

Screening can cut stillbirth risk



photo by Francis Heraldo

Dr. John Kingdom

Mount Sinai Hospital's Dr. John Kingdom has discovered that the size of a pregnant woman's placenta can determine whether her fetus is at a high risk of stillbirth, and that if women are screened during pregnancy they can be treated effectively and the risk of stillbirth can be significantly reduced.

In a study, published in *Ultrasound in Obstetrics and Gynecology* online on August 26, Dr. John Kingdom, Principal Investigator of the study, Maternal Fetal-Medicine Specialist and Rose Torno Chair in Obstetrics and Gynaecology, showed that a pregnant woman is at an increased risk of extreme pre-term delivery and stillbirth if she has:

- a low level of pregnancy-associated plasma protein-A (PAPP-A), which is routinely tested to screen for Down syndrome

- an elevated alpha fetoprotein (AFP) level, also tested to screen for Down syndrome and spina bifida
- a small placenta

Dr. Kingdom and his team studied 90 women with low PAPP-A, and a high AFP level. During the clinical study, there were no stillbirths among the women whose placentas were screened and who were diagnosed as at risk and followed a new

“Placenta screening is a simple preventative measure to address the risk of stillbirth that has a minimal impact on health-care resources and will likely save lives.”

Dr. John Kingdom,
Maternal Fetal-Medicine Specialist

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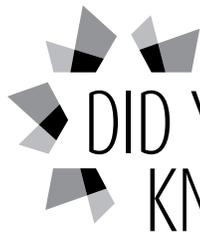
New times available to have photo ID pictures taken

It's not too late to sign up for Charity Challenge!

clinical care plan provided through the Hospital's specialized Placenta Clinic.

“In North America, women are generally starting their families at a later age than before and may need reproductive assistance,” says Dr. Kingdom. “These are important risk factors for stillbirths, which makes the placenta screening test crucial for maternal-fetal care. Placenta screening is a simple preventative measure to address the risk of stillbirth that has a minimal impact on health-care resources and will likely save lives.”

As a result of Dr. Kingdom's research, Mount Sinai has changed its clinical practice to screen all pregnant women with a low PAPP-A level and a high AFP level using a placental ultrasound around their 19 to 20-week fetal anatomy ultrasound.



DID YOU KNOW?

Convenient childcare is closer than you may think

Juggling work and childcare arrangements can be stressful. That's why Mount Sinai Hospital has proudly partnered with Kids & Company — a corporate childcare provider offering employees full and part-time daycare programs, and flexible back-up care to accommodate changes in plans.

Kids & Company has 13 locations in Toronto and the GTA that Hospital employees can use. Highlights include low child-to-staff ratios, no late fees, back-up care arrangements for infants and children up to 13 years old, and guaranteed childcare spaces for staff returning to work after maternity leave.

Considering in-home childcare? Kids & Company provides free resources and support to families exploring this option.

To learn more, phone the head office at 1-866-MYKIDCO (695-4326) or Sharon Shoolman at 416-809-4447. Kids & Company is found online at <http://www.kidsandcompany.ca>. Visit the website for a list of weekday and weekend open house events.

In every issue of Sinai Scene we'll be sharing facts about staff-focused programs and benefits that you may not know about. If you would like to share how you have benefited from a program at Mount Sinai, please email the editor at mpower@mtsinai.on.ca.

Birthday boy supports Valentine NICU



photo by Madeline Cuadra

From left: Melissa Cooper, RN, and Cooper White, former patient at Mount Sinai Hospital's Valentine NICU. Rather than receiving presents for his birthday, Cooper, 9, asked for donations to the NICU.

By Frances Bartlett

For the second year in a row, Cooper White asked for donations to Mount Sinai Hospital Valentine Neonatal Intensive Care Unit (NICU) instead of toys for his birthday. On August 14, he and his younger brother, Wyatt, and his parents, Cathy Coulthard and David White, delivered the fruits of his generosity. As Cooper handed more than \$500 to Melissa Cooper, RN, he said he did so because he "wanted to help the little babies again."

"The donation is all his own idea, we never suggested it," says his mother. "He talks about it a lot, the fact that if people hadn't donated to Mount Sinai before, he might not be here."

Nine years ago, Cooper was one of those "little babies." He weighed just 2.5 pounds at birth, and he spent nearly three weeks in the Valentine Neonatal Intensive Care Unit (NICU) before he was transferred to a hospital closer to his family's Burlington home.

Cooper has grown up hearing stories about how tiny and fragile he was at the start of his life. Drawing an imaginary line up his arm, he says, "I was as long as from my mom's wrist to her elbow." After delivering his donation and posing for pictures, Melissa took Cooper and his family on a tour of the NICU.

"It's amazing to get this much appreciation," says Melissa. "What he's done is so great!"

"He talks about it a lot, the fact that if people hadn't donated to Mount Sinai before, he might not be here."

Cathy Coulthard, mother of Cooper White

Using Facebook to fundraise for Mount Sinai

By Allison Mullin

Toronto musician and photographer Will Wong has combined his dual passions of Facebook and photography into a unique fundraising campaign for Mount Sinai Hospital.

The former Mount Sinai patient says that a Facebook user's profile picture — the photo that identifies users on the networking site — is the most visible part of their Facebook page. For a minimum \$20 donation, Facebook users can have a photo shoot with Wong anywhere in the GTA. Each shoot includes 10 digital frames that donors can use as their Facebook profile picture. All the proceeds will be donated to programs at Mount Sinai.

"I love Facebook, and I thought this would be a fun way to use my photography skills to bring awareness to a Hospital that does such great work," says Wong. So far, more than 60 people have expressed interest in having Wong take a portrait picture of them.

In 2006, Dr. Paul Walfish, a Mount Sinai Endocrinologist, diagnosed Wong with thyroid cancer. Wong underwent a thyroidectomy at the Hospital to remove his thyroid, and radiation treatment soon after. He is now cancer free. "All the staff at Mount Siani were amazing," says Wong. "I knew I had to do something to give back."

If you're interested in having your photo taken, contact Will Wong at profilepic@will-w.com or go to his event page on Facebook: "Saving Lives with a New Profile Pic."

"I thought this would be a fun way to use my photography skills to bring awareness to a Hospital that does such great work."

Will Wong, Photographer



photo courtesy of Will Wong

For a minimum \$20 donation to Mount Sinai, Toronto photographer Will Wong will take a picture of the donor that can be used on his or her Facebook profile.



photo by Astrid Otto

Dr. Yves Talbot

Mount Sinai physician helps train primary health-care managers in Brazil

By Allison Mullin

A program pioneered by Mount Sinai Hospital's Dr. Yves Talbot that helps Brazil's disadvantaged access health care has recently received a \$2.3-million funding boost from the Canadian International Development Agency (CIDA).

Dr. Talbot, a family physician at Mount Sinai and Director of International Programs in the University of Toronto's Department of Family and Community Medicine (DFCM), has led a "train-the-trainer" program for the past 15 years. The program has taught thousands of Brazilian primary health-care professionals to work in teams to improve access to the healthcare system for Brazil's poor. The Brazilian Ministry of Health has matched the funding, bringing the total to almost \$5 million.

"We train professionals from a wide variety of disciplines to work together to respond to the specific health-care needs of rural Brazilian communities," Dr. Talbot says of the program. Approximately 4,000 primary health-care providers have completed the enormously successful program, and there are now a total of 29,000 health-care teams serving some of Brazil's most vulnerable populations.

The funding will help to train primary health-care managers in four of Brazil's most underdeveloped northeastern states. "The advantage of community-based primary care is that health-care workers get to know a community and plan more effectively," says Dr. Talbot, noting that one team increased the percentage of women receiving Pap tests in a small community from five per cent to 85 per cent within a year.

"This project provides a great opportunity for Canada and Brazil to transfer knowledge on primary care and the development of multidisciplinary health-care teams," Dr. Talbot says.

Dr. Talbot is now investigating starting similar programs in Africa and Bolivia.



Share your stories with us!

The Communications and Marketing team is pleased to publish *Sinai Scene* every other week. This newsletter is created for staff and is about staff, so we invite you to share your successes, accomplishments, and stories with the editor, Michael Power. He can be reached at mpower@mtsinai.on.ca and at ext. 8309. For regular Mount Sinai updates, news, and features — and to read *Sinai Scene* online — visit our MSH News homepage at <http://info2/intranet>. *The submission deadline for the next issue is September 7.*

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Get outdoorsy and help fight cancer

Trying to fit in some end-of-summer camping? Camp Connection, an outdoor clothing and camping equipment store, is holding a one-day sales event to raise funds for Mount Sinai Hospital's Orthopaedic Oncology program. A portion of the proceeds will be donated, which diagnoses and treats musculoskeletal cancers. Help us surpass last year's total of \$10,000! Visit www.campstore.com.

When: September 12, 2009

Where: Camp Connection,
526 Lawrence Avenue West,
Toronto



photo by Francis Heraldio

Senior Printer Doug Reimer uses the 40-year-old paper cutter in Mount Sinai's printing room.

Printing room paper cutter a slice of Hospital's past

It weighs roughly three tons, is larger than a piano but can still cut paper to the width of a hair. And at four decades of service, the paper cutter in Mount Sinai Hospital's first-floor printing room may also be one of the oldest pieces of equipment in the building.

"If you wanted to replace that machine today with something brand new, you would be looking at the \$50,000 range," says Doug Reimer, Senior Printer. "It can cut through five inches of paper like butter, that's how sharp the blades are."

The Italian-made cutter dates from the late 1960s, says Reimer, a time when the best printing equipment was European. A bar holds the paper in place on a metal surface as a diamond-cut blade — made from high-carbon steel — descends to cut the paper. The machine exerts about 10,000 pounds of pressure per square inch.

That force is necessary to ensure the blade slices through the different thicknesses of paper for the various forms, brochures and other documents used across the Hospital, Reimer says. "Despite the machine going on 40-years-old, it will last another 40 years," he says. "It's a throwback to a time when equipment was made to last forever."

If you know of an interesting feature at Mount Sinai Hospital, please email the editor at mpower@mtsinai.on.ca.

Good Game, everyone!



photo by Andrew Miller

The Nutrition & Food Services softball team, *The Nutrition Hot Dogs* (left), high fives the Volunteer Services team, *Lesli and the Science Geeks*, after the 8th Annual Mount Sinai Hospital Softball Tournament at Toronto's Trinity-Bellwoods Park on August 23. *The Geeks* won the tournament for the second year in a row.



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