Celebrating 50 Years of Adolescent Health

The Mount Sinai Adolescent Health Center marked its 50th anniversary by honoring five individuals and the Mount Sinai Auxiliary Board at its 15th Annual Breakfast of Legends benefit at the Ziegfeld Ballroom on Tuesday, October 30. The Center provides free, comprehensive, confidential health and wellness services to nearly 12,000 young people each year and has become a national leader in adolescent health research, training, and care.

Peter W. May, Chairman, Boards of Trustees, Mount Sinai Health System, welcomed the 500 guests, noting that he had attended every breakfast for the last 15 years. “The Center is one of the shining stars in the Mount Sinai galaxy,” he said. Mr. May also received the Dr. Joan E. Morgenthau Lifetime Advocate for Youth Award.

Angela Diaz, MD, PhD, MPH, Jean C. and James W. Crystal Professor in Adolescent Health, and Director of the Mount Sinai Adolescent Health Center, acknowledged benefactors, leaders, and staff who have contributed to the Center’s success. “One tree doesn’t make a forest, and one string doesn’t make music,” she said. “All of you make the forest and make the orchestra.” Dr. Diaz also recognized Henry S. Berman, MD, who was one of the original physicians on staff at the Center and worked with Dr. Morgenthau, the Center’s founder; and Jay Roberts, the Center’s first administrator.

A Pioneer in Robot-Assisted Bladder Surgery Joins Mount Sinai, Expanding Urology Care

Peter Wiklund, MD, PhD, a world-renowned surgeon who pioneered robot-assisted cystectomy, has been appointed Director of the Bladder Cancer Program at the Mount Sinai Health System and Professor of Urology at the Icahn School of Medicine at Mount Sinai.

The appointment marks a significant expansion for the Milton and Carroll Petrie Department of Urology, which also has leading programs in two other major areas in which robot-assisted surgery is used—prostate and kidney cases.

“With this important appointment, Mount Sinai will be able to build a strong bladder cancer program and offer more comprehensive services to patients while also enriching our training and research initiatives,” says Ash Tewari, MBBS, MCh, the Kyung Hyun Kim, MD Chair in
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“When I stop to think how many young people have been served at the Center, I have to pause—the number is huge, in the hundreds of thousands—and if I then think of the ripple effect on the families and friends of those patients, the number swells exponentially,” said Dennis S. Charney, MD, Anne and Joel Ehrenkranz Dean, Icahn School of Medicine at Mount Sinai, and President for Academic Affairs, Mount Sinai Health System. “How many of us can say we have transformed the lives of so many?”

The honorees also included Gary C. Butts, MD, Chief Diversity and Inclusion Officer for the Mount Sinai Health System, and Dean for Diversity Programs, Policy, and Community Affairs for the Icahn School of Medicine at Mount Sinai; Lenore Katz-Cohen, OD, optical care sponsor and provider, and Robert Cohen, OD, Chief Executive Officer of Cohen’s Fashion Optical, who together with the Cohen family established optical care at the Center; The Mount Sinai Auxiliary Board; and Bethany Novak, MS, RN, FNP-BC, who joined the Center as a family nurse practitioner in 1988.

Former and current patients related how the Center had transformed their lives. Adam Neville, a young patient, said that his mother was a patient at the Center when she was a teenager, and that he is named after the counselor she saw. He spoke of his emotional struggles and the support he receives at the Center, saying, “I owe my life as I know it to the Mount Sinai Adolescent Health Center.”

A poignant personal history was given by Hector Vazquez, MD, MS, now a pediatric emergency medicine specialist at Maimonides Medical Center, who, as a 14-year-old growing up in East Harlem, walked three life-changing blocks to the Adolescent Health Center. “Living in East Harlem, I was earmarked for failure. But, the Center’s providers educated me on safer sex practices, the effects of drugs, and making good life decisions, and they challenged my mind on what my life goals were.”

At the time, the staff did not realize they were shaping a future physician. When Hector was a medical student—at the Icahn School of Medicine at Mount Sinai—he did a one-month rotation at the Center. “It was then I learned just how revolutionary this Center was. I saw how it touched the lives of many, and it inspired me to do the same.”

A Pioneer in Robot-Assisted Bladder Surgery Joins Mount Sinai (continued from page 1)

Urology, Mount Sinai Health System. “Dr. Wiklund has trained urologists around the world and established an international reputation as a leading clinician, researcher, and educator. He will now bring that expertise to Mount Sinai and to New York.”

Mount Sinai’s Department of Urology has long been a leader in robotic procedures. These minimally invasive procedures, which doctors perform using special instruments inserted through tiny incisions, offer many advantages over conventional open surgery, including less pain after surgery, shorter hospital stays, and quicker return to normal activities for patients.

The benefits are typically more significant for more extensive procedures, such as removal of the bladder and reconstruction of the urinary tract, which Dr. Wiklund has pioneered for bladder cancer surgery. More extensive surgery is often required because bladder cancers tend to be more aggressive.

“We will be building the same kind of program at Mount Sinai that I have done before, which involves far more than focusing only on what happens in the operating room,” says Dr. Wiklund. “We will need to build teams to prepare patients before surgery, and then continue to follow them afterward with a goal to achieve even better patient outcomes, which has been one focus of my research.”

The Mount Sinai Health System has more than 190 urologists on staff, more than any other health care system in New York City.
**Five Honored at “Wonderful World” Benefit Gala**

With live music, dance, and heartfelt tributes, the 13th annual “What a Wonderful World” gala was held on Monday, October 15, to benefit the Louis Armstrong Center for Music and Medicine at Mount Sinai Beth Israel. Nearly 200 guests attended the event, which was hosted by the nonprofit Wonderful World: Friends of Music Therapy Inc. at The Cutting Room night club in Manhattan.

This year’s honorees were five people who have “made the world more wonderful” with their support of music and healing: singer and actress Vanessa Williams; jazz pianist Eddie Palmieri; Charles Radcliffe, philanthropist and jazz enthusiast; and Paul Zucker, Vice President of Ambulatory Operations, Mount Sinai Beth Israel, who was thanked for his broad vision of integrative care and his support in creating an environment that promotes wellness through music and medicine. Honoree Shantelena Mouzon received medical care and music therapy at Mount Sinai Beth Israel for neuropathy and laryngeal disorders. At the gala, Ms. Mouzon performed a piece she had written called “Metamorphosis” about her journey to wellness—starting out cocooned in a hospital gown and then untying it to reveal a sparkling white evening dress.

“Each year the scope of practice and the range of our community service and commitment grow.”
– Joanne V. Loewy, DA

Guests also enjoyed jazz and cocktails, a performance by the dance troupe Urban Bush Women, and a silent auction to benefit the Center’s clinical services throughout the Mount Sinai Health System. Mercedes Ellington, dancer, choreographer, and granddaughter of Duke Ellington; and Bill Daughtry, host of WBGO jazz and sports radio programs, served as emcees. Ellen Devens was the Chair for the event.

Previously, Dr. Wiklund was Chair of Urology, Molecular Medicine, and Surgery, and Professor of Urology, at the Karolinska Institutet in Stockholm, Sweden, where he built a leading cystectomy program, which involves the removal of the urinary bladder. Each year, faculty members at the Karolinska Institutet select those who receive the Nobel Prize in Physiology or Medicine.

Dr. Wiklund has performed more than 3,000 robotic operations and has extensive experience in advanced oncological surgery in patients whose tumor is growing on several pelvic organs (multi-organ tumor, bladder, prostate, colorectal, ovarian, and uterine), performing live educational surgeries throughout Europe, Asia, and South America. He is chair of the scientific working group of the European Urology Robotic Section of the European Association of Urology and is an international member of the American Urological Association. He has authored more than 500 peer-reviewed publications and 50 review articles and has been the editor and contributing author for three textbooks on robot-assisted surgery.

“Throughout my career, I have combined clinical practice with original research, and I expect that to continue,” says Dr. Wiklund. “Bladder cancer surgery can be an extensive operation, and we generally follow patients for their lifetimes. By closely following our patients after surgery, we can study how to improve their lives and quicken their recovery.”
Run for Research Raises Awareness of Brain Aneurysms

About 50 faculty and staff, patients, and their families in September took part in the Fifth Annual 5k Run for Research, hosted by the Department of Neurosurgery at the Icahn School of Medicine at Mount Sinai and TeamCindy, a fundraising arm of the Brain Aneurysm Foundation. The event in Riverside Park raised more than $38,000. Christopher P. Kellner, MD, Assistant Professor of Neurosurgery, and Director of Mount Sinai’s Intracerebral Hemorrhage Program, came in third place among the 350 participants and first place in his age division.

“Brain aneurysms are a ‘silent killer’ because most show no symptoms over time. To honor those who have brain aneurysms, we are doing what we can to provide critical awareness, education, support, and research funding to reduce attacks,” says J Mocco, MD, MS, Vice Chair of Neurosurgery, and Director of the Cerebrovascular Center, Mount Sinai Health System.

Patient Reimagines Her Surgery as Art

Artist Frances McGuire, left, transformed the arduous experience of multiple knee surgeries into creative inspiration by sketching serious, and sometimes whimsical, images of the experience. Now, the lively prints are on display at the Orthopedic Center and the surgery waiting room at Mount Sinai West, thanks to Michael J. Bronson, MD, Chair of Orthopedics at Mount Sinai West and Mount Sinai St. Luke’s, who performed each of Ms. McGuire’s surgeries, and Evan L. Flatow, MD, President, Mount Sinai West.

Ms. McGuire created the sketches during a months-long recovery in which she was unable to paint in her studio. Each piece was crafted using a drawing app on her iPad. “It was extremely therapeutic,” Ms. McGuire says of making her sketches. “I loved the energy of doing them, and I love sharing them.”

“Fabulous and Fighting” Brings Fashion to Cancer Patients

More than 30 patients from the Women’s Cancer Program at The Blavatnik Family – Chelsea Medical Center at Mount Sinai attended a designer clothing “pop-up shop” on Friday, October 12, sponsored by the nonprofit group Fabulous and Fighting. At the event, each woman picked out two free items of clothing donated by fashion houses in the New York City area and received free books and journals on breast cancer. Fabulous and Fighting was created after Bethany Heinrich, Executive Director and Co-Founder, helped her mother navigate cancer treatments and noted that as patients’ weight fluctuated, they had trouble affording new, fashionable clothes that fit. The nonprofit aims to empower women and boost their confidence as they face the challenges of cancer.
Panel on Palliative Care Shines a Light on Caregivers

They spend an average of 20 hours a week in an unpaid, emotionally draining job. One in three is in poor health, and 97 percent say they need more help. Who are they? They are the 65 million Americans who provide care to an adult relative at home, and a panel discussion called “Partners in Care” was held on Monday, November 5, to shine a light on their experience.

“When we think about health policy, when we think about medical coverage, we always think about the patient who is living with serious illness, and we forget their caregivers. They need help, as well,” said the moderator of the panel, R. Sean Morrison, MD, the Ellen and Howard C. Katz Chair of the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai.

The panel was held at the Lotos Club in Manhattan, one of the nation’s oldest literary clubs, and it consisted of three noted authors who had each cared for a seriously ill spouse or partner: Elizabeth Gilbert (author of Eat, Pray, Love); Michael Ausiello (author of Spoiler Alert: The Hero Dies); and Jennifer Homans, PhD (author of Apollo’s Angels: A History of Ballet); along with Cardinale Smith, MD, Associate Professor of Medicine (Hematology and Medical Oncology), and Geriatrics and Palliative Medicine, who cared for her father when he was dying of cancer. The event was sponsored by longtime Mount Sinai donors Margery and Stephen Riker.

Ms. Gilbert told the story of caring for her partner, Rayya Elias: “This was an incredibly powerful person, even though she was 87 pounds,” who decided to move out of hospice to live near friends in Detroit just months before she died in January 2018 of pancreatic cancer. Ms. Gilbert called her years as a caregiver “the most brutal, beautiful experience of my life.”

Dr. Homans spoke of trying to write a book, raise her children, and care for her husband, who was living with amyotrophic lateral sclerosis (ALS). “Palliative care meant introducing someone else who could stand with us among all those whirling parts—this third person who was calm and knowledgeable and could steady the ship for a moment.”

Palliative care focuses on treating the symptoms, pain, and stress of a serious illness for patients and their families. It is appropriate at any age and at any stage in a serious illness, and unlike hospice, it can be provided alongside curative and all other appropriate medical treatments. “It truly is whole-patient care, and we offer the same support for loved ones,” Dr. Smith said.

The nation is headed for a shortage of caregivers, Dr. Morrison said, adding that “2030 is an important number in health care.” That is the year when, for the first time in history, there will be more people in the world who are 65 and older than people who are under 21. Increased public awareness and health policy reform will help alleviate the caregiver shortage and burden, he said. The Brookdale Department, which hosted the “Partners in Care” event, strives to advance this conversation, and to support seriously ill people and their caregivers through multifaceted work, from clinical care, to training doctors, to pursuing research.

“There is no coverage for caregivers in our nation’s health system, and that is fixable,” Dr. Morrison told the audience. “That means asking your local representative to make it an important policy issue. Become involved in one of your palliative care organizations, become a voice, and become active.”
Personal Nutrition Consultation
Free personal nutrition consultation, and diabetes coaching and education, will be offered by the Diabetes Alliance.

Thursday, November 29
Mount Sinai Beth Israel
226 West 14th Street, Ground Floor

Email wellness@mountsinai.org to learn about other dates and locations.

Grand Rounds / Neurosurgery
Walter Stummer, MD, PhD, Professor and Chair, Neurosurgery, University of Münster, Germany, presents “5-ALA for Brain Tumors: History and Update.”

Wednesday, November 28
8 – 8:45 am
Annenberg Building, Fifth Floor Seminar Room

Grand Rounds / The Charles Bronfman Institute for Personalized Medicine Seminar Series
Emmanouil T. Dermitzakis, PhD, Professor of Genetics of Complex Traits, Department of Genetic Medicine and Development, University of Geneva Medical School, Switzerland, presents “Hierarchical Genomics to Interpret Genome Variation and Dissect Disease Architecture.”

Wednesday, November 28
Noon – 1 pm
Hess Center, Second Floor, Davis Auditorium

Grand Rounds / Occupational Medicine Seminar Series
Hannah T. Jordan, MD, Medical Epidemiologist, Bureau of Tuberculosis Control, New York City Department of Health and Mental Hygiene, presents “Tuberculosis: Considerations for Occupational Medicine Practitioners.”

Friday, November 30
8 – 9 am
Annenberg Building, Fifth Floor, 5-09

Grand Rounds / Obstetrics and Gynecology
Jane Zucker, MD, Assistant Commissioner, New York City Department of Health and Mental Hygiene, Program Manager for Immunizations, presents “Immunization Recommendations for Pregnant Women: The Evidence for Tdap Vaccination During Pregnancy.”

Tuesday, December 4
8 – 9 am
Mount Sinai West, Conference Room 2B
Teleconferenced to Mount Sinai St. Luke’s, Fourth Floor, GYN Workroom, Babcock Building.

Mindfulness is a program to help create lifestyle changes through anxiety and stress reduction. Mickie Brown, RN, HN-BC, is a holistic nurse certified in mind-body medicine and a qualified mindfulness-based stress-reduction teacher. She has taught stress reduction and mindfulness to the World Trade Center responders. This class is free, but space is limited and reservations are recommended: 212-241-8597.

Thursday, November 29
6 – 7 pm
234 East 85th Street, Lower Level

GRE/GMAT/Certification Study Group
Need a push to get certified, or to take a standardized test? Study with Mount Sinai Health System colleagues in a quiet space each week. No formal instruction is offered; the group is intended for self-study and accountability.

Every Tuesday
5:30 – 7:30 pm
150 East 42nd Street
Fourth Floor Cafeteria

Email amanda.anderson@mountsinai.org or kathleen.baer@mountsinai.org to learn more.

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

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