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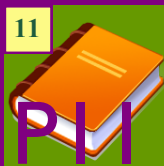
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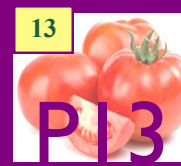
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Departmental News



It is my pleasure to announce that **Preetha Iyengar, MD** will be the Social Pediatric Chief for 2011-12. Preetha came to us from the University of Michigan Medical School. She completed her undergraduate education at the University of Michigan Ann Arbor graduating with high honors in Biochemistry. Preetha is a member of Phi Beta Kappa and Delta Epsilon Iota National Honor Society - Epsilon Chapter, University of Michigan. In medical school, she was Vice President and co-founder of *The Quito Project Ecuador*, a nonprofit that provided health care for this underserved community. Preetha has continued her involvement with global health throughout her residency; by returning to

Quito for a free elective to do an interventional project that promoted increased protein nutrition. This resulted in a presentation this year at the Pediatric Academic Societies National Meeting on, "*The Effectiveness of a Brief Health Education Intervention To Address Chronic Malnutrition in Quito, Ecuador.*" Preetha's hobbies and interests include: guitar and vocals, photography, running, synchronized swimming, tennis, and traveling. Preetha is interested in increasing resident experience with community based organizations and I look forward to working with her on this as well as, all that her tremendous array of talents will bring to the position.

—Peter Sherman, MD

President Barack Obama has announced his appointment of **Sheryl White-Scott, MD**, to the President's Committee for People with Intellectual Disabilities. Dr. White-Scott is an 87' RPSM Alum of Social Internal Medicine. She is currently the Associate Director of Community Health Services for the medically frail at AHRC/New York City and Medical Director for Brooklyn Developmental Disabilities Services. She is also an Assistant Clinical Professor of Medicine in the Department of Internal Medicine at New York Medical College.



<http://www.whitehouse.gov/the-press-office/2011/05/10/president-obama-announces-more-key-administration-posts-5102011>

DFSM Humor



I arrived early for my first day as attending physician on the NW7 family medicine teaching service at the beginning of April and was dismayed to find TEN new overnight admissions listed on the board. I expressed my sympathies to a resident team that had apparently had a grueling night on call and started to prepare for my own long, difficult day of work ahead. I guess I must have started to look pretty depressed when Alice Teich, the night float resident, suggested that I look carefully at the first initials of the patients.

—Bruce Soloway, MD



Departmental News



Montefiore's first Zumbathon, sponsored by our department's ZumbaBronx Program, was a huge success, with more than 160 participants in attendance. The event was held at Lehman College and was a fundraiser for To Your Health!, Montefiore's community health and worksite wellness program.

Zumba is a salsa dance exercise program that is extremely popular in the U.S. as well as globally. Zumba classes are taught by health educators in several of Montefiore's community health centers and offered to patients free of charge. Montefiore employees enjoy zumba classes for a nominal fee at Moses, Weiler, North Division, Fordham Plaza and Yonkers locations. As you can see from the pictures below, employees and community residents came out in large numbers to enjoy an evening of fitness and fun.

Much appreciation to Josephine Byfield who volunteered her time to help make the event a success.

—Renee Shanker, MSW, MPH



Heinrich Finkelstein: Social Pediatric Pioneer

Though Rudolf Virchow is known to us as the father of social medicine, very few social medicine practitioners have heard the name, Heinrich Finkelstein. Dr. Finkelstein was an early pioneer in the application and practice of social pediatrics. He was born in Leipzig, Germany in 1865 and initially obtained a PhD in geology (connected to a life-long love of mountain climbing). He was a pioneer in using infection control and nutrition to combat infant mortality. He developed a high protein milk to treat what we know call “failure to thrive”. His insights led to a decrease in mortality from 70% to 4.3% on one of the infant wards he was associated with. Milton Levine, another pioneer in pediatrics, recalled Finkelstein’s work in an article published in 1978:

“Finkelstein placed marasmic babies in the sole care of nurses, who carried the infants, cuddled against their breast all day long. Almost without exception, the babies’ health improved dramatically.”



The true application of social medicine principals at the point of care! His textbook on the diseases of infants was a standard pediatric text in Europe at the turn of the 20th century.

He was a physician who was ahead of his time and his proposals showed a deep understanding of the connection between an individual’s health and social planning. Though the following principals are accepted practice today at the time they were considered radical and included;

- The extension of public welfare for working pregnant women as well as for women after giving birth;
- The creation of appropriate resting time before and after childbirth;
- The establishment of institutions that would enable homeless mothers to live with their children; and

Free delivery of appropriate and safe formula for newborns.

Because of the Nazi rise to power he was forced to emigrate from Germany to Chile in 1938. He was granted a pension by Salvador Allende, who was Minister of Health at the time. Unfortunately, due to a change in the government he lost his pension and was given a job as a hospital messenger. Colleagues would still consult him for difficult cases and as he was known for his humility he probably took this change in stride. He died in Santiago on January 28, 1942 at the age of 76.

References:

Karp RJ, Chlosta S. Failure to thrive: recalling Milton Levine and Heinrich Finkelstein. *Pediatric Annals*; 37(11), 766-9, 2008.

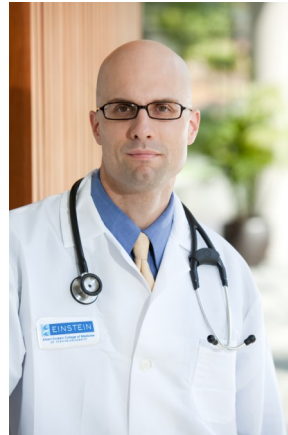
Anonymous. Heinrich Finkelstein. <http://www.economy-point.org/h/heinrich-finkelstein.html> Accessed May 24, 2011.

—Peter Sherman, MD
Director, Residency Program in Social Pediatrics

Congratulations!



Dr. Christel Hyden, who received her EdD from Columbia University on May 18th!! Her dissertation focused on adolescents' availability and access to confidential HIV testing in New York City. Christel has been with the Department since 2007 as Project Director of Feeding Young Children Study.



Sean Lucan, MD who is an Albert Einstein College of Medicine candidate for the WT Grant Scholars program

http://www.wtgrantfoundation.org/funding_opportunities/fellowships/william_t_grant_scholars/william_t_grant_scholars



Dr. Ross MacDonald (Social Internal Medicine) and Jennifer Greenman, were married Saturday, April 30, 2011. Dr. MacDonald is to complete a residency in Social Internal Medicine in June. He received a

medical degree from Weill Cornell Medical College in Manhattan. Mrs. MacDonald is the business manager at Harlem Success Academy 4, a Charter School in Harlem, where she is in charge of the budget, building operations and parent communication.



Renee Shanker, MSW, MPH who was inducted in the Montefiore 25-Year Club at the 58th Anniversary Dinner Dance on May 12, 2011.

Other members of the Montefiore 25 Year Club:

25-Years or More of Service

Jacinta Esposito
Victoria Gorski, MD
Eliana Korin, Dipl.Psic.
Maria Pasa

35-years or More of Service

Marji Gold, MD
Victor Sidel, MD
Hal Strelnick, MD



Liza Goldman Huertas, MD and Stefan Mansourian joyously announce the birth of their son, Esteban Adam Mansourian, born May 5th, 7 lbs, 20 inches.





Two Department Service and Education Teams Receive Montefiore Team Awards

This year Montefiore launched a new type of recognition: Montefiore Team Awards – “Recognizing Montefiore’s extraordinary teams who have made a significant or unique contribution toward meeting the organization’s mission, vision and values. These high-performing teams are committed to a shared purpose, shared accountability and success, and have trust and respect for each other.” Many types of teams doing all kinds of things throughout the medical center were recognized with pins and certificates in Cherkasky Auditorium on April 28th.

The Department of Family and Social Medicine was represented by the Wound Healing Team, nominated by Anna Flattau, MD, MSc, MS and the Intensive Case Management for Diabetes Teams of

Williamsbridge Family Practice and the Family Health Center, nominated by Victoria Gorski, MD, FAAFP. 01 Nominators were asked to write about how their teams work to integrate the service, education and research missions of



the institution as a “seamless delivery system”. They were also asked to speak to their team’s strengths and their contributions/ results. The Wound Healing Team

received letters of support from Amy Ehrlich, MD, Geriatrics Fellowship Program Director and Belinda Ostrowsky, MD, MPH, Director, Antimicrobial Stewardship Program. Shout outs for the ICM Teams for Diabetes came

from Sheila Felleman, RN, MPA, CMO Director of Chronic Care and Jonathan Swartz, MD, Regional Medical Director, Montefiore Medical Group.

Congratulations to the nurses, administrators, health educators, psychologists, ancillary clinical staff,

physician assistants and physicians whose great collaborative work resulted in well-deserved recognition.

—Victoria Gorski, MD



The **Wound Healing Team** was honored as a high-performing team at Montefiore’s Team Awards Celebration on April 28.

The team was recognized for providing excellence in care for the extremely complex patients in our institution who suffer from chronic wounds, and in particular for our advances in creating care systems for pressure ulcer patients. Team members include, from Family Medicine, Cary Andrews PA-C, Stephanie Twomey PA-C, Dr. Larisa Shpitalnik, Dr. Anna Flattau, Ms. Mona Weinberger, Ms. Jacinta

Esposito, Ms. Tanya Nair, Ms. Gloria Negrón, and Ms. Jeannette Corretjer; and, from collaborating departments, Catherine Badillo RN, Patricia Pellegrino RN, Roslyn Thornhill RN (all from DEOD), Lorraine Poliey RN (Monte Home Care), and Mr. Kenneth Siegel (MMG).

—Anna Flattau, MD



Over 245 attendees help make the 2011 NYC RING Convocation of Practices a great Success!



From L to R: Lin-Fan Wang, Scott Ikeda, Bruce Soloway, Perry Dickinson, Diane McKee, Peter Selwyn, Michael Erikson, Sabrina Esbitt, Chanchal Sharma.

The New York City Research and Improvement Networking Group (NYC RING) held its 7th annual Convocation of Practices on April 12th, 2011 at the Price Center for Translational Research on the Einstein Campus. Participants from NYC RING’s 35 partner sites and 6 family medicine residency programs located throughout New York City attended the event themed “Transforming Primary Care: Perspectives on Implementation of New Models of Care”.

The event featured a plenary session with two nationally-recognized speakers providing their perspective on primary care transformation: Dr. Perry Dickinson (President of Society of Teachers of Family Medicine) and Michael Erikson (VP of Primary Care Services for Group Health Cooperative, Seattle, WA). Following the keynote addresses, attendees enjoyed food and drinks while reviewing 56 posters presented by fellow primary care researchers. **Success!**

Submitted by: Claudia Lechuga



From L to R: Jay Izes, Ricardo Yanes, Robert Beil, Norma Cordero-Padila

The New York City Research and Improvement Networking Group (NYC RING), formed in 2003, is a practice-based research network sponsored by the Department of Family and Social Medicine of Albert Einstein College of Medicine.



From L to R: Maureen Warner, Blanche Doati, Larry Martin, Jennifer Klein-Leone

To contact NYC RING or obtain a copy of the abstract booklet, email claudia.lechuga@einstein.yu.edu, or visit www.nycring.org

Arthur Blank, PhD receives a five-year, \$2.5 Million Grant from HRSA to Study the Treatment of HIV/AIDS

As part of an effort to better address existing HIV treatment disparities, Arthur Blank received a five-year, \$2.5 million grant from the Health Resources and Services Administration (HRSA) to study the treatment of HIV/AIDS, specifically among women of color. Now housed within the Department of Family and Social Medicine, the national Evaluation and Technical Assistance Center that Dr. Blank is the PI for is responsible for designing and coordinating the evaluation of 11 demonstration programs across the nation that are seeking to improve the care of African-American, Latina and other minority women, ages 18 and older. The 11 sites are split among rural programs: Alabama; Bridgeton, NJ; Augusta, GA; Longview, TX; and Chapel Hill, NC, as well as urban centers in Los Angeles; Springfield, MA; Brooklyn; Chicago; Miami and San Antonio.

The study, which began last September, teams up clinical and research consultants at both Einstein and Montefiore Medical Center, who will monitor the treatment efforts of the 11 different sites selected by HRSA. The programs vary between community-based organizations and healthcare organizations, and most of them employ some version of outreach worker or peer, which in Hispanic communities is also referred to as a promotor, to reach their clientele. The evaluation center will seek to document and understand what each site is doing and what may keep someone from getting care or remaining in care. For example, it's very easy to look at a person's behavior and assume that what is keeping her from showing up and receiving care are personal failures. But we're often less attentive to structural parameters, such as lost housing or insurance coverage, which may actually be more of a factor than personal behavior in preventing the patient from keeping her appointment.

The importance of identifying structural barriers to care was made clear through the JWCH Institute, a study site in Los Angeles that serves women living in the city's Skid Row, where many individuals receive Section 8 housing. Section 8 is a federal program that subsidizes housing and through the study we've learned of an individual who has had stable housing for more than eight years but is at risk for being back on the street because her Section 8 support is in jeopardy. If we did not have a reporting framework for capturing such information, it is possible that we would wind up "blaming the victim" rather than truly understanding what caused the disruption in treatment.

Over the course of the study, Dr. Blank and his Einstein colleagues will make repeated visits to each site collecting process data trying to understand how each adapts its program to changing environments. The study will also collect data from medical records and patient surveys, and undertake a cost analysis. Once all the data are collected, Dr. Blank anticipates that he and his collaborators will get all the groups together to review the best results and determine what best practices may be. Ultimately, the goal will be to amass information that will be useful to similar treatment providers throughout the U.S., with the aim of eliminating the existing disparities in healthcare that women of color and patients like them face while also strengthening the capabilities of our healthcare sites nationwide.

This mixed method approach involves the time and effort of a number of researchers within our department, as well as other departments at Einstein and Montefiore. Specifically the evaluation center includes Drs. Bruce Rapkin, Alison Karasz, Clyde Schechter, David Lounsbury, Chinazo Cunningham, Kathryn Anastos, and Mr. Paul Meissner. The day-to-day direction of the project is overseen by Ms. Niko Verdecias, who is assisted by the study coordinator, Ms. Iliana Garcia.

Submitted by: Arthur Blank, PhD

DFSM Highlights from STFM in New Orleans

There was another excellent showing of expertise, interests, research and educational innovation from all levels of learners and educators in the DFSM at this year's Annual Society of Teachers of Family Medicine Spring Conference held in New Orleans. We were represented by students, residents, fellows, faculty, alumni and even our chair got into the act. The annual DFSM dinner get together was fun and yummy with NOLA staples like gumbo and bread pudding. Diane McKee, co-director of the Division of Research organized an evening out at the Rock 'n' Bowl, where many of us were bouncing and singing and smiling to a wide range of traditional jazz, blues and country tunes.

Faculty, Residents and Students attended included: Anjani Reddy, Victoria Gorski, Bruce Soloway, Pablo Joo, Linda Prine, Marji Gold, Peter Selwyn, Cara Harbitter, Jason Fletcher, Finn Schubert, Jennifer Purcell, Lin-Fan Wang, April Wilson, Sharon Phillips, Andrea Littleton, Carolyn Chu, Michele Vaca, Harini Kumar, Rose Guilbe, Sarah Miller, Dana Shonberg, Scott Ikeda, Fey Akanki, Claudia Lechuga, Eliana Korin, Dian McKee, Mary Duggan, Tanya White-Davis, Ellen Tattelman, Margaret Rosenberg, Arati Karnik, Matt Anderson, Ruth Lesnewski. A total of 28 posters and presentations were made by members of our department.



Drs. Victoria Gorski & Anjani Reddy

Special congratulations to Tanya White-Davis, PsyD who "graduated" in the inaugural class of the STFM sponsored Behavioral Science/Family Systems Educator Fellowship program, co-directed by Victoria Gorski, MD.

—Victoria Gorski, MD

Conducting "Global Health" at Home in the Bronx

Juan Robles, a member of the class of 2011 who will have his M.D. conferred on June 1, 2011, shares how his education at Einstein and an opportunity to give back to the local community helped shape the young physician he has become. On May 31, 2011, he will receive the Dr. Isadore Rossman Memorial Award for Commitment to Community Health Care, presented to an outstanding student who has demonstrated a commitment to community health care. <http://www.einstein.yu.edu/home/fullstory.asp?id=653>. Juan will also be joining us as a PGY-1 in family medicine of the RPSM in July!



"Juan's story is very inspirational and he will make a wonderful doctor. I have told him for years that he was training to become my mother's physician. While he may not literally be my mother's physician, he will be the doctor of individuals like my mother who have limited English skills and health literacy. One of the aspects of this story that I like is the fact that our students do not have to go aboard to have a global health experience. The world is in our Bronx backyard."

—Nilda Soto, MS Ed
Assistant Dean, AECOM



Dr. John D. Cahill Elected to the Leo M. Davidoff Society

Dr. John Cahill, a Bronx family physician for almost 50 years, was recently elected to the prestigious Leo M. Davidoff Society. Founded in 1974, membership is considered recognition by students and faculty for distinguished, caring and committed teaching of medical students at the Albert Einstein College of Medicine. Dr. Cahill has been a role model for our clerkship students for almost two decades.

In their nomination letter, Pablo Joo and Maria Santos wrote,

“Despite the demands of being a solo practitioner in private practice, Dr. Cahill has unselfishly shared his time and clinical expertise with our students. He has been committed to teaching and shaping several generations of future doctors. Dr. Cahill has imparted not only his medical knowledge but essential interpersonal and communication skills as well. Students have seen, through his example, the beauty of the patient-doctor relationship and the trust that has been built on mutual respect and genuine caring. These are important lessons that contribute to our students’ development as well-rounded, compassionate physicians.”

(This) “was truly a wonderful and inspiring experience. I may rethink my career plans after having seen the way Dr. Cahill is with his patients.”

MS3(2011)

Student comments clearly mirror the sentiments of the clerkship directors and illustrate Dr. Cahill’s commitment to students and patients. These statements say it all...

“I enjoyed my time with Dr. Cahill, as he is an experienced mentor and teacher. I had a lot of “first experiences” at his clinic, ones that will remain with me forever.”

“My time working with Dr. Cahill was excellent. I received a lot of practice seeing patients, presenting them, and discussing the assessment and plan with him. He is a great teacher with a wealth of experience.”

“Dr. Cahill was a fantastic instructor and it was truly amazing and inspiring to see how much his patients love him.”

CONGRATULATIONS to Dr. John Cahill and THANK YOU!

Ms. Gladys Valdivieso Awarded the Excellence in Community Service Award



Gladys Valdivieso, our Director of Community Health Outreach, was awarded the *Excellence in Community Service Award* at the 9th Community Walkathon and Health Fair on May 17th, 2011. The award was sponsored by Doctors for a Healthier Bronx and presented by none other than our esteemed chair, Dr. Peter Selwyn. These awards are presented twice a year to individuals in the Bronx who have gone beyond the call of duty in their commitment to the community.

The selection committee stated, “Your contribution to making the lives of those who you touch better, shows your dedication to selfless, tireless work and the ability to deliver no matter under what circumstance.” We couldn’t agree more.

Congratulations, Gladys!

Submitted by: The DFSM Clerkship Team

Social Medicine in the Literature...

Brief Psychotherapy for Depression in Primary Care: A Systematic Review of the Evidence [Internet]

Nieuwsma JA, Trivedi RB, McDuffie J, et al.

Washington (DC): Department of Veterans Affairs (US); 2011 Jan. PMID: 21595124

<http://www.ncbi.nlm.nih.gov/books/NBK54570/pdf/TOC.pdf>

This evidence-based review from the Veterans Administration Health Services Research & Development Service's (HSR&D's) Evidence-based Synthesis Program (ESP) finds that brief psychotherapies (6-8 sessions) provided by a range of providers can be effective for the treatment of depression in primary care.

Although the studies reviewed predominantly employed Problem Solving Therapy (PST) and Cognitive Behavioral Therapy (CBT), more generally defined primary care counseling that includes elements of these treatments (e.g., collaborative problem solving, patient activation, facilitating improved self efficacy), and fits the parameters of primary care practice has also been demonstrated to be effective as first line treatment for depression.

Primary Care physicians can treat their depressed patients with a course of brief counseling and are not restricted to treatment with antidepressant medications. Furthermore, brief counseling by non-physician health care team members can be readily integrated into emerging Patient-Centered Medical Homes.

—Charles E. Schwartz, M.D.

(An article in *The Riverdale Press* featuring the son of Tami Rivera)

When life throws him a curve, he hits a homer

By Raphael Sugarman

With 350 ballplayers batting, pitching and fielding as members of the Kingsbridge Little League, how does the KBLL single out one kid to toss the ceremonial first pitch at the opening game after its annual parade spectacle?

In Brian Rivera's case, the reason, at first glance, seems to be his spastic diplegia, a form of cerebral palsy. But those who spend even the briefest amount of time with him, let alone those who know him well, almost always forget he even has the illness.

The decision to honor this 12-year-old in his first season with the league has far less to do with any disabilities he faces than with the manner in which he faces them — his sense of teamwork, grittiness and ability to inspire others.

"I think he's a motivator," said Brian's coach, Robert Castillo, of the Ridgewood Savings Bank Yankees. "When another kid strikes out, the first one who runs out to him and says 'You'll do better next time' is Brian."

Brian has had cerebral palsy since he was born. Though always physically active, he had never before played an organized team sport. That changed when Kenny Reyes, a KBLL coach, and friend of Brian's mom Tami Rivera suggested that the boy 'play ball.'

"I was hesitant," admitted Rivera, who plays in a softball league with Coach Reyes. "It costs money to play and I didn't want to put him in if he wasn't able to keep up with the other kids." Though she calls herself "a realist," Rivera sees her role as an encouraging mother as paramount. "I wasn't about to put him down," she said.

And his coaches weren't about to coddle him.

If Brian got discouraged after dropping a practice throw or groundball during pre-season and seemed to be thinking he wasn't equipped to play, coach Castillo would respond, "I don't see anything wrong with you. I just see a kid with a big heart."

Castillo and Reyes weren't any less hesitant to confront the small handful of KBLL parents who expressed concern that Brian playing on their sons' team would be a drawback for their own children.

"I told them very clearly that Brian had every right to play in the league and was going to play on our team," said Castillo. "It was their decision whether or not they wanted their kid to play on our team." None of the other kids backed out, he said, and all are enjoying having Brian as a teammate.

When other members of the Ridgewood Savings Bank Yankees are standing next to Brian on the ball field, they probably don't know he has an illness.

"I was excited when he joined the team," said Robert Castillo Jr., the Yankees' second baseman. "He is a great player. He has pride and never gives up."

Though the cerebral palsy affects the limberness of his legs, Brian has good instincts on the base paths and an almost defiant attitude as a base stealer.

To read the full story, visit www.riverdalepress.com/stories/When-life-throws-him-a-curve-he-hits-a-homer,48529



Social Medicine in the Kitchen...

Summer Salsa

Serves 6-8



Ingredients

6 Roma tomatoes OR 3 large tomatoes, diced
 1 medium ripe peach, diced*
 1 medium ripe mango, diced**
 1/2 cup sweet onion, finely chopped
 1/3 cup cilantro leaves, finely chopped
 Juice of 1 lime
 1 tsp sugar
 1/2 tsp salt
 1/4 tsp black pepper
 1/2 tsp garlic powder (optional)

Tips:

* To dice mango: Peel mango. Slice the mango length wise along the seed all the way around. Then dice the mango pieces.
 ** To dice peach. Starting from the top of fruit cut the peach from top to bottom all the way around the fruit. Make sure to cut deep to the pit. Use tip of knife or fingers to pull the slices away from the pit. Then dice the peach slices.

Directions

1. Mix all ingredients together.
2. Chill for at least 2 hours, before serving.

Modifications

- ◆ It goes well as a vegetable side dish with meat or fish.
- ◆ Can be served as a healthy snack with some plain low-sodium tortilla chips.
- ◆ **Be creative!** Add or replace with different fruits and vegetables, such as diced sweet peppers, diced cucumbers, diced kiwi, black beans, etc.

Nutrition fact (Per serving) * %DV stands for Daily Value, based on a 2000-calorie diet

Calories: 59kcal Fat: 0g (0%DV) Sat Fat: 0g (0%DV), Cholesterol: 0mg (0%DV)
 Sodium: 202mg (8%DV) Total Carbohydrate: 15g (5%DV) Fiber 2g (10%DV)
 Protein 1g Potassium: 362mg (10%) Phosphorus: 39mg (4%DV)

Key Points

- ◆ Pick tomatoes with smooth skin, and that are firm but not hardy.
- ◆ Avoid tomatoes with soft spots, bruises or cracks.
- ◆ Store tomatoes in room temperature until they are ripe and be sure to rinse well

Tabbouleh Middle Eastern Salad

Serves 4



Ingredients

1 cup bulgur
 1 cup hot water
 3 cups fresh flat leaf parsley, chopped*
 4 scallions (cut off roots), chopped*
 Juice of 3 lemons
 1 garlic clove, minced
 2 Tbsp olive oil
 1/2 tsp salt
 1/4 tsp pepper
 3/4 cup tomatoes, diced
 *Before chopping, rinse and pat dry

Directions

1. In a medium bowl, add the bulgur and hot water, & let it soak.
2. Whisk together rest of ingredients **except** parsley & tomatoes in a small bowl.
3. Add the lemon juice mixture to the bulgur, and mix.
4. Stir in tomatoes and parsley until well combined.

Modification:

- ◆ Substitute bulgur with other grains or beans.
- ◆ Add some diced cucumbers to add color.
- ◆ If you are not used to the herbs, use less or use other leafy greens to replace.

Nutrition fact (Per serving) * %DV stands for Daily Value, based on a 2000-calorie diet

Calories: 170kcal Fat: 4g (6%DV) Sat Fat: 1g (3%DV), Cholesterol: 0mg (0%DV), Sodium: 301mg (13%DV) Carbohydrate: 32g (11% DV) Fiber 7g (29%DV) Protein 5g 1g Potassium: 312mg (9%) Phosphorus: 122mg (12%DV) Vit A: 9%DV Vit C: 39%DV Calcium: 3%DV Iron 7%DV

*Above recipe adapted from the Fruit and Veggies Matter. http://www.fruitsandveggiesmatter.gov/downloads/explore_child_recipes.pdf



Recipes Submitted by: Renee Shanker

Recent Publications & Presentations

Lucan SC, Maroko A, Shanker R, Jordan W. "Green Carts (mobile produce vendors) in the Bronx - Optimally positioned to meet neighborhood fruit-and-vegetable needs?" *Journal of Urban Health*

The Society of Teachers of Family Medicine (STFM)

Annual Spring Conference
April 27-May 1, 2011
New Orleans, Louisiana

Anjani Reddy, Victoria Gorski, Bruce Soloway.

"A Closer Look at Emergency Department Utilization by Our Urban Health Center Patients"

Maili Velez-Dalla Tor, Pablo Joo, Edgar Figueroa. "Promoting Mentorship, Partnership, and Support: A Needs Assessment for the STFM Group on Hispanic/Latino Faculty"

Joey Banks, Donald Woolever, Linda Prine, Marji Gold. "Why and How: Let's Share Strategies for Hands-on Abortion Training in Small Residency Programs"

Alan Roth, Gina Basello, Peter Selwyn, Laurence Bauer. "Palliative and End-of-life Training for Residents: A Curricula Resource Toolkit and Train-the Trainer Workshops"

Cara Herbitter, Jason Fletcher, Finn Schubert, Megan Greenberg, Marji Gold. "An Evaluation of an IUD Initiative at Family Medicine Residency Programs"

Jennifer Purcell, Deborah Jones, Sharon Krackov, Pablo Joo. "Integrating Team-based Learning and Web-based Instruction in Primary Care Clerkships"

Lin-Fan Wang, April Wilson, Sharon Phillips, Andrea Littleton, Marji Gold. "Perspectives on Reproductive Health Care Access Among Homeless Girls Living in Family Shelters in The Bronx"

Peter Selwyn, Kevin Carmichael, Cynthia Carmichael, Carolyn Chu, Andrew Coco. "HIV And Family Medicine: Part 1. Epidemiology, Health Services, And Training Issues (Seminar)"

Deborah Taylor, Victoria Gorski. "Orientation Session to The Behavioral Science-Family Systems Educator Fellowship (BFEF)"

Deborah Taylor, Victoria Gorski. "Core Principles of Behavioral Science: From Principles to Practice"

Michele Vaca, Harini Kumar, Jeana Radosevich, Rose Guilbe. "Integrating Physical Activity Into the Patient-centered Medical Home"

Peter Selwyn, Cynthia Carmichael, J Carmichael, MD, Carolyn Chu, Andrew Coco. "HIV and Family Medicine: Part II—Clinical Issues and Practice Guidelines"

Cara Herbitter, Finn Schubert, Rebecca Bak, Marji Gold. "Addressing Challenging Topics in Sexuality in Medical Education"

Patricia Lebensohn, Sally Dodds, Benjamin Kligler, Victor Sierpina, MD, Selma Sroka, John Woytowicz, Victoria Maizes. "Increasing Medical Student Recruitment Into Family Medicine: Effect of a Unique Curriculum in Integrative Medicine"

Alan Roth, Jeffrey Ring, Gina Basello, Jo Marie Reilly. "Culturally Responsive End-of-Life Care: Teaching Strategies for Awareness, Knowledge, and Skills"

Marji Gold, Finn Schubert, Cara Herbitter. "Integrating Abortion Training Into Family Medicine Residencies: Critical Factors and Useful Practices"

Luigi Tullo, Kathy Zoppi, Laurel Milburg, Crystal Cash, Christine Jerpbak, Mark Lisby, Alan Roth, Angela Broderick, CAE. "The STFM Residency Education Webinars: Next Steps"

Sarah Miller, Sharon Phillips, Leah Rothman, Rachel Roth, Marji Gold, Linda Prine, Beth Dana Schonberg. "Uterine Aspiration and Intrauterine Device Placement Using a Papaya Model and Patient-Centered Communication"

Scott Ikeda, Fey Akanki, Claudia Lechuga, Eliana Korin, DiplPsic, Diane McKee. "Staff Perceptions of Patient-centered Medical Home Implementation in Two Urban Clinics"

Bruce Soloway, Mary Duggan, Diane McKee. "Building the Medical Home in an Inner-city, Community based Residency Training Practice"

Tanya White-Davis. "Adolescent-Family Interviewing Skills: Assessing Residents Learning Needs in Family Medicine and Pediatric Residency Programs"

Ellen Tattelman, Margaret Rosenberg, Marji Gold. "Uncertainty in Clinical Decision Making: Embracing the Challenges for Educators and Learners"

Arati Karnik, Matt Anderson. "Developing an Ambulatory Resident's Report in Family Medicine Residency Programs"

Ruth Lesnewski, Penina Segall-Gutierrez, Kara Cadwallader, Lynette Leighton. "Teaching Medically Complex Contraceptive Care"

Wendy Barr, Joseph Gravel, Anthony Valdini, Stacy Potts. "Teaching Health Centers: Opportunity Is Knocking"

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Recent Publications & Presentations

Linda Prine, Heather Paladine, Honor MacNaughton. *“Teaching Diagnosis and Office Management of Early Pregnancy Loss”*

Jennifer Purcell, Pablo Joo. *“The Transition From Case-based Teaching to Team-based Learning: Process, Feedback, and Challenges”*

Cara Herbitter, Marji Gold, Finn Schubert, Sarah Stumbar. *“Changing Conversations About Abortion in Family Medicine”*

**Pediatric Academic Societies &
Asian Society for Pediatrics Research**
April 30-May 3
Denver, Colorado

Preetha Iyengar. *“Effectiveness of a Brief Health Education Intervention To Address Chronic Malnutrition in Quito, Ecuador”*

Ravi Saksena, Molly Bolder and Lavia Polizzi. *“Assessing Sources and Knowledge of Reproductive Health in 14-21 Year – Old High School Students in the Bronx”*

Sharyn Miskovitz, Jason Fletcher, Sandra Braganza. *“The Impact of Teaching Metered-Dose Inhaler Administration to Resident s and Medical Students”*

Society of General Internal Medicine (SGIM)
34th Annual Meeting
May 4-7, 2011
Phoenix, Arizona

Cohen S, Cleaves M, Sirotin N. *“Hidden in the Cut.”*

Goss E, Fletcher J, Lechuga C, McKee D. *“Teamwork and working at ‘top of license’ among physicians, nursing, and non-professional staff at teaching and non-teaching ambulatory practices.”*

Edwards C, Sirotin N, Alene AN, Riggs E, Taylor K. *“Effectiveness of a Mobile Cervical Cancer Screening Program in Andhra Pradesh, India”*

Faleck, DM, Nafisi A, Gonzalez CM. *“Acute Presentation of Sarcoidosis”*

Gil R, Brisbane M, Sohler N, Cunningham C. *“Screening, brief intervention and referral to treatment (SBIRT) for opioid abuse in an urban hospitalized population: a pilot study”*

Iyer S., Kunins HV, Jeffers A, Jay M, Schclair S. *“Assessing and Consulting the Obese Patient: Improving Resident Obesity Counseling Competence”*

Jackson A, Jeffers A, Sirotin N, Kunins HV, Osinaga A. *“Retention and Screening Rates of Immigrant Patients in the South Bronx”*

MacDonald R, Fox A, Shapiro L, Lackner J, DeLuca J, Anderson M. *“Montefiore Transitions Clinic: Reaching the Recently Incarcerated”*

Sirotin N, Hoover D, Segal-Isaacson C, Shi Q, Mutimura E, Cohen M, Anastos K. *“Food insecurity, BMI and Dietary Diversity in Rwandan HIV+ women.”*

Stark A, Kriegsman A, Kunins H, DeLuca J. *“A Resident – driven approach to systems-based practice education and innovation at a primary care medicine ambulatory teaching clinic”*

Swiderski D, Gonzalez C, Strelnick H. *“Health Disparities: A Method to Teach About Values and Assumptions”*

Fox AD, Sohler NL, Giovanniello A, Cunningham CO. *“Substance Abuse Treatment Outcomes in Patients With Opioid Dependence and Chronic Pain in an Office Based Buprenorphine Treatment Program”*

Fox AD, Kunins HV, Starrels JL. *“Effect of a Pain Management Curriculum on Residents' Confidence and Attitudes”*

Swiderski D, Gonzalez C, Strelnick H. *“Health Disparities: A Method to Teach About Values and Assumptions”*

Schclair S, McEvoy M, Sidlo Z, Burton B, Milan F. *“Assessing Third-year Medical Students’ Ability to Recognize and Address a Patient’s Spiritual Distress During an Acute Medical Crisis”*

Schclair S, Dyche L, Milan F, Kunins H, Arnsten J, Holmboe E. *“A Faculty Development Program to Prepare Instructors to Observe and Provide Effective Feedback on Clinical skills to Internal Medicine Residents”*

Becker W, Starrels J, Tobin D, Krebs E, Bair M. *“Making Chronic Pain Less Painful: Building Therapeutic Alliances with Patients”*

Gonzalez C, Rosales C, Smith CL, Reynolds P, Carrasquillo O. *“Domestic Policies and the Unintended Consequences to Immigrant Health”*

Madahar P, Cleaves M, Gonzalez CM. *“Heartache and Bellyache”*

Wee C, Smith A, Kern L, Cunningham C, Clark J, Wenger N. *“Careers in General Medicine Research: How to Get Started and Be Successful”*

Social Medicine on the Web...

pulse
voices from the heart of medicine

- publishing personal accounts of illness and healing
- fostering the humanistic practice of medicine
- encouraging health care advocacy

Pulse on the Move

The online publication launched by Paul Gross and Peter Selwyn in April 2008. Every Friday afternoon since then, *Pulse* has been sending its readers a compelling first-person, healthcare-related story or poem. And word about *Pulse* is spreading.

First, *Pulse* picked up enthusiastic praise from an influential reader--Don Berwick, President Obama's recently-appointed head of Medicare and Medicaid Services--who said, "I don't just read *Pulse*, I adore it. My daughter is a medical student, and I got her to sign up. The supply of compelling, often poetic accounts us the best around. It is a fabulous resource."

Then, *Pulse: The First Year*--a collection of *Pulse* stories and poems published in book form--was named by [Harvard Business Review](#) and [Fast Company](#) as a summer reading pick.

And finally, *Pulse's* circulation, which has been climbing steadily since its launch, topped 5,000.

Pulse is a collaborative effort of our Department of Family and Social Medicine, colleagues around the country and the expertise of a professional editor--Diane Guernsey (who happens to be Paul's wife).

For those of you who don't yet receive *Pulse*, it's easy to sign up. Just go to *Pulse's* web site--www.pulsemagazine.org--and click on "Become and Friend." It's free and simple--and every Friday afternoon you'll be treated to a short, personal and memorable piece of writing.

—Paul Gross, MD
Editor in Chief, *Pulse*

MONTE H.O.P

Helping Students Succeed in Health Careers

Montefiore's Health Opportunities Program (Monte H.O.P.) is a summer enrichment program for students from economically or educationally disadvantaged backgrounds and/or from groups typically considered underrepresented in the health care fields.

<http://www.montehop.org/>

Social Medicine / Medicina Social

Social Medicine is a bilingual, academic, open-access journal published since 2006 by the Department of Family and Social Medicine at Montefiore Medical Center/Albert Einstein College of Medicine and the Latin American Social Medicine Association (ALAMES). Registration with the journal is not necessary to read the content.

<http://www.socialmedicine.info/index.php/socialmedicine>

The Social Medicine Portal

An Alternative to Corporate Health

Social Medicine Portal, a project developed by faculty members of the Department of Family and Social Medicine of the Albert Einstein College of Medicine. The portal contains links to websites, documents and presentations devoted to social medicine. Our goal in creating this site is to link together the diverse international community of people working in social medicine and health activism. We encourage visitors to e-mail us materials for inclusion.

<http://www.socialmedicine.org/>



Future Dates



For our next issue coming in August

Social Medicine Rounds

Every 2nd and 4th Tuesday's of the Month—4:30-6:00PM
 3544 Jerome Ave, 3rd Floor conference room. For more info go to
www.socialmedicine.info or contact Deyanira Suarez
desuarez@montefiore.org

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|--|--|
| June 28, 2011 | October 11, 2011 |
| July 12, 2011 Leonore
Tiefer—Orgasm inc (movie) | October 25, 2011 (Research
Based Activism Course) |
| July 26, 2011 | November 08, 2011 |
| August 09, 2011 | November 22, 2011
(Orientation Presentation) |
| August 23, 2011 | December 13, 2011 |
| September 13, 2011 | December 27, 2011 |
| September 27, 2011 | |



Grand Rounds

Every 1st and 3rd Friday's of the month
 8:00-9:00AM
 For more info contact Shannon Lanier
Shlanier@montefiore.org

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|--------------------|-------------------|
| June 03, 2011 | October 07, 2011 |
| June 17, 2011 | October 21, 2011 |
| July 01, 2011 | November 04, 2011 |
| July 15, 2011 | November 18, 2011 |
| August 05, 2011 | December 02, 2011 |
| August 19, 2011 | December 16, 2011 |
| September 02, 2011 | |
| September 16, 2011 | |

Health & Wellness



Thursdays, 4-5 pm

RPSM

3544 Jerome Ave

3rd Floor Conference Room.

For further information please contact,

Kimberly Eady, keady@montefiore.org

DFSM Newsletter is produced by the
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 Montefiore Medical Center

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