

A pair of hands is shown from the right side, cupping a mound of dark, rich soil. A small, vibrant green seedling with several leaves grows out of the soil. The background is a warm, golden-brown bokeh, suggesting sunlight filtering through trees. The entire scene is framed by a white dotted border.

A YEAR OF
GROWTH.
THE MISSION
AHEAD.

**THE FLEISCHER INSTITUTE FOR
DIABETES AND METABOLISM**
IMPACT REPORT 2019



Now in its second year, The Fleischer Institute for Diabetes and Metabolism at Montefiore and Einstein has made great progress in its aim to change the course of diabetes and metabolic disorders. From effective solutions on a community level to compassionate care and discovery within our treatment and research settings, The Fleischer Institute has made impressive strides in a short time.

All of this success would not be possible without the vision of Dr. Norman Fleischer, whose work in his lifetime was transformative. As the founding director of the NIH-funded Einstein Diabetes Research and Training Center, Dr. Fleischer created the foundation for extraordinary growth in this arena. He was also my mentor, having instilled in me, along with many others, a passion that inspired my career. He motivated my interest in supporting the growth and development of a center of excellence for the care of those with diabetes. My hope is that all who share this commitment will join me and help expand on this young Institute's growth.

Throughout 2019, the clinical care and research teams at The Fleischer Institute have advanced Dr. Fleischer's mission and have driven initiatives to respond to the alarming rates of diabetes and obesity in the Bronx. Well positioned to become a beacon and leader in research and clinical outreach, The Fleischer Institute is attracting experts who are determined to combat and tackle the scourge of diabetes in this country. To give you an even better look at its work, I am pleased to present the following 2019 impact report, which highlights many of The Fleischer Institute's notable advancements. I hope it will inspire you too to continue supporting its efforts. Philanthropy from donors like you furthers our mission to provide the best care to all through the expertise and dedication of its clinicians and scientists.

On behalf of all of The Fleischer Institute's professionals and patients, I thank you.

Sincerely,

David K. Bloomgarden, MD, FACE
Endocrinology & Metabolism

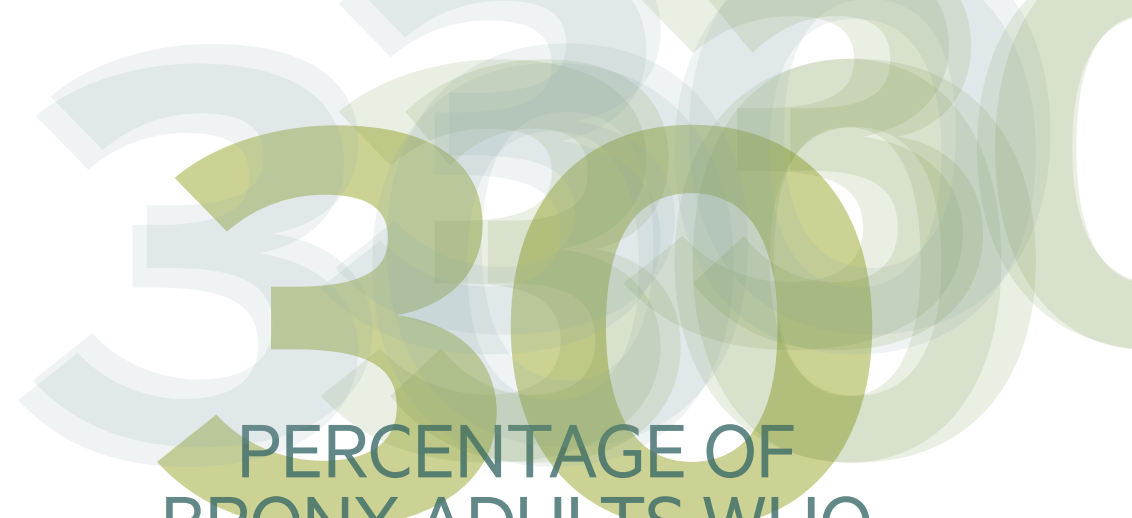
MORE THAN ONE IN
TEN ADULTS LIVING
IN THE BRONX,
RANKED THE LEAST
HEALTHY COUNTY
IN NEW YORK
STATE, RECEIVES A
DIABETES DIAGNOSIS.



IMPROVING LIVES

The location of The Fleischer Institute is critical in impacting urban communities nationwide. For the tenth year in a row, the Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute ranked the Bronx as the least healthy county in New York State. Tied to this statistic, the Bronx also has the highest rates of diabetes-related death and chronic disease with more than one in ten adults diagnosed with the condition. Thirty percent of Bronx adults are obese and are at increased risk of diabetes and other related disorders.

The Fleischer Institute has launched programming in 2019 to counter this trajectory. Newly recruited Fleischer Institute physician Shivani Agarwal, MD, MPH, sought to address a longstanding public health concern—the effective transition from pediatric to adult medical



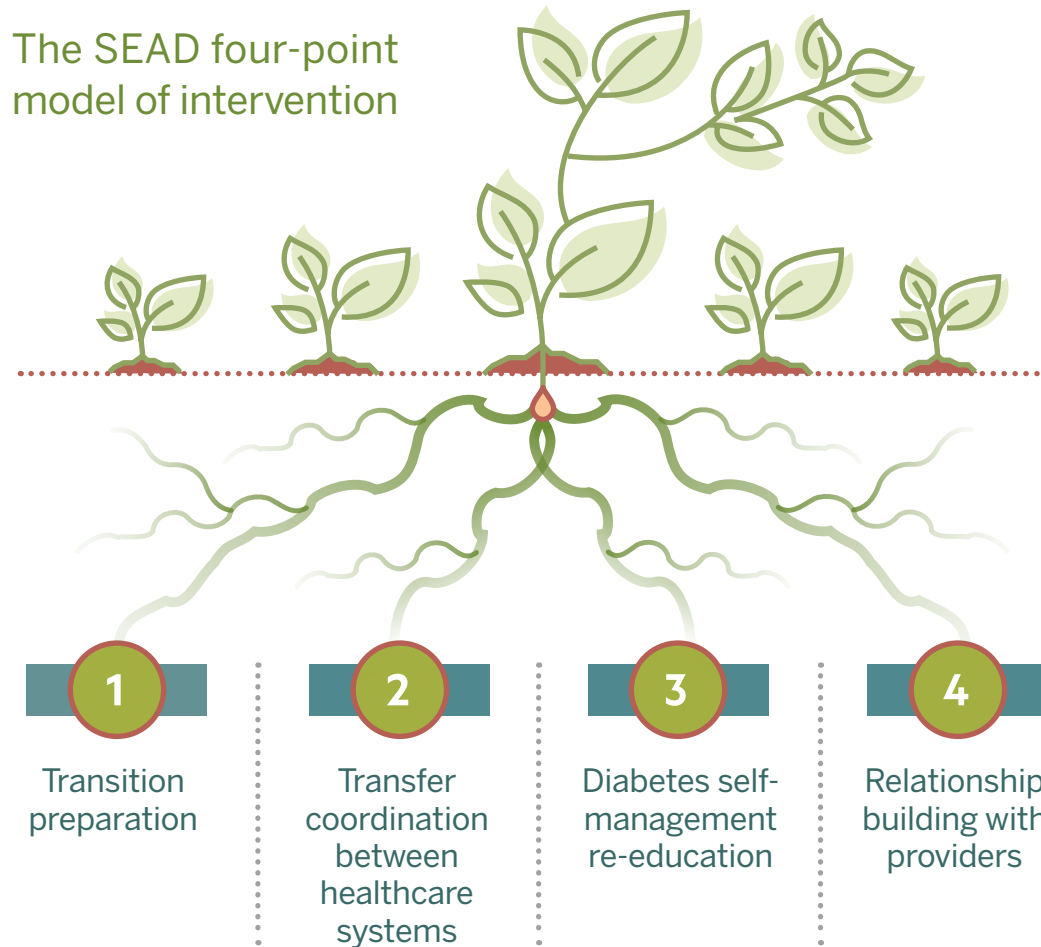
PERCENTAGE OF
BRONX ADULTS WHO
ARE OBESE AND
AT INCREASED RISK
OF DIABETES

care for high-risk young adults (ages 16-35) with type 1 diabetes. Knowing that adolescents and young adults have the greatest levels of uncontrolled diabetes, more frequent hospitalizations, and higher rates of psychiatric disease, Dr. Agarwal has developed a unique personalized healthcare intervention through the Supporting Emerging Adults with Diabetes (SEAD) program.

The model operates around four points of intervention: transition preparation, transfer coordination between healthcare systems, diabetes self-management re-education, and relationship building with providers. From young adult diabetes support groups to inclusive retreats to one-on-one counseling and assistance, the SEAD team has made a difference at an essential time for these young adults. As the program continues to grow, SEAD anticipates the following impact, based on similar success at peer institutions:

- **A decrease in patients' overall A1C, which helps to prevent complications from diabetes later in life**
- **Growth in patients reporting positive reception to their first adult healthcare experience**
- **An increased likelihood for patients to attend future appointments**
- **Strong peer-to-peer recommendations for the program**

The SEAD four-point model of intervention



Since its opening earlier this year, SEAD has had over 100 referrals from Children's Hospital at Montefiore's Pediatric Endocrinology and Diabetes Department.

To continue this momentum, SEAD is in the process of expanding into Tarrytown to attract a greater number of patients. Caring for these individuals is a team of physicians, nurse practitioners, dietitians, social needs care coordinators, and psychologists—all working together to meet the needs of each individual patient.

Dr. Agarwal is now in her second year of a five-year \$988,000 award from the National Institute of Diabetes and Digestive and Kidney Diseases to address and reduce the disparities in outcomes among young adults with type 1 diabetes. SEAD at Montefiore and in the Bronx is a product of this study.



THE KNOWLEDGE AND PASSION OF DR. AGARWAL AND HER FELLOW FLEISCHER INSTITUTE TEAM MEMBERS ARE ALTERING AN EPIDEMIC. BY DEVELOPING COMMUNITY INTERVENTIONS, WE IMPROVE LIVES.

Shivani Agarwal, MD, MPH
Assistant Professor, Department of
Medicine (Endocrinology)
Albert Einstein College of Medicine

SEAD Expands





WITH A DEDICATION
TO UPLIFTING OUR
COMMUNITIES,
FLEISCHER INSTITUTE
PHYSICIANS HOLD A
DEEP COMMITMENT
TO COMPASSIONATE
CARE.

SERVING PATIENTS

With a distinct dedication to uplifting the Bronx and neighboring communities, Fleischer Institute physicians hold a deep commitment to compassionate care. The Fleischer Institute's clinical arm has received great reception with an average of ~730 visits per month—a more than 50 percent increase from 2018. In 2019, the clinical team has introduced new services under The Fleischer Institute's roof and in neighboring facilities:

- The team welcomed a full-time clinical psychologist to provide mental health support for patients with diabetes as well as endocrine and renal diseases.
- Montefiore's Care Management (CMO) now provides a care manager to address social service referrals and special patient needs.

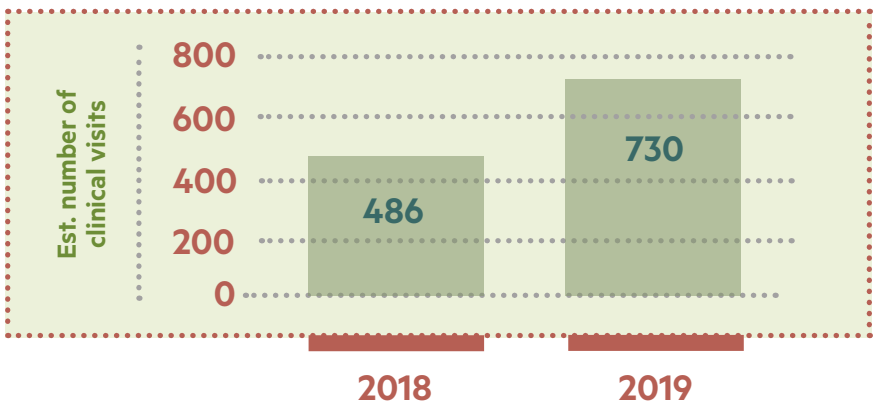
■ The Fleischer Institute's diabetes self-management program, recognized with high acclaim by the American Diabetes Association, is now available to any patient with diabetes—free of charge.

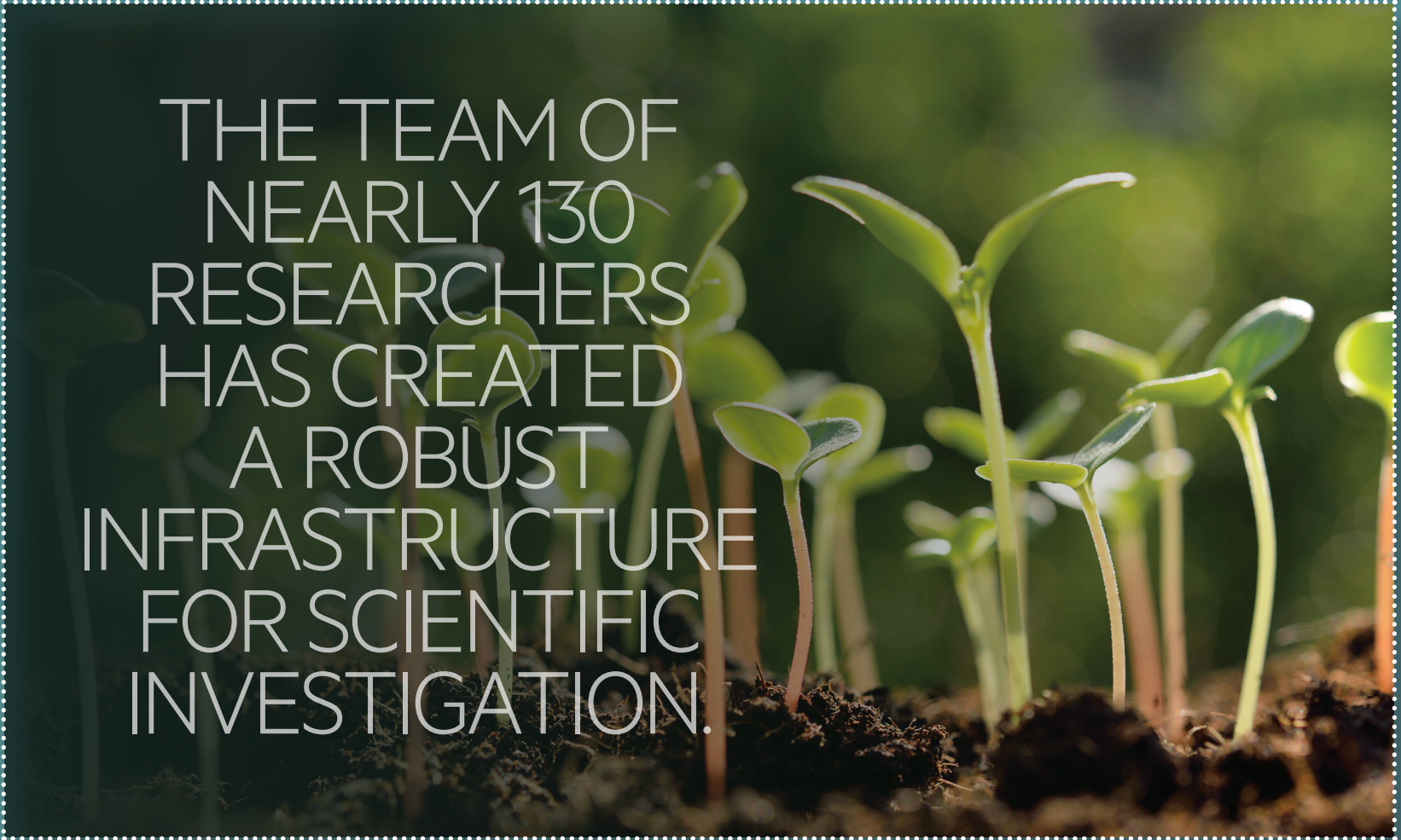
The Fleischer Institute's clinical care team has grown to more than 30 physicians, psychologists, nurses, technicians, dietitians, and administrative staff members. With strong collaborations across departments, our endocrinology experts have worked alongside specialists in cardiology, nephrology, neurology,

ophthalmology, and more to help inform treatments for our expansive and growing patient population.

OUR CLINICIANS BRING THE RIGHT PEOPLE AROUND THE TABLE AT THE RIGHT TIME TO DELIVER THE MOST EFFECTIVE TREATMENTS AND PREVENTION MECHANISMS TO OUR PATIENTS. BY DELIVERING BEST-IN-CLASS CARE, WE SERVE PATIENTS.

FLEISCHER INSTITUTE CLINICAL VISITS PER MONTH, 2018-2019





THE TEAM OF
NEARLY 130
RESEARCHERS
HAS CREATED
A ROBUST
INFRASTRUCTURE
FOR SCIENTIFIC
INVESTIGATION.



TACKLING DIABETES

Fleischer Institute researchers are forging new paths for innovation to treat and cure diabetes in unprecedented and extraordinary ways. The team, now comprised of nearly 130 researchers across independent laboratories, has created a robust infrastructure for scientific investigation. In 2019, our Fleischer Institute scientists received over \$82 million in extramural grant support to advance their cutting-edge discoveries, including the following:

- Rajat Singh, MD, MBBS, led an initiative using animal models to prove that the timing of food intake may be more important than the number of calories ingested. Dr. Singh and Jill P. Crandall, MD, are now translating these discoveries to humans. This year alone, Dr. Singh has

received three NIH grant awards to dive deeper into studies like this.

- The laboratories of four Fleischer Institute investigators—Irwin J. Kurland, MD, PhD; Jeffrey E. Pessin, PhD; Gaetano Santulli, MD, PhD; and Gary J. Schwartz, PhD—have combined forces to study a novel mechanism for increased skeletal



.....

Jill P. Crandall, MD

Professor, Department of Medicine
(Endocrinology)
Jacob A. and Jeanne E. Barkey
Chair in Medicine
Chief, Division of Endocrinology
Albert Einstein College of Medicine

muscle thermogenesis (heat production in organisms), which could lead to a new approach to treating obesity and metabolic syndromes. Together, these researchers received a near \$1.8 million multi-investigator award.

■ We believe in an interdisciplinary and collaborative approach to research in order to innovate on an accelerated timeline. The year 2019 proved successful with a newly established partnership with Mount Sinai Health System. By sharing cutting-edge technologies across our campuses—including a burgeoning tool to activate antigen-specific immuno-tolerance called SynTac—our teams have made advancements in promising methods to suppress autoimmune type 1 diabetes. Steven C. Almo, PhD, and Teresa P. DiLorenzo, PhD, have spearheaded this effort.



THANKS TO OUR EXPERTS, THE FLEISCHER INSTITUTE TEAM HAS LED CONVERSATIONS ON DIABETES AND METABOLIC DISORDERS THAT ENABLE US TO REFRAME OUR THINKING AROUND THE ORIGINS, PREVENTION, AND TREATMENT OF THESE DISEASES. **BY DRIVING DISCOVERY, WE TACKLE DIABETES.**

.....

Jeffrey E. Pessin, PhD
Professor, Department of Medicine
(Endocrinology)
Professor, Department of Molecular
Pharmacology
Judy R. and Alfred A. Rosenberg
Professorial Chair in Diabetes Research
Director, Diabetes Research Center,
Department of Medicine
Albert Einstein College of Medicine

BY COLLABORATING
WITH LIKE-MINDED
PARTNERS, OUR
TEAMS HAVE MADE
ADVANCEMENTS
IN SUPPRESSING
AUTOIMMUNE TYPE 1
DIABETES.



WITH GRATITUDE

It is a testament to The Fleischer Institute's power to enact real change that so many new developments have been possible. Through public health initiatives, patient-centered care, and life-changing innovation, our experts are influencing diabetes and metabolic disorders on a great scale. To continue our impressive growth, The Fleischer Institute relies on philanthropic support—and thanks to partnerships with passionate people like you, I have great trust in our ability to foster a promising future. I welcome your questions, involvement, and support.

Thank you for championing The Fleischer Institute's mission and elevating our ambitious vision.

TO CONTINUE ITS
IMPRESSIVE GROWTH,
THE FLEISCHER INSTITUTE
RELIES ON PARTNERSHIPS
WITH PASSIONATE PEOPLE
LIKE YOU.

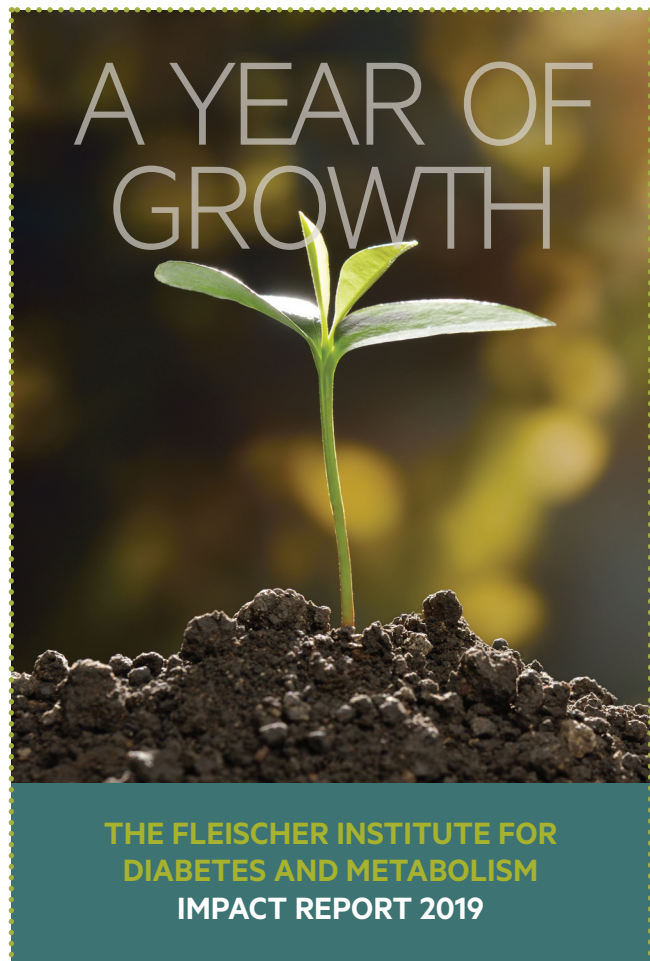


FLEISCHER
INSTITUTE
for Diabetes & Metabolism



Montefiore and Einstein Office of Development
3325 Bainbridge Avenue
Bronx, NY 10467
718.920.6656 | development@montefiore.org

Montefiore and Einstein
Office of Development
3325 Bainbridge Avenue
Bronx, NY 10467



A YEAR OF GROWTH

**THE FLEISCHER INSTITUTE FOR
DIABETES AND METABOLISM**
IMPACT REPORT 2019