

## Increasing Resilience in IBD Patients

Inflammatory bowel disease (IBD) includes Crohn's disease and ulcerative colitis—both painful, often debilitating conditions. In IBD, the body's normal gut bacteria trigger the immune system to attack the digestive system, causing mild to extreme symptoms. The disease is complex, poorly understood, and costly.

The Susan and Leonard Feinstein Inflammatory Bowel Disease Clinical Center is committed to preventing serious complications in those with IBD and averting IBD in those who are most at risk. A critical component of this care has been the integration of the Center's Hamza Tayeb Resilience Program. Since its founding in 2015, the program has made major strides in the understanding of psychosocial issues faced by pediatric and adult IBD patients, leading to national and international awareness and success in clinical care, research, and training.

To date, 264 pediatric IBD patients have received critical psychosocial support to foster resilience and wellbeing. We are continuing to focus on how our resilience-based methodology can be tied to improving outcomes for pediatric and adult patients, including reduced risk for the development of mental health disorders, improved disease management, reduced cost and lower health care use, and reduced disability.

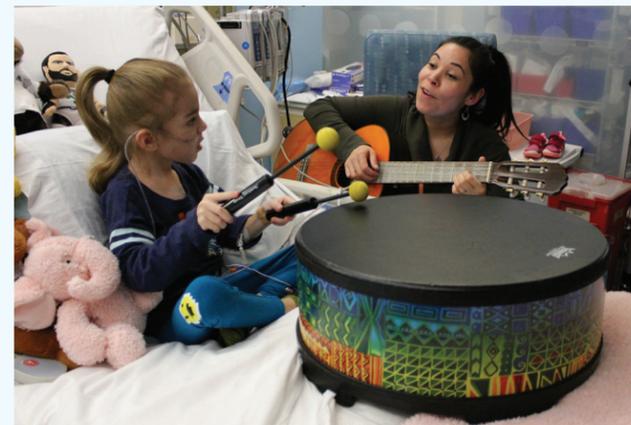
## Enriching Patient Lives Through Music Therapy

The Child Life and Creative Arts Therapy Department offers music therapy in both inpatient and outpatient settings at Kravis Children's Hospital. Our music therapists are credentialed professionals who provide support to pediatric patients and their families in collaboration with our interdisciplinary treatment team. Their work addresses issues such as pain management, end-of-life care, bereavement support, quality of life, and coping ability.

Research is also a high priority for the Department. Last year, we conducted a clinical study on the impact of music therapy during IV placement in children, which demonstrated that music therapy



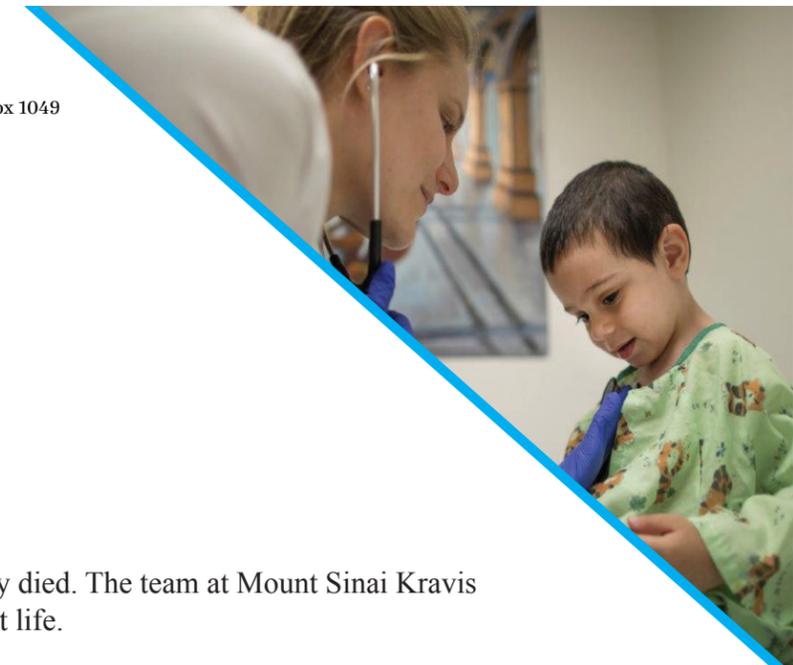
enhances healthy, adaptive coping and minimizes patient distress. Currently, we are engaged in a study of the effects of music therapy on the perception of noise in our Pediatric Intensive Care Unit and PCICU.



**Your past generosity has helped make this important work possible. Please renew your gift today. Thank you for your partnership.**



Mount Sinai Health System  
Office of Development  
One Gustave L. Levy Place, Box 1049  
New York, New York 10029



Date

<Addressee>  
<Address 1>  
<Address 2>  
<Address 3>  
<City>, <State> <ZIP>

Dear <Salutation>:

At just a few months of age, Brooke very nearly died. The team at Mount Sinai Kravis Children's Hospital gave her a second chance at life.

While staying at another hospital that had failed to diagnose her condition, Brooke suffered heart failure. She was rushed to Kravis Children's Hospital. In addition to her dangerous heart problem, she had high blood pressure and anemia, and couldn't breathe on her own. She fell into a coma and had literally minutes to live.

Fortunately for Brooke, she was transferred to the right place. Kravis Children's Hospital is home to Jeffrey M. Saland, MD, one of the world's foremost experts in atypical hemolytic uremic syndrome (aHUS), a complex disease in which part of the immune system becomes dangerously overactive.

This rare genetic condition affects only 1,500 people worldwide. But Dr. Saland's expertise with aHUS allowed him to make an immediate diagnosis. He then started treating Brooke with a drug that he had a role in developing.

Almost immediately, Brooke's heart failure was reversed and she was able to breathe on her own. Within two weeks, she awoke from her coma. Brooke just celebrated her first birthday, and Dr. Saland is confident she will lead a happy, long, and healthy life.

The Mount Sinai Health System is able to deliver innovative, often life-saving care thanks in large part to donors like you. Inside this mailing, you can read about several inspiring examples of the treatment and research that your generosity helps make possible. Thank you so much for your partnership in our work.

Sincerely,



Lisa M. Satlin, MD  
Pediatrician-in-Chief, Mount Sinai Kravis Children's Hospital  
Herbert H. Lehman Professor of Pediatrics  
Chair, Jack and Lucy Clark Department of Pediatrics  
Icahn School of Medicine at Mount Sinai

P.S. To discuss opportunities to help us improve children's health across New York City, please call Caryn R. Karo, Senior Director of Development, Children's Health, at 646-605-8790.

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of Medicine at  
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# Children's Health at Mount Sinai

The Mount Sinai Health System is committed to providing compassionate, family-centered pediatric care and making breakthrough scientific discoveries in childhood development and disease. The following are highlights of our current efforts to improve the health of pediatric patients at Mount Sinai and around the world.

## Enhancing Pediatric Heart Care

Among our major efforts to improve our care environment is building a new Children's Heart Center in Kravis Children's Hospital. The Center will host our team of pediatric cardiologists and cardiothoracic surgeons—experts in complex and high-risk cases of congenital and acquired heart disease—as well as the latest technology, such as advanced cardiac imaging.

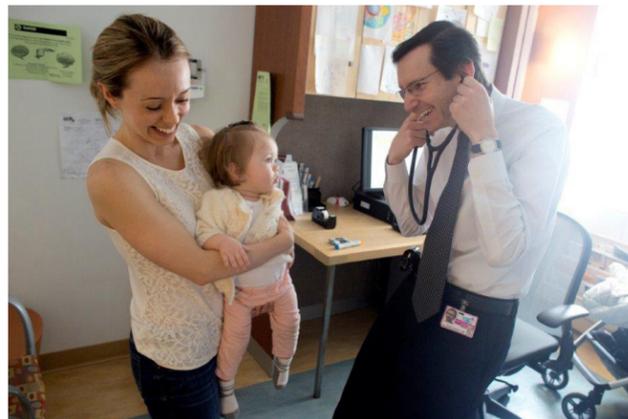
Our new six-bed Pediatric Cardiac Intensive Care Unit (PCICU) will complement the Children's Heart Center by enabling specialized care for young heart patients following surgery or during serious illness. Both the PCICU and Children's Heart Center will promote healing and help children and families feel at ease in the face of challenging medical circumstances.

In concert with these physical transformations, we recently welcomed renowned pediatric cardiac surgeon Peter Pastuszko, MD to Mount Sinai. Dr. Pastuszko, who has performed several thousand successful surgeries in everyone from newborns to adults, serves as Chief of Pediatric Cardiac Surgery and Director of Pediatric Cardiovascular Services.



## Advancing Treatments for Food Allergies

The Elliot and Roslyn Jaffe Food Allergy Institute at the Icahn School of Medicine at Mount Sinai—a leader in innovative research, education, and patient care—hosts 7,000 patient visits a year. Our clinicians are dedicated to improving the health and quality of life for every child we see. Paired with new discoveries our scientists are making in the lab, we are on our way to ending food allergies.



The Jaffe Institute provides support for all aspects of life with food allergies. Through the EMPOWER Program, we offer emotional support for food-allergic children and their families. A dietitian is on staff to help patients and caregivers with meal planning and other nutritional needs. And our doctors and nurses are there to walk families through every blood test, food challenge, and treatment.

At the same time, our work in personalized medicine has grown significantly over the past year. At the Food Allergy Treatment and Research Center, we are building on 20 years of clinical and research expertise to create a new global standard of care. For children who have not found relief through clinical studies, we are taking a new approach that accounts for their unique needs and goals to tailor treatments that work for them.

## Integrating Care in the NICU

Mount Sinai's 46-bed Neonatal Intensive Care Unit (NICU) provides comprehensive, family-centered treatment for any baby needing extra care after birth. This includes babies born prematurely; following complications during pregnancy, labor, or delivery; with birth defects; or with metabolic or genetic conditions.

Since more babies are born at Mount Sinai than anywhere else in New York City, we have both an opportunity and a responsibility to advance infant health. Powered by the expertise that comes from such deep experience, we are studying the causes of preterm birth and of complications during pregnancy and delivery along with their impact on development. Paired with the exceptional care provided in our NICU and our developmental follow-up program, our research is making babies healthier.

The Child Life and Creative Arts Therapy Department recently expanded services to the NICU in order to lessen the anxiety and uncertainty that comes with a stay there. Lindsay Davis, a Certified Child Life Specialist, is piloting a program to address the emotional and developmental needs of NICU families and their new babies. This program focuses on caregiver wellness, sibling support, parent-child bonding, milestone documenting, and developmental support for babies who have extended stays.

