The Best Cardiac Care Florida Has to Offer

Dr. Steve Xydas
Chief of Cardiac Surgery
Moving Forward in Medical Care, Research and More

AT MOUNT SINAI MEDICAL CENTER, PROVIDING HIGH QUALITY MEDICAL CARE is a core component of our mission. It drives us to remain at the forefront, always striving to enhance the care and services we provide by recruiting physicians and surgeons who are leaders in their fields. That is why I am especially pleased to announce the addition of Dr. Steve Xydas, Mount Sinai’s new chief of cardiac surgery. Dr. Xydas brings a wealth of experience and expertise to our medical center. He is also the co-director of the Mount Sinai Heart Institute alongside our chief of cardiology, Dr. Gervasio Lamas. Dr. Xydas is board certified in cardiac and general surgery and is an expert in minimally invasive, open, endovascular, and transcatheter approaches to a full spectrum of serious cardiac diseases, including valve disease, coronary disease, and aortic aneurysms. A graduate of Harvard College and the Johns Hopkins School of Medicine, Dr. Xydas received postgraduate surgical training at Columbia-Presbyterian Medical Center in New York. He has spent the last eight years as a cardiothoracic surgeon at Morristown Medical Center in New Jersey, a U.S. News & World Report “Top 50 Hospital” for cardiac surgery, where he established a prolific, high-volume surgical practice with one of the lowest mortality rates in New Jersey based on published state reports. In addition, doctors in New Jersey chose Dr. Xydas as a “Top Doctor” in New Jersey Monthly magazine in 2015, and he is nationally recognized as a Castle Connolly 2016 “Top Doctor.” Dr. Xydas joins an exceptional team of cardiothoracic surgeons already in place at Mount Sinai, including Drs. Roy Williams, Angelo LaPietra, and Maurice Mawad. Together, our team of physicians and surgeons will expand Mount Sinai’s cardiothoracic services and solidify our hospital’s standing as a nationally recognized destination center of excellence in cardiovascular disease.

Helping Mount Sinai Medical Center Cast a Safety Net of Care

GIVING BACK TO OUR COMMUNITY IS AT THE CORE OF WHAT ENGAGES SO MANY OF US to support Mount Sinai Medical Center. As a safety net hospital, Mount Sinai’s mission includes providing charitable medical care to those with little or no insurance. We don’t have to look far to see the extent of the need. In Miami Beach—a city renowned for its picturesque beaches, trendy restaurants and prime real estate—one out of four people do not have health insurance.

Offering services that range from emergency visits to outpatient surgery, Mount Sinai covers the cost of medical care for 63 percent of uninsured and underinsured residents of Miami Beach when compared with other area hospitals. In 2016, this totaled over $47 million in charitable and uncompensated care. As members of Mount Sinai’s philanthropic family, we should feel proud to know that we are making a direct impact on the health and well-being of our community.

Our support allows us access to donor services, such as assistance with making physician appointments and diagnostic tests, donor patient relations, complimentary parking and more. While these privileges are significant, they are secondary to our ultimate objectives. Together, we help Mount Sinai acquire state-of-the-art technology; conduct advanced research to provide innovative treatment options before they are widely available; train future doctors, nurses and allied health professionals; and care for the less fortunate in our community.

Thank you for being part of the ongoing effort to help Mount Sinai achieve its mission. As supporters of the Mount Sinai Medical Center Foundation, we all share a commitment to our community’s safety net hospital for those in need. I am proud, as I know you are, to be part of such an outstanding organization.

About the Cover

The cover of this issue of Mission features Dr. Steve Xydas, Mount Sinai Medical Center’s new chief of Cardiac Surgery, at work in the operating room. Dr. Xydas is proficient in all aspects of cardiac surgery. Read more about him and Mount Sinai’s outstanding team of heart care experts in our special section, starting on page 4.

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Leadership

Building for Our Future:
A Year of Progress in New Construction

**WITH A FOCUS ON CREATING AN INFRASTRUCTURE THAT WILL FURTHER ENHANCE THE SPECTRUM OF CARE AND SERVICES THAT IT PROVIDES,** Mount Sinai Medical Center is making significant progress in a $275 million construction project that includes a new surgical tower and emergency center.

The layout of the hospital’s campus changed markedly over the past year, with the demolition of several buildings and the relocation of programs and services to make way for the tower and the emergency center. Last November, members of the hospital’s Executive Board of Trustees visited the site and participated in a ceremonial groundbreaking to prepare for construction of the new buildings, which is now underway.

The hospital also marked a significant milestone last summer with the completion of a 750-space parking garage for employees. Building the new garage enabled the hospital to use property previously set aside for a surface parking lot to help create the foundation for the new buildings.

Scheduled for completion in 2018, Mount Sinai’s new surgical tower and emergency center will reinforce the hospital’s position as a surgical destination and support its mission to provide high quality care as an academic medical center.

From the contemporary architecture, to the bright, elegant atrium lobby, and the thoughtful design of patient rooms, the tower will offer a tranquil, healing environment for patients and visitors. It will include 12 state-of-the-art operating rooms and 155 private patient rooms, all with scenic views of Biscayne Bay. The operating theaters will feature the latest technology and surgical options in a setting that is conducive to the outstanding care patients have come to expect from Mount Sinai. The 40,000-square-foot emergency center will include more than 50 treatment rooms, as well as a City of Miami Beach command center and critical operations hub for activation during times of emergency.

Members of the Mount Sinai Medical Center Board of Trustees participated in the ceremonial groundbreaking for the hospital’s new surgical tower and its new emergency center. Pictured left to right are: Ira B. Lampert, Paul Steven Singerman, Sydney Silverman, Leonard A. Wien, Laurans A. Mendelson, Dr. Paul Chaplin, Denis Cole, David Deutch, President and CEO Steven D. Sonenreich, Samuel Jacobson, Board Chairman Wayne E. Chaplin, Petra Levin, Vice Chairman Mark H. Hildebrandt, Barry Siadat, Dr. Edward Dauer, Gary Garson, Dr. S. Howard Wittels, Stanley Tate, Jason Loeb, Jay Phillip Parker and Leon Tenenbaum.

The above photos offer a “before and after” view of the Mount Sinai Medical Center campus over the past 12 months of preparation to build the hospital’s new surgical tower and emergency center.

Want to see more photos? Visit our photo gallery at msmcfoundation.org

MAJOR ENABLING PROJECTS

**DEMOLITION**
- Knight MRI Building
- Cyclotron Building
- Medical Education Building
- Credit Union Trailer
- Internal Auditing Trailer

**RELOCATION**
- MRI moved to the Greenspan and Blum pavilions
- Wien Center for Alzheimer’s Disease moved to the Simon Building
- PET/CT imaging moved to the Blum Pavilion
- Credit Union moved to the Ascher Building
- Internal Auditing moved to Warner Building

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Our cardiac surgery team performs more cardiac valve and open heart surgery than any other hospital in South Florida.

Mount Sinai
MEDICAL CENTER
Dr. Steve Xydas
Cardiac Surgeon

Steve Xydas, M.D., Mount Sinai’s new chief of cardiac surgery, is an expert in open, endovascular, transcatheter and minimally invasive surgery for aortic aneurysms, valve disease, and coronary artery disease. Dr. Xydas brings a wealth of experience and expertise to the medical center. He has spent the past seven years as an attending and cardiothoracic surgeon at Mid-Atlantic Surgical Associates at Morristown Medical Center in Morristown, New Jersey, where he built a high-volume critical practice that included more than 2,150 open heart procedures.

**Procedures:**
- Mitral Valve Repair/Replacement
- Complex Reoperative Root Repairs
- Aortic Valve Repair/Replacement
- Arch Reconstructions and Hybrid and Endovascular Repairs of the Aorta
- Minimally Invasive Right Thoracotomy
- Aortic Root (Enlargening) Enlargement Procedures
- Tricuspid Valve Repair
- Double Valve Surgery
- Redo Valvular Surgery
- Resection of Cardiac Tumors (Myxoma)

Dr. Roy Williams
Cardiac Surgeon

Roy Williams, M.D., has been practicing thoracic surgery in South Florida for more than 13 years. He is one of the nation’s leaders in Video-Assisted Thoracic Surgery (VATS) and a pioneer in using minimally invasive techniques in aggressive early diagnosis and comprehensive treatment of lung cancer. Dr. Williams, who has performed more than 1,000 minimally invasive thoracic procedures, is one of the few surgeons in the U.S. with experience in the field. The procedure typically involves two to four small openings between the ribs, as opposed to 6- to 10-inch incisions that are customary with traditional thoracic surgery. Patients experience less pain, fewer complications, shorter hospital stays and a faster recuperation.

**Procedures:**
- Thoracotomy Lung Biopsy, Resections and Pneumonectomy
- Thoracotomy Decortication
- Spinal Exposure for Orthopedic and Neurologic Procedures
- Chest Wall Resection and Reconstruction
- Myocardial Revascularization
- Minimally Invasive Cardiac Valve Procedures
- Robotic Video-Assisted Thoracoscopy

Dr. Maurice Mawad
Cardiac Surgeon

Maurice Mawad, M.D., is double-boarded in general surgery and cardiothoracic surgery. Minimally invasive cardiac surgeries are highly detailed-oriented procedures that use state of the art technologies to perform the surgery through a small key-hole incision. It also provides a quicker recovery and far less pain to the patient, in addition to a lower mortality and morbidity. Dr. Mawad’s clinical interests also include full arterial coronary revascularization, off-pump CABG, minimal invasive coronary revascularization and arrhythmia surgery. The use of arteries to perform bypass cardiac surgery has proven to be better in long-term survival and carries a lower rate of complications.

**Procedures:**
- CABG/ Off-Pump CABG
- Full Arterial Coronary Revascularization
- Minimally Invasive Cardiac Valve Surgery
- Minimally Invasive Coronary Surgery
- Arrhythmia Surgery
- Redo Coronary Revascularization
- Cardiac Tumors
- Implantation and Removal of Cardiac Pacemakers and Defibrillators

Dr. Angelo La Pietra
Cardiac Surgeon

Angelo LaPietra, M.D., is an expert in off-pump surgical revascularization, electronic cardiac device implantation, thoroscopic surgery, minimally invasive valve surgery and redo coronary revascularization. During heart valve surgery, one or more valves are repaired or replaced. Repair means that the valve is mended to improve its function. Replacement means your diseased valve is removed and a new valve is inserted in its place. Whether a valve will be repaired or replaced can only be decided once surgery has begun.

**Procedures:**
- Aortic Valve Repair Surgery
- Hybrid-Maze Procedure
- Repair Of Atrial Septal Defects (Primum And Secundum)
- CABG
- Implantation And Removal Of Cardiac Pacemakers And Defibrillators
Our Columbia University-Affiliated Cardiac Program Provides:

• The **BEST** cardiac surgery survival rate in Florida*

• The **BEST** heart attack survival rate in Miami-Dade County**

• Shorter recovery time for cardiac surgery (8.5 days) when compared with the county average (11.7 days)*

• The only Ivy League-affiliated cardiology program in South Florida

Sources: *AHCA data end 2015 among adult Florida hospitals performing more than 773 cases annually. **CMS Hospital Compare July 2016.
Mount Sinai performs the most stent, pacemaker and defibrillator procedures in South Florida.*

Utilizing coronary stents to treat heart blockages is a cutting-edge procedure. In the photos above, one can appreciate the size of these tiny technological advancements that are smaller than a pinky finger.

Angioplasty: A deflated balloon the size of a needle is inserted into the vein and then blown up to make way for a coronary stent.

Angioplasty balloon is inflated, pressing the stent tight against the wall of the artery. After the balloon is removed, the opening in the artery is wider, and the stent remains in place.
Are You At Risk?

Coronary Disease Heart High Blood Pressure
Arrhythmia Heart Attack Cholesterol
Congenital Heart Defects Heart Murmurs
Metabolic Syndrome Stroke
Atrial Fibrillation Stress Aortic Stenosis
Diabetes
Aneurysm Chest Pain Heart Failure
Varicose Veins
Congestive Heart Mitral
Ventricular Fibrillation Mitral
Heart Regurgitation Valve Prolapse
Failure Pulmonary Hypertension
Mitral Hypertension
Heart Valve Prolapse
Failure Peripheral Artery Disease
(PAD)
Hypertension Obesity
Advanced Heart Treatments
For Blockages and Blood Flow Conditions

Heart Rhythm Treatments

Conditions:
- Atrial Fibrillation (Afib)
- Heart Block
- Ventricular Tachycardia
- Ventricular Fibrillation
- Supraventricular Tachycardia

Symptoms: An arrhythmia, otherwise known as an abnormal heart rhythm, may be present all of the time or may come and go. Some people do not experience any symptoms, while others notice symptoms only when they are more active. Common symptoms that may occur when an arrhythmia is present include:
- Chest pain
- Dizziness, fainting or lightheadedness
- Fatigue
- Heart palpitations (sensation that your heart is pounding or racing) or reduced heartbeat
- Irregular heartbeats (fast or slow)
- Shortness of breath
- Slow pulse

Treatments: At the Mount Sinai Heart Institute, patients with common and rare heart rhythm disorders receive advanced diagnostics and innovative treatments from a team of highly skilled electrophysiologists. Cardiac electrophysiology is a field of medicine devoted to the detection and treatment of arrhythmias, which affect more than 2 million Americans.

Lifestyle changes
Taking steps like eating a healthy diet, exercising regularly, not smoking and managing stress can help you to reduce your chance of developing an arrhythmia.

Medication
Antiarrhythmic drugs are used to suppress abnormal heart rhythms resulting from irregular electrical activity of the heart. There also is a variety of drugs used by doctors in an emergency situation to control an abnormal heart rhythm or restore a normal heart rhythm.

Cardiac Ablation
Cardiac ablation is a nonsurgical procedure used to ablate (destroy) faulty electrical pathways in the heart. Doctors use the electrodes attached to a catheter to emit radiofrequency energy that destroys diseased heart tissue, increasing the chance for a cure.

Hybrid Maze Procedure
Mount Sinai was one of the first hospitals in the country to pioneer this minimally invasive procedure to treat chronic and severe cases of Afib. It blends surgical and electrophysiological techniques, resulting in a more comprehensive and effective approach.

Lariat Procedure
This procedure is an option for Afib patients at high risk for stroke, yet unable to take blood thinners. The Lariat device is used like a lasso to tie off the heart’s left atrial appendage, where clots often form, thereby preventing them from traveling to the brain and causing a stroke.

Defibrillation/Cardioversion
Defibrillation is a process in which an electronic device applies pulses of electrical energy to restore the heart’s natural rhythm when the heart suddenly loses its rhythm.

Vascular Interventions

Conditions:
- Peripheral Artery Disease (PAD)
- Blockages
- Chronic Total Occlusion
- Carotid Disease
- Aortic Aneurysms
- Venous Insufficiency/Varicose Veins
- Vasculitis
- Lymphedema

Symptoms: Many patients who are at risk of poor circulation include those who smoke, have diabetes, and suffer from heart disease. Some symptoms of poor circulation include:
- Leg pain or cramping
- Foot pain or cramping
- Numbness or pain
- Non-healing wounds

Treatments: Treatments can range from lifestyle changes to procedures. Vascular interventions refer to a group of procedures that are performed by inserting a thin, hollow tube (catheter) into arteries in the leg, arm, or groin and threading it to the internal organs and brain. Our interventional team performs angiograms (x-ray pictures of the arteries) to evaluate blood flow to the legs and body.

Lifestyle changes
Many vascular conditions can be treated with lifestyle modifications such as diet, exercise, and smoking cessation.

Medications
Lipid-lowering medications, such as statins and now PSK9 inhibitors, antiplatelet agents, antihypertensives, and glucose-lowering medications, are critical to treating atherosclerotic vascular disease; whereas anticoagulants are important in the treatment of deep vein thrombosis.

Covered stent-graft
Covered stents are composed of fabric or graft material covering a metal stent. They have various clinical applications in PAD management. Self-expanding covered stents have been shown to decrease the need for repeat procedures in the iliac artery. Some patients, particularly those who smoke, can develop an aneurysm or abnormal enlargement of the aorta (largest artery in the body) in the chest or abdomen. This predisposes the aorta to rupture, which is usually fatal. With catheterization techniques, vascular specialists can place a covered stent-graft within the diseased aorta, creating a new internal tunnel or bypass, stopping the aneurysm from growing.

Rotablation
Rotablation is a technique in which a device called a rotablator (a tiny drill with a bur on the end) is inserted through a catheter into an artery and used to open clogged arteries.

Lower extremity interventions/Revascularization
A bypass is performed to bring blood flow around the blocked arteries in the leg. The bypass can be made with the patient’s own vein or with an artificial (plastic) bypass graft.

Abdominal Aortic Aneurysm Repair
In this minimally invasive option, the doctor makes a small incision in the groin. He or she will insert special instruments through a catheter in an artery in the groin and thread them up to the aneurysm. At the point of the aneurysm, the doctor will then place the stent and graft to support the aneurysm.

Dr. Robert Beasley
Director, Mount Sinai Vascular Center

*Based on AHCA data; y-end 2015
Mount Sinai Addresses Community Need with Opening of Region’s Only Hospital-based Adult Autism Clinic

Mount Sinai Medical Center celebrated the dedication and launch of a new adult autism clinic, made possible through the generosity of the Makarov Foundation.

“Our clinic will address the need for primary and specialty medical care for adults with autism, a population that is greatly underserved in our community,” said Steven D. Sonenreich, president and chief executive officer, during a press conference to announce the opening of the hospital’s new adult autism clinic. “As children with autism mature into young adults, pediatricians will no longer be an option for primary care. This center is the only one of its kind in South Florida that is providing this kind of care in a hospital setting – and we can all be very proud of this significant achievement.”

Sonenreich paid tribute to Igor Makarov, of the Makarov Foundation, whose generous philanthropic gift to the hospital funded the new center, which is located on the first floor of the Primary Care Center building. He also thanked Eugene Frenkel, a member of the Mount Sinai Medical Center Foundation Board, who introduced Makarov to Mount Sinai and shared the need for a center dedicated exclusively to the care of adult autism patients.

Guests of honor at the dedication also included longtime Mount Sinai supporters Sean Clancy; his wife, Dina Cellini; and their sons, Conor Clancy and Cole Clancy, 27, who has autism. Under the direction of Dr. Elizabeth Kury-Perez, the center is staffed with doctors who understand autism and can help adults on the spectrum transition from pediatrics to the next level of care.

“Ideally identifying and answering the need for proper medical care for the adult autism population is just one of the ways we continue to further our mission to provide high quality care to our community and those who need it most,” Sonenreich said.

The Mount Sinai Medical Center Adult Autism Clinic

- Dedicated hours that space out appointments and enable staff to fully address each patient’s needs
- A warm, sensory-friendly waiting area
- Primary and specialty care
- Diagnostic services
- Care management
- Support services for patients and families

About Autism

- Autism spectrum disorder (ASD) refers to a group of complex neurodevelopment disorders characterized by repetitive and characteristic patterns of behavior and difficulties with social communication and interaction.
- About 1 in every 68 children has been identified with ASD
- ASD is about 4.5 times more common among boys (1 in 42) than among girls (1 in 189)

Sources: The National Institutes of Health and the Centers for Disease Control and Prevention
ADULT AUTISM

Igor Makarov and Eugene Frenkel unveil the dedication wall at the new Adult Autism Clinic.

The Makarov Family: Igor Jr., Igor Sr., little Alexander and Ekaterina, with Steven D. Sonenreich

Dina Cellini & Sean Clancy, whose adult son, Cole, has autism, speak during the press conference.

Conor and Cole Clancy appreciate the photo from 'The Wizard of Oz' because Cole once portrayed the scarecrow in a play.

Dr. Michael Alessandri, Deborah Chin and Dr. Elizabeth Kury-Perez

Raul Ibalmea, Dr. Robert Goldszer, Dr. Clifford Medina and Steven D. Sonenreich

Eugene Frenkel, Igor Makarov and Dr. Jeffrey D. Kamlet with Gabrielle Anwar & Shareef Malnik.

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Dinner at The Forge is a Pure Delight

WHERE: The Forge Restaurant and Wine Bar
FEATURE: Dining like a rock star in Miami Beach’s legendary landmark restaurant and wine bar
BEVERAGE: Select red and white wine generously provided by our friends at Southern Glazer’s Wine and Spirits
CUISINE: Family-style sharing menu of exquisitely prepared salmon, chicken breast and strip steaks, with delicious sides and molten chocolate lava cake for dessert

Dinner Series Event Was a Cut Above at Quality Meats

WHERE: Quality Meats, Miami Beach
FEATURE: A modern interpretation of familiar fare served in a warm, industrial setting
BEVERAGE: Cocktails, accompanied by red and white wine generously provided by our friends at Southern Glazer’s Wine and Spirits
CUISINE: A choice of petit filet mignon, lemon charred chicken breast and grilled salmon entrees with delicious sides and an assortment of decadent desserts. WOW!
12th Annual Charity Classic Raises $100,000 in Support of Mount Sinai’s Abess Family Level III Neonatal Intensive Care Unit

WHERE: Miami Beach Golf Club
FEATURE: With City National Bank as its Title Sponsor and Wells Fargo Insurance as Corporate Sponsor, this bi-annual Golf Classic, graciously hosted by David Evensky of Evensky & Katz/Foldes Financial Wealth Management, raised funds to benefit the Abess Family Level III Neonatal Intensive Care Unit.
BEVERAGES: Scotch tastings on the course generously provided by our friends at Southern Glazer’s Wine and Spirits
CUISINE: All-day BBQ on the verandah overlooking the golf course
THANKS TO: Jeff Hunt, Jim Nourse and Steve Farrell at the Miami Beach Golf Course, along with all of our sponsors.

Special thanks to all of our Sponsors

Want to see more photos? Visit our photo gallery at msmcfoundation.org
Health & Wellness Symposium

A “Healthy Happy Hour” at South Florida’s Most Exclusive Residences

Each month, a Mount Sinai Medical Center physician, dietitian and physical therapist visit area residents and share information on health and wellness as part of the hospital’s outreach initiative.

**Services We Provide**
- Physician Presentations
- Tips and Recipes for Healthy Dining
- Stretching for Wellness Demonstrations
- Complimentary Healthy Bites and Beverages

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**Locations We Have Visited**
- Bellini Williams Island
- Blue and Green Diamond
- 7000 Williams Island
- South Pointe Tower

**Locations on the Horizon**
- Portofino Tower South Beach
- The Continuum South Beach
- The Residences at The St. Regis Bal Harbour
- Peninsula One Aventura
- Murano at Portofino
- The Point of Aventura

**Where:** La Gorce Country Club

**Lunch:** Delicious buffet, paired with red and white wines provided by Southern Glazer’s Wine and Spirits

**Lesson:** The Importance of Selecting the RIGHT Primary Care Physician

**Speaker:** Dr. Clifford Medina, Mount Sinai’s new chief of General Medicine. Dr. Medina is board certified in internal medicine and sleep medicine by the American Board of Internal Medicine. Prior to joining Mount Sinai, he was the Internal Medicine Hospitalist and Team Lead at McLeod Regional Medical Center in Florence, South Carolina. Dr. Medina earned his medical degree at Harvard Medical School and completed his internal medicine internship and residency at Brigham & Women’s Hospital in Boston, Massachusetts. He also obtained a Master of Business Administration and certificate in Health Sector Management from Duke University.

**Lunch & Learn Offers the RIGHT Lesson in Primary Care**

FOR MORE INFORMATION, OR TO SCHEDULE AN EVENT IN YOUR BUILDING, PLEASE CONTACT YVETTE TRIANA, COMMUNITY DEVELOPMENT OFFICER, AT 305.674.2379.

**Want to see more photos? Visit our photo gallery at msmcfoundation.org**

FEBRUARY 2017 • msmcfoundation.org
Donors Head North for Sunset Networker at Corsair Kitchen & Bar

WHERE: Corsair Kitchen & Bar at Turnberry Isle Resort
FEATURE: Contemporary comfort cuisine served in a sophisticated five-star setting
BEVERAGE: Cocktails, accompanied by red and white wine generously provided by our friends at Southern Glazer’s Wine and Spirits
CUISINE: Fabulous raw bar, beautiful antipasto display and creative passed hors d’oeuvres – all graciously choreographed and provided by Jeffrey Klein, Turnberry Isle Resort general manager; Steve Mills, group and event sales manager; and executive chef Bryan Gorton

Nobu Spa Garden Creates Chic Ambiance for Networking Event

WHERE: Nobu Eden Roc Hotel
FEATURE: Exclusive gathering in Mid-Beach’s trendiest icon
BEVERAGE: Cocktails, accompanied by red and white wine generously provided by our friends at Southern Glazer’s Wine and Spirits
CUISINE: Pasta topped three different ways and cooked to order, hors d’oeuvres and Malibu Farm crudité display

Want to see more photos? Visit our photo gallery at msmcfoundation.org
New Study Poses Questions About Heart Health and Yoga

WE KNOW THAT REGULAR EXERCISE IS AN ESSENTIAL PART OF A HEALTHY LIFESTYLE, BUT DOES THAT PHILOSOPHY APPLY IF YOU HAVE A HEART CONDITION? Some exercises may actually do more harm than good. At least that’s the hypothesis that cardiologists at Mount Sinai Medical Center were curious to explore, especially as it relates to certain yoga poses. Dr. Jeffrey Lin, a board certified cardiologist who specializes in sports cardiology at Mount Sinai, conducted a unique experiment to measure the potential risks that inversion yoga poses may have on the heart.

Sally Mertens, a 74-year-old yoga devotee with a recently diagnosed thoracic aortic aneurysm, proved to be an ideal candidate for the study. A thoracic aortic aneurysm is a weakened area in the upper part of the aorta, which is the major blood vessel that feeds blood to the body. It can lead to a tear in the artery wall and cause life-threatening bleeding. Depending on the size and growth rate of the aneurysm, treatment may vary from watchful waiting to emergency surgery. In Merten’s case, doctors recommended watchful waiting.

Mertens picked up the practice of yoga after she retired 14 years ago. Within a few years, she began Iyengar yoga, which requires headstands along with other inverted poses. It was around that time that she learned about the aneurysm.

“My doctor knew I was doing yoga, and he just said no inversions,” she said. “So I avoided putting my foot over my head because they were afraid that there would be a rupture of this weak spot in my aorta.”

Realizing there is no evidence on whether or not inverted yoga poses impact the heart, Dr. Lin decided to test Mertens while she stood on her head.

“The major complication we worry about is a tear in the walls of the aorta, which could lead to a medical emergency called an aortic dissection,” Dr. Lin explained. “These tests help determine what happens to her heart rate, the size of her aorta, and her blood pressure when she goes into an inverted pose.”

With the help of yoga instructor and a bench, Mertens stood on her head while Dr. Lin and others recorded her blood pressure and heart rate. They also performed an ultrasound, capturing images of the throat area. Initial results showed moderate increases to her heart rate, the size of her aorta, and her blood pressure when she goes into an inverted pose.

With the help of yoga instructor and a bench, Mertens stood on her head while Dr. Lin and others recorded her blood pressure and heart rate. They also performed an ultrasound, capturing images of the throat area. Initial results showed moderate increases to her heart rate, the size of her aorta, and her blood pressure when she goes into an inverted pose.

“Upon review of the data, the risk is low, especially since her condition has been relatively stable over the years,” Dr. Lin said. “Her blood pressure and heart rate responses were similar to the action of being on a treadmill.”

With the test results in hand, Mertens said she would limit her inversion poses as doctors continue to monitor her aneurysm. Her decision fits perfectly with the practice of sports cardiology.

“Most cardiologists approach sports in a very binary way,” Dr. Lin said. “They will tell patients to either continue participating in sports or stop completely, but there is a gray area, especially for athletes, that we as sports cardiologists have to look at to determine the best options for each patient.”

Want to see more photos? Visit our photo gallery at msmcfoundation.org
Beyond Clinical Care:
Support Services Help Patients and their Loved Ones Cope with Cancer Diagnosis and Treatment

FOR MANY BREAST CANCER PATIENTS AND SURVIVORS, THE 15TH ANNUAL LADIES SPA DAY AT THE MOUNT SINAI COMPREHENSIVE CANCER CENTER WAS THE PERFECT PRESCRIPTION FOR A BIT OF MUCH-NEEDED RELIEF. Held each year during Breast Cancer Awareness Month, Ladies Spa Day is a time for pampering, relaxation and fun. Patients enjoyed music, manicures, makeovers, massages and much more.

A cancer diagnosis can send people into a tailspin—causing emotional and psychological pain, financial distress and a disruption to their daily lives. Ladies Spa Day is just one of numerous programs and services Mount Sinai offers to help patients cope.

A Helping Hand to Guide Patients through the Process

From the moment of diagnosis and throughout their treatment, patients receive assistance from licensed clinical social workers, who act as navigators to guide patients and their family throughout the course of their care. Social workers offer a general orientation that explains how each patient’s care will progress, and they help to identify any personal, financial, or household barriers that might impede their progress. Services include assistance with the following issues and concerns:

- Advance Directives
- Community Resources
- Counseling
- Disability
- Emotional Distress
- Financial Issues
- Home Care Needs
- Housing/Lodging
- Support Services
- Transportation

Nutrition Services

Proper nutrition is a vital part of cancer treatment. Mount Sinai’s registered oncology dietitians provide comprehensive nutritional therapy to help patients understand the role that diet plays in the treatment and healing process. They provide individual and family consultation and education services that help patients:

- Manage side effects of treatment that may change their appetite or their ability to eat
- Make practical changes in their diet as required by their treatment
- Maintain a healthy weight
- Understand feeding tube recommendations

Psychosocial Services

Providing excellent cancer care means treating the whole patient, not just the illness. Patients and their families face many uncertainties as they deal with the diagnosis and the stress of treatment. The cancer center’s licensed clinical psychologists are specialists in psycho-oncology, making them experts in providing emotional support throughout each phase of treatment. Services, which are available on an outpatient and inpatient basis, include:

- Individual, couples and family therapy to address issues related to cancer
- Sex therapy
- Hypnosis, stress and relaxation techniques

Pet Therapy and Support Groups

Because patients often find comfort in the unconditional love of animals, Mount Sinai offers pet therapy in collaboration with Canine Assisted Therapy, Inc. Volunteer teams of therapy dogs and their owners meet with patients and families during treatments and doctors’ visits, offering healthy doses of consolation and companionship. Research has shown that interaction with therapy dogs increases the level of the hormone oxytocin, released when people fall in love or bond with friends, which makes them feel calmer and happier. Other services include:

- Women’s cancer support group
- Men’s cancer support group
- Caregiver support group
- Young adult networking group in collaboration with the Lymphoma and Leukemia Society
- “Look Good Feel Better,” provided in collaboration with the American Cancer Society, to offer skin care and make-up tips to enhance patients’ body image and self-esteem while they undergo chemotherapy or radiation treatments.
- Lymphedema educational group
- Nutrition education group
- Bereavement support group meetings in collaboration with Seasons Hospice

To learn more about these and other services, please call 305.503.0720.
Removing Toxic Metals From the Blood May Help Patients With Diabetes

IN 2012, THE RESULTS OF A 10-YEAR STUDY BY THE NATIONAL INSTITUTES OF HEALTH CONDUCTED IN 134 SITES ACROSS THE UNITED STATES AND CANADA REVEALED SOMETHING SHOCKING – CHELATION THERAPY MAY ACTUALLY WORK IN REDUCING FUTURE HEART EPISODES.

Chelation therapy is a process by which a medication, such as edetate disodium (Na2EDTA), can “grab” and remove toxic metal pollutants – such as lead or cadmium – which are present in most individuals.

The Trial to Assess Chelation Therapy (TACT), which included 1,708 participants, demonstrated an 18 percent reduction in recurrent heart events by chelation in patients who already had sustained a heart attack. There was an even greater benefit in 633 diabetic patients, who showed a 41 percent reduction in recurrent heart events and a 43 percent reduction in deaths. Recurrent heart events measured in the study were death, heart attack, stroke, heart bypass or stent, and hospitalization for angina (chest pain).

Dr. Gervasio Lamas, chairman of medicine and chief of the Columbia University Division of Cardiology at Mount Sinai Medical Center, was a chelation skeptic until the research revealed its potential.

“As a traditional Harvard-trained cardiologist, I shared the beliefs of most in the medical field. I thought chelation and chief of the Columbia University Division of Cardiology at Mount Sinai Medical Center, was a chelation skeptic until the research revealed its potential.

“As a traditional Harvard-trained cardiologist, I shared the beliefs of most in the medical field. I thought chelation was junk science, dangerous even, and that chelation practitioners were making unsubstantiated promises to patients that they could not live up to,” said Dr. Lamas, who chaired the initial TACT study. “Little did I know that a brief conversation with a patient who convinced me to take a second look at chelation would begin a 15-year journey that would force me to reconsider my long-held bias and face factual evidence that proved I was wrong.”

The findings of the study were presented during the American Heart Association’s 2012 Scientific Sessions on November 4th in Los Angeles and published in the Journal of the American Medical Association in 2013, Circulation: Quality and Outcomes in 2014, as well as the American Heart Journal in 2014.

However, a definitive answer on chelation therapy worthy of endorsement by the entire cardiology community will require additional positive results. That is why a TACT2 study is now underway.

The National Center for Complementary and Integrative Health (NCCIH) of the National Institutes of Health (NIH) has awarded $37M to Mount Sinai Medical Center of Florida and the Duke Clinical Research Institute to initiate the second Trial to Assess Chelation Therapy. The trial is also co-funded by the National Heart, Lung and Blood Institute, the National Institute of Diabetes and Digestive and Kidney Diseases and the National Institute of Environmental Health Sciences.

“The results of the original TACT study suggested that chelation of toxic environmentally-acquired metals may reduce cardiac risk, particularly in diabetic patients,” said Valentín Fuster, M.D., Ph.D., physician-in-chief for Mount Sinai Hospital in New York City and director of Mount Sinai Heart. “If a second TACT study can confirm these interesting and relevant findings, it has great potential to change cardiac therapeutics.”

TACT2 will narrow its focus to the group with the greatest benefit in the original study – diabetic patients 50 years of age or older who have survived a prior heart attack. The study will examine the use of intravenous chelation treatments in combination with oral vitamins in diabetic patients with a prior heart attack to determine if they reduce recurrent heart episodes, such as heart attacks, stroke, death, and others, by removing toxins from the blood. The study will follow 1,200 patients across 100 clinical research sites in the U.S. and Canada.

“If TACT2 is positive, it will forever change the way we treat heart attack patients and view toxic metals in the environment,” said Dr. Lamas. “Unless we can show a consistent effect across the two TACT Trials, it will be difficult for chelation to enter the mainstream of other cardiovascular therapies.”

Mount Sinai is currently recruiting patients for TACT2. Candidates must be 50 years of age or older, have diabetes and experienced a prior heart attack. Patients interested in participating may contact the study team through www.tact2.org, by calling 305.674.2260, or may contact Dr. Lamas directly at lamas@tact2.cc.

Immunotherapy: The Latest Weapon In the Fight Against Breast Cancer

A CLINICAL TRIAL UNDERWAY AT THE MOUNT SINAI COMPREHENSIVE CANCER CENTER IS OFFERING NEW HOPE FOR PATIENTS WITH METASTATIC TRIPLE NEGATIVE BREAST CANCER – the most aggressive form of the disease.

Known as the IMpassion130 trial, the study compares the impact of an immunotherapy drug, in combination with chemotherapy, to the effect of a placebo combined with chemotherapy. Mount Sinai is the only hospital in South Florida participating in this study, which is underway in about 200 centers globally.

It is under the local direction of Dr. Elisa Kril-Jackson, director of the hospital’s genetic testing program for hereditary breast and ovarian cancer, medical co-chair of Breast Oncology and co-principal investigator for the Cancer Research program.

Immunotherapy works by stimulating the body’s immune response to fight disease. This is especially critical because cancerous tumors produce proteins that hide them from the body’s immune system, making it difficult or impossible for immune cells to attack the tumors.

“The immunotherapy drugs block the cancer cell’s ability to turn off the immune cells and then, because the immune cells can recognize the tumor, they’re able to attack it,” Dr. Kril-Jackson said. “Atezolizumab, the immunotherapy drug we are using in the study, is already a proven treatment for bladder cancer.”

Doctors monitor participants throughout the study for potential side effects, as well as measure the progress of the treatment, Dr. Kril-Jackson said.

Ondrea Weinkle is among the patients participating in the study at Mount Sinai. Weinkle was diagnosed with breast cancer in 2008. After undergoing chemotherapy and radiation therapy, she went into remission until last fall. At that time, Dr. Kril-Jackson recommended that she consider participating in the study.

“I have an amazing admiration for Dr. Kril-Jackson,” Weinkle said. “I basically would do anything at this point that she feels is beneficial, without question. And that’s the way I felt about this study.”

The trial is a randomized study, meaning researchers use a computer program to randomly select which patients receive the immunotherapy or the placebo. All participants receive nab-paclitaxel, a chemotherapy drug approved by the U.S. Food and Drug Administration for its ability to stall tumor growth by stopping cell division during specific points in their growth.

Since beginning the trial last fall, the experience has been a positive one for Weinkle. Though she doesn’t know whether she is taking the immunotherapy drug or the placebo, the mild side effects she has experienced make her believe she is among those taking the active drug.

“I’m doing fine – I’m great,” Weinkle said. “And that’s all I can be concerned about on a daily basis. As long as it continues to do well for me, I will continue with the study.”

So far, the combination of the chemotherapy with the immune therapy has had an 80 percent response rate for breast cancer in triple negative breast cancer that has metastasized or moved to other parts of the body. Results have been so promising that the study will soon be opened to patients who are in the early stages of triple negative breast cancer when it is the most curable.

“The new study is being designed for patients with earlier stages of triple negative breast cancer,” Dr. Kril-Jackson said. “It doesn’t seem to work as well on other types of breast cancer, so the study is focusing on the most aggressive form that we don’t have other treatment options for except aggressive chemotherapy.”

For more information, please call 305.674.CARE (2273).
Mount Sinai Medical Center Physicians: Focused on Our Mission

AT MOUNT SINAII 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 members of our medical staff – all of whom specialize in cardiology and embody our commitment to medical excellence.

Ana Victoria Soto, M.D.
Dr. Ana Victoria Soto is a cardiologist with board certification in internal medicine and echocardiography, and she is board eligible in cardiovascular disease. Dr. Soto completed her medical residency at Columbia University’s New York Presbyterian Hospital. She went on to complete a dual fellowship in clinical cardiology at Mount Sinai Hospital in New York and a two-year cardiology clinical and research fellowship in cardiovascular prevention through the American Heart Association. Dr. Soto is a member of the American Heart Association, the American Society of Echocardiography, and the American College of Cardiology. She has participated in clinical trials and published research in the areas of cardiovascular disease. In her role at Mount Sinai, Dr. Soto specializes in the medical treatment of cardiovascular conditions such as hypertension, coronary artery disease, atrial fibrillation, and valvular heart disorders. She is also proficient in advanced procedural echocardiography with 3D imaging for minimally invasive cardiovascular procedures. Dr. Soto is fluent in English and Spanish. She is seeing patients at the Mount Sinai Medical Center in Miami Beach campus and at Mount Sinai Primary & Specialty Care Coral Gables.

Christian Koelbl, M.D.
Dr. Christian Koelbl is an interventional and general cardiologist with board certification in cardiovascular disease, echocardiography, nuclear cardiology and internal medicine. He is also an assistant professor of Medicine at Columbia University, New York, and a member of the American College of Cardiology, the Society for Cardiovascular Angiography and Interventions and the American Society of Nuclear Cardiology. Dr. Koelbl earned his medical degree at the Heidelberg University School of Medicine in Germany. He completed his internal medicine residency, as well as fellowships in cardiovascular disease and interventional cardiology, at Boston University Medical Center. Dr. Koelbl has conducted both clinical and laboratory research, presented at international meetings, and published peer-reviewed articles in the areas of basic science and clinical cardiovascular disease. He specializes in the diagnosis and treatment of all aspects of cardiovascular disease, with expertise in coronary artery and peripheral vascular disease. Dr. Koelbl is an expert in cardiac catheter and angioplasty procedures (balloon and stent implantations), with specialization in treating patients with acute heart attacks. He also performs peripheral vascular procedures for the treatment of blocked arteries in the leg. Dr. Koelbl sees patients at the Mount Sinai Medical Center in Miami Beach campus and at Mount Sinai Primary & Specialty Care Sunny Isles Beach. He is fluent in English and German.

Jeffrey Lin, M.D.
Dr. Jeffrey Lin is board certified in internal medicine, cardiovascular disease, nuclear cardiology, echocardiography, and vascular ultrasound. He is a member of the American Heart Association and a fellow of the American College of Cardiology (ACC). Dr. Lin is also a member of the Sports and Exercise Cardiology section of the ACC. A native of Taiwan, Dr. Lin earned his medical degree at Harvard Medical School. He completed his internship and residency in internal medicine at Columbia University’s New York Presbyterian Hospital, and he completed a clinical and research fellowship in cardiovascular medicine at Massachusetts General Hospital (MGH). Dr. Lin also completed a fellowship in the Cardiovascular Performance Program at MGH, where he pursued training in sports cardiology and exercise physiology while working as a physician with Harvard University Athletics and the National Football League Players Trust. He also completed a fellowship in advanced cardiovascular imaging at Columbia University’s New York Presbyterian Hospital. He is skilled in advanced cardiac imaging, including cardiovascular PET and cardiac CT, as well as the clinical care of active individuals and athletes. Dr. Lin is fluent in English and Mandarin Chinese, and proficient in Spanish. He sees patients at the Mount Sinai Medical Center in Miami Beach campus and at Mount Sinai Primary & Specialty Care offices in Hialeah and Key Biscayne.

Richard Ro, M.D.
Dr. Richard Ro is a non-invasive cardiologist with board certification in internal medicine, echocardiography, and nuclear cardiology. Dr. Ro earned his medical degree at Stony Brook School of Medicine in New York. He completed his residency in internal medicine at Rutgers University’s Robert Wood Johnson Medical School, an advanced cardiac imaging and cardiovascular disease fellowship at St. Luke’s-Roosevelt Hospitals/Columbia University College of Physicians and Surgeons, and a fellowship in cardiovascular disease at Mount Sinai St. Luke’s and Mount Sinai West Hospitals/Icahn School of Medicine at Mount Sinai, New York. Dr. Ro is a member of the American College of Physicians, the Endocrine Society, and the American College of Cardiology. He has published research in the area of cardiovascular disease and hypertrophic cardiomyopathy. He sees patients at the Mount Sinai Medical Center in Miami Beach campus and at Mount Sinai Primary & Specialty Care offices in Aventura, Coral Gables and Key Biscayne.
Caring for Our Community Through Outreach and Service

AS A NOT-FOR-PROFIT TEACHING HOSPITAL, MOUNT SINAI MEDICAL CENTER IS COMMITTED TO INVESTING IN OUR COMMUNITY AND PROVIDING OUTREACH AIMED AT HELPING TO IMPROVE AREA RESIDENTS’ HEALTH AND THEIR QUALITY OF LIFE. The care we provide extends beyond the confines of our campuses and into the community, where our doctors, nurses, and employees make a positive impact personally and professionally.

Raising Public Awareness

Mount Sinai frequently participates in grassroots initiatives aimed at raising awareness about issues related to health and wellness. Hospital employees were among the hundreds of people who participated in the Bal Harbour 5K Run/Walk for the Bal Harbour Village to raise awareness about the forms of cancer and the importance of screenings for early detection. Many of the participants joined the run in recognition of their own survival of cancer, to honor a friend or loved one with cancer, or in memory of someone who succumbed to the disease. In addition, proceeds from the event benefitted the Mount Sinai Comprehensive Cancer Center, enabling the hospital to provide care for those who might not otherwise be able to afford it.

Mount Sinai C.A.R.E.S.

Community Activities Reflecting Employee Service

The hospital’s employees demonstrate that they truly care about their community through the Mount Sinai C.A.R.E.S. (Community Activities Reflecting Employee Service) program. Providing school supplies for underprivileged children, participating in holiday food drives to feed the homeless, hosting events to raise awareness about heart disease and breast cancer, and providing clothing for indigent patients are among the numerous projects facilitated each year by the C.A.R.E.S. team. Most recently, employees donated nonperishable food to Camillus House, just in time for Thanksgiving, and they also donated more than 500 toys to the Family Resource Center of South Florida to help brighten the holidays for underserved children in our community.

Community CPR Training

According to the American Heart Association, effective bystander cardiopulmonary resuscitation (CPR) provided immediately after sudden cardiac arrest can double or triple a victim’s chance of survival. Mount Sinai offers CPR classes to the public on its main campus and participates in community events that offer the training, as well. The hospital also offers a non-certification Infant CPR and Safety course that covers the basics of resuscitation for infants from birth to one year old. The session, which features hands-on practice of CPR techniques using a mannequin, also provides tips for new parents on infant safety, the proper use of car seats, and baby-proofing their home.

Geriatric House Calls

Mount Sinai brings medical care to seniors who are not able to visit a doctor’s office. Mount Sinai’s house call team includes specialized geriatric physicians and nurse practitioners who ensure high quality, safe medical care is provided.
Outreach and Service

Information is the Key to Living a Healthy Life

Mount Sinai’s doctors share information and medical insights in complimentary lectures on a variety of topics, including cancer, cardiology and cardiac surgery, urology, preventive care, managing arthritis, integrative medicine and more. During Lung Cancer Awareness Month, physicians from Mount Sinai participated in the 2016 national “Shine a Light on Lung Cancer” event to raise awareness about lung cancer screening and treatment options. In addition, Mount Sinai provides free cholesterol, blood pressure, glucose and memory screenings in Miami Beach, Sunny Isles Beach, Aventura, Hialeah and other locations, with the goal of helping people identify their risk factors and make informed medical decisions.

Communities Served Through Outreach

Outreach Fast Facts

Residents Served Each Year
- More than 15,000

250-Plus Outreach Events Each Year
- Health Care Lectures
- Screenings
- CPR Training
- Health and Wellness Fairs
- School Activities

More than 2,000 Free or Discount Screenings Annually
- Blood Pressure
- Cholesterol
- Glucose
- Breast Cancer
- Skin Cancer
- Depression
- Memory Loss
- Sleep Disorders

To learn more about Mount Sinai’s outreach efforts, please call 305.674.2626.
MOST OF US ARE FAMILIAR WITH THE FACT THAT BROCCOLI, KALE, AND CABBAGE ARE GREAT SUPERFOODS, WHICH ARE RICH IN ANTIOXIDANTS, VITAMINS AND MINERALS. However, a recent study shows that their often overshadowed cousin, cauliflower, has just as much goodness as its fellow cruciferous vegetable family members — and perhaps even more. It turns out that it’s richer in vitamins than other superfoods, with the orange variety having 25 times more vitamin A than the white. But don’t worry — white is good, too! Scientists found that nutrients released by white cauliflower during digestion can potentially protect cells from DNA damage.

So what makes cauliflower so healthy? When incorporated into a diet at least once a week, cauliflower has been shown to decrease the risk of colorectal and prostate cancer. It can also be beneficial to your cardiovascular health. When cauliflower is cooked, it has the ability to bind bile acids resulting in the regulation of cholesterol.

Because of its beneficial effects on numerous aspects of health, cauliflower can easily be described as a superfood. Below are some of its most impressive benefits:

- Helps fight cancer
- Boosts heart health
- Reduces swelling
- Is rich in vitamins and minerals
- Promotes brain health
- Supports detoxing
- Aids in digestion
- Is rich in antioxidants and phytonutrients

CAULIFLOWER THE NEWEST SUPERFOOD

Most experts would agree steaming the cauliflower is the healthiest way to prepare the vegetable, but it can also be baked. While baking isn’t usually the first cooking method one would consider for cauliflower, the results are actually delicious!

Balsamic and Parmesan Roasted Cauliflower
Ready in 35 minutes; 4 servings

Ingredients
- 8 cups 1-inch-thick slices cauliflower florets (about 1 large head; see tip)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- 1/2 cup finely shredded Parmesan cheese

Tip: To prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down and holding a knife at a 45° angle, slice into the smaller stems with a circular motion—removing a “plug” from the center of the head. Break or cut florets into the desired size.

Instructions
1. Preheat oven to 450°F.
2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl.
3. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom for 15 to 20 minutes.
4. Toss the cauliflower with vinegar and sprinkle with cheese.
5. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.
FEBRUARY IS AMERICAN HEART MONTH – THE PERFECT TIME TO INCORPORATE HEART-HEALTHY MEALS INTO YOUR DIET. If you are battling cardiovascular disease (CVD) or are at risk of CVD, your doctor has probably advised you to watch your intake sodium, sugar, and fat. Take heart! You can cut back on these ingredients and still enjoy your dinner. Here are three great recipes for an appetizer, entrée and dessert that will tantalize your taste buds and put you on track for a healthy diet.

Tomato and Feta "Pizzas"
6 servings

Ingredients
- 1 cup grape tomatoes, halved
- 1 small cucumber, halved and thinly sliced into half moons
- 4 tablespoons crumbled feta
- 2 tablespoons extra-virgin olive oil
- Kosher salt, to taste
- Freshly ground black pepper
- 6 multigrain crackers or toast

Instructions
1. In a small bowl, stir together tomatoes, cucumber, feta, and olive oil and season with salt and pepper.
2. Spoon mixture over crackers.
3. Serve immediately.

Allspice-Rubbed Pork Tenderloin with Cinnamon-Sautéed Apples and Cilantro Rice
4 Servings

For the Pork Tenderloin:
- 1 pound pork tenderloin, all visible fat removed
- 1 teaspoon ground allspice
- 2 teaspoons extra-virgin olive oil, canola oil, vegetable or corn oil
- 1/4 teaspoon black pepper
- 4 apples, (Granny Smith or any apples you like) cored, washed, thinly sliced
- 1/2 teaspoon ground cinnamon

For the Cilantro Rice:
- 2 teaspoons lemon or lime juice
- 1 cup chopped cilantro or parsley
- 2 green onions, chopped
- 2 cups cooked brown rice or a 16-ounce of packaged, cooked brown rice

Instructions
1. Preheat oven to 400 degrees F. Coat a baking dish with cooking spray.
2. For the Pork Tenderloin: In a small mixing bowl and beat with an electric mixer until smooth and creamy. Add sugar and beat until smooth. Add egg, flour, yogurt and vanila; beat until well blended.
3. To prepare the pork tenderloin: Heat oven to 400°F. In a mixing bowl, beat eggs, sugar, flour and oil together. Add coffee and vanilla; beat until well blended. Stop once to scrape down the sides.
4. Scrape about half of the brownie batter into the prepared pan. Slowly pour cheesecake topping evenly on top. Drop the remaining brownie batter in large dollops over the topping. Draw the tip of a knife or a knife and a spatula through the two batters to create a swirled effect.
5. Bake the brownies until the top is just firm to the touch, about 20 minutes. Let cool completely in the pan on a wire rack. Coat a knife with cooking spray and cut into 24 bars.

For the Cilantro Rice: 1. While pork is resting, stir lime juice, cilantro, and green onions into warm rice. 2. Serve immediately.

Swirled Cheesecake Brownies
24 Servings

Cheesecake topping
- 4 ounces reduced-fat cream cheese, preferably Neufchatel
- 1/4 cup sugar
- 1 large egg
- 1 tablespoon all-purpose flour
- 1 tablespoon nonfat plain yogurt
- 1/2 teaspoon vanilla extract

Brownie layer
- 2/3 cup whole-wheat pastry flour
- 1/2 cup unsweetened cocoa powder
- 1/4 cup sugar
- 1 large egg
- 2 large egg whites, or 4 teaspoons dried egg whites (see Ingredient note), reconstituted according to package directions
- 1 1/4 cups packed light brown sugar
- 1/4 cup canola oil
- 1/4 cup strong (or prepared instant) coffee, or black tea
- 2 teaspoons vanilla extract

Instructions
1. Preheat oven to 350°F. Coat a 7x11-inch brownie pan or baking pan with cooking spray.
2. In a mixing bowl, beat eggs, sugar, flour and oil together. Add coffee and vanilla; beat until well blended.
3. To prepare the brownie layer: Preheat oven to 350°F. In a mixing bowl, beat eggs, sugar, flour and oil together. Add coffee and vanilla; beat until well blended. Stop once to scrape down the sides.
4. Scrape about half of the brownie batter into the prepared pan. Slowly pour cheesecake topping evenly on top. Drop the remaining brownie batter in large dollops over the topping. Draw the tip of a knife or a knife and a spatula through the two batters to create a swirled effect.
5. Bake the brownies until the top is just firm to the touch, about 20 minutes. Let cool completely in the pan on a wire rack. Coat a knife with cooking spray and cut into 24 bars.

Want to see more photos? Visit our photo gallery at msmcfoundation.org
COMMUNITY PARTNERSHIP PROGRAM

This program creates a philanthropic bond between the medical center and local businesses, such as hotels and restaurants. Partners ask their patrons to make a small gift – ranging from 25 cents to $1 per transaction – in support of emergency, cardiac, cancer, neonatal, Alzheimer’s or charity care at Mount Sinai.

YOUNG FOUNDERS

The Young Founders include individuals who join the Founders Club and are younger than 50 years of age. With a pledge of $50,000, Young Founders have the flexibility of moving freely within the Founders and Young Presidents Club.

YOUNG PRESIDENTS CLUB

The Young Presidents Club was established in 1973 for individuals younger than 40 years of age who seek a venue for social and business networking, while fulfilling their desire to support a worthwhile charity. With a pledge of $10,000, young philanthropists are welcomed into this organization.

LEGACY CIRCLE

Membership in the Legacy Circle is reserved for donors who make a planned gift of $50,000 or more to the medical center. Their support helps to ensure that future generations have access to quality medical care.

THE SOCIETY OF MOUNT SINAI

The Society represents the Foundation’s highest level of giving, with the level of membership based on a donor’s cumulative history of support. These levels include:

- Member ............................................. $150,000
- Fellow .............................................. $250,000
- Benefactor ........................................ $500,000
- Humanitarian .................................. $1 million
- Visionary ......................................... $2.5 million
- Doctor of Philanthropy .................... $5 million or more

THE FOUNDERS

The Founders Club is Mount Sinai’s most time-honored organization and one whose membership is part of a valued tradition in our community. With a pledge of $50,000, individuals and organizations make a commitment to provide sustained support for Mount Sinai’s programs.

MISSION: To provide high quality health care to our diverse community enhanced through teaching, research, charity care and financial responsibility.

4300 Alton Road • Miami Beach, FL 33140
msmcfoundation.org

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 18,900 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 Wien 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, pulmonary medicine, urology, neurology and neurosurgery, and obstetrics and gynecology. For a physician referral, call 305.674.CARE (2273).

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