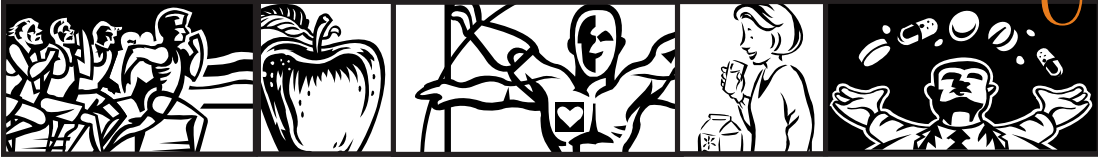


Fall 2005



Stony Brook

Better Health Better Living



STONY BROOK



UNIVERSITY HOSPITAL
Smart Medicine. Expert Care.

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SBUH Physicians Named as New York's BEST



A record-breaking number of Stony Brook University Hospital physicians have been designated among the best in the June 13 issue of *New York Magazine's* "Best Docs In New York" edition. A total of 27 Stony Brook physicians are featured including pediatric specialists Robert Parker and Margaret Parker, who happen also to be husband and wife. In addition to the impressive listing the magazine also highlighted as one of its ten "Miracles" stories the remarkable work performed by pediatric neurosurgeon Michael Egnor and his team, who treated two-year old Bobby Palange, saving the young boy's life and minimizing the brain damage suffered after he was accidentally run over by the family SUV last February.

New York Magazine's "Best Doctors" list is a collaboration of the magazine and Castle Connolly Medical, a research and publishing company. The selection process is based on questionnaires sent to 16,000

top physicians in the New York area. The Castle Connolly staff conducts hundreds of telephone interviews with leading specialists, chiefs of service, and other hospital personnel. Criteria include training, clinical skills, interpersonal skills, education, residency, board certifications, professional reputation and other factors.

Stony Brook University Hospital's "Best Docs"

- Carole Agin**, Pain Management
- Mary Andriola**, Pediatric Neurology
- David A. Baker**, Obstetrics/Gynecology
- Thomas Biancaniello**, Pediatric Cardiology
- David L. Brown**, Interventional Cardiology
- Eva Chalas**, Gynecologic Oncology
- Harris L. Cohen**, Diagnostic Radiology
- Patricia K. Coyle**, Neurology/Multiple Sclerosis
- Deborah M. Davenport**, Obstetrics/Gynecology
- Raphael P. Davis**, Neurological Surgery
- Richard N. Fine**, Pediatric Nephrology
- Marie Gelato**, Endocrinology, Diabetes & Metabolism
- Martin S. Karpeh**, Surgery
- Arthur Klein**, Infectious Diseases

- Dorothy S. Lane**, Preventive Medicine
- Brian O'Hea**, Surgery
- Margaret Parker**, Pediatric Intensive Care
- Robert I. Parker**, Pediatric Hematology/Oncology
- John C. Pomeroy**, Child and Adolescent Psychiatry/Autism
- Lesley Rechter**, Family Medicine
- Michael Richheimer**, Allergy & Immunology
- John Ricotta**, Surgery (Vascular)
- Maisie L. Shindo**, Surgery
- Stephen C. Vlay**, Cardiology
- Deborah M. Weisbrot**, Child & Adolescent Psychiatry
- Thomas Wilson**, Pediatric Endocrinology
- Michael Zema**, Cardiology

Stony Brook's Chest Pain Center Receives Accreditation

Stony Brook University Hospital's Chest Pain Center has received full accreditation status from the Society of Chest Pain Centers' Accreditation Review Committee — making it only one of five accredited Chest Pain Centers in New York State and the 127th in the nation.

Carolyn Santora, RN, MS, associate director of Critical Care Nursing at the hospital, notes, "We are very pleased to receive this designation from the Society of Chest Pain Centers. It validates the collaborative teamwork, which has focused on improving outcomes for cardiac patients. The efforts of our dedicated, clinically expert cardiac staff have led to the honor of being the first accredited Chest Pain Center on Long Island."

The Chest Pain Center's protocol-driven and systematic approach to patient management allows physicians to reduce time-to-treatment during the critical early stages of a heart attack, when treatments are most effective, and to better monitor patients when it is not clear whether they are having a coronary event. Such observation helps ensure that a patient is neither sent home too early nor needlessly admitted.

With the rise of Chest Pain Centers came the need to establish standards designed to improve the consistency and quality of care provided to patients. The Society's accreditation process ensures centers meet or exceed quality-of-care measures in acute cardiac medicine. The Chest Pain Center at Stony Brook has demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluations by a review team from the Society of Chest Pain Centers.

"It is gratifying that the hard work, collaborative efforts and care of the multidisciplinary Emergency and Heart Center team is successfully providing vital, expert heart care to our community," says William E. Lawson, MD, medical director of the Chest Pain Center at Stony Brook University Hospital.

OBESITY

A Difficult Problem to Get Our ARMS AROUND

By Peter J. Morelli, M.D., F.A.C.C.

America is under siege. Not by fundamental fanatical terrorist groups, but instead by something that is slow moving, subtle, pervasive and affects one out of five children and one out of two adults. The offender is obesity. Discovering answers to such questions as to who is at risk for obesity, how it can be detected and how it can be abolished is crucial to many epidemiologists and preventive health specialists, especially since our societal health is increasingly impacted by obesity-related illnesses. Having a body-mass index (BMI) greater than two standard deviations above normal may result in chronic disease closely approaching the health risks associated with long-term cigarette smoking.

(continued on page 5)

October

Community Education
Calendar, Fall 2005



DIABETES SELF-MANAGEMENT EDUCATION CLASSES

A comprehensive 3-day educational program covering meal planning, blood glucose monitoring, exercise, use of medications, acute and chronic complications, stress, travel, vacationing and community resources. Insurance accepted where applicable.

October 3, 4 & 5
9 am – 12 noon

Stony Brook Technology Park

OSTEOPOROSIS: AN INTEGRATIVE APPROACH TO PREVENTION AND MANAGEMENT

The Division of Wellness and Chronic Illness in the Department of Family Medicine is conducting a series of three group visits focusing on the prevention and management of osteoporosis. Participants will be examined and evaluated individually to assess risk of fracture and determine if bone loss management is optimal. Group visits will review osteoporosis in an integrative, holistic fashion focusing on measures that may be added to conventional treatment such as nutrition with whole foods, supplements, yoga, and exercise to improve hip and spine bone density. Conventional monitoring techniques and medical interventions with hormone replacement therapy and drugs will be thoroughly reviewed and discussed. Most insurance plans accepted with appropriate co-payment for each visit.

Wednesdays, October 5, 12 & 19,
4:30 – 6:30 pm

Stony Brook Technology Park
Fee

BREAST CANCER EDUCATION

New Developments in Breast Radiation

For men and women who have been diagnosed with breast cancer and for the general public, this ongoing support group sponsored by The Carol M. Baldwin Breast Care Center features specialist guest speakers who offer information on a variety of topics.

Wednesday, October 5
7 – 9 pm

Speaker: Allen G. Meek, MD
Holiday Inn Express
Stony Brook
Free

PREGNANCY EDUCATION CLASSES

For women delivering at Stony Brook University Hospital, these classes promote optimal maternal, fetal and newborn health. Topics of discussion include "Staying Healthy During Pregnancy," "Breast Feeding & Infant Feeding Choices," "Preparing for Labor & Delivery" and "Taking Care of Yourself and Baby at Home." Registration is required.

Thursdays, October 6, 13 & 20
11 am – 12 noon

Stony Brook University Hospital
Free

2ND ANNUAL JUMP FOR A CURE

Calverton's Skydive Long Island is the site to gather if you're a jumping enthusiast and want to take an air-dive to support a cure for cancer and Stony Brook University Hospital's GIFT program. GIFT provides comforting amenities, educational and support resources for patients treated at Stony Brook University Hospital. All are welcome to participate, including beginners who will jump in tandem with an instructor. In case of inclement weather, the event will be held on Sunday, October 9. For more information visit

www.skydivelongisland.com
or call HealthConnect®.

Saturday, October 8
9 am – Dusk
Skydive Long Island
Calverton, NY

INFANT AND CHILD MASSAGE CLASSES

This 3-session program conducted by a licensed massage therapist and certified infant/child massage therapist instructs parents in massage techniques to soothe a cranky baby, reduce stress and pain, relieve symptoms of gas and colic and develop crucial bonding skills. Classes for premature or medically fragile babies are also available. Children of all ages welcome. Bring baby or doll and a small blanket.

Tuesdays, October 11, 18 & 25
10 – 11 am

Stony Brook Technology Park
Fee: \$60

CANCER EDUCATION PROGRAM

Coping with Colon and Rectal Cancer

This educational series is presented by the Department of Social Work Services and the Long Island Cancer Center at Stony Brook University Hospital for people undergoing cancer treatment and their families. Registration is required.

Wednesday, October 11
7 – 9 pm

Speaker: David Rivadeneira, MD
Holiday Inn Express, Stony Brook
Free

CUT FOR A CURE

Support amenities for people with cancer and Stony Brook University Hospital's GIFT program, by participating in "Cut for a Cure" when local salons across Long Island will donate 100% of their profits from haircuts, coloring or manicures to support programs that benefit people undergoing treatment for cancer and their families. Participating salons include: Symmetry – 631.751.6363 Stony Brook; Celestial Hair Gallery – 631.863.0072; Denise Lee Salon Spa – 631.941.3505; T. Carlton's Studio – 631.584.9595 and others. For a complete listing of participating salons, call HealthConnect®.

Sunday, October 16
11 am – 4 pm

17TH ANNUAL 5K RUN/WALK FOR CHILDREN

Run for Children benefits the Child Life Program at Stony Brook University Hospital. Proceeds from the run go toward the purchase of new games, toys, movies and playroom supplies, and fund special activities such as Animal Assisted Therapy, patient birthday parties and much more!

For online registration, go to www.Active.com. Online registration closes 10/13. Registration on the day of the Run/Walk begins at 7:30 am.

Sunday, October 16
8 am
Gelinas Jr. High School
25 Mud Rd., Setauket
Fee: \$15 (pre-registration)
\$20 (day of run/walk)

REFERRED NECK & BACK PAIN SEMINAR

The Spine and Scoliosis Center at Stony Brook University Hospital, which specializes in the diagnosis of various spinal conditions, offers free informative seminars on back and leg pain and neck and arm pain. The seminar covers the anatomy of the back and neck, various conditions that cause pain, and treatment options. Refreshments will be served. Space is limited and registration is required.

Monday, October 17
6:30 pm

The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
Free

CANCER EDUCATION PROGRAM

Balancing Patient's and Family's Needs-Utilizing Your Supports

(See October 11 description)

Wednesday, October 18
7-9 pm

Speaker: JoAnn McCaslin, MSW, LCSW
Holiday Inn Express
Stony Brook
Registration required
Free

5TH ANNUAL FALL FASHION FESTIVAL

Stony Brook University Hospital doctors Noshir Dacosta, Allen Meek, Brian O'Hea, Martin Karpeh and Raja Jaber and others will grace the catwalk as celebrity models during this annual fashion show to benefit women's cancer programs at University Hospital. Along with the main event, the evening includes a cocktail hour, live entertainment, full course dinner, DJ and raffle auction.

Wednesday, October 19
6:30 – 10:30 pm
Villa Lombardi's, Holbrook
Tickets: \$50



TARGET FITNESS WEIGHT MANAGEMENT PROGRAM

Day & Evening Programs

Designed for adults with weight management or other health related problems such as type 2 diabetes, hypertension or high cholesterol, this 12-week program consists of weekly one-hour sessions that will guide participants through individualized strategies and goals, to develop research-based skills to facilitate gradual and permanent weight loss. **For more information call HealthConnect® at 631.444.4000.**

PROGRAMS FOR 2006

TUESDAYS, January 10, 17, 24, 31; February 7, 14, 21, 28;
March 7, 14, 21 & 28

12 noon – 1 pm
Stony Brook University Hospital
Fee: \$180

TUESDAYS, January 24, 31; February 7, 14, 21, 28; March 7, 14, 21, 28;
April 4 & 11

5:30 – 6:30 pm
Stony Brook Technology Park
Fee: \$180

THURSDAYS, January 26; February 2, 9, 16, 23; March 2, 9, 16, 23, 30;
April 6, & 13

12 noon – 1 pm
Stony Brook University, Student Activities Center

TARGET FITNESS ...ON THE ROAD

Have this highly successful program come to you!

Programs can be set up for groups of 10 or more at the workplace or for community organizations.

For more information call HealthConnect® at 631.444.4000.

LOOKING TO Kick the Habit?

For information on Smoking Cessation Programs,
Call **HealthConnect® at 631.444.4000**

WOMEN'S HEALTH LECTURE SERIES

Update of Changing Technology in Women's Health Management

Sponsored by Stony Brook University Hospital's Department of OB/GYN and Reproductive Medicine, this lecture series provides up-to-date information on topics important to women of all ages and features selected speakers. Pre-registration is required.

Wednesday, October 19
7 – 8:30 pm

Speaker: Adam P. Buckley, MD
Middle Country Public Library, Selden

AUTISM EDUCATION

Autism Research at the Cody Center

One of the primary goals of the Stony Brook University's Cody Center for Autism and Developmental Disabilities is to promote research into the causes, diagnosis, prevention, and treatment of autism and other developmental disabilities. The Cody Center's extensive patient database is providing a rich resource for a variety of research endeavors, some of which include studies of brain structure and function (neuroimaging), genetic investigations, assessment procedures for diagnosis, screening measures for emotional and behavioral problems, and studies of psychiatric comorbidity. This workshop will describe development of the Cody Center's Research Core, present investigations, and future directions.

Thursday, October 20
7 – 9 pm

Speaker: Carla DeVincent, PhD
Stony Brook University, Endeavor Hall

CANCER EDUCATION PROGRAM

The Importance of Good Nutrition

(See October 11 description)

Wednesday, October 25
7 – 9 pm

Speaker: Gretchen Garlow, RD
Holiday Inn Express
Stony Brook
Registration required
Free

SMITH HAVEN MALL WALKERS

Sponsored by Stony Brook University Hospital, the Mall Walkers Club meets the last Wednesday of every month and provides refreshment and blood pressure screening starting at 8 am followed by an informative lecture at 9 am.

Wednesday, October 26

"The Health Care Proxy"
Speaker: Geoffrey O'Connell, LCSW-R
Smith Haven Mall, Food Court
Free

BREAST CANCER UPDATE FOR THE COMMUNITY

This annual update for the community features a series of brief lectures by healthcare experts from Stony Brook University Hospital and the Carol M. Baldwin Breast Care Center and includes educational exhibits to promote breast health awareness. A light supper is included. Seating is limited and registration is required.

Thursday, October 27
6 – 9 pm

Ward Melville Heritage Organization
Educational & Cultural Center
Stony Brook Village Center
Registration required
Free



Better Health Better Living Stony Brook

CHILDHOOD HEARING LOSS

— a “Silent Condition”

By Mary Bradley, Au.D CCC-A

Normal hearing is essential for children to develop adequate speech, language, cognitive and social skills. Therefore, it is necessary to identify infants and children with hearing loss as early as possible to help prevent any negative developmental consequences. Hearing loss is considered a “silent condition” because, unlike other physical anomalies, it cannot be recognized by observation. Even the most astute parents will often be unable to detect hearing loss in their infant or young child until development has already been affected.

There are three types of hearing loss:

Conductive hearing loss occurs when there is a problem in the ear canal or middle ear such as ear wax, ear infections or a disruption in one of the tiny bones that transmit sound. Ear wax and ear infection cause a temporary hearing loss; however, a bone disruption results in a permanent or semi-permanent hearing loss.

Sensorineural hearing loss results from damage to the inner ear (cochlea) or hearing nerve. Causes of this type of hearing loss may be heredity, trauma, infection, medication and/or complication during or after birth. Sometimes the cause is unknown. Sensorineural hearing loss is almost always permanent.

Mixed hearing loss is when both conductive and sensorineural hearing loss are present at the same time.

The incidence of permanent hearing loss in newborns is estimated at two to four per 1,000 births. New York and 38 other states require hearing screenings for newborns prior to hospital discharge. The goal is for early detection and intervention by or before six months of age. Infants with hearing loss identified early in life have been shown to have normal to near normal language development, while identification later in life results in permanent language delays.

The Audiology staff at Stony Brook is dedicated to serving the families and children of Suffolk County with their hearing care needs. Mary Bradley, who has been with the hospital for 14 years, is the Director of Speech and Hearing. She earned her Doctoral degree in Audiology from the University of Florida and Master's degree from Hofstra University.



Infants are screened at Stony Brook University Hospital using tests called Otoacoustic Emission (OAE) and Auditory Brainstem Response (ABR). These are simple, quick screening tests that pose no risks to the baby. Although 97 to 98 percent of infants pass the hearing screening done at the hospital, a small number require follow-up testing after discharge.

Infants that pass the screening may occasionally develop a hearing loss later in infancy or childhood. Some children may be at a greater risk for progressive (later onset) hearing loss. Risk factors include:

- Parental or caregiver concern regarding hearing and/or speech
- Family history of permanent childhood hearing loss
- Condition or syndrome associated with hearing loss
- Infections during pregnancy such as cytomegalovirus, herpes, rubella, syphilis and toxoplasmosis
- Problems at birth including severe jaundice or breathing problems requiring long-term oxygen like ECMO.
- Infections after birth such as bacterial meningitis
- Head trauma
- Frequent ear infections

As a precaution, children with one or more of these conditions should have routine hearing assessment by an audiologist.

Parental concern is a major reason that children are seen for hearing evaluation. Signs and symptoms parents should watch for include the child not responding to sound, requesting to have things repeated, saying “what” often, expressing difficulty in hearing, talking excessively loud or quiet, being inattentive at home or at school and demonstrating slow speech and language development.

Most children evaluated in Stony Brook University Hospital's Speech and Hearing Department are seen due to concerns about speech and language delay or ear infections. While the results from hearing testing are typically normal or reveal a temporary hearing loss, children diagnosed with a permanent hearing loss require more extensive testing and management.

An infant or child identified with hearing loss will need a full medical evaluation by an Otolaryngologist or ENT (a medical doctor that specializes in conditions of the ear, nose and throat). The ENT physician will determine if medical treatment is possible and may recommend other evaluations such as Ophthalmology, Genetics, X-rays, blood work or urine analysis. Children diagnosed with permanent hearing loss may be fit with hearing aids when appropriate. A qualified and knowledgeable pediatric audiologist should be available to guide the family through the process, including proper hearing aid fitting, choosing therapeutic and school programs and family counseling, when needed.

Cochlear implantation is an advanced technology available for children with severe to profound sensorineural hearing loss who are 12 months of age or older. An electrode is surgically implanted into the cochlea. An external receiver (worn behind the ear similar to a hearing aid) captures, processes and transmits the sound to the electrode in the cochlea. A cochlear implant helps the child to develop better speech and language skills. Early implantation results in improved outcome, so that most children can be mainstreamed by the time they reach school age. ■

STEREOTACTIC RADIOTHERAPY NOW AVAILABLE AT STONY BROOK UNIVERSITY HOSPITAL

By Allen G. Meek, MD

The Department of Radiation Oncology is pleased to announce the availability of stereotactic radiotherapy at Stony Brook University Hospital. This represents a substantial expansion of our current radiosurgery program and will allow stereotactically directed radiation to be applied to both intracranial and extracranial targets.

Both stereotactic radiotherapy and stereotactic radiosurgery are treatment methods that use the delivery of radiation to kill cancer cells and shrink tumors. Stereotactic, or stereotaxis, refers to a method of precisely locating specific areas for treatment. Stereotactic radiosurgery does not involve actual surgery but is used to deliver a large dose of radiation to destroy tumor tissue in the brain. For several years the Department of Radiation Oncology has performed stereotactic radiosurgery for the management of benign and malignant intracranial diagnoses, such as acoustic neuroma, primary and secondary malignant brain tumors and meningiomas. Stereotactic radiosurgery is given in a single treatment using an invasive localizing frame that is fixed to the patient's skull to provide the stereotactic localization. The radiation is provided by a conventional medical linear accelerator with appropriate accessories for beam collimation, which ensures that the rays are parallel and not diffuse.

Stereotactic radiotherapy uses essentially the same approach as stereotactic radiosurgery to deliver radiation to the target tissue. Different from stereotactic radiosurgery, which uses one large dose or single fraction of radiation, stereotactic radiotherapy uses repeated treatments or fractions. A non-invasive stereotactic localizing device, a rigid face mask, is used on the patient, allowing for the accurate delivery of these repeated treatments. With multiple fractions, higher

doses of radiation can be administered to the target with greater safety and biologic efficacy. A specialized medical linear accelerator, which has extremely fine and accurate aperture definition allowing highly precise radiation therapy, was installed for this procedure. The targets for the radiation are defined by fused MRI and CT images that are specifically performed for this procedure. Being able to place very tight margins around the targets and deliver the radiation more precisely helps to spare adjacent normal tissues.

To date Stony Brook specialists have treated over a dozen patients with intracranial benign and malignant lesions on this new unit, and a substantial expansion of the program is planned. By late summer, the stereotactic localizing device for extracranial targets will be brought on line. This will allow stereotactic radiotherapy for a variety of diagnoses such as spinal tumors, primary tumors of the prostate, pancreas and liver and metastatic lesions to the liver and adrenal glands. Clinical trials for treatments of these diagnoses are currently being developed. High efficacy and low morbidity are the goals of Department of Radiation Oncology's Stereotactic Radiotherapy Program. This program is certain to be of considerable benefit to patients with cancer on Long Island. ■

Allen G. Meek, MD is a Professor of Clinical Radiation Oncology at Stony Brook University and Chairman of Stony Brook University Hospital's Department of Radiation Oncology.



OCTOBER IS BREAST CANCER AWARENESS MONTH.

Early Diagnosis leads to better chances for survival

Breast cancer on Long Island is a special concern of women, since the Island has one of the highest rates of breast cancer in New York State, higher than the national average. The reason why isn't known. But it is known that the earlier the diagnosis, the better the chance for survival.

New to Stony Brook University Hospital is surgical oncologist and breast surgeon, Colette R.J. Pameijer, MD who has a special interest in treating melanoma and breast cancer, as well as the management of abdominal cancers and patients with advanced cases of cancer.



At Stony Brook, Dr. Pameijer works with a renowned team of multidisciplinary cancer specialists. She was fellowship trained in surgical oncology at the City of Hope National Medical Center, Duarte, Calif., a National Cancer Institute-designated Comprehensive Cancer Center. For consultations/appointments, call **HealthConnect® 631.444.4000**.

Join us for educational and awareness programs such as the **BREAST CANCER EDUCATION series' "New Developments in Breast Radiation"** featuring Allen G. Meek, MD on October 5, and the annual **"Breast Cancer Update For The Community"** featuring healthcare experts from Stony Brook University Hospital and the Carol M. Baldwin Breast Care Center on October 27.

November

NOVEMBER IS NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH.

Caring for someone with Alzheimer's Disease and need some help? See details about the **CAREGIVERS' PRACTICAL HELP WORKSHOP** in the November calendar.

CANCER LECTURE SERIES

Empowerment Through Education
Stony Brook University Hospital's Long Island Cancer Center presents the second in a continuing series of community education programs with a presentation on the current concepts in prostate cancer diagnosis. Supported in part by the Ward Melville Heritage Organization, this free program features guest speakers from Stony Brook University Hospital who are specialists in their fields, and includes a question and answer session and a light supper. Registration is required.

Tuesday, November 1
6:30–8:30 pm

"Current Concepts in Prostate Cancer Diagnosis"

Ward Melville Heritage Organization
Educational & Cultural Center
Stony Brook Village Center
Free

CANCER EDUCATION PROGRAM

Living and Coping with Cancer
(See October for description)

Tuesday, November 1
7–9 pm

Speaker: Paulet Farquharson, MSW, LCSW
Holiday Inn Express
Stony Brook
Registration required
Free

BREAST CANCER EDUCATION

Nutrition & Supplements
(See October for description)

Wednesday, November 2
7–9 pm

Speaker: Raja Jaber, MD
Holiday Inn Express
Stony Brook
Free

PREGNANCY EDUCATION CLASSES

(See October for description)

Thursdays, November 3, 10 & 17
11 am–12 noon

Stony Brook University Hospital
Free

CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

A 6-week heart disease awareness program conducted by health-care professionals aimed at providing patients, families and friends with a comprehensive overview of heart health and important information about the factors that influence heart disease. Registration is required.

Thursdays, November 3, 10, 17; December 1, 8 & 15
6–8 pm

Stony Brook Technology Park
Free

REFERRED NECK & BACK PAIN SEMINAR

(See October for description)
Friday, November 4
3:30 pm

The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
Free

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See October for description)

November 7, 8 & 9
6–9 pm

Stony Brook Technology Park

LOOK GOOD... FEEL BETTER PROGRAM



Offered in conjunction with the American Cancer Society for women with cancer undergoing treatment, this free, 2-hour beauty program is facilitated by a licensed cosmetologist.

Included are tips on skin and hair care, make up instructions and demonstrations of wig, turban and scarf use. Registration is required. Call 1.800.862.2215.

Monday, November 7
6–8 pm

Stony Brook Technology Park
Free

LEARN ABOUT ARTIFICIAL DISC REPLACEMENT

Do you suffer from lumbar degenerative disc disease? Do you continue to have debilitating low back pain despite trying conservative treatments such as physical therapy and medications? Have doctors told you that the only permanent solution is a lumbar fusion surgery? The Spine and Scoliosis Center at Stony Brook University Hospital offers a free seminar to help answer your questions and explain more about a new surgical procedure that can reduce your pain while preserving your flexibility. Registration is required.

Monday, November 7
6:30 pm

The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
Free

INFANT AND CHILD MASSAGE CLASSES

(See October for description)

Tuesdays, November 8, 15 & 22
10–11 am

Stony Brook Technology Park
Fee: \$60



Therapeutic YOGA



Tuesdays and Thursdays, 6–7:30 pm
Stony Brook University Hospital
Outpatient Physical Therapy
33 Research Way, East Setauket, NY
Fee: \$20 per session

Designed for those who would like to participate in a yoga class but are not yet medically ready to enter a community based yoga program.

For more information call **HealthConnect®** at **631.444.4000**.

STRESS MANAGEMENT WORKSHOP

The Division of Wellness and Chronic Illness in the Department of Family Medicine will be presenting a series of 5 workshops with the main focus on meditation as a core experience for stress management. Participants will be introduced to several forms of meditation including breathing techniques, the stress relaxation response, mindfulness meditation, walking meditations, heart-centered meditations and others. Other aspects of stress management discussed are sound nutrition, movement, sleep practices, time management, awareness of thought patterns and related emotions. Register early, seating for this popular workshop is limited to fifteen participants.

Wednesday, November 9, 16, 23; December 7 & 14
5:30–6:45 pm

Stony Brook Technology Park
Fee: 5 sessions/\$100

AUTISM EDUCATION

Use of Medications in the Treatment of Autism and Asperger Syndrome

Presented by Stony Brook University's Cody Center for Autism and Developmental Disabilities, Dr. Snyder, a Child and Adolescent Psychiatrist with an extensive background in treating children with autism and other developmental disabilities, will discuss issues related the use of medication to address some of the symptoms of these disorders. The workshop is geared toward parents of children with autism or Asperger syndrome, as well as professionals who work with these children.

Wednesday, November 9
7–9 pm

Speaker: James Snyder, MD
Stony Brook University
Endeavor Hall

CAREGIVERS' PRACTICAL HELP WORKSHOP

For family members and professional caregivers of patients with Alzheimer's Disease or other related dementia, this workshop will provide an overview of Alzheimer's Disease and information dealing with challenging behaviors, issues related to caregiving, community resources, legal and financial planning. Registration is required by November 4.

Friday, November 10
9 am–4 pm

Health Sciences Center, Level 2,
Lecture Hall 1
Free

WOMEN'S HEALTH LECTURE SERIES

Urinary Stress Incontinence and Other Pelvic Floor Problems

(See October for description)
Pre-registration is required.

Wednesday, November 16
7–8:30 pm

Speaker: Lauri E. Budnick, MD
Middle Country Public Library
Selden

AUTISM EDUCATION

Introduction to Sensory Integration

Presented by Stony Brook University's Cody Center for Autism and Developmental Disabilities, this lecture will describe sensory integration dysfunction (DSI) and how it impacts on an individual's daily life. It will address the major types of sensory integration dysfunction, describing the "symptoms and signs" of each difficulty. Some strategies to help deal with DSI will be presented.

Thursday, November 17
7–9 pm

Speaker: Jeanne Ganz, OTR
Stony Brook University,
Endeavor Hall

SMITH HAVEN MALL WALKERS

(See October for description)

Wednesday, November 30

"HIPAA & New Medicare Guidelines"

Speaker: Bob Eaton, JD, MBS, CHE
Smith Haven Mall, Food Court
Free



Enrich your life... Share it with others

Established in 1980, **Stony Brook University Hospital's Blood Bank** is an independent collection facility providing approximately 5,000 transfusions a year for patients with the most critical needs. If you are a regular blood donor or want to become one, consider helping people right in your own community by donating blood at Stony Brook University Hospital's Blood Bank. Blood and platelet donors, particularly type O positive and O negative donors, are in great demand as blood supplies are at emergency levels. When you give blood or platelets, your donation remains at the hospital and is given to a child or adult in need.

To donate you must be in good health, between 17 and 75 years of age, and weigh at least 110 lbs. To make an appointment to become a donor call **HealthConnect®** at **631.444.4000**.

WIC PROGRAM

Now available at

Stony Brook University Hospital

Stony Brook University Hospital's Department of Family Medicine offers the WIC program to pregnant, postpartum and breast feeding women, and children up to five years of age.

You can receive WIC even if:

- You are not a legal resident (a green card is not needed)
- You are not a U.S. citizen
- You do not have a social security number
- You or other household members work
- You get food stamps, public assistance or Medicaid
- You are a foreign student (F-1 Visa)

To find out more or to schedule an appointment call **HealthConnect®** at **631.444.4000**

Ayuda con la Inscripción de Seguro de Salud Gratis o Bajo Costo

Seguro de Salud de Adultos 19-64 de edad y niños menos de 19 años
Stony Brook University Hospital ofrece asistencia y información sobre los programas de salud Medicaid, Child Health Plus y Family Health Plus para adultos y niños. Presentaciones de información ofrecidas a grupos comunitarios como escuelas, centros de cuidado infantil, y organizaciones de salud comunitarias. Servicios son gratis y disponibles en español con cita.

Para mas informacion llame a **HealthConnect®** 631.444.4000.



December

PREGNANCY EDUCATION CLASSES

(See October for description)
Thursdays, December 1, 8 & 15
11 am–12 noon
Stony Brook University Hospital
Free

REFERRED NECK & BACK PAIN SEMINAR

(See October for description)
Thursday, December 2, 3:30 pm
The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
Free

BREAST CANCER EDUCATION Chemotherapeutics

(See October for description)
Wednesday, December 2
7–9 pm
Noshir Dacosta, MD
Holiday Inn Express, Stony Brook
Free

LOOK GOOD... FEEL BETTER PROGRAM

(See November for description)
Monday, December 5, 6–8 pm
Stony Brook Technology Park
Free



FREE 2006 Calendar

Call HealthConnect®
at 631.444.4000

For More Information on Calendar Items

Call HealthConnect®
at 631.444.4000

Free/Low-Cost Health Insurance Enrollment Assistance

Stony Brook University Hospital's Facilitated Enrollment Community Outreach Program offers enrollment assistance and information about Managed Medicaid program benefits, free or low cost health insurance for families and children, and provides educational in-service programs in both English and Spanish to community health organizations, local schools and day care centers. **For more information, call HealthConnect® at 631.444.4000.**

UNDERSTANDING PSA's...

PSA is an abbreviation for "**Prostate Specific Antigen.**" Specifically, PSA is an enzyme produced by the prostate gland that is detectable in the bloodstream. It is one of a group of substances called "tumor markers." These chemicals are normally present in the body and rise to abnormal levels in most patients with a specific type of cancer. Patients with prostate cancer usually have elevated PSA levels.

Since there are "normal" levels of PSA, every result is compared to what is statistically normal for your age, which gives an estimate of the probability of prostate cancer. The following ranges, based on age levels are normal, according to Howard Adler, MD, Medical Director of the Prostate Care Program at Stony Brook University Hospital:

Ages 40-49 2.5 ng/ml or less
Ages 50-59 3.5 ng/ml or less
60 and above 4.0 ng/ml or less

FREE Prostate Cancer Screenings



The Department of Urology offers free screenings by appointment at University Hospital and Stony Brook Medical Park. For an appointment, call the Cancer Helpline, **800.862.2215**. Free screenings are also available at the Hampton Bays Life Care Center, **631.723.5000**.

Although a normal PSA indicates a low risk, a man with a normal level can still have prostate cancer. In the same way, an abnormal level can just be an indication of non-cancerous disorders of the prostate, such as Prostatitis or BPH (Benign Prostatic Hyperplasia). This is why a digital rectal exam should always accompany the annual PSA. Suspicious nodules or lumps on a prostate, or lack of them, will help the physician further evaluate the actual PSA result.

No test can predict future events accurately, so the goal is to identify an abnormality as soon as it appears.

OBESITY (continued from page 1)

Why the sudden outburst of obesity? Ironically, it is a reflection of our wealth and success as a society. Our abundance of ample and calorie-dense foods complements our comfortable, technology-driven lives. The problem lies in the premise that our 21st century lifestyle is acting on our primitive 8000 B.C. genome. Those once protective genes that enabled us to store away needed calories and conserve energy expenditure during lean times and famine are still working—even when we are downing Big Macs and large orders of fries in the dead of winter. Our genes and environment are not in sync; they are battling each other, and the environment is "winning out," as excess calories are stored away as unneeded fat.

What do we do about it? One approach is to just accept it as a part of the greater picture of evolution. Generations to come will be more sedentary, heavier and, unfortunately, sicker. Some estimate that life expectancy will begin to actually decline in each successive generation. Obesity related morbidities, such as diabetes, obstructive sleep apnea, heart failure, stroke, gall bladder disease and many others will markedly reduce the quality of life. Let's not take this option. Since genetic manipulation is still some time away from clinical application and presents an ethical dilemma as well, the only immediate solution appears to be environmental manipulation. This means restricting the caloric intake by eating smaller portions, consuming fewer calorie dense foods, and taking in fewer total calories per day.

As many dieters know, this approach usually works only for a limited period of time. Eventually, due to powerful homeostatic controls, the body wants to conserve more energy, thus impeding further weight loss or actually causing excess weight gain.

The long-term solution to this problem is at once simple and difficult: Engage in fairly intense exercise. With respect to metabolism, the body cannot go into a "screen saver mode" if it is expending calories during routine exercise. With exercise, the body's homeostatic mechanism that once thwarted continued weight loss becomes an ally in continued weight control.

Admittedly, committing to a change of eating habit and to a routine of regular exercise often seems "easier said than done." Everywhere we turn and every advertisement we see bombards us with clever culinary artistry and enticements that tempt us—and, even more so, our children. While we are offered calorie-dense food at bargain prices marketed as "great values," we need to consider the costs of the insulin and hypertensive medication prescriptions we may

need in the future. We are products also of an enabling society, where commercial transportation has enlarged and expanded seating accommodations, where clothing is designed with loose fitting waistbands, and where cars are equipped with adjustable, moving steering wheels. Children's television programming, consisting mostly of cartoons, is available 24 hours a day, 7 days a week, 365 days a year, so that many children not only do not venture outside to play, they are exposed on average to 10,000 food-related commercials each year. Society has made it far too comfortable to remain morbidly overweight.

While we all need to be accountable for our own health considering it is our diabetes, our gallbladder disease, etc. that we are trying to prevent and not our neighbors', the average person needs some help. There is just too much societal pressure and influence on the individual that makes it far too easy to gain more weight, and suffer the consequences.

To address some of the issues that affect our ability to control our weight, I propose the following: Let there be a change in the mindset. Consider more mandated policies to limit junk food advertising to children during routine television viewing hours by perhaps providing two healthy food commercials to one junk food commercial. Think about limiting children's television programming to certain hours per day and substitute the remainder with exercise and healthy lifestyle programming. Children might then be more inclined to play outside rather than sit and watch lifestyle programming. Replace "value meals" with "reduced portion sized meals," so that you actually pay significantly less for no fries or a one-patty burger. And, take away the prize with the kids' meal so that America's children don't obsess over the meal just to get the toy. Corporations can strongly encourage their employees to exercise with mandated fitness breaks in onsite gyms because a healthier employee would most likely be a more productive employee.

Let us get our arms around the growing epidemic of obesity. We need a complete change in the paradigm because we know where the present one has taken us...it fits like a tight waistband after Thanksgiving dinner.

Peter J. Morelli, M.D., F.A.C.C., is an Associate Professor of Pediatrics in the Division of Pediatric Cardiology at Stony Brook University and Director of the Pediatric Preventive Cardiovascular Risk Program and Noninvasive Pediatric Cardiology at Stony Brook University Hospital.

OCTOBER IS LUPUS AWARENESS MONTH.

LUPUS — What it is and what you can do about it

By Fred Friedberg, PhD

Much of the following information about lupus is provided by the web site of the National Institutes of Health.

Defining Lupus

Lupus is one of many disorders of the immune system known as autoimmune diseases. In autoimmune diseases the immune system turns against parts of the body it is designed to protect, leading to inflammation and damage to various body tissues. Lupus can affect many parts of the body, including the joints, skin, kidneys, heart, lungs, blood vessels, and brain. Although people with the disease may have many different symptoms, some of the most common ones include extreme fatigue, painful or swollen joints (arthritis), unexplained fever, skin rashes and kidney problems.

While there is currently no cure for lupus, it can be effectively treated with drugs, and most people with the disease can lead active, healthy lives. Lupus is characterized by periods of illness, called flares, and periods of wellness, or remission. Understanding how to prevent flares and how to treat them when they do occur helps people with lupus maintain better health. Scientists are continuing to make great strides in understanding the disease, which may ultimately lead to a cure.

Researchers are working to determine who gets lupus and why. We know that many more women than men have lupus. Lupus is three times more common in African American women than in Caucasian women and is also more common in women of Hispanic, Asian, and Native American descent.

Lupus and Quality of Life

Despite the symptoms of lupus and the potential side effects of treatment, people with lupus can maintain a high quality of life overall. One key to managing lupus is to understand the disease and its impact. Learning to recognize the warning signs of a flare can help the patient take steps to ward it off or reduce its intensity. Many people with lupus experience increased fatigue, pain, a rash, fever, abdominal discomfort, headache, or dizziness just before a flare. Developing strategies to prevent flares can also be helpful, such as learning to recognize your warning signals and maintaining good communication with your doctor.

Staying healthy requires extra effort and care for people with lupus, so it becomes especially important to develop strategies for maintaining wellness. Wellness involves close attention to the body, mind, and spirit. One of the primary goals of wellness for people with lupus is coping with the stress of having a chronic disorder. Effective stress management varies from person to person. Some approaches that may help include exercise, relaxation techniques such as meditation, and setting priorities with respect to managing time and expending energy.

Pilot Study Beginning at Stony Brook

A pilot study of low-level exercise, stress reduction, and positive coping skills for people with the most common form of lupus, systemic lupus erythematosus or SLE is currently underway. See Research Studies on page 6 for more information.

Research Studies

For more information and to enroll call
HealthConnect® at 631.444.4000

Alzheimer's Disease Trial

The General Clinical Research Center at Stony Brook University Hospital is offering a trial of Zocor (an anti-cholesterol medication) to slow the progression of Alzheimer's Disease. While participating in this trial, eligible participants diagnosed with mild to moderate Alzheimer's Disease will continue their current treatments.

Are You Depressed? We Can Help!

Stony Brook University's Department of Psychology is conducting a six-month clinical trial involving medication, and in many cases, psychotherapy for people who have been feeling depressed (sad, down) most of the time for at least two years. All evaluations and treatments are free of charge.

Are You Overweight?

The General Clinical Research Center at Stony Brook University Hospital seeks men and women, 25-45 years of age, to participate in a research study looking at markers of pre-diabetes in overweight people. Participants will be compensated up to \$500.

At Risk For Colon Cancer Pilot Study

Colon cancer is the third most prevalent cancer in the United States. The General Clinical Research Center at Stony Brook University Hospital seeks male and females 50 years of age or older from all ethnic groups, of normal weight and in good health who are at risk for colon cancer or have had a history of colon cancer or colon polyps for a study. Eligible subjects who complete the study will receive \$70 compensation.

Do You Have Cellulite on the Thighs?

The General Clinical Research Center at Stony Brook University Hospital seeks adults (at least 18 years of age), in good health for an investigation of a new injection therapy which may dissolve cellulite of the thigh area.

HIV Clinical Trials

The HIV Treatment Development Center of Stony Brook University has numerous clinical trials of new medications or combinations of medications for the treatment of HIV. Clinical trial appointments and laboratory studies are free of charge and in most cases medications are dispensed free of charge.

How Do You Manage Your Stress During Pregnancy?

If you are in the first or second trimester of pregnancy, you may be eligible for a research study that is looking at different ways to manage stress and cope during pregnancy. Through this study, you may learn relaxation techniques, coping skills and stress reduction techniques. These skills may be useful to you during and after your pregnancy.

Levothyroxine Study

The General Clinical Research Center at Stony Brook University Hospital seeks healthy individuals ages 18-40 to participate in a research study on the absorption of Levothyroxine, a thyroid hormone, when co-administered with other medications. Compensation of \$25 per session is offered for participants.

Healthy Right-handed Boys Needed for Neuroimaging Study

Healthy, right-handed boys, ages 6-11 years, who are not on medication are needed to take part in a neuroimaging study to increase understanding of how language is processed by the brain in the presence of Autism Spectrum Disorder. The procedure does not involve any injections, use of contrast material or radiation. MRI (neuroimaging) is considered a safe procedure in children. A \$40 Gift Certificate to Borders is offered to participants for each visit.

Healthy Women Needed for Sleep Study involving Irritable Bowel Syndrome

New research suggests that sleep and metabolism may be altered in patients with irritable bowel syndrome. Healthy women ages 21-60 are needed to participate in this study. Eligible participants will receive comprehensive overnight sleep evaluations, metabolic screening, and up to \$300 compensation.

Study of Lupus and Chronic Fatigue Syndrome (CFS)

If you have Systemic Lupus Erythematosus (SLE) or Chronic Fatigue Syndrome (CFS), you're invited to participate in a non-drug self-help treatment study at Stony Brook University. The project involves the study of very low-level exercise, stress reduction and coping techniques in people with these illnesses. Participants will be compensated \$50.

Study of HIV+/AIDS and Chromium Picolinate

The General Clinical Research Center at Stony Brook University Hospital is seeking volunteers 18 years of age and older with a diagnosis of HIV+ or AIDS to research the effectiveness of Chromium Picolinate in the treatment of complications of current HIV therapy including insulin resistance, (leading to Diabetes) and possibly body fat distribution (HIV Lipodystrophy). Volunteers are offered compensation up to \$2,050 plus transportation expenses.

Study of Insulin Sensitivity in Patients with HIV+ and/or AIDS

The General Clinical Research Center of Stony Brook University Hospital is seeking volunteers 18 years of age and older with a diagnosis of HIV+ and/or AIDS to participate in a study researching insulin sensitivity in HIV (leading to diabetes) and possibly fat distribution (HIV Lipodystrophy). Participants will receive compensation up to \$2,450 plus transportation expenses.

Study to Identify New Cancer Markers

The General Clinical Research Center at Stony Brook University Hospital is seeking healthy volunteers for a study to identify new cancer markers in blood, tissue, and body fluids to develop laboratory tests that may diagnose cancers earlier and/or identify patients at risk for a poor outcome and who may benefit from more aggressive therapy than is normally recommended. Volunteers are offered compensation up to \$25 plus parking expenses.

Research Study to Understand How Nutrients Regulate the Liver

The General Clinical Research Center at Stony Brook University Hospital is recruiting adults 20-35 years of age for a research study to understand how nutrients regulate the liver in the production of albumin, a blood protein. Participants will receive compensation up to \$350.

The Impact of Prenatal OB Anesthesia Consults (POBAC) on Birth Outcomes

Volunteers are needed for a study to determine if prenatal obstetric anesthesia consults in the third trimester improves maternal and infant birth outcomes. Participants will receive compensation up to \$50.

Therapy for Couples with Depression

Stony Brook University's Marital Clinic is looking for depressed women and their husbands/partners to participate in a study funded by the National Institute of Mental Health on couples treatment for depression. Eligible couples will receive a free, 5-week couples treatment to help both partners learn more about depression and ways to cope with the stress they may be facing.

Treatment Study for Children's Behavioral Control Problems

Stony Brook University's Division of Child and Adolescent Psychiatry is conducting a study supported by the National Institutes of Health of treatment steps for children, ages 6-14, who have attention deficit hyperactivity disorder and other behavioral control problems such as aggressiveness, explosiveness and low frustration tolerance. Eligible children receive free evaluation and study treatment, including medication and help with behavioral support strategies.

Volunteers Wanted for Research on Sarcopenia

Many people are aware of losing muscle mass and muscle strength as they get older. The General Clinical Research Center at Stony Brook University Hospital seeks Seniors 60 and over in reasonably good health and young adults 20-35 years of age to participate in a research study to find out why this happens and how it might be prevented. Eligible volunteers will be compensated up to \$1600 for their participation.

Support Groups

- **ALS Support Group**
- **Alzheimer's Disease Support Group**
- **Breast Cancer Education/Support Group**
- **Brighter Faces** (for families and patients with cleft lip and palate or craniofacial anomalies)
- **Cardiac Support Group**
- **Caregivers Support** (for those with dementia)
- **Child Psychiatry Parent Support Group**
- **Circle of Caring** (loss of a child through miscarriage, stillbirth or early infant loss)
- **Diabetes Pumpers Club**
- **GASAK II—Autism Support Group** —for Grandparents
- **Gynecologic Oncology Support Group**
- **Hope for Hearts** (for parents of children with congenital heart defects)
- **ICD Support Group**
- **Little Angel Fund** (a support network for parents of Neonatal Intensive Care Unit babies)
- **Low Vision Support Group**
- **Mended Hearts**
- **Menopause Support Group**
- **Nicotine Anonymous**
- **Parent/Family Support for Children with Cancer**
- **Pregnancy Education Classes**
- **Prostate Cancer Support Group**
- **SIDS** (New York State Center for Sudden Infant Death)

For Support Group information
call **HealthConnect® at 631.444.4000**

HEALTHCARE INFORMATION



Available through Resource Centers

Visit Stony Brook University Hospital's Resource Centers for important information that can help you to make informed healthcare choices.

The Resource Centers are in two convenient locations:

**Stony Brook University Hospital
Main Entrance**

Monday through Friday, 8:30 am to 5 pm.

**Stony Brook Village Center
115 Main Street, Stony Brook**

Hours vary.

Questions about Cancer?

Stony Brook University Hospital's Cancer Helpline nurse is available two days a month to answer questions about cancer at the hospital's Health Resource Centers located in the main entrance of the hospital and at 115 Main Street, Stony Brook Village. For dates and times call **HEALTHCONNECT® at 631.444.4000.**

Stony Brook Better Health Better Living

Published by the Community Relations Department at Stony Brook University Hospital with support from the Publications Office. The information is intended to educate people about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

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