For more than 65 years, Mount Sinai Medical Center has provided quality, comprehensive care for the residents of Miami Beach, the surrounding communities and beyond. Our mission is to provide high quality health care to our diverse community, enhanced through teaching, research, charity care and financial responsibility.

Mount Sinai is South Florida’s largest private, independent not-for-profit teaching hospital. A proud member of South Florida’s corporate community, Mount Sinai is the largest employer on Miami Beach. As part of our ongoing commitment to provide convenient access to comprehensive medical services, Mount Sinai has expanded its presence and currently has six convenient locations throughout Miami-Dade County.

One of a select few statutory teaching hospitals in Florida, Mount Sinai gives patients access to the advanced care that can only be found in an academic environment. Mount Sinai invests more than $20 million annually to foster an atmosphere where doctors take on the important role of educators and remain at the forefront of the latest advances in medicine for the benefit of their students and their patients. As an academic medical center, Mount Sinai helps prepare more than 160 residents and fellows, 570 student nurses and 360 allied health professionals every year.

Mount Sinai also maintains an active research program that has resulted in significant medical advancements. With the support of grant funding from organizations such as the National Institutes of Health, Mount Sinai is a leader in developing new treatment options for cancer, heart disease, Alzheimer’s disease and much more. In addition, our research programs give our patients continued access to cutting-edge clinical trials and lifesaving treatment options years before they become widely available.

Mount Sinai is committed to providing excellent medical care, progressive education and lifesaving research, while remaining at the forefront in state-of-the-art technology and care. This tradition of excellence has made Mount Sinai a leader among healthcare providers in the United States, offering comprehensive care in a wide range of medical specialties.

Our centers of excellence include:

- Cardiac Surgery
- Cardiology
- Neuroscience
- Lung Care
- Oncology
- Urology
- Orthopaedics
- Maternity and Neonatology
The Mount Sinai Comprehensive Cancer Center is a nationally recognized, award-winning facility that utilizes a collaborative, multidisciplinary approach to diagnose and treat patients with a broad range of cancers. We provide quality care, leading innovation and personalized treatment plans for each patient. Our patient-centered approach ensures access to convenient services, timely appointments, clinical trials and a host of support services all aimed at helping patients heal.

Points of Distinction

• Mount Sinai is the first Florida hospital to receive the Commission on Cancer’s Outstanding Achievement Award three consecutive times and currently holds a Silver-Level commendation. The commission created this award to recognize programs that strive for excellence in providing quality cancer care.

• Mount Sinai is home to Florida’s first accredited breast center, the Lila and Harold Menowitz Comprehensive Breast Center, which provides the most advanced diagnostic and treatment options available today.

• Our radiation oncology program was the first in South Florida to earn accreditation from the American College of Radiology. This accreditation represents the highest level of quality and patient safety, and is awarded to facilities meeting specific practice guidelines and technical standards. As a recognized radiation safety provider, Mount Sinai has strict safety measures in place to ensure that patients receive radiation only when it is necessary and in the smallest possible dosage.

• The Mount Sinai Cancer Research Program actively participates in clinical trials, many of which result in new, FDA-approved cancer treatments. Our involvement in the trials allows us to give our patients access to innovative care and new treatment options even before it becomes available to the general public.

Advanced Technology

Mount Sinai is committed to acquiring state-of-the-art technology to aid in the diagnosis and treatment of cancer. For example:

• We are among a select few hospitals in the nation to have the SPECT-CT, a state-of-the-art imaging system for the diagnosis and treatment of cancer, cardiac and orthopaedic conditions. SPECT-CT uses advanced molecular technology to produce highly detailed 3-D anatomic images. This system gives physicians the best available visual information to precisely plan therapy, radiation or surgical procedures. SPECT-CT also aids in tumor staging and in determining efficacy of treatment.

• Mount Sinai was the first Florida hospital with the Evident™ ablation system, which destroys tumors in the kidneys, liver, lungs and other soft tissues using microwave energy.

• We continue to optimize the use of an electronic health records system to improve collaboration, and enhance the quality and safety of our cancer care. A new module, Beacon, has been incorporated to customize Epic for oncologists.
The Cancer Committee at Mount Sinai Medical Center works in conjunction with our cancer programs to ensure that our center delivers high-quality, compassionate care to patients, rendered at state-of-the-art facilities, and enhanced by investigational protocols and treatments.

The committee is comprised of a multidisciplinary group of cancer professionals. Members include: representatives from all aspects of oncology, radiology, pathology, palliative care, dermatology and other specialties; allied health professionals involved in diagnosis, treatment, follow-up care and family support for cancer patients; and hospital administrators.

**Cancer Committee Members**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Juan Paramo, MD</td>
<td>Chair, Department of Surgical Oncology</td>
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<tr>
<td>Elisa Krill-Jackson, MD</td>
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<td>Robert Goldszer, MD</td>
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<td>Stuart Kaplan, MD</td>
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<td>Brian Katz, MD</td>
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<td>Nicholas Kuritzky, MD</td>
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<td>Todd Lasner, MD</td>
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<td>Jose Lutzky, MD</td>
<td>Department of Medical Oncology, Melanoma Program</td>
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<td>Thomas Mesko, MD</td>
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<td>H. Michael Moyses, MD</td>
<td>Department of Radiation Oncology</td>
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<tr>
<td>Robert Poppiti, MD</td>
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<td>Estelamari Rodriguez, MD</td>
<td>Department of Medical Oncology, Lung Cancer Program</td>
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<td>Barry Shipman, DMD</td>
<td>Prosthetics and Maxillofacial Reconstruction</td>
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<td>Henry Wodnicki, MD</td>
<td>Department of Surgery</td>
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<td>Debbie Belcher</td>
<td>Manager, Breast Center</td>
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<td>Guerna Blot, RN</td>
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<td>Florence Buenconsejo, ARNP</td>
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<tr>
<td>Carlos Bitar</td>
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<tr>
<td>Lisa Gonzalez-Alpizar, PhD</td>
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<td>Craig McCollough, PhrmD</td>
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<tr>
<td>Dharma Mirabent</td>
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<td>Yvonne Nuñez, BSHA</td>
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<td>Ana L Ruiz, CTR</td>
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<td>Sandy Sotnick, MSRD</td>
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**Oncology Conferences**

The doctors at Mount Sinai participate in ongoing conferences that bring together a diverse group of specialists to analyze and review individual patient cases, all in an effort to enhance the safety and effectiveness of each patient’s treatment. Participants include medical oncologists, surgical oncologists, radiation oncologists, pathologists, multiple radiology specialties, nursing oncology, palliative care and other specialties.

In 2014, more than 450 patients’ cancer cases were presented at these conferences.

Mount Sinai hosts five specialty oncology conferences:

- **Breast Conference**
- **Head and Neck Conference**
- **Thoracic Conference**
- **Melanoma Conference**
- **Multidisciplinary Oncology Conference**
Comprehensive Cancer Services at Two Convenient Locations

The Mount Sinai Comprehensive Cancer Center has two convenient locations – one in Miami Beach and one in Aventura. Both locations are designed with patients in mind, offering them access to all of their treatment needs in a soothing atmosphere by experienced professionals and support staff. Patients can access medical services, undergo treatments and receive support services at both sites.

Mount Sinai Comprehensive Cancer Center – Miami Beach

Our flagship location is located on the Mount Sinai Medical Center campus in Miami Beach. The three-story, 60,000 square-foot facility has exam rooms, physician offices, and infusion centers where patients can receive chemotherapy and other treatments.

Comprehensive Services Offered

- Medical Oncology
- Surgical Oncology
- Support Services
  - Behavioral Health Services
  - Patient Navigation
  - Social Work Services
  - Nutritional Counseling
  - Pain Management
  - Survivorship Care
  - Genetic Counseling
  - Laboratory Services
  - Pharmacy Services
  - Research Studies
- The Lila and Harold Menowitz Comprehensive Breast Center
  - Screening and Diagnostic Mammography
  - Breast Ultrasound and Ultrasound-Guided Needle Biopsy
  - Low-Dose CT Screening
  - MRI and Stereo-Guided Cyst Aspirations
- Galactogram
- Ultrasound and MRI-Guided Needle Localizations
- Sentinel Node Injections
- Radiation Oncology (Blum Building)
  - Stereotactic Radio Surgery (SRS)
  - Stereotactic Body Radio Therapy (SBRT)
  - Intensity Modulated Radiation Therapy (IMRT)
  - High-Dose Rate Brachytherapy (HDR)
  - Low-Dose Rate Brachytherapy (LDR)
  - Image-Guided Radiation Therapy (IGRT)
  - Volumetric Modulated Arc Therapy (VMAT)
  - Respiratory Gating

Mount Sinai Comprehensive Cancer Center – Aventura

The Comprehensive Cancer Center in Aventura offers patients the same high-quality care and expertise they have grown accustomed to at Mount Sinai Medical Center, but closer to home.

The more than 12,000-square-foot facility is equipped with exam rooms, physician offices, infusion beds and treatment rooms.

Comprehensive Services Offered

- Medical Oncology
- Surgical Oncology
- Radiation Oncology
- The Gail S. Posner Women’s Center
  - Digital Mammography
  - Breast and Body Ultrasound
  - Bone Densitometry
  - Ultrasound-guided biopsy and cyst aspirations
  - General Ultrasound
  - 64-slice CT
  - Open MRI
  - X-Ray/Fluoroscopy
  - Full Service Lab
- Support Services
  - Behavioral Health Services
  - Patient Navigation
  - Social Work Services
  - Nutritional Counseling
  - Pain Management
  - Survivorship Care
  - Genetic Counseling
  - Research Counseling
  - Research Studies
  - Laboratory Services
  - Pharmacy Services
At Mount Sinai Medical Center, we understand that women have unique health care needs. That’s why we’ve created Mount Sinai’s Women’s Centered Care Program, a multidisciplinary network of physicians and health care professionals who understand these needs and work together to optimize women’s health and well-being. Our experienced, dedicated team provides diagnosis, treatment and support services that are tailored to each individual patient and delivered with care, compassion and proven results.

At the request of our patients, The Gail S. Posner Women’s Center, which encompasses the Gail S. Posner Imaging Suite, was opened at our Aventura location. The center was designed and decorated to create a “spa” like feeling and is equipped with a private waiting room, dressing rooms, subdued lighting and a specialty coffee bar.

Medical Services
The Women’s Centered Care Program has staff physicians – including radiologists, surgeons and radiation oncologists – experienced in various cancer specialties. Our goal is to offer women the most sophisticated care using the latest in diagnostic technology and the most advanced treatment options available anywhere.

In December 2014, we began offering ultrasound-guided breast biopsies and cyst aspirations at our Mount Sinai Aventura Gail S. Posner Women’s Center to better service our patients in North Miami-Dade and Broward counties.

At our Aventura center, we also focus on cancer prevention and detection. This includes

- Breast exams
- Screening and diagnostic mammography
- Ultrasound-guided procedures
- Imaging for screening and diagnosis (MRI, CT, X-ray, Bone Densitometry and Body Ultrasound)

Personalized Care
To ensure that every patient receives the unique care they need, our specially trained patient navigators are available to walk them through the entire process. They help identify physicians, book appointments, answer questions and suggest helpful support services.

2014 Data
The Gail S. Posner Women’s Center at Mount Sinai Aventura has seen a 27% increase in volume in 2014.
The outpatient oncology pharmacy offers patients convenient access to specialized medications necessary for their treatment and recovery. With pharmacies at both the Miami Beach and Aventura locations, patients can conveniently fill their specialized prescriptions while on our campus to see their doctor, undergo testing and before or after treatment appointments.

The pharmacy is staffed with highly trained professionals who have a wealth of experience and knowledge in the field of oncology. Our oncology clinical pharmacists work closely with the medical oncologists, nurses and other cancer center staff to ensure optimal care and outcomes. They also serve as a resource for oncologists regarding treatment and medication options, and are available to consultation on individual cases.

The pharmacy department is integrally involved in the education, protocol initiation, and preparation and monitoring of all research drugs administered in the cancer center.

Productivity and Service

In 2014, the combined pharmacies (Miami Beach and Aventura) processed more than 34,500 medication orders. As volume increases and system and processes change due to new regulations, the staff continues to focus on improving productivity and service. The department meets Joint Commission standards and federal requirements as outlined by the U.S. Pharmacopeial Convention, a scientific nonprofit organization that sets standards for the identity, strength, quality and purity of medicines, food ingredients, and dietary supplements manufactured, distributed and consumed worldwide. The Cancer Center pharmacy staff is working with the Mount Sinai Medical Center pharmacy to ensure complete compliance with the new requirements published in 2014 under USP Chapter 800, which will be enforceable in 2015.

The pharmacies have also obtained a newly required Sterile Compound State license.

System Improvements

The pharmacy department has implemented new oncology-specific electronic medical records systems – Epic and Beacon. Now, all clinical monitoring, medication reconciliation, order processing and billing are consolidated into the systems, which helps to increase efficiency and accuracy.

Outpatient Oncology Laboratory

The Comprehensive Cancer Center’s outpatient oncology laboratory works in conjunction with the Mount Sinai Medical Center laboratory. The Oncology laboratory is on-site at both Comprehensive Cancer Center locations in Miami Beach and Aventura, and function as STAT laboratories where tests are run in a short turnaround time. This helps doctors better assess our patients’ needs, decide whether they are able to undergo treatment and provide care in a much more timely manner.

The laboratories have achieved a gold standard of laboratory accreditation by the College of American Pathologists (CAP) and analyze an average of 226,000 tests a year.

The Oncology Laboratory processes:
- Complete blood counts
- Manual differentials
- Comprehensive chemistry panels
- Urinalysis

Blood collections and complete blood count tests are processed in approximately 10 minutes and chemistries and urinalysis take approximately 60 minutes.

Support Services

Laboratory personnel are also available for consultations if cancer center physicians have concerns regarding test results and unusual microscopic findings. The team also works with the research department to support clinical trial studies and participates in cancer prevention and early detection initiatives.
The Radiation Oncology Department at the Mount Sinai Comprehensive Cancer Center is committed to providing exceptional patient care using the latest technology, tools and techniques available.

The program was the first in South Florida to earn accreditation from the American College of Radiology, which recognizes facilities for meeting specific practice guidelines and technical standards. This accreditation represents the highest level of quality and patient safety.

As a recognized radiation safety provider, Mount Sinai has strict safety measures in place to ensure that patients receive radiation only when it is necessary and in the smallest possible dosage.

In 2014, Mount Sinai radiation oncologists performed 523 new consultations and treated 475 patients, which equaled approximately 9,100 daily treatments between the Miami Beach and Aventura locations.

The department offers various types of radiation treatments, including:

- **3-D conformal radiation**
- **Intensity modulated Radiotherapy (IMRT)**
- **Rapid Arc (VMAT or IMAT) radiation**
- **High-dose radiotherapy (HDR)**

Our staff uses imaging tools, including cone beam CT or kV imaging, to assist with patient positioning, which ensures radiation is delivered to a precise location.

### New Treatment for Cancer in the Liver

Since January 2014, Mount Sinai has been proud to offer a new treatment option for patients suffering with cancer that arises in or spreads to the liver. The Y90 Program treats the liver with radioactive yttrium-90 spheres, resulting in a less painful and more effective treatment option.

Traditional therapy – including surgery, microwave or thermal ablation, and injection of embolizing chemotherapy – can cause a segment of the liver to have a “heart attack.” The treatments can also be painful, often quite invasive, and only address a specific targeted area within the liver.

The instillation of Y90 spheres is painless and the treatment can address multiple tumors in the entire liver or just a lobe of the liver. The Y90 is released into the blood supply to the liver, and because of certain anatomical features of how tumors deliver their blood supply – it preferentially flows to liver tumors, instead of healthy parts of the liver.

The Y90 Program involves a true multidisciplinary approach involving collaboration between interventional radiologists, radiation oncologists and medical oncologists.

### Effective Treatment In Less Time

The ability to deliver radiation in a shorter period of time with fewer treatment visits – known as hypofractionation – is a growing trend. At Mount Sinai, radiation oncologists are embracing this form of therapy to provide patients with effective and efficient treatment plans.

About half of our breast cancer patients now receive radiation therapy in three to three-and-a-half weeks, as opposed to the traditional six-and-a-half weeks. Not only is this more convenient for patients, but according to recent studies from Europe, it may also result in fewer side effects.

Our department is also able to treat painful cases of metastatic cancer in fewer doses so that patients experience quicker symptom relief. To treat brain and lung lesions, stereotactic radiation treatments (SRS and SBRT) allow us to control disease in up to 90% of cases, yet the patient only has to come to the department approximately four times for 20-minute treatment sessions.
Patients receive highly specialized cancer care for a variety of diagnoses and blood disorders at the outpatient treatment centers in Miami Beach and Aventura.

Our nurses deliver many of the treatments in the outpatient centers, and serve as patient advocates while facilitating a multidisciplinary approach to patient care. They specialize in oncology care, with many certified by the Chemotherapy and Biotherapy Administration or the National Oncology Nursing Society.

Comprehensive Care in a Comfortable Setting

The treatment centers at both Miami Beach and Aventura are comprised of a centralized nursing station, individual patient cubicles and private bedrooms, some of which offer spectacular views of downtown Miami and Biscayne Bay.

To make patients’ treatment visits more enjoyable, cubicles and bedrooms are equipped with televisions and DVD players. Patients are also offered a wide variety of snacks, lunch meals, sandwiches and beverages.

Our goal is to accommodate patients as much as possible. The outpatient treatment centers are open for 12 hours, Monday through Friday, or until the last patient leaves for the day. The treatment room at Miami Beach opens on weekends and holidays on a limited basis, to provide continued care to patients who have started their treatment regimens during the week.

All efforts are made to limit patients’ wait times, while ensuring medications are administered safely. To make the most of their time at the cancer center, many patients receive their treatments after seeing their physician.

The outpatient treatment centers at both Miami Beach and Aventura serve as a vital component in research protocols and investigational trials. The nursing staff works closely with research coordinators to participate in research regimens that will hopefully one day make it to FDA approval for commercial use. The treatment rooms also serve as the groundbreaking arena for the initiation of new medication regimens, not currently offered by other community and local cancer centers.

Our teams implement numerous programs and processes to assure that patients have a positive experience while they are undergoing their treatment.
Surgical Services

Surgery remains the mainstay in curing most types of cancer. Patients can rest assured that state-of-the-art care is available from the surgical oncologists at Mount Sinai. From diagnosis to treatment, our surgeons offer superb care using the latest technological advances, including minimally invasive surgical techniques that are not only less painful, but also dramatically reduce recovery time.

The division’s ongoing research and clinical trials also give patients access to cutting-edge treatments years before they become widely available. The future of cancer care is already being offered at Mount Sinai.

Specialties include:

- Advanced surgical care for patients with cancer of the breast, thyroid, head and neck, skin, liver and intestinal tract
- Tumor diagnosis via biopsy, endoscopy and sentinel node staging

- Minimally invasive surgical procedures, including laparoscopic surgery and nonsurgical ablation, which involves the destruction of tumors through methods of freezing, heat and radiofrequency
- Active research coupled with ongoing application of the latest surgical techniques in treating malignant tumors.

Mount Sinai’s surgeons performed more than 2,200 specialized procedures in 2014, including more than 800 cancer-specific operations.

Robotic Surgery

Mount Sinai’s surgical oncologists often use the state-of-the-art da Vinci® Robotic Surgery System for a variety of cancer cases. It has become a go-to surgical tool because it allows surgeons in multiple disciplines to perform delicate and complex oncology surgeries with increased precision.

When undergoing robotic surgery, patients also experience shorter hospital stays and recover faster.

Advantages of robotic surgery include:

- Less blood loss and reduced need for blood transfusions
- Smaller incisions and less scaring
- Less pain and need for pain medication
- Fewer complications
- Shorter hospital stay
- Faster healing and recovery times
Department of Urology Oncology

In affiliation with the Division of Urology at New York’s elite Columbia University, Mount Sinai Medical Center offers the most advanced techniques in minimally invasive urological care.

Bringing together Columbia University’s medical faculty with Mount Sinai’s outstanding team of urologists, our program is dedicated to giving patients the advanced care that they require. Patients also have the comfort of knowing their doctors are part of a teaching program, which trains the physicians of tomorrow and conducts lifesaving research for patients in all of South Florida.

Here at the Mount Sinai Columbia University Division of Urology, patients have access to renowned physicians, groundbreaking clinical trials and cutting-edge procedures. This includes robotic surgery and green light laser surgery, as well as advanced medical care emphasizing the prevention, early detection and treatment of urologic cancers.

Under the leadership of Dr. Akshay Bhandari, director of robotic surgery, our team of urologists utilize the state-of-the art da Vinci® Robotic Surgery System. The da Vinci robot’s high-resolution camera, 3-D video monitor and miniature surgical instruments provide our surgeons the precision and dexterity required to safely perform the most complex procedures.

Advantages of robotic surgery include:

- Less blood loss and reduced need for blood transfusions
- Smaller incisions and less scaring
- Less pain and need for pain medication
- Fewer complications
- Shorter hospital stay
- Faster healing and recovery times

At The Mount Sinai Comprehensive Cancer Center, we perform the following urological robotic surgeries:

- Radical prostatectomy
- Partial and radical nephrectomy
- Nephroureterectomy
- Pyeloplasty
- Cystectomy
- Sacrocolpopexy
- Adrenalectomy
- Retroperitoneal lymph node Dissection (RPLND) for testis cancer
- Ureterolysis
At The Mount Sinai Comprehensive Cancer Center, we provide specialized care and treatment for our current patients, while also striving to understand the origins and complexities of the disease. Mount Sinai’s research programs aim to gather and use this growing knowledge to provide new and effective treatments to patients as quickly as possible, while also collaborating with cancer specialists around the world to gain footing in the fight against cancer.

The immediate goal of our research program is to ensure that every individual in our service area has access to cancer prevention services, as well as current and emerging treatments undergoing clinical trials. Currently, the Mount Sinai Cancer Research Program has approximately 62 to 70 open protocols, which cover all disease sites.

Over the past quarter of a century, the Mount Sinai Cancer Research Program has established excellent working relationships with a number of research bases including NRG Oncology (NSABP and RTOG), Alliance (CALGB), Sun Coast, and CTSU, as well as numerous pharmaceutical companies. These relationships allow our center to receive additional funding, support and access to the latest trials and treatments.

Some of our groundbreaking trials include:

- **The Miracle Fruit Trial**: Mount Sinai conducted the first clinical study exploring the benefits of miracle fruit for cancer patients whose chemotherapy drugs leave an unpleasant metallic taste in their mouth. The study examined whether miracle fruit – *Synsepalum dulcificum* – helps cancer patients for whom chemotherapy has changed their sense of taste.

- **The Medarex Yervoy Trial**: Our Cancer Center had the highest accrual of patients through the Melanoma Program to participate in studying this new monoclonal antibody that works to activate the immune system. Yervoy (Ipilimumab) is the first drug shown to prolong the lives of people with melanoma skin cancer.

We are currently running the following innovative trials.

- **Amgen T-VEC Study**: Studying the melanoma therapeutic vaccine
- **Argos (3/2014) Trial**: Exploring autologous dendritic cell immunotherapy in conjunction with standard treatment for advanced kidney cancer

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The Mount Sinai Cancer Research Program has years of experience in selecting, implementing, operating, and accruing patients to clinical trials. The graph below shows the number of patients participating in research studies and trials at Mount Sinai.

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The Mount Sinai Comprehensive Cancer Center offers services and support to address the emotional, social and nutritional needs of our patients and their families. Our oncology supportive care team is charged with meeting these needs and is an integral part of our cancer care team.

The oncology supportive care team is comprised of highly skilled, multi-disciplinary professionals including licensed clinical social workers (who also serve as patient navigators), psychologists and nutritionists. We provide both individual and group therapy to help patients cope with the initial diagnosis, adapt and adjust to treatment, and process end-of-life issues.

In 2014, the oncology support care team provided new patient orientations for 818 patients and their families or caretakers. The team also made 931 community referrals; and 651 hospital and/or interdepartmental cancer center referrals.

**Patient Navigators**

Every area of the cancer center has a dedicated licensed clinical social worker / patient navigator who works to meet the unique needs of each patient and their families. Our social workers / navigators perform treatment orientation, needs assessments and distress screenings on all new cancer patients. They also assess potential and actual barriers patients face when accessing care, and provide intervention and referrals as needed throughout each patient's treatment.

Our social workers are experienced mental health professionals with a wide range of expertise in psychotherapy, crisis intervention and counseling. They are also available to provide education on advanced directives, disability, assistance with obtaining needed oncology medications, logistical issues such as transportation and temporary lodging, and can provide referrals for financial assistance.

**Nutrition Services**

Nutrition plays an important role in the prevention, symptom management, treatment, and survival of cancer. Since many patients experience nutritional complications throughout their treatment and recovery, we offer individualized medical nutrition therapy.

Our clinical dietitian specializes in oncology nutrition. She meets one-on-one with patients to understand their specific needs, struggles and challenges. She is able to recommend healthy food options for patients based on their concerns, which may include nausea, poor appetite, taste changes during treatment, or weight gain.

The dietitian continually attends industry conferences and courses to learn new and effective ways to help patients manage their nutrition while battling cancer. This year, our dietician completed the Integrative Health & Lifestyle program (IHeLp) through the Arizona Center for Integrative Medicine. IHeLp is an innovative, six-month, inter-professional educational certificate program that explores key topics in integrative health and lifestyle approaches. Courses such as these allow her to share the latest research and information with our patients.

As a member of the Comprehensive Cancer Center team, our dietician collaborates with physicians to provide well-rounded care. Together, they address each patient’s needs. Collaboration has been made easier with the new Beacon Oncology Information System, which allows the dietitian to document recommendations, notes and updates in the system, so physicians and other caretakers can access the information.

**Support Groups**

The Comprehensive Cancer Center offers numerous support groups and educational sessions in both our Miami Beach and Aventura locations for patients and their caregivers. We also partner with community organizations, such as the American Cancer Society, and host programs such as the Look Good Feel Better program and The Cancer Support Community.
Support Groups and Programs

Look Good Feel Better
Monthly
Skin care and make-up lesson. No charge for session, make-up provided.*
**Program is for patients who are currently undergoing chemotherapy or radiation treatments**
Location: Mount Sinai Cancer Center, Miami Beach
First Wednesday
Call to register: 305.674.3906
Sponsored by the American Cancer Society

Bereavement Support Group
Monthly
“Explore feelings and find healing for the hurt of losing a loved one”
Location: Mount Sinai Cancer Center, Miami Beach - 3rd Wednesday
Call to register: 305.674.3906
In collaboration with Seasons Hospice

Ladies’ Spa Day
Annually (October)
Location: Mount Sinai Cancer Center, Miami Beach
Call to register: 305.674.3906

Pet Therapy
Location: Mount Sinai Cancer Center, Miami Beach and Aventura

Young Adult Networking Group
Monthly
Call for Location and to Register: 305.692.5417
In collaboration with Lymphoma and Leukemia Society

Caregiver Support Group
Monthly
Location: Mount Sinai Cancer Center, Miami Beach – 2nd Friday
Call to register: 305.674.2121 x 53347

Women’s Support Group
Monthly
“Coffee & Conversation”
Location: Mount Sinai Cancer Center, Miami Beach – 3rd Friday
Call to register: 305.74.3906

Men’s Networking Group
Monthly
Location: Mount Sinai Cancer Center, Aventura – 3rd Friday
Call to register: 305.692.5417

In collaboration with Lymphoma and Leukemia Society

Lymphedema Educational Group
Monthly
Location: Mount Sinai Cancer Center, Miami Beach – 2nd Thursday
Call to register: 305.674.2121 x 53347

Pet Therapy
Location: Mount Sinai Cancer Center, Miami Beach and Aventura

Young Adult Networking Group
Monthly
Call for Location and to Register: 305.692.5417
In collaboration with Lymphoma and Leukemia Society

Lymphedema Educational Group
Monthly
Location: Mount Sinai Cancer Center, Miami Beach – 2nd Thursday
Call to register: 305.674.2121 x 53347
Educating our community about cancer prevention and providing free screenings for cancer detection are key components of the services provided at the Mount Sinai Comprehensive Cancer Center.

We focus on three areas of patient screening and prevention: breast, skin and lung. Prevention programs are designed to reduce the incidence of cancer, while screening programs are targeted at decreasing the number of patients with late-stage disease. Both of these programs are based on community needs and are consistent with evidence-based national guidelines for cancer prevention and evidence-based interventions.

**Prevention Programs**

Mount Sinai provided the following educational prevention programs to the community during 2014:

**January:**
- Things One Can Do to Minimize the Risk of Breast Cancer
- Cancer Preventive Medicine
- Healthy Living and Lung Cancer Prevention

**April:**
- Lung Cancer in Women: The Need for Early Detection and Smoking Cessation

**August:**
- KIDS! Wear Sunscreen! The Dangers Associated with Sun Exposure

**September:**
- The Link between Cancer & Nutrition – Breast Cancer Prevention

**Screening Programs**

The Mount Sinai Comprehensive Cancer Center hosted the following specialized screening programs in 2014:

**Skin Screenings**

**December:**
- Dr. Brian Katz performed skin cancer screenings at the Coast Guard Station in Miami Beach for Coast Guard service members and civilian personnel. More than 30 people were screened and the results were as follows:
  - Four people were diagnosed with possible basal cell cancer.
  - Two people were diagnosed with possible melanoma.
  - 17 people were diagnosed with possible dysplastic nevus.

**Breast Screenings**

**July:**
- Free mammograms were provided for community members who qualify in partnership with the Florida Breast Health Initiative.

**October:**
- Special breast cancer screening event was held for Miami-Dade County School District employees.
Cancer Program Data

The nationally recognized National Cancer Data Base (NCDB) jointly sponsored by the American College of Surgeons and the American Cancer Society is a clinical oncology database sourced from hospital registry data that are collected in more than 1,500 Commission on Cancer (CoC) accredited facilities. NCDB data is used to analyze and track patients with malignant neoplastic diseases, collecting information on their treatments and outcomes. The data represents approximately 70 percent of newly diagnosed cancer cases nationwide and provides 30 million historical records.

Online reporting tools are available to provide each cancer program with comparative benchmarks for similar programs aggregated throughout the state, region and across CoC-accredited programs as a whole. Additional reporting tools provide quality related performance measures in comparison to aggregated CoC-accredited programs, including quality improvement, quality assurance and surveillance measures. These reporting tools are part of the Cancer Program Practice Profile Reports (CP³R). Five cancer sites are currently being evaluated and must meet certain standards. This is part of the Commission on Cancer Standards 4.4 and 4.5 for monitoring quality and accountability in accredited programs.

For breast cancer, the CoC is looking into six areas of care/treatment:

1. **BCS**: Breast conservation surgery rate for women low stage cancer (Stage 0, I or II)
2. **nBx**: Image or palpation-guided needle biopsy for diagnosis
3. **MASTRT**: Radiation therapy following a mastectomy in women with four or more positive lymph nodes
4. **BCSRT**: Radiation therapy given within one year after breast conservation surgery in women younger than 70
5. **MAC**: Combination chemotherapy given within four months of diagnosis for women under age 70 with a stage T1cN0 or stage IB – III hormone receptor negative breast cancer
6. **HT**: Tamoxifen or third generation aromatase inhibitor administered within one year of diagnosis for women with a stage T1c or stage IB – III hormone receptor positive breast cancer

### 2010-2012 MSMC Estimated Performance Rates vs the Standard Percentage Rate

<table>
<thead>
<tr>
<th>Measure</th>
<th>Standard %</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>BCS</td>
<td>NA</td>
<td>67.7%</td>
<td>71.6%</td>
<td>67.7%</td>
</tr>
<tr>
<td>nBx</td>
<td>80%</td>
<td>82.3%</td>
<td>78.5%*</td>
<td>95.3%</td>
</tr>
<tr>
<td>MASTRT</td>
<td>90%</td>
<td>100%</td>
<td>100%</td>
<td>90%</td>
</tr>
<tr>
<td>BCSRT</td>
<td>90%</td>
<td>91.3%</td>
<td>91.1%</td>
<td>96.2%</td>
</tr>
<tr>
<td>MAC</td>
<td>90%</td>
<td>94.7%</td>
<td>85.7%*</td>
<td>75%*</td>
</tr>
<tr>
<td>HT</td>
<td>90%</td>
<td>90.8%</td>
<td>98.3%</td>
<td>96.1%</td>
</tr>
</tbody>
</table>

*Any percentage rate listed above that falls below the standard % still meet the high level of the 95% CI – Confidence Interval, as set by the Commission on Cancer.
For colorectal cancer, the CoC is looking into three areas of care/treatment:

1. **ACT**: Adjuvant chemotherapy is administered within four months of diagnosis for patients under the age of 80 with stage III (lymph nodes positive) colon cancer.

2. **12RLN**: At least 12 regional lymph nodes are removed for surgically resected colon cancer.

3. **AdjRT**: Radiation therapy is administered within six months of diagnosis for patients under the age of age of 80 with a stage T4N0M0 or stage III receiving surgical resection for rectal cancer.

**NEW**: Lung and gastric cancer measures, the CoC is looking into three areas, as well. No standards have yet been established for these measures.

1. **G15RLN**: At least 15 regional lymph nodes are removed and pathologically reviewed for resected gastric cancer

2. **10RLN**: At least 10 regional lymph nodes are removed and examined for stage IA, IB, IIA and IIB resected non-small cell lung cancer.

3. **LCT**: Chemotherapy is administered within four months to day of surgery to six months after surgery or is considered for surgically resected cases with surgical positive lymph node stage pN1 and pN2.

Mount Sinai’s cancer program also participates in the CoC Rapid Quality Reporting System (RQRS). RQRS is a reporting and quality improvement tool, which provides real clinical time assessment of hospital level adherence to National Quality Forum (NQF)-endorsed quality of cancer care measures for breast and colorectal cancers. RQRS was developed to assist CoC-accredited cancer programs in promoting evidenced-based cancer care at the local level. It is a web-based, systematic data collection and reporting system that advances evidenced-based treatment through a prospective alert system for anticipated care, which supports care coordination required for breast and colorectal cancer patients at participating cancer programs.

For the 2013 analytical case year, Mount Sinai submitted 324 breast, colon and rectum cases to the RQRS system for rapid analysis. Feedback was received from the Commission on Cancer on a monthly basis. Mount Sinai then monitors the cases to ensure that standard of care is being provided to the patients.

<table>
<thead>
<tr>
<th>Measure</th>
<th>Standard %</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACT</td>
<td>90%</td>
<td>75%*</td>
<td>76.5%*</td>
<td>88.9%*</td>
</tr>
<tr>
<td>12RLN</td>
<td>85%</td>
<td>84.6%*</td>
<td>90.9%</td>
<td>95.2%</td>
</tr>
<tr>
<td>AdjRT</td>
<td>90%</td>
<td>100%</td>
<td>100%</td>
<td>90%</td>
</tr>
</tbody>
</table>

*Any percentage rate listed above that falls below the standard % still meet the high level of the 95% CI – Confidence Interval, as set by the Commission on Cancer.
Oncology Data Statistics for Cases Diagnosed in 2013

National Cancer Data Base comparison of 2012 cases: MSMC vs national rates for stage of disease at presentation. MSMC consistently shows a greater number of Stage I cases, than the national average.
Oncology Data Statistics for Cases Diagnosed in 2013

Top 10 Cancers Seen and Treated at MSMC for 2013

1. Lung Cancer
2. Breast Cancer
3. Prostate Cancer
4. Melanoma
5. Colorectal Cancer
6. Bladder Cancer
7. Kidney Cancer
8. Non-Hodgkin Lymphoma
9. Leukemia
10. Thyroid Cancer

Top 10 Treatment Combinations (2013)

- Surgery/Radiation
- Surgery/Chemo/Radiation
- Chemo/Radiation
- Radiation only
- Surgery/Hormone
- Surgery/Radiation/Hormone
- Surgery/Chemo
- Chemo Only
- None
- Surgery Only

Number of Patients Treated
# National Comparison of Selected Cancer Sites

<table>
<thead>
<tr>
<th>PRIMARY SITE</th>
<th>MSMC CASES</th>
<th>MSMC PERCENT</th>
<th>FLORIDA CASES</th>
<th>FLORIDA PERCENT</th>
<th>NATIONAL CASES</th>
<th>NATIONAL PERCENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAST</td>
<td>225</td>
<td>12.9%</td>
<td>15,710</td>
<td>13.3%</td>
<td>232,340</td>
<td>14.0%</td>
</tr>
<tr>
<td>LUNG</td>
<td>255</td>
<td>14.6%</td>
<td>17,960</td>
<td>15.2%</td>
<td>228,190</td>
<td>13.7%</td>
</tr>
<tr>
<td>PROSTATE</td>
<td>197</td>
<td>11.3%</td>
<td>17,330</td>
<td>14.6%</td>
<td>238,590</td>
<td>14.4%</td>
</tr>
<tr>
<td>COLORECTAL</td>
<td>106</td>
<td>6.1%</td>
<td>10,290</td>
<td>8.7%</td>
<td>142,820</td>
<td>8.6%</td>
</tr>
<tr>
<td>BLADDER</td>
<td>102</td>
<td>5.8%</td>
<td>5,720</td>
<td>4.8%</td>
<td>72,570</td>
<td>4.4%</td>
</tr>
<tr>
<td>NH LYMPHOMA</td>
<td>76</td>
<td>4.4%</td>
<td>5,060</td>
<td>4.3%</td>
<td>69,740</td>
<td>4.2%</td>
</tr>
<tr>
<td>CORPUS UTERI</td>
<td>23</td>
<td>1.3%</td>
<td>3,110</td>
<td>2.6%</td>
<td>49,560</td>
<td>3.0%</td>
</tr>
<tr>
<td>MELANOMA</td>
<td>107</td>
<td>6.1%</td>
<td>5,330</td>
<td>4.5%</td>
<td>76,690</td>
<td>4.6%</td>
</tr>
<tr>
<td>LEUKEMIA</td>
<td>61</td>
<td>3.5%</td>
<td>3,490</td>
<td>2.9%</td>
<td>48,610</td>
<td>2.9%</td>
</tr>
<tr>
<td>CERVIX</td>
<td>4</td>
<td>0.2%</td>
<td>940</td>
<td>0.8%</td>
<td>12,340</td>
<td>0.7%</td>
</tr>
<tr>
<td>ALL OTHERS</td>
<td>589</td>
<td>33.8%</td>
<td>33,380</td>
<td>28.2%</td>
<td>488,840</td>
<td>29.4%</td>
</tr>
<tr>
<td>TOTAL CASES</td>
<td>1,745</td>
<td>100.0%</td>
<td>118,320</td>
<td>100.0%</td>
<td>1,660,290</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

*Estimated Numbers of New Cases from: The American Cancer Society Cancer Facts & Figures 2013*