MOUNT SINAI LIFE

GET INTO THE GAME WHOLEHEARTEDLY
Welcome to the inaugural issue of Mount Sinai Life, the new exclusive broadsheet magazine for the friends and supporters of Mount Sinai Medical Center. As we usher in 2013, we believe it is an opportune time to expand on the success of our Summit newsletter by giving it a new name and a contemporary look and feel. Mount Sinai Life celebrates the experiences and activities of our philanthropic family and shares information about the lifesaving care that our medical center provides in what we hope you will agree is an easy-to-read format.

At the heart of our new magazine is our goal of providing information about the important work underway at Mount Sinai. This issue of Mount Sinai Life features the story of a former major league baseball player who underwent valve surgery at the Mount Sinai Heart Institute. We also share information on the digital mammography services that are now available at Mount Sinai Aventura.

In addition, Mount Sinai Life includes a section on “Living Well,” which features articles geared toward enhancing your overall quality of life.

As has always been the tradition of our publications, the pages of Mount Sinai Life also include photo galleries of events hosted by the Mount Sinai Medical Center Foundation. We present them in a format that focuses on our donors and offers quick highlights of each event. This issue includes a gallery of photos highlighting our partnership with Saks Fifth Avenue in Bal Harbour during its annual Key to the Cure, a charitable initiative to fight women’s cancers. We were honored to be part of this national event, which raised funds locally in support of The Mount Sinai Comprehensive Cancer Center.

We are also proud to offer a profile on the beautiful Marilyn “Lynn” Girsh, a longtime member of our family of philanthropists. Lynn and her late husband, Myers “Mike” Girsh, are part of a great tradition of the donor support that truly is the lifeblood of our medical center.

When it comes to life at Mount Sinai, we are dedicated to providing excellent care for every patient – whether through state-of-the-art diagnostic services, advanced surgical procedures, lifesaving emergency care or groundbreaking clinical trials. And you help to make it all possible. Thank you for your ongoing support and for sharing your life with Mount Sinai.
MARILYN GIRSH
A GENTLE WOMAN WITH A MOST GENEROUS HEART

For Marilyn “Lynn” Girsh, supporting Mount Sinai Medical Center’s Wien Center for Alzheimer’s Disease and Memory Disorders was a very easy decision. “Alzheimer’s disease is such a tragic illness,” says Lynn, an elegant woman with a deep-seated spirit of altruism. “If there is any possibility of finding a cure, I would like to do what I can to help.”

Through her family’s foundation, Lynn recently made a major gift to fund the Symposium on Early Alzheimer’s Disease, hosted each year by the Wien Center. First held in 2002, the symposium is a forum for researchers from around the world to discuss new breakthroughs in treating mild cognitive impairment, a form of dementia that often is a precursor to Alzheimer’s disease. After meeting with Ranjan Duara, M.D., medical director of the Wien Center and founder of the symposium, Lynn was happy to support the annual event.

“I was very impressed with the work that Dr. Duara is doing at the Wien Center,” she says. “And I especially appreciated the idea of an international symposium bringing researchers together to share their findings and discuss new ideas on treating Alzheimer’s.”

Like many Mount Sinai supporters, Lynn and her late husband, Myers “Mike” Girsh, joined the hospital’s philanthropic family as grateful patients. They are founders of Mount Sinai and part of the Society of Mount Sinai. In addition, she donated a total body scanner to the hospital shortly after her husband’s passing in 1999 at age 92.

“Tired of the contribution because of my appreciation for what Mount Sinai has done for me and for my husband,” she says. “We both benefitted tremendously from the care we received.”

Although they are from Philadelphia, the Girshes actually met when they were vacationing in Miami Beach, where they happened to be staying at the same hotel. “We became friendly right away,” she says. The couple eventually reconnected in Philadelphia and married a short time later. It was a union that lasted for 47 years. “Mike was an outstanding person – absolutely brilliant,” she says. “He was a true example of a self-made man.”

The youngest of 12 children, Mike put himself through law school at the University of Pennsylvania, where he was editor of the Law Review and graduated at the top of his class with honors. After law school, he worked for a time as house counsel for Scott Paper Co. During his off time, he purchased old buildings, renovated them and put them back on the market.

“He found that he really liked construction,” Lynn says. “So he gave up practicing law and started building large communities in the Philadelphia area.”

Lynn, who grew up in the suburbs of Philadelphia in Elkins Park, volunteered as a teenager at Abington Hospital during the Second World War. “We were called Navy League Volunteers,” she says. “We would take meals to the patients.” She went on to study architecture and interior design at the University of Pennsylvania, as well as art at the Philadelphia Art Museum.

During their years together in Philadelphia, the Girshes were active in the community. They were members of Temple Adath Israel of the Main Line, where Mike was vice president and Lynn was treasurer of the Sisterhood. Lynn also was active in Hadassah, serving as president of the Main Line chapter and vice president of the Philadelphia chapter. Focusing on his profession, Mike became president of the Philadelphia Home Builders Association and was inducted into the Home Builders Hall of Fame.

Around the time that Mike went into semiretirement, the Girshes moved to Miami Beach – initially as snowbirds and later as full-time residents. Both were members of Westview Country Club, where Lynn was elected president of the Women’s Golf Association. Mike even took time to pursue his literary passions and write a novel, titled Fatal Decision, which was published shortly before his death.

Through her foundation’s support of Mount Sinai and other organizations she holds dear, Lynn is continuing the legacy of her late husband’s generosity and their mutual desire to help those in need.
MOUNT SINAI TEAMS UP WITH SAKS FIFTH AVENUE TO FIGHT WOMEN’S CANCERS

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RESTAURANT AT THE MAYFAIR • STK • THE FEDERAL FOOD, DRINK & PROVISIONS • GREEN HOUSE ORGANIC FOOD RESTAURANT • TIMÓ RESTAURANT • WE TAKE THE CAKE
‘KEY TO THE CURE’ RAISES FUNDS IN SUPPORT OF CANCER CARE AND SERVICES

WHERE:
Saks Fifth Avenue Bal Harbour

WHEN:
Wednesday, October 17th

FEATURE:
Two percent of all sales during Key to the Cure benefitted The Mount Sinai Comprehensive Cancer Center

FOOD:
Magnificent morsels provided by Miami’s top venues

BEVERAGES:
White wine and martinis courtesy of our generous friends at Southern Wine & Spirits

THANKS TO:
The Saks Fifth Avenue Executive Team: Deborah Slack, vice president and general manager, Lucrezia Di Peria, marketing director, and Allison Goldberg, marketing manager

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SHoppers, saks FIFTH aVENUE AND MOUNT SINAi work TOGETHER TO FIND A ‘KEY TO THE CURE’

WANT TO SEE MORE PHOTOS? VISIT OUR PHOTO GALLERY AT MSMCFoundation.com.
Mount Sinai Medical Center has added breast mammography to the list of diagnostic imaging services available on its Aventura campus. The new mammography services at Mount Sinai Aventura, located at 2845 Aventura Boulevard, complement the existing services provided at the Lila and Harold Menowitz Comprehensive Breast Center at Mount Sinai’s Miami Beach campus. The Menowitz Breast Center provides screening, diagnostics, treatment and support services for breast health and was the first breast center in Florida to be accredited by the National Accreditation Program for Breast Centers. Mount Sinai has also been designated as a Breast Imaging Center of Excellence by the American College of Radiology as a result of its focus on service, research, technology and expertise.

Mount Sinai Aventura’s mammography services are backed by the medical center’s award-winning breast center team of experts in radiology, pathology, medical oncology and surgical oncology. The physicians who specialize in breast imaging at Mount Sinai are all fellowship trained.

State-of-the-art mammography equipment at Mount Sinai Aventura and the Menowitz Breast Center at Mount Sinai’s Miami Beach campus provide digital technology with computer-aided detection to ensure the highest quality images for accurate diagnosis. Comprehensive breast services available at Mount Sinai include digital screening mammography, digital diagnostic mammography, breast ultrasound, breast MRI, computer-aided detection, MRI-guided biopsy, cyst aspiration and more.

According to the National Cancer Institute, all women age 40 or older should have screening mammograms every one to two years. Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread. Screening mammography can help reduce the number of deaths from breast cancer among women ages 40 to 74, especially for those over age 50. Age is the most important risk factor for breast cancer. The older a woman is, the greater her chances of developing the disease, as most breast cancers occur in women over the age of 50. The number of cases is especially high for women over age 60. Other risk factors for breast cancer include family history, genetic mutations, breast density, long-term use of menopausal hormone replacement therapy, exposure to radiation, alcohol use, obesity and low physical activity levels.

“We are committed to ensuring that every patient fully understands her test results, which we aim to provide quickly and accurately,” said Dr. Ivy Salom, interpreting radiologist at the Mount Sinai Aventura diagnostic center. “If further follow-up is needed, we are here to guide patients every step of the way by giving them immediate access to our expert team.”

Mount Sinai Aventura currently provides the region’s only freestanding emergency room, as well as a cancer center, diagnostic imaging, physician offices and a full service, on-site laboratory. By offering a full continuum of services, Mount Sinai Aventura provides a coordinated approach to quality care, all under one roof.

Should follow-up care be necessary, patients can take comfort in knowing they have immediate access to award-winning cancer care. The Mount Sinai Comprehensive Cancer Center has received the Outstanding Achievement Award from the American College of Surgeons Commission on Cancer (CoC). Mount Sinai is the only Florida hospital to receive this recognition three times in a row, and it is one of only 23 out of 1,500 CoC-accredited centers in the nation to receive the Outstanding Achievement Award three consecutive times.

The Mount Sinai Comprehensive Cancer Center is also the first and only radiation oncology program in South Florida to earn accreditation from the American College of Radiology (ACR) and The American Society for Radiation Oncology (ASTRO). The ACR-ASTRO seal of accreditation represents the highest level of quality and patient safety. Mount Sinai’s Radiation Oncology programs on both the Mount Sinai Miami Beach and Aventura campuses successfully completed a rigorous application and evaluation process for this accreditation.

December/January 2013
DON’T LET A BAD HEART KEEP YOU OUT OF THE GAME
IT WASN'T A QUESTION OF WHETHER CARLOS DIAZ NEEDED TO HAVE VALVE REPLACEMENT SURGERY—IT WAS A MATTER OF WHEN.

Born with a bicuspid aortic valve, Diaz knew that soon enough his athletic lifestyle would catch up to him. A former professional baseball player in both the major and minor leagues, Diaz never let his congenital heart defect keep him from being active. He kept it on the backburner until he couldn’t ignore it anymore.

“I was always very private about my heart condition,” Diaz says. “As a kid, I remember just wanting to feel normal so I would overexert myself, as a protective mechanism, because I didn’t want special treatment or for the other kids to have to wait on me.”

As a child, Diaz would visit his pediatric cardiologist every six months, each time expressing his desire to compete in sports. His doctors finally gave him approval to play baseball, rationalizing that the physical exertion came in spurts as opposed to other sports which were a constant aerobic workout. A standout player, he went on to earn a baseball scholarship to Oklahoma State and was later drafted by the Toronto Blue Jays. Diaz then spent the next eight years playing the sport he loved with several major league teams, including the Blue Jays, the Cleveland Indians, the Milwaukee Brewers and the Kansas City Royals.

Around 1996, Diaz experienced his first bout with atrial fibrillation. “I felt my heart pounding out of my chest. In the emergency room, they told me it was up to 210 beats per minute,” Diaz explains. Two years later, when Diaz was in his early 40’s, the same thing happened again. It was at that point his cardiologist informed him that – even though Diaz was exercising and non-symptomatic – he needed to start looking into having his valve replaced.

“I felt lucky that I at least had the time to plan for this surgery,” he says. “I interviewed many doctors and got second, third and even fourth opinions. I wanted someone who had experience and who could do a minimally invasive surgery, and I was willing to travel to get the best care.”

Diaz’s extensive research finally led him to Joseph Lamelas, M.D., chief of cardiac surgery at the Mount Sinai Heart Institute and a specialist in minimally invasive surgical techniques. Under Dr. Lamelas’ leadership, Mount Sinai has maintained the best cardiac surgery survival rate in the state of Florida among hospitals performing a high volume of complex procedures. In addition, Mount Sinai performs more valve surgeries than any other hospital in Florida. A nationally recognized leader in cardiac surgery, Dr. Lamelas has taught his groundbreaking surgical techniques to hundreds of surgeons both nationally and internationally, and he has developed advanced, minimally invasive surgical tools that are being used by surgeons across the country.

reinforces the fact that Mount Sinai has the shortest average recovery time for cardiac surgery in Miami-Dade. Today, he is back to exercising and, more importantly, able to keep up with his 4-year-old daughter.

“I think people need to know that after the surgery, you can be just as vital – even stronger and even better,” Diaz says. “I didn’t know what better was until I realized I no longer had to compensate in my actions. I’m getting stronger every day.”
WHERE:
Saks Fifth Avenue Bal Harbour

WHEN:
Wednesday, March 28th

FEATURE:
Gorgeous fashion presentation by acclaimed designer Yigal Azouel

CUISINE:
Hors d’oeuvres by Marc L. Bladd, The Catering Group

BEVERAGES:
Wine and martinis courtesy of our generous friends at Southern Wine & Spirits

THANKS TO:
The Saks Fifth Avenue Executive Team: Deborah Slack, vice president and general manager, and Allison Goldberg, marketing manager

SAKS FIFTH AVENUE MODELS WITH DEBORAH SLACK, YIGAL AZROUEL AND MICHAEL MILBERG

JOSEPHINE & LENARD PERCY

DEBBIE BLASBERG-SANDER AND MICHAEL GOLDBERG

ROBERT & MARIA ELENSKY

JULIANA SCAMINACI AND ARTHUR PERCY

GALE GOLSTEIN-TUCKER AND MARY BEZAHLER

SHIRLEY BENSOUSSON AND RUSS KRIVOR

MARC BRAHA AND PATTY SOFFER

NANCY LIFTER-WOLIN AND ANDREA RUSKIN-NITZBERG

ZACHARY MANN, JUSTIN ANGELO AND DREW BEINHAKE

JOELLE OINKINE AND YIGAL AZROUEL

KRISTEN ABELE AND JAMES SCHULMAN

ANJE HARK-MINORE AND ANN NAHON

SAKS EXECUTIVE TEAM: ALLISON GOLDBERG, LUCREZIA DI PERSIA, DEBORAH SLACK AND TERRI SEMINARA

WANT TO SEE MORE PHOTOS? VISIT OUR PHOTO GALLERY AT MSMCFOUNDATION.COM.
TAPAS AND PAELLA MAKE MARE NOSTRUM DINNER A SUMPTUOUS SUCCESS

WHERE:
Mare Nostrum restaurant in downtown Miami’s financial district

WHEN:
Tuesday, April 17th

FEATURE:
Innovative Spanish-Mediterranean fare

CUISINE:
Fabulous paella

BEVERAGES:
Open bar courtesy of our generous friends at Southern Wine & Spirits

THANKS TO:
Stuart Levy, restaurant manager, and Lisa Miller Eisenberg, of MIAMI magazine

WHERE:
Mare Nostrum restaurant in downtown Miami’s financial district

WHEN:
Tuesday, April 17th

FEATURE:
Innovative Spanish-Mediterranean fare

CUISINE:
Fabulous paella

BEVERAGES:
Open bar courtesy of our generous friends at Southern Wine & Spirits

THANKS TO:
Stuart Levy, restaurant manager, and Lisa Miller Eisenberg, of MIAMI magazine
WHERE:
Lucky Clover Irish Bar and Pub

WHEN:
Tuesday, May 15th

FEATURE:
Interactive sports bar

CUISINE:
Sexy sliders

BEVERAGES:
Mojitos and margaritas courtesy of our generous friends at Southern Wine & Spirits

THANKS TO:
Stuart Levy, restaurant manager, and Lisa Miller Eisenberg, of MIAMI magazine

LUCKY CLOVER IRISH PUB BRINGS OUT THE BEST FOR YPC, YF NETWORKER

WAYNE & LINDA LEVY
DR. RAFAEL URBINO AND ADRIANA JIMENEZ

LIANNE GRAUBART AND ANDREW ATKINS
FERNANDO CRESPO AND PASCAL NICOLAI
MARK LEVINE AND MERCEDES SAEWITZ

MICHELLE RESSLER AND MICHELLE ODIO
ALEXIS QUITTNER, MINDI MARBIN AND PAUL RIEMER
KRISTIN ABELE AND SCOTT WAGNER

JUSTIN ANGELO AND PATRICIA CASEY
RON MANN AND JASON KUMPF
IRA LEVINE

GIANINA FERRANDO AND DAVID HALLER
ERIC & KIM BERMAN
LUCKY CLOVER STAFF

WANT TO SEE MORE PHOTOS? VISIT OUR PHOTO GALLERY AT MSMCFoundation.com.
NETWORKER BRINGS EVERYONE TOGETHER FOR A GRAND AFFAIR AT BRASSERIE LA GOULUE

WHERE:
Brasserie La Goulue in the Shops of Bal Harbour

WHEN:
Tuesday, June 5th

FEATURE:
Classic French bistro fare

CUISINE:
Innovative canapés and shots of spicy gazpacho

BEVERAGES:
Martinis and French wines courtesy of our generous friends at Southern Wine & Spirits

THANKS TO:
Gregory Delounay, restaurant manager, and Chef Jean Pierre Petit

WANT TO SEE MORE PHOTOS? VISIT OUR PHOTO GALLERY AT MSMCFoundation.com.
WHERE:
FDR at Delano

WHEN:
Wednesday, August 22nd

FEATURE:
Swanky nightclub in the famed Delano Hotel

CUISINE:
Bianca Restaurant’s amazing mini lobster tacos and salmon carpaccio flatbreads

BEVERAGES:
Premium open bar courtesy of our generous friends at Southern Wine & Spirits

THANKS TO:
Katherine Beja-McLennan, Nicole Seligman, Zachary Ralph and Loni Page

KIM & SPENCER MULTACK
WITH JARED NEWMAN

ANDREW ATKINS, PAUL RIEMER,
COSTA GRILLAS, JAY PARKER AND
GARY STUART

RACHELLE KARP AND RUSS KRIVOR

JENNA TRUEBA & MARKO CERENKO

CRISTINA LAMA-EVENSKY &
DAVID EVENSKY

CHRISTINA WEST & MATIAS ALMEIDA

LAURA CRESTO PARKER AND
MELISSA RUBIN

ANDY WHITAKER AND JUSTIN ANGELO

JACOB MITRANI

MICHELLE KAHN

NATALIE & JOHN GARDNER

JEFFREY & KAREN ULM
WITH BEN LAUNERTS

LISA MILLER EISENBERG,
PATTY SOFFER AND DR. RHONDA FINE

RICK MARSHALL AND STEVEN MICHAEL

KATHERINE BEJA-MCLENNAN,
ZACHARY RALPH AND NICOLE
SELMIGAN

Want to see more photos? Visit our photo gallery at MSMCFoundation.com.
SMITH & WOLLENSKY OFFERS THE PERFECT SETTING FOR A NIGHT OF FINE DINING

WHERE: Smith & Wollensky
WHEN: Wednesday, September 12th
FEATURE: Fabulous food with spectacular views
CUISINE: Signature filet mignon
BEVERAGES: Martinis and wine courtesy of our generous friends at Southern Wine & Spirits
THANKS TO: Henry Delgado, general manager; Ivette Day, director of catering; and Florencia Anaya, catering/private events manager

DR. JODI STONER WITH MICHAEL & BETTY WOHL
DALIA GLOTTMANN, LINDA ZILBER AND PAUL RUTHFIELD
MATT PAPUNEN, SHAY POPE AND BRIAN LIEBERMAN
SANDY MASIATTI-FERNANDEZ AND CAMERON SISSER
RICK SISSER
BETTY MADIGAN BRANDT, HILDINE POTASHNICK, MARTHA MISHCON AND JOSEPHINE BAKER
SANDY MASCIATTI-FERNANDEZ AND CAMERON SISSER
DR. MICHAEL & MARIANNA BAUM WITH LISA & HARRY PAYTON
SANDRA & JEFFREY HACKMEIER
DAVID METALONIS AND SARAH WISNEK WITH KIMBERLY & FERNANDO CRESPO
STEVEN RODRIGUEZ, LESLIE WOLFSON AND ALAN RANDOLPH
ALEKSANDRA MARZEC, SABRINA PUGLISI, AUDRA COHEN AND SANDRA OSORIO MANGINI
THE SMITH & WOLLENSKY TEAM: CHERYL KAHN-BROCCO, HENRY DELGADO AND IVETTE DAY

WANT TO SEE MORE PHOTOS? VISIT OUR PHOTO GALLERY AT MSMCFoundation.com.
SHOPPING IS GOOD FOR YOU:
RESEARCH PROVES THE SURPRISING POWER OF PURCHASING

SHOPPING IS GOOD FOR YOUR HEALTH!
Experts say your brain gets a burst of feel-good substances called endorphins whenever you experience the satisfaction of picking just the right gift and the pleasure of bonding with your best pal at the mall. It’s a positive experience which can bring you closer to your kids, parents, friends and sometimes your spouse. The effects of shopping have been studied for 25 years by Paco Underhill, author of Why We Buy: The Science of Shopping, who’s known as “the Margaret Mead of shopping.”

FAMILY BONDING
Underhill says, “Shopping is, in essence, a woman’s rite of passage. “In the same way that fathers and sons bond over hunting together or throwing a ball around in the backyard, mothers and daughters shop. It’s time spent away from the house, the chores and the guys. It’s a time for girls to be girls. Mothers instill their values in their daughters: the lessons of deciding if a sale is worthy, how to find the best deals and even how to dress tastefully.”

Amanda Ford, author of the intriguing Retail Therapy: Life Lessons Learned While Shopping, loves to shop with her mother. “We each bring a different set of shopping skills, making our trips more satisfying and exciting than they would be had we perused the boutiques by ourselves,” Ford says.

Ford recalls, “Shopping has always been a huge bonding experience in my family. Every August, my grandmother and I would get up really early and spend one entire day going from store to store. She had great patience, and she always bought me a few perfectly matched outfits for school and we then had dinner out. This was tremendous for our relationship, because shopping was an activity that we could share.”

FRIENDS INDEED
Underhill says that girlfriends who shop together spend the most time in the store, while women who bring husbands spend the least. “When friends shop together, it’s mostly time spent gossiping or fawning over one another. ‘Oh, this dress would look so great on you,’ or ‘The shade of that blouse brings out the green in your eyes.’ Who doesn’t like to be endlessly complimented? It should also be noted that women dress to impress other women, not men.”

“When you get together with your girlfriends, what do you talk about? Men and shopping, right?” says Sophie Kinsella, the best-selling author of the Shopaholic series of novels, with four million books in print. In Shopaholic & Sister, the heroine, a world-class spendthrift, learns that she has a long-lost sister, a miser who reuses coffee grounds. But the shopaholic perseveres, and a breakthrough comes when she gives her sister a lovely silver necklace from Tiffany’s.

Researcher Norman Nies concluded in a 2000 study that shopping on the internet is an isolating experience. “When you spend your time on the internet, you don’t hear a human voice, and you never get a hug,” he says.

The story above was contributed by Onboard Media. For more than 20 years, Onboard Media has been a leading authority on cruising and cruise destinations around the globe. In their new contribution to our magazine, the Onboard experts share their insights on leisure and the joy of living a well-balanced life.
FOR MANY OF US, THE PROSPECT OF RUNNING FARTHER THAN FROM THE CAR TO THE FRONT DOOR IN A RAINSTORM IS INTIMIDATING. THAT NEEDN'T BE THE CASE.

Yes, running is a powerful workout — one of the best. It is a total body exercise that burns more calories per hour than just about any other sustained activity, but that doesn't mean it's outside the grasp of the average person. You just need a strategy for how to get started. Here are six steps to help you hit the ground running the right way.

STEP 1: GET CHECKED
A visit to your family physician may be in order before you begin a running routine. This is especially true if you've been sedentary, are overweight, have heart trouble, high blood pressure, diabetes, a history of smoking or any other medical conditions. Men and women over age 65 should also definitely have a doctor's approval. Consulting with a physical therapist who can check for specific ailments — flat feet, tight muscles, poor leg alignment — that may cause running problems also is beneficial.

STEP 2: GEAR UP!
Because your foot pounds the ground so many times while running, it's extremely important to have sneakers that provide proper cushioning and arch support. Go to a local athletic-shoe store, and ask a knowledgeable salesperson to help you choose shoes made specifically for running — then save them for just that. On average, quality shoes should last between 250 and 500 miles.

The right clothes are also important for comfort. In warm weather, look for microfiber fabrics, which pull moisture away from the body. On colder days, choose high-tech polyester.

A heart-rate monitoring device is another good bet, because it shows how hard you're working. First, figure 70 percent of your age, then subtract that number from 220. That's your maximum heart rate. When running, aim to keep your heart rate between 50 and 80 percent of that maximum. But remember that you never want to exceed 85 percent of your maximum heart rate during physical activity, because then you'll be pushing yourself beyond capacity and may have trouble breating. If you can carry on a light conversation without being out of breath, you're running at a good pace.

STEP 3: FIND YOUR FORM
There's a science to running properly. To be most efficient, you need to have proper form. Here are some tips:

- Instinct may tell you to look down at the ground, but look ahead as you run. This helps you maintain good posture and form.

- Keep your arms bent at a 90-degree angle. If it feels natural to swing them, make sure it's a back-and-forth and not side-to-side, which wastes energy.

- Don't worry about the length of your stride — concentrate on the pace. Count every foot strike for a minute; if it's less than 180, try taking quicker steps.

- Pay attention to your breathing. Experts recommend inhaling for three steps and exhaling for two. This pattern can help prevent cramping.

STEP 4: START SLOW
Running can be challenging at first, especially if you try to hammer out an eight-minute mile on day one. Running uses a tremendous amount of energy. When you first start, it may be hard to run for even three minutes at a time. To gradually build stamina, alternate running and walking. The combination is just as good for your heart, and you get the same cardiovascular benefits. Pay attention to your body. If you start to feel terrible, switch to walking. Depending on the shape you're in, one get-started plan is to walk four minutes for every two minutes you run the first week, make it three and three the next week, then two and four, and so on.

STEP 5: STRETCH IT OUT
Experts recommend stretching very lightly before running. And one of the best ways to warm up is by jogging a couple hundred paces lightly or going for a brisk walk. Stretching after exercise is also a good idea. The heel cords, calves, hips, hamstrings and quads generally feel tight before and after a run. Try touching your toes, holding the position for 20 to 30 seconds. Also try an ankle pull (grab an ankle with your hand on the same side; pull it up toward your rear end) or a groin stretch (stand with feet outspread; bend one knee and shift your weight to that side, keeping the other leg straight) for a similar duration. Flexibility training in a gym with a personal trainer also can be helpful.

STEP 6: SET GOALS
Whether it's a local 5K run, the Corporate Run or just three times around the block, having a specific objective can help keep you motivated. People perform better when they have a goal. It might be a physiological objective, such as wanting to decrease your resting heart rate. Or perhaps you want to work on running ten consecutive laps around a track. Whatever it may be, it's great to work toward a goal, and always start your run with a positive intention. If you go into it moaning, groaning and thinking about how much you hate it, chances are your workout won't feel very good!
TALK ABOUT THE BEST OF BOTH WORLDS: RESEARCHERS HAVE DISCOVERED THAT CERTAIN FOODS AND DRINKS ACTUALLY HELP YOUR BODY BURN FAT MORE EFFICIENTLY — SO YOU CAN NIBBLE AND WHITTLE YOUR MIDDLE AT THE SAME TIME. HERE ARE SEVEN SUCH ITEMS AND THEIR CLAIMS TO FAME:

**WHAT: GREEN TEA**
Why: This soothing brew contains epigallocatechin gallate (EGCG), one of a group of antioxidants called catechins. Research indicates that catechins increase energy expenditure and fat-burning, which may help control weight. Research has shown that consuming five to six cups of green tea per day does indeed have metabolic benefits.
Calories per serving: 0 calories per cup

**WHAT: OLIvE OIL**
Why: Olive oil is high in monounsaturated fatty acids — a type of healthy fat recently found to help shrink the accumulation of belly fat. Opt for extra-virgin, the least-processed form of the oil, which contains the most antioxidants.
Calories per serving: 119 calories per tablespoon

**WHAT: AVOCADO**
Why: This fruit is another excellent source of abdominal fat-reducing monounsaturated fatty acids, which in a study reported in Diabetes Care were shown to curb “central body fat distribution.” Avocados also boast beta-sitosterol, a plant-based fat that may lower cholesterol.
Calories per serving: 80 calories for 1/4 avocado

**WHAT: BLUEBERRIES**
Why: The phytochemicals in blueberries influence the genes that control how we process glucose, thereby helping our bodies store and burn fat more effectively.
Calories per serving: 84 calories per cup

**WHAT: OATMEAL**
Why: High in fiber, oatmeal helps your body burn calories by boosting your metabolism. Research has suggested that people whose diets were rich in whole grains lost significantly more abdominal fat than those who ate only refined grains. The whole-grain group also had a big reduction in C-reactive protein levels, a heart-disease marker.
Calories per serving: 159 calories per cup

**WHAT: CHILI PEPPERS**
Why: They get their heat from a component called capsaicin, which has been shown to suppress appetite and boost metabolism. Research suggests that people ate fewer calories and rated themselves as more satisfied when they consumed capsaicin half an hour before each meal.
Calories per serving: 19 calories for each pepper

**WHAT: ALMONDS**
Why: Researchers believe that the body may not fully absorb the fat in almonds and that the cell walls of the nuts may act as a barrier against fat. Besides lowering cholesterol and reducing the risk of heart disease, almonds can lessen food cravings by making you feel more full.
Calories per serving: 163 calories per ounce
WHEN IT COMES TO LUNG CANCER — THE LEADING CAUSE OF CANCER DEATH AMONG MEN AND WOMEN— EARLY DETECTION OFFERS PATIENTS THE BEST CHANCE OF SURVIVAL. IN FACT, WHEN DIAGNOSED EARLY, MORE THAN 90 PERCENT OF LUNG CANCERS CAN BE CURED WITH PROMPT SURGICAL INTERVENTION.

“Lung cancer is responsible for more deaths each year than breast, colon and prostate cancer combined,” said Roy F. Williams, M.D., a member of the Division of Thoracic and Cardiovascular Surgery at Mount Sinai Medical Center. “In its earliest stages, lung cancer has no symptoms – hence more than 85 percent of men and women diagnosed with disease are in a late stage of the illness when chances of survival are much lower.”

In an effort to give at-risk patients a greater chance of surviving lung cancer, Mount Sinai has developed a screening program that aims to diagnose the disease in its earliest possible stage, using low-dose computerized tomography (CT) scans.

The American Association for Thoracic Surgery Task Force for Lung Cancer Screening and Surveillance released clinical guidelines recommending annual lung cancer screenings with low-dose CT for both current and former smokers age 55 to 79 with a 30 pack-year history (one pack of cigarettes per day for 30 years), or age 50 with a 20 pack-year history (one pack of cigarettes per day for 20 years) and additional risk factors.

“Longtime tobacco smokers are among the most at-risk,” Dr. Williams said. “In the U.S., tobacco use accounts for 87 percent of lung cancer deaths, and smokers are up to 30 times more likely to develop lung cancer than non-smokers.”

The CT lung scan is an efficient, painless exam that combines special X-ray equipment with sophisticated computers to produce multiple images of the lungs, taken from different angles. As a Radiation Safety Provider, Mount Sinai provides low-dose lung screenings in accordance with its safeguards to subject patients undergoing testing to the least amount of radiation exposure possible. These safeguards help eliminate duplicate studies in the future and ensure that patients receive the diagnosis they need with the least amount of exposure.

If the low-dose CT scan reveals that treatment is necessary, patients can take comfort in knowing that Mount Sinai is a leader in comprehensive lung care.

“Our multidisciplinary approach leads to greater accuracy of diagnosis, consistent clinical results, more timely treatment, and greater patient satisfaction,” said Dr. Williams, who is highly skilled in minimally invasive lung surgery. Mount Sinai was among the first hospitals in South Florida to offer robotic-assisted lung surgery, and Dr. Williams is among the nation’s most experienced surgeons in the procedure, which is associated with fewer complications and shorter recovery time.

To learn more about Mount Sinai’s lung screening program, or to schedule an appointment, please call 305.535.3434.
Mount Sinai Medical Center marked National Nurses Week by recognizing 24 outstanding nurses during an awards program on Wednesday, May 9, in the Harris Garden, named in honor of the late Ruth and Sidney Harris.

Huong Phan was named the 2012 Nurse of the Year. Huong, who has been part of the Mount Sinai family for just over a year, was among individuals named “Nurse of the Unit,” based on nominations by their colleagues and directors.

In addition, five employees received scholarships to defray the cost of their nursing school expenses. Presented annually since 1994, the $1,000 scholarships are awarded based on the caliber of the employees’ work, school performance and customer service. The awards are made possible through the generosity of Jerrold and Jane Goodman, members of The Society of Mount Sinai and Founders Club. Mr. Goodman, also a member of the medical center’s advisory board of trustees, is the son of the late Ruth Schwartz, who was a dedicated supporter of Mount Sinai.

The Nurse of the Year and Nurse of the Unit awards are made possible through the Harris Institute of Nursing, which recognizes nurses for their professionalism and compassion. The late Sidney Harris established the institute as a way to honor the nursing staff that cared for his late wife, Ruth, during her hospitalization at Mount Sinai. The Harris’ were members of the Founders of Mount Sinai and they were Humanitarians in the Society of Mount Sinai. Sidney Harris dedicated the Harris Garden, the site of the awards program, as a tribute to his wife.

National Nurses Week pays tribute to these dedicated individuals, who represent the largest group of professionals in healthcare. The week begins each year on May 6, also known as National Nurses Day, and continues through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

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YPC AWARDS SCHOLARSHIPS TO SONS AND DAUGHTERS OF MOUNT SINAI EMPLOYEES

Thirty outstanding students received Sons & Daughters Scholarships, which are presented annually by the Young Presidents Club to children of Mount Sinai Medical Center employees.

Now in its 39th year, the program recognizes students for their academic achievement, community service and writing skills. Each student received a $2,000 scholarship, which was presented during a reception and program at Mount Sinai on Tuesday, May 22.

“The Young Presidents Club is dedicated to providing philanthropic support to fund special projects that enhance the quality of care at Mount Sinai Medical Center,” said Melissa Rubin, Founders Club co-chair, who spoke during the program. “The Sons & Daughters scholarship program takes that mission one step further by recognizing the academic achievement of the children of Mount Sinai employees.”

Mark H. Hildebrandt, vice chairman of the Board of Trustees and immediate past president of the Foundation, also was among the speakers. As part of the program, Hildebrandt introduced Jessica Marie Turner and Natasha Robinette, who tied for first place in the scholarship selection process.

A nine-member committee, co-chaired by Kefy Hernandez and Zachary Mann, selected the recipients. Committee members also included Justin Angelo, Marco Cerenko, Ron Mann, David Morales, Valerie Rasken, Mercedes Saewitz and Scott Wagner.

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We are proud to salute the people who have joined our family of philanthropists from April 16, 2012 to October 31, 2012. By embracing our Foundation, they are demonstrating a commitment to Mount Sinai Medical Center and its mission to provide high quality health care to our diverse community enhanced through teaching, research, charity care and financial responsibility. We extend our heartfelt gratitude to all of our donors – those who are new to the family and those who have been with us through the years – for their generosity.

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MEDICAL EXCELLENCE PERSONIFIED

MEET FOUR MEMBERS OF OUR MEDICAL STAFF — ALL OF WHOM ARE LEADERS IN THEIR FIELD OF EXPERTISE AND EMBODY OUR COMMITMENT TO MEDICAL EXCELLENCE.

VERONICA RODRIGUEZ MCCLOSKEY, M.D.

SPECIALTIES
- Cardiology
- Echocardiography (Stress, Transesophageal, 3D)
- Nuclear Cardiology

RESIDENCY
- University of Virginia Health Sciences Center, Internal Medicine

FELLOWSHIPS
- University of Maryland Medical Systems, Cardiology
- Northwestern University, Echocardiography

SNAPSHOT
Dr. McCluskey is a full-time cardiologist and assistant professor at the Columbia University Division of Cardiology at Mount Sinai. She previously was an assistant professor of medicine at Northwestern University’s Feinberg School of Medicine in Chicago.

ESTELAMARI RODRIGUEZ, M.D.

SPECIALTIES
- Hematology and Oncology
- Medical Oncology

RESIDENCY
- Columbia Presbyterian Hospital, Internal Medicine

FELLOWSHIP
- Hospital of the University of Pennsylvania, Hematology-Oncology

SNAPSHOT
Dr. Rodriguez previously worked as a research fellow in the Division of Thoracic Oncology at the Hospital of the University of Pennsylvania in Philadelphia. She specializes in the early detection and treatment of lung cancer.

JANICE SANTOS, M.D.

SPECIALTIES
- Urologic Oncology
- Urology
- Male and Female Urology

RESIDENCY
- Albert Einstein, Montefiore Medical Center, Urology

FELLOWSHIPS
- University of Miami, Jackson Memorial Hospital, Urologic Oncology
- New York Presbyterian Hospital/Columbia University Medical Center, Endourology, Laparoscopy, Female Urology and Neurourology

SNAPSHOT
Dr. Santos is an assistant professor of urology at the Columbia University Division of Urology at Mount Sinai. She specializes in the surgical treatment of urologic cancers that affect both men and women.

ROHANA MOTLEY, M.D.

SPECIALTIES
- Obstetrics
- Gynecology

RESIDENCY
- Medical College of Wisconsin Graduate School, New York University, Obstetrics and Gynecology

SNAPSHOT
Prior to joining Mount Sinai, Dr. Motley built a thriving private and hospital practice in the New York City area. She is skilled in general obstetrics, office procedures, gynecological surgery and robotic surgery for benign gynecological conditions.

SNAPSHOT
Dr. Motley is a full-time obstetrician and gynecologist at the Columbia University Division of Obstetrics and Gynecology at Mount Sinai.

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MOUNT SINAI MEDICAL CENTER FOUNDATION
Established as the fundraising arm of Mount Sinai Medical Center, Mount Sinai Medical Center Foundation is supported by a donor base of more than 13,500 individuals and corporations. It is the umbrella organization for the Society of Mount Sinai, the Founders, Young Founders, Young Presidents Club, The Cancer Lifeline, Cardiac Lifeline and Ambassadors of the Wiener Center. For more information, please call 305.674.2777.

MOUNT SINAI MEDICAL CENTER
Mount Sinai Medical Center is South Florida’s largest, private, independent, not-for-profit teaching hospital. Quality, comprehensive care is provided in a wide array of medical specialties, including cardiology, cardiac surgery, geriatric medicine, oncology, diagnostic imaging, Alzheimer’s disease and memory disorders, pulmonology medicine, urology, neurology and neurosurgery, and obstetrics and gynecology. For physician referral, call 305.674.CARE (2273).

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