai Hospital
[No web link available]
Purple Clover – November 14
Guard your Gut – Debra Witt
The GI tract is every bit as susceptible to aging as your looks and your memory. “The GI tract is always replenishing itself,” said Gina Sam, MD, Assistant Professor of Medicine and Gastroenterology at the Icahn School of Medicine at Mount Sinai. “But there are natural, age-related changes to the digestive system — which is everything from the mouth to the bowels — that will impact how smoothly and effectively it continues to work.”
-Dr. Gina Sam, Assistant Professor, Medicine, Gastroenterology, Icahn School of Medicine at Mount Sinai
Learn more: http://www.purpleclover.com/health/1488-guard-your-gut/

AARP Blog – November 15
Got Neck Pain? Blame Your Smartphone – Candy Sagon
The result of all continual downward gazing at smartphones is a growing number of people complaining about neck and back pain — or “text neck,” as the condition was dubbed by a Florida chiropractor. Slouching in a chair or on the couch reading an iPad is causing similar aches and pains, say doctors. Samuel Cho, MD, an Assistant Professor of Spinal Surgery at the Icahn School of Medicine at Mount Sinai, said aching necks are “due to prolonged flexion of the cervical spine,” meaning those vertebrae at the back of the neck near the skull.
-Dr. Samuel Cho, Assistant Professor, Spinal Surgery, Icahn School of Medicine at Mount Sinai
Learn more: http://blog.aarp.org/2013/11/15/got-neck-pain-blame-your-smartphone/

Everyday Health – November 14
Regaining Your Energy with Type 2 Diabetes – Barbara Sadick
Diabetes-related fatigue is common, and you may be feeling it from a variety of sources — your diabetes symptoms themselves, exhaustion from the responsibilities of managing diabetes daily, ineffective diabetes management, or even from other underlying conditions. “There are strong associations between diabetes and testosterone levels, kidney disease, and other health complications, all of which can cause you to become very tired,” said Ronald Tamler, MD, Clinical Director of the Mount Sinai Diabetes Center and Associate Professor of Medicine, Endocrinology, Diabetes, and Bone Disease at the Mount Sinai Health System.
-Dr. Ronald Tamler, Associate Professor, Medicine, Endocrinology, Diabetes, Bone Disease, Clinical Director, Mount Sinai Diabetes Center, Mount Sinai Health System

Everyday Health – November 14
Daily Reminders for Managing Diabetes Well – Barbara Sadick
Learning you have type 2 diabetes can turn your life upside down. You’ll need to make some important changes to your eating, exercise, and other lifestyle habits, but you can also personalize a diabetes management plan to your own needs. “Type 2 diabetes is different for each person who has it, with different complications at different times, and each person will have different goals,” said Ronald Tamler, MD, Clinical Director of the Mount Sinai Diabetes Center and Associate Professor of Medicine,
Endocrinology, Diabetes, and Bone Disease at the Mount Sinai Health System.

- Dr. Ronald Tamler, Associate Professor, Medicine, Endocrinology, Diabetes, Bone Disease, Clinical Director, Mount Sinai Diabetes Center, Mount Sinai Health System


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newsmedia@mssm.edu

212-241-9200
The New York Times – November 13

New Cholesterol Advice Startles Even Some Doctors

New guidelines, released on Tuesday by the American College of Cardiology and the American Heart Association, represent a remarkable and sudden departure from decades of advice on preventing cardiovascular disease. According to the new advice, doctors should not put most people on cholesterol-lowering medications like statins based on cholesterol levels alone. And, despite decades of being urged to do so, patients need not monitor their cholesterol once they start taking medication. The guidelines do not even set target levels for LDL, the so-called bad cholesterol. Statins do more than just lower cholesterol, noted Dr. Valentin Fuster, director of the heart center at The Mount Sinai Hospital. They also reduce inflammation and blood clotting, both of which are associated with heart attack and stroke risk. Drugs that only reduce LDL have not been shown to be effective in preventing heart attacks.

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

Learn more: http://www.nytimes.com/2013/11/14/health/new-cholesterol-advice-startles-even-some-doctors.html?pagewanted=1&_r=1&ref=health

Everyday Health – November 13

New Cholesterol Guidelines Boost Prevention Efforts – Jennifer Brown

The American College of Cardiology and American Heart Association have revised guidelines for patients who need help managing their cholesterol and preventing heart disease. While previously patients were given the same numerical range for ‘healthy’ cholesterol, now each person’s goal may differ — depending on what their initial levels were. “This is a drastic departure from the existing guidelines in the U.S.” explained Merle Myerson, MD, Director, Center for Cardiovascular Disease Prevention, St. Luke’s and Roosevelt Hospitals. She adds the new guidelines to allow for more individualized treatment.

-Dr. Merle Myerson, Director, Center for Cardiovascular Disease Prevention, St. Luke’s and Roosevelt Hospitals


The New York Times – November 14

When the Doctor Disappears – Judith Graham
The sudden termination of a close doctor-patient relationship is a common, wrenching scenario. “I can tell you, it happens all the time and it breaks the heart of patients and families and oncologists,” said Diane Meier, MD, Professor of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai. Dr. Meier told the story of a New York City oncologist who gave “impeccable” care to a woman with lung cancer, keeping her alive for almost seven years. Dr. Meier began caring for the patient as well when the oncologist turned away from addressing her questions about death.

-Dr. Diane Meier, Professor, Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai

Learn more: http://newoldage.blogs.nytimes.com/2013/11/14/when-the-doctor-disappears/?_r=0

News-Medical – November 14
Mount Sinai Researchers Successfully Test SUMO-1 Gene Therapy to Reverse Heart Failure
Researchers at the Cardiovascular Research Center at the Icahn School of Medicine at Mount Sinai have successfully tested a powerful gene therapy, delivered directly into the heart, to reverse heart failure in large animal models. The new research study, published in Science Translational Medicine, is the final study phase before human clinical trials can begin testing SUMO-1 gene therapy. SUMO-1 is a gene that is "missing in action" in heart failure patients. "SUMO-1 gene therapy may be one of the first treatments that can actually shrink enlarged hearts and significantly improve a damaged heart's life-sustaining function," says the study’s senior investigator Roger J. Hajjar, MD, Director of the Cardiovascular Research Center, and Arthur and Janet C. Ross Professor of Medicine at the Icahn School of Medicine at Mount Sinai

-Dr. Roger J. Hajjar, Director, Cardiovascular Research Center, Arthur and Janet C. Ross Professor of Medicine, Icahn School of Medicine at Mount Sinai


Shape – November 13
Why Can't I Remember Names Anymore? – Cristina Goyanes
Misplacing the car keys, going blank on the name of a colleague’s wife, or spacing about why you walked into a room can trigger panic, making some of us wonder whether our memories are failing or if we might have early-onset Alzheimer’s Disease. Although cognitive loss is inevitable as we age, the results of a 10-year study of 10,000 adults published in the British Medical Journal suggest that for most people, it won’t happen until age 45. According to Carolyn Brockington, MD, Director of the Stroke Center at St. Luke’s and Roosevelt Hospitals, the reason for your mind fumbles is likely very simple. “Most short-term memory loss is stress-related. We’re all running around doing a million things, and although many people think they can multitask well, the brain sometimes has trouble moving from one thing to another and back again.” But if your forgetfulness starts to disrupt your daily functions, such as accomplishing your work or taking care of your family, then you might have a problem that you shouldn’t ignore. Dr. Brockington suggests talking with your doctor who can help address any underlying conditions and possibly reverse the memory damage, and determine if you need neuropsychological testing.

-Dr. Carolyn Brockington, MD, Director of the Stroke Program, St. Luke’s-Roosevelt Hospital

Learn more: http://www.shape.com/lifestyle/mind-and-body/why-can%E2%80%99t-i-remember-names-anymore
Adam’s Story: How a Dog Helped a Veteran With PTSD – Amir Khan
Adam Renteria was 23 when he finished his six-year stint in the Army. When he returned home in 2004, Renteria was diagnosed with Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). The combination left him hyper-aware of his surroundings, constantly anxious and with debilitating panic attacks – feelings he coped with through aggression towards others. “As much as veterans fear and dislike those combative situations, it’s their normal,” said Robin Kerner, PhD, Director, Department of Psychiatry at St. Luke’s and Roosevelt Hospitals. “When they’ve been deployed for several years, they don’t know what it’s like to be in a peaceful environment. Looking for fights is their way of recreating a familiar situation.” Renteria was successfully paired up with a registered PTSD service dog which is there to “help ground the individual and bring [him] back into reality,” adds Dr. Kerner.
-Dr. Robin Kerner, Director, Psychiatry, St. Luke’s and Roosevelt Hospitals

Don’t Let a Slow Start to Flu Season Fool You
Flu season may be off to a slow start, but experts agree that’s no excuse to not get vaccinated. Many people think of flu, or influenza, as a seasonal nuisance that causes sore throat, runny nose, and body aches. The flu is a potentially serious respiratory illness that’s highly contagious and very unpredictable. That’s why the United States Centers for Disease Control and Prevention urges everyone 6 months of age and older to get a flu vaccine. “Different types of flu circulate in communities at different times, which is why the vaccine is so vital. It protects against multiple types,” said Nicole M. Bouvier, MD, an Assistant Professor in the Division of Infectious Diseases at the Icahn School of Medicine at Mount Sinai.
-Dr. Nicole M. Bouvier, Assistant Professor, Division of Infectious Diseases, Icahn School of Medicine at Mount Sinai

Why isn’t Sesame a Top Allergen in the United States?
Sesame is not regulated in United States labeling laws, although it is included in these laws in many other countries, including Canada. The U.S. laws focus on “major allergens” accounting for most food allergies: milk, egg, peanut, tree nuts, fish, crustacean shellfish, wheat and soy. A recent U.S. study found that approximately 1 in 1,000 people self-reported a sesame allergy, which matches a recent Canadian study. The U.S. law does not provide guidance about what may warrant adding more foods to the list. Sesame allergy can be a severe and it certainly could be argued that it should be regulated. We should continue to advocate for improvements in the laws.
-Dr. Scott Sicherer, Professor, Pediatrics, Allergy and Immunology; Chief, Division of Allergy and Immunology, Department of Pediatric, clinical researcher, Jaffe Food Allergy Institute, Icahn School of Medicine at Mount Sinai

Tell Me More
Wrecked infrastructure is making it hard for Filipino Americans to find out the status of family
members affected by Typhoon Haiyan. Host Michel Martin speaks with Jessica Petilla, MD, St. Luke’s –
Roosevelt Hospitals, a Filipina doctor who has immediate family in the hard hit province of Leyte.

-Dr. Jessica Petilla, St. Luke’s and Roosevelt Hospitals

Prevention.com – November 12

Your DIY Thyroid Check

In order to do a Thyroid Neck Check all you need is a glass of water and a mirror. Take a sip of water,
tilt your neck back, and look in the mirror while you swallow. What you’re looking for are any bulges,
protrusions, or asymmetry in the gland. A bulge or protrusion could be a sign of an enlarged thyroid, or
a growth that could be benign or cancerous.

-Dr. Elise M. Brett, Associate Clinical Professor, Endocrinology, Icahn School of Medicine at Mount
Sinai
Learn more: http://www.prevention.com/prevention-videos/your-diy-thyroid-check

AM New York – November 13

"Movember" Gets Men Talking About Health – AM New York Staff

“Movember” is the international effort that encourages men to grow mustaches to raise awareness of --
and money for -- men’s health issues, including prostate and testicular cancers. Michael L. Grossbard,
MD, Chief of hematology-oncology at St. Luke’s and Roosevelt Hospitals and Beth Israel Medical
Center, said men normally don’t talk to each other, or anyone else, about health. "The conversation has to
start somewhere," said Grossbard, who added that he is "not cynical" about ‘Movember’ being a
marketing ploy. "Usually, people don’t come to see me until they’ve had symptoms for months and
months." So far, 875,000 people have registered to support this year’s campaign, which has raised 34
million dollars.

-Dr. Michael Grossbard, Deputy Physician-in-Chief, Continuum Cancer Centers of New York, Chief,
Hematology Oncology
Learn more: http://www.amny.com/urbanite-1.812039/weingarten-movember-gets-men-talking-about-
health-1.6432407

Manhattan Times – November 13

Putting the Celeriac in Cafeteria

Wednesday, November 6 was National Healthy Eating Day, and The Mount Sinai Hospital celebrated
by unveiling a new menu – and free apples. The hospital will officially debut a new cafeteria menu in
December as part of the hospital’s Great Living Menu. The menu will be available to all visitors to the
hospital – patients, personnel and visitors. We want to show that there’s no difference between the
quality of [what] we serve our clientele in both the hospital and cafeteria,” said Matthew Krimsky,
Senior Executive Chef of Mount Sinai’s Food and Nutrition Services.

-Matthew Krimsky, Senior Executive Chef, Food and Nutrition Services, The Mount Sinai Hospital
Learn more: http://manhattantimesnews.com/putting-the-celeriac-in-cafeteria/
Your Amazing Body – Hallie Levine Sklar

Endocrinologists are buzzing about Invokana, a new type 2 diabetes drug that received FDA approval in March. Unlike other drugs that lower the amount of glucose you absorb from food, Invokana “causes you to pee out your blood sugar,” said Ronald Tamler, MD, Associate Professor, Medicine, Endocrinology, Diabetes and Bone Disease, Clinical Director of the Mount Sinai Diabetes Center of the Mount Sinai Health System.

-Dr. Ronald Tamler, Associate Professor, Medicine, Endocrinology, Diabetes, Bone Disease, Clinical Director, Mount Sinai Diabetes Center, Mount Sinai Health System

[No web link available]

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newsmedia@mssm.edu
212-241-9200
CBS News – November 12
High Cholesterol Treatment Guidelines Push High-Dose Statins over Lower Dose, Combo Treatments – Ryan Jaslow
The American College of Cardiology and the American Heart Association unveiled new treatment guidelines for high cholesterol on Tuesday. The updated regulations are aimed at people who are at high risk for heart disease caused by atherosclerosis. “The guidelines will change practice by getting those at highest risk on more aggressive, higher dose statins with less use of add-on drugs, like niacin and fenofibrate,” said Donald Smith, MD, an Associate Professor of Medicine, Cardiology, and Preventive Medicine, and Director of the Lipids and Metabolism Program at The Mount Sinai Hospital.
-Dr. Donald Smith, Associate Professor, Medicine, Cardiology, Preventive Medicine, Director, Lipids and Metabolism Program, The Mount Sinai Hospital
Learn more: http://www.cbsnews.com/8301-204_162-57612018/high-cholesterol-treatment-guidelines-push-statins-over-combination-treatments/

NY Daily News – November 12
New Guidelines for Heart Disease Prevention Take a Different Look at High Cholesterol – Tracy Miller
The American College of Cardiology and the American Heart Association issued significant revisions to the way doctors address high cholesterol and could more than double the number of people taking cholesterol-lowering statins. The guidelines, released Tuesday, use new criteria to steer doctors away from prescribing low levels of statin drugs along with other cholesterol-lowering drugs and towards a moderate to high dose of statins only. The new approach "represents a marked change from how we have been diagnosing and managing high cholesterol,” says Merle Myerson, MD, Director for Cardiovascular Disease Prevention at St. Luke’s and Roosevelt Hospitals. The new guidelines mean about 33 million Americans would be considered candidates for statin therapy.
-Dr. Merle Myerson, Director for Cardiovascular Disease Prevention at St. Luke’s and Roosevelt Hospital of Mount Sinai Health System
Learn more: http://www.nydailynews.com/life-style/health/new-heart-disease-guidelines-high-cholesterol-article-1.1514509

HealthDay – November 12
Meat Products Could Raise Diabetes Risk: Study
To avoid developing type 2 diabetes, you may have been told to watch your calories and kick up your activity level. Now researchers say there’s something else you might consider: your so-called dietary acid load. “There is a much stronger causal connection between the consumption of high glycemic foods – for example, sugar and refined carbohydrates – and the development of type 2 diabetes,” said Christopher Ochner, PhD, Assistant Professor of Pediatrics, Adolescent Medicine and Psychiatry at the Icahn School of Medicine at Mount Sinai.

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


Metro New York – November 12

What’s The Difference Between Type 1 and Type 2 Diabetes? – Linda Clarke

We often hear about the dangers of Type 2 diabetes, but what is there to know the dangers of Type 1 diabetes? Jerome Tolbert, MD, Medical Director for Outreach, Gerald J. Friedman Diabetes Institute, Beth Israel Medical Center, says that Type 1 diabetes is an autoimmune disorder that attacks the pancreas, to where it stops producing insulin. “People with Type 1 diabetes have to take insulin to live. It’s a lifelong obligation they have to do everyday.”

-Dr. Jerome Tolbert, Medical Director for Outreach, Gerald J. Friedman Diabetes Institute, Beth Israel Medical Center


Metro New York – November 12

Type 2 Diabetes: The Latest News, and how you can Prevent It – Virginia Pelley

Researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don’t concluded that both groups benefited from the same advice for a healthy diet: pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks. “Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health,” said Abigail Kennedy-Grant, a Registered Dietician at The Mount Sinai Hospital.

-Abigail Kennedy-Grant, Registered Dietician, The Mount Sinai Hospital


Punch – November 13

Quick Remedies at Home

When minor medical issues occur, people tend to look in their medical cabinet for a solution. In most cases, effective and even surprising fixes are found to treat common ailments. However, there are other quick remedies that people can be unaware of to fight these ailments off. For insect bites, Howard Sobel, MD, Beth Israel Medical Center, suggests to use Alka-Seltzer to ease the pain and irritation. “Antacid formulations such as Alka-Seltzer contain aspirin, an anesthetic that can help ease the sting and itch of insect bites,” says Dr. Sobel.

- Dr. Howard Sobel, Dermatology, Beth Israel Medical Center

Learn more: http://www.punchng.com/healthwise/quick-remedies-at-home/
Everyday Health – November
Six Ways to Keep Your Memory Sharp With Age
Clear thinking and memory are examples of what doctors call cognitive abilities. The good news is that memory loss is not inevitable. “There are examples of people who have lived to 123 years of age who died with completely intact memories and no evidence of neuropathology,” said Sam Gandy, MD, PhD, Professor of Neurology and Psychiatry, and Associate Director of the Mount Sinai Alzheimer’s Disease Research Center at the Icahn School of Medicine at Mount Sinai.

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

Learn more: http://www.everydayhealth.com/senior-health-pictures/photogallery-6-ways-to-keep-your-memory-sharp-with-age.aspx#/slide-1

Livestrong.com – November 11
10 Not-So-Common Tips to Fend Off Cold and Flu – Luz Plaza
We all want to make sure we’re doing everything we can to avoid being taken down by cold and flu this season. Woodson Merrell, MD, Executive Director of the Beth Israel Medical Center’s Center for Health and Healing in New York City, shares some great tips and tricks to prevent cold and flu, as well as some suggestions to make the symptoms go away faster. Dr. Merrell says, “Vitamin D could arguably be the most powerful vitamin for the immune system.” From checking your vitamin D levels to doing inhalations with essential oils, Dr. Merrell’s 10 tips are unique, yet very helpful.

- Dr. Woodson Merrell, Executive Director, Beth Israel Medical Center’s Center for Health and Healing

Learn more:  http://www.livestrong.com/slideshow/1008806-10-not-common-tips-fend-off-cold-flu/

Health – November
Foods That Make You Feel Better
Adding in more veggies and replacing refined grains like white rice and pasta with their whole-wheat counterparts might help you survive the holidays reflux-free. “The secret is the high insoluble-fiber content that gets things moving,” said Ronald Primas, MD, a Clinical Instructor of Medicine at The Mount Sinai Hospital.

-Dr. Ronald Primas, Clinical Instructor, Medicine, The Mount Sinai Hospital

Learn more: http://www.health.com/health/gallery/0,,20752367_2,00.html

Five Towns Jewish Times – November 8
Dr. Chaim Bernstein Honored at Beth Israel
At a special ceremony at Beth Israel Brooklyn, Chaim Bernstein, MD, Chief Medical Officer for the hospital division received the 2013 Wholeness of Life award, which recognizes healthcare practitioners whose treatment of patients and colleagues demonstrate respect for human beings as whole persons. The event was organized by the Department of pastoral care and Education, and the award was presented to Dr. Bernstein by Jess Geervarhese from The Healthcare Chaplaincy, the organization that sponsors the award.

- Dr. Chaim Bernstein, Chief Medical Officer, Beth Israel Brooklyn

Out Magazine – November Issue
The Out 100: Demetre Costas Daskalakis
As a child, the 3-year-old Demetre Daskalakis would subject visitors to a blood pressure test with his Fisher-Price doctor’s kit. That’s when he decided to be a doctor, but it wasn’t until he was in his senior of college and helped coordinate a display of the AIDS memorial quilt, that he dedicated himself to engage myself with the gay community and work to fight what I thought was the biggest plague in my experience,” he explains. “I was going to do everything I could to not let someone with HIV get sick or die, and to prevent people without HIV from actually getting the infection.” Now, as the Director of HIV Ambulatory Services at The Mount Sinai Hospital, he leads efforts to vaccinate gay men for meningitis. “It's my dream job,” he says. "It's crazy: A little guy in Virginia wanted to be a doctor, but I never thought I'd be running what is definitely the best HIV care service in New York, if not the country.”
-Dr. Demetre Daskalakis, Senior Faculty, Medicine, Infectious Diseases, Icahn School of Medicine at Mount Sinai, Medical Director, HIV Ambulatory Care Services, The Mount Sinai Hospital
Learn more: http://www.out.com/out-exclusives/out100-2013/2013/11/11/out100-demetre-costas-daskalakis

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newsmedia@mssm.edu
212-241-9200
New York 1 News – November 12
Woman Fights to Educate Other Women on Breast Density – Erin Billups
Elisa Port, MD, Associate Professor of Surgery at the Icahn School of Medicine at Mount Sinai, Chief of
Breast Surgery, and Director of the Dubin Breast Center at the Mount Sinai Health System said that
about 30 percent of women who get mammograms have dense breasts. "By far, of the younger age
groups, the 40- to 50-year-old age group, it’s actually higher," said Dr. Port. "So probably more than half
of women under the age of 50 have dense breasts.” Fatty breast tissue is more transparent, making it easy
to spot cancer.
-Dr. Elisa Port, Associate Professor, Surgery, Icahn School of Medicine at Mount Sinai; Chief of Breast
Surgery, Director, Dubin Breast Center, Mount Sinai Health System
Learn more: http://www.ny1.com/content/lifestyles/health/198580/woman-fights-to-educate-other-
women-on-breast-density

WABC TV – November 11
Having a Mammogram Saved My Life – Michelle Charlesworth
ABC’s Amy Robach was diagnosed with breast cancer weeks after reluctantly agreeing to have her very
first mammogram on live television. It was a decision that may have saved her life, “If we find it early,
you’re going to survive and you’re going to need less treatment than if we find it when it’s bigger and at a
later stage,” says Dr. Alison Estabrook, Chief, Division of Breast Surgery, St. Luke’s and Roosevelt
Hospitals. Dr. Estabrook adds mammograms are not painful, can detect cancers that aren’t palpable and
reiterates that early detection can save lives.
-Dr. Alison Estabrook, Chief, Division of Breast Surgery, St. Luke’s and Roosevelt Hospitals
Learn more: http://abclocal.go.com/wabc/video?id=9321940#

ABC News – November 11
Exercise During Pregnancy Can Boost Your Baby’s Brain
For women who are pregnant, as little as 20 minutes of exercise three times per week can advance a
newborn’s brain activity, according to a new study. Researchers at the University of Montreal presented
these findings at the Neuroscience 2013 conference in San Diego on Sunday, providing moms-to-be with
even more reasons to make exercise a priority. “This is yet another study showing the importance of
staying active in pregnancy,” said Dr. Jacques Moritz, Director, Division of Gynecology, St. Luke’s and
Roosevelt Hospitals. “And now another reason to exercise would be possibly to even make your baby
Healthcare Informatics – November 11
Advancing Imaging Informatics: Looking at the Leading Edge in Accessibility of Images across the Medical Enterprise – Rajiv Leventhal
As the landscape in imaging informatics continues to shift, the challenge for healthcare IT leaders lies in being aggressive in their strategies to keep up with accelerating new technological and process trends. “The next step in image exchange is the rise of HIEs, which has been recently expanding,” said David Mendelson, MD, Professor of Radiology, Director of Radiology Information Systems and Pulmonary Radiology, and Senior Associate for Clinical Informatics at The Mount Sinai Hospital. Cross-enterprise document sharing for imaging (XDS-I.b) extends XDS to share images, diagnostic reports, and related information across a group of care sites.

ABC News.com – November 11
Self-Adjusting Glasses Offer Instant Vision Fix – Liz Neporent
Perfect vision no longer requires numerous trips to the eye doctor and multiple pairs of glasses to see near and far. Thanks to the new trend in self-adjusting eyewear, you can instantly focus eyesight with a light touch or toss of the head. Miesha Frempong, MD, an Assistant Professor of Ophthalmology at the Icahn School of Medicine at Mount Sinai, said she liked the idea of self-focusing lenses because they make wearing glasses more convenient. “If it cuts back on eye doctor visits and helps in emergencies when you lose or break your glasses I think it's great,” Dr. Frempong said.

Medscape News – November 11
PET Imaging Technique Finds Plaques 'Ripe for Rupture' – Steve Stiles
Positron-emission tomography (PET) can identify recently ruptured atherosclerotic plaques or those at risk of rupture in patients using the metabolic tracer 18F-sodium fluoride (18F-NaF), suggests a small prospective observational study. “The current study is indeed a step forward,” said Jagat Narula, MD, Associate Dean for Global Affairs, and Professor of Medicine and Cardiology at the Icahn School of Medicine at Mount Sinai. “Preceding studies have shown that microcalcification by 18F-NaF imaging, like coronary calcium scores by CT, highlight the presence of atherosclerosis,” said Dr. Narula.
**HealthDay – November 9**

*Sugary Soda Habit May Harm Kidneys, Study Suggests – Denise Mann*

A new study showed an association between drinking soda and an increased risk of kidney damage, but it didn't necessarily prove that soda is the culprit. The study included more than 12,000 employees of a university in Japan who underwent their annual check-ups at their health center. As part of the exam, their urine was tested for evidence of protein. Jaime Uribarri, MD, a Professor of Medicine and Nephrology at The Mount Sinai Hospital, said the new findings "reaffirm an association between soda and health problems." He added that diet soda also can cause health problems.

*Dr. Jaime Uribarri, Professor, Medicine, Nephrology, The Mount Sinai Hospital*


**Arise News – November 8**

*FDA/Trans Fat*

The United States Food and Drug Administration acknowledged Thursday that trans fats are unsafe and took steps towards banning the artery-clogging substance from scores of food products. "From a healthcare perspective, it really is an incredible move towards preventing cardiovascular disease," said Jaclyn London, MS, RD, CDN, a Senior Dietician at The Mount Sinai Hospital. “We know that there are some very negative health effects of consuming these oils and processed foods that contain trans fats.”

*Jaclyn London, MS, RD, CDN, Senior Dietician, The Mount Sinai Hospital*

Learn more: [http://www.youtube.com/watch?v=UR6PFh95mH0&feature=c4-overview&list=UU3OuHjcJm1IqFrGhiSpIeUw](http://www.youtube.com/watch?v=UR6PFh95mH0&feature=c4-overview&list=UU3OuHjcJm1IqFrGhiSpIeUw)

**Becker's Hospital Review – November 11**

*300 Hospital and Health System Leaders to Know 2013*

*Becker's Hospital Review* has released the 2013 edition of "300 Hospital and Health System Leaders to Know." Kenneth Davis, MD, CEO and President of the Mount Sinai Health System has been in his current position since 2003. In September 2013, Mount Sinai and Continuum Health Partners completed their merger, creating the seven-hospital Mount Sinai Health System, which Dr. Davis now leads.

*Dr. Kenneth L. Davis, CEO and President, Mount Sinai Health System*


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newsmedia@mssm.edu

212-241-9200
“BioCentury This Week” WUSA-Washington, DC – November 10
A View from the Top – Steve Usdin
What do Obamacare, budget cuts and new science mean for patients, hospitals and the future of medicine? The November 10 edition of “BioCentury This Week” television, part of BioCentury’s special Point of View series, looks for answers to these questions and more in a wide-ranging conversation with Kenneth L. Davis, MD, CEO and President of the Mount Sinai Health System. Dr. Davis discusses the pros and cons of the Affordable Care Act, the escalating problems associated with uncompensated care, the incentives needed to develop new drugs to treat our most pressing healthcare needs and the use of genome sequencing in advancing medical science.
- Dr. Kenneth L. Davis, CEO and President, Mount Sinai Health System
Learn more: http://biocenturytv.com/looktobctv.aspx

New York Daily News – November 9
First Responder Claims Daily Exposure to Debris at Ground Zero Damaged Kidneys
Retired NYPD officer Elizabeth Lugo is one of 183 first responders who participated in a study at The Mount Sinai Hospital that found the workers who did the grim work around the World Trade Center site after 9/11 are significantly more likely to have kidney damage. “Our study shows the first responders with the highest exposure to the 9/11 particulate matter had significantly greater levels of albumin in their urine than the first responders in the study with low exposure levels,” said Mary Ann McLaughlin, MD, an Associate Professor of Medicine, Cardiology, and Health Evidence and Policy, and a Researcher for the WTC-CHEST Program at The Mount Sinai Hospital.
-Dr. Mary Ann McLaughlin, Associate Professor, Medicine, Cardiology, Health Evidence and Policy, The Mount Sinai Hospital
Additional coverage:

The Independent (London) – November 10
An End to Aging? Real-life Peter Pan Could Hold Clue to Eternal Youth – Charlie Cooper
They called Brooke Greenberg the real-life Peter Pan – the little girl who never grew up. By the age of four she had stopped growing and remained, physically and mentally, frozen as a child all her life. Two weeks ago, she died at the age of 20. For much of her short life, she was studied by scientists striving to understand her condition. It is known only as Syndrome X – and no one knows what causes it. The media-friendly Peter Pan label belies a life which had more than its fair share of pain and hardship. Scientists believe, if the genetic cause of her agelessness can be isolated, Brooke Greenberg might just hold the key to one of the oldest endeavors in the history of science – slowing, or even stopping, ageing. Eric Schadt, PhD, the director of the Institute for Genomics and Multiscale Biology at The Mount Sinai Hospital, has been entrusted by Brooke’s family with their daughter’s DNA and blood samples to create stem cells with which he can investigate the genetic basis of her condition. “Understanding the causes of Brooke’s condition could provide insights into key development and ageing processes, which could lead to novel ways to increase longevity, and reduce age-related disorders,” he said. He has already sequenced Brooke's genome, and that of her parents and three siblings – all of whom grew up completely normally. “From this we have a number of mutations identified that are specific to Brooke that explain her condition,” Dr Schadt said.

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They called Brooke Greenberg the real-life Peter Pan – the little girl who never grew up. By the age of four she had stopped growing and remained, physically and mentally, frozen as a child all her life. Two weeks ago, she died at the age of 20. For much of her short life, she was studied by scientists striving to understand her condition. It is known only as Syndrome X – and no one knows what causes it. The media-friendly Peter Pan label belies a life which had more than its fair share of pain and hardship. Scientists believe, if the genetic cause of her agelessness can be isolated, Brooke Greenberg might just hold the key to one of the oldest endeavors in the history of science – slowing, or even stopping, ageing. Eric Schadt, PhD, the director of the Institute for Genomics and Multiscale Biology at The Mount Sinai Hospital, has been entrusted by Brooke’s family with their daughter’s DNA and blood samples to create stem cells with which he can investigate the genetic basis of her condition. “Understanding the causes of Brooke’s condition could provide insights into key development and ageing processes, which could lead to novel ways to increase longevity, and reduce age-related disorders,” he said. He has already sequenced Brooke's genome, and that of her parents and three siblings – all of whom grew up completely normally. “From this we have a number of mutations identified that are specific to Brooke that explain her condition,” Dr Schadt said.

“Who’s Afraid of Gummy Bears?” – Michael Smith
Gelatin allergy is rare, but if gummy bears make you itch, you might want to be careful about getting a flu shot, according to Stephanie Albin, MD, a Second Year Fellow of Allergy and Immunology at the Icahn School of Medicine at Mount Sinai, and a colleague. They reported the case of a four-year-old boy who was found to have gelatin sensitivity after he developed diffuse hives, watery eyes, sneezing, and vomiting within 15 minutes of receiving his flu shot. He had previously been immunized without a problem, and his parents worried he had an egg allergy. But they also reported he had displayed watery mouth, abdominal pain, and weakness after eating gummy candies, gummy vitamins, and marshmallows.

MedPage Today – November 9
Who’s Afraid of Gummy Bears? – Michael Smith
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Dr. Stephanie Albin, Second Year Fellow, Allergy and Immunology, Icahn School of Medicine at Mount Sinai

Media coverage:
http://www.express.co.uk/news/science-technology/442287/Peter-Pan-girl-s-DNA-may-hold-key-to-immortality
WABC-TV – November 8
What's Better: Heel or Toe Strike Running – Dr. Jay Adlersberg
Running is one of the most popular individual sports and easy to do. A study out of Finland examined whether striking the ground on the heel or toe is better. The study found that toe strikers use up more energy and at the end of a workout, start striking with the heel but also that there is no one way of running that is better and no right or painless way to run. So toe or heel, it's whatever works for the individual runner.
- Dr. Alton Barron, Senior Attending, Department of Orthopedics, St. Luke's-Roosevelt Hospital
Learn more: http://abclocal.go.com/wabc/video?id=9319166&pid=9318941

WCBS-TV – November 8
Study: Climate Could Affect Kids’ Allergy Problems – Marlie Hall
Spring and fall can be a miserable time of year if you’re one of the nearly 50 million adults and children with hay fever. A new study shows the climate where you live could play a role in your child’s risk of having the problem. Researchers found that wetter regions with average humidity had lower numbers of allergic children. "Living in areas in the south and southeast correlated with higher degrees of allergies, felt to be related to high temperatures, high pollen and actually mold as well,” he suggests.
- Dr. Jonathan Field, Attending, Department of Medicine, Beth Israel Medical Center
Learn more: http://minnesota.cbslocal.com/2013/11/08/study-climate-could-affect-kids-allergy-problems/

NY 1 – November 8
Suggestions to Decrease your Risk of Getting Diabetes – Jill Urban
Close to 25 million Americans suffer from diabetes, making it the seventh-leading cause of death in the United States. November is Diabetes Awareness Month; a time when we are all reminded what we can do to help minimize our risk. "You have a certain predisposition towards developing diabetes, and some people will get diabetes no matter what they do. So that's the deck that's stacked against you,” said Ronald Tamlar, MD, Associate Professor of Medicine, Endocrinology, Diabetes and Bone Disease, and Clinical Director of the Mount Sinai Diabetes Center at the Mount Sinai Health System. "But on the other hand, there's what you can do to change your destiny.”
-Dr. Ronald Tamlar, Associate Professor, Medicine, Endocrinology, Diabetes, Bone Disease, Clinical Director, Mount Sinai Diabetes Center, Mount Sinai Health System
Learn more: http://manhattan.ny1.com/content/lifestyles/197618/suggestions-to-decrease-your-risk-of-getting-diabetes

Environmental Health News – November 11
Contaminated Tribe: Hormone-Blocking Chemicals Found in First Nation Families
Mothers and children of a First Nations tribe living in one of Canada’s most industrialized regions are highly exposed to estrogen-blocking chemicals, according to a new study. The research is the first to confirm the Aamjiwnaang community’s fears of elevated exposure to pollutants, and it may help shed some light on why the tribe has an unusually low percentage of baby boys. "The new study was small and didn’t investigate any health problems, so it’s important to not jump to any conclusions,” said Shanna Swan, MD, a Professor of Preventive Medicine, and Vice-Chair for Research and Mentoring at the Icahn School of Medicine at Mount Sinai.
-Dr. Shanna H. Swan, Professor, Preventive Medicine, Icahn School of Medicine at Mount Sinai
Learn more: http://www.environmentalhealthnews.org/ehs/news/2013/contaminated-tribe

MedPage Today – November 10
Weight-Loss Drug Betters HbA1c Levels – Ed Susman
According to researchers, treatment with a weight-loss drug appeared to help pre-diabetic and diabetic patients shed pounds and improve dysglycemia. "The baseline HbA1c was 6.8 percent, and there was a very modest reduction of 0.4 percent, but that is okay because to go down 0.4 percent from 6.8 percent is quite good,” said Zachary T. Bloomgarden, Clinical Professor of Medicine, Endocrinology, Diabetes and Bone Disease at the Icahn School of Medicine at Mount Sinai. "In another study, they started at 8.7 percent and they went down by 1.6 percent which is appreciable. So this shows that this product can reduce weight by about 10 percent, which is fantastic and it looks like it has glycemic benefit.”
-Dr. Zachary T. Bloomgarden, Clinical Professor, Medicine, Endocrinology, Diabetes and Bone Disease, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medpagetoday.com/MeetingCoverage/WCIR/42831

MedPage Today – November 8
Military, CIA Required Docs to Aid Torture – Chris Kaiser
Since 9/11, military and intelligence health professionals have participated in the abuse and torture of suspected terrorists held in prisons outside the United States, a comprehensive new report said. And they did so because the Department of Defense and the Central Intelligence Agency "required [them] to act contrary to their professional obligations,” according to the report. Doctors are not supposed to use their knowledge or skill to harm people, but the issue of forced feeding seems to be a gray area for some, suggested Rosamond Rhodes, PhD, Professor of Medical Education, and Director of Bioethics Education at the Icahn School of Medicine at Mount Sinai.
-Dr. Rosamond Rhodes, Professor, Medical Education, Director, Bioethics Education, Icahn School of Medicine at Mount Sinai
Entrepreneur – November 8
How to Nail an Introduction – Ross Mccammon
The introduction is about power and instinct – which is why it can seem so fraught. When we meet someone for the first time, the prefrontal cortex (the area of the brain right behind the forehead) is working hard to identify danger, and “the region that would assess this information in the wild is assessing information in the same way,” said Daniela Schiller, MD, Assistant Professor of Psychiatry and Neuroscience at the Icahn School of Medicine at Mount Sinai. “It’s these systems that draw your attention to dangerous and safe things, that are related to reproduction and food, things like that – these regions would react in the same way, but it’s not as if that person is a real threat physically; it’s a social threat.”
-Dr. Daniela Schiller, Assistant Professor, Psychiatry, Neuroscience, Icahn School of Medicine at Mount Sinai
Learn more: http://www.entrepreneur.com/video/228267

EKAI (Greece) - November 11
Appointment with your Doctor (Transplant Programs in Greece)
With the rapid development in medicine, transplants are increasingly at the forefront, though in Greece, registered donors are in extremely low numbers. “The key is finding team members. You need a team of great surgeons,” said Hyung Leona Kim Schluger, Senior Faculty of Medicine and Liver Diseases at The Mount Sinai Hospital. Ernest Benjamin, MD, Professor of Surgery and Anesthesiology at The Mount Sinai Hospital, also emphasized that despite low registered donor numbers, Greece has the foundation to host successful transplant programs.
-Dr. Hyung Leona Kim-Schluger, Senior Faculty, Medicine, Liver Diseases, The Mount Sinai Hospital
-Dr. Ernest Benjamin, Professor, Surgery, Anesthesiology, The Mount Sinai Hospital
Learn more: http://www.skai.gr/tv/show/?showid=65518

New York Daily News – November 10
Daily Checkup: Early Education can Head off Childhood Obesity – Katie Charles
Valentin Fuster, MD, is a Professor of Medicine and Cardiology, and Director of Mount Sinai Heart at the Mount Sinai Health System, who specializes in the prevention and treatment of heart disease, and oversees programs around the world helping to promote a heart-healthy lifestyle for children. Since 2006, Dr. Fuster has teamed up with “Sesame Street” to use characters like Elmo to introduce heart-healthy ideas and actions to young kids – “Sesame Street” in Spain even has named a Muppet physician “Dr. Valentin Ruster.” (Fuster is a native of Barcelona.) “What we’re discovering is that a lot depends on what children learn about health from age three to six,” said Dr. Fuster.
-Dr. Valentin Fuster, Professor, Medicine, Cardiology, Director, Mount Sinai Heart, Mount Sinai Health System
Learn more: http://www.nydailynews.com/life-style/health/daily-checkup-addressing-childhood-obesity-early-article-1.1506448

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
CNN.com - November 7
The Case for Pure Fat
Trans fat can be found in processed foods including vegetable shortenings, some margarines, crackers, cookies, snack foods and other foods made with or fried in partially hydrogenated oils. Advocacy groups such as the Center for Science in the Public Interest have long been making the case for trimming it from the national diet, calling the partially hydrogenated oil that is the source of artificial trans-fat "the most harmful fat of all." Rebecca Solomon, MS, RD, CDN, a Nutrition Coordinator at The Mount Sinai Hospital, is an olive oil advocate. "The poly and monounsaturated fats are the best (olive oil, canola oil). Saturated fats like lard or butter are significantly worse for you than the unsaturated fats but not as bad as trans fats," said Solomon.
-Rebecca Solomon, MS, RD, CDN, Nutrition Coordinator, The Mount Sinai Hospital
Learn more: http://eatocracy.cnn.com/2013/11/07/the-case-for-pure-fat/

HealthDay – November 7
FDA to Ban Trans-Fats in Foods – Amir Khan
U.S. health officials announced Thursday a plan to phase out heart-harmful trans fats in processed foods and restaurant fare. U.S. Food and Drug Administration Commissioner Dr. Margaret Hamburg said the proposed restrictions on the use of trans fats could prevent 20,000 heart attacks a year and 7,000 deaths. "Nothing good can come from people consuming trans fats," said Rebecca Solomon, a clinical nutrition coordinator at Mount Sinai Hospital in New York City. "At the end of the day our food technology is sophisticated enough that there are healthier alternatives."
-Rebecca Solomon, MS, RD, CDN, Nutrition Coordinator, The Mount Sinai Hospital

Shape Magazine – November 7
New FDA Ruling to Eliminate Use of Trans Fats – Alanna Nunez
In a somewhat surprising move on Thursday, the Food and Drug Administration (FDA) proposed measures that would virtually banish trans fats from processed foods, saying it could save 7,000 lives each year. The proposal would declare that partially hydrogenated oils (PHOS) are no longer "generally recognized as safe," or GRAS, a status that allows certain substances, such as salt, caffeine, and aspartame, to flow through the food supply legally. This would mean PHOS, the most common form of
artificial trans fats, would be considered food additives and would have to be proved safe in order to be used in food products. While Americans' consumption of trans fats has decreased from about 4.6 grams a day in 2003 to 1 gram a day in 2012, current intakes are still a major cause for concern, FDA commissioner Margaret Hamburg said in a statement. So from a medical standpoint, this change couldn't come soon enough.

"This is a huge step forward," says Dennis Finkelstein, M.D., director of ambulatory cardiology at Beth Israel Medical Center in New York City. "The medical community has recognized for three decades the negative side effects of trans fats. This isn't the final step, but it's a big move in the continuing process to educate consumers."

- Dr. Dennis Finkelstein, Director of Ambulatory Cardiology, Beth Israel Medical Center
Learn more: http://www.shape.com/blogs/shape-your-life/new-fda-ruling-eliminate-use-trans-fats

Everyday Health
New Healthcare Models Arise With Elderly Patients in Mind - Jessica Firger
The United States Centers for Disease Control reports that 80 percent of all Americans over age 65 have at least one chronic disease. As many as 50 percent have more than one serious condition that requires regular attention. Experts say, by and large, the United States is ill-equipped to manage the healthcare needs of older patients, who live for years with multiple chronic conditions. And with some 10,000 baby boomers turning 65 each day, the situation may only grow more dire. "The typical patient for us might be an 85-year-old with advanced heart disease, perhaps a little bit of Alzheimer's disease, a gait disorder, frailty syndrome, osteoarthritis," said Rolfe Sean Morrison, MD, Professor of Geriatrics and Palliative Medicine, and Director of the Lilian and Benjamin Hertzberg Palliative Care Institute at The Mount Sinai Hospital. "With that constellation of diseases, there are a number of symptoms that we see. We know that pain is number one."

-Dr. Rolfe Sean Morrison, Professor, Geriatrics and Palliative Medicine, Director of the Lilian and Benjamin Hertzberg Palliative Care Institute, The Mount Sinai Hospital

NY1 - November 8
Suggestions To Decrease Your Risk Of Getting Diabetes - Jill Urban
Close to 25 million Americans suffer from diabetes, making it the seventh-leading cause of death in the United States. November is Diabetes Awareness Month, a time when we are all reminded what we can do to help minimize our risk. "You have a certain predisposition towards developing diabetes, and some people will get diabetes no matter what they do. So that's the deck that's stacked against you," said Robert Tamler, MD, Associate Professor of Medicine, Endocrinology, Diabetes and Bone Disease, and Clinical Director of the Mount Sinai Diabetes Center. "But on the other hand, there's what you can do to change your destiny."

-Dr. Ronald Tamler, Associate Professor, Medicine, Endocrinology, Diabetes, Bone Disease, Clinical Director, Mount Sinai Diabetes Center, Mount Sinai Health System
Learn more: http://www.ny1.com/content/lifestyles/wellness_report/197618/suggestions-to-decrease-your-risk-of-getting-diabetes (subscription required)

HealthDay - November 6
IVF Conception Doesn't Seem to Raise Kids' Cancer Risk: Study - Steven Reinberg
In a reassuring new finding, there appears to be no extra cancer risk among children born after assisted conception. More than five million children worldwide have been born through in vitro fertilization (IVF). However, concerns that the manipulation of sperm and egg might make these children more prone to cancer prompted the British researchers to investigate. “Studies have found that most medical problems of children conceived through IVF are not a result of the procedure, but can be traced to a genetic risk for a disease or the underlying problem that caused the parent's infertility in the first place,” said Lawrence Grunfeld, MD, an Associate Clinical Professor of Obstetrics, Gynecology and Reproductive Science at the Icahn School of Medicine at Mount Sinai.

-Dr. Lawrence Grunfeld, Associate Clinical Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai


Medscape News - November 7
High-Risk Donor Kidneys May Be Safe - Nancy Melville
The majority of donor kidneys designated as high risk function well at 30-month follow-up, according to research presented here at Kidney Week 2013. “This study is valuable because it demonstrates that, despite the high-risk label, such organs show function similar to those without the label,” said Anita Mehrotra, MD, Assistant Professor of Nephrology at the Icahn School of Medicine at Mount Sinai.

-Dr. Anita Mehrotra, Assistant Professor, Nephrology, Icahn School of Medicine at Mount Sinai

The Weather Channel - November 7
The World's Weirdest Skin and Beauty Treatments - Jeffrey Kopman
Growing dissatisfaction with conventional skin and beauty treatments has caused many consumers to look towards nature for their anti-aging answers. Rather than apply chemically enhanced products to their skin, these new-age beauty seekers prefer snails and bird poop. “A lot of these new types of treatments are extreme ways to get back to nature,” said Joshua Zeichner, MD, an Assistant Professor of Dermatology, and Director of Cosmetic and Clinical Research in the Department of Dermatology at the Icahn School of Medicine at Mount Sinai.

-Dr. Joshua Zeichner, Assistant Professor, Dermatology Director, Cosmetic and Clinical Research; Dermatology, Icahn School of Medicine at Mount Sinai
Learn more: http://www.weather.com/health/worlds-weirdest-skin-and-beauty-treatments-20131107

Vogue - November
Close Encounters - Pamela Paul
Having bred themselves into drug-resistant strains, lice no longer succumb to pesticides, ticks carry difficult-to-diagnose Lyme disease, and bedbugs swarm their way through Upper East Side co-ops. Staphylococcus aureus, a type of bacteria, is almost everywhere. It lives on the surface of human skin and nestsles into the moist interior of nasal passages. "Staph infections are much more common than you think," said Debra Jaliman, MD, an Assistant Clinical Professor of Dermatology at the Icahn School of Medicine at Mount Sinai. “Women don't wipe down exercise machines or bring their own yoga mat. They walk around the spa bare-foot. Most women are completely unaware that all these are breeding grounds for virulent infections,” said Dr. Jaliman.
Cancer Research (United Kingdom) - November 6
Highlights from the NCRI conference - Oliver Childs
Wednesday was the final day of the NCRI Cancer conference in Liverpool, and Rolfe Sean Morrison, MD, a Professor of Geriatrics and Palliative Medicine, and Director of the Lilian and Benjamin Hertzberg Palliative Care Institute at The Mount Sinai Hospital, gave an important and thought-provoking talk on the sensitive topic of palliative medicine – care aimed at relieving and preventing symptoms without having a curative effect on disease. Dr. Morrison drew attention to the 6.5 million caregivers in the UK who look after relatives and friends with illness, and how palliative care should focus not just on the patient but on the people who help them cope, too.

-Dr. Rolfe Sean Morrison, Professor, Geriatrics and Palliative Medicine, Director of the Lilian and Benjamin Hertzberg Palliative Care Institute, The Mount Sinai Hospital
Learn more: http://scienceblog.cancerresearchuk.org/2013/11/06/highlights-from-the-ncri-conference-day-4/

Filipino Reporter – November 5
Fil-Am RN Honored with Daisy Award – Staff reporter
Fil-Am registered nurse Maritoni “Toni” Farin of Beth Israel Brooklyn’s Telemetry Unit received the Daisy Award, recognizing extraordinary care provided by nurses. She was nominated by a grateful patient's son who said, “Toni Farin is a beautiful person with a fantastic heart and took excellent care of my mother during her final days.” Farin joined Beth Israel Brooklyn's staff almost 4 years ago.

-Maritoni Farin, RN, Telemetry Unit, Beth Israel Brooklyn
Learn more: http://www.filipinoreporter.us/home/filipino-american/2739-fil-am-rn-honored-with-daisy-award.html

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 Cardiology - November 6

Trial Will Assess Safety of Three Month DAPT after Stent Implantation

Abbott Vascular has announced the initiation of a randomized controlled trial to evaluate the use of dual antiplatelet therapy for a three month duration following implantation with the company’s Xience drug-eluting stents. The intent of the study is to support a change to the US labeling for Xience stents, which currently calls for at least 12 months of DAPT therapy after DES implantation. “This randomized trial will provide the highest level of clinical evidence to inform physicians about the appropriate duration of dual anti-platelet therapy for patients in the US treated with the Xience family of drug-eluting stents,” said Primary Investigator Roxanna Mehran, MD, Professor of Medicine, Cardiology, and Health Evidence and Policy, and Director of Interventional Cardiovascular Research and Clinical Trials at the Zena and Michael A. Weiner Cardiovascular Institute at Icahn School of Medicine at Mount Sinai.

-Dr. Roxana Mehran, Professor, Medicine, Cardiology, Health Evidence and Policy, Director, Interventional Cardiovascular Research and Clinical Trials, Zena and Michael A. Weiner Cardiovascular Institute, Icahn School of Medicine at Mount Sinai

Learn more: http://www.healio.com/cardiology/vascular-medicine/news/online/%7B2ac851f5-d74d-4fc6-92c1-cfb83aa30239%7D/trial-will-assess-safety-of-3-month-dapt-after-stent-implantation

Psychiatric News - November 6

Gene Variants May Contribute to Bipolar Illness by Changing Brain

Although variants of the CACNA1C gene and the ANK3 gene may contribute to bipolar disorder by acting on an area of the brain involved in processing facial emotions, how they might do so is a mystery. Sophia Frangou, MD, PhD, Senior Faculty of Psychiatry, and Chief of the Psychosis Research Program at the Icahn School of Medicine at Mount Sinai, and colleagues decided to evaluate whether having the CACNA1C gene variant linked with bipolar disorder as well as the ANK3 gene variant also linked with the illness showed a relationship with the brain area involved in processing facial emotions. They did find such a link in both controls and bipolar subjects. However, the associations were somewhat different between the two groups.

-Dr. Sophia Frangou, Senior Faculty, Psychiatry, Chief, Psychosis Research Program, Icahn School of Medicine at Mount Sinai

Learn more: http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=1768298

HealthDay - November 4
Jury Still Out on Routine Mental Tests for Seniors, Panel Says - Randy Dotinga
Physicians give screening tests to older adults who show signs of mental decline, and some experts have theorized that all seniors might benefit from routine memory testing. But proposed guidelines from a U.S. government-appointed panel says not enough evidence exists to say yes or no to such a widespread approach. “It's still not clear whether the risk of false results and the lack of treatments available to help people with dementia outweigh the benefits associated with early identification,” said Albert Siu, MD, Co-Chair of the United States Preventive Services Task Force, and Chair of Geriatrics and Palliative Medicine, and Professor of General Internal Medicine at the Icahn School of Medicine at Mount Sinai.

"We believe that doctors should remain alert to signs and symptoms in the course of their evaluation.”

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


HealthDay - November 6

Study Finds too Few with Hepatitis C Start or Stick with Treatment - Serena Gordon
A new study suggests that only a quarter of people with hepatitis C are willing to start the standard treatment for the serious viral infection. When interferon injections - the current standard treatment - work, which only happens about 16 percent of the time, the risk of dying drops by 45 percent. "This study points out the inadequacies of old therapies for hepatitis C,” said Douglas Dieterich, MD, a Professor of Medicine and Liver Diseases, and Director of Continuing Medical Education at the Icahn School of Medicine at Mount Sinai.

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


The New York Times - November 6

Chandler’s Leg Fracture Leaves Knicks Thin in the Post - Scott Cacciola
Tyson Chandler, 31, is expected to miss four to six weeks for the New York Knicks after sustaining what the team described as a nondisplaced fracture in his lower right leg early in Tuesday's loss to the Charlotte Bobcats. The injury will not require surgery, the team said, and tests did not reveal ligament or nerve damage. David Forsh, MD, the Chief of Orthopaedic Trauma at the Icahn School of Medicine at Mount Sinai, said nondisplaced fractures were typically less severe than displaced fractures because the bone fragments had remained in place.

-Dr. David Forsh, Chief, Orthopaedic Trauma, Icahn School of Medicine at Mount Sinai


Today.com - October 20

After Diagnosis, Some Keep Their Cancer a Secret - Diane Mapes
Cancer patients can’t do much about mutating cells – or the myriad pokes, prods and procedures they go through during treatment. But they can control the messaging, experts say, deciding whether their cancer is common knowledge or a well-managed secret. “I think control is an important issue,” says Julie
Schnur, MD, an Assistant Professor of Oncological Sciences and Psychiatry at the Icahn School of Medicine at Mount Sinai. “But there are a ton of reasons why people choose to keep their cancer to themselves.”

-Dr. Julie Schnur, Assistant Professor, Oncological Sciences, Psychiatry, Icahn School of Medicine at Mount Sinai

Learn more: http://www.today.com/health/after-diagnosis-some-keep-their-cancer-secret-8C1141896
Additional coverage: http://news.ca.msn.com/top-stories/after-diagnosis-some-keep-their-cancer-a-secret

- WNYW TV – November 6

National Healthy Eating Day
Wednesday, November 6 is National Healthy Eating Day, and to mark the occasion top chefs at The Mount Sinai Hospital offered heart-healthy meals and held cooking demonstrations for its employees. “Healthy eating starts at home,” said Beth Oliver, the Vice President of Clinical Operations at Mount Sinai Heart. “But we spend most of our time at work, so it’s really important to carry (healthy eating) into our workplace.”

-Beth Oliver, DNP, RN, Vice President, Clinical Operations, Mount Sinai Heart, The Mount Sinai Hospital
(No web link available)

- The New York Daily News - November 6

Pope Francis Embraces Guests with Skin Conditions at Vatican - Carol Kuruvilla
Pope Francis received two special guests during his general audience at the Vatican on Wednesday. Two men with visible skin diseases came forward to receive blessings from the pontiff. “One man appeared to have neurofibromatosis,” said Gary Goldenberg, MD, an Assistant Professor of Dermatology and Pathology at the Icahn School of Medicine at Mount Sinai. “Patients who are born with the disease grow thousands of tumors all over their bodies. The tumors can be irritating and can sometimes cause other abnormalities. But the psychological effects of the disease do the most damage.”

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

Learn more: http://www.nydailynews.com/news/world/pope-francis-embraces-guests-skin-conditions-vatican-article-1.1508770

First for Women Magazine – November 25

Cold Remedies Doctors Swear By
Kids suffer up to 10 colds a year, according to the National Institutes of Health. And when your little one is sniffling, sneezing and coughing, you want to help her feel better fast. To the rescue: some remedies doctors “prescribe” their own children when sickness strikes. “From the time my kids were 2 or 3 years old, I gave them herbal licorice tea for their sore throats,” says Benjamin Kligler, MD, Vice Chair of the Department of Integrative Medicine at Beth Israel Medical Center’s Center for Health & Healing and a father of three. “Its anti-inflammatory compounds are very soothing for an irritated throat.”

Dr. Benjamin Kligler, Vic Chair, Center for Health & Healing, Beth Israel Medical Center
Healthline - November 6
New Businesses Let you Smash your Way through Stress and Anger - David Heitz
At the Anger Room in Dallas, people can break somebody else’s things in a controlled environment. In fact, these pay-to-throw-a-fit businesses have been popping up all over the world - the most recent to launch are The Break Club in Buenos Aires, Argentina, and The Rage Room in Novi Sad, Serbia. Nelly Alia-Klein, MD, a Professor of Psychiatry at The Mount Sinai Hospital, acknowledges that letting pent-up stress build is not a good idea, but she emphasized that long-term solutions are the best way to prevent explosions. “Long-term benefits come from changing your thoughts about a situation,” said Dr. Alia-Klein.
-Dr. Nelly Alia-Klein, Professor, Psychiatry, The Mount Sinai Hospital
Learn more: http://www.healthline.com/health-news/mental-clubs-smash-away-stress-110613

NY Blueprint – November 7
The Doctor is In Series – NY Blueprint
The JCC in Manhattan has partnered with top medical experts to answer your questions on how to live life to the fullest and stay healthy and fit at any age. Dr. Alan Rozanski, Chief, Division of Cardiology, St. Luke’s and Roosevelt Hospitals, explained today’s most prominent barriers to successful time management and illustrate how the application of key principles can be used to achieve a more vital, balanced, and healthy lifestyle.
-Dr. Alan Rozanski, Chief, Division of Cardiology, St. Luke’s and Roosevelt Hospitals
Learn more: http://nyblueprint.com/events/eventdetail.aspx?id=81987

Brooklyn Daily – November 7
Shout out to DAISY award winner – Joanna DelBuono
Congratulations to Maritoni “Toni” Farin, a Telemetry Nurse at Beth Israel Medical Center, Brooklyn, for being recognized as this year’s recipient of the Daisy Award. The program honors extraordinary care provided by nurses. Farin was nominated by the son of a patient in her care. He was so impressed with Farin’s professionalism and caring, he also gave a generous donation to the hospital.
-Maritoni Farin, RN, Telemetry Nurse, Beth Israel Medical Center, Brooklyn

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
CNBC – Squawk Box – November 6
Hospitals as Insurers 'The Future' Under Obamacare
The CEO of the Mount Sinai Health System in New York City sees hospitals becoming a one-stop shop for getting care and the insurance to pay for it. That’s ‘the future,’” Kenneth L. Davis, MD, told CNBC on Wednesday. “Part of the motivation for us to become a much larger hospital system—bigger geographic area—was to be able to accept risk,” said Dr. Davis.

-Dr. Kenneth L. Davis, CEO and President, Mount Sinai Health System
Learn more: http://www.cnbc.com/id/101175232

U.S. News and World Report – November 5
Unleashing the Power of Big Data – Eliza Krigman
“Big Data” is a flashy catchphrase tossed around in most industries today, but what does it mean for medicine? Top healthcare practitioners and executives, including Mount Sinai’s Eric Schadt, PhD, tackled that question at U.S. News & World Report’s inaugural Hospitals of Tomorrow conference. “Being a master of really Big Data is now a critical part of biomedical research,” said Dr. Schadt, who served as a featured speaker. “The hope is to integrate many different dimensions of data to create predictive models. A personalized cancer therapy program is a practical application of big data that is happening now.”

-Dr. Eric Schadt, James W. Crystal Professor, Genomics, Director, Institute for Genomic and Multiscale Biology, Icahn School of Medicine at Mount Sinai
Learn more: http://health.usnews.com/health-news/hospital-of-tomorrow/articles/2013/11/05/unleashing-the-power-of-big-data

Yahoo! Health - November 5
Insulin Tied to Heart Problems After Heart Procedures – Don Rauf
Diabetes increases the risk for heart disease. Procedures to restore blood flow to the heart can help, but for those on insulin, these procedures may carry some risks. George Dangas, MD, collaborated on an investigation to find out how insulin might affect outcomes for diabetes patients who required operations to restore blood flow to blocked arteries. The study involved 1,850 patients with both diabetes and multi-vessel disease.

-Dr. George Dangas, Professor, Medicine, Cardiology, Surgery; Director, Cardiovascular Innovation, Zena and Michael A. Wiener Cardiovascular Institute at Mount Sinai, Icahn School of Medicine at Mount Sinai
Learn more: http://health.yahoo.net/articles/diabetes/insulin-tied-heart-problems-after-heart-procedures

Medpage Today - November 5
Metabolism Meeting to Cover Wide Field – Kristina Fiore
This year’s World Congress on Insulin Resistance (WCIR), which begins Thursday, will take a multidisciplinary approach to metabolism, including an oral abstract session in which researchers will discuss a new approach to assessing insulin resistance. According to Zachary Bloomgarden, MD, a new risk prediction tool may be more easily administered and may more accurately assess insulin resistance. It would be of great importance for treatment of diabetes, and perhaps pre-diabetes, to have a clinical tool to accurately assess this,” said Dr. Bloomgarden.

-Dr. Zachary T. Bloomgarden, Clinical Professor, Medicine, Endocrinology, Diabetes and Bone Disease, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medpagetoday.com/MeetingCoverage/WCIR/42725

Perth Now (Australia) – November 4
Annie Sparrow Trying to Put the Human Face on Refugees – Yasmine Phillips
No one wants to be a refugee, or flee their homes. It’s not a choice or something they have any control over. But visiting humanitarian and public health expert Annie Sparrow said many Australians had an unfounded fear that refugees were “potential terrorists.” Dr. Sparrow, who has worked in war-torn Afghanistan, Africa and the Middle East, is leading research to measure the human toll of the war in Syria through health outcomes. “Part of what I have always tried to do is to paint a picture that the rest of the world can understand to put the human face back on refugees,” she said.

-Dr. Annemarie Sparrow, Assistant Professor, Preventative Medicine; Pediatrics, Icahn School of Medicine at Mount Sinai

The Hospitalist - November 2013
How to Develop, Write, and Submit a Clinical Vignette for Presentation at a Scientific Meeting – Alfred Burger, MD, FACP, FHM, Elizabeth A. Paesch, MD, Chad S. Miller, MD, FACP, FHM
Physicians are exposed to a wide variety of cases that pique our interest. Cases that make you go home and read just a little bit more. Cases that prompt you to seek
out your classmates and colleagues for further discussion, or trigger a call to someone from your past. Residents and students often ask, “Should I write this case up?” Our answer is, “Yes!” Why do we recommend that you write the case up? Much of medical education is a clinical- or case-based exercise. Clinical cases provide context for the principles being taught. We use real cases to point out the nuance in a presentation of a particular illness or the management of a disease. Included in this story are eight tips to help you produce successful clinical vignette submissions.

Dr. Alfred Burger, Associate Program Director of Internal Medicine Residency, Department of Medicine, Beth Israel Medical Center

Learn more: http://www.thelicensedot.org/details/article/539416/Clinical_Vignettes_110.html

ABC News – November 5

November: Science of the ‘Stache – Sydney Lupkin

It’s “Movember,” which means mustaches will be sprouting on faces everywhere to raise awareness for prostate and testicular cancer. Whether you opt for the handlebar ‘stache or the pencil ‘stache, there are a few things to know about the ‘mo. Like any other body hair, mustaches likely evolved to protect and keep the skin warm, said Joshua Zeichner, MD, a dermatologist at The Mount Sinai Hospital. “A lot of that has to do with genetics,” Dr. Zeichner explained. “Some men just have very sparse beards.”

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

Learn more: http://abcnews.go.com/blogs/health/2013/11/05/movember-science-of-the-stache/

CBS News – November 5

Cardiac Benefits from a Treadmill Desk - Alexis Cristoforous

The American Heart Association recommends people take 10,000 steps, about 5 miles, each day. That can be hard when your job keeps you behind a desk. Alan Rozanski, MD, Chief of the Division of Cardiology at St. Luke's and Roosevelt Hospitals, says it’s critical to make the effort, “Sitting all day, getting no physical activity is equivalent to smoking. It’s that big a risk.” Dr. Rozanski says being sedentary can lead to diabetes, high blood pressure and osteoporosis.

-Dr. Alan Rozanski, Chief, Division of Cardiology, St. Luke’s and Roosevelt Hospitals

Learn more: http://www.cbsnews.com/video/watch?id=50158552n

Yahoo! Shine – November 4

Seven Surprising Ways You’re Aging Your Skin – Melanie Rud Chadwick

Dermatologist Joshua Zeichner, MD, Director of Cosmetic & Clinical Research in Dermatology at the Icahn School of Medicine at Mount Sinai reveals the everyday activities that you may not realize are aging your skin. Some of these no-no’s include washing your face too much, skipping your annual eye exam, and cranking up the heat in your home.

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

Learn more: http://shine.yahoo.com/shine-beauty/7-surprising-ways-youre-aging-skin-151400835.html

Lifescript – December 4

Find the Best Rheumatologist for You – Dorothy Foltz-Gray

Joint problems caused by rheumatoid arthritis, an inflammatory autoimmune disorder that affects 1.5 million American adults, are worrisome enough. But if you have trouble finding the best rheumatologist to treat your pain and inflammation, the condition can feel overwhelming. In this Lifescript article, readers are educated on how to find the right doctor, prepare for visits and get the most out of every appointment. Dr. Harry Fischer, Chief of the Division of Rheumatology at Beth Israel Medical Center says patients should arrive with an open mind and that “what works for your friend or on TV may not be right for you. Rely on the physician to examine your joints, listen and look at blood work.”

-Dr. Harry Fischer, Chief of the Division of Rheumatology, Beth Israel Medical Center

Learn more: http://www.lifescript.com/health/centers/arthritis/articles/find_the_best_rheumatologist_for_you.aspx

Athens News (Ohio) – November 4

Are We Over-Sanitizing?

Even though being clean is healthy and a common courtesy to others, the amount that we scrub, wash and sanitize may also have detrimental effects. However, one area in which we can be more cautious is in the kitchen. “Dish sponges and dishwashing tools need to be cleaned and replaced often,” recommends Neil Schachter, MD, Medical Director of Respiratory Care at the Mount Sinai Hospital. “Using wet or dirty dishwashing tools to wipe up the dishes, counter or sink will only help spread bacteria rather than eliminate them.”

-Dr. Neil Schachter, Professor, Medicine, Pulmonary, Critical Care, Sleep Medicine; Pediatrics; Preventative Medicine, Medical Director, Respiratory Care Department, Icahn School of Medicine at Mount Sinai

Learn more: http://www.athensnews.com/ohio/article-41033-are-we-over-sanitizing.html

Stamford Advocate – November 2

The Dish: Martha Stewart Draws a Crowd – Susie Costaregni

The sold-out fundraising luncheon by the Friends of Nathaniel Witherell, featuring Martha Stewart, brought out 200 patrons last week at the Round Hill Club in Greenwich, Connecticut. Stewart was accompanied by Audrey Chun, MD, Director of the Martha Stewart Center for Living at Mount Sinai Hospital. The Friends of Nathaniel Witherell is engaged in a capital campaign, Project Renew, a $26 million renovation of the 110-year-old Greenwich institution, a 202-bed skilled nursing and short-term rehabilitation center servicing town residents and their families.

-Dr. Audrey Chun, Associate Professor, Geriatrics and Palliative Medicine; Vice Chair, Brookdale Department of Geriatrics and Palliative Medicine; Director, Coffey Geriatrics at the Martha Stewart Center for Living, 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
The parents of a boy suffering from severe seizures have filed a lawsuit against the state of Arizona to ensure that their son will have access to medical cannabis oil.

Yahoo! Good Morning America – November 1
-Dr. Diane Meier, Professor, Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai

"If palliative care were a new cancer drug, it would be hailed as a breakthrough," Diane Meier, MD, Professor of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai, told a crowd at Christiana Hospital on Thursday. “Palliative care, which focuses on easing patients’ symptoms, supporting families, and discussing patient priorities, not only makes people feel better physically and emotionally,” said Dr. Meier. “It costs less because it keeps people out of hospitals and nursing homes. And, patients live longer.”

-Dr. Diane Meier, Professor, Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai

Yahoo! Good Morning America – November 1
Parents File Suit to Allow Son to Take Marijuana Extract – Gillian Mohney
The parents of a boy suffering from severe seizures have filed a lawsuit against the state of Arizona to ensure that their son will have access to medical cannabis oil.
without the risk of prosecution. Five-year-old Zander Welton, who was born with a genetic defect that disrupts cellular patterns in the brain and is often the cause of epilepsy, is non-verbal and suffered seizures daily before his parents started giving him cannabis oil. Dr. Steven Wolf, Director of Pediatric Epilepsy at Beth Israel Medical Center, says that parents should be wary of using cannabis oil to treat epilepsy pending results of studies currently being conducted and said that doctors don’t yet know if children would build up a quick tolerance or if it would ultimately prove ineffective in treating seizures. He added, “If this was my kid and if there was a possibility it would work, I would certainly want to know. This is interesting, but this needs investigation.” Although Arizona allows marijuana to be used for medicinal purposes, some state officials have said that products with resin extracted from marijuana, such as the oil originally used to treat Zander, are actually classified as an illegal narcotic according to the state’s criminal code.

-Dr. Steven Wolf, Director of Pediatric Epilepsy, Beth Israel Medical Center

Medical Xpress – October 31
Results of the FREEDOM Sub Study Reported
A recent study of diabetic patients who underwent revascularization for multi-vessel coronary artery disease (CAD) showed that patients treated with insulin experienced more major adverse cardiovascular events after revascularization than those not treated with insulin. "In patients with diabetes and multi-vessel coronary artery disease there are more major adverse cardiovascular events," said George Dangas, MD, PhD, Study Investigator, Professor of Medicine, and Director of Cardiovascular Innovation at the Zena and Michael A. Wiener Cardiovascular Institute at the Icahn School of Medicine at Mount Sinai. Findings of a subgroup analysis of the FREEDOM trial were presented at the 25th annual Transcatheter Cardiovascular Therapeutics (TCT) scientific symposium sponsored by the Cardiovascular Research Foundation (CRF).

-Dr. George Dangas, Professor, Medicine, Director, Cardiovascular Innovation, Zena and Michael A. Wiener Cardiovascular Institute, Icahn School of Medicine at Mount Sinai

ScienceLine.org – October 31
Cause For A Headache – Joshua Krisch
Recent imaging studies indicate that migraine headaches leave behind battle scars, pockmarking the brain with lesions similar to those seen in stroke patients. The findings have led clinicians to question whether casual headaches could be harbingers of debilitating neurological disease. Sait Ashina, MD, Director of the Headache program at was often dismissed as relatively minor neurologic events. Dr. Ashina and his colleagues analyzed 19 different studies that had previously found a correlation between migraines and structural brain abnormalities Beth Israel Medical Center says, “Generally, migraines have been considered benign, primary headaches, with no long-term consequences, however our study suggests the opposite.” He says until recently, migraines. This so-called “meta-analysis” was published in the August 28 edition of Neurology.

-Dr. Sait Ashina, Director of the Headache Program, Beth Israel Medical Center
Learn more: http://scienceline.org/2013/10/cure-migraines/

The New York Times – November 4
Hepatitis C, a Silent Killer, Meets Its Match – Andrew Pollack
Many doctors are now “warehousing” Hepatitis C patients — urging them to forgo treatment until the new drugs, such as sofosbuvir, are approved. “There’s no way I’m going to put them on an interferon regimen when we’re a year away from having interferon-free regimens,” said Scott Friedman, MD, the Chief of Liver Diseases at the Icahn School of Medicine at Mount Sinai. “It’s rare you have to pull the trigger and get them on treatment in that period of time.”

-Dr. Scott Friedman, Dean, Therapeutic Recovery; Professor, Medicine, Liver Diseases; Pharmacology and Systems Therapeutics, Icahn School of Medicine at Mount Sinai

Everyday Health – November 1
The Flu and Hepatitis C: High Risk of Complications – Jennifer J. Brown, PhD
Fall and winter months mean flu season is coming, and with it the many possible complications that come with influenza. People with chronic diseases like hepatitis C need to protect themselves from the flu because they are at higher risks for flu-related complications. During office visits, Ponni Perumalswami, MD, Assistant Professor of Medicine in the Division of Liver Diseases at Icahn School of Medicine at Mount Sinai, always recommends the flu shot to her patients who have hepatitis C. “The flu can be more severe in patients who are recommended to get it and don’t receive it, particularly those with underlying liver disease.”

-Dr. Ponni Perumalswami, Assistant Professor, Medicine, Liver Diseases, Icahn School of Medicine at Mount Sinai
Learn more: http://www.medpagetoday.com/Cardiology/AcuteCoronarySyndrome/42692

NY1 News – November 1
Can Certain Supplements Help Deal With Common Cold? – Jill Urban
There may not be a cure for the common cold, but there are many supplements and vitamins you can take to help. That being said, Roberta Lee, MD, Vice Chair, Department of Integrative Medicine at Beth Israel Medical Center, says vitamin C isn’t a cure-all. “The evidence is not too great for curing or preventing the common cold,” Dr. Lee says. “It does work for people that are in extreme environments, in other words, if you’re a mountain climber or you’re working in the Arctic zone.” She says the vitamin that really packs a punch is vitamin D.

-Dr. Roberta Lee, Vice Chair, Department of Integrative Medicine, Center for Health and Healing, Beth Israel Medical Center
Learn more: http://www.ny1.com/content/lifestyles/wellness_report/192320/investigating-whether-certain-supplements-help-deal-with-common-cold (subscription required)
**Medical Daily - November 3**

That Time Usain Bolt Ate 1,000 Chicken McNuggets: How He Did it and Why You Shouldn't – Eric Johnson

Olympic athletes such as Usain Bolt and Michael Phelps scarf down 59,000 calories worth of Chicken McNuggets and five-egg omelet breakfasts, so why do other people agonize over not exceeding their daily calorie intake? According to Mark Klion, MD, Clinical Instructor of Orthopaedics at The Mount Sinai Hospital, extreme eating ultimately comes down to basic math. Once you take into account Phelps’s equally extreme training regimen, you will find that the vertiginous calorie-count is rapidly offset by the pull-ups, deadlifts, squats, and 1,600 Olympic pool lengths he records every week. "I think for him, because of his caloric demands, he can probably eat whatever he wants to," Dr. Klion said. "If you’ve got to eat that much, it better be enjoyable, or you won’t be able to keep up."

-Dr. Mark Klion, Clinical Instructor, Orthopaedics, Icahn School of Medicine at Mount Sinai


**Glamour – November 4**

Why Dating Someone From High School Could Lead to a Lifelong Relationship

Individuals looking for a long term relationship may want to consider reviewing their high school yearbook. Brian Iacoviello, PhD, an Assistant Professor of Psychiatry at Icahn School of Medicine at Mount Sinai, some people will find success looking for a mate in a pool with which they are already familiar. “The common bonds of earlier experiences can be a fantastic foundation for a relationship,” he says. “They can help ensure that there is a degree of matching with the dating partner.” However he stills recommends that daters prioritize other potentially important criteria such as “career, family consideration and spirituality.”

-Dr. Brian Iacoviello, Assistant Professor, Psychiatry, Icahn School of Medicine at Mount Sinai


**New York Post – October 30**

Five Easy Ways to Stay Cold and Flu-Free – Barbara Brody

In 2001, New York City firefighter Edward Moriarty was a battalion chief, and was not caught in the collapse, but he had been a firefighter at Ladder 132 and Lieutenant and Captain of Ladder 105 in Brooklyn. Both firehouses lost their whole crew, six men each, on 9/11. That role is how he learned to appreciate nurses, and became one himself. His training began at The Mount Sinai Hospital, where he partnered with home care doctors to treat homebound patients with multiple pressure ulcers. “Nursing is very hard work, but with great rewards,” says Moriarty.

-The Mount Sinai Hospital


**Dermatology Times – November 1**

RUC Flawed But Functional – John Jesitus

No cryptic cartel, the American Medical Association (AMA)/Specialty Society Relative Value Scale Update Committee (RUC) is an indispensable piece of the healthcare payment puzzle that beats less logical options that have been proposed, dermatologists say. There’s been a lot of criticism of the RUC, ranging from its influence on the Centers for Medicare and Medicaid Services (CMS) to its apparent secrecy,” says Mark Kaufmann, MD, Associate Clinical Professor of Dermatology at the Icahn School of Medicine at Mount Sinai and an American Society for Dermatologic Surgery (ASDS) adviser for the RUC. "(But) the RUC is continually evolving and is always attempting to improve itself.”

-Dr. Mark Kaufmann, Associate Clinical Professor, Icahn School of Medicine at Mount Sinai


**MedPage Today – October 31**

Bronchodilator Combo Works Best for COPD – Crystal Phend

Combining bronchodilators formoterol (Foradil Aerolizer) and aclidinium (Tudorza Pressair) in a single twice-daily inhaler was better than either drug alone in chronic obstructive pulmonary disease (COPD), according to results of a randomized trial reported at the CHEST Conference in Chicago. "I think we can look for multiple drugs that combine LABA and LAMA medications into single device being introduced into clinical practice,” said Charles Powell, MD, Chief of Pulmonary, Critical Care, and Sleep Medicine at The Mount Sinai Hospital. "I believe that’s the future.”

-Dr. Charles Powell, Chief, Pulmonary, Critical Care, and Sleep Medicine, The Mount Sinai Hospital

Learn more: [http://www.medpagetoday.com/MeetingCoverage/CHEST/42606](http://www.medpagetoday.com/MeetingCoverage/CHEST/42606)

**WCBS TV – November 1**

Technology Reminds People to Take Prescriptions, Sends Info to Doctor – Kristine Johnson

High-tech advances could revolutionize the way you monitor your health, letting your doctor see what’s happening inside your body from afar. There’s a wristband for doctors to monitor patients in the hospital “I think that definitely can alleviate stress when older people get admitted to the hospital,” says Dr. Joyce Fogel, Chief of Geriatric Medicine, Beth Israel Medical Center. “They are likely to get more confused when they have more things attached to them.” There’s also a smart pill bottle that uses cellphone technology to remind patients it’s time for a dose.

-Dr. Joyce Fogel, Chief, Geriatric Medicine, Beth Israel Medical Center

Learn more: [http://newyork.cbslocal.com/2013/11/01/seen-at-11-high-tech-health-advances/](http://newyork.cbslocal.com/2013/11/01/seen-at-11-high-tech-health-advances/)

**Philanthropy News Digest – November 4**

Bachmann-Strauss Dystonia and Parkinson Foundation Awards $1.2 Million to Establish Centers of Excellence

The Bachmann-Strauss Dystonia and Parkinson Foundation has announced matching grants totaling $1.2 million to establish dystonia and Parkinson’s Disease centers of excellence at three U.S. medical Centers. The new centers – at the University of Alabama at Birmingham Comprehensive Parkinson Disease and Movement Disorders Clinic, the University of Florida Health Center for Movement Disorders and Neurorestoration and the University of California, San Francisco Surgical Movement Disorders Center – will work to strengthen their respective university’s clinical and research infrastructure while providing a mechanism through which they can share knowledge and collaborate on new initiatives. The centers, which join an existing Center of Excellence at Beth Israel Medical Center in New York City, will also provide dystonia and Parkinson’s patients with access to proper diagnosis, treatment and comprehensive care.

-Beth Israel Medical Center

Learn more: [http://www.foundationcenter.org/pnd/news/story_print.jhtml;jsessionid=JV5RYSNRKFFOTLAQBQ4CGXD5AAAACD2F7d=443100004](http://www.foundationcenter.org/pnd/news/story_print.jhtml;jsessionid=JV5RYSNRKFFOTLAQBQ4CGXD5AAAACD2F7d=443100004)

ESPN.com – November 3
Boxer Magomed Abdusalamov in Coma – Dan Rafael

Heavyweight fighter Magomed Abdusalamov was in a medically induced coma in Roosevelt Hospital on Sunday following brain surgery to remove a blood clot suffered in a professional fight at Madison Square Garden. Abdusalamov’s promoter said the Russian boxer had surgery to remove the clot and a small piece of his skull removed to let the brain’s swelling go down. Doctors say he is in Roosevelt’s Intensive Care Unit.

-St. Luke’s and Roosevelt Hospitals
http://www.boxingscene.com/magomed-abdusalamov-stable-condition-icu--71285

New York Family – October 1
Doctors We Love: NYC’s Most Talented and Dedicated Pediatricians and Pediatric Specialists – Alissa Katz

Whether it’s a check-up or specific concern, all parents want the best medical care for their children. New York Family teamed up with Castle Connolly to create this annual guide, which highlights the best pediatricians and pediatric specialists in New York City and lists experts from the Mount Sinai Health System. Featured doctors include Andrew Ting, MD and Julie Wang, MD of Mount Sinai Health System and Steven Wolf, MD, of Beth Israel Medical Center. Physicians from several of the Mount Sinai Health System member hospitals are listed.

-Dr. Andrew Ping, Assistant Professor, Pediatrics, Pulmonary and Critical Care, Icahn School of Medicine at Mount Sinai
-Dr. Julie Wang, Associate Professor, Pediatrics, Allergy and Immunology, The Jaffe Food Allergy Institute, Icahn School of Medicine at Mount Sinai
-Steven Wolf, MD, Director of Pediatric Epilepsy, Beth Israel Medical Center


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
New York Times – November 2
Stick Figures and Stunted Growth as Warring Syria Goes Hungry – Anne Barnard
Across Syria, a country that long prided itself on providing affordable food to its people, international and domestic efforts to ensure basic sustenance amid the chaos of war appear to be failing. "I didn’t expect to see that in Syria," said Annie Sparrow, MD, an assistant professor and pediatrician at the Icahn School of Medicine at Mount Sinai, who examined Syrian refugee children in Lebanon and was shocked to find many underweight for their height and age. "It’s not accurate to say this is Somalia, but this is a critical situation," she said. "We have a middle-income country that is transforming itself into something a lot more like Somalia."

-Dr. Annie Sparrow, Assistant Professor, Preventive Medicine, Pediatrics, Icahn School of Medicine at Mount Sinai

Psychiatric News – November 1
Why Psychiatrists Should Lead Hospitals and Health Systems - Andres Barkil-Oteo, MD, MSc
What do these medical centers—Harvard Partners System, Mount Sinai in New York, UCLA System and Georgetown/Medstar —have in common? World-class care and excellence, yes, but another common feature is that their CEOs are all psychiatrists. Structural changes that will affect the way we organize and deliver services are coming, so either we take a proactive stance and start training residents to become clinician leaders or we will become the first casualty. Psychiatrists need to become system changers and sit at the table rather than appear on the menu.

-Mount Sinai Health System
Learn more: http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=176562

The Scientist – November 1
The Psychiatrist’s Jigsaw – Megan Scudellari
Researchers are piecing together the devilishly complex sets of genetic alterations underlying schizophrenia and bipolar disorder. One theory that has arisen from genetic studies is that schizophrenia is caused by dysfunctional oligodendrocytes—non-neuron brain cells that produce myelin sheaths. In 2001, Joseph Buxbaum, MD, and colleagues at the Icahn School of Medicine at Mount Sinai ran gene expression microarrays of brain samples from patients with schizophrenia and healthy, matched controls from the hospital’s brain bank. When the results came in, “there was only one glaringly obvious similarity - there were coordinated groups of genes, which were going down in schizophrenic patients, and they were all directly tied to oligodendrocytes,” says Buxbaum.

-Dr. Joseph Buxbaum, Professor, Psychiatry, Genetic and Genomic Sciences, Neuroscience, Icahn School of Medicine at Mount Sinai
Learn more: http://www.the-scientist.com/?articles.view/articleNo/38834/title/The-Psychiatrist-s-Jigsaw/

The Oncology Report – October 30
Five Criteria Doubled Palliative Care, Cut Hospital Readmissions
Using five criteria to prompt palliative care consults in patients with solid tumors has resulted in hospice utilization rates increased by more than 10 percent and decreased 30-day readmission rates decreased from 36 to 17 percent. Kerin Adelson, MD, Assistant Professor of Medicine, Hematology and Medical Oncology at the Icahn School of Medicine at Mount Sinai, reported during a press briefing sponsored by the American Society of Clinical Oncology: “Too many patients receive palliative care too late or go without it altogether. This results in inadequate pain control, emotional distress for patients and caregivers, and overuse of aggressive medical interventions.” Dr. Adelson adds, “By increasing access to palliative care services, we help to hope patients clarify their own treatment goals and, in turn, align our clinical goals with those of our patients.”

- Dr. Kerin Adelson, Assistant Professor, Medicine, Hematology and Medical Oncology, Icahn School of Medicine at Mount Sinai

CBS Minnesota– October 30
Good Question: Why Do We Only See The Flu In The Winter? – Heather Brown
Across the globe, there is rarely a flu case during the summer. So, why do we only see the flu in the winter? In 2007, Mount Sinai hospital flu researcher Peter Palese, PhD, wrote a study that found dry conditions favor transmission of the virus. There is no exact answer, however, one reason is probably because of the dryness caused by heat systems. Mucous membranes get drier in the winter and may be more susceptible to infection when they’re drier.

-Dr. Peter Palese, Professor and Chair, Microbiology, Professor, Medicine; Infectious Disease, Principal Investigator, The Palese Laboratory, Icahn School of Medicine at Mount Sinai
IndiaWest – November 3
Ashutosh Tewari to Head Mount Sinai’s Urology Department
Ashutosh K. Tewari, MB, BS, one of the foremost leaders in robotic prostate surgery and prostate cancer research in the world, was chosen to serve as chairman of The Milton and Carroll Petrie Department of Urology at the Icahn School of Medicine at Mount Sinai. “My vision for the Department of Urology is to create a highly engaged team committed to world-class care, strong faculty and trainee development, and innovative research and discovery,” Tewari stated. Collaboration will be a core part of his vision, the Indian American physician explained. He intends to build bridges with science and medicine leaders in New York and around the world.
- Dr. Ashutosh K. Tewari, Chairman, Milton and Carroll Petrie Department of Urology, Icahn School of Medicine at Mount Sinai

Haaretz – October 29
Jewish American Women Giving Birth Later Than Others, But How Long Can They Wait?
American Jewish women are giving birth later than other women, sometimes delaying childbearing into their late 30s or 40s. Two Mount Sinai experts weighed in on the ways in which this demographic of women can become pregnant. Lawrence Grunfeld, MD, an Associate Clinical Professor of Obstetrics, Gynecology and Reproductive Science at the Icahn School of Medicine at Mount Sinai, said that recent studies show that with donor eggs and a healthy mother, pregnancies can be viable through age 55. For women who want to use their own eggs, growing numbers are turning to vitrification, a technology that allows women to freeze their eggs while they are still viable and implant them later in life. Gila Leiter, MD, also an Associate Professor of Obstetrics, Gynecology and Reproductive Science at Mount Sinai, says “Vitrification for women in their 30s really takes the pressure off. Many women have come to me and expressed relief, saying that they are able to approach dating without the same fear of the ticking clock.”
- Dr. Lawrence Grunfeld, Associate Clinical Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai
- Dr. Gila Leiter, Associate Clinical Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai
Learn more: http://www.haaretz.com/jewish-world/jewish-world-features/1.556050

Shape – October 30
Five Easy Ways to Stay Cold and Flu-Free – Barbara Brody
One of the most enjoyable ways to stay sniffle-free this flu-season is by making time to get a massage, according to Houman Danesh, MD, of The Mount Sinai Hospital. “This helps filter out viruses and bacteria,” says Dr. Danesh. He also recommends stressing less: “Practicing yoga once or twice a week may also increase levels of a hormone, interferon gamma, linked to your body’s immune response.”
- Dr. Houman Danesh, Assistant Professor, Anesthesiology, Rehabilitation Medicine, Director, Integrative Health Service, Icahn School of Medicine at Mount Sinai
Learn more: http://www.shape.com/lifestyle/mind-and-body/5-easy-ways-stay-cold-and-flu-free

NY Daily News – November 3
Daily Checkup: The Genetic Clues to Prostate Health – Katie Charles
Ashutosh Tewari, MB, BS, of Mount Sinai Medical Center says genomic and imaging research is an effective tool to help doctors distinguish between indolent cancers and more aggressive ones. “Our new ability to see and understand the correlation between the imaging and the genomic background is a great breakthrough,” says Dr. Tewari. “What we can learn from these molecular and genomic analyses could be a game changer when patients require additional therapies in the future or a family member is at risk for prostate cancer.”
- Dr. Ashutosh K. Tewari, Chairman, Milton and Carroll Petrie Department of Urology, Icahn School of Medicine at Mount Sinai
Medical Xpress – October 31
Results of the FREEDOM Sub Study Reported
A recent study of diabetic patients who underwent revascularization for multi-vessel coronary artery disease (CAD) showed that patients treated with insulin experienced more major adverse cardiovascular events after revascularization than those not treated with insulin. "In patients with diabetes and multi-vessel coronary artery disease there are more major adverse cardiovascular events," said George Dangas, MD, PhD, Study Investigator, Professor of Medicine, and Director of Cardiovascular Innovation at the Zena and Michael A. Wiener Cardiovascular Institute at the Icahn School of Medicine at Mount Sinai. Findings of a subgroup analysis of the FREEDOM trial were presented at the 25th annual Transcatheter Cardiovascular Therapeutics (TCT) scientific symposium sponsored by the Cardiovascular Research Foundation (CRF).

-Dr. George Dangas, Professor, Medicine, Director, Cardiovascular Innovation, Zena and Michael A. Wiener Cardiovascular Institute, Icahn School of Medicine at Mount Sinai

MedPage Today – October 31
Bronchodilator Combo Works Best for COPD – Crystal Phend
Combining bronchodilators formoterol (Foradil Aerolizer) and aclidinium (Tudorza Pressair) in a single twice-daily inhaler was better than either drug alone in chronic obstructive pulmonary disease (COPD), according to results of a randomized trial reported at the CHEST Conference in Chicago. "I think we can look for multiple drugs that combine LABA and LAMA medications into single device being introduced into clinical practice," said Charles Powell, MD, Chief of Pulmonary, Critical Care, and Sleep Medicine at The Mount Sinai Hospital. "I believe that's the future."

-Dr. Charles Powell, Chief, Pulmonary, Critical Care, and Sleep Medicine, The Mount Sinai Hospital
Learn more: http://www.medpagetoday.com/MeetingCoverage/CHEST/42606

ScienceLine.org – October 31
Cause For A Headache – Joshua Krisch
Recent imaging studies indicate that migraine headaches leave behind battle scars, pockmarking the brain with lesions similar to those seen in stroke patients. The findings have led clinicians to question whether casual headaches could be harbingers of debilitating neurological disease. Sait Ashina, MD,
Director of the Headache program at was often dismissed as relatively minor neurologic events. Dr. Ashina and his colleagues analyzed 19 different studies that had previously found a correlation between migraines and structural brain abnormalities Beth Israel Medical Center says, “Generally, migraines have been considered benign, primary headaches, with no long-term consequences, however our study suggests the opposite.” He says until recently, migraines. This so-called “meta-analysis” was published in the August 28 edition of Neurology.

-Dr. Sait Ashina, Director of the Headache Program, Beth Israel Medical Center
Learn more: http://scienceline.org/2013/10/migraines/

**Drug Topics – October 9**

Researches Explore Drug Combinations that Reduce Adverse Effects

Researchers using data from the FDA’s Adverse Event Reporting System (FAERS) have hypothesized that certain drug combinations can be used to mitigate serious adverse events. They have tested their hypothesis with an animal model to determine the mechanisms of action by which these drugs interact. According to a study published in the journal *Science Translational Medicine*, this could be the starting point for the development of clinical trials. Lead author Ravi Iyengar, PhD, Professor of Pharmacology and Systems Therapeutics, and Director of the Systems Biology Center at the Icahn School of Medicine at Mount Sinai, said that after studying different drug combinations in FAERS, the researchers noticed that the first drug had different levels of adversity when combined with different second drugs.

–Dr. Ravi Iyengar, Dorothy H. and Lewis Rosenstiel Professor, Pharmacology and Systems Therapeutics, Director, Systems Biology Center, Icahn School of Medicine at Mount Sinai

**Dermatology Times – November 1**

Research Sheds Light on Pathophysiology of Acne, Rosacea – Ilya Petrou

Although the symptoms of acne and rosacea are well established, clear and definitive etiologies of these conditions have largely been unknown. Recent research, however, has shed new light into the pathophysiology of these conditions, paving the way for more targeted therapies. According to Joshua Zeichner, MD, Assistant Professor of Dermatology, and Director of Cosmetic and Clinical Research and Dermatology at the Icahn School of Medicine at Mount Sinai, one of the most difficult challenges in the treatment and management of rosacea. “The goal would be to undo some of the damage, and prevent it from recurring,” said Dr. Zeichner.

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

**Philadelphia Inquirer – November 1**

Extolling the Benefits of Palliative Care – Stacey Burling

“If palliative care were a new cancer drug, it would be hailed as a breakthrough,” Diane Meier, MD, Professor of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai, told a crowd at Christiana Hospital on Thursday. “Palliative care, which focuses on easing patients’ symptoms, supporting families, and discussing patient priorities, not only makes people feel better physically and
emotionally,” said Dr. Meier. “It costs less because it keeps people out of hospitals and nursing homes. And, patients live longer.”

-Dr. Diane Meier, Professor, Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai


NY1 News – November 1
Can Certain Supplements Help Deal With Common Cold? – Jill Urban

There may not be a cure for the common cold, but there are many supplements and vitamins you can take to help. That being said, Roberta Lee, MD, Vice Chair, Department of Integrative of Medicine at Beth Israel Medical Center, says vitamin C isn’t a cure-all. "The evidence is not too great for curing or preventing the common cold,” Dr. Lee says. "It does work for people that are in extreme environments, in other words, if you’re a mountain climber or you’re working in the Arctic zone.” She says the vitamin that really packs a punch is vitamin D.

-Dr. Roberta Anne Lee, Vice Chair, Department of Integrative Medicine, Center for Health and Healing, Beth Israel Medical Center Learn more: http://www.ny1.com/content/lifestyles/wellness_report/192320/investigating-whether-certain-supplements-help-deal-with-common-cold (subscription required)

Blouin Art Info – October 29
Reinhold Schwenk, Painting How Cancer Feels – Brandon Smith

The idea of using an art-making process to aid in healing has been used for decades to help patients who suffer from illness or trauma. In May of 2011, painter Reinhold Schwenk was diagnosed with throat cancer. Schwenk began painting the scenic landscapes near his family home in Bucks County, PA in 2005. His oncologist encouraged Schwenk to return to his creative outlet. The result is “Painting Cancer,” a seven-painting series now on display at the Hess Center for Science at The Icahn School of Medicine at Mount Sinai. The abstract works document each stage of the disease, from diagnosis to a clean bill of health. Schwenk’s last scan showed no evidence of cancer. “What I like about this, it shows you the sequence of the treatment,” said Krzysztof Misiukiewicz, MD, Associate Professor of Medical Oncology at the Icahn School of Medicine at Mount Sinai, who treated Schwenk. “But at the end, as you see, there is a waiting, there is hope. For a cancer patient, that is very, very important.”

-Dr. Krzysztof Misiukiewicz, Assistant Professor, Medicine, Hematology and Medical Oncology, Assistant Professor, Otolaryngology, Icahn School of Medicine at Mount Sinai


Grammy.com – October 30
Music and Healing: Blossoming From Ancient Roots – Laurel Fishman

Nimesh Nagarsheth, MD, Associate Professor of Obstetrics, Gynecology and Reproductive Science at the Icahn School of Medicine at Mount Sinai, uses his book, Music and Cancer: A Prescription for Healing, as the basis and title of an in-demand lecture for audiences ranging from medical professionals to cancer survivors. Dr. Nagarsheth parallels the arts of music and medicine, delves into music’s healing properties (such as diminishing pain perception) and discusses how music therapy originated with ancient Greece’s Pythagoras.
- Dr. Nimesh P. Nagarsheth, Associate Professor, Obstetrics, Gynecology and Reproductive Science, Mount Sinai Health System

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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