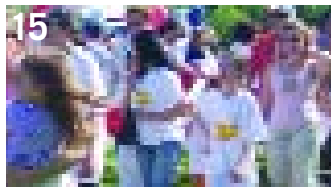


Fall 2008

## IN THIS ISSUE

Leadership Message	2
New Option for Lumbar Pain	5
Be Part of Our Community	5
Minimally Invasive Surgery	6
Ask the Experts	8
Classes and Programs	10
Research Studies	14
Children Helping Children Walk-a-Thon	15
Tips on Exercise	15



## A NEW PATIENT EXPERIENCE BEGINS AT STONY BROOK UNIVERSITY MEDICAL CENTER

A new era at Stony Brook University Medical Center is about to begin. It's an era where video displays in the family waiting area outside the operating rooms will feature updates on patient status, where visitors to the Emergency Department receive free valet parking, where patients hospitalized on their birthdays get their own cake, and where you can pick up coffee and a snack at the cafe in the lobby.

And, while many of the changes, such as more operating rooms and a new high-risk obstetrics unit have been made to accommodate advanced surgical technologies and increased volumes, other changes have been made to optimize the overall patient experience at Stony Brook University Medical Center. Here's what you can expect.

### Concierge Services and Hotel-Like Amenities

"As we do in all areas of the Medical Center, when we want to make improvements, we look to best practices. So, when it came time to revamp our customer service area, we looked to who does it best, and that is the hotel industry," says Diane Carillo, Associate Director of Patient and Guest Services. "Our goal is to put patients first by taking a holistic approach to customer service." This includes:

- Greeters at the Hospital entrances to assist with directions and escorts from the lobby to the parking garage.



*continued on page 3*

## MESSAGE FROM STONY BROOK UNIVERSITY MEDICAL CENTER LEADERSHIP



**RICHARD N. FINE, MD**  
Dean  
School of Medicine



**STEVEN L. STRONGWATER, MD**  
Chief Executive Officer  
Stony Brook University Hospital

Conventional wisdom says change is good. Yet, many people feel that change can be challenging. At Stony Brook University Medical Center, we agree that it is both, but also recognize that in healthcare change is necessary—our major modernization project will enable us to adapt to the healthcare needs of the future.

As we complete Phase One of the modernization project this fall, we will open an expanded Emergency Department and operating rooms, a new Women and Infants Center, and a redesigned lobby. We've experienced some challenges, including the minor inconveniences that accompany ongoing construction. And, we've embraced the change we feel is most necessary of all: a change in culture.

This past spring, we introduced Patient and Family Centered Care at the Medical Center. This is a collaborative model of care in which patients and family members are involved in all aspects of treatment and become an integral part of the care team. While this approach gives patients and families more control over care, it also means they take a greater responsibility for their experience. At the same time, the physicians and other members of the team are heightening

their listening skills to stay acutely attuned to patient needs.

The end result is a partnership between the patient and family unit and the medical team that ultimately benefits everyone with better outcomes, improved communication, more informed decision making, greater patient safety, and higher patient satisfaction.

Why embark on such a significant culture change? The short answer is that it was time. Since its inception, Stony Brook University Medical Center has put its resources into building the leading tertiary care

center on Long Island. With a Level 1 trauma center, a teaching hospital, vast research capabilities, many centers of excellence, and a staff of nationally known physicians, the residents of Suffolk County know that Stony Brook University Medical Center is the place to go for complex cases, medical emergencies, and state-of-the-art procedures. Now, we want to ensure that the total patient experience is superior as well.

Like all major changes, we will start with small steps. As we embark on this journey, we invite you to walk beside us. Give us your feedback along the way. We're listening. ■



*The new Medical Center wing*

# A NEW PATIENT EXPERIENCE

continued from cover

- A concierge service that assists with room reservations at local hotels for family members, taxi services, flower deliveries, local restaurant information, and notary services, in addition to answering a myriad of questions.
- In-room amenities, including daily newspaper delivery, flat screen TVs, and Wi-Fi Internet access. On request, our Concierge Services will arrange for laptop computers for patients to use CaringBridge®, a non-profit company that provides free web pages so that patients and their families can communicate more easily, especially over long distances. In addition, patients receive a hand-delivered amenity kit from the concierge staff that not only contains toiletries but also includes information about and titles of the clinical staff who will be providing treatment.

Then there are the things that patients may not necessarily see but nonetheless make a difference in their overall experience. For example, Medical Center leadership regularly visit units to assess firsthand what is working, what may need attention, and who is making a difference—and using the information as a springboard for change.

A new software program tracks patient compliments, comments, and suggestions, and ensures that they are communicated to the appropriate staff members. And, currently, Volunteer Services is reviewing how best to deploy its approximately 500 active members.

“It really is a work in progress,” says Carillo. “We have many more improvements—from expanded concierge services to physician discharge packets—that we will be rolling out in the near future.”

## 21st Century Operating Rooms

A large part of the modernization project has been to create facilities that reflect the needs of today’s patient population and can accommodate the latest technologies and medical equipment. Nowhere has this been more apparent than in the Hospital’s operating rooms.

“When we first built Stony Brook University Medical Center, people underwent a wide range of surgical procedures as inpatients. But now, with the advances in minimally invasive surgery, many procedures are done on an outpatient basis at our Ambulatory Surgery Center, while major inpatient surgeries are done in our main Operating Room Suite. The smaller rooms initially allotted for the minor procedures are not well suited for the bigger, more technologically advanced cases being scheduled today,” explains Mary Catalano, Administrative Director of Perioperative Services.

An operating room (OR) users group developed a plan to address current and future needs. The plan resulted in the ability to accommodate a 30 percent increase in volume in the operating rooms. Ten new operating rooms were added, bringing the total to 24. Two ORs are dedicated to neurosurgery, two to vascular surgery, two to orthopedic surgery, and four will be used for general and minimally

invasive procedures, and can be equipped as needed for each specialty. The new operating rooms are ideally situated adjacent to the Emergency Department and on the same floor as Radiology, which not only increases efficiency but also is essential in treating trauma patients, where speed is paramount. In addition, the rooms are equipped with a pneumatic tube system that sends specimens directly to the lab, a direct video link to the pathology lab so surgeons can talk with the pathologist during a procedure, and state-of-the-art video, photo, and voice equipment that allows doctors in training to watch procedures live.

Changes have also been made to ensure a less stressful experience for waiting families. The preoperative and postoperative waiting areas have been integrated so families can remain in one central location. A large video board, where the patient is identified only by a coded number, keeps the family apprised of the general timing of the surgery—letting them know when it starts, the estimated time of completion, and when the patient is brought to the recovery room. In addition, there is a pager and cell phone program in place to allow for immediate contact with the surgeon. A separate consult room gives families and surgeons privacy.

“With the addition of these new operating rooms, Stony Brook has integrated state-of-the-art patient care with the latest technology to create the safest environment possible,” says Catalano.

*continued on page 4*

# A NEW PATIENT EXPERIENCE

continued from page 3



*A newly designed patient room in the ED*

## **A State-of-the-Art Emergency Department (ED)**

Speed, privacy, and the total patient experience are priorities in the new Emergency Department. While the majority of renovation to this department debuts in the fall, a second stage will be completed 18 months later to connect the new wing to the existing building, and add a separate psychiatric emergency unit. The new ED is designed so that treatment space has been increased significantly. The ED has private triage rooms, a critical care area, an immediate care area (which will be used for acute care for the first 18 months), a private pediatric area, a new entrance and drop-off zone, and new waiting rooms.

Other features include:

- A dedicated radiology space with a 64-slice CT scanner and two digital radiology rooms, along with another general radiology room within the immediate care area.
- A dedicated STAT laboratory with a dedicated point-to-point tube within

the Hospital's pneumatic tube system, with a turnaround time of 30 minutes.

- A family consult room for private conversations with doctors.
- A helipad that accommodates two MediVac helicopters that are coordinated with the Suffolk County police.
- An electronic tool that tracks the patient stay, including how long a patient has been at the ED and when lab results and x-rays are ready, to facilitate a smoother experience and a quicker discharge.
- A new portable communications tool that all staff wear around their necks, which permits direct person-to-person contact, thus eliminating the majority of overhead noise.

“The new Emergency Department really reflects the way emergency services are delivered today,” says Eric Niegelberg, Emergency Department Administrator and EMS Director. “Once patients have been seen by a triage nurse, they are

brought immediately to a treatment room for a physician consult, and their care can be initiated. Because we now have the capability of determining a final diagnosis for the patient who may require many high-technology tests while in the ED, we have made patient comfort and privacy a priority. This is why almost all of rooms have hard walls as opposed to the curtained cubicles often seen in traditional emergency rooms.”

## **A New Women and Infants Center**

Creating the optimal environment for mother and baby was high on the list of priorities when building the new Women and Infants Center. “We really wanted to provide a homelike atmosphere, yet have all the necessary medical equipment close at hand,” says Ronni Schultz, RN, Associate Director of Nursing for Women and Children’s, and Mental Health Services. “To that end, we’ve created beautiful private patient rooms with large bathrooms, extra amenities, and plenty of space for family and friends.”

The new facility encompasses a 12-bed unit for high-risk obstetrical patients, a 36-bed postpartum unit, and two newborn nurseries. By 2010, new labor and delivery suites will open, and the Neonatal Intensive Care Unit (NICU) will relocate from its present location to the new Women and Infants Center. All 46 rooms in the new NICU are private, providing comfort for infants and their families. ■



## STONY BROOK OFFERS A NEW OPTION FOR PATIENTS WITH LUMBAR SPINAL STENOSIS PAIN

**A**rthur Rosiello, MD, board-certified neurosurgeon at Stony Brook University Medical Center, is performing a new minimally invasive surgical procedure to relieve the pain associated with lumbar spinal stenosis (LSS) called X-Stop® or extension stop. Patients with LSS can experience lower back pain and pain radiating down one or both legs (sciatica).

LSS is a narrowing of the spinal canal, which can result in pain and numbness in the back and legs caused by the compression of nerves. An estimated 400,000 Americans, most over the age of 60, may be suffering from the symptoms of LSS, and as many as 1.2 million Americans experience back and leg pain related to some type of spinal stenosis.

“In many cases, patients with LSS initially seek relief through conservative treatment, such as medications and pain management,” says Dr. Rosiello. “But, often, the pain will return. For certain patients, X-Stop is a treatment option that can help bring them back to their normal routines.”

With the X-Stop procedure, the surgeon implants a titanium metal device to fit between symptomatic parts of the spine in the lower back. The implant creates space so that when a patient stands, bones are prevented from pinching nerves, which can result in back and leg pain. The implanted device is designed to limit extension of the spine to prevent a patient from bending too far backward, which may relieve pain caused by spinal stenosis.



*The titanium metal device used in the X-Stop® procedure.*

The X-Stop device can be implanted at one or two levels of the lumbar spine. The surgery usually takes between 45 and 90 minutes, and is done using either local or general anesthesia, depending on the patient's condition.

“Because the procedure does not require tissue removal or bone fusion as with traditional back surgery, many of my patients are out of bed and on their way home from the hospital less than two days after the procedure—without the persistent pain caused by spinal stenosis,” explains Dr. Rosiello.

To learn more about spinal stenosis, or to learn whether X-Stop is an option for you, please call (631) 444-4000. ■

## BECOME A PART OF OUR COMMUNITY: JOB OPPORTUNITIES

Patients come first at Stony Brook University Medical Center, and we have job opportunities for those who share this philosophy.

With more than 5,000 employees, we are one of Suffolk County's largest employers. At any given time, we have dozens of job opportunities available for those who have a calling to work in a patient- and family-focused health-care environment. Some positions require medical training and experience while many others—nursing unit support staff, patient transporters, hospital attendants, positions in our award-winning kitchen—require only the desire to provide high quality patient service.

According to the U.S. Bureau of Labor Statistics, between 2002 and 2012, there will be a 30 percent increase in healthcare industry jobs. This translates into job opportunities with the potential for career growth and security, and the possibility for advancement from entry-level positions.

“There are many benefits to working for Stony Brook University Medical Center,” says Liz McCoy, Chief Human Resources Officer. “But the one that people cite most often is the satisfaction of knowing they are part of a team focused on helping others.”

Benefits include paid vacation, holiday and sick time, dental and vision insurance, flexible spending accounts, employee tuition programs, retirement and pension plans, and several choices of health insurance to meet your needs.

To learn about the Medical Center's diverse job opportunities, visit us at [www.StonyBrookMedicalCenter.org](http://www.StonyBrookMedicalCenter.org) or call (631) 444-4700; for nursing opportunities call (631) 444-2376.

# Minimally Invasive Surgery: When Less Is More

**F**ewer complications. Less pain. Shorter hospital stay. Quicker recovery time. Less scarring. Faster return to normal activities.

These are just a few of the potential benefits of minimally invasive surgery, one of the most significant medical achievements over the past 20 years. During this time, Stony Brook University Medical Center aggressively pursued the most technologically advanced techniques and equipment, as well as recruited some of the most experienced surgeons in the country. Stony Brook now has one of the leading minimally invasive surgery programs on Long Island and pioneered, in Suffolk County, use of the next minimally invasive surgical advancement: robot-assisted surgery.

## A Brief History of Innovation

First some background. Minimally invasive procedures are performed with a laparoscope, a thin tube with a tiny camera that can be inserted through a natural body opening or via a small incision that requires only a stitch or two to close. The laparoscope allows surgeons to view a magnified image of tumors and surrounding structures inside the body. Other small incisions may also be utilized to help assist in the surgery. Procedures that once required open surgery—resulting in large incisions and long hospital stays—can now be safely performed in a way that allows patients to return to their normal activities within days or a few short weeks, rather than months. Smaller incisions also mean less trauma to the surgical

area, reduced infection rates, less pain, and fewer rehospitalizations.

## Enter Robotics

Despite the futuristic image, robotics is not a technology of the future, but simply the next generation of minimally invasive surgery—a state-of-the-art approach that gives surgeons the tools to perform the surgery more accurately and with more dexterity and greater visualization. Some surgeons like to refer to the robotics system as an extension of their eyes and hands.

Robot-assisted surgery uses a patented Endowrist® technology that can control four instruments at once. The robotic arms seamlessly translate the surgeon's hand movements into more

## CASE STUDY

When Paul, a 62-year-old director of security, was told that he had prostate cancer, his urologist recommended robot-assisted surgery. Then he gave him a choice. "I could go to one of the surgeons in the local area for my prostatectomy, or I could go to the person who had trained other doctors," said Paul. "It was one of the easiest—and best—decisions I ever made."

Paul chose to see Rahuldev S. Bhalla, MD, at Stony Brook University Medical Center. Even though the Hospital is nearly two hours from Paul's home in New Jersey, he felt that Dr. Bhalla's expertise—he has performed more than 290 robot-assisted surgeries—and his national reputation made the trip worthwhile.

"I can't say enough about the entire experience—the efficiency of the staff, the speed of my pre-op tests, and Dr. Bhalla's professionalism and attentiveness. He even called me at home twice after surgery to see how I was doing."

In short, Paul did remarkably well. The day after the three-hour operation, Paul was walking laps through the hospital hallways. He returned home after a two-day hospital stay, and six days later was out at a music concert feeling so much like

his old self that Dr. Bhalla told him to slow down. "It turns out the guy next to me at the concert had had prostate surgery the old way, and he was absolutely amazed at my recovery," says Paul.

With traditional prostate surgery, recovery can take up to three months, and continence and potency can return even more slowly. With robot-assisted surgery, people typically return back to normal activities within six weeks, with fewer complications (as well as less pain and less scarring). Paul was no exception. "Everything went exactly as it should," says Dr. Bhalla, "and this consistency in outcomes is another benefit of robot-assisted surgery."

Did Paul have any reservations about undergoing a relatively new procedure? "I did the research and saw how dramatically faster recovery times were from other methods. Plus, it seemed safer to me—there is less blood loss and trauma during the procedure. Then my urologist said to me, 'Wouldn't you rather go for the cure than just a treatment?' All these things convinced me that robotic surgery was the right solution for me."

In consideration of his privacy, the patient's name in this case study has been changed.



*Patented Endowrist® technology can control four instruments at once.*

precise movements via a set of high-tech instruments—and with a steadiness greater than the human hand. With the accompanying high-definition 3D endoscope, surgeons have twice the viewing resolution and 20 percent more viewing area compared with conventional methods. Surgeons can target anatomy at high magnification and in brilliant color, with a natural depth of field. As a result of these innovations, patients having robot-assisted surgery receive all the potential benefits of minimally invasive procedures and, in some instances, the potential for even greater benefits.

### **About Stony Brook's Program**

In 2007, Stony Brook University Medical Center became the first hospital on Long Island and in New York City to acquire the state-of-the-art da Vinci S HD™ Surgical System. This system is the most technologically

advanced of all leading robot-assisted surgery systems.

At the same time, Stony Brook brought on board one of the most experienced robotics surgeons in the country, Rahuldev S. Bhalla, MD, to establish the robotics program and train surgeons in this sophisticated technology. Currently, surgeons are performing robot-assisted surgery in four key specialties.

**Urology.** Dr. Bhalla, Director of Robotics and Minimally Invasive Surgery in the Urology Department, has performed more than 290 robot-assisted surgeries and specializes in robot-assisted prostatectomies. For patients who are candidates for robot-assisted prostatectomies, benefits include a lower incidence of blood transfusion, incontinence, and impotence. The hospital stay in most instances is only overnight.

**Cardiothoracic.** Frank C. Seifert, MD, is a nationally recognized expert in minimally invasive direct coronary bypass surgery (MIDCAB) and other off-pump coronary bypass techniques that avoid the use of a heart-lung machine. Dr. Seifert is using the da Vinci system for MIDCAB with excellent results. These include reduced pain, shorter recovery times (patients are generally released on the second postoperative day), lower risks, and fewer complications. This expands the universe of patients eligible for MIDCAB, allowing more options for higher risk patients.

**Gynecology.** The two gynecologic procedures best suited to the robotics

program are myomectomy (fibroid removal) and hysterectomy, according to surgeon Todd Griffin, MD. Results carry the same potential benefits as traditional minimally invasive procedures, including less blood loss, shorter hospital stays, less local trauma at the incision site, less post-operative pain, quicker surgical times, fewer complications and rehospitalizations, and a faster return to normal activities (one to two weeks versus four to six weeks for open procedures). In addition, a great advantage of the robot-assisted myomectomy is that it can help preserve fertility.

**Gynecologic Oncology.** Robot-assisted surgery is an option for patients needing a hysterectomy but for whom advanced laparoscopic procedures would be technically difficult due to endometrial cancer, endometriosis, or adhesions/scar tissue from prior surgeries. Performed by Eva Chalas, MD, this procedure can offer a faster recovery time, less blood loss, less pain, and a quicker return to normal function.

### **Are You a Candidate?**

It is important to note that minimally invasive and robot-assisted surgeries are not appropriate for some conditions and some people. However, these procedures may make surgery possible for patients for whom open surgery might be too high a risk. If you would like to learn more about the minimally invasive surgery program at Stony Brook University Medical Center, visit our Web site at [www.StonyBrookMedicalCenter.org](http://www.StonyBrookMedicalCenter.org). If you would like to arrange for a consult with a physician, call (631) 444-4000. ■



## ASK THE EXPERTS

**By Ramona Rajapakse, MD**

Associate Professor of Medicine, Division of Gastroenterology and Hepatology

**and Robert Richards, MD**

Associate Professor of Medicine, Division of Gastroenterology and Hepatology

# What You Need to Know about Crohn's Disease and Colitis

An estimated 1.4 million Americans live with Crohn's disease and colitis, with an additional 30,000 new cases diagnosed each year. No one knows what causes these chronic conditions, which fall under the umbrella of inflammatory bowel disease (IBD), and there is no known cure.

The two most important things to know about these conditions are:

1. Early diagnosis and intervention can help prevent future complications and limit the need for surgery.
2. Once diagnosed, management of the condition by IBD specialists with access to the latest research and a highly trained multidisciplinary team is key.

### **Q** What Is the Difference Between Crohn's and Colitis?

The biggest difference between Crohn's disease and colitis is where it occurs in the body. Unlike colitis, which occurs only in the colon, Crohn's can affect any part of the gastrointestinal tract. The characteristic inflammation can occur in all layers of the intestines, and abscesses and fistulas may develop as well. With ulcerative colitis, the inflammation occurs only in the innermost layers of the colon.

### **Q** What Are the Symptoms?

Typical symptoms of both conditions include abdominal pain, diarrhea, nausea, vomiting, and rectal bleeding. Some people will experience fever, weight loss, joint aches, and loss of appetite as well. If you have these symptoms, especially on a chronic basis, it is important to seek medical attention as quickly as possible.

There are two ways for you to ensure optimal care. If your primary care physician diagnoses you with Crohn's

*"Our program supports the patient in managing Crohn's and colitis in the same way that people with diabetes learn to deal with their chronic disease—through state-of-the-art medical care, patient empowerment, and an emphasis on quality of life."*

**Dr. Ramona Rajapakse**

or colitis, you can get a referral from him or her to see a specialist at Stony Brook University Medical Center. Or, if you suspect you have Crohn's or colitis, you can call the Department of Gastroenterology and Hepatology directly at (631) 444-5220 and work with a specialist at the outset.

### **Q** How Is the Diagnosis Made?

With both Crohn's and colitis, there is no specific test. A diagnosis is made based on a comprehensive assessment, which includes a complete medical history, a physical examination, and appropriate tests that could include endoscopy, colonoscopy, blood tests, a GI series, CT scans, or x-rays. In addition, Stony Brook has two new state-of-the-art diagnostics available—capsule endoscopy, in which the patient swallows a capsule containing a tiny wireless video camera that can take up to 50,000 pictures of the small intestine, and CT enterography, a high contrast imaging process that evaluates inflammation of the small intestine with enhanced accuracy and in a minimally invasive manner.

### **Q** What Treatments Are Available?

Depending on the severity of the symptoms and how far the disease



has progressed, there are a number of treatment options available. This can include subcutaneous/intramuscular injections, a wide range of oral medications, such as steroids and immunomodulators to control symptoms, and newer infusion medications, such as biologics that target inflammation. Because Crohn's and colitis are chronic conditions, the best treatment is an integrated, long-term management approach under a specialist's care that continually adjusts the treatment to the patient's condition and individual issues. The goal always is to prevent complications, ensure quality of life, and look to surgery not as a solution but as a last resort. However, when surgery is necessary, the surgeons at Stony Brook have expertise and experience, and specialize in the latest minimally invasive surgeries.

### **Q** What Distinguishes the Approach at Stony Brook University Medical Center?

**Access to specialists.** As the only tertiary care medical center in Suffolk County, Stony Brook provides access to specialists who not only have advanced training in gastrointestinal conditions but who also are on the leading edge of the field. Many are involved in research and best practice protocols, and are able to bring the most up-to-date approaches into their clinical practice. This also means that people in Suffolk County can receive highly specialized care within their own community.

**State-of-the-art facilities.** Because Stony Brook University Medical Center is a teaching hospital and a research center, facilities are

*“The Gastroenterology Department at Stony Brook University Medical Center is staffed by physicians, registered nurses, nurse practitioners, technicians, nutritionists, and educators who have expertise and special training in the management of inflammatory bowel disease.”*

**Dr. Robert Richards**

state-of-the-art. This includes the wide range of diagnostic technologies available. For example, Stony Brook offers the latest version of the capsule endoscopy and is the only hospital in Suffolk County to use CT enterography. On the research front, Stony Brook is exploring stem-cell therapies, new biologic agents, and is participating in pathogenesis, or basic research. The Medical Center also runs a fellowship program that trains physicians in gastroenterology, which means that Suffolk County residents also have access to the most promising next generation of specialists.

**An emphasis on multidisciplinary disease management.** Not only are the gastrointestinal specialists

concerned with delivering acute care, they also help create a multidisciplinary support system that addresses the many issues associated with Crohn's and colitis. When needed, they will bring rheumatologists, dermatologists, pain management specialists, and psychologists on board. In addition, a team composed of three pediatric gastroenterologists has expertise in the management of IBD in children. Some physicians have additional expertise in working with women of childbearing age to address fertility and other concerns. The nursing staff has advanced training in stoma care, managing side effects of medications, and early intervention when complications arise. The team also will coordinate patient and family education, liaison with the Crohn's and Colitis Foundation of Long Island, work with nutritionists, and direct patients to other available resources. ■

### **EXPANDED CROHN'S AND COLITIS CENTER**

A newly expanded Crohn's Disease and Colitis center is being introduced this fall, under the Division of Gastroenterology and Hepatology. The program will be offered in one central location, at the Medical Center, where both adult and pediatric patients will receive multidisciplinary specialty care, ongoing management of symptoms, patient and family education, support, and access to resources.

For more information or for a referral, call (631) 444-5220.

# Classes and Programs

For information on classes, programs, and events visit [www.StonyBrookMedicalCenter.org](http://www.StonyBrookMedicalCenter.org), go to “In The Community,” and click on “Calendar of Events.” For questions, appointments, or registration, call (631) 444-4000.

## Cancer Care

### BLOOD CANCER PATIENT SUPPORT GROUP

The Long Island Chapter of the Leukemia & Lymphoma Society in collaboration with Stony Brook University Hospital is offering a support group for patients with blood cancer. Meetings are facilitated by an oncology nurse and social worker. Registration is required.

**Mondays, 6-7 pm**  
**September 8**  
**October 13**  
**November 10**  
**December 8**

Stony Brook University Cancer Center  
 Free

### BREAST CANCER EDUCATION AND 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 and the Department of Care Management, features guest speakers who are experts and offer information on a variety of topics.

**Wednesdays, 7-9 pm**  
**September 3**, Traditional Open Group Discussion

**October 1**, Traditional Open Group Discussion

**November 5**, Raja A. Jaber, MD, Topic: **Nutrition, Healthy Eating, and Cancer**

**December 3**, Traditional Open Group Discussion

Holiday Inn Express  
 Stony Brook  
 Free

### BREAST CANCER SCREENINGS

The Witness Project® of Long Island, a collaborative breast health and cancer education program of Stony Brook University Cancer Center and the Town of Babylon, hosts various programs at churches and community organizations to raise awareness about the importance of breast cancer screenings, including mammography and breast self exams. Programs are held from September to December. For information about specific dates and locations, call the Witness Project of Long Island office at (631) 638-0816 or 0817.

### LIVING AND COPING WITH CANCER EDUCATIONAL SERIES

Presented by Stony Brook University Cancer Center and the Department of Care Management, this educational series is open to people with cancer, and family and friends of those undergoing treatment. Topics include “Living and Coping with Cancer to Maintain Quality of Life,” “Legal Rights of Cancer Patients,” “Managing Side Effects of Cancer Treatment,” “The

Importance of Good Nutrition,” and “Caregiver’s Forum.” Registration is required.

**Thursdays, 7-9 pm**  
**September 11 to October 23**

Stony Brook University Cancer Center, Conference Room  
 Call 444-4000 for specific dates of each presentation.  
 Free

### LOOK GOOD, FEEL BETTER

Offered in conjunction with the American Cancer Society for women with cancer who are undergoing treatment, this two-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.

**Mondays, 6-8 pm**  
**September 8**  
**October 6**  
**November 3**  
**December 1**

Stony Brook Technology Park  
 Call 444-4000 for location.  
 Free

### PROSTATE CANCER SCREENINGS

Stony Brook University Medical Center’s Department of Urology has a long-standing commitment to provide free annual prostate cancer screenings. Prostate cancer screenings are recommended for all men over age 50. African-American men and men with a family history of prostate cancer should begin annual screenings at age 40.

Appointments are required.

**Monday, September 15**  
**5:30-7:30 pm**

Stony Brook Urology  
 24 Research Way, Suite 500  
 East Setauket  
 Free

### PROSTATE CANCER SUPPORT GROUP

Man-to-Man, a therapeutic support group, provides an opportunity to share experiences with others who have been diagnosed and treated for prostate cancer. Family members are welcome.

**Mondays, 5:30-7:30 pm**  
**September 8**  
**October 6**  
**November 3**  
**December 1**

Stony Brook University Cancer Center  
 Free

### UPPER GI CANCER SUPPORT GROUP

Patients who have been diagnosed with esophageal and stomach cancer are encouraged to attend this informative support group. Registration is required.

**Wednesdays, 7 pm**  
**September 10**  
**October 8**  
**November 12**  
**December 10**

Stony Brook University Cancer Center, Conference Room  
 Free

## Cystic Fibrosis

### CYSTIC FIBROSIS SUPPORT GROUP

Parents and caregivers of children with cystic fibrosis can join this ongoing support group.

**Mondays, 7-8 pm**  
**September 17**  
**October 15**  
**November 19**  
**December 17**

Middle Country Library  
 101 Eastwood Blvd.  
 Centereach  
 Free

## Children's Health

### SAFE KIDS CAR SEAT CHECK-UP EVENT FOUR STEPS FOR KIDS

Parents of children from birth to age 8 are invited to learn how to properly secure children in their car seats. By appointment only.

**Saturday, September 20**  
**10:00 am-noon**

Dolan Family Health Center  
 284 Pulaski Road, Greenlawn  
 Free

## Diabetes

### DIABETES SELF-MANAGEMENT EDUCATION CLASSES

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

Registration is required.

**September 8, 9, 10, 6-9 pm**  
**October 6, 7, 8, 9 am-noon**  
**November 3, 4, 5, 6-9 pm**

Stony Brook Technology Park  
 Call 444-4000 for location.  
 Fee: Insurance accepted where applicable

## Diet and Nutrition

### TARGET FITNESS WEIGHT MANAGEMENT PROGRAM

Tired of the weight loss roller coaster—always losing and gaining the same 10, 20, or 30 pounds? Looking for research-based strategies to lose weight for good? If so, join the Target Fitness Weight Management Program and learn how to get the weight off and keep it off. This 12-week interactive program includes the following:

- An individualized diet prescription with the carbohydrate, protein, and fat levels based on your medical history and needs
- Body composition measurement and individualized weight goals
- Interactive work with a unique set of strategies and tools to facilitate changing your relationship with food
- Guidelines and goal setting related to exercise
- Comprehensive, research-based lessons on nutrition for managing weight, diabetes, high cholesterol, high blood pressure, and gastrointestinal problems through diet and exercise

Program fee includes a pedometer and a copy of the

book, *Losing Weight Permanently with the Bull's-Eye Food Guide*, by Josephine Connolly Schoonen, PhD, RD.

**Tuesdays, 5:45-6:45 pm**  
**September 16, 23, 30**  
**October 7, 14, 21, 28**  
**November 4, 11, 18, 25**  
**December 2**

Family Practice Center  
 181 Belle Mead Road  
 East Setauket  
 Fee: \$225

## Heart Health

### CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

A six-week heart disease awareness program conducted by healthcare professionals to provide patients, families, and friends with a comprehensive overview of heart health and important information about the factors that influence heart disease. CPR training is offered to participants in conjunction with the program. Registration is required.

**Thursdays, 7-9 pm**  
**Sept. 4 or Nov. 6:**

**Introduction:** Learn about heart disease, treatment, and prevention.

**Sept. 11 or Nov. 13: Risk Factor Reduction—Taking Charge of Your Cardiac**

**Health:** Learn ways to lessen your risk for heart disease.

**Sept. 18 or Nov. 20: Home Exercise Program:** Learn how to begin a home exercise program.

**Sept. 25 or Dec. 4: Medication Guidelines:** What

you need to learn about your cardiac medications, what they are used for, and why.

**Oct. 2 or Dec. 11: Eat Your Heart Out:** Learn label reading and meal planning skills for a balanced, heart healthy diet.

Heart Center, Damianos Conference Room  
 Stony Brook University Hospital, Level 5  
 Free

## Mall Walkers

### 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 free blood pressure screening starting at 8 am, followed by an informative lecture at 9 am. Registration is required. For upcoming speakers and topics, visit [www.StonyBrookMedicalCenter.org](http://www.StonyBrookMedicalCenter.org) and go to "In the Community," and click on "Calendar of Events."

**September 24**  
**October 29**  
**November 26**

Smith Haven Mall, Food Court  
 Lake Grove  
 Free

## Massage

### INFANT AND CHILD MASSAGE CLASSES

This three-session program, conducted by a licensed massage therapist and

# Classes and Programs

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 part of the class. Bring baby or doll and a small blanket.

**Tuesdays, September 9, 16, 23, 10:30-11:30 am**

**Tuesdays, October 7, 14, 21, 10:30-11:30 am**

**Mondays, November 3, 10, 17, 10:30-11:30 am**

Stony Brook Technology Park  
Call 444-4000 for location.  
Fee: \$60

## Multiple Sclerosis

### MULTIPLE SCLEROSIS PATIENT EDUCATION SERIES

Multiple sclerosis (MS) patients and their family members are invited to join an evening of conversation with MS specialists. Each session will last about an hour with presentations by MS experts and time for questions and answers. Coffee and treats will be served after the discussions. Registration is required.

**Thursdays, 7-8:30 pm**  
**September 11: A Primer of Multiple Sclerosis**

Speakers: Lauren Krupp, MD—MS: What does it mean?  
Patricia Coyle, MD—Current State-of-the-Art Treatment

### September 18: Remaining Independent—Living with MS

Speakers: Candiano Rienzie, DPT—The Role of Physical Therapy in MS  
Eva Rodriguez—Dealing with Cognitive Issues

### September 25: MS: Hope for the Future

Speaker: Patricia Melville, NP—Latest and Greatest Advances in MS Research

### October 2: MS Tool Box

Speakers: Christopher Christodoulou, MD—Cognitive Function: Memory Enhancement Strategies  
Yashma Patel, MD—Depression/Mood  
Dawn Madigan, RN—Resources to Help You

Call 444-4000 for location and to register.  
Free

## Pain Treatment

### 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. Learn how to get a good diagnosis and about treatments involving diet and nutrition, exercise, medication, and surgery.

**Monthly Seminars, 9-11 am**  
**September 23**

Stony Brook Technology Park  
Call 444-4000 for location.  
Free

## Pregnancy and Childbirth

### MEET THE MIDWIVES

Women seeking prenatal and gynecology care and healthcare professionals who want to learn more about midwifery are invited to these monthly sessions. The evening includes a question and answer period as well as a tour of labor and delivery, nursery, and postpartum units.

**Thursdays, 7-8 pm**

**September 4**

**October 2**

**November 6**

**December 4**

Health Sciences Center  
Level 2, Lecture Hall 2  
Free

### NATIONAL MIDWIFERY WEEK OCTOBER 5-11

Midwives from the Midwifery Practice at Stony Brook will be present outside the Hospital cafeteria to provide women's and children's health information and to answer questions about midwifery.

**Monday, October 6**  
**9 am-5 pm**

### 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," "Breastfeeding and Infant Feeding Choices," "Preparing for Labor and Delivery," and "Taking Care of Yourself and Baby at Home." Registration is required.

**Thursdays, 11 am-noon**

**September 4, 11, 18**

**October 2, 9, 16**

**November 6, 13, 20**

**December 4, 11, 18**

Stony Brook University Hospital  
Free

### PRENATAL BREASTFEEDING CLASS

Learn about breastfeeding to help you and your baby get off to a good start. Registration required.

**Wednesdays, 7-9 pm**

**September 3**

**October 2**

**November 5**

**December 3**

Stony Brook University Hospital  
Free

## BECOME A VOLUNTEER: A REWARDING EXPERIENCE

Stony Brook University Medical Center is looking for volunteers. Men and women ages 14 and over are eligible. If you enjoy working with people, want to make new friends, and have a little extra time to spend helping others, then consider becoming a volunteer. You can volunteer for as few as three hours a week and need no experience. There are currently over 60 different assignments available. For more information, call (631) 444-4000.



**SPECIAL EVENTS**

**HOSPITAL AUXILIARY GALA**

Hosted by the Stony Brook University Hospital Auxiliary, this year's event will feature a "moveable feast" and a silent auction display. Proceeds will benefit Stony Brook University Heart Center with special recognition to "grateful patient," Richard N. Fine, MD, Dean, Stony Brook University School of Medicine.

For tickets and sponsorship opportunities visit [www.StonyBrookMedicalCenter.org](http://www.StonyBrookMedicalCenter.org) and go to "In the Community," and click on "Calendar of Events."

**Thursday, September 25  
6-9 pm**

The Inn at East Wind  
Wading River  
Tickets: \$175

**20TH ANNUAL CONFERENCE ON MAMMOGRAPHY AND OTHER BREAST IMAGING**

The Long Island Radiological Society and the New York State Radiological Society present a conference on mammography and other state-of-the-art breast imaging techniques for radiologists, radiologic technologists, and ultrasound technologists. Sponsored by the Office of Continuing Medical Education, Stony Brook University School of Medicine.

**Saturday, September 27  
8 am-5 pm**

Marriott Hotel, Melville  
Fee: \$175 for physicians and \$135 for technologists

and other healthcare professionals

**CUT FOR A CURE**

Local beauty salons throughout Long Island donate their time and talents to support breast cancer patients. Exact times and locations will be announced.

**Sundays in October  
11 am-2 pm**

Various locations  
Fee: Based upon each salon and service

**JUMP FOR A CURE**

Enjoy a tandem skydive with a certified instructor, or come to watch the spectacular array of colors as the parachutes drift down. The event also includes raffles, food, and fun. Proceeds benefit breast cancer patients at Stony Brook.

**Saturday, October 4  
8 am-dusk**

Skydive Long Island, Calverton  
Fees: Vary by package selected

**15TH ANNUAL WALK FOR BEAUTY, WALK FOR LIFE**

Stony Brook University Medical Center and the Ward Melville Heritage Organization have teamed up to host this 6K/4K walk throughout historic Stony Brook, which raises money for breast and prostate cancer research at Stony Brook University. Special fundraising challenges include incentives and raffle prizes for individuals and teams.

**Sunday, October 5  
Registration: 8:30 am  
Walk: 9:30 am**

Stony Brook Village  
Fee: \$20

**FALL FASHION FESTIVAL**

Proceeds from the 8th Annual Fall Fashion Festival benefit cancer patients at Stony Brook.

In addition to the fashion show featuring Stony Brook physicians and staff, the evening includes a cocktail hour, full-course dinner, DJ, live entertainment, and a "your choice" auction.

**Thursday, October 16  
6:30-10:30 pm**

Villa Lombardi's, Holbrook  
Tickets: \$65

**20TH ANNUAL RUN AND FUN FEST FOR CHILDREN**

This 5K run/walk through the tree-lined residential roads of Setauket will benefit the Child Life Program at Stony Brook University Medical Center. Awards will be given to the top three overall male and female runners and the top three male and female runners in various age categories. The event also features a Children's Fun Run after the race, games, moon bounce, music, entertainment, auction prizes, and refreshments.

**Sunday, October 19  
Registration: 7:30 am  
Race Start: 9:30 am**

Gelinas Junior High School  
Setauket  
For more information or to register, call 444-3840 or visit

[www.stonybrookhospital.com/childlife](http://www.stonybrookhospital.com/childlife).

Fee: \$17 by Oct. 16 or \$20 day of race

**BREAST CANCER AWARENESS SUNDAY**

Breast cancer survivors and peer health advisors will meet to discuss breast health and raise awareness about breast cancer, and the need for early detection of the disease, especially among African American women. Families and individuals are encouraged to attend this unique program.

**Sunday, October 19  
11 am**

Hope Missionary Baptist Church, Central Islip  
Free

**WITNESS PROJECT® OF LONG ISLAND FIFTH ANNUAL GALA AND AWARDS DINNER**

Join the Witness Project® of Long Island, a collaborative breast health and cancer education program of Stony Brook University Cancer Center and the Town of Babylon, as it celebrates five years, and recognizes its special volunteers for their support of various education programs and the annual Witness Walk.

**Friday, October 24  
7-11 pm**

Marriott Hotel  
Islandia  
Tickets: \$75

# Research Studies

**For more information and to enroll in studies, call (631) 444-4000.**

## **METASTATIC CANCER STUDY**

Adults, 18 years or older, with a diagnosis of metastatic cancer needed to participate in a 5-week study to determine if using propranolol (beta blocker) and etodolac (non-steroidal anti-inflammatory) in combination can decrease muscle loss, weight loss, and loss of appetite associated with metastatic cancer, as well as improve overall quality of life. Compensation for time and travel.

## **BROOKHAVEN NATIONAL LABORATORY MEDICAL IMAGING RESEARCH**

Could food images be driving you to overeat? Help us find out. Volunteers, 18 to 55 years old, in good health are needed for a non-invasive brain imaging study. Watch videos, and allow us to watch your brain using functional magnetic resonance imaging. Transportation provided, or mileage reimbursed. Compensation paid, and confidentiality maintained.

## **PEDIATRIC INFECTIOUS DISEASES**

The Pediatric Infectious Disease Division offers a variety of clinical trials consisting of new medications or combinations of medications for the treatment of children infected with HIV, adolescents, pregnant women, and children unaffected by HIV who have mothers infected with HIV.

Medication and appointments are free. Confidentially maintained; compensation for time and travel.

## **CHILDREN WITH IBS**

Children, 8 to 17 years of age, with a diagnosis of irritable bowel syndrome (IBS), are needed to determine if drinkable aloe vera gel will decrease symptoms.

## **MMRV STUDY**

Healthy children, 12 to 14 months, are needed to participate in a study for vaccination with MMRV. The vaccine is provided at no cost to participants. Volunteers will be compensated for time and travel.

## **POST-MENOPAUSE**

Post-menopausal women 50 to 65 years of age on hormone replacement therapy are needed for MRI research. Volunteers must be healthy and without metal or electronic implants. Confidentiality maintained. Fee paid.

## **DO YOU HAVE HEART FAILURE?**

Adults diagnosed with heart failure are invited to participate in a symptom-monitoring study to test an educational method to help patients monitor their heart failure symptoms. If qualified to participate, questionnaires about your medical history, symptoms, self care, and quality of life will be completed. Participants are followed for one year by telephone. Compensation paid.

## **DICE STUDY FOR HEART FAILURE**

The Heart Failure and Cardiomyopathy Center seeks volunteers with heart failure to participate in the Direct Impedance Cardiography in the Evaluation of heart failure (DICE) study to prove whether a simple device that demonstrates heart function can be used to predict future health. The study includes a monthly phone call to follow your health and symptoms.

## **OPTIMAL MEDICAL THERAPY FOR HEART FAILURE**

The OPTIMAL study offers a no-cost consultation with a heart failure specialist to review the medical therapy you receive for heart failure and provides a written recommendation based on current national guidelines to be used for discussion with your regular physician.

## **PROBE STUDY FOR HEART FAILURE**

Has your cardiologist recommended an implant of a biventricular pacemaker due to heart failure? Through the use of a special monitor, investigators are attempting to predict how well patients benefit from biventricular pacemakers ("extra wire") or CRT/resynchronization devices. This study is being conducted by the Heart Failure and Cardiomyopathy Center.

## **STUDY OF HIV+/AIDS AND CHROMIUM PICOLINATE**

The General Clinical Research Center seeks volunteers 18

years 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 \$1,700 plus transportation expenses.

## **DO YOU HAVE PAINFUL ARTHRITIS AT THE BASE OF THE THUMB?**

Seeking volunteers for a research study on an injection therapy to help with painful arthritis at the base of the thumb.

## **ARE YOU OVERWEIGHT?**

Men and women, 25 to 45 years of age, are needed to participate in a research study looking at markers of pre-diabetes in overweight people. This study is being conducted at the General Clinical Research Center at Stony Brook University Medical Center. Participants will be compensated up to \$750.

## **SEEKING HEALTHY VOLUNTEERS**

Healthy adults, 18 to 65 years of age, non-smokers or those smoke-free for five years, are needed to participate in a research study on the safety and tolerability of Poly-MVA (minerals, vitamins, amino acids) over a 9- to 15-week period. This study is being conducted at the General Clinical Research Center.

## CHILDREN HELPING CHILDREN WALK-A-THON MAKES BIG STRIDES FOR PEDIATRIC CANCER PATIENTS



**O**n Sunday, June 1, the W.S. Mount Elementary School in Stony Brook campaigned to make a difference in the lives of children with cancer by hosting the 6th Annual walk-a-thon, raising more than \$14,000 to benefit the Sunrise Fund at Stony Brook University Medical Center.

Proceeds from the Sunrise Fund “Children Helping Children” walk-a-thon benefit the Daniel Brooks Educational Award, given each year to patients or former patients treated for cancer at Stony Brook to help with their higher education costs, and “Play Fit-Stay Fit,” a comprehensive wellness program for childhood cancer survivors and their families.

Established in 1999 to increase awareness about childhood cancer and to raise funds for specific projects, the Sunrise Fund has collected nearly \$658,000. Additional Sunrise Fund programs include pediatric cancer research, a nationally recognized school re-entry program, palliative care and bereavement, and “Our Little Heroes,” Long Island’s only support group for families of children diagnosed with cancer. These are just part of the pediatric oncology program at Stony Brook. With a strong commitment to provide the best possible care, a dedication to create and maintain a caring and welcoming environment, and focused efforts to find better treatments through research, Stony Brook’s cancer professionals are a vital resource for young patients and their families. Donations to the fund help the pediatric oncology staff better serve young patients with cancer in their time of need.

“We appreciate the continued support and kindness of the W.S. Mount Elementary School, the Stony Brook community, and all who have participated in past walk-a-thons,” says Robert I. Parker, MD, Director of Pediatric Hematology/Oncology. “The commitment our supporters demonstrate continues to make a difference. They have truly become the voices of our young patients fighting cancer, and we are grateful for their dedication.”

For more information on Stony Brook University Medical Center’s Sunrise Fund, please call (631) 444-2899. ■

## Tips on Exercise SETTING YOUR EXERCISE GOALS

by Steven Jonas, MD, MPH

There are not too many secrets to being successful as a regular exerciser. Central to the whole endeavor is first to set goals, and make sure that you think they can work for you, not for anybody else.

In regular exercise, one size does not fit all. Those of us who have been doing it for many years (and at 71, I have been regularly exercising for about 30) have figured out ways of going about it that work for us, that keep us going, and that make it fun at some level. Keep in mind that if exercising is not fun in some way, you won’t continue to do it. To make it fun, the goals have to be both realistic and reasonable for you.

First and foremost, think about why you want to exercise regularly, what you want to get out of it, for whom you are doing it, and what the “give-ups” are, since exercise on a regular basis does take time. The goals that you set have to make sense for you, not for anyone else. Spend some time thinking about the prospect before you start trying to do it, and definitely before you pick out some program to try. The “what” is the easy part. The “why,” for you, may be the hard part.

---

Dr. Jonas is a Professor of Preventive Medicine at Stony Brook University Medical Center. His book, *Triathloning for Ordinary Mortals*, was the first written for beginners in the sport. He is the senior author for the American College of Sports Medicine’s *Exercise is Medicine:™ A Clinician’s Guide to Exercise Prescription*, due to be published in spring 2009. Dr. Jonas is in his 26th season of triathlon racing at, what he admits, is a leisurely pace.

**Produced by the Office  
of Communications.**

**Assistant Vice President**  
Yvette St. Jacques

**Senior Director, Medical Center  
Communications**  
Rachel Velocci

**Director of Medical Center  
Publications**  
Michele Vallone

**Associate Director of  
Medical Center Publications**  
Jo-Ann Oakes

**Copy Editor**  
Therese Keller

**Contributing Writer**  
Ink Tank

**Art Director**  
Karen Leibowitz

**Design**  
Panarama Design

**Photography**  
Debra Giugliano, John Griffin,  
Media Services

This information is intended to educate people about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

Stony Brook University/SUNY is an equal opportunity, affirmative action educator and employer. This publication can be made available in an alternate format upon request. If you require a disability-related accommodation, please call (631) 444-4000.

## DEVELOPMENT COUNCIL BRINGS LOCAL ART TO NEW LOBBY

Stony Brook University Medical Center may be well versed in the science of healing, but now, with a recent gift by the newly formed Development Council, it shows that it understands the art of healing as well. As part of the Medical Center's major modernization project, the Development Council has made it possible for a selection of paintings by local artists to grace the new lobby. Their philosophy: A world-class institution needs world-class artwork.



*Smartweed Field by Ty Stroudsburg, one in a collection of paintings that will be displayed in the new Hospital lobby.*

“The Development Council felt so strongly about the need for significant artwork in the lobby that they each made personal contributions to raise the approximately \$100,000 needed to purchase the pieces,” says Carrie Bhada, Director of Development.

All the art is from a local gallery, Gallery North in Setauket, which has a reputation for helping local families start their own art collections.

Established by a group of civic-minded community members, the Development Council's mission is to further Stony Brook's vision of becoming a world-class institution through philanthropy and community support. Development Council members include Charles Ryan, Chair, Michael Ardolino, Olga Belleau, Robert Coughlan Sr., Leah Dunaief, Duffy Mich, Scott Neher, and Gloria Snyder.

To learn about giving opportunities, please call Carrie Bhada, Director of Development, Stony Brook University Medical Center, at (631) 444-2899.