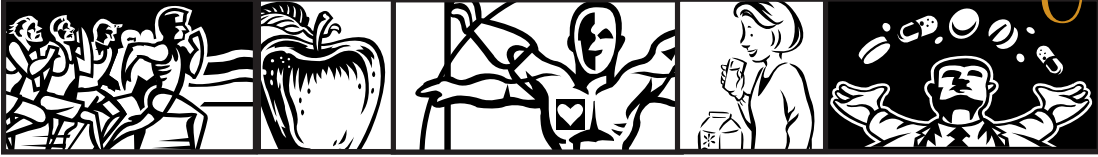


Fall 2004

Stony Brook

Better Health Better Living



Smart Medicine

**STONY
BROOK**
UNIVERSITY HOSPITAL
Expert Care

Nonprofit Organization
U.S. Postage
PAID
University at Stony Brook

Taking Your Medicine

Safely & Effectively

Prescription drugs can literally be life-savers. And over-the-counter medications relieve many troublesome symptoms. But taking your medicine the wrong way can be worse for your health than not taking it at all.

Mixing medications can increase or decrease their potency and cause dangerous interactions. "If you take a multi-vitamin with minerals along with an antibiotic such as Cipro (ciprofloxacin), much of the Cipro dose won't be absorbed," warns Jeannene Strianse, RPh, MS, Director of Pharmacy at Stony Brook University Hospital. "When certain cholesterol-lowering statin drugs such as Mevacor (lovastatin) or Zocor (simvastatin) are taken with the antibiotics E-Mycin (erythromycin) or Biaxin (clarithromycin), a syndrome that includes muscle aches and kidney damage may result."

With over-the-counter pain relievers, more is not better. "As little as ten grams of acetaminophen a day can cause permanent liver damage. Adults shouldn't take more than four grams daily," Ms. Strianse cautions. If you have a cold, you can easily go above that limit without realizing it, since acetaminophen is in almost 200 different branded and generic products including many combination cold and pain medications. (The best-known brand is Tylenol.)

Taking the wrong herbal products can also have serious consequences. Herbals aren't regulated by the Food and Drug Administration (FDA) so they can be sold without any analysis of the actual product. Because of this, quantities of the active ingredients can vary tremendously, and there have been incidences with some products containing toxic chemicals, herbicides and other dangerous ingredients. "Be wary of herbals from companies that are unknown," warns Edmund Hayes, PharmD, Assistant Director of Pharmacy at Stony Brook. He recommends ensuring that the manufacturer is reputable by calling and asking them to send you quality assurance reports. "If they say we don't have that or can't give you the report, don't buy from them."

Ms. Strianse points out that garlic, ginseng and ginkgo, even when purchased from reliable manufacturers, are ordinarily safe but can increase the risk of bleeding and are best avoided the week before undergoing surgery.

To guard against potential problems like these, make a list of all the medications you take regularly, including prescriptions, over-the-counter drugs, vitamins, herbal products and nutritional supplements. Keep it in your wallet to refer to whenever you visit your pharmacist, doctor, dentist or other health care professional. When you buy a new drug, show the list to the pharmacist and ask about possible interactions to ensure that your medicine will cure you, not make matters worse. ■

October is **Talk About Prescriptions Month**, dedicated to improving health professional and patient communication about safe, appropriate use of medicine. Check the Community Health Education Calendar for Dr. Edmund Hayes' talk on medications at the Smith Haven Mall Walkers program in November.

For a **FREE** copy of **Be Med Wise: Use Over the Counter Medicines Wisely**, a brochure which provides expert tips on how to take OTC medicines correctly by learning how to read the product label and how to recognize the active ingredients in each medicine, call **HealthConnectSM** at **631.444.4000**.



To find out **MORE...**

...log onto the following Web sites. "Many of the chain drug stores and drug companies have good information on their sites," says Dr. Hayes.

<http://www.fda.gov/cder/index.html>

The Food and Drug Administration's (FDA's) center for drug evaluation and research. Includes a catalog of FDA approved prescription and over-the-counter drugs, information sheets and more.

<http://www.fda.gov/medwatch/index.html>

The FDA's Safety Information and Adverse Event Reporting Program. Lists safety alerts, recalls, withdrawals and labeling changes for prescription and over-the-counter drugs and supplements.

<http://www.rxlist.com/>

Provides in-depth information, including side effects, drug interactions and precautions, for prescription drugs and alternative medicine.

http://ods.od.nih.gov/Health_Information/Vitamin_and_Mineral_Supplement_Fact_Sheets.aspx

Fact sheets and other information about vitamin and mineral supplements and herbals.

<http://www.talkaboutrx.org>

News items, guidelines, tips and resources for prescription and over-the-counter drugs.

<http://www.quackwatch.com>

A Guide to Quackery, Health Fraud, and Intelligent Decisions Operated by Stephen Barrett, MD

October

Community Education
Calendar, Fall 2004



BACK & LEG PAIN, NECK & ARM PAIN SEMINAR

The Spine and Scoliosis Center at Stony Brook University Hospital, which specializes in the diagnosis of various spinal conditions, is offering 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. Call HealthConnect at 631.444.4000.

Friday, October 1
3:30 – 5:00 pm
The Spine and Scoliosis Center
Stony Brook Technology Park
Free

LOOK GOOD... FEEL BETTER PROGRAM



Offered in conjunction with the American Cancer Society for female cancer patients undergoing treatment, this free, 2-hour beauty program is facilitated by a licensed cosmetologist. Included in the program 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, October 4
6:00 – 8:00 pm
Stony Brook Technology Park
Free

BREAST CANCER EDUCATION Nutrition & Herb Supplements

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 6
7:00 – 9:00 pm
Speaker: Raja Jaber, MD
Holiday Inn Express
Stony Brook
Free

PREGNANCY EDUCATION CLASSES

For women delivering at Stony Brook University Hospital, 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. Call HealthConnect 631.444.4000.

Thursdays, October 7, 14, 21
11:00 am – 12:00 noon
Stony Brook University Hospital
Free

DOMESTIC VIOLENCE AWARENESS

The Clothesline Project
This project is a visual display that bears witness to violence against women. Victims and those who care about them will create T-shirts and hang them on a clothesline to represent the experiences of those affected by abuse. The clothesline display is a powerful tool that educates, documents, and raises awareness about this important issue. The project will be created and displayed in the Health Sciences Center Galleria. For more information, call HealthConnect at 631.444.4000.
Thursday, October 7
11:30 am – 1:00 pm
Health Sciences Center, Galleria
Stony Brook
Free

CANCER EDUCATION PROGRAM

Utilizing Your Supports/Balancing Patient's and Family's Needs
This educational program 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. Registration is required. Parking validation will be provided. For more information, call HealthConnect at 631.444.4000.
Thursday, October 7
6:30 – 8:00 pm
Speaker: JoAnn McCaslin, CSW
Radiation Oncology Conference Room
University Hospital, Level 2
Free

THE WITNESS PROJECT® OF LONG ISLAND

Raising Breast Cancer Awareness in African American Communities
This educational seminar for breast cancer survivors and their families is hosted by the Witness Project® of Long Island, a faith-based, health education program developed and committed to raising breast cancer awareness in African American communities. Based at Stony Brook University Hospital's Long Island Cancer Center (LICC), the Witness Project® is a collaborative effort of the LICC, the Town of Babylon, and several of its community groups. The keynote speaker is Precilla Belin, PhD, MA, CHES, Director of the Cancer Prevention and Education Center and Assistant Professor of the Public Health Program at Morgan State University. Pre-registration for this program is required. For more information, call HealthConnect at 631.444.4000.
Saturday, October 9
9:00 am – 1:00 pm
Wyndham Wind Watch Hotel
Hauppauge
Free

INFANT AND CHILD MASSAGE CLASSES

This 3-session program conducted by a licensed massage therapist and certified infant/child massage instructor will instruct 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 12, 19 & 26
10:00 – 11:00 am
Stony Brook Technology Park
Fee: \$60.00



CANCER EDUCATION PROGRAM

Community Resources: Knowing When to Seek Help
(See Oct 7 program for description)
Thursday, October 14
6:30 – 8:00 pm
Speaker: Darlene Kenny, CSW
Radiation Oncology Conference Room
University Hospital, Level 2
Free

THE WITNESS PROJECT® OF LONG ISLAND

Members of the Witness Project® of Long Island will talk about the importance of annual mammography and demonstrate the technique of self breast exam at Community Health Day at the First Baptist Church of Bay Shore.
Saturday, October 16
9:00 am
First Baptist Church of Bay Shore
Bay Shore
Free

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 18, 19 & 20
9:00 am – 12:00 noon
Diabetes Center
Stony Brook Technology Park

BREAST CANCER UPDATE FOR THE COMMUNITY

Featuring healthcare experts from Stony Brook University Hospital's Carol M. Baldwin Breast Care Center, this program includes talks on the latest information on breast cancer as well as educational exhibits to promote breast health awareness.

Speakers

Brian J. O'Hea, MD, Medical Director and Chief Surgeon, Carol M. Baldwin Breast Care Center
Paul Fisher, MD, Director of Breast Imaging, Division of Diagnostic Radiology and Breast Imaging
Allen Meek, MD, Chair and Clinical Director of Radiation Oncology
Noshir Dacosta, MD, Medical Oncologist and Breast Cancer Specialist

Thursday, October 14, 6:00 – 9:00pm
Ward Melville Heritage Organization, Educational & Cultural Center
Stony Brook Village Center
Free

A light supper will be served. Seating is limited and registration is required. To register, call **HealthConnect** at **631.444.4000**.

For Information
on Calendar items

Call
HealthConnect
at **631.444.4000**

STRESS MANAGEMENT WORKSHOPS

The Division of Wellness and Chronic Illness in the Department of Family Medicine conducts this series of 4 workshops focusing on meditation as a core experience for stress management. The group is introduced to several forms of meditation including breathing techniques, the stress relaxation response, mindfulness meditation, walking meditations, heart-centered meditations and more. Other aspects of stress management discussed include sound nutrition, movement, sleep practices, time management and prioritization, awareness of thought patterns and related emotions. The fee for all the workshops must be paid in full at the time of registration. Most insurance carriers do not reimburse for the costs of workshops.
October 20, November 3, 10 & 17
5:30 – 6:45 pm
Stony Brook Technology Park
Fee: \$80/ 4 Workshops

CANCER EDUCATION PROGRAM

You and Your Health Care Team: "Communication"
(See Oct 7 program for description)
Thursday, October 21
6:30 – 8:00 pm
Speaker: Erin Hendrickson, MSW & Mary Beth Tusso, RN
Radiation Oncology Conference Room
University Hospital, Level 2
Free

WOMEN'S HEALTH LECTURE SERIES

Sponsored by Stony Brook University Hospital's Department of OB/GYN and Reproductive Medicine, these talks provide up to date information important to women of all ages and feature selected speakers. This presentation includes information on symptoms, diagnosis, medical and surgical treatment options, prevention and risk factors related to urinary stress incontinence and other pelvic floor problems. Pre-registration is required. Call HealthConnect 631.444.4000.
Monday, October 25
7:00 – 8:30 pm
"Urinary Stress Incontinence and Other Pelvic Floor Problems"
Speaker: Lauri E. Budnick, MD
Emma S. Clark Memorial Library,
Setauket
Free

SMITH HAVEN MALL WALKERS

Sponsored by Stony Brook University Hospital, the Mall Walkers Club meets the last Wednesday of every month and provides breakfast and blood pressure screening starting at 8:00 am followed by an informative lecture at 9:00 am.
Wednesday, October 27
"Getting the Most Out of Your Visit to the Doctor"
Speaker: Donna Heinemann, MD
Smith Haven Mall, Food Court
Free



4th Annual Fall Fashion Festival

Stony Brook University Hospital doctors Noshir Dacosta, Allen Meek, Brian O'Hea, Martin Karpeh and Eva Chalas 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.

Thursday, October 21, 6:30 – 10:30 pm
Majestic Gardens
Tickets: \$45

For more information call **HealthConnect** at (631) 444-4000



Better Health Better Living **Stony Brook**

Suffolk County's Only

Bone Marrow Transplant Unit Expands Services

For patients with leukemia, lymphoma and some other forms of cancer, the recent opening of Stony Brook University Hospital's Bone Marrow Transplant Unit offers hope to those who are in need of a blood or marrow stem cell transplant, which can be a lifesaving or life-extending procedure. The unit is the only one in Suffolk County, and it will serve as the foundation for a newly created Leukemia/Lymphoma Transplant Service at the hospital. The opening of the Bone Marrow Transplant Unit is a significant step in building the entire program.

Blood or marrow stem cell transplantation is used in the curative treatment of blood cell cancers. The transplant is also performed on some other cancer patients who have little chance of recovery or being cured, as it helps them to sustain high-dose or aggressive chemotherapy, therefore adding to their quality of life.

Kenneth Zamkoff, MD, serves as the Medical Director of the Blood and Marrow Stem Cell Transplant Program. Recruited for Stony Brook in 2003, Dr. Zamkoff brings more than 20 years of experience directing bone marrow transplant programs and most recently was Associate Director of the Bone Marrow Transplant Program at Wake Forest University School of Medicine, Winston-Salem, NC. Under his direction, both autologous (derived from patient's own tissue) and allogeneic

(derived from a donor) blood or marrow stem cell transplants can now be performed at the hospital, where previously only autologous transplants were done.

All transplant patients are susceptible to infection post-transplantation and need special care as well as access to specially equipped rooms during hospitalization. The Bone Marrow Transplant Unit at Stony Brook University Hospital houses seven such rooms, four of which are designed for allogeneic patients. These rooms are outfitted with environmental air filtration systems and other means to help prevent exposure to potentially infectious germs. Some patients who have leukemia and lymphoma but do not undergo a blood or marrow stem cell transplant may also be cared for in the unit.

The unit is staffed by physicians and other healthcare professionals who specialize in blood or marrow stem cell transplantation. Dr. Zamkoff points out that an interdisciplinary team of physicians, nurses, technicians, and others involved in blood or marrow stem cell transplantation or care of patients, is essential to create a full-service transplant program.

The Bone Marrow Transplant Unit is located on Floor 19 South in Stony Brook University Hospital. For more information about the unit and its services, call **HealthConnect** at **631.444-4000**. ■

MULTIDISCIPLINARY

Breast Care Program Sets the Standard

Responding to the special needs of women on Long Island, Stony Brook's Breast Care Center opened in 1995 and was later named in honor of breast cancer awareness activist Carol M. Baldwin. Each year thousands of women come to the Center for mammograms and breast exams, and most are found to be healthy and cancer free.

But for those women in whom abnormalities are found, the Center offers a unique multidisciplinary approach. The word multidisciplinary is widely used today to describe approaches to providing breast care and other forms of healthcare, but its actual meaning varies from place to place.

Stony Brook's multidisciplinary breast care program sets the standard of the best possible care for women with breast cancer—from initial evaluation of an abnormality and prompt diagnosis to complex treatment regimens.

mul-ti-dis-ci-pli-nar-y:
of, relating to, or making use
of several disciplines at once:
*a multidisciplinary approach
to breast care.*

Our breast cancer program brings together the expertise of physicians and other healthcare professionals from the departments/divisions of surgery, radiology, medical oncology, radiation oncology, pathology, genetic counseling, nutritional support, and social work.

The Carol M. Baldwin Breast Care Center itself is unique in that breast surgeons and radiation oncologists work side by side with specialized breast radiologists in the same building. This permits a free

exchange of ideas and open interaction to maximize quality of care.

Another example of the Center's unique multidisciplinary approach is that a surgical biopsy can be performed in the operating suite with the assistance of a certified anesthesiologist to provide conscious (awake) sedation. Biopsies are often performed as an office procedure.

Brian O'Hea, MD, Medical Director of the Breast Care Center, describes the Center's multidisciplinary team approach to treatment planning:

"Our weekly treatment planning conference is a multidisciplinary forum where we review potential treatment options for patients with newly diagnosed cancer or patients with recurrent disease. At this conference, their individual cases are presented to a team of highly-trained cancer specialists, including radiologists, breast surgeons, pathologists, reconstructive surgeons, radiation oncologists, and medical oncologists."

Indeed, the multidisciplinary team approach to breast cancer treatment distinguishes the quality of care provided patients at the Breast Care Center.

State-of-the-art mammography and ultrasound equipment are used for routine screening and for early detection of breast cancer—the best chance for survival. The most modern techniques of surgery, chemotherapy, and radiation oncology are available, as well as rehabilitative and support services, including support groups, designed to assist women who have had treatment for primary cancer of the breast.

The Carol M. Baldwin Breast Care Center is dedicated to providing early detection and diagnosis; comprehensive multidisciplinary management of breast cancer and benign breast disease; access to national research programs; reconstructive plastic surgery; rehabilitative and support services and patient education. ■

HEART CENTER OPENING

Stony Brook University Hospital recently celebrated the opening of phase one of the new Heart Center. The \$18 million project, begun in February 2003, is part of the hospital's \$300 million master plan to modernize and expand its facilities and services.

Located on the hospital's 5th floor, the new Heart Center has a separate entrance and lobby and is structured to allow for easy access to services for cardiac patients. While efficiency and safety are paramount to the design, the center is also comfortable and aesthetically pleasing. Rooms have been constructed with access to natural light wherever possible. Artwork depicting bucolic scenes adorn the walls and the entire area is decorated in warm, earthy colors rather than the more traditional hospital palette.

Separate wings are dedicated to specific services and all invasive and noninvasive heart services are consolidated between the fourth and fifth floors. Five new labs encompassing electrophysiology (EP) and cardiac catheterization laboratories, a non-invasive cardiology unit and a patient holding area are all located in the new Heart Center.

Non-invasive cardiac testing and treatment areas include three rooms to accommodate the 6,000 echocardiograms done annually at the hospital. As the premier center in the U.S. for EECPP (enhanced external counterpulsation), a non-invasive procedure for patients with congestive heart failure and/or end-stage cardiac disease not amenable to angioplasty, stent or cardiac bypass surgery, the Heart Center has a suite large enough to accommodate three patients at a time for their treatment sessions, which take place daily, over an extended period of time.

The number of patient beds in the inpatient areas will be increased in stages, with plans, in phase two, for a net increase of 25 inpatient beds. In the outpatient area, five beds were initially added bringing the total to 15 outpatient beds in our Cardiac Holding Area. Eventually the area will hold 28 beds. The wing where invasive procedures take place includes five labs, three of which are catheterization labs.

(continued from page 5)

October is **BREAST CANCER AWARENESS MONTH** and October 15, 2004 is **NATIONAL MAMMOGRAPHY DAY** ...a reminder to get your annual mammogram. Check the Community Health Education Calendar for breast education talks, workshops and support groups. Also see the "**Breast Cancer Update for the Community**" event on page 2 featuring Dr. O'Hea and other members of the multidisciplinary team.

November

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. Pre-registration is required. Call HealthConnect 631.444.4000.

Monday, November 1
10:00 am – 5:00 pm
Health Sciences Center, Level 2,
Lecture Hall 2
Free

LOOK GOOD... FEEL BETTER PROGRAM

(See October for description)
Monday, November 1
6:00 – 8:00 pm
Stony Brook Technology Park
Free



BREAST CANCER EDUCATION

Recurrence
(See October for description)
Wednesday, November 3
7:00 – 9:00 pm
Speaker: Brian O'Hea, MD
Holiday Inn Express
Stony Brook
Free

PREGNANCY EDUCATION CLASSES

(See October for description)
Thursdays, November 4, 11 & 18
11:00 am – 12:00 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. CPR Training classes are offered to participants in conjunction with the program. Registration is required. Call HealthConnect 631.444.4000.

Thursdays, November 4, 11, 18;
December 2, 9 & 16
6:00 – 8:00 pm
Stony Brook Technology Park
Free

BACK & LEG PAIN, NECK & ARM PAIN SEMINAR

(See October for description)
Friday, November 5
3:30 – 5:00 pm
The Spine and Scoliosis Center
Stony Brook Technology Park
Free

WOMEN'S HEALTH LECTURE SERIES

(See October for description)
This presentation includes information on the changing science in women's care as it regards new diagnostic methods, annual exams, PAP tests, birth control, STD's, health habits/nutrition, peri-menopausal issues and cancer risk reduction. Pre-registration is required. Call HealthConnect 631.444.4000.

Monday, November 8
7:00 – 8:30 pm
"The Adult Women"
Speaker: Christine A. Conway, MD
Sachem Public Library, Holbrook
Free

THE BENEFITS OF MASSAGE THERAPY

Patricia Cadolino, LMT, from Stony Brook University Hospital's Division of Wellness and Chronic Illness will demonstrate and talk about the benefits of massage therapy. Call HealthConnect at 631.444.4000 to schedule an appointment.

Tuesday, November 11
11:00 am – 2:00 pm
Stony Brook University Hospital,
Health Resource Center, Level 5
Free

INFANT AND CHILD MASSAGE CLASSES

(See Oct. for description)
Mondays, November 15, 22 & 29
10:00 – 11:00 am
Stony Brook Technology Park
Fee: \$60.00



DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See October for description)
November 15, 16 & 17
6:30 – 9:30 pm
Diabetes Center
Stony Brook Technology Park

SMITH HAVEN MALL WALKERS

(See Oct. for description)
Wednesday, November 24
"Safe and Appropriate Use of Medications"
Speaker: Edmund M. Hayes, MS, Pharm D
Smith Haven Mall, Food Court
Free



FREE Prostate Cancer Screenings

Stony Brook University Hospital's Department of Urology offers free prostate screenings at Stony Brook Medical Park and other sites. To schedule an appointment, call the Cancer Helpline at **800.862.2215**. Screenings are also available on Monday and Thursday afternoons at the Hampton Bays Life Care Center. To schedule an appointment, call **631.723.5000**.



FREE "Eating In or Eating Out"

Guide to Good Food
This booklet includes eating in/eating out information, nutrition notes, shopping tips, recipes and more.

For a free Copy, call HealthConnect at 631.444.4000

DOMESTIC VIOLENCE FALL COLLOQUIA

Presented by The **Family Violence Education and Research Center**
Stony Brook University, School of Social Welfare.

THURSDAYS, 11:30 am – 1:00 pm
Stony Brook University, Health Sciences Center

Colloquia are **FREE** and for healthcare professionals and the general public.

OCTOBER 14

"Probing Domestic Abuse: A Systems approach highlighting neurobiological aspects"

Speaker: Nelly Alia-Klein, PhD

NOVEMBER 4

"Dissociation, avoidance issues, and dental health: How CSA survivors can avoid being retraumatized in the dental chair"

Speakers: Carol Forgash, CSW, Kathleen Monahan, DSW, & Carmen Santos, PhD

DECEMBER 2

"Gang Violence on Long Island: Myth or Reality"

Speaker: Sergio Argueta

The Family Violence Education and Research Center will also present two fall **WORKSHOPS** on Domestic Violence. These certificate programs on October 8 and November 12 have a fee of \$60.00 each. For more information on the Colloquia and Workshops call **HealthConnect** at **631.444.4000**.

Celebrate Excellence 2nd Annual Gala

Stony Brook University Hospital and the Stony Brook University School of Medicine are the hosts of this second annual gala to benefit university cancer programs and services. This year's honored guests include Alfonse D'Amato and Gardner "Pat" Cowles, III. Many sponsorship, underwriting and journal opportunities are available. To find out more, call **HealthConnect** at **631.444-4000**.

Saturday, November 6, 2004
Charles B. Wang Center, Stony Brook University

Community Health Education Programs and Services in this issue.

Back & Leg Pain, Neck & Arm Pain Seminar.	Oct, Nov, Dec
Breast Cancer Education	Oct, Nov, Dec
Breast Cancer Update for the Community.	October
Cancer Education Programs	October
Cardiac Education Program.	November
Caregivers' Practical Help Workshop.	November
Celebrate Excellence Gala	page 4
Colds & Flu Workshop	December
Diabetes Pump Therapy Club	January
Diabetes Self Management Education Classes.	Oct, Nov
Domestic Violence Awareness – The Clothesline Project	October
Domestic Violence Colloquia	page 4
GIFT for Kids	December
Health Insurance Enrollment Assistance	page 6
Infant and Child Massage Classes.	October, November
Look Good...Feel Better Program	Oct, Nov, Dec
Massage Therapy Talk	November
MOMS Program	page 5
Osteoporosis Prevention & Management.	December
Pregnancy Education Classes.	Oct, Nov, Dec
Prostate Cancer Screenings	page 4
Research Studies	page 6
Smith Haven Mall Walkers	October, November
Speakers Bureau	page 5
Stress Management Workshops	October
Support Groups	page 6
Target Fitness Weight Management Programs	page 5
WIC Program.	page 6
Witness Project® Programs	October
Witness Project® Annual Celebration.	page 4
Women's Health Lecture Series.	October, November
4th Annual Fall Fashion Festival.	page 3

Travel Medicine Services

Traveling abroad for business, tourism, mission, research, sport, military or pleasure? Before checking out of town, you may want to check in with Stony Brook University Hospital's Travel Medicine Services. Staffed by specialists licensed to administer common and rare vaccines, they offer vaccination, access to a worldwide destination travel database, post-travel health assessment, advice for existing medical conditions and evaluation for tropical illnesses. For more information, call **HealthConnect** at **631.444.4000**.

First Annual Celebration & Awards Dinner Witness Project® of Long Island

Celebrating its first year, the Witness Project® of Long Island is a collaborative effort of Stony Brook University Hospital's Long Island Cancer Center, the Town of Babylon, and several of its community groups. Outreach efforts, supported by a grant from the Greater NYC Affiliate of the Susan G. Komen Breast Cancer Foundation, Inc. are conducted by and for women of African American heritage to educate and raise awareness of breast cancer. Awards will be presented to leaders in the Witness Project® who led the project through its first year of success. Tickets must be purchased in advance for this event. For more information call **HealthConnect** at **(631) 444-4000**.

Tuesday, October 26, 5:30 pm
Wyndham Wind Watch Hotel, Hauppauge
Fee: \$40.00



Call HealthConnect at 631.444.4000 for more information

December

OSTEOPOROSIS:

An Integrative Approach to Prevention and Management

Presented by the Division of Wellness and Chronic Illness at Stony Brook University Hospital, this series of three 2-hour group visits concentrates on the prevention and management of osteoporosis. Participants are examined and evaluated individually to assess their risk of fracture and to determine if the bone loss management is optimal. The group visits review osteoporosis in an integrative, holistic fashion with focus 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 are thoroughly reviewed and discussed. Most insurance accepted with appropriate co-pay.

December 1, 9 & 15

4:30 – 6:30 pm

Stony Brook Technology Park

Fee: \$150.00

PREGNANCY EDUCATION CLASSES

(See October for description)

Thursdays, December 2, 9 & 16

11:00 am – 12:00 noon

Stony Brook University Hospital

Free

BACK & LEG PAIN, NECK & ARM PAIN SEMINAR

(See October for description)

Friday, December 3

3:30 – 5:00 pm

The Spine and Scoliosis Center

Stony Brook Technology Park

Free

LOOK GOOD... FEEL BETTER PROGRAM

(See October for description)

Monday, December 6

6:00 – 8:00 pm

Stony Brook Technology Park

Free



Influenza Vaccine

Stony Brook University Hospital's Annual Flu Vaccination Program will begin mid-October and runs through February 2005. The "flu shot" is recommended particularly for people age **50 or older**; people younger than 50 who have medical problems such as heart or lung disease (including asthma), diabetes, kidney disease or a weakened immune system; and for those who work or live with any of these individuals. It is also recommended for **women who will be pregnant during the flu season.**

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

GIFT for Kids

Support program for children of parents with breast cancer

Children ages 5-19 whose mother, father or primary caregiver has been diagnosed with breast cancer within the last year are invited to participate in the **GIFT for Kids** program hosted by Stony Brook University Hospital through a grant made possible from the Greater New York City Affiliate of the Susan G. Koman Breast Cancer Foundation. The program includes group discussions led by trained social workers and recreation therapists, live entertainment, a "kid friendly" luncheon and a wrap-up session together with parents. In addition to take home information, give-aways will be provided. A "Parent as Patient" session is also included. Additional sessions will be held in December 2004 and March 2005. Registration is required as seating is limited.

Saturday, December 4, 2004

9:30 am – 2:30 pm

Stony Brook University Hospital

Free

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

BREAST CANCER EDUCATION

Radiation in 2004:

New Tools to Fight Breast Cancer

(See October for description)

Wednesday, December 8

7:00 – 9:00 pm

Speaker: Paul Fisher, MD

Holiday Inn Express

Stony Brook

Free

COLDS & FLU WORKSHOP

Presented by the Division of Wellness and Chronic Illness at Stony Brook University Hospital, this workshop focuses on how to prevent colds and flu and how to diminish their severity. The use of vaccines and antiviral medications for the flu is discussed. Lifestyle practices including nutrition, that promote health and shorten the duration of colds is also addressed. With patients facing an overabundance of supplements and herbs marketed to treat and prevent colds and flu, the workshop offers research-based evaluations to assess safety and efficacy of the most common supplements and herbs.

Thursday, December 16

5:00 – 6:30 pm

Stony Brook Technology Park

Fee: \$25.00

DIABETES PUMP THERAPY CLUB

Meet and share experiences with other people with diabetes, learn what's new in resources, research and technology and get questions answered. For adults with diabetes who are on the insulin pump or are considering it.

Monday, January 3, 2005

7:00 – 8:30 pm

Diabetes Center

Stony Brook Technology Park

Free

For More Information

Call **HealthConnect**
at **631.444.4000**

Expecting a BABY?

The Department of Obstetrics & Gynecology at Stony Brook University Hospital 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 INTO THIS PROGRAM:

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

To find out more call
HealthConnect at 631.444-4000

New Programs for 2005!



TARGET FITNESS WEIGHT MANAGEMENT PROGRAM

Day & Evening Programs

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

TUESDAYS, January 11, 18, 25; February 1, 8, 15, 22;

March 1, 8, 15, 22 & 29

12:00 noon – 1:00 pm

Stony Brook University Hospital, 125

Fee: \$180

THURSDAYS, January 20, 27; February 3, 10, 17, 24;

March 3, 10, 17, 24, 31 & April 7

12:00 noon – 1:00 pm

Stony Brook University, Student Activities Center

Fee: \$180

TUESDAYS, January 25; February 1, 8, 15, 22;

March 1, 8, 15, 22, 29; April 5 & 12

5:30 – 6:30 pm

Stony Brook Technology Park

Fee: \$180

TARGET FITNESS ...ON THE ROAD

Have this highly successful program come to you!

Arrangements can be made for groups of 10 or more at the workplace or for an organization within your community.

For more information call HealthConnect at 631.444.4000.

SPEAKERS BUREAU

Looking for an expert who can provide a dynamic talk on the latest information in healthcare?

Stony Brook University Hospital's Speakers Bureau features knowledgeable, experienced healthcare professionals who are available to speak on a wide variety of topics at community meetings or special programs.

A sampling of Speakers Bureau Topics:

- **Breast Health and Treatments**
- **Getting the Most of the Doctor's Visit**
- **Nutrition and Weight Management**
- **Stress Hardiness to Prevent Illness**
- **Take Wellness to Heart**
(a variety of Heart Health topics)
- **Women's Health** (a variety of topics)

For a complete list of Speakers Bureau topics and for information on how to request a speaker, call **HealthConnect at 631.444.4000**

HEART CENTER OPENING (continued from page 3)

The cardiac catheterization and EP (electrophysiology) combination room is an approved operating room, as is the dedicated EP Lab. Procedures in these areas include the implantation of internal defibrillators and pacemakers and performing ablations. The combination room has the ability to perform both EP studies and procedures and cardiac catheterizations. This increased flexibility improves efficiency and access to service.

Stony Brook University Hospital performs approximately 4,000 catheterizations and 800 surgeries a year. With state-of-the-art equipment and physicians and staff who are experts specializing in cardiac care, it is the leading provider of heart care in Suffolk County and the only hospital in the county that performs open-heart surgery.

"Knowing that Long Island, and Suffolk County in particular, is growing in population, and that much of the population is aging toward advanced maturity, we have taken steps necessary to ensure that Stony Brook University Hospital's Heart Center can meet the added demands and properly attend to the healthcare needs of its patients now and into the future," said CEO and director Bruce Schreffel.

Phase two of the Heart Center project, which is expected to be completed by the fall, includes a cardiac care unit and a cardiac step-down unit. ■

Research Studies

■ 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-moderate Alzheimer's Disease will continue their current treatments.

■ 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.

■ STRESS — a Fact of Life

Do you know that stress can affect the brain, heart, hormones, and mental performance? Did you ever wonder why some people get stressed out more easily than others? The Stony Brook Laboratory for the Study of Emotion and Cognition seeks men and women 18-50 years of age to participate in a non-invasive study. Participation in this protocol requires that volunteers be free on two consecutive week-days including two hospital overnights. Participants will be paid \$200.

■ FREE Help for Mothers of Challenging 3 Year Olds

The Point of Woods Laboratory and Parenting Clinic at Stony Brook University is seeking volunteers for a research study that offers free help for mothers who are having a difficulty managing their challenging 2-3 year old toddlers.

■ 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.

■ TMS of Emotion and Personality

Participants are needed for a brain stimulation study of emotion and personality. To qualify for this study you must be at least 18 years of age, have no history of seizures, stroke or head trauma, and can not be currently taking tricyclic anti-depressant or neuroleptic medication. Pregnant women are not eligible. Subjects will be compensated \$25.00 per hour.

■ 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 \$50.00.

■ 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.

■ Do You Have a Frozen Shoulder?

If you are affected by a condition called "Adhesive Capsulitis" (frozen/stiff shoulder) you may be eligible to join a clinical research study. Participation is free of charge. Patients with shoulder arthritis or rotator cuff problems are not eligible.

■ Do You Have Periodontal Disease? Smokers and non-smokers needed for studies.

Periodontal (gum) disease affects 65 million people in the United States. Smoking is the greatest risk factor for periodontal disease. Often silent, periodontal disease is a chronic, progressive, inflammatory condition with no known cure. Two studies are being conducted, one for smokers and another for non-smokers to determine whether a tetracycline drug can reduce specific markers of inflammation, which will make it easier to control and treat periodontal disease. Participants enrolled in this study will receive a free dental cleaning, medication and payment.

For more information and to enroll in studies, call HEALTH CONNECT at 631.444.4000.

WIC PROGRAM

Now available at Stony Brook University Hospital

Stony Brook University Hospital's Department of Family Medicine now offers the **WIC** program to **Women, Infants and Children** in the community.

You can receive WIC 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

Support Groups

For Support Group information 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)
- Circle of Caring (loss of a child through miscarriage, stillbirth or early infant loss)
- Diabetes Pumpers Club
- 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)
- Living with Cancer Support Group
- Low Vision Support Group
- Mended Hearts
- Menopause Support Group
- Parent/Family Support for Children with Cancer
- Pregnancy Education Classes
- Prostate Cancer Support Group
- SIDS (New York State Center for Sudden Infant Death)

Volunteers Needed

Volunteering at University Hospital is an enjoyable and rewarding experience. No special skill or experience required. Men and women ages 14 and over who are willing to donate three hours a week for at least 6 months are eligible! There are currently over 60 different volunteer assignments available. To learn more about volunteering at University Hospital, please call 631.444.4000 or visit our website at: www.uhmc.sunysb.edu/volunt/

Cancer Helpline

Stony Brook University Hospital's Cancer Helpline nurse will be 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 the **Cancer Helpline** at **800.862.2215**.

NEED HEALTH INSURANCE?

Help with selecting health insurance and guidance through the enrollment process is available to members of the community through facilitated enrollment at Stony Brook University Hospital's Department of Managed Care. **For more information call HealthConnect at 631.444.4000.**

Stony Brook Better Health Better Living

Published by the Community Relations Department at Stony Brook University Hospital. 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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