

Volume 1

# The Mount Sinai Million Health Discoveries Program

Biannual Newsletter | August 2023

## A MESSAGE FROM OUR PRINCIPAL INVESTIGATORS

Drs. Alexander W. Charney & Girish N. Nadkarni



Dear Mount Sinai Million Participants, welcome to the latest edition of our bi-annual newsletter! Your continued partnership and dedication to this historic study are deeply appreciated. We hope you enjoy learning about the exciting progress we've made since the study has started.



## STUDY HIGHLIGHTS



### Recruitment Sites Are Expanding

We are officially recruiting at 5 hospitals and many clinics within the Mount Sinai Health System and are planning to add additional locations in Brooklyn soon.



### Enrollment Status Growing

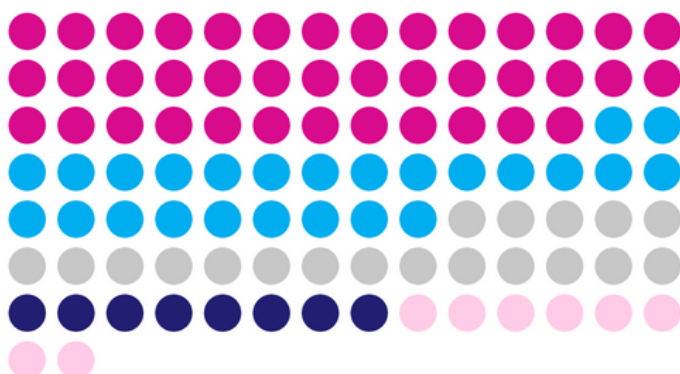
We are excited to announce a remarkable milestone in our study, as we have successfully obtained over **16,000 enrollments** in just one year!



### Embracing Diversity

We are committed to ensuring equal representation of all demographics in our study. The graph below illustrates the various groups that have been included to achieve this goal:

■ White (40.05%) ■ Hispanic/Latino/Spanish (24.64%)  
■ Black, African American, African (19.32%) ■ Asian (8.25%)  
■ Other (7.74%)



## Study Progress UPDATE



### E-CHECK IN LAUNCH AVAILABLE TODAY

Mount Sinai patients will now have the option to consent during the e-check-in process through the MyMountSinai app and in-office kiosks at the Mount Sinai Doctors – East 85th Street and Mount Sinai – Union Square locations.



### SPANISH CONSENT OCTOBER 2023

Patients who are more comfortable consenting in Spanish can now do so either through the study website or with one of our research coordinators.



### PEDIATRICS COHORT LAUNCH

NOVEMBER 2023

We are aiming to launch the pediatrics cohort to recruit Mount Sinai patients who are under the age of 18 years old.



### BROOKLYN RECRUITMENT SITE

BY JANUARY 2024

We are excited to launch the Mount Sinai Brooklyn site by January 2024.

## BY THE NUMBERS

as of 09/01/2023

Participants Enrolled

16,655