

News & Views

WHERE PATIENT CARE,
SCIENTIFIC RESEARCH, AND
MEDICAL EDUCATION MEET

NYU Langone
Ranks #1 for
Quality and Safety

PAGE **4**

How to Stop
Coronary Artery
Disease

PAGE **6**

When Diet and
Exercise Aren't
Enough

PAGE

FALL 2015

Adam White, a 20-year-old, 265-pound former lineman for his high school

continued from page 1

A New Center Treats the Most Complex Spine Cases

as a spinal-cord hernia, in which the spinal cord pushes out of a hole in its protective sleeve. At NYU Langone, Adam and his father, Ed, met with Noel Perin, MD, director of minimally invasive spine surgery, who has extensive experience treating this condition.

Yet even Dr. Perin had never encountered a case quite like Adam's. "You have two of the rarest congenital spinal conditions in the world," he told Adam. "I've never seen both in a single patient." After consulting his colleagues at the Spine Center, Dr. Perin felt confident that he and his team could help the young man. "This is what you have, this is what's causing it, and this is how we're going

to fix it," he told Adam, who was reassured by Dr. Perin's low-key, forthright manner.

The neurosurgeon outlined three phases of surgery, each lasting several hours, that he would perform in collaboration with Thomas Errico, MD, director of the Division of Spine Surgery in the Department of Orthopaedic Surgery, in a single, all-day procedure. Due to the length and depth of the incision required and the amount of space needed to accommodate the spinal hardware, a plastic surgeon, Michael Margiotta, MD, was also brought in.

Adam's 13-hour operation, performed on May 20, went exactly as planned. First, Dr.

Perin repaired the spinal-cord hernia. Then, to fix the curvature in Adam's spine, Dr. Errico fused together 12 of his vertebrae, using 24 screws and two foot-long titanium rods.

“Each specialty brings a little extra to the table, particularly in complex cases like Adam’s.”

“Traditionally, orthopaedic spine surgeons dealt with bone issues, and spinal neurosurgeons with neural structures,” explains Dr. Errico, who codirects the Spine Center with Dr. Frempong-Boadu. “But over the last 20 years or so, these two specialties have become less distinct and more collaborative. Each specialty brings a little extra to the table, particularly in complex cases like Adam's. This leads to superior results.” The seamless integration of these two specialties is particularly valuable for complex cases, adds Dr. Errico, because it enables NYU Langone to match the patient to just the right surgeon or team of surgeons.

Upon awakening in the postanesthesia care unit, the first thing Adam noticed was that the tingling was gone. “No numbness, no pain—just like that,” he recalls. Once he was able to walk, he was thrilled by something else: gaining two inches in height, which brought him to 5'9". □

CONTACT: To find a specialist who treats spinal conditions, call 844-698-2224, or visit nyulangone.org/spinecenter.

Bon Appetit!

As Tisch Café Makes Its Debut, Patrons Find Something Appetizing for Every Palate



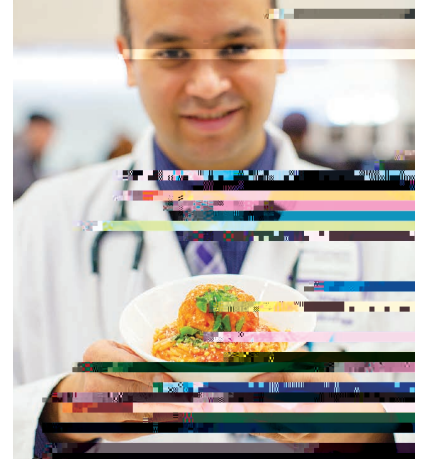
Michael Rodriguez, security guard



Katherine Ozuna, Building Services attendant



Maurice Singleton, RN, senior staff nurse



Dr. Vasishtha Tatapudi, instructor in medicine

Pappardelle pasta with braised short ribs and arugula . . . buckwheat ricotta pancakes . . . California rolls with edamame and pickled ginger. Hospital food never looked, smelled, or tasted so good. Tisch Café, NYU Langone Medical Center's new cafeteria, offers a menu inspired by the creative cuisine of many of New York City's trendiest restaurants.

Tisch Café is open daily from 6:00 a.m. to midnight. The entrance, on the first-floor corridor, will eventually be accessible from both Tisch Hospital and the new Helen L. and Martin S. Kimmel Pavilion when it opens in early

2018. With a larger dining room, the café more than doubles the square footage of the former cafeteria, providing seating for 270.

"As with every project," notes Vicki Match Suna, AIA, senior vice president and vice dean for real estate development and facilities, "an enormous amount of consideration and attention to detail has gone in to designing and building the space. From strategies to address patron flow and seating needs, to aesthetics such as finishes and lighting that offer a pleasing ambience, everything has been selected with the utmost care to create a café our whole community can enjoy."

Village Pediatric Cardiology Joins the NYU Langone Family

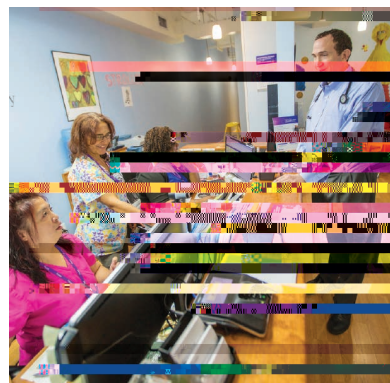
With Its Personalized Care and Access to the Medical Center's Vast Resources, This Specialty Practice Offers the Best of Both Worlds

In April, pediatric cardiologists David Brick, MD, and Matthew Martinez, MD, became the newest members of NYU Langone Medical Center's ever-growing network of ambulatory care centers. The physicians' highly regarded specialty practice on West 14th Street, now called NYU Langone Village Pediatric Cardiology, provides comprehensive care, using state-of-the-art equipment and the most advanced techniques to diagnose

and treat all forms of pediatric and fetal heart disease.

Supported by the full resources of the Medical Center, including a sophisticated health information system, Village Pediatric Cardiology can ensure a high level of coordination for patient care.

"Drs. Brick and Martinez offer both the high standard of care and the warmth and compassion we pride ourselves on at NYU Langone, in a



Dr. David Brick, medical director of Village Pediatric Cardiology, with his office staff

neighborhood convenient to where patients live," says Catherine Manno, MD, the Pat and John Rosenwald Professor of Pediatrics and chair of the Department of Pediatrics. "We're thrilled to welcome them to our family of ambulatory care centers."

CONTACT: NYU Langone Village Pediatric Cardiology, 154 West 14th Street, fourth floor, 212-604-7880 nyulangone.org/villagepedcardiology

1 Assess Risk

Considering Minimally Invasive Surgery for Substantial Weight Loss

Bariatric surgical procedures can help prevent, slow the progression of, or even reverse certain obesity-related conditions by restricting the size of the stomach. Certified as a Center of Excellence by the American College of Surgeons and the American Society for Metabolic

and Bariatric Surgery, NYU Langone's Medical Weight Management Program performs some 1,000 of these procedures annually. Christine Ren-Fielding, MD, director of the Division of Bariatric Surgery, estimates that about 80% of these patients report long-term success. Her husband, George Fielding, MD, the J. Ira and Nicki Harris Family Professor of Surgery and Bariatric Medicine, pioneered the laparoscopic technique now used to place an adjustable gastric band around the upper portion of the stomach. NYU Langone is also among the first training centers in the country to teach the newly FDA-approved non-invasive intragastric balloon procedure, in which a soft silicone balloon is inserted endoscopically into the stomach. The balloon is filled with saline solution to make you feel full.

Where You Live Matters

Social scientists increasingly point to the "food environment" as a factor in America's obesity epidemic. In neighborhoods with low-income levels, healthful food is actually hard to find, while junk-food options are plentiful. To understand how such va

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Technology Adapted from the Military Aids Precision-Guided Neurosurgery

By Being Able to “Walk around a Tumor,” Surgeons Can Plan the Safest Approach

Flight-simulation technology used by military pilots to rehearse complex flight maneuvers is now helping neurosurgeons at NYU Langone Medical Center to practice critical missions of their own: removing brain tumors and repairing aneurysms. The adapted technology, called the SuRgical Planner™, or SRP, combines MRI and CT scans to create detailed 3-D computer models of a patient’s brain. Using a joystick, surgeons manipulate the computer model on-screen so that they can see exactly where a tumor sits in relation to surrounding arteries, veins,

and brain structures before they operate.

The developers, a neurosurgeon and a pair of Israeli military engineers, paid special attention to the simulator’s realism. Tissue glistens in the light and responds with lifelike movement to virtual surgical tools. “The SRP lets us walk around a tumor, in a sense, and see what’s in the way so that we can plan the safest approach for surgical resection,” explains John G. Golnos, MD, chair of the Department of Neurosurgery.

Since its debut at NYU Langone this year, the FDA-approved surgical simulator has helped

Hearing Aids for the Internet Age

An estimated 28 million Americans have a significant hearing loss. Yet, among people age 70 or over who could benefit from a hearing aid, less than 30% wear one, and for younger adults, the figure is only 16%. In part, that’s because many regard the devices as unsightly and difficult to use. The latest models, however, are far sleeker and more sophisticated than their predecessors. If you have a hearing impairment, specialists at NYU Langone Medical Center can

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Like Mother, Like Daughter

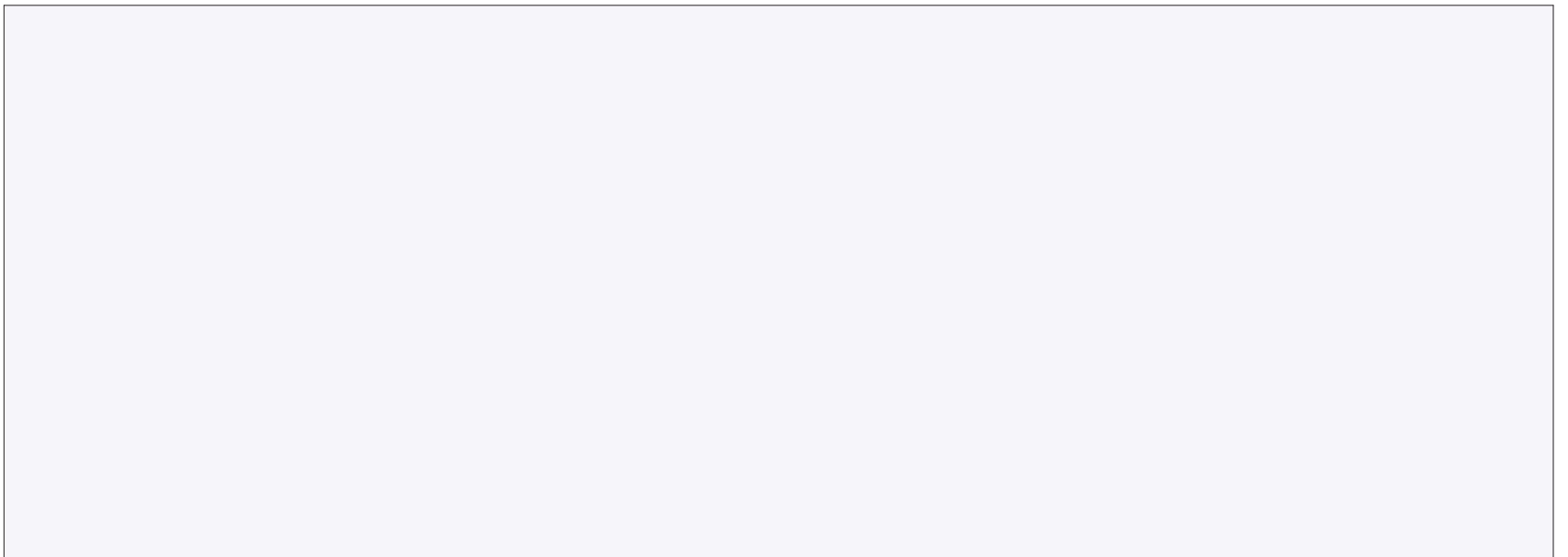
One of the biggest challenges of parenthood is deciding when to let your child take risks and when to be protective. Watching a kid climb a tree or ride a skateboard can be nerve-racking. How do you keep him from breaking his neck without undermining his confidence and independence? “Kids pick up on parents’ fears,” notes Rebecca Berry, PhD, a psychologist at NYU Langone Medical Center’s Child Study Center. “So when you have the urge to yell, ‘Come down from there,’ take a few deep breaths. Then ask yourself, ‘Is this really something I need to worry about?’ In many cases, it isn’t.”

But not all parents are able to make such judgments easily. “If your anxiety is causing your child to miss out on activities that most of her peers enjoy, it can be helpful to seek professional guidance,” Dr. Berry advises. “Like many other mental health conditions, anxiety has an environmental as well as a genetic component. Studies show that kids whose parents struggle with anxiety are two to seven times more likely to develop an anxiety disorder themselves. But they do better when their parents’ symptoms are under control.”

Dr. Berry remembers one nine-year-old patient, Helene (not her real name), whose nervousness at school kept her from making friends or participating in class. She often went to the nurse’s office complaining of a headache or stomachache, and begged to be sent home. During Helene’s first session, Dr. Berry noticed that her mother, Doris, held open the bathroom door for her, using a handkerchief. Later, the girl explained that her mom also held her above the toilet seat, brushed her teeth for her, and insisted on holding her hand whenever they crossed the street. Dr. Berry realized that Doris, like her daughter, was suffering from an anxiety disorder. “She was terrified that something bad would happen to Helene if she wasn’t there to protect her,” she said. “Most of which happen to Helene if she focuses on participating in class, or participating

“If your anxiety is causing your child to miss out on activities that most of her peers enjoy, it can be helpful to seek professional guidance,” Dr. Berry advises.

An Investigator's Ant Farm Provides Fertile Ground for Discovery



An Anthropologist of Adolescence

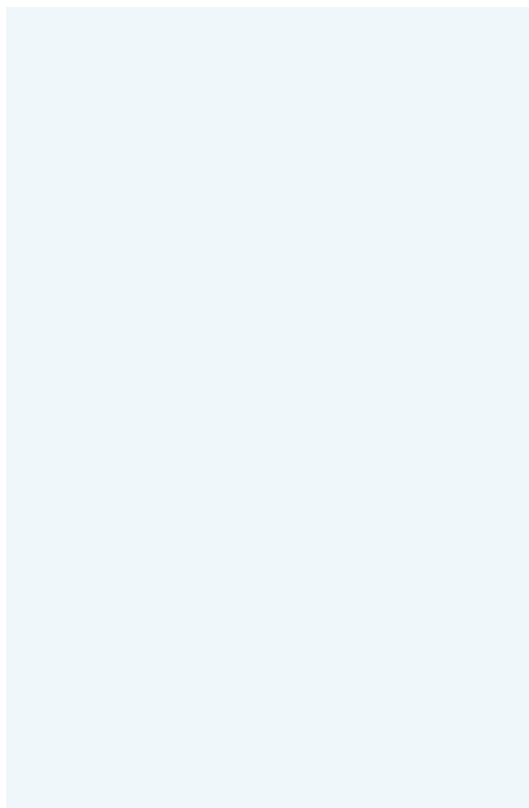
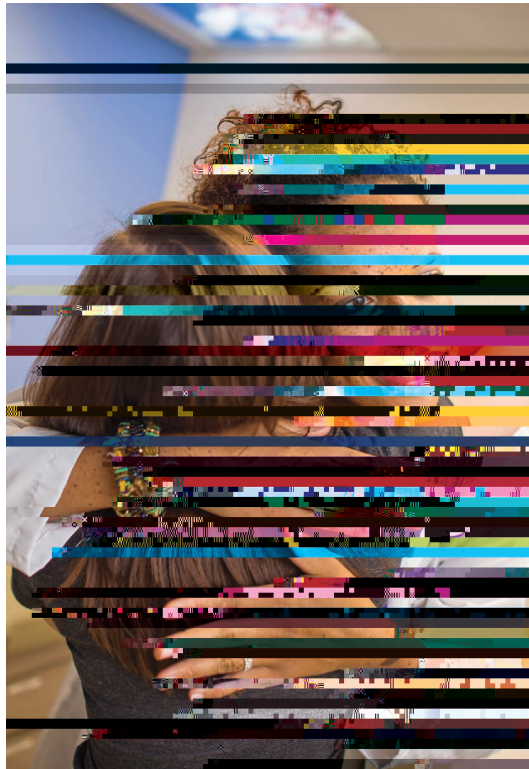
Q&A with Dr. Chanelle Coble-Sadaphal, NYU Langone's Specialist in Adolescent Medicine

When is it a good idea to seek out a specialist in adolescent medicine?

Most adolescents are cared for by pediatricians or general practitioners. At NYU Langone Medical Center's Hassenfeld Children's Hospital, subspecialists like me care for patients who need an extra level of evaluation. When the medical or psychological issues are not so clear or obvious, it might be worth getting evaluated by an adolescent medicine specialist. For example, I saw a 15-year-old girl who had unintentionally lost 20 pounds in the last year. Instead of assuming that it was an eating disorder, I spent a lot of time delving into her social and psychological situation. It turned out that her weight loss was the reaction to trauma. About 90% of my time is spent teasing things out.

How do you connect with patients?

Recently I asked a young man to stop looking at his phone and talk to me for five minutes. He refused. So I started looking at my phone. He said,



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