

MOTIVATIONS

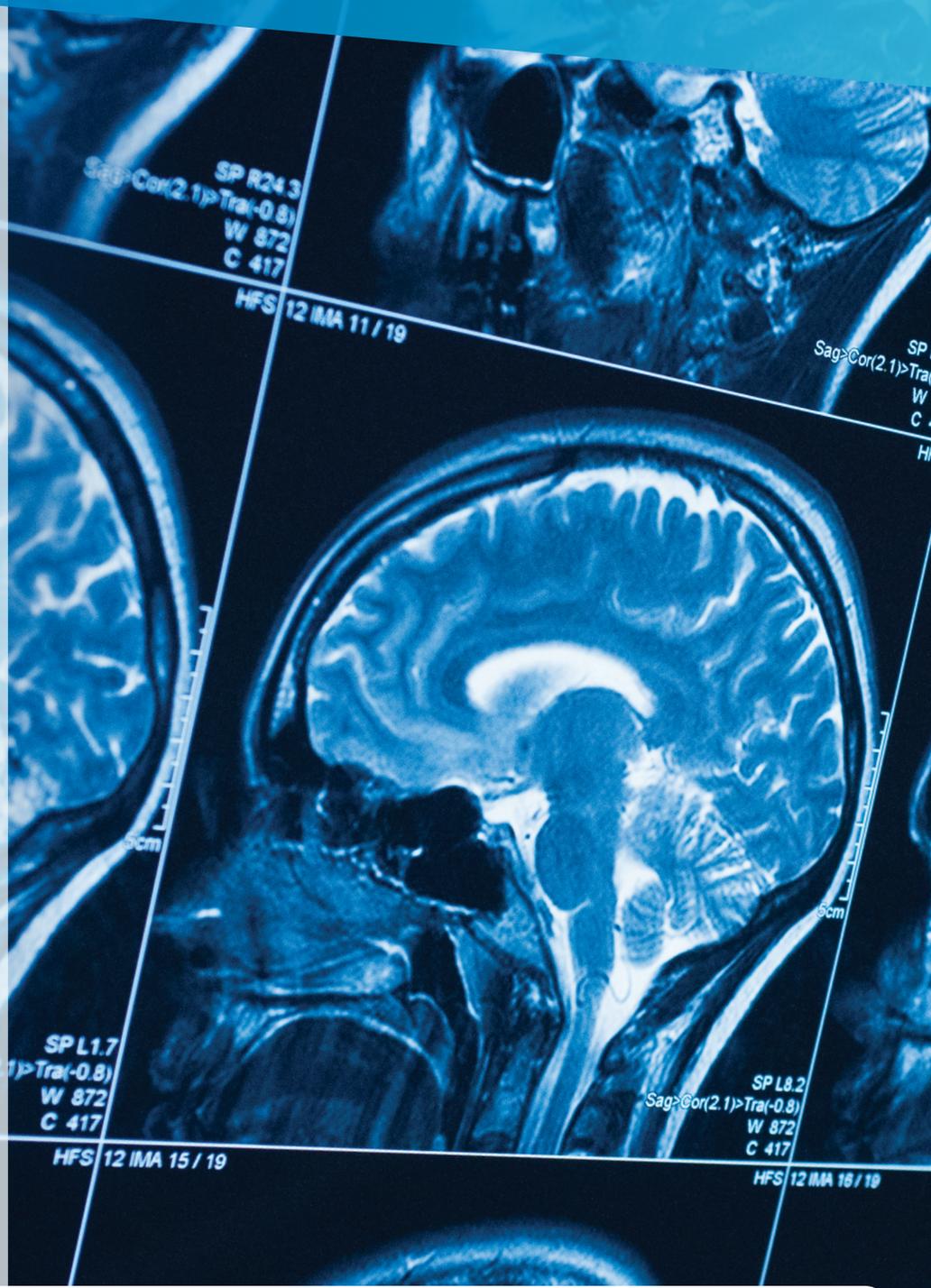
A GREATER
UNDERSTANDING

of the
***Aging
Brain***

In an effort to properly assess and treat dementia and pre-dementia in geriatric patients, Montefiore recently opened the Center for the Aging Brain. Located in Yonkers, New York, the Center successfully integrates expertise from the Divisions of Cognitive & Motor Aging in the Department of Neurology and Geriatrics in the Department of Medicine.

Under the direction of world-renowned neurologist Joseph Verghese, MBBS, MS, Chief, Integrated Divisions of Cognitive & Motor Aging (Neurology) and Geriatrics (Medicine), Montefiore; and Professor, Neurology and Medicine, and Director, Resnick Gerontology Center, Albert Einstein College of Medicine, the Center offers treatments based on advanced research into the aging brain, drawing upon the expertise of clinicians in the fields of neurology, geriatrics, neuropsychology, rehabilitation medicine and psychiatry.

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Montefiore
Inspired Medicine

“Patients with dementia are often initially seen by primary care physicians for seemingly unrelated symptoms, such as high blood pressure. It’s estimated that half of all dementia patients are not properly diagnosed in the early stages of the disease because there is not sufficient time to screen at-risk patients in primary care settings.” – Joseph Verghese, MBBS, MS

According to the Alzheimer’s Association, an estimated 5.2 million Americans currently live with Alzheimer’s disease. This figure is expected to grow in coming years as baby boomers enter their golden years. By 2050, the number of people age 65 and older with Alzheimer’s may nearly triple, from five to as many as 16 million. This estimate makes it crucial to continue developing the medical research necessary to ultimately eradicate the disease.

Alzheimer’s is the most common form of dementia, a general term for the loss of memory and other diminished intellectual abilities serious enough to interfere with daily life. The condition accounts for 60 to 80 percent of dementia cases, causing cognitive challenges with memory, thinking and behavior. Symptoms usually develop slowly and worsen over time, eventually becoming severe enough to interfere with everyday routines. “Patients with dementia are often initially seen by primary care physicians for seemingly unrelated symptoms, such as high blood pressure,” Dr. Verghese says. “It’s estimated that half of all dementia patients are not properly diagnosed in the early stages of the disease because there is not sufficient time to screen at-risk patients in primary care settings. Only after subsequent follow-up does it become apparent that the underlying cause of something like uncontrolled high

blood pressure might be the result of cognitive impairment, whereby prescribed medications are not being taken routinely as directed.”

Serving as a one-stop shop for comprehensive care for illnesses and quality-of-life issues associated with cognitive aging, the Center treats patients with a holistic, multidisciplinary approach involving cognitive neuropsychological testing, fall assessments, geriatric consultative care and psychiatric evaluations. Ancillary services such as social work and rehabilitative medicine are also available on-site.

“Access to these services individually is possible in a traditional medical setting, but completing initial and follow-up appointments with multiple doctors and offices could take months,” Dr. Verghese says. “If a patient has six to seven years to live with dementia, and a year of



Joseph Verghese, MBBS, MS



that time is spent in and out of doctors' offices, their quality of life is diminished." The Center provides an extensive dementia assessment, as well as a management plan for elder care issues, such as frailty and falls.

Another benefit of concentrating multiple geriatric services in a centralized location is the ability to catch dementia while it is still in the pre-dementia stage. Dr. Verghese estimates that 70 to 80 percent of patients seen at the Center are still living in the community, though not always successfully. "A major goal of the Center is to ensure that our patients are safe and to extend the amount of time they can spend at home with family and friends," he says.

OUTPATIENT SERVICES AND EDUCATIONAL COLLABORATION

In addition to the Center, the Harry and Jeanette Weinberg Geriatrics Ambulatory Practice is a major outpatient offering at Montefiore. The practice is open five days a week, serving as both an outpatient facility and teaching site where fellows, residents and students gain access to geriatric patients. "The Practice provides residents and students with exposure to a wide range of geriatric patient concerns, such as hypertension and acute infection, that they will need to gain familiarity

with in their careers," says Dr. Verghese. Montefiore is also in the process of establishing a co-managed service with the Department of Orthopaedics at its Wakefield Campus, so that patients with injuries such as hip fractures can be assessed by geriatricians while simultaneously receiving treatment from orthopaedic surgeons for their injuries.

One of the contributing factors that makes Montefiore's work with geriatric patients so successful is its partnership with Albert Einstein College of Medicine. Einstein's robust aging research complements the clinical and educational work underway at Montefiore. "Montefiore is unique in this regard," says Dr. Verghese. "We're very fortunate to have such a great program built from within dedicated to the care and well-being of our older patients." ●

To support or learn more about the Center for the Aging Brain, visit givetomontefiore.org/agingbrain or contact the Office of Development at 718-920-6656.



Amy R. Ehrlich, MD

Associate Chief, Division of Geriatrics,
Montefiore

Medical Director,
Montefiore Home Care

Associate Professor of Clinical Medicine,
Albert Einstein College of Medicine

*Caring for elderly patients
in a time of need:*

AMY R. EHRLICH, MD

WHAT ARE THE GOALS OF MONTEFIORE'S DIVISION OF GERIATRICS IN WORKING WITH PATIENTS?

Our primary goal is to keep our patients living independently in their homes, within the community, as long as they can. If this is no longer possible, we assist our patients and their families in deciding how and when to transition to another care setting.

We work as an interdisciplinary team, composed of a nurse practitioner, geriatric social worker and geriatric psychiatrist, to provide comprehensive care to older adults. Education is a major focus of our Division. Our goal is to "geriatricize" other specialties within the health system to assist us in providing the best care possible for all older adults within the network. We have a very robust teaching program: we train geriatrics fellows, and all of Montefiore's internal and family medicine residents rotate through Geriatrics. We also have a required clerkship for third-year students at Albert Einstein College of Medicine, during which they gain exposure to geriatrics as well. What sets Montefiore apart is that our doctors possess both clinical and educational exposure to geriatric medicine, which then translates into providing exemplary care to our patients.

*"Our primary goal is to keep our
patients living independently
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– Amy R. Ehrlich, MD

WHAT ARE SOME OF THE SYMPTOMS THAT ELDERLY PATIENTS MIGHT EXPERIENCE WHEN THEY SHOULD CONSIDER SEEING A GERIATRICIAN?

Patients who would benefit from seeing a geriatrician include older adults with multiple complex chronic illnesses and those suffering from a geriatric syndrome, such as: memory loss, falls, frailty, urinary incontinence and failure to thrive. We see people in outpatient settings, home visits, nursing homes and inpatient settings, focusing specifically on the frail, medically complex patients.

WHAT MAKES MONTEFIORE A LEADER IN GERIATRIC CARE?

We provide support across all care settings. One unique inpatient program we offer is our co-management program for hip fractures. This program is a collaborative effort with the Department of Orthopaedics. Patients admitted with a hip fracture are seen by geriatricians in the Emergency Department, and their care is coordinated between the surgeons and the geriatricians for the duration of their hospital stay. Once they are out of surgery, we monitor them closely during their recovery. An exciting new program that we offer is the Center for the Aging Brain (see page 1). This program provides multidisciplinary care delivered by a team of experts from the fields of geriatrics, neurology, rehabilitation medicine, neuropsychology and psychiatry for patients with memory complaints, gait disorders and dementia.

HOW CAN WE HELP PREVENT ELDERLY PEOPLE FROM FALLING?

Older adults can fall for many different reasons. We try to review all of the possible causes in order to prevent falls. For example, taking certain types of medications or multiple medications can increase the risk of falls. Also, some over-the-counter medications can make people more confused and susceptible to falling. We look very closely at the medications our patients are taking and if they really need to be taking them. We screen our patients for memory problems since this increases the risk for falls. We review our patients' vision and their hearing, because sensory problems can lead to falls. We review their muscle strength and consider whether they would benefit from exercise or gait training. Asking these questions helps doctors and patients devise a plan of action to prevent future accidents.

If someone has fallen, we also want to be certain there is safety equipment available in the house. We may check to make sure the bathroom is safe. Falls in the bathroom are especially dangerous because there are so many hard surfaces, corners and edges that people can injure themselves on if they fall. There is a lot of equipment that is relatively inexpensive, such as adjustable tub seats, raised toilet seats and handheld showers, that make bathrooms safer for older adults.

Our charge is to provide comprehensive care to avoid problems and help our patients age with dignity and grace in the environment of their choosing for as long as they can. ●

To support the Division of Geriatrics at Montefiore, visit givetomontefiore.org/geriatrics or contact the Office of Development at 718-920-6656.



Jack Wolf; Ira Sussman, MD;
Randy Notes; Christian Zinone

.....
16th Annual Golf & Tennis
Tournament and Dinner
June 9, 2014
Winged Foot Golf Club
Century Country Club
.....



Rich Celiberti, Elizabeth Sullivan



Daphne Hsu, MD; Samuel Weinstein, MD;
Barney Newman



Jim Butler, Donna Butler,
Eileen Butler, Tim Butler



Richard Naclerio, Jr.; Richard Naclerio, Sr.;
Kevin Brannigan; Rick Owen



David Tanner; Philip Ozuah, MD;
Judy Aschner, MD; Joe Bartlett;
Bruce Doniger

.....
Children's Hospital
at Montefiore
New York Yankees Event
June 30, 2014
Yankee Stadium
.....



Lynn Hamberg, Megan Cerezo



Alexandra and Ed Pflieger



Greg Wolf, Rachel Lehr



Meghan and Diane Muldowney



Miriam Phalen

DONOR:

Miriam Phalen

FOCUS:

Children's Hospital at Montefiore (CHAM) Healthy Steps Program

WHY SHE GIVES:

To support programs that provide infants with a healthy start, while supporting parents with the important resources they need.

"Montefiore is more than a hospital. The Healthy Steps program is a great example of how Montefiore's comprehensive and proactive approach to patient care uniquely addresses the needs of children and families within the community."

– Miriam Phalen

Miriam Phalen

Each year, an estimated three million cases of suspected child abuse and neglect are reported nationwide, according to Healthy Families America, a nationally-recognized program working with families at risk for adverse childhood experiences. In more than half of all child abuse fatalities in the United States, there is no knowledge of abuse before the death occurs. Nearly three children die from child abuse and neglect each day.

To help manage this pervasive problem, longtime CHAM supporter and passionate child advocate Miriam Phalen has become involved with Montefiore's Healthy Steps program, an initiative to help clinicians monitor child health and development. In addition to their pediatrician, children from birth through age five are seen by a Healthy Steps specialist, a trained expert in child development and behavior with experience working with infants, toddlers, parents and healthcare professionals. The Healthy Steps program also offers a child development telephone information line; home visits; informational materials for mothers and fathers that emphasize the prevention of abuse; parent groups; referrals to children's specialists; onsite treatment for parents with mental health challenges; and links to community resources.

"Montefiore is more than a hospital," says Ms. Phalen. "The Healthy Steps program is a great example of how Montefiore's comprehensive and proactive approach to patient care uniquely addresses the needs of children and families within the community." Ms. Phalen is excited about the latest initiative being launched at Montefiore through Healthy Steps, the "No Hitting Zone," an awareness campaign educating parents and caretakers about positive and constructive ways to discipline. "The effects of physical and emotional punishment adversely influence healthy development and relationships in children that can have lasting effects well into their adult lives," says Ms. Phalen. "Child abuse can lead to aggressive behavior, depression, anxiety, addiction, crime and a host of problems that not only impact an individual, but also affect society. Healthy Steps is at the forefront of breaking the cycle of abuse through its innovative programs, providing children the opportunity to reach their greatest potential. I am proud to be part of such a remarkable initiative." ●

To support the Children's Hospital at Montefiore Healthy Steps program, visit givetomontefiore.org/healthysteps or call the Office of Development at 718-920-6656 to learn more about how you can get involved. To view and download a copy of the Healthy Steps "No Hitting Zone" poster, visit montefiore.org/nohitting.



Superheroes Unite to Fight Pediatric Cancer

On Friday, November 7, donors and supporters gathered for a superhero-themed fundraiser to benefit pediatric oncology research at the Children's Hospital at Montefiore (CHAM). Hosted by longtime CHAM supporters Charles and Diane Medici, the event was a smashing success, raising more than \$50,000. "We're very pleased to have been able to support such an important cause for a wonderful institution like CHAM," says Diane Medici. "The work that the doctors and staff do for their patients day in and day out is simply remarkable and gives hope to these amazing children and their families."

According to the American Cancer Society, more than 10,000 children in the United States under the age of 15 will be diagnosed with cancer in 2014. Childhood cancer rates have been rising slightly for the past few decades, but because of major treatment advances in recent years, more than 80 percent of children with cancer now survive five years or more. Cancer is the second leading cause of death in children after accidents. Roughly 1,350 children younger than 15 years old are expected to die of cancer in 2014.

"A diagnosis of pediatric cancer is a devastating blow to parents, family members and loved ones," says Judy Aschner, MD, Physician-in-Chief, CHAM, and Professor and Michael I. Cohen, MD, University Chair of Pediatrics, Albert Einstein College of Medicine. "At CHAM, having all the options to properly diagnose cancer in one place and the ability to integrate treatment approaches has helped us continuously improve the outcomes for the children under our care." ●

"The work that the doctors and staff do for their patients day in and day out is simply remarkable and gives hope to these amazing children and their families." – Diane Medici

To support pediatric cancer research at CHAM, visit givetomontefiore.org/pediatriccancer or call the Office of Development at 718-920-6656.



Tanya Simon, Evan Garfein, MD and their son Jack



Alissa and Gina Manos



Charles and Diane Medici (center) with superhero guests



Aiden Onna enjoying the evening with fellow superheroes



Judy Aschner, MD



Diane Medici, Justina Geni and Amanda Filippelli



Gratitude for Compassionate and Caring Montefiore Doctors

On a cold and snowy night in February 2002, Mary Burder brought her daughter Máire to the Emergency Department (ED) at the Children’s Hospital at Montefiore (CHAM), at the request of their pediatrician, Valerian Hazan, MD, Montefiore Medical Group. Máire had been complaining of a headache throughout the evening. Although Máire was not in significant pain, the headache was constant and did not respond to Tylenol. “When we arrived at the ED, it was very busy with a lot of sick children,” says Ms. Burder. “There was a bad flu going around at the time, and there were a significant number of children in the ED that night who appeared to be far sicker than Máire.”

After explaining Máire’s symptoms to the triage nurse, Ms. Burder was quickly approached by Lorraine Ronca, MD, Pediatrics, Emergency Medicine, CHAM. Ms. Burder explained to Dr. Ronca that although Máire was not visibly sick, she was concerned because the headache was not responding to a pain reliever, and she feared her daughter might have meningitis. Bacterial meningitis is an acute inflammation of the protective membranes covering the brain and spinal cord that is caused by the meningococcal bacteria. The most common symptoms of meningitis are headache, neck stiffness, fever, confusion, vomiting and light sensitivity.

With the exception of having a headache, Máire had none of the other symptoms of meningitis. Dr. Ronca explained that although cases of meningitis are rare, she was going to begin the process of ruling it out through various tests. The preliminary tests came back negative, but a spinal tap and brain scan were still required. The results of the brain scan showed that Máire’s meninges were swollen, and that she had meningitis. Máire was admitted to the Intensive Care Unit (ICU), where she was treated for more than a week before being moved to another unit on her way to making a full recovery.

“There is no other hospital or doctors that I would rather trust my children’s health with.”

– Mary Burder

“Even though Dr. Ronca’s care of my daughter should have ended after she left the ED, over the next few days Dr. Ronca came to visit Máire in the ICU to confirm that she was making progress in her recovery,” says Mary. In addition to visits from Dr. Ronca, Dr. Hazan and his associates also visited Máire almost every day, even though they were not directly involved in her care at the time. “Those first few nights that Máire was in the ICU, Dr. Hazan sat by her hospital bed for over an hour, holding her hand,” says Mary.

“Máire’s doctors were so overwhelmingly wonderful, and it meant so much to me to know that not only was she receiving excellent medical treatment, but also, on a human level, they all really cared about her. There is no other hospital or doctors that I would trust my children’s health with.” ●

To support the Children’s Hospital at Montefiore, visit givetomontefiore.org/cham or call the Office of Development at 718-920-6656 to learn more about how you can get involved.

Montefiore Receives \$5.6 Million Grant for Healthcare Innovation

Montefiore was selected to receive a highly competitive \$5.6 million Health Care Innovation Award from the Centers for Medicare & Medicaid Services (CMS) to develop the Bronx Behavioral Health Integration Project (Bronx-BHIP), a new program that will test an innovative reimbursement methodology for behavioral healthcare services provided to children and adults in primary care settings. Bronx-BHIP's enhanced, evidence-based team treatment model will increase the availability of important behavioral health services and the reimbursement model's potential of generating health system savings. This is the first time an integrated behavioral and medical care model will be tested on such a large scale at an academic medical center.

"Our ability to treat patients for both physical and behavioral health concerns under one roof puts Montefiore in a unique position to improve patient outcomes, as well as saves money on healthcare costs for both government-sponsored and private health insurance plans," says Henry Chung, MD, Chief Medical Officer, CMO, Montefiore Care Management, and Executive Director, Bronx-BHIP. Patients at a number of Montefiore's primary care practices will be screened for a variety of behavioral health issues and, if necessary, receive further assessment and treatment from teams that include psychiatrists, psychologists, social workers and care managers who collaborate with primary care providers. The services will be offered to Medicare, Medicaid and Children's Health Insurance Program beneficiaries and to commercial members of several health plans.

Bronx-BHIP's reimbursement plan is designed to accelerate adoption of the program by paying providers a case-based fee for the early identification of behavioral health issues and the continued treatment and care coordination of patients. The long-term goal is to demonstrate that patients with behavioral health disorders can be successfully treated in a primary care setting at a lower cost to the healthcare system.

"The Bronx-BHIP program is unique because it will treat patients of all ages," says Andrew D. Racine, MD, PhD, Senior Vice President and Chief Medical Officer, Montefiore, and Executive Director, Montefiore Medical Group. "This is especially important for children, because when behavioral health issues are identified and managed early in life, there is a potentially lifesaving impact on their future well-being. We are delighted that CMS believes that Montefiore is a leader in changing the paradigm of traditional fee-for-service healthcare to a model that emphasizes both quality care and cost effectiveness." ●

To support Montefiore's ongoing efforts to improve the integration of primary care and behavioral health services, visit montefiore.org/giving or contact Montefiore's Office of Development at 718-920-6656.



Shawn Bowen, MD, conducting a routine patient screening



Andrew D. Racine, MD, PhD, Senior Vice President and Chief Medical Officer, Montefiore, and Executive Director, Montefiore Medical Group



Office of Development

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6. Mount Vernon Hospital
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9. Nyack Hospital

NEW JERSEY

ROCKLAND

MANHATTAN

THE BRONX

WESTCHESTER

We're Here for You!

In recent months, Montefiore has greatly expanded our footprint in the Bronx and Westchester. With eight hospitals in our network and many clinics and community service locations, it's now easier and more convenient to access quality healthcare from Montefiore than ever before. For more information, please visit www.montefiore.org.