Robotic Center of Excellence
Renowned Surgeons and State-of-the-art Technology Resulting in Fewer Complications, Better Outcomes, Less Scarring, Faster Recovery
Building For the Future With a Focus On Patient-Centered Care

FOR MORE THAN SIX DECADES, Mount Sinai Medical Center has been the place where residents of Miami Beach and the surrounding communities have turned for medical care. We remain dedicated to our patients, as well as our mission: To provide high quality health care to our diverse community enhanced through teaching, research, charity care and financial responsibility. That perspective guides us as we move forward with plans to build a new surgical tower with 154 private rooms and 12 state-of-the-art operating rooms, as well as a new 40,000-square-foot Emergency Department with 50 private treatment rooms and a new 750-space employee parking garage.

This summer, we will break ground for the parking garage, with plans to complete construction in early 2016. We will then move to the next phases of construction, completing the Emergency Department in 2017 and the surgical tower in 2018. Our new surgical tower and Emergency Department will create an infrastructure that will help us further elevate the full spectrum of care and services that we provide. The operating rooms will feature the latest technology and surgical options in a setting that is conducive to the outstanding care that patients have come to expect from Mount Sinai.

The new tower has been designed to enhance our patients’ overall experience. From the contemporary architecture, to the elegant, light-filled atrium in its lobby, and the private patient rooms offering scenic views of Biscayne Bay, our surgical tower will offer a tranquil, healing environment for patients and visitors.

As we plan for new construction, we also remain committed to bringing our services closer to where many of our patients live and work. This issue of Mission illustrates that commitment with a feature on the grand opening of our satellite center in Sunny Isles Beach.

This issue of Mission also features a profile of Kfir Ben-David, M.D., our new vice chair of the Department of Surgery and chief of the Gastroesophageal Surgery Division. Dr. Ben-David, who was raised in Miami, is returning to South Florida after an illustrious career at the University of Florida in Gainesville.

As you can see, we have a great deal in progress at Mount Sinai – all of which reflects a strong commitment to our mission. Thank you for your support.

Supporting Mount Sinai From Generation to Generation

AS SUPPORTERS OF MOUNT SINAI MEDICAL CENTER, we are part of a special group that shares a common philanthropic commitment to ensuring the health and well-being of our community. I would like to share two very different, but enduring, examples of support for Mount Sinai.

The first is represented in the ongoing support of former Sunny Isles Beach Mayor Norman S. Edelcup. While in office, Mayor Edelcup spearheaded the city’s partnership with Mount Sinai to offer his constituents medical lectures, health screenings and other services that continue to this day. Mayor Edelcup, who is a Visionary in the Society of Mount Sinai and a member of the board of trustees, attended the grand opening celebration for Mount Sinai Primary & Specialty Care Sunny Isles Beach, at which time a dedication in his honor was unveiled in the new satellite center. Photos of the mayor and the dedication are included in this issue of Mission.

The second example is illustrated by a group of donors who value the importance of nursing and, more importantly, Mount Sinai’s nursing staff. The hospital’s annual National Nurses Week program included the presentation of awards to members of the nursing staff, as well as scholarships to employees who are in nursing school. The awards program was established by the late Sidney and Ruth Harris in honor of the nursing staff they loved so dearly. The scholarships are made possible through the generosity of the late Ruth Schwartz and her son and daughter-in-law, Jerrold and Jane Goodman. They also are featured in this issue of Mission.

These are just two recent examples of the many donors who are helping Mount Sinai continue to be a pillar of health care in our community. It’s been that way from the very beginning, when our original Founders made the personal commitment to build a hospital that welcomed everyone, physicians and patients alike, regardless of their racial, ethnic or religious background. With your support, it will continue to be that way for generations to come.

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Marte, who has been certified to teach yoga since 2012, volunteers as a yoga and meditation instructor for charities serving disadvantaged populations. She also is a founder, director and general counsel of The Social Cog, Inc., a not-for-profit organization that serves independently functioning adults with learning and developmental disabilities, providing opportunities to develop friendships and be part of a community.

“At The Social Cog, we’re doing something that’s very new and there’s a huge need for it,” Marte said. “We serve adults who had no independent social life, and because of the training we do and opportunities we create, they now have friends and an active social life – all things that most of us take for granted. We’re just seeing this whole group blossom.”

Paul also finds time to volunteer. Separate from his business responsibilities, he has devoted a significant amount of time to writing and lecturing on legal matters, and more recently, teaching and participating in mindfulness and law education.

“Gary is an incredibly successful and well-regarded professional,” Paul said. “He has always made it a priority to serve the community and to be a philanthropic supporter of causes that he believes in. Steve is an incredibly talented leader and extraordinarily committed to Mount Sinai. I consider it a blessing to work with and learn from both of them and other community leaders who contribute their time and efforts to the medical center.”

A member of the Mount Sinai family since 2009, Paul joined the board of trustees in 2010. This past January, he was named chairman of the board’s Audit and Compliance Committee.

“It’s a significant responsibility that I am taking seriously,” said Paul. “And I’m learning a great deal from previous audit committee chairs and from committee members. I am grateful for the opportunity to serve.”

The Singermans also appreciate having a world-class medical center in their community – one that has always been there in their family’s time of need.

“We live less than 10 blocks from the hospital,” Paul said. “Members of my family – going back as far as my paternal grandparents – have received care at Mount Sinai. I think Mount Sinai is vital to the health and growth of Miami Beach.”

In his expanded role on the board of trustees, Paul is now looking forward to helping Mount Sinai continue to be the hospital that residents of Miami Beach and the surrounding communities can depend on.

“Supporting the construction of the new tower and the new emergency department, recruiting more world-class physicians and retaining our existing team of talented physicians and support staff are the essential next steps in Mount Sinai’s evolution,” he said. “It’s important to me personally, and it’s critically important to our community.”

Paul and Marte Singerman

PURSUING THEIR PASSION FOR COMMUNITY SERVICE

FROM THE DAY THEY MET IN A LAW SCHOOL STUDY GROUP MORE THAN 33 YEARS AGO, Paul and Marte Singerman have been virtually inseparable.

“We met on the third day of law school,” Marte said, noting that the connection was made through mutual friends. By the time they graduated from the Levin College of Law at the University of Florida, the Singermans were happily married and ready to build their lives together in Miami. It proved to be a fruitful move for their family and for the community, as well.

Paul, a member of the Mount Sinai Medical Center Board of Trustees and the Society of Mount Sinai, is co-chair of the Berger Singerman law firm, where he specializes in business law and business reorganization matters.

“I’ve been blessed and very fortunate to be part of a growing business law firm and entrusted with significant matters by an outstanding client base,” he said. “I’m incredibly grateful for the opportunity to work hard with a great team and to make a living doing something that I love.”

In 1998, after enjoying a successful career in commercial litigation and bankruptcy law for 15 years, Marte decided to put family and community service first.

“When it became clear that it was going to be hard to take care of the kids because Paul was traveling all the time, I stopped practicing law and switched to volunteer work,” Marte said. Her priority was caring for their daughters, Rickie, now 18, and Eliza, 21, and taking on significant volunteer positions with several organizations.

Want to see more photos? Visit our photo gallery at msmcfoundation.org
Integrative Medicine:
MERGING MAINSTREAM AND ALTERNATIVE THERAPIES TO TREAT THE ‘WHOLE’ PATIENT

WHEN MIKE CUSNIR, M.D., TREATS CANCER PATIENTS UNDERGOING CHEMOTHERAPY, he often prescribes a few doses of ginger or several sessions of meditation as part of their treatment, both of which are viable options in the field of integrative medicine.

“A lot of different botanicals work in concert with chemotherapy — ginger has been found in many clinical studies to be as effective as one of the main pharmaceuticals that we prescribe for nausea,” said Dr. Cusnir, a hematologist/oncologist at the Mount Sinai Comprehensive Cancer Center. “The difference is that the drugs have side effects that range from constipation to neurololgic symptoms that could be quite bothersome and even permanent for some patients. By contrast, ginger has been proven not to have any side effects, with the exception of reflux in some cases.”

And meditation?

“Meditation helps patients by decreasing the amount of stress they’re experiencing,” he said. “When the stress level starts to decrease, the cancer prognosis might also change. But more amazing is that fatigue improves after patients practice mindfulness meditation.”

Dr. Cusnir, who joined Mount Sinai’s medical staff in 2003, was not always an advocate of integrative medicine. After patients told him they were trying integrative therapies on their own, he decided to learn more about the field. In 2012, he completed a two-year fellowship at the Arizona Center for Integrative Medicine at the University of Arizona College of Medicine.

Integrative medicine combines mainstream or conventional medicine with scientifically validated therapies from alternative medicine to treat the whole patient: mind, body and spirit. These therapies include mind and body interventions, botanical interventions, nutritional practices, Chinese medicine, massage therapy and more. Dr. Cusnir cautions, however, that integrative medicine is not to be confused with alternative medicine.

“Alternative means instead of integrative means in conjunction with,” he said. “We respect both conventional and alternative medicine, and we put them together to make use of all appropriate therapies.”

MOUNT SINAI MEDICAL CENTER PAID TRIBUTE TO THE WOLDENBERG FOUNDATION on Wednesday, March 25, with the official dedication of a fellowship named in the foundation’s honor: Steven D. Sonenreich, president and chief executive officer, presided over the unveiling of the dedication for the newly established Woldenberg Foundation Cardiovascular Disease Fellowship at Mount Sinai.

Malcolm Woldenberg, the prominent New Orleans businessman and philanthropist for whom the foundation is named, was the uncle of the late Caroline W. Halpern, of Coral Gables, who served as president of the foundation. Her children Mark Halpern, of Surfside, and Minette Brown, of Plantation, are Woldenberg Foundation trustees. Mark Halpern was among the guests at the dedication.

The dedication honoring the Woldenberg Foundation (shown above) is located in a corridor near the entrance of the Mount Sinai Heart Institute.

“Mark and Minette are heirs to their family’s legacy of philanthropic support of cultural, civic and health-related programs and services,” Sonenreich said. “This fellowship is a testament of the Woldenberg Foundation’s commitment to advancing health care.”

Although his primary home was in New Orleans, Woldenberg also had ties to Miami Beach. He became a Founder of Mount Sinai in January 1969 and joined the board of trustees the following April. A titan in wholesale liquor distribution in Louisiana and Florida, Woldenberg died in 1982 at the age of 86. Carrying on the family tradition, Halpern and his wife, Margaret, are members of the Founders Club and the Society of Mount Sinai.

The Woldenberg fellowship dedication also included official recognition of Christos G. Mihos, D.O., the first doctor to receive the fellowship. Dr. Mihos earned his Doctor of Osteopathic Medicine at Nova Southeastern University, where he currently serves as a clinical assistant professor of internal medicine. He completed his internship and residency in internal medicine at Mount Sinai, where he also was named Resident of the Year in 2011-2012.

Sonenreich praised Dr. Mihos for his accomplishment, and paid tribute to Halpern and his foundation for making a gift in support of the hospital’s leading center of excellence.

“The Mount Sinai Heart Institute, in affiliation with New York’s Columbia University, specializes in the diagnosis, treatment and prevention of heart disease and provides a solid combination of quality care and services, academic excellence and lifesaving research,” Sonenreich said. “By establishing this fellowship, the Woldenberg Foundation truly is helping us meet our mission as a teaching hospital and as a world-class heart institute. Thank you, Mark. It’s truly a privilege to have you as a member of our family of supporters.”

THE MOUNT SINAI COMPREHENSIVE CANCER CENTER: A MULTIDIsciplinary approach TO CArE
The Mount Sinai Comprehensive Cancer Center provides a sophisticated array of services, including diagnostic imaging; medical, surgical, neurological, gynecological, urological and radiation oncology; and support services for cancer patients and their families.

A recipient of the Clinical Trials Participation Award from the American Society of Clinical Oncology, Mount Sinai also offers one of the most integrated cancer research programs in the state, giving patients access to potentially lifesaving treatment options long before they are available to the general public. In addition:

• Mount Sinai is the first radiation oncology program in South Florida to earn accreditation from the American College of Radiology (ACR), which assures the highest level of quality and patient safety.
• The Lila and Harold Menowitz Comprehensive Breast Center is the first facility in Florida to receive accreditation from the National Accreditation Program for Breast Centers and has been recognized as a Breast Imaging Center of Excellence by the American College of Radiology.
• For more information about the award-winning advanced care available at the Mount Sinai Comprehensive Cancer Center, please call 305.674.9100 or visit mscsc.com.
Mount Sinai Officially Opens New Satellite Center In Grand Style

MOUNT SINAI MEDICAL CENTER CELEBRATED THE GRAND OPENING OF ITS NEWEST SATELLITE CENTER in Sunny Isles Beach with a ribbon cutting ceremony and open house on Wednesday, April 22. Located on the sixth floor of a beautiful new building at 323 Sunny Isles Boulevard, Mount Sinai Primary & Specialty Care Sunny Isles Beach offers internal medicine, urology, cardiology and endocrinology services.

Steven D. Sonenreich, president and chief executive officer, presided over the grand opening and ribbon cutting ceremony, which also included presentations by Sunny Isles Beach Vice Mayor Jeannette Gatto and former Mayor Norman S. Edelcup. The satellite center’s lobby features a dedication in honor of Mayor Edelcup, a member of the hospital’s board of trustees, as well as a Visionary in the Society of Mount Sinai and a longstanding member of the Founders Club. In addition to the new Sunny Isles Beach location, Mount Sinai also has satellite centers in Aventura, Key Biscayne, Coral Gables and Hialeah.

Founders Enjoy Lunch and Learn About Ivy League Urological Care at Mount Sinai

WHERE: La Gorce Country Club
WHEN: Wednesday, March 4
LUNCH: Delicious cold buffet, paired with red and white wines provided by Southern Wine & Spirits
LESSON: “Urologic Care: A Team Approach to Treating Bladder, Kidney and Prostate Issues with Improved Outcomes”
SPEAKERS: The Columbia University Division of Urology at Mount Sinai team of physicians, including Dr. Alan Nieder, division co-chief and associate professor; Dr. Akshay Bhandari, division co-chief, director of robotic surgery and assistant professor; Dr. Yvonne Koch, assistant professor; and Dr. Jorge Caso, assistant professor
SPECIAL THANKS TO: The always gracious team at La Gorce Country Club: Martina Schreer, Steven Scheeren, Jose Mera and Brad Senff, along with executive chef David Rodriguez
WHERE: The Setai Miami Beach
WHEN: Wednesday, March 18
FEATURE: Sunset networker in the Zen-like courtyard of the five-star luxury resort, which recently celebrated its 10-year anniversary
BEVERAGE: Libations courtesy of our friends at Southern Wine & Spirits
CUISINE: Mediterranean delicacies, artisan cheeses and the region’s finest risotto and gnocchi
THANKS TO: Joe Nakash, new owner of The Setai, and the Nakash Family Foundation for co-hosting the event, Salem Munayyer and The Setai’s outstanding team: Alex Furrer, Federico Galter and Ivan Bauza
Michael Mina Delights Donors with Dynamic Culinary Experience

WHERE: Michael Mina 74, Fontainebleau Miami Beach
WHEN: Wednesday, April 29
FEATURE: High-energy culinary and social destination headlined by award-winning Chef Michael Mina
BEVERAGE: Wines and vodka cocktails provided by Southern Wine & Spirits
CUISINE: Ahi and hamachi poppers, heritage chicken, truffled mac & cheese, lobster cavatelli, amazing beignets and more!
SPECIAL THANKS TO: Fontainebleau executives Philip Goldfarb, Scott Flexman, Jeffrey Klein, Joshua Summers and Gail Karas. Heartfelt thanks to the great team at Michael Mina 74, including Rogelio Flores, Anthony Kay, Matthew Moll and Chef Thomas Griese

Want to see more photos? Visit our photo gallery at msmcfoundation.org
Donors Join in the Celebration of Nurses Week at Mount Sinai

MOUNT SINAI MEDICAL CENTER MARKED NATIONAL NURSES WEEK BY RECOGNIZING 26 OUTSTANDING NURSES during an awards program on Wednesday, May 7. James Sinkevich was named the 2015 Nurse of the Year. Sinkevich was among the individuals named “Nurse of the Unit,” based on nominations by his colleagues and directors.

In addition, five employees received scholarships to defray the cost of their nursing school expenses. The scholarships are awarded to full-time employees on the basis of their work and school performance and their demonstration of good customer service skills. Presented annually since 1994, the $1,000 scholarships are made possible through the generosity of the late Ruth Schwartz and her son and daughter-
in-law, Jerrold and Jane Goodman, who are members of the Society of Mount Sinai and Founders Club. Jerrold Goodman also is a member of the medical center’s advisory board of trustees.

The Nurse of the Year and Nurse of the Unit awards are made possible through the Harris Institute of Nursing, which recognizes nurses for their professionalism, compassion and dedication to patient care.

The late Sidney Harris established the institute as a way to honor the nursing staff that cared for his late wife, Ruth, during her hospitalization at Mount Sinai. The Harrises were members of the Founders of Mount Sinai and the Society of Mount Sinai. Sidney Harris also dedicated the Harris Garden, located between the Simon Medical Office Building and the Warner Pavilion on the hospital’s Miami Beach campus, as a tribute to his wife.

Training Tomorrow’s Nurses Today

INTEGRATING PRACTICE AND COURSEWORK TO PROVIDE A COMPREHENSIVE NURSING EDUCATION

NURSES ARE AT THE FRONTLINE OF HEALTH CARE, and Mount Sinai Medical Center is dedicated to providing a setting where nursing students can receive a well-rounded education that prepares them for a rewarding career. Mount Sinai collaborates with Miami-Dade College and other colleges and universities in the region to provide comprehensive training for nursing students. Approximately 600 students rotate through Mount Sinai each year for three months at a time, getting hands-on experience and instruction. First-year students work with their instructors and follow a curriculum established at their school during a 12-week rotation. Second-year students participate in a preceptorship rotation, which provides practical experience and training as students work side-by-side with a hospital nurse. Students gain valuable experience in patient assessment, taking vital signs and honing other skills that can only be learned in a hospital setting.

The training continues for first-year nurses at Mount Sinai, as they are hired through a comprehensive internship program designed to give them a strong foundation of support and mentorship. The internship includes classroom time for mentoring, evaluation and orientation, in conjunction with the new nurse working one-on-one with a preceptor who oversees his or her clinical performance. In addition, Mount Sinai’s veteran nurses continuously strive to grow professionally. They embrace new technologies and adapt to the ever-changing health care environment. Members of the nursing staff are committed to enhancing their training and gaining credentials in their areas of specialization to provide the best care possible for every patient.

Integrative Medicine

(Continued from page 4)

Dr. Cusnir’s research includes a clinical trial that studied the benefits of miracle fruit for cancer patients whose chemotherapy left an unpleasant metallic taste in their mouth. Unable to tolerate the taste, patients often don’t eat and risk becoming malnourished, which could impact their overall chances of recovery.

“The study showed an improvement in taste that no other study has shown,” he said. “This is the first evidence of something improving taste and making it easier for patients to eat.”

The value of integrative medicine is so significant that Dr. Cusnir brought the training to Mount Sinai, which today has one of only two programs in the country that trains internal medicine residents in the practice. The 200-hour, non-accredited program is intended to help doctors understand the practice and give them a better framework for treating their patients holistically.

“When a patient comes to them and tells them that they’re taking echinacea because they’ve got a cold,” he said, “the doctors will at least hear them out because they know that botanical interventions can be beneficial.”

Integrative medicine is offered as a supplement to the multidisciplinary care and services provided at the Mount Sinai Comprehensive Cancer Center. To learn more, call 305.674.9100 or visit mccc.com.
Research Explores the Connection Between Hot Yoga and Heart Health

CAN PRACTICING HOT YOGA IMPROVE YOUR CARDIOVASCULAR HEALTH? That is the question that motivated a Mount Sinai Medical Center cardiologist to begin a new research study on the ancient discipline. Carlos Zamora, M.D., director of the Sports Cardiology Program at Mount Sinai, became curious about the health impact of hot yoga after patients began asking about its safety. Often associated with the style devised by Bikram Choudhury, the term hot yoga is used to describe any number of yoga styles that use heat to increase an individual’s flexibility in the poses. Classes take place in a room heated to temperatures ranging from 95 to 105 degrees.

“I see a lot of athletes and other patients who want to know if it is safe, can they do it or should they do it, is it harmful or beneficial,” Dr. Zamora said. “There have been studies on conventional yoga that showed benefits in reducing blood pressure and arrhythmias, but there was not a lot of substantial research on hot yoga.”

Although some small studies indicated that hot yoga appeared to be safe for healthy participants, Dr. Zamora seeks to corroborate those findings with his own research and take it one step further to determine whether hot yoga would actually improve overall vascular function.

“Vascular dysfunction is one of the first signs of cardiovascular problems,” Dr. Zamora said. “Basically, your blood vessels are not as healthy as they once were and subsequently you can have a heart attack, stroke or arrhythmias – all kinds of cardiovascular problems.”

The study is an exciting prospect for Penny Itzkovits, who has hacked hot yoga for the past 17 years. She began the practice after the birth of her first child, hoping it would help her lose the last 40 of the 60 pounds she gained during her pregnancy. Today, Penny said, she’s healthier than ever, her heart rate is lower and her blood pressure has improved.

“Those are the things that I know,” she said. “I feel like I have more stamina – more energy – as I’ve gotten older. I can only attribute it to hot yoga.”

Dr. Zamora is recruiting 12 healthy people who have never practiced hot yoga before to participate in the study in which participants will undergo two 90-minute sessions of hot yoga per week for six weeks. Participants will have a cardiovascular physical before their first class, midway through the series and again after they complete the six weeks of practice. As part of the evaluation process, Dr. Zamora will conduct an EndoPAT® test to measure participants’ arterial function. The 15-minute, non-invasive test measures how well the participants’ arteries relax and dilate to allow more blood supply where it is needed.

“The goal is to determine whether participants will actually show improved blood flow after 12 sessions of hot yoga,” Dr. Zamora said. “I thought we should study healthy people for a period of time and see how their bodies behave while we are monitoring them closely, and that’s what we set out to do.”

Dorienne Kriegstein, 43, is among the first to participate.

“It was a way for me to learn more about my cardiovascular health, and I think it will help other people, as well,” said Kriegstein. “It’s relaxing. I feel better. I believe I have a bit more energy and I look better.”

Although Kriegstein has completed her 12 hot yoga sessions, more participants are needed to complete the study. To learn more and to participate in the study, please call 305.674.2162.
Cibo Brings Flair of Sophistication to Rustic Italian Cuisine

WHERE: Cibo, a trendy restaurant on South Beach
WHEN: Thursday, January 29
FEATURE: The latest venture of Nick Di Donato and Liberty Entertainment Group, Cibo features sophisticated rustic Italian cuisine that truly sets it apart.
BEVERAGE: An array of cocktails generously provided by our friends at Southern Wine & Spirits
CUISINE: Cibo’s signature arancini stuffed with ragu and melted mozzarella, as well as mini polpettine, chianti-braised short ribs, porcini risotto and much more
THANKS TO: Nick Di Donato and his team: Salvatore Natale, Nicole DePriest and Chris Papadopoulos, as well as Massimo, Sergio and Marina

Andrey Jimenez-Trushina and Alicia Casanova
Amy & Andrew Atkins
Carl Iovine
Jim & Jean Richmond
Teresa Carmenate
Clockwise from left: Mike Kiely, Cameron Sisser, Ali Soule and Mirielle Enlow
Vlad & Anna Binder, Sasha Westerman-Keuning, Kayla Friedman and Dylan Keuning
Linda Zilber & Paul Ruthfield
Sandra & Jeffrey Hackmeier with Angela Schechter and Dr. Craig August
Esenia Khutorova and Calina Urman
Jayne Shapiro, Sheree Savar and Linda Schechter
Jeanne & Boris Rosen
Nicole Depriest and Salvatore Catania
POWER FOOD: LOX TO LOVE

With salmon, big taste and big health benefits get along swimmingly.

SALMON ISN’T THE ONLY "TASTES GOOD, GOOD FOR YOU" FOOD, BUT IT JUST MAY BE THE DINNER TIME CHAMP.

Ironically for a “fatty” fish, this low-calorie, protein-packed standard is actually a lean, mean fighting machine that protects against cardiovascular disease. It’s also a source of vitamin D, which is proven to help prevent cognitive decline. And with all its benefits, salmon is an easy-to-prepare palate pleaser that goes deliciously as an entree with all kinds of side dishes.

POWER UP

When it comes to omega-3 fatty acids, salmon is second only to sardines. The specific fatty acids in salmon — eicosapentaenoic acid, or EPA, and docosahexaenoic acid, or DHA — have been proven to reduce the risk of heart disease. They also protect against high blood pressure and cholesterol, irregular heart rhythms, diabetes, certain types of cancer and even conditions such as depression, attention-deficit hyperactivity disorder and Alzheimer’s.

A 2011 study of Alaskan Yup’ik Eskimos who were overweight or obese, but had a diet high in fatty fish, found that they were at lower risk of heart disease than were overweight people in the contiguous United States who ate fewer EPA- and DHA-rich foods. In fact, study participants’ levels of triglycerides and inflammation (potential indicators of heart disease) were about the same as those of normal-weight individuals in the lower 48. Furthermore, salmon is a better and less fattening source of vitamin B12, which helps the body form red blood cells, than red meat. Other vitamins in the fish include A (which protects your skin and vision), D (which besides its brain benefits — maintains bone health) and E (an antioxidant, which also helps prevent heart disease).

DID YOU KNOW?

The flesh of salmon is widely recognized by consumers as red or pink, but it actually starts out white or grey. The fish gets its pink color from its diet of crustaceans (tiny shrimp, for instance), which are rich in carotenoids. According to the Alaska Department of Fish and Game, some king salmon have a genetic difference that prevents them from absorbing the pigment, and their flesh remains white. Also, farm-raised salmon that don’t get the fish’s natural diet appear lighter pink or orange — this comes from an additive in the feed the fish are given.

BUYING TIPS

There are five major species of Pacific salmon (king, coho, sockeye, pink and chum, in order of richness) and one farm-raised Atlantic species, the type of salmon most commonly consumed in the United States. Much debate has focused on the issue of wild versus farmed salmon. The wild fish is lower in saturated fat and calories and higher in iron and calcium than the farmed variety. That’s not to say that all farmed salmon is bad. Today, higher consumer demand for sustainability and accountability has made U.S.-based fish farmers up the ante. Whole Foods, for example, says it sells farmed fish that has passed a strict vetting process, which prohibits antibiotics, added growth hormones, pesticides and fish that are genetically engineered.

Want to see more photos? Visit our photo gallery at msmcfoundation.org
Please Welcome the Newest Members of our Family...

We are proud to salute the people who joined our family of philanthropists or ascended to a higher level of giving between February 1 and April 24, 2015. By embracing our Foundation, they are demonstrating a commitment to Mount Sinai Medical Center and its pledge to provide great medicine for our community. We extend our heartfelt gratitude to all of our donors — those who are new to the family and those who have been with us through the years — for their generosity.

SOCIETY OF MOUNT SINAI
MEMBERS
Aaron I. Fleischman and Lin Lougheed
Miriam and Seymour Mandell

FOUNDERS
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Daniel Reinhardt
Blake Slade

CORPORATE FOUNDERS
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Robert L. Rosen and Dale Atkins-Rosen
Charitable Foundation
Rep. by Robert L. Rosen

YOUNG FOUNDERS
Ori Tamuz

YOUNG PRESIDENTS CLUB
Yvette Valverde

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.

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.

LEVELS OF GIVING

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.

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WE’RE SOCIAL!
ARE YOU SOCIAL?

Like us on Facebook, and keep up with the latest news about Mount Sinai.
SEARCH FOR MOUNT SINAI MEDICAL CENTER OF FLORIDA.

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).

MOUNT SINAI MEDICAL CENTER HOSPITAL FOUNDATION
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.

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.

SEARCH FOR MOUNT SINAI MEDICAL CENTER OF FLORIDA.
KFIR BEN-DAVID, M.D.
VICE CHAIR OF SURGERY AND
CHIEF OF THE GASTROESOPHAGEAL
SURGERY DIVISION

DR. BEN-DAVID IS A RENOWNED EXPERT in foregut surgery and specializes in the treatment of various conditions of clinical interest, such as esophageal and gastric cancer, gastroesophageal reflux, achalasia, paraesophageal and complex hiatal hernias.

Board certified in general surgery, Dr. Ben-David has performed more than 500 minimally invasive esophagectomies – the most ever performed in Florida. Because of his extensive experience in this procedure, he has taught more than 75 surgeons throughout the world who seek his expertise in perfecting their technique. In addition to his surgical experience, Dr. Ben-David is an active researcher in the area of esophageal care. He has published scores of peer-reviewed manuscripts and received funding from the National Institutes of Health (NIH) as a co-investigator on an RO1 research grant, the original grant issued by the NIH. Dr. Ben-David earned his medical degree at the University of Florida College of Medicine. He completed his general surgery residency at the University of Cincinnati’s Department of Surgery, where he was also chief resident. Dr. Ben-David also completed a minimally invasive advanced gastrointestinal surgery fellowship at Duke University.

Prior to joining Mount Sinai, Dr. Ben-David was a respected member of the faculty at the University of Florida College of Medicine, where he was a tenured associate professor of surgery. He also served as chief of the minimally invasive gastroesophageal and bariatric service, and director of the minimally invasive surgery fellowship and general surgery residency programs. Dr. Ben-David has received various awards and honors of merit. Most recently, he received the UF Health Shands Hospital Physician Service Key Award, the University of Florida’s College of Medicine Exemplary Teacher Award and the Dragstedt Outstanding Department of Surgery Teaching Faculty Award.

Mount Sinai Medical Center Physicians

FOCUSED ON OUR MISSION

Dr. Kfir Ben-David
Patients battling cancer can rest assured that the surgical oncologists at the Mount Sinai Comprehensive Cancer Center are among the finest in the region. From diagnosis to treatment, superb patient care is offered with personalized attention using the latest technological advances, including minimally invasive surgical techniques that are not only less painful, but also dramatically cut recovery time. Our surgical oncologists specialize in:

- Advanced surgical care for patients with cancer of the breast, thyroid, head and neck, skin, liver and intestinal tract
- Foregut surgery, esophageal and gastric cancer, gastroesophageal reflux, achalasia, paraesophageal and complex hiatal hernias
- Tumor diagnosis via biopsy, endoscopy and sentinel node staging
- Minimally invasive surgical procedures, including laparoscopic and robotic surgery, as well as nonsurgical ablation and more

FOR MORE INFORMATION, CALL 305.674.9100 OR VISIT MSCCC.COM.

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