

Better Health • Better Living

STONY BROOK UNIVERSITY MEDICAL CENTER



FRED S. SGANGA, CHE, NAMED INTERIM CEO OF STONY BROOK UNIVERSITY MEDICAL CENTER



Fred S. Sganga, CHE,
Interim CEO, Stony Brook
University Medical Center

Stony Brook University and has held senior positions in healthcare administration for nearly 25 years. Since 2001, he has presided over the 350-bed LISVH, which provides skilled nursing and rehabilitative care for Long Island's Veterans. The LISVH also administers an adult day-care program for an additional 50 Veterans or their spouses. Mr. Sganga has also served as an adjunct professor in the Healthcare Administration program at Stony Brook and Hofstra University.

"Fred Sganga is an asset to any organization and we are fortunate that he has taken on this role," said Dr. Fine. "He is an excellent leader and his

Richard N. Fine, MD, Dean of the School of Medicine, has announced that Fred S. Sganga, CHE, has been named Interim CEO of Stony Brook University Medical Center.

Mr. Sganga is also the Executive Director of the Long Island State Veterans Home (LISVH) at

management qualities offer a solid measure of stability as we continue the search for a permanent CEO."

Mr. Sganga has worked in a variety of senior level healthcare positions in hospitals, nursing homes and physician practice management. He earned his Bachelor of Science Degree from Hunter College and his Masters of Public Health from Columbia University. He was honored by the Veterans Administration for his service and dedication to the veteran population with the 2004 Community Recognition Award, and he received the Metropolitan Health Administrators Association Award of Distinction in 2000, which highlighted his contributions to the advancement of healthcare administration in the Greater New York area. Mr. Sganga was elected to a three-year term as Regent for the American College of Healthcare Executives, representing Healthcare Executives all over Long Island.

"I appreciate the opportunity to serve the people of Suffolk County by leading its greatest hospital. Every day we have the ability to make a major difference in the lives of those who we serve. My goal is to exceed the expectations of healthcare consumers as it relates to their care." said Mr. Sganga.

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 **STONY BROOK
UNIVERSITY
MEDICAL CENTER**

October is National Breast Cancer Awareness Month

To learn more about the latest information and treatment offered through the Carol M. Baldwin Breast Care Center, attend the upcoming annual Breast Cancer Update for the Community on October 26, 2006. See the Community Health Education Programs and Special Events section on pages 4 and 5.

BREAST CARE PROGRAM CHAMPIONS MULTIDISCIPLINARY APPROACH

Stony Brook University Medical Center's Breast Care Program is the only comprehensive academic program of its kind on Long Island. The program champions the multidisciplinary approach and continues to grow at a rapid pace, now caring for an estimated 300 to 400 new patients with breast cancer each year. Newly diagnosed patients are presented and discussed at a weekly treatment planning conference attended by cancer specialists, offering critical multidisciplinary consultative input to this complex disease.

The Carol M. Baldwin Breast Care Center plays a pivotal role in providing key services. Breast imaging specialists perform more than 8,000 mammograms and 2,000 sonograms each year. The center, the first on Long Island to offer digital mammography, has two digital mammography machines and a specialized R-2 computerized mammogram double-checker. Breast imaging specialists are experienced in image-guided biopsy procedures, including stereotactic mammotome biopsies and ultrasound-guided core biopsies. The center is the only one in Suffolk County, and one of the few in the metropolitan region that offers MRI-guided biopsies.

Stony Brook's breast cancer surgeons were the first on Long Island to offer sentinel-node biopsy as a less invasive alternative to the standard axillary-node dissection for patients with breast cancer. Since then the sentinel-node program has grown dramatically. Breast surgeons can now implant the new mammosite intracavity balloon

device for accelerated partial breast irradiation. This technique is used instead of traditional post-lumpectomy radiation in selected patients.



Breast surgeons are available for evaluations and consultations. Radiation therapy consultation is also offered. And, while lumpectomy is the preferred option for women with breast cancer, expertise in breast reconstruction is available when needed. Breast cancer support groups and community outreach programs are coordinated through the center.

Medical oncologists provide long-term care to patients with breast cancer after surgery. They utilize novel chemotherapeutic regimens capable of dramatically improving survival. New combinations of established drugs are being studied to establish the "standard regimens" of tomorrow. In addition, oncologists provide a

valuable resource by making available phase II experimental agents under study for patients with resistant tumors.

A highly specialized genetic counselor offers consultation and support for women considering genetic testing for inheritable breast cancer. A comprehensive, highly specialized lymphedema evaluation and treatment program is offered through the Department of Physical Therapy.

In addition to clinical research projects, critical basic science research is conducted at Stony Brook University Medical Center, Cold Spring Harbor and Brookhaven National Laboratories to gain a deeper understanding of the biology of breast cancer and to develop novel breast cancer treatments. This cutting-edge basic science research and its direct link to clinical cancer care gives Stony Brook University Medical Center breast cancer specialists access to the most advanced breast cancer treatment available anywhere.

Breast Care Center Program leaders are Brian O'Hea, MD, director, Carol M. Baldwin Breast Care Center; Alex Dagum, MD, chief, Division of Plastic and Reconstructive Surgery; Paul Fisher, MD, director, Breast Imaging; Allen Meek, MD, chair, Department of Radiation Oncology; Balantray Arora, MD; John Brebbia, MD; Martyn Burk, MD; Noshir DaCosta, MD; Duc Bui, MD; Louis Merriam, MD; Roxanne Palermo, MD; Colette Pameijer, MD; Lynette LeePack-May, NP, nursing administrator; Catherine M. Tuppo, PT, Lymphedema Program; and Marcy Demsky, Genetic Counseling.



Give Life, Donate Blood

When you give blood or platelets, your donation goes directly to a child or adult in need at Stony Brook University Medical Center. 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.

November is Prematurity Awareness Month

Premature birth is a national health crisis. Premature birth is the number one killer of newborns, and babies who survive can face lifelong disabilities.



UNIVERSITY MEDICAL CENTER TO IMPLEMENT MARCH OF DIMES NICU FAMILY SUPPORTSM

When families are preparing for a new baby, no one expects anything to go wrong. However, every year approximately 1 in 10 newborns is admitted to a Newborn Intensive Care Unit (NICU) because they are born too soon, too small or with a birth defect. The hospitalization of a baby in the NICU can be one of the most frightening, confusing and overwhelming experiences a parent can face.

Now, the March of Dimes is working to offer hope and help to families with a baby in intensive care by selecting Stony Brook University Medical Center as the second site in New York State to implement March of Dimes NICU Family SupportSM. This partnership provides information and comfort to families whose babies are in the NICU, and also provides support and educational opportunities for the hospital staff. Premature birth is growing to crisis proportions and NICU Family SupportSM aims to make the journey through newborn intensive care smoother and less traumatic for families. Due to its reputation for excellence, Stony Brook University Medical Center provides an outstanding setting for the program that will further enhance the family-centered care they already provide.

Over half a million babies are born prematurely every year, representing 12.5 percent of all babies born in the U.S., and the number has increased dramatically over the last three decades, up nearly 31 percent. During an average week in Suffolk

County alone, 385 babies are born, and 70 will be born preterm or with low-birthweight. Some die, and those who survive may suffer lifelong consequences, such as cerebral palsy, mental retardation and blindness. Stony Brook University Medical Center treats more than 825 premature, sick and injured babies each year. Of the babies admitted to the NICU, 400 are less than 37 weeks gestation, 456 of them were less than 2500 grams.



Incorporating NICU families into every level of the project, March of Dimes NICU Family SupportSM assists Stony Brook University Medical

Center staff members in addressing the needs of families throughout the hospitalization, during the transition home, and in the event of a newborn death. The project is led by Susan Robbins, a March of Dimes staff person who has professional NICU experience. An advisory committee made up of graduate NICU parents and NICU professionals is involved in selecting activities and providing direct services to current NICU families.

NICU Family SupportSM is an important component of the March of Dimes Prematurity Campaign, a nationwide effort to address the growing problem of premature birth, which is the leading cause of newborn death and a major cause of serious health problems that impacts families, and costs society billions of dollars every year. This is why the March of Dimes is also funding research into the causes of premature birth.

March of Dimes NICU Family SupportSM was created for families, by families. It is the most recent example of March of Dimes continuing grass roots involvement with communities across America. Volunteer support put the threat of polio behind us 50 years ago, just as volunteer support today is critical in the fight to address premature birth and infant mortality.

Call HealthConnect[®] to find out more about March of Dimes NICU Family SupportSM at Stony Brook University Medical Center.

AUXILIARY CELEBRATES 25 YEARS OF SUPPORT AND SERVICE

One thing that has remained a constant almost since Stony Brook University Medical Center first opened its doors in 1980 is the support provided by its Auxiliary. Founded in 1981, the Auxiliary is devoted to helping Stony Brook's healthcare professionals deliver the best possible care to patients. Dedicated and enthusiastic Auxiliary volunteers donate their time to raise funds to support hospital projects and services and to purchase equipment. Monies are raised from sales at the hospital's Gift Shop, in-house vendor sales, and other annual fund-raising events, as well as from membership dues. To date, the Auxiliary has raised almost \$6 million and has helped to purchase and fund such things as Life Support Ambulances, automated external defibrillators, ultrasound

equipment, a birthing room, entertainment supplies for pediatric patients, artwork and beautification projects. In addition, it has funded research at the Burn Center's Skin Bank, and has donated \$100,000 to the Division of Nursing for the purchase of equipment.

The Auxiliary, in its continued efforts to enhance patient care and promote the health and welfare of the community, has made a \$2 million pledge over the next five years.

Please join the Auxiliary in celebrating its milestone 25th Anniversary at a gala celebration scheduled for Sunday, November 12. Details about the event can be found in the Community Health

Education Programs and Special Events section on pages 4 and 5. Please consider becoming an Auxiliary member. Annual membership dues are \$25 and lifetime membership is \$150. Call HealthConnect[®] to find out more about the celebration and membership.

Auxiliary Executive Board 2006-2007

President	Barbara Delfyett
1st Vice President	Caroline G. Levine
2nd Vice President	Barbara Wolff
Recording Secretary	Claire Baer
Corresponding Secretary	Mary Mamios
Treasurer	Pat Macarchuk

October, November & December

COMMUNITY HEALTH EDUCATION PROGRAMS & SPECIAL EVENTS

PRENATAL BREASTFEEDING CLASS

Learn what you need to know about breastfeeding to help you and your baby get off to a good start and avoid common problems. Registration is required.

Wednesdays, 7-9 pm

- **October 4**
- **November 1**
- **December 6**

**Stony Brook University
Medical Center**

Free

BREAST CANCER EDUCATION & SUPPORT GROUP

For men and women diagnosed with breast cancer, this monthly education and support group sponsored by the Carol M. Baldwin Breast Care Center features specialist guest speakers who offer information on a variety of topics.

Wednesdays, 7-9 pm

- **October 4**
Speaker: Brian O'Hea, MD
- **November 1**
Speaker: Colette Pameijer, MD
- **December 6**
Speaker: Allen G. Meek, MD

**Holiday Inn Express
Stony Brook**

Free

PREGNANCY EDUCATION CLASSES

For women delivering at Stony Brook University Medical Center, these educational 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, 11 am-12 noon

- **October 5, 12 & 19**
- **November 2, 9 & 16**
- **December 7, 14 & 21**

**Stony Brook University
Medical Center**

Free

CODY CENTER WORKSHOPS

Presented by Stony Brook University's CodyCenterforAutismandDevelopmental Disabilities. Registration is required.

Thursday, 7-9 pm

- **October 19: Feeding Issues for Children with Autism Spectrum Disorders** Speaker: Joanne Walker, MS, CCC/LSP
- **November 16: Helping Children with Autism Communicate Effectively: Options for Intervention** Speaker: Laurie Baumann, MS, TSHH
- **December 7: Educational Advocacy for Children with Autism and Related Disorders** Speaker: Edward Nitkewitz, Attorney

**Stony Brook University
Endeavor Hall, Room 120**

Donation: \$10

GIFT FOR KIDS

Support program for children of parents with breast cancer

Children ages 5-19 who are aware of their mother, father or primary caregiver's diagnosis of cancer are invited to participate in this free program hosted by Stony Brook University Medical Center and made possible partially through a grant from the Greater New York City Affiliate of the Susan G. Komen Breast Cancer Foundation. The program includes education, support and recreation led by pediatric social workers. Registration is required.

Thursday, 6:30-8:30 pm

- **October 9**
- **November 16**
- **December 21**

**Holiday Inn Express
Stony Brook**

Free



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 are welcome and Mom gets a massage as a part of the class. Bring baby or doll and a small blanket.

- **Wednesdays, 1-2 pm
October 11, 18 & 25**
- **Tuesdays, 10-11 am
November 7, 14 & 21**

Stony Brook Technology Park

Fee: \$60.00

INTEGRATIVE ASTHMA CARE AND PREVENTION

This three-part series is for participants twelve years of age and older. Group discussions review state-of-the-art medical management, asthma triggers, prevention, use of inhalers, spacers and peak flow meters, nutrition and training in basic breathing exercises, yoga, self-hypnosis, meditation and guided imagery. Registration is required.

- **Wednesdays, 4:30-6:30 pm
October 11, 25 & November 1**

Stony Brook Technology Park

Fee: Insurance accepted

18th ANNUAL 5K RUN/WALK FOR CHILDREN

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

- **Sunday, October 15**
Registration: 7:30 am
Race/Walk: 9:30 am

**Gelinas Jr. High School
25 Mud Rd., Setauket**

**Pre-registration Fee: \$15;
\$20 day of run/walk**

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

A comprehensive 3-day educational program for people with Type 1, Type 2 and gestational diabetes covers meal planning, blood glucose monitoring, exercise, use of medications, acute and chronic complications, stress, travel, vacationing and community resources. Registration is required.

- **October 16, 17 & 18
9 am-12 noon**
- **November 13, 14 & 15
6-9 pm**

Stony Brook Technology Park

Fee: Insurance accepted

WOMEN'S HEALTH LECTURE SERIES

**"Polycystic Ovarian Syndrome (PCOS):
What Your Doctor May Not Have Told
You"**

The lecture for October and November will discuss the signs and symptoms of Polycystic Ovarian Syndrome (PCOS), its connections to fertility, the metabolic syndrome, heart disease, blood clotting disorders, diabetes and cancer. Short and long term treatments for symptoms as well as for prevention of diabetes and other metabolic complications will also be covered. Pre-registration is required.

Mondays, 7-8:30 pm

- **October 19**
- **November 20**

Speaker: Michael Lydic, MD

Sachem Public Library, Holbrook

SUFFOLK COUNTY OFFICE OF MINORITY HEALTH DISPARITIES CONFERENCE

Professionals from Stony Brook University's Cancer Center will partner with the Suffolk County Department of Health Services Office of Minority Health in this conference for healthcare providers, health workers, community leaders and members. The conference will focus on healthcare disparities as outlined in "Healthy People 2010" goals. Featured speakers include Aletha Maybank, MD, Director of the Office of Mental Health and Brian Harper, MD, Suffolk County

Commissioner of Health. Breakfast and lunch are included in the day's activities. Registration is required.

- **Thursday, October 19**
7:30 am- 4 pm

Islandia Marriott Hotel
Free

SMITH HAVEN MALL WALKERS

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

- **October 25: "The Mind/Body Benefits and Mechanics of a Good Walking Routine"**
Speakers: Thomas Loo, MD & Gary Westerfield, Walk USA
- **November 29: "Macular Degeneration"**
Speaker: John Huang, MD

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 the Carol M. Baldwin Breast Care Center and Stony Brook University Medical Center and includes educational exhibits to promote breast health awareness. A light supper is included. Seating is limited and registration is required.

- **Thursday, October 26**
6:30-9 pm

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

CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

A 6-week heart disease awareness program conducted by healthcare professionals provides patients, families and friends with a comprehensive overview of heart health and important information

about the factors that influence heart disease. CPR Training classes are offered to participants in conjunction with the program. Registration is required.

- Thursdays, 6-8 pm**
- **November 2, 9, 16, 30**
- **December 7 & 14**

Stony Brook Technology Park
Free

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, makeup instructions and demonstrations of wig, turban and scarf use. Registration is required.

- Monday, 6-8 pm**
- **November 6**
- **December 4**

Stony Brook Technology Park
Free

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 care giving, community resources, legal and financial planning. Registration is required.

- **Tuesday, November 14**
8:30 am-4:30 pm

Health Sciences Center
Level 2, Lecture Hall 2
Free

OSTEOPOROSIS: An Integrative Approach to Prevention and Management

Presented by Stony Brook University Medical Center, this series of four group visits focuses on the prevention and management of osteoporosis. Group visits review osteoporosis in an

integrative, holistic fashion with focus on measures that augment 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 is also reviewed and discussed. Registration is required.

- Wednesdays, 4:30-6:30 pm**
- **November 15, 29**
- **December 6 & 13**

Stony Brook Technology Park
Fee: Insurance co-payment

AUXILIARY 25TH ANNIVERSARY CELEBRATION

In addition to celebrating 25 years of support and dedication, the Stony Brook University Medical Center's Auxiliary is honoring Stony Brook University President Shirley Strum Kenny and Auxiliary member and past president, Beverly Sokoloff. Proceeds benefit the Stony Brook University Medical Center Auxiliary. Call early to reserve your place at this prestigious event and to find out about sponsorship opportunities.

- **Sunday, November 12**
6-10 pm

The Watermill, Smithtown
Tickets: \$175

HEART CENTER OPEN HOUSE

Free total cholesterol and blood pressure screenings and an opportunity to learn about available services is offered with a tour of the new Heart Center conducted by its doctors and professionals. Parking validation will be provided and registration is required.

- **Saturday, November 18**
8:30 am-12 noon

Heart Center, Level 5
Stony Brook University
Medical Center
Free

WITNESS PROJECT® 3rd ANNIVERSARY GALA

The Witness Project of Long Island, a

breast cancer awareness program for African American communities, will celebrate its third year of operation with a gala celebration at the Huntington Hilton Hotel. Chaired by the Honorable Constance Carter Davis, Commissioner of Human Services, Town of Babylon, The Witness Project is a collaborative effort of the Stony Brook University Cancer Center and the Town of Babylon. Over the next few months, the Witness Project will expand into Brookhaven, Riverhead, and the Hamptons communities. Volunteers in these communities are needed for educational outreach and to become a part of the planning committee. For more information on how to get involved or to purchase tickets to the gala, please call HealthConnect®.

- **Saturday, November 18**
6:30 - 10:30 pm

Huntington Hilton Hotel
Tickets: \$65

HIP AND KNEE PAIN SEMINAR

Presented by Stony Brook University Medical Center's Joint Replacement Center seminar topics cover the normal anatomy of the hip and knee and call attention to signs and symptoms of what can go wrong, such as tendonitis, bursitis, synovitis, meniscal tears and osteoarthritis. How to get a good diagnosis and treatments involving diet and nutrition, exercise, medication and surgery are also covered. Call HealthConnect® for upcoming seminar dates.

- **Monthly Seminars, 9-11 am**

Stony Brook Technology Park
Free

LIVING AND COPING WITH CANCER

Presented by the Stony Brook University Cancer Center and the Department of Care Management, this six-week educational series features guest speakers including physicians, nurses and social workers on a variety of topics for people with cancer, their families and friends, and those who want to learn more about services offered at Stony Brook University Medical Center. Sessions begin in October. Call HealthConnect® for a schedule of topics, dates and to register.

Research Studies

For more information and to enroll in studies, call HealthConnect® at 631.444.4000.

ALOE VERA STUDY FOR CHILDREN WITH IRRITABLE BOWEL SYNDROME (IBS)

Volunteers ages eight through seventeen are needed to participate in a study to determine if drinkable Aloe Vera will decrease the symptoms of Irritable Bowel Syndrome (IBS) in children.

COLON CANCER PREVENTION CLINICAL TRIAL

The Department of Cancer Prevention at Stony Brook University Medical Center in conjunction with the General Clinical Research Center seek men and women age 50 years or older who have a history of colon cancer or colon polyps. The goal of the study aims to determine the effectiveness of taking a new form of aspirin, called "nitro aspirin" to prevent the development of colon cancer or to prevent the return of colon cancer in those who have had the disease. Eligible subjects who complete the study will receive a total of \$1500.

DO YOU HAVE PROSTATE CANCER?

If you are on injection therapy for prostate cancer, you may be at risk for bone loss (osteoporosis). In this study you can have your bone density checked for free. If you are currently receiving injections for treatment of your prostate cancer, you may qualify for this study being conducted by doctors at the General Clinical Research Center (GCRC) at Stony Brook University Medical Center.

STUDY OF HIV+/AIDS AND CHROMIUM PICOLINATE

The General Clinical Research Center at Stony Brook University Medical Center 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 Medical Center 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 Medical Center 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 compensated up to \$25 plus parking expenses.

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 Institute 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. Eligibility requires prior treatment with medication for ADHD.

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

Medical Center 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 may be prevented. Eligible volunteers will be compensated up to \$1600 for their participation.

VOLUNTEERS NEEDED FOR MEMORY TESTS AND MRI

The General Clinical Research Center at Stony Brook University Medical Center seeks healthy men and women, ages 18-55, who are willing to undergo a series of memory tests and a brain MRI for this study. Compensation of up to \$370.

POST-MENOPAUSAL WOMEN NEEDED

Post-Menopausal Women 50-65 years of age on hormone replacement therapy are needed for participation in MRI imaging research. Volunteers should be healthy and not have any metal or electronic implants. Confidentiality maintained. Volunteer fee paid.

Free/Low-Cost Health Insurance Enrollment Assistance

Stony Brook University Medical Center'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.

EXPECTING A BABY?

The Department of Obstetrics and Gynecology at Stony Brook University Medical Center can help you through its **MOMS Program**.

What is MOMS?

MOMS is a program that provides total prenatal care to all women who are Medicaid eligible.

Who will take care of you?

Doctors and other health team members will provide pregnancy care to MOMS clients.

What does MOMS Cover?

Medical care, health education, nutritional counseling, prenatal classes, lab services, dental care, mental health, assistance with transportation, and referral to the WIC Program.

How you can enroll in this program:

The staff of the Department of OB/GYN at Stony Brook University Medical Center will help expectant moms to apply for Medicaid benefits.

To find out more call HealthConnect®.

THERAPEUTIC YOGA



*Tuesdays and Thursdays
6 - 7:30 pm*

*Stony Brook University Medical Center
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.

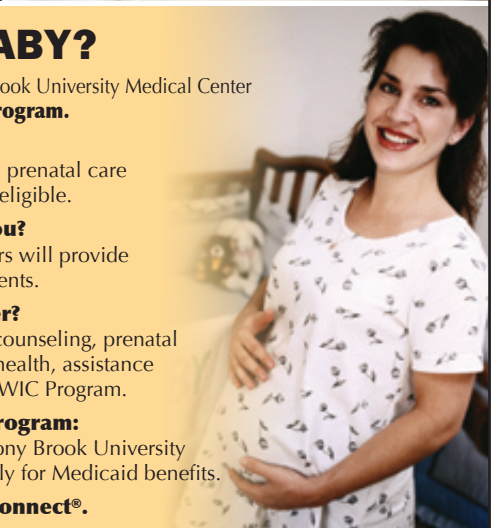
For more information call HealthConnect® at 631.444.4000.

Health Gift Certificates Available



- **Hot Stone Massage**
- **Traditional Massage**

**Stony Brook University Medical Center
Inpatient/Outpatient Massage Therapy
Call HealthConnect® at 631.444.4000.**



For more information and to enroll in studies, call HealthConnect® at 631.444.4000

Ask the Expert at Stony Brook University Medical Center

Q *My wife and I are both 38. We have three kids and are considering permanent sterilization. We've decided upon vasectomy, but I'm very concerned about pain and recovery time. I've heard about a less invasive vasectomy performed without a knife. Is that possible?*

A It is certainly possible with the procedure called No-Scalpel Vasectomy (NSV).

Vasectomy is one of the most popular forms of contraception, and is regarded as safe and highly effective. A recent national survey found that 12 percent of married men between 20 and 39 have had vasectomies, which are performed by cutting the vasa deferentia, small tubes that carry sperm from the testicles.

In a conventional vasectomy, the physician usually makes two small skin cuts with a knife, and then

uses sutures to close the wounds. In the NSV, only one tiny puncture into the skin is required, using a special instrument that is also used to gently stretch the skin opening to reach the tubes. The procedure requires no stitches, takes less time, causes less pain, provides faster recovery, and has bleeding and infection rates approximately ten times lower than conventional vasectomy.

With respect to the pain factor, the NSV recently became even less invasive with the No-Needle NSV technique. It is well known that man's most common concern about vasectomy is 'the needle' used for injection of local anesthetic into the scrotum. The new method reduces this needle phobia and anxiety prior to and during the vasectomy. Instead of two needle sticks, a fine stream of liquid anesthetic is delivered with a high-pressure jet injector. This is a nearly painless technique with rapid onset of anesthesia that

requires only small amounts of medication.

Currently, only one-third of vasectomies in the United States are performed with the NSV technique. Only a limited number of institutions and practices in the U.S., Stony Brook being one, have the capability to perform the innovative No-Needle NSV. It is important—especially when new and advanced techniques are being used—that an experienced physician, who does this procedure frequently, perform your vasectomy.

For more information or to schedule an appointment please call HealthConnect® 631.444.4000



Yefim R. Sheynkin, MD, FACS

Associate Professor of Urology and
Director, Male Infertility & Microsurgery,
Department of Urology, Stony Brook
University Medical Center

CORAM MAN NAMED VOLUNTEER OF THE YEAR

Stony Brook University Medical Center recently selected George Pressman as Volunteer of the Year. Mr. Pressman, 76, has been a volunteer at Stony Brook since 1995. He is a pharmacist and educator by trade, and spends eight hours a week volunteering in the Pharmacy Department.



George Pressman

has been a volunteer for
11 years at Stony Brook
University Medical Center.

Nominated by Pharmacy Director, Jeannene Strianse and Pharmacy Supervisor John Bruno, Mr. Pressman was selected as Volunteer of the Year from a large group of nominees because of his dedication and commitment. "George always reports to work early, dresses professionally and has never been unable to report for duty," said Strianse. "He is just loved by everyone on staff." The feeling is mutual. Mr. Pressman started volunteering because he wanted to give of his time. He does so mostly because of the relationships he has developed over the years. "I really enjoy the people I work with," he said.

George Pressman lives in Coram with his wife Florence. They have two grown children and three grandchildren.

Stony Brook University Medical Center is currently recruiting volunteers for all shifts and assignments, such as helping to organize blood drives with the Blood Bank and patient transportation, to greeting visitors at the Information Desk and staffing the Auxiliary Gift Shop. Parking is validated for all volunteers, and all volunteers receive a dining voucher for every three hour shift worked. To become a volunteer or to learn more about Stony Brook University Medical Center Volunteer Corps, please call HealthConnect®.

ONLINE PRE-SURGICAL TOUR NOW AVAILABLE FOR PEDIATRIC PATIENTS

The Child Life Program at Stony Brook University Medical Center recently launched an Online Pre-Surgical Tour for children and their families. The tour provides pediatric patients with an opportunity to see and know what to expect prior to undergoing surgery. The website follows "Jamie," a 9 year-old girl. It begins by showing Jamie at her initial

doctor's visit and getting ready to come to the hospital, to pre-operative preparation and being in the operating room, moving onto the Pediatrics Inpatient Unit, and finally to discharge. The descriptive yet non-threatening narrative, accompanied by full color pictures, provides a comprehensive virtual experience for what

children and their family members will encounter when coming to Stony Brook University Medical Center for surgery. The tour provides answers to many common questions that arise before surgery and is easily accessible. The virtual tour can be accessed at: www.stonybrookhospital.com/childlife/preoptour

November is National Alzheimer's Disease Awareness Month

Caring for someone with Alzheimer's Disease and need help?

See details about the Caregivers' Practical Help Workshop in Community Health Education Programs and Special Events section on pages 4 and 5.

Call HealthConnect® at 631.444.4000

Support Groups

For Support Group information visit our website at www.StonyBrookMedicalCenter.org or call HealthConnect® at 631.444.4000.

- **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**
- **Leukemia/Lymphoma Support Group**
- **NEW! March of Dimes NICU Family Support Group**
- **Mended Hearts**
- **Menopause Support Group**
- **Nicotine Anonymous**
- **Oncology Family Support Group**
- **Parent/Family Support for Children with Cancer**
- **Pregnancy Education Classes**
- **Prostate Cancer Support Group**
- **Upper GI Cancer Support Group**

NEW! March of Dimes NICU Family Support Group

This new support group sponsored by the March of Dimes includes a parent enrichment hour and programs and activities for siblings. Meetings are held in the NICU at Stony Brook University Medical Center. Please call HealthConnect® to register.

WALK FOR BEAUTY, WALK FOR LIFE

Sunday, October 22

**Registration, 8:30 am; Walk, 9:30 am
Stony Brook Village**

Stony Brook University Medical Center and the Ward Melville Heritage Organization team up to host this walk to raise money for breast and prostate cancer research at Stony Brook University. Special fundraising challenges include incentives and raffle prizes for individuals and teams. Sponsorship opportunities are available. For more information and registration brochures, call HealthConnect® or visit <http://www.StonyBrookMedicalCenter.org/events>.

Registration fee: \$20

Walk as an individual or with a team!

¿NECESITA SEGURO MEDICO?

Información y ayuda en como aplicar para seguro de salud gratis o bajo costo.

Stony Brook University Medical Center ofrece asistencia e información sobre los programas de salud Medicaid managed care, Child Health Plus y Family Health Plus.

Servicios son gratis y disponibles en español con cita.

Para mas informacion llame a HealthConnect® 631.444.4000.