

# NEW YORK

## THE BEST HOSPITALS

NOVEMBER 20, 2006

### OVERALL BEST HOSPITALS

	<u>POINTS</u>
1 New York-Presbyterian Hospital .....	5,088
2 Mount Sinai Medical Center .....	3,298
3 NYU Medical Center .....	3,031
4 Memorial Sloan-Kettering Cancer Center .....	2,253
5 Yale-New Haven Hospital .....	1,447
6 Montefiore Medical Center ...	1,375
7 Hospital for Special Surgery ...	1,114
8 Hackensack University Medical Center .....	1,077
9 North Shore University Hospital .....	896
10 Long Island Jewish Medical Center .....	783

### ALZHEIMER'S DISEASE

#### New York-Presbyterian Hospital

There's no cure for Alzheimer's, so a patient's best hope is to be seen at a hospital known for cutting-edge research and access to the latest clinical trials. An Alzheimer's Disease Research Center and one of three Alzheimer's Disease Centers in New York (the designations are federal and state marks of excellence), **New York-Presbyterian's Taub Institute** (at Columbia University Medical Center) has one of the largest DNA Alzheimer's databases in the world. Containing the genetic fingerprints of 1,000 families affected by late-onset Alzheimer's, the database is considered a uniquely promising tool for unlocking the secrets of the disease and perhaps finding a cure. Led by **Dr. Richard Mayeux** and **Dr. Michel Shelanski**, Taub Institute doctors are involved in studies that promise immediate benefits as well. In one recent clinical trial, Mayeux demonstrated that maintaining a Mediterranean diet can slow the progression of Alzheimer's and in some cases prevent it. "From a research point of view, Taub Institute stands out," says Dr. David Knopman, a professor of neurology at the Mayo Clinic and an investigator at the Mayo Alzheimer's Disease Research Center. New York-Presbyterian's Memory Disorders Program (at Weill Cornell) is another leading research facility. Program director Dr. Norman Relkin is currently heading a study involving human antibodies called intravenous immunoglobulin. The antibodies (FDA-approved, though not for Alzheimer's) have been shown to latch

onto and draw out certain proteins that cause the loss of memory and cognitive ability that characterize Alzheimer's. The experimental therapy, which it's hoped could someday lead to an Alzheimer's vaccine, recently received significant National Institutes of Health funding. New York-Presbyterian has the latest diagnostic tools, including advanced brain imaging and molecular diagnostic testing, which are essential for detecting the disease early (early detection can slow Alzheimer's progression and improve a patient's quality of life). And the hospital's world-class team of neurologists, neuropsychologists, and social workers has a reputation for providing thorough and sensitive care to help patients cope with Alzheimer's debilitating effects.



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