

Spring 2008

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AUTISM SPECTRUM DISORDERS AFFECT AS MANY AS 1 IN 150 CHILDREN

By John C. Pomeroy, MD

Improved detection and the application of well-defined diagnostic criteria have led to the recognition that Autism Spectrum Disorders—until recently thought to be rare—actually affect as many as 1 in 150 children. Autism is a complex disorder of brain development that interferes with communication and social skills, and may be associated with significant intellectual disability. Autism is also characterized by the presence of rigid routines and repetitive thoughts and behaviors. The disorder, which is four times more common in boys than in girls, becomes apparent in early childhood and, to varying degrees, lasts throughout one's life.

The concept of a spectrum of disorders has incorporated a group of diagnoses with many shared clinical characteristics, such as Autistic Disorder, Childhood Disintegrative Disorder, Rett Syndrome, Asperger's Disorder, and Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS or Atypical Autism). Although individuals with the latter two diagnoses are generally less cognitively impaired, many have difficulty living independently, holding jobs, or developing relationships.

Autism Spectrum Disorders can usually be clinically diagnosed between the ages of 18 months and three years. There is evidence that for most children the symptoms begin in early infancy and might be detectable as early as six months of age in high-risk children, such as newborn siblings of children with autism. Diagnosis is made by careful, systematic interviews with the parents, as well as highly structured communication, interaction, and play assessments. Underlying biological explanation for the developmental disorder may be detected in 5 to 10 percent of

April is Autism Awareness Month

Stony Brook University Medical Center is home to the Cody Center for Autism and Developmental Disabilities with sites in Port Jefferson Station and Hampton Bays. The Cody Center is Long Island's primary resource for diagnosis, treatment, and research on autism and related disorders.

To learn more, visit the Cody Center online at:
www.codycenter.org, or call
(631) 444-4000.

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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

With the spring season comes an opportunity for rebirth. It seems fitting that with this issue of *Better Health, Better Living*, we introduce a new look and design. Although the appearance may be different, *Better Health, Better Living* continues to provide important health information, including a listing of classes, workshops, seminars, and other events for members of the community.

Throughout the calendar year, national recognition dates have been established in efforts to heighten interest in specific healthcare issues important to you. Stony Brook University Medical Center healthcare professionals participate in this effort by contributing articles to *Better Health, Better Living* in their areas of expertise to help educate members of the community, and to stimulate awareness about health risks, disease prevention, and treatment.

April is National Autism Awareness Month. John C. Pomeroy, MD, founding director of the Cody Center for Autism and Developmental Disabilities, offers insight about this disorder. Activities are scheduled at Stony Brook to support the Cody Center, including the Cody Walk and the Cody Comedy Festival.

To celebrate the generosity of those who have saved lives by becoming organ, tissue, marrow, and blood donors, and to encourage others to donate, April is designated **Donate Life Month**. We are proud that the Medical Center received the U.S. Department of Health and Human Services Organ Donor Medal of Honor for successfully increasing organ donation rates. April is also **National Occupational Therapy Month**. Carol Grosch, OTR, and Stony Brook's inpatient occupational staff offer useful information about managing joint discomfort. **National Healthcare Volunteer Week** is observed in April. Read about our Hospital volunteers and the Hospital Auxiliary, and how they help us to fulfill the Medical Center's mission to improve the lives of our patients, families, and communities, educate skilled healthcare professionals, and conduct research that expands clinical knowledge.

May is Stroke Awareness Month. Learn about lifesaving techniques to treat stroke and other cerebrovascular disease. We are pleased to announce that nationally known cerebrovascular neurosurgeon and neurointerventionist Henry H. Woo, MD, has joined the Medical Center, creating a Cerebrovascular Center, greatly expanding our stroke program.

National Nursing Home Week is also observed in May. The Long Island State Veterans Home offers an alternative to assisted living facilities or nursing homes with its Adult Day Health Care Program for honorably discharged veterans, their spouses or widows, and Gold Star parents.

National Hospital Week is celebrated in May. Stony Brook's healthcare professionals will be at the Smith Haven Mall on Wednesday, May 21, to provide free screenings and valuable healthcare information to members of the community.

In this issue, Anupama Chawla, MD, and Janet DiFalco, RN, in "Ask the Experts," provide useful information concerning celiac disease, a disease that has seen a surge in diagnoses in the last decade. Also, you can read about the establishment of the Center for Best Practices to Prevent and Reduce Childhood Obesity.

We are pleased to provide you with a listing of classes, programs, information on research studies, and special events offered by Stony Brook University Medical Center. We hope you find a reason to participate in one or many of them so that you may enjoy better health and better living.

AUTISM SPECTRUM DISORDERS

continued from cover

children; however, the majority do not have a proven biological explanation, although researchers are beginning to identify a number of promising genetic and biological markers that appear to be associated with Autism Spectrum Disorders.

Diagnosis is only the first step. It is important to promptly provide appropriate intervention services, which usually entail highly intensive behavioral and educational programming. A number of specialized therapeutic methodologies have been developed, often using the principles of a psychological theory called Applied Behavior Analysis (ABA). Such interventions are often needed throughout pre-school and school years. Many school districts have created programs within their schools to educate children with autism. The outcome from therapy is highly variable, with two extremes. Some children make remarkable progress and may even become assimilated into the general population, while another group of children make very slow progress and require supportive care, in many cases, throughout their lives.

Approximately 50 percent of individuals with autism also have significant intellectual disability, but even those with Intelligence Quotients (IQs) in the normal range have great difficulty achieving independence and supporting themselves. Despite many claims of cures, autism remains without any specific treatments that consistently eradicate the core symptoms. However, many different approaches might be effective in reducing problems in communication, social skills, academic performance, sensory perception,

and motor skills. Treatment is also commonly necessary for associated emotional and behavioral problems, which may respond to various psychological interventions or, if indicated, medication.

Services at the Cody Center for Autism and Developmental Disabilities include specialized diagnostic evaluations for children and adults with Autism Spectrum Disorders, as well as individual and family psychotherapy, medication management, neuropsychological testing, social skills training, primary care, and reproductive health education and care. The Center provides respite programs for children, as well as a Resource Center that offers information and referrals to families. The Center's Education Institute provides autism consultation services to school districts, offers family workshops, and teaches master's level courses through Stony Brook University's School of Professional Development. The Cody Research Consortium is actively engaged in increasing our understanding of the clinical, genetic, and brain functioning characteristics of these disorders that may ultimately lead to more effective interventions.



John C. Pomeroy, MD, is the founding director of the Cody Center for Autism and Developmental Disabilities.

LACROSSE FOR AUTISM Stony Brook Seawolves vs. Hofstra Pride

Presented by Lacrosse Unlimited, Inc., Hauppauge, and hosted by Stony Brook University Athletics, these inaugural Suffolk County NCAA regulation games will benefit the Cody Center. Tickets and information are available at www.lax4autism.com or www.lacrosseunlimited.com, through the Stony Brook Athletics Ticket Office, and Lacrosse Unlimited retail locations.

Tuesday, April 22

Gates open at 3:00 pm
4:00 pm: Women's Game
7:00 pm: Men's Game
Kenneth P. LaValle Stadium
Stony Brook University
Tickets: \$10, children under 5 free

3rd ANNUAL CODY WALK

Sunday, April 27

This 2.2 mile walk raises awareness and supports programs at the Cody Center. Includes activities for children and resource tables.

8:00 am: Registration
9:30 am: Walk
Starting line: Student Activities Center, Stony Brook University
Registration fee: \$20

12th ANNUAL CODY COMEDY FESTIVAL

Wednesday, May 14

5:30 pm: Funny Bone Reception
Charles B. Wang Center
8:30 pm: Comedy Show
Staller Center for the Arts
Show only: \$35
Reception and Show: \$150

Call (631) 444-4000 for tickets or information about sponsorship packages. Proceeds benefit the Cody Center for Autism and Developmental Disabilities.

Adding a New Dimension to Neurosurgery and Neurology Services

By Natalie Canavor

Nationally known cerebrovascular neurosurgeon and neurointerventionist Henry H. Woo, MD, joined Stony Brook University Medical Center as Director of the newly established Cerebrovascular Center this past summer. He holds dual appointments in the Departments of Neurosurgery and Radiology, and is part of the clinical team for the Stroke Program.

“Dr. Woo provides us with a clinical expertise that simply did not exist on Long Island,” says Richard N. Fine, MD, Dean of the School of Medicine. “He also brings a superlative expertise to our training programs and for investigative efforts that would not happen without him, as well as techniques that improve healthcare.”

Dr. Woo’s specialties include cutting-edge techniques in treating cerebral aneurysm, endovascular management of acute stroke, vascular malformations of the central nervous system, and carotid and intracranial atherosclerosis. He is adept with the newest imaging and technology systems that enable the neurointerventionist to remove clots, seal off aneurysms, and open up clogged arteries, all without traditional surgery.

Steven L. Strongwater, MD, Chief Executive Officer of Stony Brook University Hospital, notes, “Stony Brook has kept pace with the trend toward innovative minimally invasive procedures with such things as robotic-assisted surgery. Dr. Woo’s unique skills and talent embody this trend, and he is a welcome addition to our Medical Center.”

In addition to helping to handle acute emergency cases, Dr. Woo’s advanced skills offer new hope for many whose lives are shadowed by devastating risk. “Dr. Woo has increased the options for patients, particularly those with chronic conditions like arteriovenous malformation,” says Candice Perkins, MD, Director of the Stroke Program. “I can now send these patients to him, and referrals are coming to us.”

In his first six months at Stony Brook, Dr. Woo handled more than 60 cases

that would have previously been diagnosed or treated outside of Suffolk County. He was the first on Long Island to utilize the newly approved Wingspan® stent for intracranial atherosclerosis and the Cordis Enterprise™ stent for aneurysms. He was also the first on Long Island to use a new fluorescent dye during the surgical clipping of an aneurysm.

“Dr. Woo is a tremendous asset to the institution and community,” says Raphael Davis, MD, Chair of the



Henry H. Woo, MD

Department of Neurosurgery.

“Endovascular procedures, which give us the opportunity to do things in a minimally invasive way, will increase exponentially. There’s an immense potential for lifesaving treatments that didn’t exist previously in the region.”

Building on the cerebrovascular program, Stony Brook University Medical Center is creating two suites around bi-plane x-ray systems that dramatically improve imaging for endovascular surgery so that procedures can be done far more quickly and safely. A dedicated Neuro Intensive Care Unit is planned for completion later this year that will ensure the best post-procedural care and enable all neurological services to be located on one floor.

The creation of a fully staffed, comprehensive Cerebrovascular Center will take about two-and-a-half years. “It’s an immense undertaking involving many people and costing between \$3.5 and \$6 million, something that could only be done in a university-hospital setting,” says Dr. Davis. Plans also include the addition of a second neurointerventionist to the team this year. Recruitment is under way for a premier neurological biomedical engineer, whose presence would notably advance research.

“A comprehensive Cerebrovascular Center will place Stony Brook among the top institutions in the nation,” Dr. Woo says. “It will help further recruitment, enable us to apply for numerous translational grants, and

May is National Stroke Awareness Month

The Stroke Center at Stony Brook University Medical Center is the only one on Long Island certified by both The Joint Commission and the New York State Department of Health. For information about the Stroke Center, call (631) 444-4000.

bring more innovation—all to the benefit of our patients.”

Natalie Canover is a freelance writer whose articles have appeared in *The New York Times*, *Newsday*, *Long Island Business News*, and other local and national publications.

STROKE IS A MEDICAL EMERGENCY.

Know these warning signs of stroke and teach them to others.
Every second counts.

- Sudden numbness or weakness of the 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

**Call 911 immediately if you experience symptoms.
Time lost is brain lost.**

Make sure the people you care about learn to recognize a stroke and act quickly.
—American Stroke Association, 2008.

VOLUNTEERS, AUXILIANS HAVE INVALUABLE PRESENCE AT THE MEDICAL CENTER

Volunteers and auxilians make a significant contribution to Stony Brook University Medical Center's patients and their family members, staff, and the community. Volunteers often play an important role in the delivery of a multitude of services that support patient care, and the Auxiliary has worked long and hard to raise funds to support the institution's purchasing power when other resources have not been available. Both groups have an invaluable presence at the Medical Center.

Last year, the volunteer workforce contributed approximately 43,000 hours of service. Over the past 25 years, the Stony Brook University Hospital Auxiliary has contributed over \$6 million toward the purchase of special equipment, and to support innovative programs. The Auxiliary has pledged \$2 million toward patient care in the coming years.

Most recently, the Auxiliary authorized the purchase of a new ambulance for use by the Hospital's Emergency Medical Services, a donation valued at almost \$140,000. The ambulance is

equipped with a hydraulic lift to enable the transport of critically ill infants in isolettes. It also features a new safety package that allows medical personnel to remain strapped in while caring for a patient in transit. The Auxiliary also donated a Deltex CardioQ™ monitor to the Surgical Intensive Care Unit. This device, valued at \$11,000, is a noninvasive way to measure the cardiac performance and fluid status of critically ill patients, reducing risks to patients, their length of stay, and costs.

The Stony Brook University Hospital Auxiliary has over 200 members, many of who are charter members, having helped develop the organization over 25 years ago. New members are always welcome. This September 25, the Auxiliary is hosting its annual gala. (See page 13 for details.) For a membership application, or to find out more about tickets or sponsorship opportunities for the upcoming Gala, call (631) 444-4000.

This June, Stony Brook University Medical Center's volunteers will be honored for their service during an annual luncheon. Last year, 500 volunteers were recognized for reaching milestones ranging from 100 to 9,500 hours of service. Rochelle Masters was named the 2007 Senior

Volunteer of the Year. She joined the volunteer program in November 1997 and logged over 1,500 hours of volunteer service helping patients and staff in the Infant Hearing program. Jamie Barbera, Rochelle's supervisor, says of her service, "Mrs. Masters is not only a superb volunteer, she is a special person and epitomizes the dedication and devotion that is such an essential part of the mission of Stony Brook University Medical Center."

The Junior Volunteer Program at Stony Brook offers young men and women between the ages of 14 and 17 an opportunity to serve their community while exploring career options. This past fall, three Junior Volunteers were recognized and given "Excellence in Service Awards."

Ravina Chawla, a senior at Smithtown High School, participates in an Interfaith program, the varsity swim team, and is in the math and Spanish honor societies. Ravina completed over 290 hours of volunteer service. Herman Rivera, Ravina's supervisor in the Radiology Department, says, "Ravina has an excellent rapport with patients and staff and is extremely reliable and responsible." In addition to volunteering at the Medical Center, Ravina volunteers at a soup kitchen.

Vincent Leombruno is a senior at Ward Melville High School and a



From left: Ashlie Tam of Hauppauge High School, Vincent Leombruno of Ward Melville High School, and Ravina Chawla of Smithtown East High School were recently honored with "Excellence in Service" awards in the Junior Volunteer Program at Stony Brook University Medical Center.

ADULT DAY HEALTH CARE AT THE LONG ISLAND STATE VETERANS HOME

By Jonathan C. Spier

April 27-May 3 is National Healthcare Volunteer Week

At Stony Brook University Medical Center, new volunteers are always welcome. If you are at least 14 years of age, have time to share, enjoy working with people, and want to make new friends, becoming a hospital volunteer may be one of the most rewarding things you can do. You can contribute as few as three hours a week, need no experience, and can choose from 60 different assignments. For information, call (631) 444-4000.

member of the fencing team. A former Stony Brook University Medical Center patient, he decided to volunteer to help other patients and demonstrate his appreciation for the medical staff. He volunteers in the Lyme Disease Lab. His supervisor, Mel Evans, notes, "Vincent is a reliable, courteous, and intelligent young man who is a positive addition to our staff." Mr. Evans adds that if Vincent were a job applicant, he would hire him on the spot.

Ashlie Tam is a senior at Hauppauge High School, a varsity swimmer, and a member of the Hauppauge High School Symphony Orchestra. Ashlie volunteers in the Pediatric Playroom where she completed a total of 105 hours of service. Ashlie's supervisor, Paulette Walter, says, "Ashlie is one of our most dependable volunteers and someone we can always count on to help keep our patients involved in beneficial activity."

Caring for an elderly family member at home can be one of life's most difficult challenges. Families often grapple with the struggle of trying to keep their loved ones at home, while worrying if they are providing adequate care. Often, caregivers assume that their only option is to place loved ones in an assisted living facility or a nursing home. But families may have another option available to them—adult day health care.



May 11-17 is National Nursing Home Week

Learn more about the Long Island State Veterans Home at Stony Brook University by visiting our Web site at www.listateveteranshome.org or call (631) 444-4000.

The Adult Day Health Care Program at the Long Island State Veterans Home (LISVH) operates six days a week, from 8:00 am to 4:00 pm, and is open to all honorably discharged veterans, their spouses or widows, and Gold Star parents. Honorably discharged veterans are entitled to a federal per diem benefit to offset the cost of care.

The basic philosophy of the LISVH is to enrich lives by building skills and maintaining capabilities and independence. The Adult Day Health Care Program offers a full range of comprehensive therapeutic healthcare services in a safe, comfortable, and supervised setting. A coordinated team approach to treatment integrates a wide range of healthcare services to meet individualized needs, including a complete array of rehabilitative services such as physical, occupational, and speech therapies; therapeutic recreation; social work; spiritual and nutrition counseling; and hospice and palliative care. LISVH serves two

nutritious meals each day, has on-site dentistry, ophthalmology, podiatry, psychiatry and psychological services, plus a barbershop and beauty salon. Educational activities and peer support enhance opportunities to socialize.

Participants in our adult day health care receive door-to-door transportation and the medical, personal, and rehabilitative care they require. The LISVH care team can assist families with coordinating community physician appointments. Older adults who are cognitively and/or physically impaired with conditions that increase their care needs also benefit greatly from our services. Primary caregivers benefit from knowing that their loved ones are safe, and in an environment where different health needs can be promptly met.

Jonathan C. Spier is the Community Relations Director for the LISVH.



ASK THE EXPERTS

Q. What is celiac disease and how is it diagnosed?

A. Celiac disease, also known as celiac sprue or gluten intolerance, is an inherited digestive disease. However, many people with the disease do not have a known affected family member. Those with celiac disease have an intolerance to foods containing gluten, a protein found in barley, rye, and wheat. Gluten is found in a large number of foods and medications. Celiac disease is associated with certain other conditions including Down syndrome and type 1 diabetes.

In celiac disease, the body's immune system responds to gluten by attacking the lining of the small intestines. This lining is made up of villi. The villi normally absorb the nutrients from the foods we eat. When the villi are damaged, the body can't get the nutrients it needs (malabsorption). Unhealthy villi can lead to malnutrition despite the quantity and quality of the foods eaten.

Celiac disease may be under-diagnosed since the symptoms vary greatly and are similar to many other diseases. Some people with celiac disease develop symptoms as children and others as adults. A number of those affected never develop symptoms at all. Celiac disease can occur with or without digestive symptoms.

A surge in the diagnosis of celiac disease has occurred over the last decade. This is at least in part due to increased recognition by physicians of the wide range of symptoms that may occur with the disease.

Symptoms of celiac disease may include:

- Chronic diarrhea
- Constipation
- Delayed growth
- Failure to thrive (poor growth)
- Flatus
- Infertility
- Irritability in children
- Muscle cramps
- Osteoporosis
- Pale, foul smelling stool
- Pale sores in the mouth (aphthous ulcers)
- Recurrent miscarriage
- Recurring abdominal pain and bloating
- Seizures
- Skin rash (dermatitis herpetiformis)
- Tingling/numbness in legs
- Tiredness
- Tooth discoloration or loss of enamel
- Unexplained anemia
- Weight loss or gain

If your doctor thinks you might have celiac disease, you will probably need to have your blood tested for several antibodies associated with the disease. You will be asked to continue eating gluten since a gluten-free diet may affect the results of the blood test.

If the blood test suggests celiac disease, your doctor will likely recommend a small bowel biopsy. This is a procedure usually done under sedation in which a small thin tube called an endoscope is passed through your mouth and into your stomach and small intestine to take a tiny sample of your small intestine to examine closely. In the medical field, this is the "gold standard" test recommended to establish a definitive diagnosis of celiac disease.

The only treatment for celiac disease is a lifelong gluten-free diet. For most, the diet will stop the symptoms and begin healing the damage to the small intestines. Foods allowed and those to avoid include:

Foods Allowed:

Amaranth, arrowroot, buckwheat, cassava, corn, flax, Indian rice grass, Job's tears, legumes, millet, nuts, potatoes, quinoa, rice, sago, seeds, sorghum, soy, tapioca, wild rice, and yucca.

Foods to Avoid:

Barley, bromated flour, cracked wheat, durum flour, einkorn, emmer, enriched flour, farina, graham flour, hydrolyzed wheat protein, kamut, phosphated flour, plain flour, rye, self-rising flour, semolina, spelt, triticale, wheat, wheat bran, wheat germ, wheat starch, and white flour.

Some processed foods, medicine, cosmetics, and everyday products may contain barley, rye, or wheat. Your doctor may suggest working with a dietitian (a specialist in food and nutrition) to learn more about the diet, how to read food labels, and inquire about how food is prepared when dining out in restaurants. Despite the gluten-free diet restrictions, you can eat a healthy well-balanced diet.

If you believe that you or your child may have celiac disease, speak with your physician about a referral to a pediatric or adult gastroenterologist. It is generally not recommended to institute a gluten-free diet on one's own.

Dr. Chawla will be discussing celiac disease at the Mall Walkers Club meeting on May 28. See Classes and Programs on page 13.

Anupama Chawla, MD, is board certified in pediatrics, pediatric gastroenterology, and is a Certified Nutrition Support Physician. She is the Director of the Division of Pediatric Gastroenterology and Nutrition at Stony Brook University Medical Center.

Janet Difalco, MS, RN, is a Certified Pediatric Nurse Practitioner in the Division of Pediatric Gastroenterology in the Department of Pediatrics at Stony Brook University Medical Center.

CENTER FOR CHILDHOOD OBESITY ESTABLISHED

The Department of Family Medicine at Stony Brook University Medical Center recently received a five-year \$1.33 million grant from the New York State Department of Health (DOH) to create a Center for Best Practices to Prevent and Reduce Childhood Obesity. Slated to become a state model for childhood obesity prevention, the Center is one of three institutions in the state and the only one on Long Island to receive the grant. The Center will organize with healthcare providers in Nassau and Suffolk counties to prevent, treat, and screen for obesity in women of childbearing years, women who are pregnant, and infants.



"This is an exciting opportunity to reduce the prevalence of obesity very early in life when physiological processes related to energy balance are being set and eating habits are established," says Josephine Connolly-Schoonen, PhD, RD, Clinical Assistant Professor of Family Medicine and Director of the Center.

The Center will develop training strategies to counsel pregnant women on optimal weight gain, promote healthy eating by mothers and their infants, create environments that support breastfeeding, implement procedures related to the introduction of solid foods to infants, and help establish healthy relationships with food.

Programs established through the Center will build on other nutrition education and outreach efforts operated by Family Medicine. One such effort is Heart Links, a community nutrition project funded by the DOH since 1993 and spearheaded by a team of dedicated registered dietitians and other public health professionals from Stony Brook and partnering agencies. To date, 23 area school districts have developed healthy eating programs through Heart Links. The Center will also work in conjunction with WIC (Women, Infants, and Children), a nutrition, education, and supplemental food program for low-income pregnant and breastfeeding women.

Partnering agencies with the Center include the Nassau County Department of Health, Suffolk County Department of Health, Suffolk County Cornell Cooperative Extension, and Stony Brook Child Care Services. Also involved are the Medical Center's Departments of Obstetrics and Gynecology, Pediatrics, Physical Therapy, and Rehabilitative Science.

Meet Josephine Connolly-Schoonen, PhD, RD, at the Mall Walkers Club meeting on April 30, where she will be speaking about weight management. See Classes and Programs on page 12.

Slated to become a state model for childhood obesity prevention, the Center is ... the only one on Long Island to receive the grant.

Research Studies

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

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.

CESAREAN DELIVERY VOLUNTEERS NEEDED

For a study to demonstrate the efficacy of Seprafilm® Adhesion Barrier in reducing adhesion formation following both primary and repeat cesarean deliveries. Pregnant women, 18 to 40 years of age, who are planning delivery at Stony Brook University Hospital may be eligible to participate in this study.

POST-MENOPAUSAL WOMEN NEEDED

The General Clinical Research Center at Stony Brook University Medical Center seeks post-menopausal women 50 to 65 years of age on hormone replacement therapy for participation in MRI research. Volunteers must be healthy and without metal or electronic implants. Confidentiality maintained. Fee paid.

DICE STUDY FOR HEART FAILURE

The Heart Failure and Cardiomyopathy Center at Stony Brook University Medical Center is seeking volunteers with heart failure to participate in the Direct Impedance Cardiography in the Evaluation of heart failure (DICE) study that seeks to prove if 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? In the PROBE study, 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 at Stony Brook University Medical Center.

DO YOU HAVE CRACK OR COCAINE PROBLEMS?

Brookhaven National Laboratory seeks people who use crack and cocaine, 18 to 55 years old and in good health, for participation in brain imaging medical research. Confidentiality maintained. Transportation provided. Fee paid.

VOLUNTEERS NEEDED FOR STUDY OF PANDEMIC FLU VACCINE

Participants must be 18 to 45 years of age and in good health. Compensation of \$550 will be paid upon completion of study.

HIV CLINICAL TRIALS

The HIV Clinical Trial Center of Stony Brook University Medical Center offers numerous clinical trials of new medications or combinations of medications for the treatment of HIV for the newly diagnosed patient with HIV and for patients who have developed a resistance to their current therapy. Clinical trial appointments, laboratory studies, and medications are dispensed free of charge. Compensation is offered for time and travel.

STUDY OF HIV/AIDS AND CHROMIUM PICOLINATE

The General Clinical Research Center at Stony Brook University Medical Center is seeking volunteers 18 years of age and older with a diagnosis of HIV or AIDS to research the effectiveness of chromium picolinate in the

treatment of complications of current HIV therapy including insulin resistance (leading to diabetes), and possibly body fat distribution (HIV lipodystrophy). Volunteers are offered compensation up to \$1,700 plus transportation expenses.

MALE PARTICIPANTS NEEDED

Men, ages 18 to 50, in good health, currently married or cohabitating are needed for a brain imaging and medical research relationship conflict study conducted by Brookhaven National Laboratory, Neuropsychology Group. Confidentiality maintained. Transportation provided.

SEEKING CHILDREN AND ADOLESCENTS WITH TYPE 1 DIABETES

Children and adolescents, 6 to 18 years of age, with a recent diagnosis of type 1 diabetes are needed to participate in a six-month study to determine if pioglitazone can reduce insulin requirements. This study is being conducted at the General Clinical Research Center at Stony Brook University Medical Center.

SEEKING 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.

Classes and Programs *April, May, June 2008*

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 at Stony Brook University Medical Center.

SEEKING VOLUNTEERS WITH A HISTORY OF ASTHMA

Volunteers, 18 to 65 years of age, smoke-free for 10 years, and taking a steroid inhaler daily for the past six months, are needed to participate in an eight-week study on the effectiveness of mindfulness meditation on asthma. You will be taught mindfulness meditation techniques such as sitting meditation, body scan meditation, and walking meditation. Compensation of up to \$100 will be paid upon completion of this study.

SEEKING VOLUNTEERS WITH CYSTIC FIBROSIS

Volunteers 18 years of age or older with cystic fibrosis are needed to participate in a 28-week research study conducted by the General Clinical Research Center at Stony Brook University Medical Center to examine the efficacy of IGF-1, a treatment to maintain or improve body weight and composition.

For information on classes, programs, and events visit www.StonyBrookMedicalCenter.org, go to "In The Community," and click on "Calendar of Events." For questions, call (631) 444-4000.

Autism and Developmental Disabilities

CODY CENTER WORKSHOPS

Presented by the Cody Center, one-week advance registration is required.

Thursday, May 1, 7-9 pm
Dental Care for Children and Adults with Autism and Related Disorders

Speaker: Patricia Lewis, DDS, Stony Brook University Dental Care for the Developmentally Disabled Program

Charles B. Wang Center Room 201

Wednesday, May 7, 7-9 pm
Recreation Night

Representatives from Long Island recreation programs for children with special needs will give short presentations on programs and activities such as adolescent social activities, horseback riding, martial arts, music, physical fitness, running, sailing, surfing, swimming, and summer camp.

Stony Brook University Endeavor Hall, Room 120

Fee: For all workshops, suggested donation is \$10

Cancer Care

FAMILY SUPPORT GROUP

The Long Island Chapter of the Leukemia & Lymphoma

Society, in collaboration with Stony Brook University Hospital, is offering family support for patients with blood cancer. Meetings are facilitated by an oncology nurse and a social worker. Registration is required.

Mondays, 6-7 pm
April 14
May 12
June 9

Stony Brook University Cancer Center
Free

LOOK GOOD...FEEL BETTER PROGRAM

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

Mondays, 6-8 pm
May 5
June 2

Stony Brook Technology Park
Call 444-4000 for location.
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, features expert guest speakers who offer information on a variety of topics.

Wednesdays, 7-9 pm

May 7: Speaker, Patricia Cadolino, LMT

How Stress Affects our Health and Well-being, and the Powerful Benefits of Message Therapy

June 4: Speaker, Allen G. Meek, MD

Holiday Inn Express
Stony Brook
Free

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.

Thursdays, 7-9 pm

May 8: Living and Coping with Cancer to Maintain Quality of Life

May 15: Managing Side Effects of Treatment

May 22: Communicating with Your Healthcare Team

May 29: Physical Therapy: Helping with Fatigue

June 5: The Importance of Good Nutrition

Conference Room
Stony Brook University Cancer Center
Free

UPPER GI CANCER SUPPORT GROUP

Patients who have had esophageal and stomach cancer are encouraged to

Classes and Programs

attend this informative support group. Registration is required.

Wednesdays, 7 pm

May 14

June 11

Conference Room
Stony Brook University Cancer Center
Free

NATIONAL CANCER SURVIVORS DAY

A celebration of life to acknowledge Stony Brook University Medical Center's continuing care and concern for cancer survivors. The program includes food, carnival games, entertainment, empowerment, and resources for cancer survivors of all ages. Registration is required.

Sunday, June 1

11 am-2 pm

Call 444-4000 for location.
Free

Children's Health

KIDS HEALTH & SAFETY EXPO

Stony Brook University Medical Center, the Elsie Owens North Brookhaven Family Health Center, SafeKids Suffolk, and other local organizations will be co-hosting this free event featuring health screenings, information, and demonstrations on how to preserve safety and prevent injuries to children during traditional summertime and year-round activities.

Wednesday, July 9

10 am-3 pm

Flowerfield
St. James
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.

April 28, 29, 30, 6-9 pm

May 19, 20, 21, 9 am-noon

June 9, 10, 11, 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

April 8, 15, 22, 29

May 6, 13, 20, 27

June 3, 10, 17, 24

Family Practice Center
181 Belle Mead Road
East Setauket
Fee: \$210

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

May 1: Introduction: Learn about heart disease, treatment, and prevention.

May 8: Risk Factor Reduction—Taking Charge of Your Cardiac Health: Learn ways to lessen your risk for heart disease.

May 15: Stress Management: What is stress? How does stress influence your health and heart? Learn stress management techniques.

May 22: Home Exercise Program: Learn how to begin a home exercise program.

May 29: Eat Your Heart Out: Learn label reading and meal planning skills for a balanced, heart healthy diet.

June 5: Medication

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

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 blood pressure screening starting at 8 am, followed by an informative lecture at 9 am.

April 30: Losing Weight Permanently with the Bull's-Eye Food Guide

Speaker: Josephine Connolly Schoonen, PhD, RD

**May 28: Celiac Disease:
Is it an Epidemic or
Undiagnosed Disease?**

Speaker: Anupama Chawla, MD

**June 25: "Am I
Philanthropic?"** Three Questions You Should Be Able To Answer About Gifts To Charity
Speaker: Alexandra P. Brovey, JD, LL.M.

Smith Haven Mall, Food Court
Free

Massage

INFANT AND CHILD MESSAGE CLASSES

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

**Mondays, May 5, 12, 19,
10:30-11:30 am**
**Tuesdays, June 3, 10, 17,
10:30-11:30 am**

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

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. Call for upcoming seminar dates.

Monthly Seminars, 9-11 am

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

Pregnancy and Childbirth

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
May 1, 8, 15
June 5, 12, 19**

Stony Brook University Hospital
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

SPECIAL EVENTS

National Hospital Week

Stony Brook University Medical Center, in cooperation with Smith Haven Mall, will celebrate National Hospital Week by providing free health screenings, including blood pressure, glucose, and cholesterol, and providing valuable healthcare information to members of the community. Learn about services at the Medical Center and meet with healthcare providers.

Wednesday, May 21, 10 am-3 pm

Smith Haven Mall, Center Court
Lake Grove
Free

Hospital Auxiliary Gala

Hosted by the Stony Brook University Hospital Auxiliary, this year's event will benefit the Stony Brook University Heart Center, with special recognition to "grateful patient," Dr. Richard N. Fine, Dean, Stony Brook University School of Medicine.

For tickets and sponsorship opportunities go to www.StonyBrookMedicalCenter.org and go to "In The Community," and click on "Calendar of Events."

Thursday, September 25, 6-9 pm

East Wind Caterers, Wading River

problems. Registration is required.

**Wednesdays, 7-9 pm
May 7, June 4**

Stony Brook University Hospital
Free

Screenings

VARICOSE VEIN SCREENING

The Department of Surgery at Stony Brook University Medical Center offers free screenings for individuals between ages 18 and 64,

with large varicose veins in one or both legs, accompanied by pain and/or swelling. Screenings are conducted by board certified vascular surgeons. For an appointment call (631) 444-4000.

Saturday, April 12, 8 am-4 pm

Stony Brook Vein Center
East Setauket
Free

Saturday, April 26, 8 am-4 pm

Stony Brook Outpatient Services
Hampton Bays
Free

Classes and Programs

April, May, June 2008

ORAL CANCER SCREENING

Each year approximately 30,000 Americans are diagnosed with oral cancer, and more than 8,000 die. Early diagnosis is essential to prevention and can be performed through a quick and painless screening. The Dental Care Center at Stony Brook University offers a day of free screenings with no appointment necessary.

Thursday, April 24
9:30 am-6 pm

Dental Care Center
Stony Brook University
Free

MELANOMA SCREENING

This free screening includes melanoma awareness,

detection, and sun safety lectures, informational displays, and a complete skin exam by a dermatologist. Sunscreen samples and sun protection products will also be available. Appointments for screenings are preferred, but walk-ins are welcome.

Saturday, May 10
9 am-noon

Stony Brook University Cancer Center
Free

Wellness

WELLNESS—THE ART OF LIVING, PART I

This workshop is for anyone who wishes to enhance their physical, emotional or mental

well being. Participants will learn practical and powerful methods including Eastern breathing techniques, meditation, low-impact yoga, and gain skills for dealing effectively with challenging emotions and situations. A weekly group follow-up practice will be scheduled.

April 18, 19, 20, 21
6-9 pm

Friday and Monday
9 am-4 pm
Saturday and Sunday

Charles B. Wang Center
Fee: \$375; \$200 (Full-time students and seniors over 65; limited needs-based scholarships available.)

Women's Health

HERBAL USE IN WOMEN'S HEALTH

Featuring professionals from Stony Brook University Medical Center, this community education program provides up-to-date information featuring expert speakers on topics important to women of all ages.

This lecture will concentrate on herbs traditionally used for menopause, painful menses, and other complaints. It will also present scientifically based safety information and possible interactions with other medications.

Wednesday, May 7, 7-8:30 pm
Speaker: Raja Jaber, MD
Sayville Public Library
Free

STONY BROOK RECEIVES ORGAN DONOR AWARD

Stony Brook University Hospital was presented with a U.S. Department of Health and Human Services Organ Donor Medal of Honor for raising rates of eligible donors. This effort was led by the Hospital's Organ Task Force. Stony Brook was honored for achieving and sustaining an organ donation rate of 75 percent or higher for any twelve-month period between August 2005 and June 2007. Stony Brook was one of only 14 hospitals in the greater New York metropolitan area to be honored. One of the most important decisions you can make is to become an organ donor. To register to become an organ and tissue donor, go to www.health.state.ny.us/nysdoh/donor/index.htm.

April is Donate Life Month

We celebrate those who help save and enhance the lives of others through organ donation. National Donate Life Month raises public awareness of the critical need for organ, tissue, marrow, and blood donation. To learn more about donating, visit www.donatelife.net.

LOOKING FOR A PHILANTHROPIC SOLUTION TO BOOST YOUR FINANCIAL FITNESS?

If you are 55 years of age or older, you can make a gift to the service, area, or cause of your choice at Stony Brook University Medical Center and receive a fixed income for the rest of your life. For as little as \$10,000, your cash gift will enable you to receive a steady source of income—part of which is tax-free. For example, if you are 60 years of age, you can get a fixed rate of 5.7%; if you are 75, you can get a fixed rate of 7.1%. See additional sample ages and rates below.

ONE-LIFE RATES

AGE	RATE
55	5.5%
60	5.7%
65	6.0%
70	6.5%
75	7.1%
80	8.0%
85	9.5%
90+	11.3%

TWO-LIFE RATES

AGE	RATE
55/55	5.0%
60/60	5.4%
65/65	5.6%
70/70	5.9%
75/75	6.3%
80/80	6.9%
85/85	7.9%
90/90	9.3%

For more information or to obtain a no-obligation illustration, call (631) 444-4000.

MANAGING JOINT DISCOMFORT

By Carol Grosch, OTR, with contributions from Stony Brook University Medical Center's Inpatient Occupational Therapy Staff

The quality of your life may depend on your ability to participate in daily routines and leisure activities. If joint discomfort interferes with life activities that are important to you, the quality of your life is negatively impacted. The expertise of an occupational therapist (OT) may help. OTs are trained to evaluate conditions and develop treatment plans with the goal of allowing you to continue such things as dressing or gardening, safely and more efficiently.

An important strategy in managing life with conditions such as arthritis is to incorporate joint protection principles into daily routines to help reduce stress on joints. OTs can suggest personalized changes to incorporate into your activities and lifestyle.

Practical tips about joint protection can benefit everyone. To minimize discomfort and stress on joints:

- Use large muscle groups when carrying and lifting. Pick up objects with both hands, and carry close to your body (i.e., carrying a bag with a shoulder strap is less stressful than using the more painful hand grip, because larger joints are used).
- Adapt handles on household utensils and tools to increase their diameter and decrease stress on joints from a tight grip.
- Avoid excess movement toward the

April is National Occupational Therapy Month

Stony Brook University Medical Center offers comprehensive occupational and physical therapy services at an outpatient facility located at 33 Research Way, East Setauket. For more information, call (631) 444-4000.

pinky side of your hand.

- For comfort and to slow the progression of disease, modify techniques for manipulating small objects.
- Use custom-made splints to rest your joints and reduce swelling.
- Respect pain, as it may be an indication of overstressed joints.
- Pace yourself and plan rest periods.

OTs provide intervention for many other diagnoses. To obtain the services of an occupational therapist, speak with your physician. To learn more, visit the American Occupational Therapy Association's Web site at www.aota.org.

ADVANCING THE MISSION BUILDING A CULTURE OF PHILANTHROPY AT STONY BROOK

By Carrie Bhada

Stony Brook University Medical Center is growing. We are expanding our physical space, treating more patients, educating more students, and training additional staff. Supporting this growth is important to becoming a world-class institution.

Private philanthropic support can help to further transform our Medical Center. Improvements made possible by private contributions are reflected in the satisfaction reported by our patients. Where giving is part of the culture, institutions thrive.

Some of our programs, such as Child Life; Health Occupations Partnership for Excellence (HOPE), a program introducing healthcare careers to underserved high school students; the Babies and Children's Memorial Garden; and others are made possible through generous donations. But there is a greater need for support.

Creating a culture of philanthropy advances our mission to serve the community. Grateful patient support of the telefund program, faculty and staff contributions to the annual fund, the continued generosity of the Hospital Auxiliary, and the newly created

Development Council all help to define our culture as philanthropic.

You, too, can help. Consider Stony Brook University Medical Center for your next charitable contribution. Whether you choose to contribute or simply spread the word that our Medical Center is growing to serve you better, you will help to build upon our culture of philanthropy.

Our "Say Thank You" brochures are located throughout the Medical Center. For more information, call the Office of Advancement at (631) 444-2899.

Carrie Bhada is Director of Development, University Advancement.

Better Health Better Living

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SHOWCASE YOUR TALENTS AND JOIN THE “RISING STARS” SHOW

The Rising Stars talent show brings a sense of accomplishment to pediatric performers, as well as improves their self-esteem and confidence during a period in which they are trying to live their lives as normally as possible. Organizers of the 2008 Rising Stars Talent Show and Art Exhibit, sponsored by The Sunrise Fund, are seeking talented students, faculty, and others to join pediatric oncology and hematology patients on stage performing in dance, song, and other acts. The show will take place on Sunday, April 27, beginning at 2:00 pm at the Student Activity Center on the main campus of Stony Brook University.

Individuals wishing to perform in musical, dance, comedic, or other artistic/creative acts are welcome to participate. Magic acts are particularly encouraged. Dancing and singing groups may also join the fun on stage.

The Sunrise Fund raises awareness about childhood cancer and provides programs for pediatric oncology patients and families treated at Stony Brook University Medical Center. For more information, call (631) 444-4000.

 **STONY BROOK
UNIVERSITY
MEDICAL CENTER**

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East Setauket, NY 11733

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