



Mount Sinai

inside

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Mount Sinai Opens a Comprehensive Center For Transgender Medicine and Surgery

The Mount Sinai Health System recently opened the Center for Transgender Medicine and Surgery, one of the first centers of its kind in the United States to provide the transgender community with comprehensive primary, specialty, surgical, and behavioral health care services.

The Center serves a growing need to support patients in New York City through each stage of their journeys, from initial assessment and screening to hormonal therapy, surgery, and post-transition care, providing seamless access to affordable care. Gynecology, urology, endocrinology, social work, and nursing are among the specialties available at one location.

“The implementation of a center specializing in transgender medicine and surgery within a major, urban academic health system serves as a model of best practices in continuity of care for transgender patients in our community and beyond,” says David L. Reich, MD, President of The Mount Sinai Hospital and Mount Sinai Queens.



From left: Barbara E. Warren, PsyD; Jess Ting, MD; Matt Baney; David L. Reich, MD; Pamela Abner, MPA; and Zil Garner Goldstein, FNP

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Kravis Children’s Hospital Among Nation’s Top Centers



Lisa M. Satlin, MD, center, Pediatrician-in-Chief, Mount Sinai Health System, with Marla C. Dubinsky, MD, Chief, Pediatric Gastroenterology & Hepatology, and Jeffrey A. Stock, MD, Chief, Pediatric Urology

For the fourth consecutive year, Kravis Children’s Hospital at Mount Sinai is ranked among the nation’s top pediatric centers in seven of the ten specialties measured by *U.S. News & World Report*. Impressively, two of those specialties achieved a Top 25 ranking: Pulmonology and Urology, each at No. 21. *U.S. News* publishes the rankings annually in its “Best Children’s Hospitals” guidebook, which lists the nation’s top 50 children’s hospitals in 10 pediatric specialty areas.

“These are outstanding achievements that reflect the long-standing dedication of the Kravis Hospital’s teams of doctors, nurses, social workers, and staff in delivering the highest quality of care and improving the health outcomes of pediatric patients,” says Kenneth L. Davis, MD, President and Chief Executive Officer, Mount Sinai Health System.

In compiling the rankings, *U.S. News* gathered key clinical data from 185 pediatric centers. Part of each score also was derived from surveys in 2014, 2015,

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Lexi and Jevon Share Their Journeys

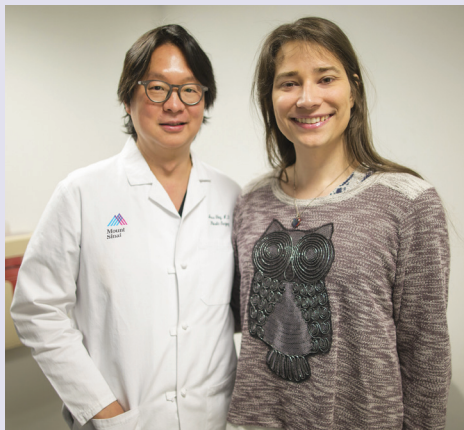
Lexi, Professional DJ:

“I was the first patient to receive vaginoplasty through the new program at Mount Sinai. I’ve been very pleased with the surgical team, led by Dr. Ting, and with my overall care. My results and recovery have exceeded my expectations.

As transgender women in the community learn about the services offered at the Center, many approach me to ask about my experience.

Without hesitation I refer them to Zil Goldstein and the Center’s team. It can be challenging for the transgender community to find compassionate and informed health care, even for general wellness. Zil knows the broad range of medical treatments for trans patients, and also understands the community’s struggle for visibility and recognition.

Acknowledging my gender dysphoria led to a happier life than I had imagined possible. Stories I encountered online were instrumental to me finding my own path, and in that spirit, I feel compelled to share my experiences with others.”



Jess Ting, MD, and Lexi

Jevon, MTA Employee:

“I have known Zil Goldstein for about four years, and I started seeing her for my care at Mount Sinai Beth Israel about three years ago. From day one, she has been a positive role model in my life. I can ask her any question and she has an answer, or we find it together.

Through the Center, I receive primary care, mental health care, and electrolysis. Soon I’ll be seeing Dr. Ting for my final surgery. It’s daunting and exciting to be one of the first candidates for this type of surgery at the Center, but I have great faith and trust in Dr. Ting. My ‘top surgery’ was done in 2007, and I had a hysterectomy a few years later, performed by Dr. Zoe Rodriguez at Mount Sinai Beth Israel, who was amazing. I’m thrilled I’ll be able to continue my care and complete my final procedure at Mount Sinai.



Miles Harris, NP, and Jevon

One of the best parts about the Center is its location. Surgery is nerve-racking enough without having to worry about traveling across the country—or the world—to receive care.”

Mount Sinai’s multidisciplinary health care team reviews each case individually to properly determine each patient’s course of treatment, all of which is done onsite. In the past, transgender care has been limited and expensive, with patients having to visit multiple physician practices—some out of state—in order to receive complete care.

“Patients don’t have to piece it together anymore,” says Zil Garner Goldstein, FNP, Program Director of the Center. “We’ve put together all the pieces for them, making their health care as easy and accessible as possible.”

The outpatient components of the program are an expansion of the highly regarded Institute for Advanced Medicine, which serves the health care needs of the LGBT (lesbian, gay, bisexual, transgender) community. Barbara E. Warren, PsyD, Director for LGBT Programs and Policies in the Office for Diversity and Inclusion, along with Susan Somerville, RN, President of Mount Sinai Beth Israel; Michael Mullen, MD, Director of the Institute for Advanced Medicine; and Ms. Garner Goldstein, were among the Mount Sinai Health System leaders who were instrumental in creating the Center.

“Since its inception, the Center has received not only tremendous support from Mount Sinai leadership, but also overwhelming support from the transgender community, who have been so anxious for complete, comprehensive care,” says Dr. Mullen.

The Center’s first surgical procedure, a male-to-female genital reconstruction called vaginoplasty, was completed in March by Jess Ting, MD, Assistant Professor of Plastic Surgery at the Icahn School of Medicine at Mount Sinai. In conjunction with Zoe Rodriguez, MD, Assistant Professor, Obstetrics, Gynecology and Reproductive Science; and Aaron Grotas, MD, Assistant Professor, Urology, the team has also performed metoidioplasty for female-to-male genital transitions, and chest reconstruction surgery for transgender men and breast augmentation for transgender women, known as “top surgery.” To date, the team has performed more than 70 operations, currently completing five to seven surgeries per week at Mount Sinai Beth Israel and The Mount Sinai Hospital. Additionally, the Center’s surgical team recently hosted world-renowned surgeons for week-long collaborations on vaginoplasty and metoidioplasty surgeries.

Creating a culture of inclusion and sensitivity is another central piece of the Center’s mission. Nurse educators Rose Otero, RN, and Joy A. McIlvaine, RN, MS, along with Dr. Warren, led the training effort of all nurses, and Fran Silverman, ACSW, LCSW-R, Director of Social Work at Mount Sinai Beth Israel, led the training of social workers. Pamela Abner, MPA, Chief Administrative Officer, Office for Diversity and Inclusion, and Matt Baney, Senior Director, Institute for Advanced Medicine, also played key administrative roles.

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Ambulatory Pavilion Planned for Mount Sinai St. Luke's

Renovation is set to begin this fall on a 17-floor ambulatory pavilion at Amsterdam Avenue and 114th Street that will serve as the anchor in a new master plan to transform Mount Sinai St. Luke's outpatient care. The state-of-the-art facility will expand the hospital's primary, preventive, and specialty care, and foster integration with all departments within the Mount Sinai Health System.

"We're looking to make a statement that Mount Sinai St. Luke's should be the desired health care destination for people living on the Upper West Side of Manhattan," says Arthur A. Gianelli, President of Mount Sinai St. Luke's. "The hospital is a jewel in the Mount Sinai Health System, situated in a diverse community that offers a premier platform for growth and expansion. We serve a population that lives and works within the 100 blocks between Mount Sinai West at 59th Street and New York-Presbyterian at 168th Street. That's a large span in Manhattan that we can draw patients from."

Located at 1090 Amsterdam Avenue, the new ambulatory pavilion will be financed through the sale of four underutilized properties on the Mount Sinai St. Luke's campus, a \$20 million grant from New York State, and philanthropic support. The new pavilion will help provide a focal point for Mount Sinai St. Luke's faculty practices to grow and to recruit physicians.

Mount Sinai St. Luke's transformation aligns with an industry-wide shift to a more cost-efficient population health model of care that promotes greater access to multidisciplinary health care. The changes also mirror new development and diversification within the Mount Sinai St. Luke's catchment area.

The pavilion will feature high-tech digital enhancements, patient-centered service delivery designed to minimize wait times, and integrated, multispecialty care provided at the patient's home or office via internet video conference. Mount Sinai St. Luke's also expects to provide extended and weekend hours for primary care.

Development of the new pavilion will occur in three phases. During the first phase of construction—to be completed during the second quarter of 2018—the hospital will open its integrated primary care practice, as well as a full-service cardiology practice, and medical



Artist's rendering of the new ambulatory pavilion at Amsterdam Avenue and 114th Street

and surgical subspecialty practices that include gastroenterology, pulmonology, urology, general surgery, and colorectal surgery. The two later phases will include women's health services, additional medical and surgical subspecialty practices, and a new telemedicine suite that are slated for occupancy in the second quarters of 2019 and 2021.

Mount Sinai St. Luke's is also exploring the creation of a new respiratory institute that would support the local community, which has one of the nation's highest rates of respiratory issues. Consideration also is being given to launching a new multidisciplinary care management/transitions team that will help strengthen clinical support teams and bridge the gap between various internal and community-based care sites.

"We are designing a faculty practice platform that is forward-thinking, efficient, patient-centered, and population-health oriented," says Berthe Erisnor, Vice President of Ambulatory Services at Mount Sinai St. Luke's. "If we implement this vision and create one facility where patients can go to receive all of their care without having to navigate through multiple areas within our hospital, we can really start to make a difference in the community. We want people to know that health care is really changing uptown."

› Mount Sinai Opens Comprehensive Transgender Center *(continued from page 2)*

"We have devoted considerable effort into training Mount Sinai staff and clinicians to provide both clinically and culturally competent care," says Dr. Warren. "Mount Sinai Beth Israel has led the way in changing patient intake forms and emergency department registration forms to ask for legal name, preferred name, and preferred gender pronoun, which is then recorded in the patient's chart and shared with appropriate clinical providers. We have added sexual orientation and gender identity fields to the EPIC electronic health records and have trained clinicians on best practices in adding and using these questions

to provide quality care. These are all important steps in our Health System's transformation toward excellence in transgender health care." The Center has also begun the process of establishing clinical fellowships and plans to create a first-of-its-kind research registry.

The Mount Sinai Center for Transgender Medicine and Surgery is located in the Institute for Advanced Medicine at 275 Seventh Avenue, 12th Floor. For more information or to set up an initial consultation, call 212-604-1730 or email: CTMSInfo@mountsinai.org.

Jo Carole and Ronald S. Lauder Newborn Intensive Care Unit Unveiled at Kravis Children's Hospital

The newly constructed Jo Carole and Ronald S. Lauder Newborn Intensive Care Unit (NICU) opened on Monday, April 4, following a complete renovation and expansion that transformed the unit into a family-centered, therapeutic space equipped with the latest technology.

The NICU is a Level III Regional Perinatal Center, which is the highest designation for complex pediatric care, and provides consultative services to other regional neonatal units. It is located on the third floor of the Klingenstein Pavilion at the Kravis Children's Hospital at Mount Sinai.

"Our new NICU, equipped with state-of-the-art medical technology, will enable our exceptional team of neonatologists and nurses to raise the bar on providing the highest quality and safest patient care to our most vulnerable patients in a setting that is itself healing for the

families we serve," says Lisa M. Satlin, MD, Herbert H. Lehman Professor and Chair, Jack and Lucy Clark Department of Pediatrics, and Pediatrician-in-Chief, Mount Sinai Health System.

Innovative design allowed for an increase in the number of beds, from 35 to 46, as well as the addition of a dedicated family lounge, a newborn surgical suite, and a newborn nursing suite, all within two spacious wings that feature natural light.

The NICU is led by Ian R. Holzman, MD, Chief, Division of Newborn Medicine, and Carol Torchen, DNP, RN, Vice President of Women & Children's Services.

"With nearly 2,000 admissions a year, the NICU serves as the hub for the Pediatrics



Jo Carole and Ronald S. Lauder

department, which delivers 18,000 births annually throughout the Mount Sinai Health System," says Dr. Holzman.

› Kravis Children's Hospital Among Nation's Top Centers *(continued from page 1)*

and 2016 of approximately 19,000 pediatric specialists who were asked where they would send the sickest children in their specialty.

The hospital is ranked in these areas:

- **Pulmonology:** No. 21
- **Urology:** No. 21
- **Gastroenterology & GI Surgery:** No. 27
- **Nephrology:** No. 29
- **Neurology & Neurosurgery:** No. 30
- **Diabetes & Endocrinology:** No. 38
- **Cardiology & Heart Surgery:** No. 45

Kravis, which manages 70,000 outpatient visits and 3,000 inpatient stays each year, is led by Lisa M. Satlin, MD, Herbert H. Lehman Professor and Chair, Jack and Lucy Clark Department of Pediatrics, Icahn School of Medicine at Mount Sinai, and Pediatrician-in-Chief, Mount Sinai Health System.

It has been a time of significant growth

for Mount Sinai's pediatric programs. In April, the newly constructed Jo Carole and Ronald S. Lauder Newborn Intensive Care Unit opened (see story above), and in June, the first phase of an alliance between Mount Sinai and The Children's Hospital of Philadelphia (CHOP), one of the nation's pre-eminent pediatric institutions, was unveiled. The alliance will build on both institutions' collective strengths to provide children and their families in the New York metropolitan region access to an unprecedented scope of pediatric health care services.

In this first phase, leading CHOP subspecialty pediatric oncologists will join Mount Sinai's pediatric subspecialty team in an integrated Children's Cancer Program to provide state-of-the-art diagnostics and personalized treatments in the new Blau Center for Children's Cancer and Blood Disease at The Mount Sinai Hospital. Patients diagnosed with cancer or blood

disorders will benefit from onsite treatment by Mount Sinai physicians, as well as expert consult opinions and follow-up appointments with pediatric oncologists from CHOP. Dr. Satlin is spearheading the alliance at Mount Sinai, and for the first phase will collaborate with the CHOP oncology team being led by Anne Reilly, MD, MPH, Medical Director, Division of Oncology, CHOP; and Professor of Clinical Pediatrics, Perelman School of Medicine at the University of Pennsylvania.

Additional specialties will be added over time, including a Fetal Medicine Program and a Children's Heart Center. Says Dr. Satlin: "An alliance with CHOP—internationally recognized in pediatric oncology, fetal medicine, and cardiac care, especially—along with other innovative initiatives planned for this year and beyond, will further expand our long and distinguished tradition of excellence at Kravis."

Around the Health System

Bedside Medication Delivery Program for Patients

More than 300 patients at The Mount Sinai Hospital have participated in a new partnership with CVS Health that allows them to receive the delivery of their medications to the bedside prior to discharge. The service, launched earlier this year as a pilot program, is currently available in 15 units and will be rolled out to 28 units by mid-July. “We are very excited about this innovative collaboration,” says David L. Reich, MD, President and Chief Operating Officer, The Mount Sinai Hospital. “This service is not only a convenience for our patients, but also enhances the ability of our staff to communicate more effectively about post-discharge medications. This will undoubtedly help some of our patients achieve improved clinical outcomes.”



Patient Rosalene Dennis, center, learns about the medications she will need post-discharge from Lisa Martin, RN. The medications were delivered to her bedside through a new partnership with CVS Health. At left is Judith Maria, the CVS Concierge assigned to the program.



Kelly Hyles at the teaching lab for first-year medical students

Meet a Star Student: Kelly Hyles

Kelly Hyles, who just completed her senior year at the High School for Math, Science and Engineering at the City College of New York—and who, as a junior, participated in the Icahn School of Medicine at Mount Sinai’s Center for Excellence in Youth Education (CEYE) Biotechnology and Medical Research program—was accepted for admission to all eight Ivy League universities. The CEYE offers enrichment programs to help underrepresented minority students prepare for careers in science and health care. “I worked in a research laboratory at The Mount Sinai Hospital, and it gave me the opportunity to explore my interests and show colleges that I was a serious candidate,” says Ms. Hyles. She plans to attend Harvard University in the fall—determined to become the first college graduate in her family and eventually, a neurosurgeon.

A 100-Year Tradition of Philanthropy by the Mount Sinai Auxiliary Board

The Mount Sinai Auxiliary Board recently marked its 100th anniversary by awarding The Mount Sinai Hospital Department of Social Work Services a \$300,000 grant to establish the Mount Sinai Partnership for Excellence in Social Work Practice in Health Care. The Partnership’s goal is to provide state-of-the-art education to social workers, ensuring the highest quality of services to patients and their families. Jennifer Price, Auxiliary Board President, noted, “This gift will transform social workers’



education for the evolving health care environment.” Susan R. Bernstein, DSW, Director, Social Work Services, and Assistant Professor of Preventive Medicine, said, “The Auxiliary Board has partnered with us to provide care for patients and their families since its creation, and we are very grateful for its generosity.”

Jennifer Price, left, President, The Mount Sinai Auxiliary Board, with Susan R. Bernstein, DSW

National Recognition for Research Excellence

Susan B. Bressman, MD, FAAN, recently received a Movement Disorders Research Award from the American Academy of Neurology and the Parkinson's Disease Foundation through an endowment that recognizes an individual for outstanding work in the field of Parkinson's disease or other movement disorders. Dr. Bressman is the Alan and Joan Mirken Chair of the departments of Neurology at Mount Sinai Beth Israel, Mount

Sinai St. Luke's, and Mount Sinai West, and Professor of Neurology at the Icahn School of Medicine at Mount Sinai. She is the second woman to have received this award since it was established in 1997. A leading researcher, clinician, and educator in movement disorders and other neurological conditions, Dr. Bressman's current research is focused on identifying diagnostic and progression markers and disease pathways for Parkinson's disease.



Susan B. Bressman, MD, FAAN, accepts the award from Un J. Kang, MD, Chair, Movement Disorders Research Award Committee.

Biostatistics Summer Program For Clinical Research

This week-long program, hosted by the Department of Population Health Science and Policy, is designed to increase the research capacity of clinical investigators, fellows, residents, postdocs, and public health professionals by providing application-driven instruction in biostatistics and statistical programming. Participants will gain a strong foundation in a host of statistical topics through rigorous, theory-based lectures and hands-on statistical programming in SAS and R. *The registration deadline is Monday, June 27. The program takes place Monday – Friday, July 11 – 15.*

Each day, the program will consist of three components:

9 am – 12:30 pm:

Participants will gain a solid theoretical foundation in statistical methodology through extensive application-driven lectures given by the Center for Biostatistics' renowned faculty, including Emilia Bagiella, PhD, and Emma Benn, DrPH, MPH.

1:30 – 2:30 pm:

Participants will take part in a collaborative review session aimed at reinforcing essential concepts introduced during the morning lectures.

2:30 – 5 pm:

Participants will engage in interactive, hands-on programming sessions in their preferred statistical software, R or SAS.

The fee is \$2,200. For more information about the program and registration, email mary.sandre@mountsinai.org.

Monday, June 27 (Registration Deadline)

Monday, July 11 – Friday, July 15

9 am – 5 pm

**The Mount Sinai Hospital Campus
Annenberg, Room 12-01**

Conference Center Requests for 2017

The Conference Center will begin taking requests for the 2017 calendar year. For an updated listing of Conference Center rooms, visit <http://intranet1.mountsinai.org/>. On the top of the page, select the "Other Services" tab; under "Employee Services" select the "Conference Center" link. Select "Institutional Space" for a listing of rooms that can be requested. Requests submitted with missing information, such as fund number or department code, will not be accepted and will delay the processing of a request.

Monday, July 11 (Grand Rounds/Medical Student Training Rounds Requests)

Monday, July 18 (All Other Requests)

Take Time to Meditate Workshop

This is an eight-week program that teaches mindfulness-based meditation techniques to reduce stress and improve well-being.

To learn more, email mari.umpierre@mountsinai.org or mickie.brown@mountsinai.org.

Mondays

5:30 – 6:30 pm

150 East 42nd Street, Room 4-A12



INSIDE MOUNT SINAI

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