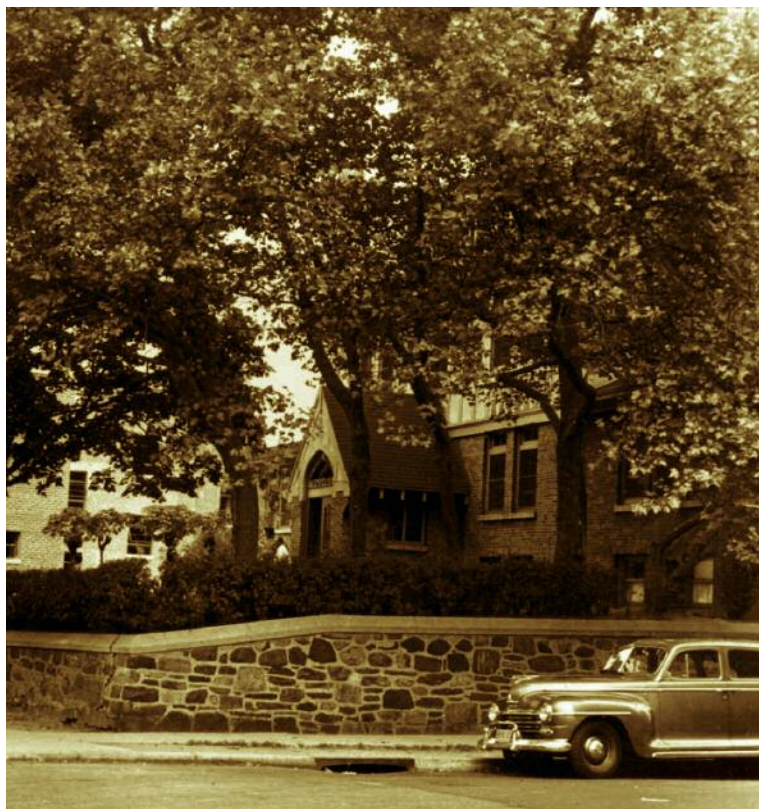


MOUNT SINAI QUEENS
inside



The Annex: a glimpse at our past

Our History: A Look Back as We Look Ahead

“Founded in 1910 as Daly’s Astoria Sanatorium, Mount Sinai Queens has been serving western Queens for almost 100 years.” That was the accepted historical truth—that is, until we started asking some questions. In fact, we are quite a bit older.

Around the time of the “centennial,” David M. Nierman, MD, MMM, Chief Medical Officer and Vice President, Medical Affairs, started investigating the Hospital’s history on his own. “I’m interested in history in general and its application to today, and I have always been especially interested in the history of hospitals where I work,” he says. “Mount Sinai Queens’ history is particularly fascinating to me because the institution is part of the history of Queens County, where I have either lived or worked for most of my life,” he adds.

Dr. Nierman’s curiosity and his initial discovery of published historical discrepancies intrigued Executive Director Caryn A. Schwab, who had wondered about the Hospital’s past. When she arrived at the Hospital in 1999,

CONTINUED ON PAGE 2

Look inside

- Hurricane Irene
- Our Top Doctors
- Summer Reading Event
- Breast Cancer Awareness
- August Employee of the Month
- Medical News from Mount Sinai

Focus On: Respiratory Care

“Respiratory therapists (RTs) are second only to nursing in the amount of bedside care we provide patients of all ages,” says Julius Cernansky, RRT, Director of Respiratory Care. Cernansky heads a team of 30, the majority of whom are respiratory therapists, with the rest being technicians and administrative support. Shown right, from left to right, are some of the staff: Jean Lafontant, Dino Tiongson, Angela Salazar, Julius Cernansky, Stephanie Charlemagne, Raymond Anglin, Ralph Dominguez and Maryse Duplan-Bras.

These health care specialists evaluate, treat and care for patients with cardiopulmonary (heart-lung)



Some of the Respiratory Care staff

CONTINUED ON PAGE 3

Joining the Medical Staff: **Dong-Seok Daniel Lee, MD**



Dong-Seok Daniel Lee, MD

Dong-Seok Daniel Lee, MD, joined the staff of Mount Sinai Queens in August 2011 as a thoracic surgeon. This surgical specialty includes procedures on the lungs and chest cavity other than the heart.

“Thoracic surgeons operate on lung cancer, esophageal cancer, and benign lesions, hernias and infections,” says Dr. Lee.

“I’ve been fellowship-trained in thoracoscopy, a minimally invasive surgical technique. At Mount Sinai Queens, I will be

doing procedures such as video-assisted thoracoscopic surgery for lobectomy, which allows me to remove a lobe of a lung with a minimally invasive approach.” Dr. Lee’s training in thoracoscopic techniques allows an expansion of the types of clinical services Mount Sinai Queens now can offer in thoracic surgery.

Dr. Lee received his bachelor’s degree in astronomy from Cornell University and graduated with distinction in all subjects. He

received his medical degree from Robert Wood Johnson Medical School in New Jersey. His surgical residency was completed at The Mount Sinai Medical Center, where he also completed a fellowship in thoracic surgery. He is fluent in English and Korean, is proficient in Spanish, and has a working knowledge of basic French and Japanese. He is also an accomplished violist and holds a double black stripe in Taekwondo martial arts.

Welcome, Dr. Daniel Lee! 🎉



Patient Point of View

I was a surgical outpatient at your hospital and I received wonderful care. It began with the security guard, who was kind and considerate. The intake nurse kept me informed of the schedule. All the nurses before the procedure made me feel less apprehensive. The nurses in the recovery room and step-down area were exceptional and kept my family informed that I was ok. When the staff called me at home after I left the hospital, I felt reassured and that I mattered.

— J.D.

Our History (continued from page 1)

Schwab was disappointed that there were virtually no archives, records or photos that shed light on our history.

When Shelly Felder, Senior Director of Marketing and Communications, was hired in 2010, Schwab said that she would love for Felder and her team to check out the facts.

After some preliminary explorations, Felder became aware that The Mount Sinai Medical Center in Manhattan has archivists on staff. “Imagine my delight! We could turn to our own people, experts who are steeped in history as a passion and a livelihood,” she says.

“It’s about time the Mount Sinai Archives started documenting your

history!” wrote Barbara J. Niss, Archives and Records Management Division, Levy Library, The Mount Sinai Medical Center, in an email correspondence with Felder.

The Mount Sinai archivists confirmed and clarified some earlier work in the discovery process including research provided by the Astoria Historical Society. “Once the history is published, we are hoping that anyone in the community who reads it, who has a personal history or knowledge of the Hospital and its place in the neighborhood, contact us to share their story,” says Felder.

So what is our real story? Stay tuned to our next issue in November, for the newly discovered—and much older—history of Mount Sinai Queens! 🎉

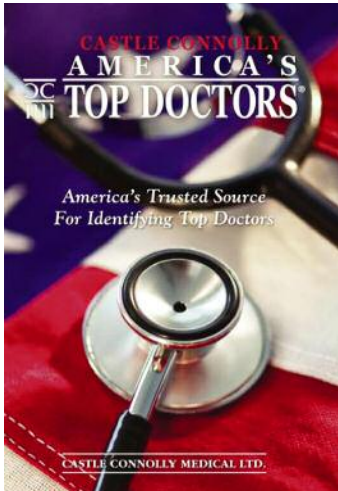
Hurricane Irene: Weathering the Storm

Executive Director Caryn A. Schwab and COO Judy Trilivas, along with the executive staff, thank everyone for helping the Hospital weather Hurricane Irene, which made landfall as a tropical storm in our area on August 28. We were well prepared due to the excellent execution of emergency plans and the effort by all staff members who reported to work, covered their shifts and extended themselves wherever and whenever needed.

Hospital leadership in Queens, as well as Manhattan, activated our Emergency Operations Plan and worked around the clock to provide a safe environment for our patients and staff during this citywide emergency. The Queens Incident Command Center, which was opened August 27 through August 29, was the hub of our operations. We maintained close communication with the main campus throughout the emergency.

We took in three patients from St. John’s Episcopal. Engineering made sure our buildings were safe and responded to any issues throughout the weekend. About 125 staff members stayed the night. Housekeeping made sure we accommodated as many staff as possible with cots, mattresses and linen. Food Service had meals for our patients and made sure our staff was well fed. Information Technology kept our communication systems going throughout the emergency. Our physicians, nurses and other clinical staff made sure that we continued to provide the highest level of care for our patients. From Security and Human Resources, to our extraordinary doctors and nurses, our team responded with dedication and professionalism.

Mount Sinai Queens Top Docs!



Twenty-four Mount Sinai Queens physicians were named "Top Doctors" by *U.S. News and World Report*.

"This recognition of our physicians is indicative of Mount Sinai Queens' commitment to provide outstanding inpatient and outpatient care to our community,"

says Caryn A. Schwab, Executive Director.

U.S. News Top Doctors was created in collaboration with Castle Connolly Medical Ltd., publisher of *America's Top Doctors*, as well as a variety of other consumer guides to health care. The list, which represents the top one percent in the nation, draws from Castle Connolly's database. All the physicians were recommended for their clinical skills by other doctors and individually vetted by a physician-led research team.

"We are pleased by this public recognition of our staff," says David M. Nierman, MD, MMM, Vice President of Medical Affairs, Chief Medical Officer and top doc himself. Mount Sinai Queens congratulates the following physicians who were recognized this year:

► **Avram L. Abramowitz, MD,** oncology/hematology

Focus On: Respiratory Care

(continued from page 1)

disorders. They work closely with physicians, nurses and other health care professionals in the Hospital's critical care units, Emergency Department and medical/surgical nursing units. "Our RTs are responsible for patient assessment, administering medical gasses and respiratory medications to alleviate breathing problems, applying and monitoring mechanical ventilator and cardiovascular support, maintaining artificial airways, bronchia-pulmonary hygiene procedures, and cardiopulmonary rehabilitation," says Cernansky. "We are

also instrumental in starting the weaning protocol for patients who are ready to be off the respirator."

"We obtain and analyze sputum and blood specimens, and conduct and interpret breathing studies to determine lung function impairment," explains Cernansky. This aids in diagnosing conditions.

Cernansky is proud of his team. "They are an excellent group. I wouldn't want to work with anyone else," he says. 🙌

- **Walter A. Besser, MD,** orthopaedic surgery
- **Bernard J. Biviano, MD,** surgical critical care
- **Michael G. Cioroiu, MD,** surgery
- **George C. Fisher, MD,** family practice
- **Gordon Freedman, MD,** pain management/anesthesiology
- **Oscar J. Fukilman, MD,** internal medicine
- **Michael J. Gladstein, MD,** dermatology
- **Howard J. Greenberg, MD,** hematology/internal medicine
- **Sotirios Kassapidis, MD,** pulmonary disease/critical care medicine
- **Ari Kostadaras, MD,** nephrology
- **Joel Kreitzer, MD,** pain management/anesthesiology
- **David M. Nierman, MD, MMM,** pulmonary disease
- **Andrea D. Olanescu, MD,** obstetrics/gynecology
- **Jeffrey Sandhaus, MD,** urology
- **Ezra Sharon, MD,** rheumatology
- **Jay D. Tartell, MD,** radiology
- **Steven Tillem, MD,** urology
- **Jess Ting, MD,** hand surgery/plastic and reconstructive surgery
- **Steven J. Touliopoulos, MD,** orthopaedic surgery
- **George Varsos, MD,** radiation oncology
- **James M. Vogel, MD,** hematology/internal medicine
- **Craig J. Youner, MD,** radiology
- **Alan P. Zeitlin, MD,** vascular surgery 🙌

Illustrator/Author Reads to Kids

Ian Schoenherr, a Queens-based illustrator and writer of children's books, participated at Mount Sinai Queens' Kids Storytelling on August 10, at Family Health Associates, located on 21st Street. About 25 children listened avidly as Schoenherr read from his books, *Cat & Mouse*, *Read It, Don't Eat It*, *Pip & Squeak*, and *Little Raccoon's Big Question* (the latter, Schoenherr illustrated only; it was authored by Miram Schlein). The children ranged in ages from four to seven years old. At several times, the kids chimed in and read aloud together as a group. Every child received a free book.



Recreation Office Employee Discounts!

For discounts on tickets to movies, theater and sports events, as well as discounts for shopping, travel and more, check out the intranet at <http://intranet1.mountsinai.org>. Click on Employee Services (at the top), then Human Resources (on the right), then Recreation (at the top).



Events



CLASSES: Yoga for the Fabulous 50s and Beyond

The practice of gentle yoga and stretches. *Space is limited. Registration required; call 718-267-4333.*

Marisa Bonfanti, Certified Yoga Instructor

Tuesdays through end of year, starting October 4
 Session 1: 10:30 am/Session 2: 11:45 am
 Crescent Tower
 Community Room
 23-22 30th Road
 Astoria, 11102

SCREENING: Breast Cancer

Co-sponsored by Mount Sinai Queens and Susan G. Komen for the Cure of Greater New York Cancer Services Program, Western Queens. *By appointment only; for more information, call 718-808-7579.*

George Tsioulis, MD, PhD, Director of Surgical Oncology
 Carol Clare, NP, Community Health Educator
 Mount Sinai Queens
 25-10 30th Avenue
 Astoria, 11102

LUNCH & LEARN: Breast Cancer Prevention and Treatment

A medical and surgical update. *Lunch will be served. Registration required; call 718-267-4333.*
 Panagiotis Manolas, MD, Chief of Surgery

Wednesday, October 18
 11:30 am
 Crescent Tower
 Community Room
 23-22 30th Road
 Astoria, NY 11102

LECTURE: Healthy Eating with Diabetes

Learn about healthy eating to control blood sugar levels and feel your best. *Registration required; call 718-267-4333.*

Effie Nerantzis, RD, CDN
 Registered Dietitian

Tuesday, October 20
 11 am
 Family Health Associates
 31-60 21st Street
 Astoria, 11105

LECTURE: Look Good! Feel Better!

American Cancer Society presents a course for women with cancer. *Registration required; call 718-267-4333.*

Yaneth Velez, Manager, Patient and Family Services

Jeffrey P. Nguyen, MSW, Director, Patient and Family Services

Wednesday, October 26
 6:30 pm
 Mount Sinai Queens
 Conference Room
 25-10 30th Avenue
 Astoria, 11102

CLASS: Community CPR Training

This CPR class is designed for the general public and teaches core skills. *Registration needed; call 718-267-4333.*

Robert Augente,
 New York City Fire Department

Thursday, October 27
 11 am
 Church of the Redeemer
 30-14 Crescent Street
 Astoria, 11102

Medical News from Mount Sinai

Hepatitis C Transmitted by Unprotected Sex Between HIV-Infected Men: Sexual transmission of HCV is considered rare, but a new study by researchers at Mount Sinai School of Medicine, working with the Centers for Disease Control and Prevention (CDC), provides substantial evidence that men with HIV who have sex with other men are at increased risk for contracting HCV through sex. The results of the study are published in the July 21, 2011 edition of the CDC's *Morbidity and Mortality Weekly Report*.

Foods with Baked Milk May Build Tolerance in Children with Dairy Allergies: Introducing increasing amounts of foods that contain baked milk into the diets of children who have milk allergies helped a majority of them outgrow their allergies, according to a study conducted at Mount Sinai School of Medicine's Jaffe Food Allergy Institute. The data are reported in the May 23 issue of the *Journal of Allergy and Clinical Immunology*.

Safe and Effective Gene Therapy to Treat Severe Heart Failure: Researchers at Mount Sinai School of Medicine have found that a gene therapy developed at Mount Sinai stabilized or improved cardiac function in people with severe heart failure. Patients receiving a high dose of the therapy, called SERCA2a, experienced substantial clinical benefit and significantly reduced cardiovascular hospitalizations. The data are published online in the June 27 issue of the *American Heart Association Journal Circulation*.



Wellness Tips October is National Breast Cancer Awareness Month

All women should ask their doctor to evaluate their risk of breast cancer based on their personal and family medical history so that screening recommendations can be customized. Unless otherwise indicated by a physician, these screenings are recommended by the American Cancer Society:

- ▶ **Clinical breast exam.** Women, ages 20 to 40, should have their breasts examined by a health care practitioner every three years. Starting at age 40, this exam should correspond yearly with a mammogram.
- ▶ **Mammogram.** Most women 40 years and older should receive a yearly mammogram.
- ▶ **Self breast exam.** Starting in their 20s, a self breast exam is an option for women. If your doctor advises this, have her show you the right way to check your breasts. If you notice any changes in your breasts, alert your doctor immediately.



Wieslawa Tycner

Wieslawa Tycner August Employee of the Month

Human Resources is proud to announce August Employee of the Month, Wieslawa Tycner, ICU nurse's aide, night shift.

The night staff of the Intermediate Care Unit nominated Tycner, calling her a pleasure to work with. "You know you will have the night right having her to assist," a nominating letter read. A dozen staff members signed the letter. "Wieslawa has been on staff for seven years and throughout all those years, she has displayed exemplary performance. She's assertive, dedicated and sincere," the letter continued.

Employee of the Month winners receive a prize, and their names and photos are placed on a poster that is displayed in the lobby. Winners celebrate with colleagues around pizza served on their unit or in their department.

Congratulations, Wieslawa Tycner!



Inside Queens
 Department of Marketing and Communications

Submit items to
 Marketing
 at 718-267-4324, or fax to
 718-278-1786.

Submission deadline for:
 December—October 31
 January—November 30
 February—December 30