Accelerating Science—Advancing Medicine

This is a momentous time for The Mount Sinai Hospital’s Department of Obstetrics, Gynecology and Reproductive Science. We have combined with our colleagues at the former Continuum Health Partners to provide advanced care to women throughout the New York metropolitan area from seven hospital locations that now comprise the Mount Sinai Health System.

The Mount Sinai Hospital remains at the forefront of women’s health. Recently, we opened a pelvic center in New York City to treat women with disorders of the pelvic floor, including pelvic pain and endometriosis. The center collaborates with specialists in anesthetic pain, physical therapy, and alternative medicine to tailor treatment for each patient.

Mount Sinai’s Fibroid Center, now in its tenth year, continues to provide care to patients with fibroids, and offers multidisciplinary treatment to patients through its network of interventional radiologists, providers of alternative medicine, and fertility experts.

In addition, we are pleased to announce the appointments of Peter R. Dottino, MD, as Director of the Division of Gynecologic Oncology at The Mount Sinai Hospital; along with Rudy Albert Segna, MD, as Associate Director of the Division; and Ann Marie Beddoe, MD, as Director of the Gynecologic Oncology Chemotherapy Infusion Service.

This new leadership team will reinforce Mount Sinai’s position as the destination of choice for women with gynecologic cancers, with one of the only translational research laboratories in the United States that is dedicated to creating innovative treatments for ovarian cancer.

New Studies Focus on Pelvic Pain and Fibroids

Mount Sinai’s pelvic pain and fibroid centers support a range of alternative and minimally invasive therapies for conditions that include disorders of the pelvic floor, painful sexual intercourse, and overactive bladders.

For pelvic pain, two studies are being led by Suzanne Fenske, MD, Assistant Professor of Obstetrics, Gynecology and Reproductive Science at Icahn School of Medicine at Mount Sinai.

In the first study, Dr. Fenske is studying 20 women to determine whether vitamin D helps shrink uterine fibroids. Previous studies, including one from the National Institutes of Health, found that rats given an equivalent human dose of roughly 1,400 international units of vitamin D each day experienced fibroid shrinkage of 75 percent compared with untreated rats.

“We are hoping that we can find ways to reduce the need for surgery in some patients with fibroids,” says Dr. Fenske. This study is being done in collaboration with Charles J. Ascher-Walsh, MD, Associate Professor of Obstetrics, Gynecology and Reproductive Science at the Icahn School of Medicine, Director of the...
Treating High-Risk Pregnancies

Under the leadership of Joanne Stone, MD, Director and Fellowship Program Director of The Mount Sinai Hospital’s Division of Maternal Fetal Medicine (MFM), Mount Sinai is investigating new preventive measures to ensure safe pregnancies and deliveries for high-risk patients.

The division is undertaking several clinical studies, including one to determine whether bed rest or physical activity is the best regimen for women prone to preterm premature rupture of membranes (PPROM). This condition occurs in an estimated 3 percent of pregnancies, and can result in respiratory distress syndrome, neonatal sepsis, umbilical cord prolapse, placental abruption, and fetal death.

In addition, the division has implemented new screening protocols for approximately 100 genetic disorders, and has expanded preconception and prenatal screening for a greater number of recessive diseases. The expanded screening capability for prospective parents stems from Mount Sinai’s partnership with Counsyl, a genomic technology company founded by Stanford University graduates in 2010.

Mount Sinai’s prenatal diagnostic testing, in combination with on-site expert genetic counseling, provides a comprehensive and convenient service for patients and providers. On-site prenatal testing, such as rapid 24-hour aneuploidy fluorescent in situ hybridization (FISH) testing, chromosome analysis, and array-comparative genomic hybridization, is also available at Mount Sinai.

Typically, patients with poor obstetrical histories, higher-order multiple gestations requiring fetal testing and screening, and medical conditions that complicate conception, fall under the care of Dr. Stone and her team of seven attending physicians, four fellows, and a resident on MFM rotation.

“I enjoy prenatal diagnosis and other technical procedures, especially taking care of women and seeing them get through a high-risk pregnancy with the best possible outcome,” she says.

Dr. Stone is the co-author of Pregnancy for Dummies and The Pregnancy Bible with her colleague Keith Eddleman, MD, Professor of Obstetrics, Gynecology and Reproductive Science and of Genetics and Genomic Sciences, also at the Icahn School of Medicine at Mount Sinai.

Healthy Social Media

Social media, consumer-directed health apps, and electronic health records are changing the patient-doctor relationship.

Members of the Department of Obstetrics, Gynecology and Reproductive Science, along with other Mount Sinai departments, regularly publish patient stories, provide health tips, and drive campaigns that build awareness about specialty areas such as women’s health, ovarian cancer, and diabetes.

The Mount Sinai Health System connects about 24,000 faculty, staff, and students through its social media network comprised of Facebook pages (www.facebook.com/mountsinainyc) and (www.facebook.com/IcahnMountSinai), a YouTube site (www.youtube.com/user/MountSinaiNY), and Twitter (www.twitter.com/MountSinaiNYC).

Since the use of social media can blur the lines between one’s personal and professional life, and raise concerns about patient safety, Mount Sinai regularly monitors its channels for potential patient-privacy infractions, conducts mandatory employee-Health Insurance Portability and Accountability Act (HIPAA) training, and implements top privacy settings on its social media channels. In addition, Mount Sinai uses systemwide guidelines that offer common sense tips and legal rules.