Conquering Esophageal Cancer
Advanced Surgical Expertise in a Minimally Invasive Approach
Providing High Quality Cancer Care and Services 365 Days a Year

AT MOUNT SINAI MEDICAL CENTER, OUR MISSION IS THE GUIDING FORCE IN EVERYTHING THAT WE DO. This issue of Mission magazine focuses on our comprehensive cancer center of excellence. Each year, organizations across the country designate a specific month to raise awareness about various types of cancer – such as prostate, breast or lung cancer – and the importance of early detection.

While it is good to educate the public about specific illnesses at certain times of the year, we believe it is essential to build awareness all year long through various outreach initiatives, such as complimentary community medical lectures and free or discounted medical screenings for the early detection of skin, breast and lung cancer. Sharing information about our medical experts also is important. This issue of Mission acknowledges the accomplishments of six cancer specialists on our medical staff who were recognized for their expertise by Newsweek magazine.

We also feature an article on minimally invasive surgery for the treatment of esophageal cancer. This year alone, the American Cancer Society estimates that more than 15,000 Americans will die from the disease. However, like most cancers, early detection increases a person’s chance of surviving esophageal cancer; and less invasive surgical procedures typically mean patients have an easier, quicker recovery.

This issue of Mission also introduces four endocrinologists who joined our medical staff as part of our new diabetes center of excellence. Adults with diabetes are two times more likely to die of heart disease and stroke than adults who don’t have the disease. It is the seventh leading cause of death in the U.S. and a primary cause of non-traumatic lower limb amputation. Our new center of excellence will focus on helping patients manage their diabetes and live a better quality of life.

When it comes to our mission, we are dedicated to providing excellent care for every patient, whether they seek care in our comprehensive cancer center or in any of our centers of excellence. We will continue to do all that we can to earn your trust and support, every month and every day of the year.

About the Cover

Dr. Kfir Ben-David, vice chair of surgery and chief of the Gastroesophageal Surgery Division at Mount Sinai Medical Center, is a nationally renowned expert in the treatment of esophageal cancer. His success stems from his ability to offer his patients a minimally invasive surgical option for removal of the esophagus. Because of his extensive experience in this procedure, Dr. Ben-David has taught more than 75 surgeons throughout the world who seek his expertise in perfecting their technique. See story, page 4.

As philanthropic supporters of Mount Sinai Medical Center, we play a vital role in helping the hospital achieve its mission. We also make a difference in the lives of the children of Mount Sinai employees through the annual Sons and Daughters Scholarship Awards. This issue of Mission includes coverage of the awards program, which is always a heartwarming event for all in attendance. During the program, 30 deserving students each received $2,000 scholarships.

Awarding these scholarships to advance education is just one of the ways that we, as an academic medical center, further our mission and impact our community.

We are a dynamic family of donors who share the common goal to help Mount Sinai provide excellent care for every member of our community, particularly those who are least able to afford it. I am sure you would agree that there are few organizations with a mission as honorable and important as ours.

Thank you for your commitment to Mount Sinai and our Foundation. I look forward to seeing you and working with you in the days and months ahead for the benefit of our hospital.
To provide high quality health care to our diverse community enhanced through teaching, research, charity care and financial responsibility.
ESOPHAGEAL CANCER: Minimally Invasive Surgery Offers Fewer Complications, Quicker Recovery

THREE YEARS AGO, 69-YEAR-OLD WILLIAM SCARF HAD A ROUTINE ENDOSCOPY and was diagnosed with Barrett’s esophagus, a condition that develops when normal tissue changes due to gastroesophageal reflux disease (GERD).

The diagnosis seemed simple enough to Scharf at the time, but he didn’t fully understand the implications: People who have Barrett’s esophagus are at the highest risk of developing esophageal cancer. This year alone, 17,000 Americans will be diagnosed with esophageal cancer and 16,000 of them will die from the disease.

“They told me to come back and gave me some pills to take,” Scharf said. “I wasn’t getting indigestion – I hadn’t had it in quite a while prior to that – so I didn’t go back to the doctor. I didn’t realize that Barrett’s could turn into cancer.”

At the urging of his primary care physician, Scharf went back for his follow-up appointment in October 2014. “When I went back, they discovered that I had cancer,” he said. “The doctor told me I should have surgery, but from what I heard, the surgery was terrible.”

Because the esophagus travels through three different body parts – the neck, chest and abdomen – removal of the entire esophagus is considered a major operation. Rather than have surgery, Scharf opted to have six weeks of radiation and chemotherapy in December of 2014 and January 2015. This past April, he learned that the tumor had shrunk to half its size. Still hoping to avoid surgery, he followed a healthy diet of fruits and vegetables with limited amounts of meat, but by July the cancer had returned to its original size.

With surgery as his only option, Scharf began searching for a doctor who could do a minimally invasive procedure. He found Kfir Ben-David, M.D., vice chair of surgery and chief of the Gastroesophageal Surgery Division at Mount Sinai Medical Center. A pioneer in the field, Dr. Ben-David has performed more than 500 minimally invasive esophagectomies – among the most performed in Florida. Dr. Ben-David has published more than 20 articles about minimally invasive esophagectomies and teaches other surgeons throughout the country and the world on how to do this type of procedure.

“We make about four or five small incisions in the patient’s abdomen that are less than one centimeter in size,” Dr. Ben-David explained. “We remove the cancerous esophagus through the incisions, then we make a tube out of the patient’s stomach so that we can reconnect and create a new esophagus.”

Unlike the traditional esophagectomy, the minimally invasive procedure performed by Dr. Ben-David typically results in a faster recovery, with reduced pain and fewer complications, and the mortality rate has decreased fivefold, Dr. Ben-David explained.

“Esophageal cancer is a very aggressive cancer,” Dr. Ben-David said. “But it can be treated successfully, if caught early.”

Although Scharf waited a while to have surgery, he’s had good results thus far. He had the procedure on August 5 and by early October he was working on his vacation rentals in Southwest Florida. “I really didn’t have any problems,” he said of his recovery. “It does take time, but it’s getting better.”
Ear, Nose and Throat Services Expand Adding New Subspecialties

Mount Sinai Medical Center is expanding its otolaryngology program with the addition of new subspecialties, all with the goal of offering more comprehensive ear, nose and throat (ENT) care. The new subspecialties include neurotology, which focuses on the ear and its relation to the nervous system, and laryngology, the treatment of voice and airway disorders.

The practice has recently moved to a new location within the Simon Medical Office building on the hospital’s Miami Beach campus at 4302 Alton Road, Suite 115.

“We are very excited about our new suite of offices and pleased to offer our patients more comprehensive care with the addition of our new specialists,” said Dr. Frank Kronberg, otolaryngologist.

Advanced Care and Subspecialties
Mount Sinai’s otolaryngology program offers a wide range of services, including balloon sinuplasty for the treatment of mild to moderate sinus disease, recurrent sinus headaches and recurrent sinus infections. Similar to angioplasty for the heart, balloon sinuplasty is less painful and patients recover faster than with the traditional endoscopic approach.

The practice also offers radiofrequency ablation for nasal and oral tissues to treat issues related to snoring and sleep apnea, and sublingual immunotherapy for allergy treatment—a convenient, pain-free alternative to allergy shots.

State-of-the-Art Equipment
The practice has an array of new equipment for the diagnosis and treatment of ENT disorders. These include:
- Videonystagmography (VNG) for more comfortable and precise tests of inner ear and central motor functions
- Videostroboscopy provides more refined visuals of vocal cord function for a more precise diagnosis and better treatment planning
- High-powered magnification tools for better evaluation of the ear
- Advanced soundproof audiology booth for the testing of hearing (adult and pediatric) and complete hearing aid dispensing services
- Sinuplasty equipment

Smaller, pediatric equipment for treating children also sets the expanded practice apart. While ENT services at Mount Sinai have always treated pediatric patients, the new equipment makes it easier and more comfortable for children during the diagnostic and treatment process.

In addition to seeing patients on Mount Sinai’s Miami Beach campus, the practice also has an office at the Mount Sinai Aventura Physician Offices and Diagnostic Center, located at 2845 Aventura Boulevard. For more information, or to schedule an appointment, please call 305-674-CARE (2273). Appointments are available Monday through Friday.

Richard Vivero, M.D.
Dr. Vivero is an otolaryngologist—head and neck surgeon, specializing in laryngology. Dr. Vivero, who joined the practice in July 2013, provides medical and surgical treatment for disorders of the throat. He is skilled in the treatment of voice and swallowing disorders, managing benign and cancerous lesions of the voice box and airway, laser surgery, vocal fold injections, thyroplasty, airway reconstruction, Botox injections and other vocal cord procedures.

Peter Volsky, M.D.
Dr. Volsky is a board certified otolaryngologist specializing in otology and neurotology. A member of the practice since July 2015, Dr. Volsky offers expert medical and surgical management of all types of ear and facial nerve disorders. He performs tympanoplasty and mastoid operations, laser stapedotomy, implantation of cochlear electrodes and other hearing devices, surgery for vertigo, microsurgery of acoustic neuroma and other tumors of the skull base.

Andrew Schell, M.D.
Dr. Schell is an otolaryngologist whose expertise includes adult and pediatric general ENT services for the treatment of disorders of the nose and sinuses, as well as hearing and allergy-related illnesses. He specializes in head and neck surgery, facial plastic and reconstructive surgery and balloon sinuplasty.

Paul Foster, M.D.
Dr. Foster is an otolaryngologist whose expertise includes adult and pediatric general ENT services and treatment. He is skilled in a variety of ear, nose and throat diseases. His focus is on the treatment of sleep apnea, sinus surgery, hearing and voice disorders, as well as the treatment of allergies.
Frank Kronberg, M.D., is an otolaryngologist whose expertise includes adult and pediatric general ENT services & treatment, head and neck surgery, facial plastic and reconstructive surgery, nasal and sinus diseases and balloon sinuplasty, hearing and allergy-related services.

Jorge Helo, M.D., is an otolaryngologist whose expertise includes adult and pediatric general ENT.

Anish Parekh, M.D., is an otolaryngologist whose expertise includes adult and pediatric general ENT services and treatment, head and neck surgery, facial plastic and reconstructive surgery, disorders of the nose and sinus, balloon sinuplasty, hearing and allergy related services.

Francisco Pernas, M.D., is an otolaryngologist whose expertise includes adult and pediatric general ENT services and treatment, facial plastics related conditions with special attention to sinus and nasal disorders, balloon sinuplasty, anterior skull base tumors, hearing and allergy related services.

Agustin Arrieta, M.D., is an otolaryngologist whose expertise includes adult and pediatric general ENT services and treatment, head and neck surgery, facial plastic and reconstructive surgery, disorders of the nose and sinus, balloon sinuplasty. He also is skilled in robotic head and neck surgery, salivary gland disorders and endoscopic treatment of salivary stones, hearing and allergy related services.

William Brown, M.D., is an otolaryngologist whose expertise includes adult and pediatric general ENT services and treatment, head and neck surgery, facial plastic and reconstructive surgery, nasal and sinus diseases and balloon sinuplasty, hearing and allergy-related services.

Lawrence Grobman, M.D., is a board certified otologist-neurotologist. He treats patients of all ages including children for disorders of Hearing and Imbalance. He maintains a busy surgical practice including cochlear implants, stapedectomy, tympanoplasty and mastoidectomy as well as acoustic neuroma and skull based surgery. He evaluates and treats all forms of deafness and dizziness and offers the very latest in hearing aid technology to his patients. He pioneered the use of vestibular rehabilitation in South Florida and teaches at the Florida International University School of Medicine and is a member of the American Neurotology Society.

Additional Doctors of Mount Sinai Medical Center’s Otolaryngology Program.
Expanded Ear, Nose and Throat Services

Highly skilled and dedicated specialists providing high quality care for every patient.
Newsweek Recognizes Mount Sinai Physicians As America’s Top Cancer Doctors

WHEN IT COMES TO CANCER CARE, THE MOUNT SINAI COMPREHENSIVE CANCER CENTER has a distinguished team of physicians, including six who were recognized by Newsweek magazine in its list of “America’s Top Cancer Doctors.”

Drs. Alan Nieder, Arnold Blaustein, Jose Lutzky, Juan Paramo, Michael Schwartz and Thomas Mesko were featured in Newsweek’s 2015 cancer issue, which explores the challenges and innovations in cancer treatment and research. Physicians in this esteemed group are selected through peer nominations and research conducted by Castle Connolly Medical LTD. Each year, Castle Connolly receives nearly 100,000 nominations of physicians from across the nation and, after a review of all the doctors’ credentials, selects America’s top cancer physicians.

“The Mount Sinai Comprehensive Cancer Center is at the forefront of cancer care,” said Steven D. Sonenreich, president and chief executive officer. “This national recognition of our doctors is a testament to their commitment to provide advanced, innovative care for all of our patients.”

In addition, the comprehensive cancer center is the first in Florida – and one of 23 in the United States – to receive the Outstanding Achievement Award from the Commission on Cancer three times in a row. Mount Sinai also offers one of the most integrated cancer research programs in the state, giving patients the opportunity to participate in innovative clinical trials that offer new cancer treatment options before they become available to the general public. For more information about the Mount Sinai Comprehensive Cancer Center, visit www.msccc.com or call 305.674.CARE (2273).

**Alan Nieder, M.D.**
Assistant Professor of Urology at Columbia University’s Division of Urology at Mount Sinai Medical Center; Program Director of Mount Sinai’s urology residency program. Dr. Nieder is recognized for his expertise in bladder cancer, laparoscopic surgery, prostate cancer, urologic cancer and prostate benign disease.

**Jose Lutzky, M.D.**
Co-chief, Division of Hematology & Oncology; Co-principal Investigator, Cancer Research Program; Director, Melanoma Program. Dr. Lutzky is recognized for his expertise in melanoma and prostate cancer.

**Michael Schwartz, M.D.**
Co-chief, Division of Hematology & Oncology; Co-principal Investigator, Cancer Research Program. Dr. Schwartz is recognized for his expertise in breast cancer, lymphoma and prostate cancer.

**Arnold Blaustein, M.D.**
Medical Oncologist. Dr. Blaustein is recognized for his expertise in hematologic malignancies and lymphoma.

**Juan Paramo, M.D.**
Surgical Oncologist. Dr. Paramo is recognized for his expertise in head and neck cancer and melanoma.

**Thomas Mesko, M.D.**
Surgical Oncologist; Section Chief, Surgical Oncology; Program Director, Surgical Residency Program. Dr. Mesko is recognized for his expertise in breast cancer and surgery, melanoma and minimally invasive surgery, as well as thyroid and parathyroid cancer and surgery.
Foundation Awards Scholarships to Sons and Daughters of Mount Sinai Medical Center Employees

The Mount Sinai Medical Center Foundation continued its longstanding tradition of paying it forward with the presentation of college and graduate school scholarships to children of Mount Sinai employees. The awards were presented during the annual Sons and Daughters Scholarship awards program on Tuesday, June 9, in the Founders Dining Room.

Now, in its 42nd year, the program recognizes students for their academic achievement, extra-curricular activities, writing skills and community service. The scholarship committee reviewed 75 applications and presented $2,000 scholarships to 30 students, for a total of $60,000 in awards. Jason Loeb, Foundation president, praised the students for their academic accomplishments and commended their parents for their dedication. He also introduced Briana Marie Paiewonsky, who accumulated the highest score in the selection process and delivered the keynote speech during the program. Other speakers in the program included Linda Levy, Natasha Bernard, Marko Cerenko, Emilia Danelczyk and Ceci Velasco.

Events

Foundation Awards Scholarships to Sons and Daughters of Mount Sinai Medical Center Employees

WHERE: Texas de Brazil
WHEN: Tuesday, November 17
FEATURE: Beautiful waterfront dining room with panoramic views overlooking the bay
BEVERAGES: Classic Capirinhas and other libations courtesy of our friends at Southern Wine & Spirits
CUISINE: Traditional Brazilian rodizio with an excellent 50-item chilled buffet
THANKS TO: Fabiana Soares, Bianca Azevedo, Fernando Sanchez, Chef David Castro and Alexandra Elliott

Dinner at Texas de Brazil Showcases Rodizio on South Beach

Sons and Daughters Committee members with scholarship recipients

2015 Award Recipients

Michelle-Marie Accad
Marianne Agustin
Hannah Becker
Alana Ergui
Marc-Elie Falda
Julia Jimenez
Shannon Komisarchik
Frances Marquez
Pablo Ernesto Martínez-Garrido

Natalie Mendez
Veronica Mirabent
Christopher Mora
Weston Alexander Noone
Rocio Oliva
Briana Marie Paiewonsky
Monique Pedrosa
Kervins Petit-Bois
Moses Pinto
Kelly Raza

Alyssa May Restauro
Jonathan Roberts
James Rujinora
Max Jacob Shevlin
Sabrina Stern
Tanya Thomas
Jessica Marie Turner
Allison Valdez
Clarisse Vamos
Arielle Kayla Vargas
Bridgett Zayas

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Lunch and Learn Event Offers Insight on Cancer Risks and Early Detection

WHERE: La Gorce Country Club, Everglades Ballroom
WHEN: Wednesday, November 4
LUNCH: Chilled salads and a healthy buffet paired with red and white wines provided by Southern Wine & Spirits
LESSON: Daily signs of cancer risks you may not know
SPEAKERS: Dr. Kfir Ben-David, vice chair of surgery and chief of the Gastroesophageal Surgery Division, and Steven D. Sonenreich, president and chief executive officer
THANKS TO: The excellent team at La Gorce: Martina Schreer, Steven Scheeren, Jose Mera and Executive Chef David Rodriguez

Hyde Networker Brings Donors to Hallandale Beach for Happy Hour

WHERE: Hyde Beach Kitchen + Cocktails
WHEN: Tuesday, October 20
FEATURE: Gorgeous beachfront restaurant for al fresco dining overlooking the waves along Hallandale Beach
BEVERAGES: Martinis, mixed drinks and wine supplied by Southern Wine & Spirits
CUISINE: Truffled pizza, amazing dips, succulent sliders and more!
THANKS TO: Shantel Young, Diedre Burks and Executive Chef Sergio Chamizo

Want to see more photos? Visit our photo gallery at msmcfoundation.org
Bagatelle Miami Serves a Taste of Paris During Opening Dinner Series

WHERE: Bagatelle Miami
WHEN: Wednesday, September 30
FEATURE: Kick-off to the 2015-16 social season at this trendy Bistro, with branches in New York, Los Angeles, Sao Paulo, St. Barth and St. Tropez
BEVERAGES: Libations courtesy of our generous friends at Southern Wine & Spirits
CUISINE: Classic French bistro meets modern steak house – the tatin de tomate was amazing, as was the gnocchi a la Parisienne!
THANKS TO: Ludovic Bricks, Martin Matas, Chef David Allan Russell Jr., Steven Artica, and Pastries by Camilla, as well as Anthony, Aleks, Katia, Marine and publicist Tayo Otiti
Medical Education Programs Attract Physicians to Florida Now and in the Future

SINCE OFFICIALLY ESTABLISHING ITS MEDICAL EDUCATION PROGRAM IN 1958, MOUNT SINAI MEDICAL CENTER HAS BEEN AMONG FLORIDA'S LONGSTANDING, ORIGINAL STATUTORY TEACHING HOSPITALS, giving medical school graduates the advanced training necessary to serve our community's health care needs.

This commitment to medical education is even more critical today, according to the results of a study of physician supply and demand commissioned by the Teaching Hospital Council of Florida and the Safety Net Hospital Alliance of Florida. The study projects that by 2025, Florida will be short nearly 7,000 physician specialists. The shortfall will span 19 specialties, with the largest areas of need in psychiatry, general surgery, hematology and thoracic surgery.

"Florida has fallen behind in training enough physicians to meet our citizens’ growing need for quality health care," said Steven D. Sonenreich, president and chief executive officer of Mount Sinai and chair of the Teaching Hospital Council of Florida.

"The study provides a roadmap of the demand for physicians and can serve as a benchmark for Florida’s long-term planning for graduate medical residency programs."

In response to the study's findings, the Governor’s State Medicaid Residency Program, along with the Legislature’s new Graduate Medical Education Startup Bonus Program, provided funding for teaching hospitals to increase their residency positions from 3,951 to 4,373 and added incentives for hospitals to increase their residency positions.

"These new residency slots go a long way toward training our next generation of physicians." The study also confirmed that creating additional residency slots attracts more medical school graduates to Florida and paves the way for them to practice in the state once they complete their training. In a sampling of more than 16,600 active physicians, the study found that where medical school graduates conducted their residencies played a crucial role in where they chose to practice.

"We encourage the people that we train to consider a career at Mount Sinai," Dr. Goldszer said. "If their chosen specialty requires that they go elsewhere for fellowship training, we do our best to get them good fellowships and then encourage them to come back to South Florida.”

As one of Florida’s original statutory teaching hospitals, Mount Sinai is responsible for training many of the doctors that now practice in our community. In 2014 alone, Mount Sinai invested more than $30 million in its medical education program, training more than 165 residents and fellows in 20 medical specialties. Currently, more than 100 of the 624 doctors on staff at Mount Sinai completed their residency training at the medical center.

"We have a tradition of welcoming our graduates to join our staff and enrich the medical environment here in Miami Beach," Sonenreich said. "We know how they’ve been trained, we know how they perform and we know they will be an asset to our staff and our community.”

Students Tour Mount Sinai and Learn About a “Day in the Life of a Nurse”

FRIDAY, NOVEMBER 13, WAS A LUCKY DAY FOR 14 HIGH SCHOOL STUDENTS who had the opportunity to visit Mount Sinai Medical Center and participate in the annual “Day in the Life of a Nurse” program. Sponsored by the Nursing Consortium of South Florida in partnership with South Florida public school districts and many private high schools, the program gives students an up-close look at what nurses and allied health professionals do on a daily basis.

Mount Sinai was one of 46 South Florida health care organizations along with 49 schools participating in the program, which included more than 1,100 students interested in pursuing a career in health care. The students visiting Mount Sinai attend Miami Carol City High School. They spent the morning touring various departments within the hospital, including the cardiac catheterization laboratory, emergency department, labor and delivery and more.

“We were very happy to welcome the students and give them insight on what to expect in nursing and in health care in general,” said Karen Moyer, senior vice president and chief nursing officer.

The daylong visit complements Mount Sinai’s mission as a teaching hospital that gives back to the community through a variety of outreach programs. In addition to meeting with nurses, the students learned about the hospital’s electronic health record system, toured the hospital pharmacy, observed an audiologist as she gave a newborn infant a hearing test, and gained insight about the job of a respiratory therapist in the emergency room.

“Our goal was to let them see a range of career opportunities in nursing and health care – from the bedside, to emergency medicine, cardiovascular, surgical and critical care, and nursing informatics,” Moyer said. "Health care is a diverse field that can be very rewarding. It’s a unique opportunity to shadow registered nurses and provides a glimpse into this truly rewarding career."
POWER FOOD: SECOND CHANCE FOR BRUSSELS SPROUTS?

If you swore off them as a kid, taste again. These nutty-flavored globes are loaded with nutrition!

BRUSSELS SPROUTS HAVE A BAD REP.
Some foodies, perhaps remembering the smelly cabbage heads Mom served when they were children, have branded them “America’s least favorite vegetable,” and if you Google “10 most hated foods” you’ll find them topping some of the lists. But when Brussels sprouts are bought fresh and cooked just right, they offer a delicately nutty taste you can learn to enjoy — along with a bushel of health benefits.

POWER UP
One cup of Brussels sprouts has 3.3 grams of fiber, almost equal to two slices of whole wheat bread. The fiber’s digestive action can help lower your cholesterol and reduce your risk of cardiovascular disease, stroke and type 2 diabetes.

That same cup contains your entire recommended daily intake of vitamin K, which helps to promote blood clotting and strengthen your bones. (If you’re on blood thinners, your doctor may want you to go easy on the sprouts, as too much K can inhibit the medications’ effect.) The veggies also provide most of your daily requirement of vitamin C, a must during cold and flu season. They also contain sulforaphane, a phytochemical that is being researched as a cancer fighter.

And see here: Brussels sprouts are rich in vitamin A and carotenoids, which together help the retinas detect color and protect them from damaging light rays. They’re also high in vitamin B6, which promotes healthy skin and protects nerve function.

DID YOU KNOW?
Brussels sprouts are from the Gemmifera group of cabbages, known to science as Brassica oleracea. Widespread cultivation of them began in — where else? — Belgium in the late 16th century, and they quickly became common throughout northern Europe. Brussels sprouts came to the United States in the 1820s, when French settlers brought them to Louisiana. Mass cultivation here began in the 1920s, and the sprouts went mainstream in the 1940s with the birth of the frozen food industry.

BUY/STORE/SERVE
You could get Brussels sprouts frozen, but fresh sprouts retain more antioxidants and nutrients — and they taste much better too.

Brussels sprouts are in season from late September through February. They’re good on or off the stem, but either way the ripened heads should feel compact and hard when you squeeze them. Smaller sprouts are sweeter, while larger ones are more cabbage-like, so choose according to taste.

Fresh sprouts will keep for weeks when refrigerated in an unlined bowl or storage container. Before refrigerating, take them off the stem but leave the outer leaves intact — those leaves will shrivel and wilt in open air, but will protect the core and inner layers. Peel off the wilted leaves before cooking.

Brussels sprouts can be boiled, steamed, grilled, roasted or stir-fried. If you don’t like the odor, be sure not to overcook, as this releases a compound that contains sulfur, which is associated with the smell. Some cooks choose to slice the sprouts in half for easier cooking.

Brussels sprouts boil to fork tenderness in 10 to 15 minutes, but many important nutrients can get lost during boiling. Try sautéing them approximately 10 minutes or roasting them at 400° F. for 35–40 minutes. Or try braising them — boiling the sprouts for 5–10 minutes and then frying them another 3–5 minutes.

Want to see more photos? Visit our photo gallery at msmcfoundation.org
Mount Sinai Medical Center Physicians: Focused on Our Mission

At Mount Sinai Medical Center, our doctors fully embrace our mission to provide high quality health care to our diverse community enhanced through teaching, research, charity care and financial responsibility. We are proud to introduce four new members of our medical staff – all of whom specialize in the field of endocrinology and embody our commitment to medical excellence.

Karla Arce, M.D.
Dr. Karla Arce received her medical degree from Ross University School of Medicine. She completed her internal medicine residency at Cleveland Clinic Florida and a fellowship in clinical endocrinology at the Cleveland Clinic Foundation in Cleveland, Ohio. Dr. Arce’s interests include pituitary and adrenal disorders, hyperaldosteronism/Conn syndrome, as well as endocrine disorders in pregnancy, gestational diabetes mellitus, Graves’ disease and more. She has participated in clinical research in the areas of autologous islet cell transplant in the management of chronic pancreatitis, thyroid cancer, Cushing’s disease and inpatient diabetes. Dr. Arce is fluent in English and Spanish and sees patients at Mount Sinai Primary & Specialty Care Coral Gables.

Karen Racedo, M.D.
Dr. Karen Racedo earned her medical degree at the Universidad del Norte’s School of Medicine in Colombia. She then completed an internal medicine residency at Mount Sinai Beth Israel Medical Center in New York and a fellowship in endocrinology at the New York University School of Medicine. Dr. Racedo’s research includes working as a co-investigator in the characterization of the human microbiome in patients with autoimmune thyroid diseases. Dr. Racedo’s special interests include autoimmune thyroid diseases, thyroid neoplasia, pituitary and adrenal diseases, osteoporosis, calcium disorders and transgender health. She is fluent in English and Spanish and sees patients at Mount Sinai Primary & Specialty Care Hialeah and Mount Sinai’s Miami Beach campus.

Rossana Calderon, M.D.
Dr. Rossana Calderon earned her medical degree at the Universidad Católica de Santiago de Guayaquil in Ecuador. She trained in Internal Medicine at Mount Sinai Medical Center and completed her fellowship at the University of Miami Miller School of Medicine, Division of Endocrinology, Diabetes and Metabolism, where she was later designated voluntary assistant professor of medicine. Board certified in endocrinology, Dr. Calderon’s clinical interests include diabetes, dyslipidemia, thyroid disorders and polycystic ovarian syndrome. Her publications in peer-reviewed journals and presentations at the Scientific Sessions of the American Diabetes Association have primarily focused on dyslipidemia and diabetes. She is fluent in English and Spanish and sees patients at Mount Sinai’s Miami Beach campus.

Sylvia Diaz, M.D.
Dr. Sylvia Diaz earned her medical degree at Escuela Autónoma de Ciencias Médicas de Centroamérica in Costa Rica. She completed her internship and residency in internal medicine at the University of Miami Miller School of Medicine, Palm Beach campus, and a fellowship in endocrinology, diabetes and metabolism at the University of Miami Miller School of Medicine/Jackson Memorial Hospital. Dr. Diaz is board certified in internal medicine. She has coordinated clinical trials and published research in the topics of cardiovascular disease and diabetes mellitus. Dr. Diaz is fluent in English and Spanish and sees patients at Mount Sinai Aventura, as well as Mount Sinai Primary & Specialty Care Sunny Isles Beach.