



Spring 2006



Stony Brook

Better Health Better Living



Smart Medicine

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NOISE POLLUTION

One of the Most
COMMON CAUSES
of **HEARING IMPAIRMENT**
in Today's Youth

The advent of the iPod and iMusic are two of the latest advances in personal portable sound systems that can be conveniently worn for extended periods of time. Included with the variety of sound systems is the variety of amplification systems that come in all shapes and sizes of headphones and earphones. Personal sound systems have become so overwhelmingly popular it seems almost everywhere you go, you see people of all ages tuned in to what they want to hear and tuned out of the world around them. However, what is the future cost for the luxury we have today to pump up the volume and listen to anything we want whenever and wherever we go, for as long as we choose? What is the cost to the people these items are most popular with — our youth?

A leading cause of hearing impairments used to be excessive noise exposure in the workplace, but today many young people are losing their hearing at alarming rates due to excessive noise exposure from portable stereo earphones. The federal government through the Occupational Safety and Health Administration has long known that noise pollution is one of the most common causes of hearing impairment in adults. Recently the damaging effects of excessive noise pollution from portable stereo earphones have gained attention.

Exposure to noise pollution, especially for younger people, has gone from huge boom boxes and car stereo speakers to sound delivered

(Continued on page 5)

Range of Intensity of Portable Units with Stereo Headphones and Suggested Maximum Daily Time of Exposure*		
Volume Setting	Average Range of Intensity in Decibels	Maximum Daily Time of Exposure
1	73–82	Unlimited
2	84–91	8 hours
3	88–96	4 hours
4	96–102	2 hours
5	101–108	1 hours
6	103–109	30 minutes
7	110–118	15 minutes
8	114–123	NONE
9	117–124	NONE
10	116–125	NONE

* Source: Katz AE, Gerstman HL, Sanderson RG, Buchanan R. Stereo ear-phones and hearing loss. *New England Journal of Medicine* 1982;307:1460.
Compliments of: Division of Otolaryngology-Head and Neck Surgery (ENT), Stony Brook University Hospital

... MAY IS BETTER HEARING & SPEECH MONTH

Performing CAROTID STENTING for STROKE PREVENTION

Minimally Invasive Procedure Is Promising New Option

Stroke is the most common cause of death and the number one cause of disability in adults in the United States. The American Heart Association estimates that 20 to 30 percent of strokes are caused by particles of atherosclerotic plaque, which travel upstream into the vessels — the pair of carotid arteries in the neck — that supply blood to the brain. Approximately 730,000 strokes are reported each year in the United States, and approximately 150,000 of these events result in death.

Many of these life-threatening strokes can be prevented. For patients with blocked carotid arteries, carotid endarterectomy (removal of plaque) has long been the standard surgical treatment. However, although carotid endarterectomy is well established, the need for therapeutic options is important for certain patients who are not good surgical candidates for it.

At Stony Brook University Hospital, vascular surgeons are now performing both carotid endarterectomy and carotid stenting that offers a promising new option. The “endovascular” (within the vessel) operation is minimally invasive, and in selected patients it has the potential to be performed as a same-day procedure.

Our multidisciplinary team includes vascular surgeons, cardiologists, neurologists, and neuroradiologists who evaluate each patient and discuss each potential case for stenting. This team approach helps to ensure and distinguish the quality of care that patients receive at the University Vascular Center at Stony Brook.

As we age, our arteries narrow. They lose their flexibility and the linings thicken. This process is called atherosclerosis or “hardening of the arteries.” When the carotid arteries in the neck begin to narrow, blood clots may develop. These arteries may become completely blocked or a piece of clot may break off and travel to the brain. In both cases a stroke — also known as “brain attack” — may result. Transient ischemic attacks (“mini-strokes”) may happen first.

Risk of stroke increases as the carotid arteries become more and more narrow. The risk is particularly high after the arteries are blocked more than 70 percent. The amount of blockage may be determined by a simple

painless test called a carotid doppler or carotid ultrasound.

People at greatest risk for carotid artery narrowing are those over age 65 (particularly smokers) and those who already have poor circulation in the legs or heart. Patients who have temporary loss of vision or speech and/or weakening of an arm or leg may have had a mini-stroke and should see their doctor.

Screening for STROKE Risk Factors

The University Vascular Center at Stony Brook provides two annual free screenings for carotid (neck) artery disease and stroke risk factors, in addition to screenings for abdominal aortic aneurysm and peripheral vascular disease.

The screening for stroke risk factors involves a non-invasive, 15-minute ultrasound test to detect build-up of plaque in the carotid arteries.

To find out when and where our annual vascular screenings will next be provided, please call Stony Brook’s **HealthConnect®** at **631.444.4000** weekdays from 8:30 AM to 7:00 PM.

CAROTID STENTING

Carotid stenting is an endovascular procedure in which a tiny, slender metal-mesh tube (stent) is fitted inside a carotid artery to increase the flow of blood blocked by plaques. The stent is inserted in the carotid artery across the blockage and a balloon is threaded up to the blocked artery and then inflated so that it presses against the plaque, flattening it and re-opening the artery.

Stenting is recommended for patients who are unable to undergo carotid endarterectomy, which is the standard treatment for severe buildup of plaque in the carotid artery, and which is the most common vascular surgery performed in the United States today. But it may not be appropriate for some patients, such as those who cannot tolerate the side effects of anesthesia.

(Continued on page 5)

MAY IS STROKE AWARENESS MONTH

To learn more about prevention and warning signs come hear Anne Marie Byers RN, MS, ANP-C of Stony Brook University Hospital’s Stroke Education Team speak at the Smith Haven Mall Walkers program on May 31 (See details on page 4)

April

Community Education Calendar, Spring 2006



CPR SATURDAY

Learn the chain of survival skills – steps that may help to save a life.

Stony Brook University Hospital's ECC Training Center, in partnership with Suffolk County Community College, J. T. Mather Memorial Hospital and the American Heart Association, is offering this free CPR training session. Designed for lay people, this dynamic program will provide essential instruction necessary to administer help to people over eight years of age who may be victims of stroke, heart attack, or airway obstruction. You must be over the age of 12 to participate in the training. For more information, call HealthConnect® at 631.444.4000.

Saturday, April 1

Registration 8:30–9 am

Training 9–11 am

**Suffolk County Community College
Montauk Room
Free**

CHILDREN HELPING CHILDREN WALK-A-THON

Stony Brook University Hospital's 4th Annual Children Helping Children Walk-a-thon will benefit the Sunrise Fund's Dan Brooks Memorial Educational Award and the School Re-Entry Program, a program that facilitates the return to school for a child with cancer.

Sunday, April 2

Registration 9 am

Walk 10 am

St. James Elementary School

Lake Avenue, St. James

**Fee: \$15 individuals; \$20 family
FREE with a completed sponsor sheet**

INFANT AND CHILD MASSAGE CLASSES

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

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

**Mondays, April 3, 10 & 17
10–11 am**

**Stony Brook Technology Park
Fee: \$60.00**



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.

April 3, 4 & 5

6–9 pm

**Stony Brook Technology Park
Free**

LOOK GOOD... FEEL BETTER PROGRAM



Offered in conjunction with the American Cancer Society for women with cancer undergoing treatment, this free, 2-hour beauty program is facilitated by a licensed cosmetologist. Included are tips on skin and hair care, makeup instructions and demonstrations of wig, turban and scarf use. Registration is required. Call 1.800.862.2215.

Monday, April 3

6–8 pm

**Stony Brook Technology Park
Free**

13TH ANNUAL LIVING WITH GRIEF TELECONFERENCE

Coordinated by the Hospice Foundation of America, this year's teleconference will focus on "Pain Management at the End of Life: Bridging the Gap Between Knowledge and Practice." Moderated by Frank Sesno, Professor of Public Policy and Communication at George Mason University and Special Correspondent with CNN, this program will provide an educational forum in which a multidisciplinary panel of experts will look at the laws and regulations that hinder the practice of pain management and will examine ways in which health care workers and the general public can work together to improve the societal approach to pain management. Registration required.

Wednesday, April 5

1:15–4:30 pm

**Stony Brook University Health
Sciences Center
Harold Atkins Learning Center
Free**

BREAST CANCER EDUCATION "Eating Right for Cancer"

For men and women diagnosed with breast cancer, 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, April 5

7 pm

**Speaker: Lawrence Jacobs, MD
Holiday Inn Express, Stony Brook
Free**

PRENATAL BREASTFEEDING CLASS

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

Wednesday, April 5

7–9 pm

**Stony Brook University Hospital
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.

**Thursdays, April 6, 13 & 20
11 am–12 noon**

**Stony Brook University Hospital
Free**

AUTISM EDUCATION

Autism Research: Recent Findings and Future Directions

In the past several years, there has been an explosion of autism related research, investigating a broad range of issues critical to the understanding and treatment of this disorder. This workshop will give an overview of recent research findings, covering studies related to the definition and diagnosis of autism spectrum disorders, the incidence and prevalence of autism, psychological theories explaining aspects of autism, genetics, and treatment issues. Please register at least one week in advance to confirm location and insure admission.

Thursday, April 6

7–9 pm

**Speakers: Carla DeVincent, PhD
Jayne Schneider, PhD, Cody Center
Endeavour Hall,
Stony Brook University
Suggested Donation: \$10
Community/ \$25 Professionals**

**For More
INFORMATION or to
REGISTER for Programs**

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

APRIL IS IBS AWARENESS MONTH

To learn more about IBS, hear Stony Brook University Hospital's John Birk, MD, speak at the April meeting of the Smith Haven Mall Walkers Club, see details in calendar listing below.

APRIL IS NATIONAL AUTISM AWARENESS MONTH

Want to learn more? See April and May calendar listings for educational programs offered through the Cody Center for Autism and Developmental Disabilities.

OSTEOPOROSIS PREVENTION AND MANAGEMENT WORKSHOP

Stony Brook University Hospital's Division of Wellness and Chronic Illness in the Department of Family Medicine conducts this series of three group visits 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 exercises to improve hip and spine bone density. Conventional monitoring techniques and medical intervention with hormone replacement therapy and drugs is also covered. Most insurance plans with appropriate co-pay are accepted. For those without coverage, the cost for the series is \$150.00.

**Wednesdays, April 19, 26 & May 3
4:30–6:30 pm**

Stony Brook Technology Park.

FREE ORAL CANCER SCREENING

*A Visit to the Dentist Can
Save Your Life*

Did you know that oral cancer kills more Americans than cervical cancer or melanoma (skin cancer) and facially disfigures thousands? Very often, it starts as a tiny, unnoticed white or red spot or sore anywhere in the mouth. While tobacco use greatly increases the risk, 25% of all victims do not smoke and have no other risk factors. The School of Dental Medicine at Stony Brook University offers this free oral screening with no appointment necessary.

Thursday, April 20

9:30 am–6 pm

**Dental Care Center, South Campus
Stony Brook University
Free**

GIFT FOR KIDS

*Support program for children of
parents with breast cancer*

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

Thursday, April 20

6:30–8:30 pm

**Holiday Inn Express, Stony Brook
Free**



TARGET FITNESS WEIGHT MANAGEMENT PROGRAM

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

Tuesdays, April 25;

May 2, 9, 16, 23, 30;

June 6, 13, 20, 27;

July 11 & 18

1–2 pm

**Stony Brook University Hospital
Fee: \$180**

SMITH HAVEN MALL WALKERS

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

Wednesday, April 26

*"Irritable Bowel Syndrome —
When it's not just what you eat"*

Speaker: John Birk, MD

**Smith Haven Mall, Food Court
Free**



AUTISM EDUCATION Issues of Best Practice in Behavioral Treatment

Effective management of challenging behaviors is an important issue for most families of children on the autism spectrum. This presentation will focus on the development of treatment plans to address challenging behaviors, and methods of measurement to monitor the effectiveness of intervention. Please register at least one week in advance to confirm location and insure admission.

Thursday, April 27

7–9 pm

**Speaker: Tony Hollander, Ph.D.,
New York Institute for Applied
Behavior Management
Endeavour Hall,
Stony Brook University
Suggested Donation:
\$10 Community
\$25 Professionals**

Therapeutic YOGA

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

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

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





It's about time

Stony Brook Brain Attack Team Takes Action Against Stroke

By Candice J. Perkins, MD

Stroke is a devastating disease. Annually, approximately 750,000 strokes occur in the United States alone. In the year 2000, stroke accounted for one out of every fourteen deaths in America, making stroke the third leading cause of death in the United States surpassed only by heart disease and cancer. Worldwide, stroke and heart disease together account for over 17 million deaths per year.

The devastation of stroke lies not only as a major cause of death, but perhaps even more profound, as a major cause of long-term disability. Furthermore, the disabling effects of stroke are not only ravaging in their duration, but also in their breadth of consequence. Stroke-related injury often imparts both physical and cognitive disabilities, affecting multiple bodily functions including motor function, sensation, emotional balance, memory, concentration, speech, language, vision, balance and coordination. Of the estimated 4,700,000 stroke survivors in the United States today, over 30 percent need help caring for themselves, 20 percent cannot walk independently, and over 70 percent have impaired role functioning, making stroke the number one leading cause of long-term disability in America.

Everyone is vulnerable. Although stroke is often thought of as a disease of the elderly, more than one-quarter of strokes occur in patients under the age of 65. Females are especially vulnerable to stroke-related death, accounting for 60 percent of stroke mortality.

Similar to a heart attack, stroke results from an interruption of blood flow. In the case of stroke (also known as “brain attack”), there is an interruption of blood flow to the brain. However, there are some

significant differences between heart attacks and brain attacks. There are two main sub-types of brain attacks: hemorrhage and “bland” (non-hemorrhage) events. Heart attack, for the most part, is a non-hemorrhage event. A hemorrhage stroke occurs when there is a rupture of a blood vessel supplying the brain; a bland stroke occurs when a blood clot blocks blood flow to the brain. Hemorrhage-related strokes account for approximately 15 percent of brain attacks; bland strokes account for the remaining 85 percent.

Another key difference between heart attack and brain attack is that the brain is an organ that requires an unyieldingly intensive supply of blood and nutrients in order to meet its needs. The brain is the “hungriest” organ in our body. Although the brain accounts for only about 2 percent of our body weight, it receives approximately 15 percent of the blood flow in our body and consumes approximately 20 percent of our oxygen supply. To meet these demands, the human brain must receive a constant supply of blood. An interruption of blood flow, even for a short while, leads to rapid brain injury. When treating a stroke victim, time is critical, **which is why we at Stony Brook University Hospital have taken action against stroke.**

As the county's only hospital certified as a Stroke Center by both the New York State Department of Health and Joint Commission for Accreditation of Hospitals (JCAHO), Stony Brook has established a specialized Brain Attack Team that is available 24 hours a day in order to come to the aid of a stroke victim. The team consists of neurologists who are specifically board certified in stroke as well as special-

STROKE Signs and Symptoms

- FIVE MOST COMMON SYMPTOMS**
- ✗ Sudden numbness or weakness of face, arm or leg, especially on one side of the body
 - ✗ Sudden confusion, trouble speaking or understanding
 - ✗ Sudden trouble seeing in one or both eyes
 - ✗ Sudden trouble walking, dizziness, loss of balance or coordination
 - ✗ Sudden severe headache with no known cause
- LESS COMMON SYMPTOMS**
- ✗ Sudden nausea, fever and vomiting distinguished from a viral illness by speed of onset
 - ✗ Brief loss of consciousness or period of decreased consciousness (fainting, confusion, convulsions or coma)

ized stroke nurses, highly skilled neuro-radiologists, emergency room personnel, and laboratory/ radiology technicians. This team is emergently activated upon first notification by the emergency medical system in the field (consisting of local ambulance attendants) that a stroke victim is on the way to the hospital. Once a stroke victim is identified, a “Code BAT” (Code Brain Attack Team) is sent out, allowing for an

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Communication After a Stroke

By Kathleen McCloskey, M.A., CCC-SLP

A stroke occurs when blood is unable to reach an area in the brain. A survivor of a stroke may experience a sudden and drastic change in communication skills, which can impede one's ability to function in daily interactions and change one's perception of 'self.' A survivor of stroke can experience feelings of helplessness when communication skills are impaired. It is important to understand the type of impairment a person has suffered and how you can help improve the success of communication for these individuals, and ultimately their quality of life.

Types of communication impairments that can result from a stroke include:

Aphasia is a language disorder resulting from damage to the area of the brain responsible for language, which for most people is the left side of the brain. Muscle weakness in the body and/or face may or may not result. Speaking, listening, writing and reading are affected. The amount of difficulty often relates to the amount of brain tissue damage suffered. Intelligence is not altered but the language code has been disturbed. A person with aphasia will often understand gesture, environmental cues and changes in intonation.

Aphasia presents as *fluent*, where a person can speak in lengthy sentences that have little or no meaning, or *non-fluent*, where a person has telegraphic or absent speech output. When severe, a person may be unable to say 'hello' or understand a simple request like 'give me your hand.' A person with only mild difficulty may be able to speak in meaningful sentences but may need to stop to retrieve a word or will use the wrong word. Limitations may also be noticed when a person cannot follow sequenced instructions.

Dysarthria is a speech disorder resulting from weakness in the muscles used for speech production. Damage to the motor speech area on the right or left side of the brain usually results in weakness on one side of the face, mouth and throat. The person may have weakness on the same side of the body as well. The muscles in the lips, cheek, and tongue and possibly the throat and palate move slowly in a limited range. Speech is produced slowly with effort and sounds and words are often distorted. Mistakes in speech production are often consistent. Severe difficulty may result in no understandable speech while mild difficulty could be perceived as an accent or mild slur of speech.

Apraxia of Speech is a speech disorder where a person has difficulty planning the muscle movements needed to say words correctly. This usually results from damage to the frontal area of the left side of the brain. The person does not have a weakness of the speech muscles but rather difficulty putting sound and syllables together in the correct order to form words and sentences. Words that are longer, complex and infrequent are usually harder to say than words that are simple in structure and used frequently. Speech mistakes are often inconsistent with apraxia of speech. Rhythm, stress and inflections that express meaning can also be impaired in apraxia of speech.

Cognitive-Linguistic Impairment may result from damage to the right side of the brain. A person may have only mild errors in comprehension due to limits in attention and memory. Speech may present as confused due to problems with attention to topic and environmental surroundings. Reading and writing difficulties can result from visual problems where a patient cannot pay attention to the left side of the page. Integrating and conveying information

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Some considerations for family, friends and health professionals:

- When expressive speech and/or language deficits exist:**
- Ask the person to use gestures when they speak
 - Encourage the person to describe what she or he cannot name
 - Encourage the use of a communication board, writing or drawing to aid in expression
 - Repeat what you have understood and give choices when able (“Do you want a piece of pie or paper”?)
 - Ask simple yes/no questions to clarify the patient's message
 - Encourage sharp sound production and word-by-word focus if slurring of the speech is present
- When receptive language deficits exist:**
- Gain the person's attention to prepare him or her to listen
 - Speak in a natural voice; talking loudly will not aid in comprehension
 - Use slow and direct statements
 - Talk about familiar topics and family members
 - Use natural gestures
 - Ask simple yes or no questions to aid in comprehension
 - Use environmental cues (e.g., discuss food during mealtime)
 - Eliminate distraction (radio, television, background conversation)
 - Provide choices when asking question

May

LOOK GOOD... FEEL BETTER PROGRAM

(See April for description)

Monday, May 1
6–8 pm

Stony Brook Technology Park
Free



PRENATAL BREASTFEEDING CLASS

(See April for description)

Wednesday, May 3
7–9 pm

Stony Brook University Hospital
Free

BREAST CANCER EDUCATION

“Stress Management & Massage Therapy”

(See April for description)

Wednesday, May 3
7 pm

Speaker: Patricia Cadolino, LMT
Holiday Inn Express, Stony Brook
Free

PREGNANCY EDUCATION CLASSES

(See April for description)

Thursdays, May 4, 11 & 18
11 am–12 noon

Stony Brook University Hospital
Free

CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

A 6-week heart disease awareness program conducted by health care professionals provides patients, families and friends with a comprehensive overview of heart health and important information about the factors that influence heart disease. CPR training classes are offered to participants in conjunction with the program. Registration is required.

Thursdays, May 4, 11, 18, 25;

June 1 & 8

6–8 pm

Stony Brook Technology Park
Free

AUTISM EDUCATION

Autism and Dual Diagnosis:

What are the Issues?

This presentation focuses on the issue of co-morbidity, or presence of additional psychiatric diagnoses in individuals diagnosed with an Autism Spectrum disorder. It contains a review of both Autism Spectrum disorders and other psychiatric disorders such as ADHD, Anxiety and Mood Disorders, and Obsessive-Compulsive Disorder. Current research on co-morbidity as well as diagnosis and treatment issues will be discussed. Please register at least one week in advance to confirm location and insure admission.

Thursday, May 4

7–9 pm

Speaker: John Pomeroy, M.D.,
Director, Cody Center
Endeavour Hall,
Stony Brook University
Suggested Donation: \$10
Community/ \$25 Professionals

FREE VENOUS SCREENING

Vascular Disease ...It's a Matter of Life and Limb!

Designed to detect venous disease in people with large varicose veins, leg swelling, pain or discomfort, the Venous Screening Program includes risk assessment for deep venous thrombosis, duplex ultrasound screening for reflux, and obstruction and lower extremity inspection for venous disease. All venous screenings will be performed under the direction of Antonios Gasparis, MD, and Apostolos Tassiopoulos, MD, vascular surgeons with the Department of Surgery at Stony Brook University Hospital and members of the American Vascular Association. For more information about them go to www.stonybrookphysicians.com. Appointments are limited, so please call today.

Saturday, May 6

8 am–4 pm

Stony Brook Surgical Associates, PC
Stony Brook Technology Park
Free

CODY CENTER WALK FOR DEVELOPMENTAL DISABILITIES

A community walk to raise awareness of developmental disabilities will include two walking routes through the beautiful Stony Brook University campus. The short route of one-half to three-quarters of a mile and the longer route of two to three miles are accessible to wheelchairs and strollers. Special attractions include activities for children, artwork and performances by people with developmental disabilities and information tables for agencies and providers of services for people with disabilities. Registration brochures are available online at www.codycenter.org.

Sunday, May 7

Sign-in 8 am–9:30 am

Walk Start 9:30 am

Closing Ceremony: 11 am

Stony Brook University

Fee: Adult \$15

children/students Free

INFANT AND CHILD MASSAGE CLASSES

(See April for description)

Tuesdays, May 9, 16 & 23

10–11 am

Stony Brook Technology Park

Fee: \$60.00



TARGET FITNESS WEIGHT MANAGEMENT PROGRAM

(See April for description)

Tuesdays: May 9, 16, 23, 30;

June 6, 13, 20, 27; July 11, 18, 25 &

August 1

5:30–6:30 pm

Stony Brook Technology Park

Fee: \$180

10TH ANNUAL CODY COMEDY FESTIVAL

Featured comedian Bobby Collins will take center stage at the Staller Center for the Arts to kick off this annual fundraiser to support the Cody Center for Autism and Developmental Disabilities. This year's pre-comedy Funny Bone buffet reception will be at Jasmine Restaurant located in the Charles B. Wang Center on the Stony Brook University campus. Sponsorship opportunities are still available for more information call HealthConnect®.

Wednesday, May 10

Jasmine Restaurant,

Staller Center for the Arts

Stony Brook University

Tickets: Funny Bone Reception &
Show, 5:30–7:30 pm: \$150

Comedy Show, 8-10 pm: \$25

AUTISM EDUCATION

Making Education Work for Students with Autism Spectrum Disorders: The Role of the Autism Consultant

Autism Spectrum Disorders are neurologically based developmental disorders that significantly impact a child's communication abilities, social relationships and adaptive behavior. Students with ASD's often have unique learning styles and social needs. Their strengths and abilities may be overlooked and underutilized. With appropriate supports, many of these students can be successfully included in mainstream classrooms and make the most of educational opportunities. This workshop will describe the role of an autism consultant in helping schools develop effective learning environments for students on the Autism Spectrum. Please register at least one week in advance to confirm location and insure admission.

Thursday, May 11

7–9 pm

Speaker: David Makowski, Ph.D.,
Cody Center
Endeavour Hall,
Stony Brook University
Suggested Donation: \$10
Community/ \$25 Professionals

STRESS MANAGEMENT WORKSHOPS

Stony Brook University Hospital's Division of Wellness and Chronic Illness in the Department of Family Medicine conducts this series of five workshops that focus on meditation as a core experience for stress management. Several forms of meditation including breathing techniques, the stress relaxation response, mindfulness meditation, walking meditations, heart-centered meditations and other aspects of stress management are discussed. Register early, seating is limited to fifteen participants.

Wednesdays, May 17, 24, 31;

June 7 & 14

5:30–6:45 pm

Stony Brook Technology Park.

Fee: \$100 payable at first session.

MAY IS MELANOMA/SKIN CANCER DETECTION & PREVENTION MONTH

To learn more, or to have your skin evaluated, see the May calendar for Free Melanoma Screening.

GIFT FOR KIDS

Support program for children of parents with breast cancer

(See April for description)

Thursday, May 18

6:30–8:30 pm

Holiday Inn Express,

Stony Brook

Free

FREE MELANOMA SCREENING

May is melanoma/skin cancer detection and prevention month. This free screening clinic conducted by Stony Brook University Hospital doctors and dermatologists will feature short educational lectures, informational displays on detection and sun protection, and an “Ask the Doctor” booth. For more information or to schedule an appointment, call HealthConnect®. Walk-ins are also welcome.

Saturday, May 20

Free

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See April for description)

May 22, 23 & 24

9 am–12 noon

Stony Brook Technology Park

Fee

NATIONAL HOSPITAL WEEK CELEBRATION

Stony Brook University Hospital, in cooperation with Simon Smith Haven Mall, will celebrate National Hospital Week by providing health screenings, demonstrations of cutting-edge technology, and presentations by many hospital services. Find out what is new at Stony Brook University Hospital and meet with health care providers.

Wednesday, May 24

9 am–4 pm.

Smith Haven Mall, Center Court

Lake Grove

Free

SMITH HAVEN MALL WALKERS

(See April for description)

Wednesday, May 31

“Stroke Prevention & Awareness”

Speaker: Ann Marie Byers, RN, MS, ANP-C

Smith Haven Mall, Food Court

Free



**For More
INFORMATION or to
REGISTER for Programs**

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**

3RD ANNUAL WOMEN'S HEART HEALTH SERIES

Presented by Stony Brook University Hospital's Women's Heart Health committee, this 3-part series explores the latest information on the causes of heart disease and how it is symptomatically and diagnostically unique in women. A light lunch and parking validation will be provided for participants. Pre-registration is required, call HealthConnect® at 631.444.4000 to reserve your seat.

Women's Heart Health — “How Far Have We Come?”

Thursday, April 6, 12 noon-1 pm

Health Sciences Center, Lecture Hall 1, Level 2

Cardiac Diagnostic Testing — “The Same for Men and Women?”

Thursday, May 4, 12 noon-1 pm

Health Sciences Center, Lecture Hall 6, Level 3

A Look at Obesity — “A Guide to Diet Modification”

Thursday, June 1, 12 noon-1 pm

Health Sciences Center, Lecture Hall 3, Level 2



Call HealthConnect® at 631.444.4000 for more information

June

PREGNANCY EDUCATION CLASSES

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

INFANT AND CHILD MASSAGE CLASSES

(See April for description)
Fridays, June 2, 9 & 16
10 – 11 am
Stony Brook Technology Park
Fee: \$60.00



PRENATAL BREASTFEEDING CLASS

(See April for description)
Wednesday, June 7
7 – 9 pm
Stony Brook University Hospital
Free

GIFT FOR KIDS

Support program for children of parents with breast cancer
(See April for description)
Thursday, June 15
6:30 – 8:30 pm
Holiday Inn Express, Stony Brook
Free

NATIONAL CANCER SURVIVOR'S DAY

Carousel of Life
A celebration of life to acknowledge Stony Brook University Hospital's continuing care and concern for cancer survivors. The program includes food, fun, entertainment and empowerment for cancer survivors of all ages. This event is open to all cancer survivors. Registration is required.
Sunday, June 4
11 am – 2 pm
Ward Melville Heritage Organization Educational and Cultural Center
Stony Brook Village
Free

LOOK GOOD... FEEL BETTER PROGRAM

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



BREAST CANCER EDUCATION

(See April for description)
General group meeting, come share information and experiences with survivors.
Wednesday, June 7
7 pm
Holiday Inn Express, Stony Brook
Free

11TH ANNUAL RESEARCH CLASSIC GOLF TOURNAMENT

This year's event will benefit the Department of Anesthesiology and Pain Management Services at Stony Brook University Hospital. Sponsorship opportunities and golf packages are still available. For more information call HealthConnect® at 631.444.4000.
Monday, June 19
Hamlet Golf and Country Club
Commack
Individual Golfers: \$500

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See April for description)
June 19, 20 & 21
6 – 9 pm
Stony Brook Technology Park
Free

SMITH HAVEN MALL WALKERS

(See April for description)
Wednesday, June 28
"Meditation for Stress Management"
Speaker: Raja Jaber, MD
Smith Haven Mall, Food Court
Free



CAROTID STENTING (continued from page 1)

Carotid stenting, though generally safe and less invasive than endarterectomy, offers a promising alternative. It is currently being refined as a procedure, in terms of both technique and the stents themselves.

FDA APPROVAL AND MEDICARE COVERAGE

The Centers for Medicare and Medicaid Services has expanded coverage of angioplasty of the carotid artery with the placement of the FDA-approved Guidant stent to permit coverage for participants in a large, FDA-mandated, post-approval study of the stenting device.

Stony Brook University Hospital is now a participating hospital in this multi-center study, and our vascular specialists are enrolling patients in it.

For consultations/appointments with our vascular surgeons, please call **HealthConnect®** at **631.444.4000**. ■

Stony Brook University Hospital is an approved Medicare site for carotid artery stenting, and as such, the procedure is covered for eligible Medicare enrollees.

Our vascular surgeons have been selected to participate in an industry-sponsored clinical trial for carotid stenting at Stony Brook.

Our participation in this clinical trial allows us to offer carotid stenting to patients who do not meet the strict Medicare guidelines.

NOISE POLLUTION (continued from page 1)

directly into the ear through headphones or earphones. These appear to be the most damaging. Since noise-induced hearing loss is a result of intensity (loudness) and duration of exposure, these devices may be capable of inducing a permanent bilateral sensorineural hearing loss especially if they are used at a volume setting of four or above for extended periods. In other words, if you can hear the sound being delivered into someone else's ear through his or her headphones or earphones, it indicates that the sound is too loud and over an extended period of time can lead to permanent hearing loss.

Dr. Arnold Katz, Professor and Chief of Otolaryngology-Head and Neck Surgery at Stony Brook University Hospital says, "The amount of hearing loss that one will suffer is related both to the volume, measured in decibels (dB), and the duration of time that one is exposed to the sound. Sound at 85 decibels or below is considered safe. If one is exposed to sounds greater than 90 decibels for an average of eight hours per day without hearing protection, hearing loss will most likely result. As the volume increases, the safe time of exposure decreases." For example:

- At 95 decibels, damage can occur after **four hours** of exposure per day
- At 100 decibels damage can occur after **two hours** of exposure per day
- At 105 decibels, damage can occur after **one hour** of exposure per day
- At 110 decibels, damage can occur after **30 minutes** of exposure per day
- At 115 decibels damage can occur after **15 minutes** of exposure per day
- Above 120 decibels, damage can occur **almost immediately**

ROCK-N-ROLL LEGEND PETE TOWNSHEND WARNS iPod USERS

Townshend, 60, guitarist in the 60's rock band "The Who", said he has hearing loss from earphones. His "heavy metal" band was known for its earsplitting performances, but his hearing loss is not due to them. Townshend's hearing was irreversibly damaged from years of using studio earphones, and that he is now forced to take day-and-a half-long breaks between recording sessions to allow his ears to recover. "Hearing loss is a terrible thing because it cannot be repaired. If you use an iPod or anything like it, or your child uses one, you may be okay. But my intuition tells me there is terrible trouble ahead." "Earphones are particularly damaging because there is no recovery time," says Dr. Arnold Katz, Chief of Otolaryngology-Head and Neck Surgery at University Hospital. "Even if you are at a concert, you go to the concession counter and so forth, and of course, when the concert is over, it's over. Not so with earphones. They can go on and on and on."

Most portable stereo music systems produce sound in the range of 95-108 dB at volume level four and in excess of 115 dB at volume level eight.

For comparison, a soft whisper is usually measured at 30dB; busy traffic at 75dB; a subway train at 90dB; a gunshot blast at 100 dB, a jet plane at 140 dB; and a rocket launching pad at 180 dB. Sounds above 140 dB usually cause pain. If you have to speak in a loud voice to be understood, background sound is probably in excess of 90 dB. ■

CODE BAT (continued from page 3)

immediate response of required personnel. The hospital is equipped with multiple state-of-the-art computed tomography (CT) scanners and magnetic resonance imaging (MRI) scanners that are available 24 hours a day. This equipment allows the highly skilled neuro-radiology team to rapidly identify the source of a blood clot to the brain.

Within months of implementing Code BAT, the Stony Brook Brain Attack Team has been able to boast an average response time of three minutes to the bedside of an acute stroke victim. In some instances, with the assistance of local ambulance attendants, a Certified Stroke Specialist has reported to the emergency room prior to the arrival of the stroke victim. This is of particular importance since it allows for the rapid administration of the only FDA-approved treat-

ment for stroke patients, tPA (tissue plasminogen activator), also known as the "Clot Buster." This drug is given to stroke patients to restore blood flow to the brain, preventing brain injury. For tPA to be effective, however, it must be administered within three hours from the onset of a stroke. The sooner the drug is administered, the more effective it is; its potency for stroke patients is much higher if administered within two hours of stroke onset, and even higher still if administered within one hour.

May is Stroke Awareness Month. As a certified stroke specialist, I urge everyone to become familiar with the signs and symptoms of a stroke and not delay contacting an emergency medical service when it is suspected. Acting quickly to aid a stroke victim can greatly impact their outcome. ■

Communication (continued from page 3)

appropriately can often be most challenging.

In some cases, people quickly recover all or most of their speech and language abilities after a stroke, called spontaneous recovery. Deficits that remain need to be addressed in speech-language therapy, where Speech Language-Pathologists use different approaches to improve communication skills and compensate for persisting difficulties. Therapy targets can include exercises of the oral musculature, sound/word drills, use of a communication board, increasing use of gestures, focusing on turn taking, improving descriptive language skills and /or patient/family communica-

tion repair strategies, all with a goal towards improving a person's ability to function more independently.

A stroke survivor needs communication for emergency situations as well as activities of daily living and social needs. Enhancing communication success is essential in improving a person's self-perception and quality of life.

It is important to understand the type and severity of the communication problem a person may experience after a stroke for successful communication exchange. Focusing on the person's abilities, not disabilities, can enhance communication. ■

Save the Date!
tickets go on sale July 1

Fall Fashion Festival

Stony Brook University Hospital doctors and medical staff will grace the catwalk as celebrity models during this annual fashion show to benefit cancer programs at University Hospital. Along with the main event, the evening includes a cocktail hour, full course dinner, live entertainment, and an auction.

Don't be closed out of this popular event, purchase your tickets early!

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

For more information or to register for programs call HEALTHCONNECT® at 631.444.4000.

Research Studies

For more information and to enroll call
HealthConnect® at 631.444.4000

Are You Overweight?

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

At Risk For Colon Cancer Pilot Study

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

Do You Have Cellulite on the Thighs?

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

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. Patients with shoulder arthritis or rotator cuff problems are not eligible.

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.

Levothyroxine Study

The General Clinical Research Center at Stony Brook University Hospital seeks healthy individuals ages 18-40 to participate in a research study on the absorption of Levothyroxine, a thyroid hormone, when co-administered with other medications. Compensation of \$100 per visit (4 visits) is offered to participants.

Healthy Right-handed Boys Needed for Neuroimaging Study

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

Women in Good Health or Women who suffer with Irritable Bowel Syndrome (IBS) needed for Study

New research suggests that sleep and metabolism may be altered in patients with irritable bowel syndrome (IBS). Healthy women and those with IBS ages 21-60 are needed to participate in this study. Eligible participants will receive comprehensive overnight sleep evaluations, metabolic screening, and up to \$500 compensation.

New Study on Pediatric MS

Conducted by the Department of Neurology at Stony Brook University Hospital this study examines the epidemiology of Pediatric Multiple Sclerosis (MS) on Long Island. People age 17 and younger who have a diagnosis of MS, or patients between the age of 18 and 21 who were diagnosed prior to the age of 18, are needed for this study. Participants will be compensated and requires completing a brief phone interview.

Study of Lupus and Chronic Fatigue Syndrome (CFS)

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

Behavioral Treatment Study in Chronic Fatigue Syndrome (CFS)

If you have CFS, you are invited to participate in a non-drug treatment study funded by the National Institutes of Health. The project involves the study of very low level exercise therapy in people with CFS. Participants will be paid.

Study of HIV+/AIDS and Chromium Picolinate

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

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

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

Study to Identify New Cancer Markers

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

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.

Treatment Study for Children's Behavioral Control Problems

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

Volunteers Wanted for Research on Sarcopenia

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

Aloe Vera Study for Children with Irritable Bowel Syndrome (IBS)

Volunteers ages 8-17 are needed to participate in a study to determine if drinkable Aloe Vera will decrease the symptoms of Irritable Bowel Syndrome (IBS) in Children.

Stress—A Fact of Life

Did you ever wonder why some people get stressed out more easily than others? Men and women, 18-50 years of age, are needed to participate in a non-invasive study. Participation requires that volunteers be free on two consecutive week-days including two hospital overnights for example: Sunday night to Tuesday afternoon, or Tuesday night to Thursday afternoon. You will be free after 4:15 pm, but will need to be back for the overnight stay. Participants will be compensated \$200.

HOW COMPELLING ARE PSA'S?

Recently, you may have read about new findings in the research community that are causing many to question the validity of the commonly approved prostate cancer screening. Until a proven alternative is offered, the PSA is still the best investigative method we have to identify the possibility of prostate cancer. While questionable results on the DRE (Digital Rectal Exam) or the PSA (Prostate Specific Antigen) have never been a sure sign of prostate cancer, research suggests that further testing is warranted, since many men with prostate cancer do have raised PSA levels. The DRE helps the urologist determine the general condition of the prostate along with locating palpable nodules, if any. This helps to lessen the factor that not all men with prostate cancer actually have high PSA levels.

Abnormal findings of either test or an unexpected elevation in previous levels may indicate the need for a biopsy, usually performed with a local anesthetic on an outpatient basis. This is not always the case, however, since there are other factors that can cause abnormal results, such as prostatitis, which would not require a biopsy. Your physician is always the best person to trust with the decision of whether or not to continue with annual screenings, especially if your PSA's have had questionable results. In the meantime, clinical trials are ongoing and research continues to uncover new links between prostate cancer and other factors such as nutrition, exercise and genetic disposition, all of which can have an impact on the risk level.

FREE Prostate Cancer Screenings

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



LOOKING TO Kick the Habit?

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

Questions about Cancer?

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

Stony Brook Better Health Better Living

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

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