



**Mount  
Sinai**

# inside

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## Mount Sinai Physicians Help Develop New Allergy Guidelines Urging Early Introduction of Peanuts

In a significant departure from past medical practice, new guidelines from the National Institute of Allergy and Infectious Diseases (NIAID) call on parents to introduce peanut-containing foods to infants as young as 4 to 6 months as a way to prevent potentially life-threatening peanut allergy. The guidelines, issued in January, were developed by an expert national panel that included two allergist-immunologists from the renowned Elliot and Roslyn Jaffe Food Allergy Institute at the Icahn School of Medicine at Mount Sinai.

“About 4 million babies are born each year in the United States, and we know that two to two-and-a-half percent will develop peanut allergy,” says Hugh A. Sampson, MD, Director of the Jaffe Food Allergy Institute and the Kurt Hirschhorn Professor of Pediatrics. “We are not going to



Scott H. Sicherer, MD, left, and Hugh A. Sampson, MD

eradicate peanut allergy, but our goal with the new guidelines is to get the number of affected children down to about one percent.” Dr. Sampson was a member of the NIAID panel along with Scott H. Sicherer, MD, the Elliot and Roslyn Jaffe Professor of Pediatrics and Chief of the Division of Pediatric Allergy and Immunology.

Peanut allergy has grown alarmingly in recent years. According to a Mount Sinai study, allergy from peanut affected 1 in 250 children in the United States in 1997. By 2002, the incidence had jumped to 1 in 125 children, and to 1 in 70 children by 2008. The advocacy group Food Allergy Research and

Education reports that food allergies result in 200,000 emergency room visits each year. “Peanut allergy tends to be severe, is potentially fatal, and is usually lifelong,” says Dr. Sicherer, “so having a strategy

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## Researcher Wins Presidential Early Career Award



Manish Arora, PhD, MPH, is known for his work on biomarkers — using human teeth to reconstruct the timing of exposure to harmful chemicals and essential nutrients.

Manish Arora, PhD, MPH, Vice Chair of the Department of Environmental Medicine and Public Health at the Icahn School of Medicine at Mount Sinai, has been named a recipient of the Presidential Early Career Award for Scientists and Engineers, the highest honor bestowed by the U.S. government on science and engineering professionals in the first 10 years of their independent research careers.

“Dr. Arora’s research is one of those rare paradigm shifts in science,” says Robert O. Wright, MD, MPH, Ethel H. Wise Professor of Community Medicine and Chair, Department of Environmental Medicine and Public Health, and Director, Senator Frank R. Lautenberg Environmental Health Sciences Laboratory at the Icahn School of Medicine. “I first met him 10 years ago when he was a trainee with a big idea. When he explained the concept of using teeth to measure exposure to lead in pregnancy—to assign a date to an event that happened years ago—it felt like science fiction, but he was able to make it happen, which is a testament to both his intellect and perseverance.”

Dr. Arora, an environmental epidemiologist and exposure biologist with a clinical background in dentistry, has long been passionate about the environment and inventing. He earned a PhD

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## Two New York City Families Embrace New Peanut Allergy Approach

### “Doing Phenomenally Well”

After birth, Kaitlyn Crutchlow seemed headed down the same high-risk road as her two brothers, who counted 30 allergies between them. At 4 weeks, she already had body-wide eczema and tested positive for milk and egg allergies. And blood and skin tests at the Elliot and Roslyn Jaffe Food Allergy Institute at Mount Sinai also showed a negative reaction to peanut, which prompted her physician, Anna Nowak-Wegrzyn, MD, Associate Professor of Pediatrics (Allergy and Immunology) at the Icahn School of Medicine at Mount Sinai, to start the infant at 6 months on a slurry of peanut butter and hot water through an eye dropper. “The idea of giving a potentially highly allergic food to an infant unable to verbalize was kind of nerve-racking,” admits Kaitlyn’s mother, Jenny Crutchlow.



Kaitlyn Crutchlow and dad Ross visit Anna Nowak-Wegrzyn, MD.

Now, at 16 months of age, Kaitlyn is “doing phenomenally well,” reports her mom. A small rash around her mouth and some hives on the torso caused concern initially, but they disappeared after a month and now she consumes peanut-containing foods every day without any reaction. And that has given Ms. Crutchlow the luxury to think about a world free of the constant threat of allergic reactions. “Imagine your child being able to go to birthday parties without worrying about her having a piece of cake,” she says, “or eating at a restaurant without fear that anaphylaxis—a potentially fatal reaction to allergy—is around the corner.”



Chia Kuo with son Ander

### “Hopeful and Relieved”

“I think many parents of kids with allergies have this level of guilt that they could have done something differently,” says Chia Kuo, whose 4-year-old twin daughters have food allergies, one of whom has a severe allergy to peanut. So, when her son, Ander, was born, Ms. Kuo was determined to give him an advantage her daughters did not have. She brought him to the Jaffe Food Allergy Institute for testing at 4 months and, soon after, under physician supervision, began introducing him to peanut-containing food as part of a risk-reduction regimen.

Mount Sinai’s Dr. Nowak-Wegrzyn has treated Ander’s older sisters for nearly five years. Dr. Nowak-Wegrzyn started Ander on small doses of diluted peanut butter even though his allergies were considered mild. After passing this initial “food challenge” at the Jaffe Institute, Ander was cleared for increasing amounts of the mixture at home, three to four times a week.

The prognosis for Ander at 10 months is encouraging. The eczema he has had since birth has remained stable, and Ms. Kuo has been advised her son’s chances of developing a peanut allergy are slim. “I’m hopeful and relieved,” she says. “If not for the treatment, there’s a good chance Ander may have wound up with severe allergies, just as one of my daughters did.”

## › New Allergy Guidelines for Peanuts *(continued from page 1)*

to prevent it, particularly one that is inexpensive to implement, offers tremendous benefits.”

For decades, allergists recommended that high-risk infants avoid exposure to peanuts through the first three years, but a landmark international allergy study, first published in 2015, proved to be a game-changer, showing that early introduction to peanut-containing food among allergy-prone infants reduced their chance of developing a peanut allergy by up to 80 percent.

The new guidelines, which were based largely on these findings, define which infants are at high, moderate, and low risk for developing peanut allergy and recommend to allergists and caregivers how to proceed with the introduction of peanut-containing food based upon risk and age. The guidelines also caution parents not to give whole peanuts to infants, and they offer peanut-containing food suggestions and methods to introduce these foods. To learn more about the guidelines, visit [niaid.nih.gov](http://niaid.nih.gov).

# Dubin Breast Center Honors Three at Milestone Gala

The Dubin Breast Center of The Tisch Cancer Institute at the Mount Sinai Health System recently celebrated its “five-year milestone” with a benefit at the Mandarin Oriental, New York. About 500 guests attended the event on Monday, December 5, raising more than \$2.3 million to support the Center. The evening honored Shoshana and Kenny Dichter, whose private aviation company, WheelsUp, sponsors the #WheelsUpGoesPink campaign, seeking pledges and donating a portion of its membership initiation fees during October, Breast Cancer Awareness Month. In addition, the company flies the Pink Plane, a Beechcraft King Air 350i, as a year-round symbol of support and awareness for the cause. “We are so grateful to Kenny and Shoshana Dichter for their innovative thinking when it comes to fundraising and their advocacy for the Dubin Center,” says Mount Sinai Health System Trustee Eva Andersson-Dubin, MD, who presented the awards with Elisa Port, MD, FACS, the Center’s Director. “It’s been a match that fits perfectly with the innovation we do at the Dubin Breast Center.”



From left: Eva Andersson-Dubin, MD; Shoshana and Kenny Dichter; Laurie Margolies, MD; and Elisa Port, MD

on the Center’s fifth anniversary.” Dr. Dubin, who founded the Center in 2011 with her husband, Mount Sinai Trustee and philanthropist Glenn Dubin, says, “I don’t think the Center would be even close to what it is if it were not for Laurie Margolies.”

The Dubin Breast Center offers the latest, most innovative approaches available for breast health and the treatment of cancer under one roof. The 15,000-square-foot facility is located on the campus of the Icahn

School of Medicine at Mount Sinai and houses a range of services from cancer prevention to survivor support. The Center represents Mount Sinai’s vision for patient-centered breast cancer treatment and research—one that focuses on the emotional as well as the physical health and wellness of people who have, or may be at risk for, cancer.

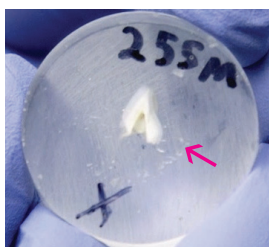
The event also honored Laurie Margolies, MD, Associate Professor of Radiology at the Icahn School of Medicine at Mount Sinai and the Director of Breast Imaging at the Dubin Breast Center. “Dr. Margolies has played a critical role in the development and success of the Dubin Breast Center,” Dr. Port says, “and it was so fitting that we honor her

## ➤ Researcher Wins Presidential Early Career Award *(continued from page 1)*

covering exposure biology, analytical chemistry, and nuclear beam methods from the University of Sydney in Australia. He had a joint appointment at that university and at Harvard University’s School of Public Health before being recruited by Dr. Wright to Mount Sinai in 2013. But

he credits a source close to home for his current success: his late mother. “She was a big proponent of generating new knowledge,” Dr. Arora says, but as a young girl in India, her education ended in middle school. “So she always valued education, much more than most people do, because it was not easily attainable to many of her generation.”

Dr. Arora focuses his research, which is funded by the National Institute of Environmental Health Sciences, on the effects of prenatal and early childhood chemical exposures on lifelong health. In the same way that trees have growth rings, he says, “we have growth rings in teeth,



A baby tooth being prepared for analysis by a laser.

and because those start forming before you are born, we can actually go back in time and figure out, for example, what you were exposed to in the second or third trimester.”

Dr. Arora and his team collect teeth donated by families and dentists all over the world. To study the teeth, they invented novel techniques and equipment, including a robot that cuts, or “micro-dissects,” samples the width of a human hair. The samples are then analyzed for thousands of chemicals the donors may have been exposed to at different times of their development.

“There are two big findings: One is that it’s not just how much you are exposed to, it’s also when you get exposed to it,” Dr. Arora says. “That is what we are finding for diseases like Lou Gehrig’s disease (ALS), in which you become symptomatic at age 50, 60, 70. But the initial exposure—what altered your trajectory—may have occurred early in life.

We are also discovering this is true for autism and schizophrenia.” Dr. Arora says the second finding is that a single chemical is not always the key. “What happens when you get exposed to a mixture of chemicals is not the same as when you get any single component. Previously, the technology to study these mixtures of chemicals didn’t exist, but the methods we are developing allow measurement with novel precision. We now have an NIH laboratory hub for this new technology.”

For this work, Dr. Arora received a New Innovator Award in 2014, which included \$2.2 million from the NIH. Dr. Arora is now seeing results in the search for metal and organic risk factors. “The next phase will be finding approaches to mitigate the risk, both at a clinical level, with the goal of personalized environmental medicine, and also at a population level, to support public health and policy development,” Dr. Arora says. “The idea is that as clinicians we can treat people one-on-one, but taking broader action like getting rid of lead in gasoline helps all of us.”

## Around the Health System

### Former U.S. Health Secretary Urges Investment in Science

“Strong science crosses all borders, and our leaders need to understand that further investment in health offers great returns.” That message from the Honorable Louis W. Sullivan, MD, former Secretary of Health and Human Services under President George H. W. Bush and Founding Dean and President of the Morehouse School of Medicine, was enthusiastically received recently by a standing-room audience of more than 200 students, faculty, and visitors at Goldwurm Auditorium when Dr. Sullivan was invited to speak at the Icahn School of Medicine at Mount Sinai. Dr. Sullivan was hosted by The Arnhold Institute for Global Health at the Icahn School of Medicine and participated in a discussion about the nation’s health policies with the Institute’s Director Prabhjot Singh, MD, PhD, that was moderated by Dan Diamond of the online news



Discussion participants, from left: Dan Diamond; the Honorable Louis W. Sullivan, MD; and Prabhjot Singh, MD, PhD

site *POLITICO Pulse*. The event took place shortly after the 2016 U.S. presidential election. Philip J. Landrigan, MD, MSc, Dean for Global Health at the Icahn School of Medicine at Mount Sinai, gave the introductory remarks.

### Multiple Honors Lead to an Unforgettable Day

Scott L. Friedman, MD, Dean for Therapeutic Discovery and Chief of the Division of Liver Diseases at the Icahn School of Medicine at Mount Sinai, in November became the first individual to receive three honors at the American Association for the Study of Liver Diseases (AASLD) Annual Meeting. Dr. Friedman received the Distinguished Achievement Award of AASLD and the Distinguished Scientific Achievement Award of the American Liver Foundation. He also delivered the Hans Popper Basic Science State-of-the-Art Lecture in Research. “It was a



Scott L. Friedman, MD

tremendous honor and an unforgettable day,” he says. Under Dr. Friedman’s leadership, Mount Sinai’s Division of Liver Diseases has grown into the largest liver medicine program in the United States, hosting the nation’s largest liver clinical fellowship training program and supporting groundbreaking basic and clinical studies in hepatic fibrosis and chronic liver disease. The Division, in partnership with The Tisch Cancer Institute and other key departments, also leads the only National Cancer Institute-designated liver cancer program in the country.



Award winners, from left, Fernando Rivera, MSN, RN; Denise Knox; and Mark Collazo

### Three Receive Wholeness of Life Awards

Three Mount Sinai Health System employees recently received 2016 Wholeness of Life Awards from the HealthCare Chaplaincy Network™ for their commitment to providing compassionate and respectful care to patients in crisis. The employees, all nominated by their colleagues, received their awards in November at the HealthCare Chaplaincy Network’s annual gala at the Mandarin Oriental, New York. Fernando Rivera, MSN, RN, Clinical Nurse Manager, Medical Intensive Care Unit, The Mount Sinai Hospital, was honored for recognizing that patients may require not only critical medical care but also emotional and spiritual support. Mark Collazo, Technical Director, Respiratory Therapy, Mount Sinai St. Luke’s and Mount Sinai West, was recognized for his competence in managing his team and for his compassionate ear in responding to patients. Denise Knox, Food and Nutrition Services, Mount Sinai Beth Israel, was honored for delivering meals with kindness and empathy. The HealthCare Chaplaincy Network is a global, nonprofit organization that offers spiritual care-related information and resources to hospitals and health care institutions.

# Autism Research and Community Engagement Are Tightly Linked at Mount Sinai’s Seaver Center

One Saturday morning each month, the American Museum of Natural History in New York City opens its doors an hour early to welcome a special group of visitors: children with autism and their families. What they experience is more than a simple stroll through the museum’s labyrinthine exhibition halls. Specialists at the Seaver Autism Center for Research and Treatment at the Icahn School of Medicine at Mount Sinai have taught museum tour guides and volunteers how to engage and interact with children with autism spectrum disorder (ASD). The Seaver Autism Center has also developed social stories, visual cues, and prompt cards for these visits and has chosen to tour specific halls (Dinosaurs, North American Mammals, Planet Earth, and Ocean Life) based on their ability to meet the children’s sensory needs.

The three-year-old program has been “hugely successful,” says Michelle Gorenstein-Holtzman, PsyD, Assistant Professor of Psychiatry at the Mount Sinai Health System and Director of Community Outreach for the Seaver Autism Center for Research and Treatment. Specialized tours of the museum are continually booked, and exhibits are being added to keep up with the program’s popularity.

“I think you’re going to see more and more museums adopt specialized programs such as this, due to the growing demand,” says Dr. Gorenstein-Holtzman. She is helping the Long Island Children’s Museum—where she is an advisory board member—develop such a program.

The museum connection is a natural fit for the Seaver Center, which uses community outreach to share its knowledge and resources with patients and families across the tri-state area. Supported by a grant from the UJA Federation of New York, Dr. Gorenstein-Holtzman develops evidence-based social skills

programming for children, adolescents, and young adults with ASD. The children’s lessons focus on play and conversational skills, while the newly developed young adult curriculum focuses on employment-based social skills.

Citywide outreach also takes the form of a Community Lecture Series held at schools and local meeting halls and a Distinguished Lecturer Series that shares the latest autism research in areas such as epidemiology, genetics, and early detection that are relevant to caregivers and professionals. “What’s unique about the Seaver Center is that we don’t confine our research to the lab,” says Dr. Gorenstein-Holtzman. “We’re continually disseminating our findings to the community so that they have greater meaning.”

In addition, the Seaver Center is translating its materials into Spanish and offering its services to Spanish-speaking families. Pilar Trelles, MD, a child psychiatrist and Seaver Clinical Fellow, is the principal investigator on a research project that partners Latino families of children who are newly diagnosed with autism with “peer advocates” in their community. The peer advocates are actively engaged parents with special-needs children themselves, who have received training from the state. They help newcomers navigate the system, which can often seem complex and overwhelming.

“One of the things that’s important to us is reaching out to minority families who have little idea what we do or how to access the programs we provide,” says Dr. Trelles. “Peer advocates understand what these families are going through and can relate to them in ways that others can’t. They’re able to give them hope that things are going to get better and that their children are going to get the help they need.”

As part of an outreach program created by the Seaver Autism Center for Research and Treatment, children with autism have an opportunity to visit the American Museum of Natural History.



## Visiting Professor Lecture Series at New York Eye and Ear Infirmary of Mount Sinai

Louis R. Pasquale, MD, FARVO, Professor, Ophthalmology, Harvard Medical School, and Director, Glaucoma Service, Massachusetts Eye and Ear Infirmary; Adam Botwinick, MD, PGY-3, Ophthalmology Resident; and Arkadiy Yadgarov, MD, Glaucoma Fellow, present “Glaucoma Resident Case Presentations and Discussion.”

**Thursday, February 9**  
5 – 6 pm

Additionally, Dr. Pasquale presents “Primary Open-Angle Glaucoma: When Does the Typical Case Become Atypical?”

**Friday, February 10**  
7:30 – 8:30 am

*Both lectures take place at the Third Floor Conference Room, Suite 314, North Building.*

### Grand Rounds / Medicine

Jason C. Kovacic, MD, PhD, Associate Professor, Medicine (Cardiology), presents “Defining the Cause of Fibromuscular Dysplasia and Redefining our Understanding of Spontaneous Arterial Dissection.”

**Tuesday, February 14**  
8:30 – 9:30 am  
Hatch Auditorium

### Grand Rounds / Mount Sinai – National Jewish Health Respiratory Institute

Eric M. Genden, MD, Isidore Friesner Professor and Chair, Otolaryngology-Head and Neck Surgery, presents “Tracheal Transplantation.”

**Friday, February 17**  
12:30 pm  
Annenberg 5-09

### Grand Rounds / Medicine

Sally E. Wenzel, MD, Chair, Translational Airway Biology, University of Pittsburgh Medical Center, presents “Making Difficult Asthma Less Difficult: Defining, Phenotyping, and Treating.”

**Tuesday, February 21**  
8:30 – 9:30 am  
Hatch Auditorium

### Diversity in Neuroscience Series

Abigail Stewart, PhD, Sandra Schwartz Tangri Distinguished University Professor of Psychology and Women’s Studies, College of Literature, Science, and the Arts, University of Michigan, presents “Institutional Transformation: The Process of Change.” *Sponsored by The Friedman Brain Institute.*

**Tuesday, February 21**  
2 – 3 pm  
Hess Center, Seminar Room B

## Mount Sinai Transformation update

**Mount Sinai West continues to advance its epilepsy care and treatment services with the addition of a newly constructed inpatient Adult Epilepsy Monitoring Unit (EMU) coming later this month, which will provide a safe environment to observe, monitor, diagnose, and localize seizures.**

The Adult EMU at Mount Sinai West will utilize the latest technology to deliver state-of-the-art diagnostic and therapeutic options for providers and their patients. The epilepsy team will determine course of treatment and epilepsy care, including medications, as well as laser therapy and focused responsive neurostimulation surgical techniques for medically refractory epilepsy. This is an exciting development for Mount Sinai Health System patients.

## Launch of ICARE Team

In January, the Office for Excellence in Patient Care at The Mount Sinai Hospital launched the ICARE Team, which offers “emotional first aid” for hospital staff who are experiencing normal stress reactions to unanticipated or adverse patient events or outcomes. The ICARE Team is composed of trained volunteers from a variety of disciplines.



“Having had personal experience with an adverse event during my residency and having seen many other caregivers struggle after similar events, I’m confident that a peer support program like this one would have made a big difference for me, as I’m sure it will for many others,” says Jeremy Boal, MD, President, Mount Sinai Downtown, and Executive Vice President and Chief Clinical Officer of the Mount Sinai Health System.

Those seeking assistance are encouraged to call 212-241-8989 (ext. 48989) and leave a message. A member of the ICARE Team will return the call within 24 hours and arrange to meet. Every ICARE team interaction is completely confidential.

*For additional information, see Web-Based Applications on the Mount Sinai Intranet; go to <https://workspace.mountsinai.org/medsvcs/ICARE>; or contact Bonnie Portnoy, MJ, BSN, at 212-241-7987 or [bonnie.portnoy@mountsinai.org](mailto:bonnie.portnoy@mountsinai.org).*



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