South Nassau Communities Hospital will become the flagship hospital on Long Island for the Mount Sinai Health System under an affiliation agreement announced Wednesday, January 24, by the Boards of Trustees of the two institutions. Final state regulatory review is under way, and approvals are expected in the coming months.

A nonprofit medical center and 455-bed teaching hospital in Oceanside, South Nassau is a premier provider of health services to more than 900,000 residents on Long Island’s South Shore. It also operates the only Trauma Center on the South Shore of Nassau County, as well as Long Island’s only free-standing 911-receiving Emergency Department, in Long Beach. With 5,500 employees and 900 affiliated physicians, it is one of the few remaining independently controlled hospitals on Long Island.

If the affiliation is approved, South Nassau will become the eighth hospital campus within the Health System, which includes the Icahn School of Medicine at Mount Sinai, 300 ambulatory practices and other affiliated community health centers, and

Chief of Mount Sinai Heart Leads Panel on Global Health

Fourteen steps to strengthen the nation’s global-health programs were recommended in a recent report by the Committee on Global Health and the Future of the United States, which was co-chaired by Valentin Fuster, MD, PhD, Director of Mount Sinai Heart and Physician-in-Chief of The Mount Sinai Hospital.

The special committee of the National Academies of Sciences, Engineering, and Medicine said that global health investment by the United States has long focused on the detection and treatment of infectious diseases such as tuberculosis and HIV/AIDS, with significant results. It found that while these efforts should be maintained, there is a pressing need to meet the challenge of cardiovascular disease (CVD) and other noncommunicable diseases. The report, which was featured in an editorial in The New England Journal of Medicine in September 2017, said that because of improved sanitation and prevention efforts, the burden of disease is
more than 6,500 physicians. Mount Sinai’s current Long Island footprint includes 200 physicians and other health care professionals at 11 practices who indicate they will embrace the affiliation.

Significantly, South Nassau will become a major clinical and academic affiliate of the Icahn School of Medicine. With Mount Sinai’s academic, clinical, and research expertise, South Nassau intends to offer advanced medical care to “rival and surpass any of those available on Long Island,” according to a joint document outlining the transaction.

“The addition of South Nassau to our Long Island network represents our commitment to broadening access to innovative treatment and research in this region,” says Kenneth L. Davis, MD, President and Chief Executive Officer of the Mount Sinai Health System. “We are thrilled about what this transformative partnership means for patients and families on Long Island.”

As part of its commitment to Long Island, Mount Sinai intends to infuse a total of $120 million in capital contributions over a five-year period for capital projects to be mutually agreed upon.

Designated a Magnet® hospital by the American Nurses Credentialing Center for outstanding nursing care, South Nassau also provides first-rate care in cardiac, oncologic, orthopedic, bariatric, pain management, mental health, and emergency services.

Even before the affiliation was announced, South Nassau was on a path of growth and expansion. Plans are already under way to renovate and nearly double the size of the Emergency Department and to build a four-story facility in Oceanside, and to expand medical services in Long Beach.

“Joining the Mount Sinai Health System represents a unique, once-in-a-generation opportunity for all Long Islanders,” says Richard J. Murphy, South Nassau’s President and Chief Executive Officer. “South Nassau and Mount Sinai have a shared vision to improve services, especially on the South Shore, which is why this affiliation makes so much sense.”

New Practices Open in Stuyvesant Town and Dumbo

The Mount Sinai Health System has opened two new practices, one in Stuyvesant Town-Peter Cooper Village in Manhattan and the other in the Dumbo neighborhood in Brooklyn, both of which will enhance the ability of New Yorkers to access quality health care services close to where they live and work.

“I like to think of our Mount Sinai Doctors Stuyvesant Town facility as a small-town medical practice within a large urban environment,” says Kelly Cassano, DO, Chief of Ambulatory Care at Mount Sinai Beth Israel. “This is a place where patients of all ages, from infants to the elderly, will find a family doctor who will establish a long-term relationship with them, with the aim of keeping them healthy.”

On Thursday, January 11, a few weeks after the practice opened its doors to patients, community leaders from Stuyvesant Town-Peter Cooper Village gathered with representatives from the Mount Sinai Health System at a ribbon-cutting ceremony. On the same day, the practice held an open house for members of the community, who received free flu shots and snacks, and hosted arts and crafts activities for children.

The practice is a key addition to Mount Sinai’s presence in downtown Manhattan. It will have a full-time staff of family medicine physicians, and offer sessional care in orthopedics, dermatology, podiatry, and other specialties, as well as longitudinal primary care, walk-in care, and specialty care.

“Our goal is to keep people healthy and out of the hospital by providing compassionate, continuous, and coordinated care closer to home,” says Jeremy Boal, MD, Executive Vice President and Chief Clinical Officer, Mount Sinai Health System, and President, Mount Sinai Health Network.
Mount Sinai Downtown. “That is the most important premise behind the new Mount Sinai Beth Israel and investment downtown.”

Rick Hayduk, Chief Executive Officer and General Manager at StuyTown Property Services, which manages the residential property, says the facility is a welcome addition to the community. “The opening of this practice means residents can easily access Mount Sinai’s high-quality medical care. We are pleased to welcome this quality-of-life improvement for those who live and work in our community.”

At the Mount Sinai Health System’s newest Urgent Care center in Brooklyn’s Dumbo neighborhood—located between the Brooklyn and Manhattan bridges—Mount Sinai leaders joined representatives from local businesses for their ribbon-cutting ceremony on Thursday, January 25. The practice features five exam rooms, onsite X-ray services, and extended hours with no appointment needed.

The Dumbo facility is expected to serve neighborhood residents, and employees who work in many of the start-ups and technology companies that are now located in the area. The new Urgent Care center joins similar Mount Sinai practices in Inwood, the Upper West Side, Union Square, and in nearby Brooklyn Heights.

Judah Fierstein, MD, Assistant Professor of Emergency Medicine and Medical Director of Mount Sinai Doctors Urgent Care, says patients at the Dumbo location will have access to the resources of the Mount Sinai Health System if they need follow-up care. Additionally, Mount Sinai’s practice in Brooklyn Heights, staffed by more than a dozen different specialists, as well as urgent care specialists, is a 15-minute walk from Dumbo.

“The Mount Sinai name stands for compassionate care of the highest order,” says Burton Drayer, MD, Chief Executive Officer of the Mount Sinai Doctors Faculty Practice, Dean for Clinical Affairs, and the Dr. Charles M. and Marilyn Newman Professor of Radiology, and Mount Sinai Health System Chair of the Department of Radiology. “That is exactly what New Yorkers who live or work in the neighborhood will find at the Mount Sinai Urgent Care practice in Dumbo.”

Samin K. Sharma, MD, and Annapoorna S. Kini, MD, share their expertise with viewers worldwide in monthly webcasts from the Cardiac Catheterization Laboratory. The 100th live webcast of Complex Coronary Cases—a series that has been viewed more than 580,000 times worldwide—has been celebrated by Samin K. Sharma, MD, Director of Clinical and Interventional Cardiology at The Mount Sinai Hospital, and Anandi Lal Sharma Professor of Medicine in Cardiology; and Annapoorna S. Kini, MD, Director of the Cardiac Catheterization Laboratory, and the Zena and Michael A. Wiener Professor of Medicine.

The monthly webcast, now in its ninth year, is targeted to interventional cardiologists, nurses, fellows, and other health care professionals. In real time, viewers are guided through a complex procedure by Dr. Kini and Dr. Sharma, leaders in percutaneous coronary intervention, also known as angioplasty, which opens blocked arteries and restores normal blood flow to the heart.

During the 100th program, Dr. Sharma and Dr. Kini treated a 58-year-old man with a blockage of the right coronary artery. Dr. Kini also announced the release of a novel app called Bifurcaid, to help doctors working in cardiac catheterization, which she developed with her team of fellows and the Sinai AppLab. The app is free and works on both Apple and Android devices. Its name refers to coronary bifurcation, an interventional procedure that requires technical expertise and the mastery of myriad steps. “One of the best ways to teach is by writing books, which we have done,” Dr. Kini says. “But now we are adding new technology into the armamentarium.”

Dr. Sharma adds, “Together, this interactive app and our educational programs continue to drive innovation and further advance the treatment of coronary, valvular, and peripheral vascular disease in an effort to achieve the safest outcomes for all patients.”

Staff at the Dumbo location, from left: Judah Fierstein, MD; Catherine Lopez; Amanda Magli; Ernesto Bodur; and Hillary Moritz. The facility is located at 110 York Street, Second Floor.
Addressing the Incidence of Multiple Chronic Conditions

The Arnhold Institute for Global Health at the Icahn School of Medicine at Mount Sinai has partnered with the drug company Teva Pharmaceutical Industries to address the increasing incidence of multiple chronic conditions (MCCs) among adults worldwide, an issue tied to decreased quality of life and rising health care costs.

Mount Sinai and Teva announced the collaboration at the World Economic Forum’s Sustainable Development Impact Summit in New York City last fall. At the event, Teva introduced data showing that globally one in three adults, and two in three adults over the age of 65, have MCCs—defined as having two or more chronic conditions, such as hypertension, high cholesterol, diabetes, asthma, obesity, substance use disorders, and anxiety. The study showed that in the United States, patients with MCCs account for more than 70 percent of total health care spending, and that health care costs almost double with each additional chronic condition. The study also showed that MCCs greatly reduce a patient’s ability to comply with medication, increase the likelihood of depressive symptoms, and increase the burden of care placed upon families and health facilities.

Under the leadership of Sandeep Kishore, MD, PhD, Associate Director at The Arnhold Institute for Global Health, Mount Sinai will work with Teva to research innovative primary care models that coordinate treatment of different conditions across providers, using behavioral economics to simplify medication adherence. Mount Sinai also will help advance technology-based solutions such as apps to monitor and manage symptoms and side effects. Initially, patients will be drawn from Mount Sinai’s outpatient Peak Health program, which assigns teams of physicians, nurses, social workers, and coordinators to care for people with MCCs.

Chief of Mount Sinai Heart Leads Panel on Global Health (continued from page 1)

shifting from infectious diseases to noncommunicable diseases.

“Chronic illnesses like heart disease and cancer continue to be a worldwide problem,” Dr. Fuster says. Cardiovascular disease was responsible for 18 million deaths in 2015, with the global cost expected to reach more than $1 trillion by 2030 in terms of treatment and loss of productivity. “The cost is huge, and we are not responding,” he says.

The committee was formed to provide “authoritative, independent, apolitical, evidence-based” recommendations, according to the National Academies of Sciences, Engineering, and Medicine. After eight months of research and deliberation, the committee published its 560-page report, Global Health and the Future Role of the United States, making recommendations in four priority areas:

- Ensuring global health security against infectious-disease pandemics
- Addressing communicable threats, like HIV/AIDS, tuberculosis, and malaria
- Investing in women’s and children’s health
- Promoting cardiovascular health and preventing cancer

The report’s recommendations on cardiovascular disease were the focus of a December 2017 article in the Journal of the American College of Cardiology. The article noted that mortality due to CVD has been growing around the world, rising 12.5 percent between 2000 and 2015. And the increase was largely attributed to lower-middle-income countries, where 80 percent of all deaths related to cardiovascular disease occur.

The report cited “best buy” interventions for noncommunicable diseases that would cost $120 billion over 15 years but would drive a 10 percent decrease in CVD-attributable mortality and produce a $377 billion projected economic benefit due to increased productivity and lower health care costs. The interventions called for targeting risk factors with population-level measures, such as tax increases on tobacco and alcohol and point-of-service measures like counseling and drug therapy for people with a high risk of heart attacks.

The committee—co-chaired by Jendayi Frazer, PhD, a senior fellow at the Council on Foreign Relations—identified three “areas for action” to maximize the return on investments and achieve better health outcomes in its priority areas. They were: accelerating the development of medical products and digital health tools, employing more flexible financing to encourage new partners and funding, and maintaining the status of the United States as a leader in global health.

Investing in global health contributes significantly to economic prosperity and stability and creates more reliable and durable partners in the world, the report said, noting that 11 of the top 15 trading partners of the United States are former recipients of foreign aid. “The health and well-being of other countries directly and indirectly affect the health, safety, and economic security of Americans,” the report said. “The United States must preserve and extend its legacy as a global leader, partner, and innovator in global health through forward-looking policies, country and international partnerships, and most important, continued investment.”

To view the report, go to nationalacademies.org/usglobalhealth.
Passing the Gavel From Mentor to Mentee

A conference room at the Icahn School of Medicine at Mount Sinai was the setting for a passing-of-the-gavel ceremony held on Friday, January 5, which formalized the new leadership of Mount Sinai’s Center for Carcinoid and Neuroendocrine Tumors. Richard P. Warner, MD, Professor of Medicine (Gastroenterology), who founded the Center and established its reputation for world-class research and treatment of neuroendocrine tumors, officially passed the gavel to his longtime mentee and esteemed colleague Edward M. Wolin, MD, who will begin leading the Center in March. Dr. Wolin currently serves as Director of the Neuroendocrine Tumor Program at Montefiore Einstein Center for Cancer Care.

Michelle Kang Kim, MD, PhD, Associate Professor of Medicine (Gastroenterology), who has served as the Center’s Interim Director and will be the Center’s Associate Director after Dr. Wolin’s arrival, presided over the passing-of-the-gavel ceremony, which was attended by the Center’s multidisciplinary team of specialists that includes gastroenterologists, radiologists, surgeons, hematologists/oncologists, and cardiologists, among other specialties.

Patient’s Art Brightens Cancer Treatment Center

A 4’ x 6’ floral landscape painting hangs in the Derald H. Ruttenberg Treatment Center at Mount Sinai thanks to Veena Agarwal, a multimedia artist and patient of Sundar Jagannath, MD, Director, Multiple Myeloma Program, The Mount Sinai Hospital.

Diagnosed with stage III multiple myeloma in 2007, Ms. Agarwal has since waged a decade-long fight against the disease. After a particular reoccurrence left her quite ill, Dr. Jagannath asked Ms. Agarwal what she needed to do to help lift her spirits. “I wanted to walk again and to paint again,” Ms. Agarwal told him. “Both of my wishes were granted by the doctors of Mount Sinai. They inspired me.”

Ms. Agarwal was selected to exhibit 47 paintings at The Creative Center, a nonprofit organization in Manhattan that holds workshops and promotes artistic expression among those with cancer and chronic illnesses. The large biopharmaceutical company Celgene has also commissioned her to complete an 8’ x 5’ painting for its corporate office in New Jersey. “I am very happy to do it,” says Ms. Agarwal. “Colors have come back into my life.”

“Humans of Mount Sinai”

Self-discovery, independence, and appreciating others while recovering from an injury were among the topics captured in a photo exhibit featuring 61 patients and employees in the Mount Sinai Health System’s Department of Rehabilitation Medicine that was displayed in the Guggenheim Pavilion in late January. The exhibit was hosted by Recreational Therapy and the portraits were accompanied by expressive stories and quotes from the subjects.

“When people read the stories, they can relate,” says Gabriel Yum, an undergraduate intern with the Department and one of the exhibit’s creators, who conducted the interviews and took the photographs under the supervision of Clarisse Quirit, CTRS, Recreational Therapist. “I want people to understand that they matter.” The exhibit was modeled after Humans of New York, the popular photoblog and book that features photographs and stories of everyday people in New York City.
Respond to the Opioid Crisis: Free Buprenorphine Waiver Training

The Respectful and Equitable Access to Comprehensive Healthcare (REACH) Program at Mount Sinai, in collaboration with the New York City Department of Health and Mental Hygiene, is co-sponsoring free training for all providers who wish to be certified to prescribe buprenorphine and learn more about its use for treatment of opioid use disorder. All physicians (including residents), nurse practitioners, and physician assistants are invited to attend. For further inquiries, email REACH@mountsinai.org.

Pre-registration is required: Interested participants are asked to email buprenorphine@health.nyc.gov and provide their name, title, affiliation, and practice address.

Thursday, March 1
8:30 am – 1 pm
Goldwurm Auditorium

Mount Sinai Transformation Update

For the most recent updates on Mount Sinai’s downtown transformation, please go to: http://www.mountsinai.org/locations/downtown