

Free Health & Wellness Fall 2016 Seminar Series

October
18 **The Aging Brain**
How To Stay Healthy and Fit
Matthew E. Fink, MD

25 **Radiation and Immunotherapy**
What's It All About?
Encouse Golden, MD, PhD

November
8 **Urogynecology**
Treatment for "Unspoken" Pelvic Floor Disorders Incontinence and Prolapse
Patrick J. Culligan, MD
Bilal Chughtai, MD

15 **Clearing The Air**
What Every Parent Needs to Know About Allergies and Asthma
Lisa Moreno, MD
Rizwana Popatia, MD



All seminars are **FREE** and open to the public. Seating is available for 250 people on a first-come, first-served basis.

If you require a disability-related accommodation, or for weather-related cancellations, please call **212-821-0888** and leave a message on the recording.

All seminars: 6:30-8 pm

All seminars held at **Uris Auditorium**
Meyer Research and Education Building
Weill Cornell Medicine
1300 York Avenue (at 69th St.)

www.weill.cornell.edu/seminars

NIH Awards Grant to Four New York City Medical Centers to Advance Precision Medicine



Dr. Mark Rubin

Weill Cornell Medicine and Columbia University Medical Center, in collaboration with NewYork-Presbyterian and NYC Health + Hospitals/ Harlem, were in July awarded a grant from the National Institutes of Health worth \$4 million in the first year

of funding to improve physicians' ability to prevent and treat disease based on individual differences in lifestyle, environment and genetics. The grant, which could total \$46.5 million over five years, will enable researchers to enroll patients in the Cohort Program of President Barack Obama's Precision Medicine Initiative (PMI) in order to better understand the genetic and other biological drivers of disease, and how they relate to overall health.

Precision medicine, an emerging approach for disease treatment and prevention, takes into account individual variability in genes, environment and lifestyle for each person. Weill Cornell Medicine and Columbia, along with several other medical centers and institutions across the country, will provide expertise and infrastructure to launch the PMI Cohort Program. This landmark research program aims to engage 1 million or more diverse U.S. volunteers in an effort to extend the success of precision medicine in some cancers to many other diseases. Importantly, the program will also focus on ways to increase a person's chances of remaining healthy throughout life.

Medical Billing Program Creates New Opportunities for LaGuardia Students & Weill Cornell Medicine

More than two dozen students graduated from LaGuardia Community College's Medical Billing Certificate Program on April 28. Developed through a collaboration between LaGuardia and Weill Cornell Medicine, who were brought together by the Harvard Business School Club of New York, this program is a key part of Weill Cornell Medicine's Human Resources' efforts to create new talent pipelines for high-volume roles and reach new candidates in metropolitan New York City.

The New York City research team plans to enroll at least 150,000 volunteers by 2021. Patients will receive wearable devices that will track their physical activity and will have their genomes sequenced; researchers will also collect relevant clinical information. The data will be noted in their electronic healthcare records, enabling researchers to monitor their health over time. The electronic health records of regional PMI Cohort Program participants — stripped of personal and confidential patient data—will aid in identifying disease patterns and trends. Patients will have access to all of their data to ensure that they are able to follow their own healthcare.

Other Weill Cornell Medicine Principal Investigators Include:

- Dr. Mark Rubin, director of the Englander Institute for Precision Medicine and the Homer T. Hirst III Professor of Oncology in Pathology at Weill Cornell Medicine, and director of the precision medicine program at Weill Cornell Medicine and NewYork-Presbyterian/Weill Cornell Medical Center
- Dr. M. Elizabeth Ross, the Nathan Cummings Professor in Neurology in the Feil Family Brain and Mind Research Institute and director of the Center for Neurogenetics at Weill Cornell Medicine;
- Dr. Rainu Kaushal, chair of the Department of Healthcare Policy and Research at Weill Cornell Medicine and physician-in-chief of healthcare policy and research at NewYork-Presbyterian/ Weill Cornell Medical Center, and head of the New York City-Clinical Data Research Network

LaGuardia's faculty members collaborated with Weill Cornell Medicine's Human Resources and Physician Organization Business Office leaders to design a curriculum that provides students with the technical training and job readiness skills required to excel in these positions, including healthcare accounting, data analysis, EPIC and customer service communications.

Twenty-three students were selected for the program out of more than 100 applicants. As part of the program, students were guaranteed interviews at Weill Cornell Medicine for a variety of entry-level medical billing roles. Weill Cornell Medicine has already extended 18 job offers to recent graduates.

Faith-Based Program is an Effective Tool for Cardiovascular Disease Education, Study Finds



Celebrating 5 years of our HeartSmarts program and our 2016 graduates.

HeartSmarts, a faith-based community education and outreach program, is an effective method for teaching underserved communities about heart health in New York City, according to a study published in the Journal of Religion and Health. Based at the Ronald O. Perelman Heart Institute at NewYork-Presbyterian/ Weill Cornell Medical Center, the program marks its fifth year of collaborating with local churches to improve understanding of cardiovascular disease, the leading cause of death in the United States, according to the Centers for Disease Control and Prevention.



Weill Cornell Medicine and NewYork-Presbyterian participated in the annual Third Avenue Fair Sunday, September 11. Overall 27 departments from both institutions were present providing community residents and visitors information about their health, which included prevention tips, health screenings and lots of fun free giveaways. Thank you for a great Fair, we'll see you again next year!

Led by Dr. Holly Andersen and Dr. Naa-Solo Tettey, HeartSmarts aims to reduce cardiovascular disease in New York's underserved communities by developing a coalition of faith-based and community partners. Representatives are recruited from churches and other organizations to teach them about heart health. The graduates of the program become health ambassadors who take the lessons they have learned back to their congregations and pass on their knowledge to their respective communities in a formal instructional environment.

199 participants from 14 church sites have completed the ambassador-led sessions. And although this program focused on participants who attend religious services, there is also potential to reach their social networks which includes individuals who do not attend formal church services. In addition, the course is modified each year based on feedback from participants to ensure that it remains relevant to its constituents.

"In the five years since we began this program, we have received so much positive feedback and seen so many success stories," Dr. Anderson said. *"We hope to continue to develop these innovative approaches that reach patients directly in their communities by collaborating with people and institutions they trust most."*



Falls Prevention

Falling can be very serious. Falls are one of the main causes of injury in people over age 65. An older person who falls may take longer to get better than a younger person. And after a fall, an older person is more likely to have problems that don't go away.

You and your loved ones can learn more about ways to avoid falling. And as you take control, you may find yourself feeling less afraid. NewYork-Presbyterian has injury prevention programs geared towards older adult falls prevention and boosting confidence around walking safety.

Join us for a Falls Prevention Health Fair on Friday, October 14, 2 pm-5 pm in the Cayuga Room at New-York-Presbyterian Hospital, 252 East 68th Street (York Avenue).

We would also welcome working with you to set up a falls-prevention educational event with your building or community group. Please contact Stephanie Bovis, to learn more!

E-mail stb9099@nyp.org or call/text at **347-920-6287**.