Celebrating Heart Health Month

Amid festive red and white balloons, and samples of heart-healthy and tasty pasta dishes, salads, and desserts, more than 500 individuals from Mount Sinai and the community attended a Mount Sinai health fair in Guggenheim Pavilion on Friday, February 1. The event was part of the American Heart Association’s annual Go Red for Women® campaign that educates women about cardiovascular risks.

A special feature of this year’s health fair was the launch of H.A.P.P.Y. (Heart Attack Prevention Program for You), a cardiovascular screening and follow-up consultation program for all Mount Sinai employees that will continue to be offered over the coming months by Mount Sinai’s Cardiac Catheterization Laboratory.

Novel Study Links High-Sugar Diet to Heart Disease

A novel study of high-sugar consumption in Drosophila fruit flies is leading researchers at Icahn School of Medicine at Mount Sinai to a greater understanding of diabetes-related heart disease, and to therapeutic targets that could ultimately prevent arrhythmia, fibrosis, and other serious heart conditions.

The research—led by Ross L. Cagan, PhD, Professor of Developmental and Regenerative Biology, and Associate Dean of the Graduate School of Biomedical Sciences—was conducted in partnership with scientists from the Sanford-Burnham Medical Research Institute in California, and published online in the January 10 issue of PLOS Genetics.

The photos show two heart tubes found in Drosophila fruit flies. The top tube is normal. The bottom tube belongs to a fly fed a high-sugar diet. It shows fibrosis caused by pericardin, a collagen-like protein in Drosophila that leads to thickening of the heart valves and, ultimately, heart failure.
Celebrating Heart Health Month (continued from page 1)

“It’s critically important that women everywhere were able to take stock of their heart health and the major impact it has on one’s overall well-being,” says Mary Ann McLaughlin, MD, MPH, Medical Director of Mount Sinai’s Cardiac Health Program and Associate Professor of Medicine (Cardiology). “In addition to traditional risk factors for heart attack, including smoking, hypertension, diabetes, abnormal cholesterol, age, and family history of premature coronary disease, women who have developed gestational diabetes, pre-eclampsia, or pregnancy-induced hypertension; depression; or rheumatologic disorders are also at increased risk for developing heart disease. Additionally, post-menopausal women who have high blood pressure, are overweight, and tired all day, need to ask their physicians about sleep apnea, another disorder that increases cardiovascular risk.”

Throughout the four-hour event, staff from a variety of departments met with individuals, answered questions, and presented educational materials on cardiovascular risk factors, stress management and exercise, weight management and nutrition, risk-reducing medications, and diabetes and smoking-cessation programs. More than 400 of the attendees received free screenings and onsite consultations for blood pressure, cholesterol, and glucose levels. In all, more than 60 staff volunteered, including Mount Sinai Heart physicians and cardiology fellows, nurse practitioners, and clinical nurses.

During the health fair, Annapoorna Kini, MD, Director of Mount Sinai’s Cardiac Catheterization Laboratory and Professor of Medicine (Cardiology), launched the H.A.P.P.Y. program, which will offer free blood pressure, cholesterol, and glucose screenings to all employees throughout February, as well as free follow-up consultations until the end of April, with cardiologists, nurses, nutritionists, and physical trainers who are volunteering their time. “We will do a cardiovascular risk profile on individuals, and determine if they are at low, intermediate, or high risk for a cardiovascular event and recommend follow-up as needed,” says Dr. Kini.

Volunteer staff will conduct screening sessions in Guggenheim Pavilion every Monday, Wednesday, and Friday in February, from 10 am to 2 pm. Follow-up sessions will be scheduled for Wednesdays, April 10, 17, and 24; and Fridays, April 12, 19, and 26. “We want to help everyone at Mount Sinai understand their risks and take steps to improve their cardiovascular health,” says Dr. Kini.

Participating in the activities were, from left: Carol Porter, DNP, RN, The Edgar M. Cullman, Sr. Chair of the Department of Nursing, Chief Nursing Officer, and Senior Vice President for Nursing; Beth Oliver, DNP, RN, Vice President of Clinical Operations, Mount Sinai Heart; Star Jones, American Heart Association National Volunteer and heart disease survivor; Mary Ann McLaughlin, MD, MPH; and David L. Reich, MD, Interim President and Chief Operating Officer, The Mount Sinai Hospital.

Novel Study Links High-Sugar Diet to Heart Disease (continued from page 1)

“Our study shows the power of fly genetics and introduces our fly model of diabetic cardiomyopathy,” says Dr. Cagan. “When we fed normal fruit flies a high-sugar diet they became classically diabetic. The flies experienced the three major hallmarks of type 2 diabetes-related heart disease found in humans.” These conditions are arrhythmia, fibrosis, and abnormal fractional shortening—when the heart has difficulty pumping.

Within three weeks of being fed a steady diet high in table sugar or sucrose, the study found the fruit flies had become obese. Not only did their levels of insulin skyrocket, but their life span was cut in half.

Interestingly, when the flies were fed high-fat and high-protein diets, Dr. Cagan says they did not experience diabetic-related heart problems, furthering the theory that a direct correlation exists between diabetes and high dietary sugar.

In addition, the same insulin and P38 pathways that have been shown to mediate heart dysfunction in mammals were found to function similarly in flies. The study went a step further to show that dietary sucrose directs heart damage in part by its breakdown through the hexosamine biosynthetic pathway that has been linked to diabetes. That knowledge could help in the development of effective therapies.

Dr. Cagan says his lab is conducting additional studies on fruit flies that will examine the connection between high-sugar consumption and kidney disease.
A New York Times Tribute to Nurse Sylvie Jacobs

Sylvie Jacobs, BSN, RN, CPAN, a post-anesthesia care unit (PACU) nurse at The Mount Sinai Hospital, recently was honored with the prestigious New York Times Tribute to Nurses Award for her leadership and commitment to excellence in clinical care.

Ms. Jacobs, who has been a Mount Sinai nurse for 54 years, and has worked in the PACU since 1987, serves as a Magnet Champion, co-chair of the Perioperative Professional Practice Committee Council, and editor of The Mount Sinai Hospital Magnet Newsletter for nurses.

Recently, Ms. Jacobs participated in a Qualitative Research Project to help PACU nurses improve their skills in conflict resolution. She also was instrumental in developing an educational tool that helps novice nurses determine if patients are ready for discharge.

In nominating Ms. Jacobs for The New York Times Tribute to Nurses Award, Geralyn McDonough, MA, RN, Director of PACU Services, called her, “one of the most extraordinary clinical nurses I have ever met. Her sense of humor, kindness, and can-do nature motivate all the nurses who come in contact with her to do more. The other nurses look to her as a role model.”

On one occasion, Ms. McDonough recalled that Ms. Jacobs was the first to arrive at the bedside of a patient who was experiencing acute respiratory depression shortly after being transferred from the operating room. The patient was not Ms. Jacobs’s, but Ms. McDonough says she orchestrated what needed to be done, “kindly telling the other nurses what was required for the patient. She inserted a nasopharyngeal airway to stabilize the patient until anesthesia arrived. Providing this level of expert care in a calm manner demonstrates how a leader performs in times of crisis.”

Ms. Jacobs says she had no idea that she had been nominated for the award, “It is a huge honor,” she says. “I learned leadership skills through my nursing leaders at Mount Sinai.”

Carol Porter, DNP, RN, The Edgar M. Cullman, Sr. Chair of the Department of Nursing at The Mount Sinai Hospital, Chief Nursing Officer, and Senior Vice President for Nursing, along with Maria Vezina, EdD, RN, NEA-BC, Senior Director of Nursing, were the first to notify Ms. Jacobs that she had received the award, surprising her with the news while she was on duty in the PACU.

“In nurses lead at all levels. Sylvie leads from the bedside, and she’s outstanding,” says Dr. Porter. “She pulls together a professionally written and relevant newsletter that communicates our high level of care throughout Mount Sinai’s nursing department.”

Says Dr. Vezina, “Instead of promoting herself, she promotes others.”

Department of Psychiatry Opens New Center

The Department of Psychiatry at Icahn School of Medicine at Mount Sinai has opened a new center to investigate and treat tics, obsessive-compulsive disorder (OCD), and related disorders, which are estimated to affect more than 2 million people in the United States. The new center, at 1240 Park Avenue and 96th Street, serves patients in a clinical setting that is located down the hall from a research facility that will conduct clinical trials, genetic analysis, and functional brain imaging to learn more about the disorders.

Operated by the Division of Tic, Obsessive-Compulsive, and Related Disorders (DTOR), the center “is in the vanguard of academic psychiatry because it embraces the concept that tic disorders and OCD frequently overlap and are life-cycle disorders, not separate child and adult disorders,” says Wayne Goodman, MD, Chairman of the Department of Psychiatry at Icahn School of Medicine, and the Esther and Joseph Klingenstein Professor of Psychiatry. “We are among the first medical centers to put this important concept into practice in a way that improves patient care and research.”

By housing the clinical and research sides within close proximity of one another, the center will enable Mount Sinai to expand its framework for evaluating these disorders based on clinical observation and neurobiology.

“We are taking a fresh look at how patients present problems with respect to domains of function, and analyzing these from different levels,” says Dorothy Grice, MD, Chief of Mount Sinai’s Obsessive-Compulsive and Related Disorders Program, and Professor of Psychiatry.

Tourette’s Disorder, a neuropsychiatric condition characterized by multiple motor and vocal tics, typically begins in childhood and is frequently associated with OCD and Attention Deficit Hyperactivity Disorder (ADHD). A family history of Tourette’s and OCD are known risk factors for the disorder, which has a prevalence rate three times greater in males than females.

In many children with OCD or tics, cognitive behavioral therapy can be effective. In the most severe and treatment-resistant cases of OCD, deep brain stimulation may be considered.

Approved medications, including pimozide, haloperidol, and off-label agents such as the alpha agonists, can help reduce tics and manage the related disorders, but their efficacy is limited and associated with side effects such as weight gain, insomnia, depression, and agitation. The Tics and Tourette’s program is now recruiting patients for several new clinical trials for treatment of tics with novel agents.

In addition to Drs. Goodman, Coffey and Grice, DTOR’s clinical faculty includes other expert psychologists and psychiatrists.
# Employee-to-Employee Appreciation Raffles

These raffles, organized by Mount Sinai Training and Education, give employees the opportunity to show appreciation to colleagues, to win prizes for them, and have their pictures posted on the Employee Recognition Display outside of the Plaza Café. Pick up tickets from Training and Education, 19 East 98th Street, Room 2D. To learn more, call 212-241-1944.

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grand Rounds Geriatrics and Palliative Medicine</td>
<td>Richard Frieden, MD, Assistant Professor, Rehabilitation Medicine, and Preventive Medicine, presents “Aging with an Amputation.” Thursday, February 21 5 – 6 pm Annenberg 10-30</td>
</tr>
<tr>
<td>Grand Rounds Cardiovascular</td>
<td>Vivek Reddy, MD, Professor of Medicine (Cardiology), presents “Management of Atrial Fibrillation: Medical vs. Ablation.” Monday, February 25 7:45 – 8:45 am Hatch Auditorium</td>
</tr>
<tr>
<td>Grand Rounds Orthopaedics</td>
<td>Michael J. Bronson, MD, Vice Chair and Associate Professor of Orthopaedic Surgery, presents “Practice-Based Medicine: Morbidity and Mortality Conference.” Wednesday, February 20 8 – 9 am Icahn Medical Institute First Floor Seminar Room</td>
</tr>
<tr>
<td>Lecture Oncological Sciences</td>
<td>Charles Keller, MD, Associate Professor, Department of Pediatrics, Oregon Health and Science University, presents “PDGFRβ Reverses EphB4 Signaling in Muscle Cancer.” Tuesday, February 26 Noon Icahn Medical Institute First Floor Seminar Room</td>
</tr>
</tbody>
</table>

---

# Mount Sinai Launches Medicine Matters Blog

Mount Sinai has a new blog called *Medicine Matters* that highlights stories of wellness, collaboration, and innovation. To read the blog, visit [http://blog.mountsinai.org](http://blog.mountsinai.org). Email John Ambrose at john.ambrose@mountsinai.org if you would like to pitch an idea for a blog post. Each issue of *Inside Mount Sinai* can also be found on *Medicine Matters*.

---

# Education

## The Page and William Black Post Graduate School for Continuing Education

The Office of Continuing Medical Education (CME) offers seminars, conferences, grand rounds, and live webcasts for physicians and other health professionals to extend their knowledge and remain current in their specific fields. For more information on courses, including times, visit [http://www.mssm.edu/education/continuing-medical-education/courses](http://www.mssm.edu/education/continuing-medical-education/courses) or call the Office of CME at 212-731-7950.

## Survey Preparation Tip: Protect Patient Health Information

Remember the following information in preparation for upcoming surveys and to ensure a safe environment for patients and staff. Protect patient health information. A patient’s “Protected Health Information” includes his or her name, diagnosis, and other medical information. Ensure that charts and computer screens with patient health information are only visible to that patient’s health care team.

---

# Announcement

**Mount Sinai Launches Medicine Matters Blog**

Mount Sinai has a new blog called *Medicine Matters* that highlights stories of wellness, collaboration, and innovation. To read the blog, visit [http://blog.mountsinai.org](http://blog.mountsinai.org). Email John Ambrose at john.ambrose@mountsinai.org if you would like to pitch an idea for a blog post. Each issue of *Inside Mount Sinai* can also be found on *Medicine Matters*.