

# THE MOUNT SINAI HEAD AND NECK INSTITUTE AT VALLEY

ADVANCED, MULTIDISCIPLINARY CARE FOR PATIENTS  
WITH HEAD AND NECK CANCERS



Valley  
Health  
System



Mount  
Sinai

COMPREHENSIVE CANCER CARE

## UNPARALLELED CARE FOR HEAD AND NECK CANCERS

Distinguished experts, technology, clinical trials,  
multidisciplinary care, and patient access

**V**alley Health System and Mount Sinai Health System have joined forces to bring New Jersey, Pennsylvania, and New York residents distinguished, comprehensive head and neck cancer care. Located in Paramus at the Luckow Pavilion, the **Mount Sinai Head and Neck Institute at Valley** brings together the resources of these premier institutions to offer patients the highest standard of care possible with a multidisciplinary approach.

Head and neck cancers are complex disease processes that affect various structures of the mouth, jaw, and throat. The delicate nature of these systems and goal of preservation of each is why you or your loved one will need a team of specialists. Our care philosophy incorporates this team effort at each phase of your care with all members communicating in accord together, with you and with your referring physician. Specialists include internationally recognized head and neck surgeons, microvascular and reconstructive surgeons, oral and maxillofacial surgeons, medical and radiation oncologists, oncology nurse practitioners and nurses, speech and hearing therapists, social workers, and nutritionists.

Mount Sinai's surgeons include some of the world's foremost experts in the diagnosis and treatment of cancers of the larynx, throat, tongue, tonsil, salivary glands, skin or sinuses. Eric M. Genden, MD, Chair of Otolaryngology – Head and Neck Surgery, was the first to perform TransOral Robotic Surgery (TORS) for oropharyngeal cancers in New York in 2009, and has since become one of the most experienced TORS and HPV-related oropharyngeal cancer surgeons worldwide.

He and his head and neck oncology team lead the largest Robotic Surgery Program in the country and offer you and your loved ones access to institutional and multi-institutional clinical trials. At the Head and Neck Cancer Research Program, they are studying immunotherapies, the reduction of medical oncology after TORS, the transmission of HPV and its effect on oropharyngeal cancers, the reduction in side effects, and the quality of life with TORS versus open surgery.

Dr. Genden and his team work collaborately with Valley–Mount Sinai Comprehensive Care’s skilled specialists, including medical oncologists, radiation oncologists, oncology-certified nurses, pharmacists, social workers, rehabilitation specialists, and other disciplines to develop a personalized treatment plan for each patient.

At the Mount Sinai Head and Neck Institute at Valley, our patients have the following distinct care advantages:

- Foremost minimally invasive head and neck surgeons
- Highly skilled radiation and medical oncologists
- State-of-the-art technology, including TORS and sialendoscopy
- Microvascular, reconstructive, and oral and maxillofacial surgeons
- Unmatched experience with HPV-related oropharyngeal cancers
- Multidisciplinary (team) approach
- Medical and Radiation Oncology Surveillance Program during and post-treatment
- Access to clinical trials
- Easy access to care, including participation in most insurances

“Our patients have tremendous advantages here at Valley, including foremost experts in every clinical service they will need, state-of-the-art technology, participation in clinical trials, and rapid access to their physicians and team members,” said Dr. Genden. “Together, this multidisciplinary team employs the least invasive treatments to achieve the best quality of life and outcomes possible.”



Dr. Eric M. Genden, with patient.

## STATE-OF-THE-ART, MINIMALLY INVASIVE TECHNOLOGY

### Pioneers of TransOral Robotic Surgery and Sialendoscopy

Dr. Genden was the first head and neck surgeon in New York State to utilize minimally invasive **TransOral Robotic Surgery (TORS)** for oropharyngeal cancers more than 10 years ago. Since then, he and his head and neck oncology team have grown this service into the largest Head and Neck Robotic Surgery Program in the country. Mount Sinai is the premier care destination for this minimally invasive service, as the team of surgeons teaches this technique to other surgeons and has authored books and published papers on this subject.

The daVinci Robotic System employed at the Mount Sinai Head and Neck Institute at Valley is a single port (SP) system with all instrumentation closer for deeper access, increased control, and reduced risks. The SP system also contains Next Gen cameras for heightened surgical visualization.

Patients who are candidates for TORS experience numerous benefits compared to traditional open surgery:

- Less postoperative discomfort
- Shorter hospital stays (1–2 days versus 7–14 days)
- No visible scarring
- Speedier recovery
- Faster return to speaking and swallowing
- Reduction of possible complications
- Reduction of chemotherapy and radiation

When it comes to utilizing minimally invasive approaches, salivary diseases are no exception. Marita S. Teng, MD, is one of only a handful of physicians in the tristate area offering **sialendoscopy**, which is a specialized, minimally invasive salivary endoscopy. This technique uses very small-caliber endoscopes to visualize, irrigate, and dilate the ductal system. Most small salivary stones can be removed using tiny instruments through the working channel of the endoscope – without an external incision.

Larger stones may sometimes require a combined approach with an endoscope and an intraoral or minimally invasive skin incision. Sialendoscopy has also been found to benefit many patients with systemic inflammatory processes or diseases that have impacted the major salivary glands.

## THE PATIENTS FIRST PROGRAM

A pioneering approach to maximize patient conveniences and minimize hospital stay, readmission rates, and costs

The Mount Sinai Head and Neck Institute at Valley offers a unique **Patients First Program**, which provides unparalleled service to meet each patient's specific needs to access care as quickly as possible.

When you call the Patients First Program, you will speak to a member of our team who will review your situation, help you gather necessary medical records, schedule any required pre-consultation testing, and assure that your appointment will be with the best specialists and team for your condition.

Members of our multidisciplinary team speak with each patient during one convenient appointment to outline an optimal treatment plan and to provide support.

Your consultation with our team will encompass:

- An extensive medical history
- Each specialist's role in your care
- An explanation of the treatment plan (surgical and non-surgical approaches)
- A discussion of any social barriers to treatment (physical limitations, lack of family support, specialized care assistance, etc.)
- A discussion of healthy lifestyle changes after treatment

Since the Patients First Program began at Mount Sinai in 2011, patients have benefited by experiencing lower rates of complications and infections, shorter hospital stays, reduced readmission rates, improved treatment outcomes, and more cost-effective care.

### MAKE AN APPOINTMENT

To schedule an appointment, please call our Patient Services team at 201-634-5656 or visit [www.mountsinai.org/headandneck](http://www.mountsinai.org/headandneck) and click onto "Request an Appointment."

Together, Valley and Mount Sinai excel in providing outstanding clinical care, research, and support services for patients and their families, whether in Paramus or in Manhattan, addressing each patient's unique needs.

## MEDICAL AND RADIATION ONCOLOGY

Focusing on maximizing the efficacy of treatment, while minimizing toxicity and side effects

The complex and delicate nature of the mouth, jaw, and throat structures affected by head and neck cancers drives the need for multiple specialists focusing on each aspect of your care. Our medical and radiation oncologists work side-by-side with the head and neck surgeons, reconstructive surgeons, oral and maxillofacial surgeons, nurse practitioners, nurses, speech and swallowing therapists, and nutritionists with the goal of maximizing your treatment, while minimizing toxicity. This includes a concentrated effort on preserving both form and function of these sensitive areas, and mitigating side effects.

Our medical and radiation oncologists employ the most effective medication and modalities to help every patient live cancer free for as long as possible. Recognizing these are tough treatments, we have initiated a vigilant **Medical and Radiation Oncology Surveillance Program** during and post-treatment to monitor side effects and an aggressive and unique **Hydration Program** to avert unnecessary hospitalizations and treatment delays and maximize outcomes.

Highlights of our **Medical and Radiation Oncology Service** include:

- Utilization of the most effective medication available
- State-of-the-art technology
- Aggressive Hydration Program
- Innovative Surveillance Program
- HPV-related Oropharyngeal Cancer Program
- Experts who have authored journal articles
- A support team who will be with you through the entire process

The goal is to treat each head and neck cancer aggressively, while minimizing symptoms throughout this process.

“Our team serves as your coaches and cheerleaders to get you through this time,” notes Kevin Wood, MD, Medical Oncologist. “Watching patients live long lives cancer free is the most rewarding part of the job, and we take all measures we can to get you there.”



Dr. Marita S. Teng, Professor of Otolaryngology at Mount Sinai, and Dr. Kevin Wood, Hematologist/Medical Oncologist at Valley–Mount Sinai.

## CUTTING-EDGE RESEARCH AND CLINICAL TRIALS

### Bringing insights and the latest treatments to New Jersey patients with complex cancers through clinical trials

At the Mount Sinai Head and Neck Cancer Research Program, a dynamic team of physician-scientists, biologists, and researchers uses a multidisciplinary approach to translational and clinical research. This unique program, which has been in existence for more than 20 years, was established as one of the first of its kind dedicated to understanding head and neck cancers.

The program evolved into one of the world's foremost resources for dormant tumor cell studies and HPV-related oropharyngeal cancer research. The clinical research portfolio has significantly expanded with nearly 100 active translational and clinical trials. Featured areas of study include:

- **TransOral Robotic Surgery (TORS)**, including the reduction of medical oncology after TORS, enhancing the optical imaging in the robotic technology and quality of life studies
- **HPV-related head and neck cancer studies**, such as the MOUTH HPV study aiming to better understand risk factors, transmission of the virus, and the duration of the infection
- **Immunotherapies** including a study of the efficacy of cemiplimab to provoke the immune system to recognize the tumor as foreign and ultimately destroy any residual cells, mitigating metastatic disease

Patients in New Jersey have access to research findings and clinical trials through the Mount Sinai Head and Neck Institute at Valley.

## EXTRAORDINARY HEAD AND NECK CANCER CARE TEAM

Offering the expertise of world leaders in head and neck cancer treatments to New Jersey residents

Whether in Paramus or in Manhattan, the Head and Neck Institute's multispecialty team excels in providing outstanding, coordinated clinical care, clinical trials, and support services for patients and their families, addressing each patient's unique needs.

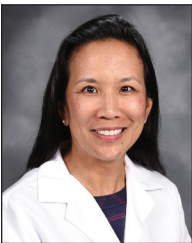
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**Eric M. Genden, MD, FACS, MHCA**, is the Isidore Friesner Professor and Chair of Otolaryngology - Head and Neck Surgery, Senior Associate Dean for Clinical Affairs, and Professor of Neurosurgery and Immunology at the Icahn School of Medicine at Mount Sinai. He is Chair of Otolaryngology - Head and Neck Surgery, Executive Vice President of Ambulatory Surgery, and Director of the Head and Neck Institute at the Mount Sinai Health System.

Internationally recognized as a leader and innovator in the management of oropharyngeal cancers and microvascular reconstruction of the head and neck, Dr. Genden was the first in New York to treat oral and throat cancers with TransOral Robotic Surgery (TORS). Today, the Mount Sinai Head and Neck Institute houses the largest Robotic Surgery Program for head and neck cancers in the country, and treats more head and neck oncology patients than any other hospital or hospital system in New York, restoring physical health and well-being to thousands of patients.

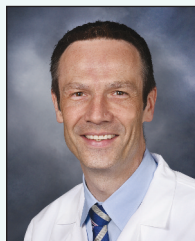
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**Marita S. Teng, MD**, is Professor of Otolaryngology at the Icahn School of Medicine at Mount Sinai and Head and Neck Surgeon at Mount Sinai's Head and Neck Institute. Dr. Teng is also the Residency Program Director for the Department of Otolaryngology at the Icahn School of Medicine, one of the top training programs in the country. Dr. Teng is an expert in head and neck surgical oncology, reconstructive surgery of the head and neck, and salivary gland diseases and

tumors. She is one of few surgeons in the Northeast performing minimally invasive sialendoscopy for the removal of salivary stones.





**Chad DeYoung, MD**, serves as Co-Medical Director of the Department of Radiation Oncology and Gamma Knife program at Valley–Mount Sinai Comprehensive Cancer Care. He is a Clinical Assistant Professor of Radiation Oncology, Icahn School of Medicine at Mount Sinai. Dr. DeYoung’s areas of specialization and expertise include gamma knife radiosurgery, stereotactic radiation, motion management during radiation treatment, and Intensity Modulated

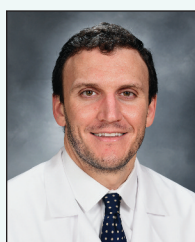
Radiation Therapy, especially as they pertain to diseases of the brain, head and neck, breasts, and lungs.

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**Thomas Kole, MD, PhD**, Radiation Oncologist at Valley–Mount Sinai Comprehensive Cancer Care, and Clinical Assistant Professor, Radiation Oncology, Icahn School of Medicine at Mount Sinai. Dr. Kole is board certified in radiation oncology. His areas of specialization and expertise include gamma knife radiosurgery, radiation oncology, stereotactic radiosurgery, benign and malignant brain tumors, trigeminal neuralgia, and arteriovenous malformations.

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**Kevin Wood, MD**, Hematologist/Medical Oncologist at Valley–Mount Sinai Comprehensive Cancer Care, and Clinical Assistant Professor, Medicine, Icahn School of Medicine at Mount Sinai. Dr. Wood is board certified in internal medicine, medical oncology, and hematology. Specialty trained in head and neck malignancies at the University of Chicago under the mentorship of world leader in head and neck cancer treatment Dr. Everett Vokes, he strives to

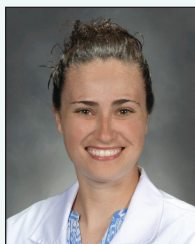
provide the most efficacious treatments to optimize outcomes and minimize symptoms. Dr. Wood conducts and publishes research on improving head and neck cancer outcomes with a recent focus on immunotherapy and targeted therapy.

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**Leigh Slagle, RD**, Registered Dietitian, The Valley Hospital. Leigh’s areas of interest are nutrition management and helping people improve their health through proper nutrition. She stays up-to-date on the latest information and practice guidelines in the field of Nutrition and Dietetics. She especially enjoys the opportunity to work with patients undergoing cancer treatment and being part of the team that contributes to their recovery.

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**Olivia Bell**, Supervisor, Speech-Language Pathology and Occupational Therapy, The Valley Hospital

The Department of Speech-Language Pathology is comprised of master's level Speech-Language Pathologists who offer a wide variety of diagnostic and treatment services for patients with head and neck cancer. Commonly treated disorders that may be the result of chemo/radiation treatment or surgery include: swallowing difficulties, trouble with speech clarity/precision, cognitive and language deficits, and voice disorders. Our therapists are proficient in performing Modified Barium Swallow Studies to objectively assess swallowing abilities/safety. We offer specialized services such as Myofascial Release to improve range of motion and reduce pain.

The Department of Occupational Therapy is comprised of licensed clinicians who hold a bachelor's or master's level degree in the field. Our therapists provide an array of services for patients with head and neck cancer including cognitive/visual rehabilitation, lymphedema, shoulder/upper extremity stiffness, energy conservation strategies to decrease fatigue, and home safety. Through comprehensive and customized evaluations and treatment programs, our therapists aim to improve the ability for patients to carry out activities of daily living. Our services are also geared toward providing recommendations and training in the use of adaptive equipment to replace lost function, and to provide guidance to family members who may be caring for individuals with head and neck cancer.



**Kristin Ryffel**, Manager, Outpatient Rehabilitation Medicine, The Valley Hospital

The Physical Therapy Department provides a variety of therapeutic treatments and procedures designed to strengthen muscles, promote healing, relieve pain, restore function, and decrease fatigue, all while providing a safe return to daily activities. Our licensed and compassionate therapists help patients achieve the best possible outcomes by using their clinical expertise and hands on skills to design and carry out a comprehensive and individualized approach to treatment. The Physical Therapy Department can offer individuals of this population special care for neck or shoulder dysfunction, pain or issues with the temporal mandibular joint (TMJ), treatment for headaches stemming from the neck or symptoms radiating into the extremities, and reduction in dizziness and balance issues for vestibular disorders.

## HOW TO REACH US

Access to experts at the Mount Sinai Head and Neck Institute at Valley is easy

### To schedule an appointment

- Call our Patient Services team at **201-634-5656**
- Visit [www.mountsinai.org/headandneck](http://www.mountsinai.org/headandneck) and click onto “Request an Appointment”

### If you are a referring physician or physician’s assistant

- Call Physician Access Services at **1-800-TO-SINAI (1-800-867-4624)** to make a referral

### Otolaryngology Telehealth Program

We understand some patients might have tight schedules or long commutes. To accommodate everyone – new and follow-up patients – we offer a comprehensive Otolaryngology Telehealth Program. Our team will walk you through the process of getting a rapid appointment from the convenience of your couch! Patients have relayed terrific feedback about this video visit option, which can start the conversation about your condition and determine the next treatment step. To get started, call our office at 201-634-5656, or email us at [ENTtelemedicine@mountsinai.org](mailto:ENTtelemedicine@mountsinai.org).

### WE ARE LOCATED AT

Valley–Mount Sinai Comprehensive Cancer Care  
The Robert & Audrey Luckow Pavilion  
One Valley Health Plaza  
Paramus, NJ 07652

### **Section 1557 – Notice of Nondiscrimination**

The Valley Hospital complies with applicable Federal civil right laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, please visit [ValleyHealth.com/Nondiscrimination](http://ValleyHealth.com/Nondiscrimination).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 201-447-8169 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 201-447-8169 (TTY: 711)。

### **The Mount Sinai Head and Neck Institute at Valley**

The Robert & Audrey Luckow Pavilion  
One Valley Health Plaza  
Paramus, NJ 07652

201-634-5656

[ValleyHealth.com/Oncology](http://ValleyHealth.com/Oncology)

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**COMPREHENSIVE CANCER CARE**