

DFSM eNewsletter

NEWS FROM
THE DEPARTMENT
OF FAMILY AND
SOCIAL MEDICINE

August-September 2015

Montefiore



Montefiore Health Opportunities Program Graduation 2015	pg. 2
Welcome Dr. Allison Paul and Angela Warren	pg. 3
Congratulations! Dr. Angela Venegas and Dr. Yonit Lax	pg. 4
Promotional Congratulations!	pg. 4
Grants Awarded	pg. 5
Summary of Grants Awarded	pg. 6-10
2015 NYC RING Convocation of Practices	pg. 11
The PC/SIM Intern Welcome Picnic Enjoyed by All	pg. 12

Image: Google.com

P-13

Publications &
Presentations

P-14

Social Medicine
in the Kitchen

P-15

Future Dates

P-16

Montefiore
To Your Health

P-17

Social Medicine
on the Web

MONTEFIORE HEALTH OPPORTUNITIES PROGRAM GRADUATION 2015

On August 13th we had our 13th graduation ceremony for the Monte Health Opportunities Program. In the morning our twelve students presented their research on topics ranging from gene therapy to Ebola to medical uses of marijuana. The Director's award for Best Research Presentation went to Felix Cruz and Jesse Hernandez for their presentation on "Robotic Surgery and Telepresence: Advances in Laparoscopic Surgery and Their Impact on Patient Recovery."

Our keynote speaker for graduation was Dana Crawford, PhD who gave a very inspiring and motivational speech to our graduates and their families.

We are very proud of this year's graduating class and invite all of our volunteer mentors to come to the Winter Reunion dinner in January.



*Key Note Speaker
Dana Crawford, Ph.D
Clinical Instructor of Pediatrics
Department of Pediatrics*



*MonteHOP Coordinator Award to Felix Cruz
Left: Sheryl Encarnacion, Garlandria Johnson,
Felix Cruz and Derrick Clay*



*Dr. Jenna Scholnick Presented the Director's
Projects Award for Best Presentation titled
"Robotic Surgery and Telepresence:
Advances in Laparoscopic Surgery
and Their Impact on Patient Recovery." to
Felix Cruz (Left) and Jesse Hernandez (Right)*



*Back: Left to right: Deyanira Acevedo, Derrick Claye,
Giovanni Martinez, Jessie Hernandez, Felix Cruz,
Won Sik Park, Kenroy Brown, Aleah Sommerville,
Maliha Gul, Dr. Jenna Scholnick*

*Front: Left to Right: Cheryl Encarnacion, Preetika Govil,
Susan Onyenadum, Chiawe Abaroaha, Hazel Adams,
Garlandria Johnson*

Missing: Kaitlin Finnerty

DR. ALLISON PAUL

Welcome

The reproductive health team is excited to welcome Allison Paul as our incoming Family Planning Fellow for 2015-2017! Allison is a graduate of SUNY Downstate Medical School and completed her residency at Overlook Hospital Family Medicine Residency Program.

Welcome, Allison!



ANGELA WARREN



We are pleased to announce the appointment of Angela Warren, MBA, as Administrator for the Department of Family and Social Medicine at Einstein College of Medicine, effective this week. We are fortunate to have been able to recruit Angela from Mount Sinai-Beth Israel Medical Center in Manhattan, where she has worked since 2002 as a Senior Grants & Contracts Manager in the Office of Grants & Research Administration. Prior to working at Beth Israel-Mount Sinai, Angela was a Site Administrator in the Department of Pediatrics at St. Luke's Roosevelt Hospital Center, from 2000 to 2002, and a Planning Associate at the University of Medicine & Dentistry of New Jersey from 1997 to 2000. She received her BS from the University of Missouri-Columbia and her MBA from Temple University. Angela will be taking over some of the Einstein responsibilities and portfolio of Mona Weinberger, and will help to oversee core administrative functions for the department at Einstein, including budget, operations, and grant submission and management. Angela will do a terrific job, and that her substantial experience and expertise will be a great asset to the Department on the Einstein campus. We are very happy to be able to have Angela assume this role in such a timely and coordinated way from Mona, as Mona transitions to the Department of Medicine. Angela may be reached at (718) 430-2764 in the Block Building; her email is angela.warren@einstein.yu.edu

Congratulations!

DR. ANGELA VENEGAS



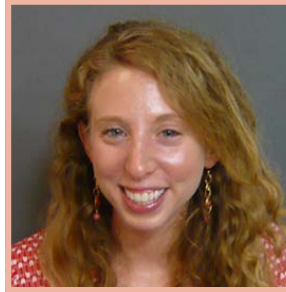
Congratulations to Dr. Angela Venegas, PGY-3 in the Social Pediatrics Program!

Angela was accepted into the National Clinician Scholars Program, UCLA, CA site which she will join in July 2016.

The National Clinician Scholars Program offers unique clinical and community-based research training through intensive mentorship for clinicians as change agents driving policy-relevant research and partnerships to improve health and healthcare. She will be joining a team of experts to cultivate health equity, eliminate health disparities and achieve higher quality health care.

We wish her all the best as she embarks on her career as a leader in health care, policy and research.

DR. YONIT LAX



Congratulations to Dr. Yonit Lax, PGY-3 in the Social Pediatrics Program! Yonit was awarded the Harvey Aiges MD Memorial Trainee Investigator Award sponsored by the Association of Pediatric Program Directors NY-NJ Region.

This award will provide financial support for her to engage in research during her residency training. Her project entitled "Training Residents to Advocate on an Individual, Community and Legislative Level: Does It Affect Resident Attitudes, Knowledge and Behavior?" will enhance the advocacy curriculum in both the social pediatrics and categorical pediatrics residency program.

PROMOTIONAL CONGRATULATIONS! TO DR. EARLE CHAMBERS, DR. SEAN LUCAN AND DR. SUSAN RUBIN

It is not a frequent event for faculty to be promoted to senior rank, which is a labor-intensive and sometimes challenging process. However, when accomplished it is all the more noteworthy, and represents the recognition of a substantial contribution of academic work over a sustained period of time, acknowledged by both internal and external referees. I am therefore especially pleased to announce that we have not one but three newly promoted Associate Professors in the Department of Family and Social Medicine, as of July 1, 2015.

Earle Chambers , Ph.D., M.P.H.
Sean Lucan, M.D., M.P.H. , M.S.
Susan Rubin, M.D., M.P.H.

Earle, Sean, and Susan are each doing great things in their respective areas of interest/expertise, they have all received NIH-level research career development (or 'K') awards, and they have all been very productive with regard to teaching/mentoring, publication, and presentation at national academic conferences.

Major congratulations to all three!



Hope Spano

GRANTS AWARDED

The Bronx Science and Health Opportunities Partnership (BxSHOP) Funded to Become Bronx Health Opportunities Partnership-Einstein (Bronx HOPE)

On August 25th the DFSM was notified that its almost \$2 million grant application to the federal Health Resources and Services Administration for its Health Careers Opportunity Program had been fully funded for 3-years. September 13, 2015, was the first anniversary of the death of Hope Spano, the Einstein administrator and inspiring mentor to the East Campus' many diversity health careers pipeline programs. In her honor and memory the program is being re-named the Bronx Health Opportunities Partnership-Einstein or Bronx HOPE.

According to Bronx HOPE's Director, Hal Strelnick, MD, "Our application was successful because of the strong evidence that our students succeeded in pursuing their dreams by continuing their educations and entering health professional schools of medicine, nursing, public health, and physical therapy among others. Hope Spano's love of and devotion to her students will live on and be remembered in Bronx HOPE."

Bronx HOPE is a regional, articulated, comprehensive health careers educational pathway, beginning with high school students and continuing through community college, college, and post-baccalaureate levels, so that more Bronx economically and educationally disadvantaged and under-represented minority students may pursue and succeed in rigorous academic programs that prepare them for competitive colleges and health professions schools. Our Partnership emphasizes academic enrichment and achievement; motivation through service learning and leadership development; mentoring, experiential learning, and cultural competency; and career, educational, and financial aid guidance for students and their families.

Since 2004 the Partnership has formally linked Einstein's high school-level Einstein Enrichment Program (EEP), college-level Summer Undergraduate Mentorship Program, and medical student *EiSci* Community-based Service-learning program at the Pelham Lab High School with many other partners. These include Fordham University's middle and high school-level Science and Technology Entry Program and the Macy Honors, STEM, and Health Careers Programs of DeWitt Clinton High School. For undergraduates we partner with Fordham University's Collegiate Science and Technology Entry Program, Lehman College's Bronx-Westchester Area Health Education Center, and our own Montefiore Health Opportunities Program (Monte-HOP), led by Dr. Jenna Scholnick, Ms. Carol Whittaker, and Ms. Dee Acevedo.

The new Bronx HOPE will for the first time include Bronx Community College, led by a former Einstein DFSM associate, Stacia Reader. Community-based partners include the Associated Medical Schools of New York's Post-Baccalaureate Program and two national programs: Health Career Connection's 10-week summer internship and Mentoring in Medicine's MCAT Boot Camp. The Partnership encourages students to progress to higher academic levels through our all of its affiliated programs. A minimum of 336 students will be supported each year.

Increasing Sleep Health Literacy in Head Start; A Social-Ecological Approach" from the National Institute of Child Health and Human Development

Dr. Karen Bonuck was awarded an R01, "Increasing Sleep Health Literacy in Head Start; A Social-Ecological Approach" from the National Institute of Child Health and Human Development. This study aims to empower families in early childhood programs with the knowledge and self-management skills needed to obtain healthy sleep via interpersonal, organizational, community, and policy level interventions. A stepped wedge cluster randomized trial in Head Start will test effects upon child, parent, and classroom outcomes; a policy evaluation will assess the impact of knowledge translation strategies.

SUMMARY OF GRANTS AWARDED

I am extremely happy to announce, particularly in this time of federal grant-funding austerity, that faculty from our department have recently been very successful in having a number of major grants awarded. Congratulations to Earle, Sean, Karen, Bill, and Hal, on your excellent work and funding success – well-deserved, these are all wonderful projects that not only reflect on your capabilities but will also make important contributions to understanding and improving the health of communities in the Bronx and beyond...

Below are the summary abstracts for each of these five grants:

Dr. Peter Selwyn

EARLE CHAMBERS, PHD, MPH:

NIH, K01HL125466, URBAN PUBLIC HOUSING, NEIGHBORHOOD, AND CARDIOVASCULAR DISEASE IN PRIMARY CARE, 5 YEAR GRANT WITH TOTAL PROJECTED FUNDING OF \$ 706,725

Public housing was developed to provide stable housing for low-income families. It has since become synonymous with concentrated poverty. Programs to reduce poverty have focused on dismantling public housing to be replaced, if at all, by mixed income design alternatives. Studies have shown that low-income residents living in public housing have deleterious health outcomes. It is not clear, however, how public housing residents fare on a number of cardiovascular health indicators compared to those with an alternate low-income housing arrangement. Mechanistic models that incorporate housing with neighborhood access to resources and individual behaviors are poorly defined and understood. However, examining individual- and neighborhood- level data in synergistic ways can provide an important contribution to existing health campaigns to address cardiovascular disease in low-income populations. The current proposal uses a novel geocoding approach to analyze primary care electronic clinical record data in relation to housing and neighborhood level data from various sources in order to track health outcomes. This analysis approach focuses on individual level data within the context of the patient's housing and neighborhood environment. This K 01 award is designed to provide the foundation both conceptual and technical for Dr. Chambers to develop a career trajectory that combines prior experience in social and built environmental determinants of health with new knowledge in socio-ecologic models, graphical science, multi-level statistical modeling, and research informatics. The long-term goal is to develop clinical and public health partnerships that will use multi- source data, including housing and neighborhood environment, to the develop interventions that target vulnerable patient populations.

SUMMARY OF GRANTS AWARDED

SEAN LUCAN, MD, MPH, MS:

NIH, K23HD079606, LOCAL FOOD SOURCES AROUND HOME AND SCHOOL AND ADOLESCENT DIETARY INTAKE, 5 YEAR GRANT WITH TOTAL PROJECTED FUNDING OF 679,725

In an era of unprecedented obesity and diet-related diseases such as diabetes, there is urgent need for solutions. The project will link dietary data from adolescent patients to data on food sources in the areas around which they live and attend school. The proposed training and research will facilitate transition from supervised study to independent investigation, culminating in the submission of R01 applications that address problems like incident obesity and diabetes for young people transitioning to adulthood. The proposed project will build on prior work and be innovative in several important ways. It will rely on adolescent research assistants and geographic information science (GISc) to directly assess a full range of food sources within walking distance of adolescents' schools and homes. The research will assess links between food sources and dietary intake for adolescent patients, capitalizing on a unique health-system dataset: an electronic medical record (EMR) that contains both clinical and survey data. The specific aims are: Aim 1. To conduct a comprehensive assessment of local food sources: Adolescents will assess locations and food offerings for a full range of food sources to which they are exposed around their homes and schools. Aim 2. To generate a novel integrated multi-level database. Dr. Lucan will merge food-source data (from Aim 1) with other local data and with data on individual adolescent patients (from the health-system EMR) Aim 3. To assess how local food sources relate to adolescents' dietary intake. Analyses in this K23 work will be cross-sectional but the methods, database, and training will directly lay the foundation for longitudinal study (e.g., how changes in local food environments relate to changes in diet-related health outcomes like incident obesity, diabetes, dyslipidemia, and hypertension-all possible through the clinical data available in the EMR).

SUMMARY OF GRANTS AWARDED

KAREN BONUCK, PHD:

NIH, R01HD082129, INCREASING SLEEP HEALTH LITERACY IN HEAD START: A SOCIAL-ECOLOGICAL APPROACH, 5 YEAR GRANT WITH TOTAL PROJECTED FUNDING OF \$2.9 MILLION.

Inadequate and/or poor quality sleep in early childhood impairs social-emotional and cognitive function (via effects on the developing brain), and markedly increases obesity risk (via hormonal and endocrine effects). Despite ample data on sleep problems "...much less work has been done on effective strategies to promote sleep as a healthy behavior (CDC 2013)". This study's overarching goal is to empower families of preschool children with the knowledge and skills needed for healthy sleep, and to recognize a sleep problem. It builds on our work in Head Start, an early childhood education (ECE) program for disadvantaged preschool children and their families: Our Early Childhood Sleep Education Program (ECSEP(tm)) educates Head Start teachers, children, and parents about healthy sleep in a way they can process and understand. The proposed study will implement a Social-Ecological web of multi-level interventions to reinforce the ECSEP, and to promote healthy sleep throughout ECE. Within Head Start, we will create new delivery platforms (print & video, family visits) that 'amplify' the ECSEP. Beyond Head Start, we will educate communities, and partner with stakeholders on strategies designed to embed 'sleep health literacy' in ECE policy. Project goals are to: 1) Adapt sleep education material into additional multimedia formats, and; apply the Health Care Institute model to train Head Start staff to mount interventions and collect data. 2) Enroll 540 parent-child dyads from 7 Head Start agencies in New York in a stepped wedge randomized controlled trial. We will analyze trial effects on primary outcomes: a) child sleep duration, b) parent knowledge, attitudes, self-efficacy and behavior, and c) child sleep difficulties. 3) Assess the feasibility of screening and guidance for sleep problems (vs. sleep health) for a future efficacy study. Secondary outcomes are: classroom behaviors, policy change, and process data. Integrating sleep health literacy into ECE nationwide could ultimately benefit upwards of 4 million children. The potential impact upon human health is far-reaching.

SUMMARY OF GRANTS AWARDED

WILLIAM JORDAN, MD:

HRSA, D33HP29242, PREVENTIVE MEDICINE RESIDENCIES, 3 YEAR GRANT WITH TOTAL PROJECTED FUNDING OF \$ 1.2 MILLION

This grant will fund the development and implementation of a new preventive medicine (PM) residency program with a focus on integrative health (IH), fully integrated with an existing residency in family medicine in the Department of Family and Social Medicine. The department provides primary care training in the Bronx, which faces the highest rates of poverty and worst health indicators in New York State. The federally qualified health centers that serve as family medicine training sites are in designated provider shortage areas. The Bronx is deficient in both primary care providers and preventive medicine practitioners. Training that combines preventive medicine and family medicine, provided over four years instead of five, with a focus on integrative health, will meet the need for physicians with knowledge and skills in population health, health promotion, quality improvement and delivery system innovation to address health disparities and the social determinants of health. The program's unique focus will advance the incorporation of competency- and evidence-based integrative health training and practices into the primary care of underserved populations. Objectives for the grant include: (1.1) increasing knowledge for 4 preventive medicine (PM) residents of health promotion, disease prevention and integrative health (IH) at the population level through completed MPH degrees, a PM curriculum and an IH curriculum; (1.2) increasing skills for 4 PM residents in addressing population health and IH through at least 1 practicum and 1 capstone project for each of 4 PM residents; (1.3) increasing physician impact of population health through practicum assignments with at least 1 community partner and 1 IH provider for each of 4 PM residents; (2.1) increasing physician knowledge of bringing together public health, integrative health and primary care delivery through completion of MPH degrees for 4 PM residents, completion of a general PM and IH curriculum by 20 family medicine residents with intensive versions delivered to 4 PM residents; (2.2) increasing physician skills in bringing together public health, IH and primary care delivery through completion of at least 1 practicum and capstone project for each of 4 PM residents; (2.3) increasing physician impact on integration of public health, IH and primary care delivery through practicum assignments with at least 1 institutional partner by each of 4 PM residents; (3.1) increasing the number of primary care faculty with expertise in teaching PM and IH through completed intensive training for 4 faculty members and direct instruction of residents by each faculty member in at least 1 new area of core content; (3.2) expanding the content and number of PM and IH educational experiences shared across disciplines through development of curricula in at least 2 new content areas and delivery of integrated content to 4 PM and 20 primary care residents.

SUMMARY OF GRANTS AWARDED

HAL STRELNICK, MD:

HRSA, BRONX SCIENCE & HEALTH OPPORTUNITIES PARTNERSHIP (BXSHOP), 3 YEAR GRANT WITH TOTAL PROJECTED FUNDING OF \$1.9 MILLION

BxSHOP creates a comprehensive health careers pathway by formally linking the Albert Einstein College of Medicine (Einstein) and its high school level Einstein Enrichment Program (EEP), college-level Summer Undergraduate Mentorship Program (SUMP), and medical student EiSci Community-based Service-learning program at the Pelham Lab High School with Fordham University's Collegiate Science and Technology Entry Program (CSTEP) and its 11th-12th grade Science and Technology Entry Program (STEP); the Macy Honors, STEM, and Health Careers Programs of DeWitt Clinton High School; Bronx Community College and Lehman College. Community-based partners include Associated Medical Schools of New York; Bronx-Westchester Area Health Education Center (BWAHEC); and Montefiore Health Opportunities Program (Monte-HOP) of Montefiore Medical Center and two national programs: Health Career Connection (HCC) and Mentoring in Medicine (MIM). BxSHOP received previous HCOP funding from 2004-07 and 2009-13. BxSHOP's goal is to forge an articulated educational "pipeline," beginning from high school through community college, college, and post-baccalaureate levels, so that more Bronx economically and educationally disadvantaged and/or under-represented minority (URM) students pursue and succeed in rigorous academic programs that prepare them for competitive colleges and health professional schools. BxSHOP began in 1999 and emphasizes academic enrichment and achievement; motivation through service learning and leadership development; mentoring, experiential learning, and cultural competency; and career, educational, and financial aid guidance for students and their families.

Submitted by Angela Warren, MBA



Image: Google.com

Montefiore

2015 NYC RING CONVOCATION OF PRACTICES

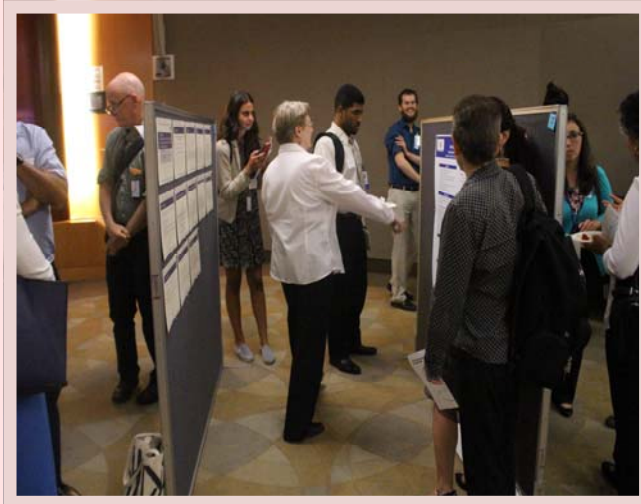


Thanks to everyone who participated in the 2015 NYC RING Convocation of Practices

This year's event supported by DFSM, Montefiore Medical Group, the Montefiore CMO, and Bronx Westchester Academy of Family Physicians hosted over 175 attendees representing more than 20 partner sites throughout New York City. It was heartening to see many familiar and new faces engaged in both Dr. Kurt Stange's Keynote Address and presenting their work at the evening poster presentations, which featured

40 diverse presentations demonstrating the wonderful, meaningful work being done in the Bronx and throughout New York City. Once again we can affirm that primary care research is alive and well in the Bronx and environs.

We were delighted to host Dr. Kurt Stange who in his role as visiting faculty talked with leadership from the Montefiore-Einstein Cancer center, participated in departmental strategic planning and research division meetings and spoke with students in the Patient-Centered Outcomes Research Innovations at Montefiore and Einstein (PCOR PRIME) symposium.



Please check our web page www.nycring.org for the poster abstract booklet.

Submitted by Claudia Lechuga, MS

THE PC/SIM INTERN WELCOME PICNIC ENJOYED BY ALL



First Row left to right: Shwetha Iyer, Erin Goss, Lalit Narayan, baby Meera, Justine Phifer, Ashley Cenicerros, Sameen Farooq, Jean Claude Uwamungu, Lisa Reeves, Elenita D'Aloia,, Hector Perez, Shadi Navhi, Laura Van Metre, Casey Browder, Felise Milan.

Back Row right to left: Shruthi Rajashekara, Sarah Mallik, Linda Wang, Mayce Mansour, Jonathan Giftos, Richard Silvera, Shannon Blaney, Paul Joudrey, Iman Hassan, someone's significant other, Maria Duenas, Joe Deluca, Jennifer Stella, someone's significant other!

August 1st: A day that would make a case for the phrase 'Murphy's Law' being changed to 'MTA's Law,' as every subway route change imaginable seemed to be crammed into these 24 hours. Apocalyptic-level delays notwithstanding, the PC/SIM Intern Welcome Picnic had an excellent turnout, yet all managed to fit under the shade and stay cool.

California Rolls and conversation were enjoyed by all—colleagues, friends, partners, and babies-- as we welcomed the new class of PC/SIM interns.

Thanks to all who made this day happen for a full belly and some nice memories.

Submitted by Casey Browder

Montefiore

Publications & Presentations...

Publications

- Agalliu, I., A. O. Adebisi, D. W. Lounsbury, O. Popoola, K. Jinadu, O. Amodu, S. Paul, A. Adedimeji, C. Asuzu, M. Asuzu, O. J. Ogunbiyi, T. Rohan, and O. B. Shittu. "The Feasibility of Epidemiological Research on Prostate Cancer in African Men in Ibadan, Nigeria." *Bmc Public Health* 15 (Apr 2015).
- Bochner, B. H., G. Dalbagni, D. D. Sjoberg, J. Silberstein, G. E. K. Paz, S. M. Donat, J. A. Coleman, S. Mathew, A. Vickers, G. C. Schnorr, M. A. Feuerstein, B. Rapkin, R. O. Parra, H. W. Herr, and V. P. Laudone. "Comparing Open Radical Cystectomy and Robot-Assisted Laparoscopic Radical Cystectomy: A Randomized Clinical Trial." *European Urology* 67, no. 6 (Jun 2015): 1042-50.
- Bonuck, K., R. D. Chervin, and L. D. Howe. "Sleep-Disordered Breathing, Sleep Duration, and Childhood Overweight: A Longitudinal Cohort Study." *Journal of Pediatrics* 166, no. 3 (Mar 2015): 632-39.
- Chambers, E. C., B. C. Wong, R. W. Riley, N. Hollingsworth, A. E. Blank, C. Myers, J. Bedell, and P. A. Selwyn. "Combining Clinical and Population-Level Data to Understand the Health of Neighborhoods." *American Journal of Public Health* 105, no. 3 (Mar 2015): 510-12.
- Chambers, E. C., B. C. Wong, R. W. Riley, N. Hollingsworth, A. E. Blank, C. Myers, J. Bedell, and P. A. Selwyn. "Combining Clinical and Population-Level Data to Understand the Health of Neighborhoods." *American Journal of Public Health* 105, no. 3 (Mar 2015): 510-12.
- Cloud, D. H., E. Drucker, A. Browne, and J. Parsons. "Public Health and Solitary Confinement in the United States." *American Journal of Public Health* 105, no. 1 (Jan 2015): 18-26.
- Garcia, I. A., A. E. Blank, E. A. Eastwood, and A. Karasz. "Barriers and Facilitators to the Implementation of Spns Interventions Designed to Engage and Retain Hiv Positive Women of Color in Medical Care." *Aids and Behavior* 19, no. 4 (Apr 2015): 655-65.
- Huynh, M. H., L. N. Borrell, and E. C. Chambers. "Nativity Status/Length of Stay in the Us and Excessive Gestational Weight Gain in New York City Teens, 2008-2010." *Journal of Community Health* 40, no. 1 (Feb 2015): 161-66.
- Kotov, R., E. J. Bromet, C. Schechter, J. Brohier, A. Feder, G. Friedman-Jimenez, A. Gonzalez, K. Guerrero, J. Kaplan, J. Moline, R. H. Pietrzak, D. Reissman, C. Ruggero, S. M. Southwick, I. Udasin, M. Von Korff, and B. J. Luft. "Posttraumatic Stress Disorder and the Risk of Respiratory Problems in World Trade Center Responders: Longitudinal Test of a Pathway." *Psychosomatic Medicine* 77, no. 4 (May 2015): 438-48.
- Lesser, L. I., M. C. Mazza, and S. C. Lucan. "Nutrition Myths and Healthy Dietary Advice in Clinical Practice." *American Family Physician* 91, no. 9 (May 2015): 634-38.
- Lucan, S. C., A. R. Maroko, O. Sanon, R. Frias, and C. B. Schechter. "Urban Farmers' Markets: Accessibility, Offerings, and Produce Variety, Quality, and Price Compared to Nearby Stores." *Appetite* 90 (Jul 2015): 23-30.
- Palma, A., D. W. Lounsbury, L. Messer, and E. B. Quinlivan. "Patterns of Hiv Service Use and Hiv Viral Suppression among Patients Treated in an Academic Infectious Diseases Clinic in North Carolina." *Aids and Behavior* 19, no. 4 (Apr 2015): 694-703.
- Romero, D., L. Maldonado, L. Fuentes, and L. Prine. "Association of Reproductive Health Training on Intention to Provide Services after Residency: The Family Physician Resident Survey." *Family Medicine* 47, no. 1 (Jan 2015): 22-30.
- Selwyn P.A. "Openings." *Annals of Family Medicine*. Vol. 13, No. 4 (Jul-Aug 2015) 381.
- Shaparin, N., K. Gritsenko, D. F. Garcia-Roves, U. Shah, T. Schultz, and O. DeLeon-Casasola. "Peripheral Neuromodulation for the Treatment of Refractory Trigeminal Neuralgia." *Pain Research & Management* 20, no. 2 (Mar-Apr 2015): 63-66.
- Shaparin, N., A. Sim, M. Pappagallo, K. Gritsenko, V. Carullo, J. Tsukanov, and B. Kosharsky. "Intrathecal Analgesia: Time to Consider It for Your Patient?" *Journal of Family Practice* 64, no. 3 (Mar 2015): 166-72.
- Valera, P., M. Anderson, S. H. Cook, J. Wylie-Rosett, J. Rucker, and A. E. Reid. "The Smoking Behaviors and Cancer-Related Disparities among Urban Middle Aged and Older Men Involved in the Criminal Justice System." *Journal of Cancer Education* 30, no. 1 (Mar 2015): 86-93.
- van Ravesteyn, N. T., L. van Lier, C. B. Schechter, D. U. Ekwueme, J. Royalty, J. W. Miller, A. M. Near, K. A. Cronin, E. A. M. Heijnsdijk, J. S. Mandelblatt, and H. J. de Koning. "Transition from Film to Digital Mammography Impact for Breast Cancer Screening through the National Breast and Cervical Cancer Early Detection Program." *American Journal of Preventive Medicine* 48, no. 5 (May 2015): 535-42.
- Wu, J. P., E. M. Godfrey, L. Prine, K. L. Andersen, H. MacNaughton, and M. Gold. "Women's Satisfaction with Abortion Care in Academic Family Medicine Centers." *Family Medicine* 47, no. 2 (Feb 2015): 98-106.
- Zvolensky, M. J., S. G. Farris, R. Kotov, C. B. Schechter, E. Bromet, A. Gonzalez, A. Vujanovic, R. H. Pietrzak, M. Crane, J. Kaplan, J. Moline, S. M. Southwick, A. Feder, I. Udasin, D. B. Reissman, and B. J. Luft. "World Trade Center Disaster and Sensitization to Subsequent Life Stress: A Longitudinal Study of Disaster Responders." *Preventive Medicine* 75 (Jun 2015): 70-74.

Social Medicine in the Kitchen...

CILANTRO LIME CAULIFLOWER "RICE"

INGREDIENTS

- 1 medium head (about 24 oz) cauliflower, rinsed
- 1 tbsp extra-virgin olive oil
- 2 garlic cloves
- 2 scallions, diced
- kosher salt and pepper, to taste
- 1-1/2 limes
- 1/4 cup fresh chopped cilantro

INSTRUCTIONS

- Remove the core and let the cauliflower dry completely. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.
- Heat a large sauté pan over medium heat, add olive oil, scallions and garlic and sauté about 3 to 4 minutes, or until soft.
- Raise the heat to medium-high. Add the cauliflower "rice" to the sauté pan. Cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. Season with salt and pepper to taste.



Recipe from skinnytaste.com

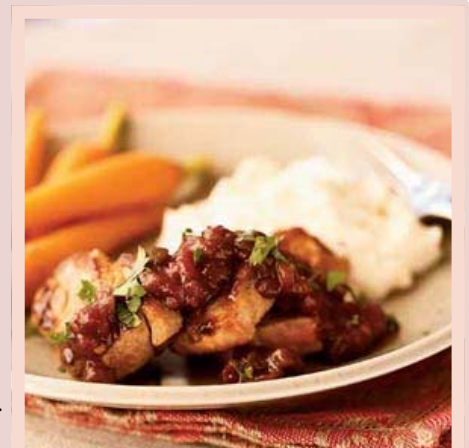
SPICY-SWEET PORK TENDERLOIN

INGREDIENTS

- 1 tablespoon low-sodium soy sauce
- 1 teaspoon bottled minced fresh ginger 1 1 teaspoon bottled minced garlic
- 1 teaspoon canola oil
- 1 (1-pound) pork tenderloin, trimmed and cut crosswise into 12 (3/4-inch-thick) slices
- 1 (1-pound) pork tenderloin, trimmed and cut crosswise into 12 (3/4-inch-thick) slices
- 1/3 cup bottled salsa
- 1 tablespoon seedless raspberry preserves
- 2 tablespoons chopped fresh cilantro

INSTRUCTIONS

Combine first 3 ingredients in a bowl. Heat oil in a large nonstick skillet over medium-high heat. Flatten each pork piece to 1/2-inch thickness using your fingertips. Add pork to pan; spoon soy sauce mixture evenly over pork slices. Cook 3 minutes or until browned. Turn pork over; cook 3 minutes or until done. Remove from pan. Add salsa and preserves to pan; increase heat to medium-high. Cook 30 seconds or until slightly thick, stirring constantly. Serve pork with salsa mixture, and sprinkle with cilantro.



Recipe from myrecipes.com

Future Dates...

Social Medicine Rounds

Every 2nd & 4th Tuesday of the Month—4:30-6:00PM

3544 Jerome Ave, 3rd floor

For more info go to: www.socialmedicine.info

October 13, 2015

October 27, 2015

November 10, 2015

November 24, 2015

December 8, 2015

December 22, 2015



Healing Arts-Associate Wellness: 5 Rhythms

Movement as Medicine Program
Sessions

(Third Tuesday of the month)

Grand Hall (Gunhill Entrance)

5:15 -6:15PM

October 20, 2015

November 17, 2015

December 15, 2015

Grand Rounds

Every 2nd & 4th Thursday of the Month—8:00-9AM

Internet Broadcast:

—Montefiore Family Health Center, 3rd fl. Conference Room

—Williamsbridge Family Practice-Precepting Room

—Moses Family Inpatient Unit- NW7 Conference Room

October 8, 2015—TBA

October 22, 2015—TBA

November 12, 2014—TBA

November 26, 2015—HOLIDAY

December 10, 2015—TBA

December 24, 2015—HOLIDAY

All members of the extended DFSM/RPSM community are welcome to join Family Medicine Grand Rounds on the Web.

Please contact Maria Pasa mpasa@montefiore.org for an electronic invitation and instructions on how to connect.



STARTING IN OCTOBER: 4 WEEK WEIGHT LOSS INTENSIVE!

Interested in losing weight but not sure where to start? Join the Associate Wellness Dietitians for a 4 week **Weight Loss Intensive**. This group program will inform you on ways to modify and improve your weight loss efforts, and ultimately contribute to your knowledge of nutrition.

CHAM 9th Floor Conference Room

October: 14th, 21st, 28th

Wednesdays from 12-1pm

WEIGHT WATCHERS AT WORK

MEETING SCHEDULE

Too busy to make it to a Weight Watchers meeting in the community? Enjoy convenient meetings at Montefiore with a Weight Watchers Meetings membership. We offer at work meetings weekly at five Montefiore locations. Montefiore also offers a 50% discount at your start and additional discounts if certain criteria are met. Earn 3 raffle entries for signing up and 1 raffle entry a month for attending meetings.

Below is the weekly meeting schedule of WW offerings at Montefiore. For pricing and reimbursement details, visit: <https://wellness.weightwatchers.com> and enter Employer ID: **65022** Employer Passcode: **ww65022**. For questions and specific campus contact information email WellnessRD@montefiore.org. We hope to see you there!

	Date & Time
Moses	Wednesday, 12:30pm
Einstein/ Weiler	Wednesday, 12:00pm
Wakefield	Thursday, 12:00pm
Yonkers	Thursday, 12:00pm
Fordham	Thursday, 12:00pm

HAVE YOU TAKEN YOUR HEALTH

ASSESSMENT AND VIEWED A WEBINAR FOR \$25 THIS YEAR?

The annual HRA is a 15-minute questionnaire that will provide you with individualized health results and offer resources for improving your health! Follow the steps below to complete your HRA and Webinar, then redeem your \$25 gift card! Instructions: Register or log-in to the To Your Health! Portal at www.toyourhealth.montefiore.org

On the Dashboard, click on Health Assessment (top right Step 1) Next, on your Dashboard, click on Webinars and Quizzes and complete a Webinar/Quiz of your choosing (top right Step 2) Return to the Dashboard and clic redeem under Rewards Tracker

For assistance, contact Customer Support at 1.888.252.8150.

Social Medicine on the Web...

Pulse

Voices from the heart of medicine

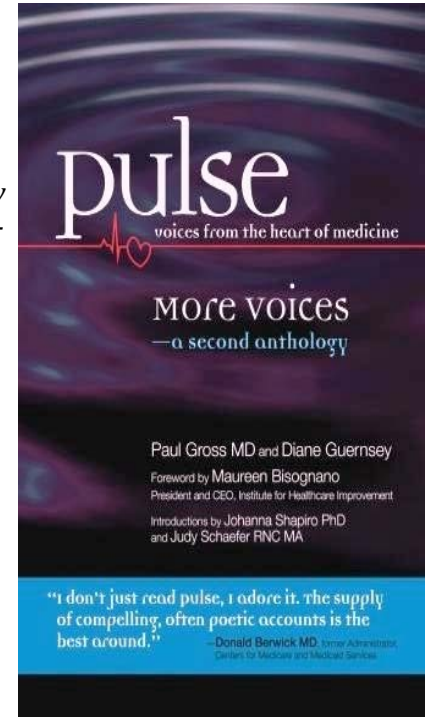
Friday Is Pulse Day

Pulse--voices from the heart of medicine, the weekly online publication created by DFSM, is celebrating its sixth birthday in 2014 and continues to attract new readers from around the world.

Every Friday, Pulse e-mails out a first-person story or poem about health care. These personal, compelling and authentic pieces are written by patients, healthcare professionals and students, providing a rare forum that welcomes everyone involved in health care. Pulse stories have been featured in the Washington Post, in NPR's health blog Shots and in KevinMD.com.

Dr. Donald Berwick, founder of the Institute for Healthcare Improvement, spoke for many when he said, "I not only read Pulse, I adore it... The supply of compelling, often poetic accounts is the best around."

Family medicine residents Masha Gervits and Sarah Stumbar have recently published stories in Pulse. To submit a story or to subscribe, visit pulsevoices.org.



Social Medicine/Medicina Social

Social Medicine is a bilingual, academic, open-access journal published since 2006 by the Department of Family and Social Medicine at Montefiore Medical Center/Albert Einstein College of Medicine and the Latin American Social Medicine Association (ALAMES). Registration with the journal is not necessary to read the content.

<http://www.socialmedicine.info/index.php/socialmedicine>

Social Medicine Portal

Social Medicine Portal is a project developed by faculty members of the Department of Family and Social Medicine of the Albert Einstein College of Medicine. The portal contains links to websites, documents and presentations devoted to social medicine. Our goal in creating this site is to link together the diverse international community of people working in social medicine and health activism. We encourage visitors to e-mail us materials for inclusion.

<http://www.socialmedicine.org/>

Montefiore Health Opportunities Program (MONTE HOP)

Helping Students Succeed in Health Careers

Montefiore's Health Opportunities Program (Monte H.O.P.) is a summer enrichment program for students from economically or educationally disadvantaged backgrounds and/or from groups typically considered underrepresented in the health care fields.

<http://www.montefiore.org/montefiore-health-opportunities-program>

DFSM ENewsletter is produced by the Department of Family and Social Medicine at Montefiore Medical Center

Editor Wilma Burgos

(718) 920-4678

wburgos@montefiore.org