

## **Patricia A. Bloom MD**

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Patricia A. Bloom, MD is a Clinical Associate Professor of Geriatrics at the Icahn Medical School of Mount Sinai, a past Vice Chair of the Brookdale Department of Geriatrics and Palliative Medicine at Mount Sinai Medical Center in New York, NY, and previously the Director of Integrative Health for the Martha Stewart Center for Living at the Mount Sinai Medical Center. She also previously served as an Associate Director of Internal Medicine at St. Luke's/Roosevelt Hospital Center (now Mount Sinai St. Luke's/West), Program Director of the Internal Medicine Residency Program at St. Luke's, and Chief of Geriatric Medicine at St. Luke's/Roosevelt.

Her major interests include integrative health and health promotion, stress reduction, and Mind Body Medicine. She is a certified teacher of Mindfulness-Based Stress Reduction (MBSR), a curriculum developed by Dr. Jon Kabat-Zinn at the University of Massachusetts over 40 years ago and now used in over 750 health centers around the world. She teaches meditation and MBSR for patients and health care professionals at the Mount Sinai Medical Center, teaches mindfulness for professional and workplace groups (The Asia Society, Rockefeller University, the UN Population Council), is involved in research concerning the benefits of mindfulness, and lectures widely on integrative medicine and the science of meditation. She was listed on New York Magazine's list of "Best Doctors" for 15 years, and in 2012 was awarded the Mount Sinai Physician of the Year Special Recognition Award. In 2012 she was also honored by the New York City Zen Center for Contemplative Care for her work in advancing integrative medicine in academic settings. In 2013 she was a Sidney Katz Professor of the Columbia University Stroud Center at numerous academic and clinical centers investigating mindfulness in England.