

Better Health Better Living

STONY BROOK UNIVERSITY HOSPITAL



SUDDEN UNEXPECTED DEATH IN THE ADOLESCENT ATHLETE

By Thomas M. Biancaniello, MD, FACC

The sudden unexpected death of a young athlete during or shortly after leaving the playing field is an uncommon event, with less than 300 occurring annually in the U.S.; sudden death in adults is approximately 330,000 per year. Yet the tragedy of a life cut short at an early age has a devastating impact on families and usually is front-page local news. The causes are well known. Approximately 50 percent are caused by hypertrophic cardiomyopathy (HCM), or primary cardiac muscle disease; approximately 25 percent are due to congenital anomalies of the coronary arteries arising on the wrong side; approximately 22 percent are due to other cardiac causes; and three percent are unknown. How we can prevent them is less clear. Pediatric cardiologists are frequently asked to evaluate athletes because of symptoms that raise concern; however, most young athletes who experience sudden death have no prior symptoms and many have a normal exam.

What can be done to identify those at risk on pre-participation evaluation? The most important tool is a good health history. Since HCM is an inherited disorder, there is frequently a family history of the condition or a sudden unexpected death of a young person in the family.

While most all these conditions may not produce symptoms, careful questioning may identify

symptoms that should raise "red flags." Chest pain is a common complaint in the young, but less than one percent is related to the heart. Fainting is also common, occurring in 15 percent of young people before age 18, and not of cardiac origin. However, if chest pain or fainting occurs with activity, a further investigation is warranted. These symptoms are especially troublesome if there is a family history of sudden death. The presence of significant murmurs may indicate a heart problem. The electrocardiogram (EKG) is frequently abnormal in HCM, but in many instances, may be normal. Cardiac rhythm disorders are uncommon causes of sudden death and may not be detected on a routine EKG.

Some have advocated mass screenings. This would require extensive evaluation on 10 to 15 million young athletes every year. False positives on screening tests add to anxiety and cost, and the conditions are uncommon and may not be present on initial evaluations, but may develop later. Pre-participation evaluations should be done by the primary care practitioner, who should know the family history, and not be left to mass screenings, especially those where parents are not present to give a good family history.

An additional cause of sudden death during athletic activity is "commotio cordis" or blow
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Smart Medicine

**STONY
BROOK**
UNIVERSITY HOSPITAL

Expert Care

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

Stony Brook University Hospital holds a monthly support group for patients and families living with leukemia, lymphoma, and other cancers of the blood. The group is sponsored by the Leukemia & Lymphoma Society. Meetings are held the second Monday of every month from 5 to 6 pm. Please call HealthConnect® at 631.444.4000 for information.

LEUKEMIAS, LYMPHOMAS WHAT ARE THEY AND HOW ARE THEY TREATED?

By MICHELLE M. STEVENS,
RN, MS, NP-C, AOCNS
Stony Brook University Hospital
Leukemia/ Bone Marrow Transplant Coordinator

Normal healthy white blood cells fight infection. They are found in the blood and tissues and are part of the immune system. Leukemias and lymphomas are caused by the malignant (cancerous) transformation of white blood cells. When these white blood cells freely circulate in the blood, it is called leukemia; when they get caught up in the lymph nodes or other lymphatic organs and tissues it is called lymphoma.

The incidence of lymphoma has doubled over the last 35 years. About 63,000 cases were diagnosed in the U.S. in 2005. The cause of most lymphomas is unknown. There is an increased incidence in people who have certain viruses, such as the human immunodeficiency virus (HIV), the Epstein-Barr virus, the bacteria that causes stomach ulcers and in people who live in farming communities. The most common finding of lymphoma is a painless swelling of a lymph node(s) in the neck, armpit, or groin. A swollen lymph node that does not respond

to antibiotics should be biopsied. Symptoms may include fever, exaggerated sweating at night, unexplained fatigue, weight loss, and itchy skin. Diagnosis is made by tumor biopsy with DNA evaluation. Bone marrow biopsy, CT scans and PET scans are also performed.

Lymphomas are divided into two major categories: indolent (slow growing) or aggressive (rapidly growing). Some indolent lymphomas do not require immediate treatment and may never require treatment at all. Chemotherapy with or without radiation therapy is given when symptoms become unacceptable. Aggressive lymphomas require prompt treatment with chemotherapy. Bone marrow transplant is used to improve survival and cure rates.

About 35,000 cases of leukemia were diagnosed in 2005 throughout the U.S. Leukemia kills more children and young adults (ages 1 year to 20 years) than any other cancer. It is often more severe and common in older people over the age of 60. Like lymphoma, the cause of most leukemias is unknown. However, exposure to high doses of

radiation, chemotherapy, and benzene has been associated with an increased risk of disease. The most common symptom is a loss of well-being. People may tire easily, feel short of breath, bleed or bruise easily for no reason or as the result of a minor injury. People may also experience pain in the bones or joints, fever, swollen gums, and frequent minor or recurrent infections. Diagnosis is made by bone marrow biopsy with DNA evaluation.

The leukemias are classified as acute or chronic. Acute leukemias include acute myeloid leukemia, acute lymphoid leukemia, and secondary leukemias. These leukemias are treated with intensive chemotherapy regimens and always require hospitalization with specialized care. Chronic leukemias include chronic myeloid leukemia, chronic lymphoid leukemia, and Hairy Cell leukemia. Some chronic leukemias may require treatment with chemotherapy. Others may be treated with oral medication or may never require treatment at all. Bone marrow transplant may be used to cure some patients with both acute and chronic leukemias.

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SUDDEN UNEXPECTED DEATH IN THE ADOLESCENT ATHLETE

to the heart. This is a rare occurrence in which trauma to the chest, such as being struck with a baseball or lacrosse ball, at a crucial time during the cardiac electrical cycle results in the heart rhythm becoming chaotic (ventricular fibrillation) and thus unable to pump blood effectively, resulting in death. Ventricular fibrillation is the final pathway for almost all individuals who die suddenly and unexpectedly during athletic activity. The only way to resuscitate people who

experience ventricular fibrillation is with electrical cardioversion (shock). Automated external defibrillators (AEDs) are now very commonplace and must be available at schools. These devices allow lay people to rescue individuals experiencing ventricular fibrillation by automatically detecting the cardiac rhythm and instructing the rescuer through a program to deliver the shock that can be life saving. These devices may be lifesavers for the athlete who collapses.



Thomas M. Biancaniello, MD, FACC, is a professor of Pediatrics at Stony Brook University and chief of the Division of Pediatric Cardiology at Stony Brook University Hospital. Dr. Biancaniello came to Stony Brook in 1980 after finishing a fellowship in Pediatric Cardiology at the Cincinnati Children's Hospital. He is a Fellow of the American College of Cardiology, past

president of the Suffolk County Board of the American Heart Association and former New York State Board member of the American Heart Association. He is a clinical pediatric cardiologist whose principal interests are interventional cardiac catheterization and adults with congenital heart disease. He has authored 18 journal articles, three book chapters, and serves on two editorial boards and is an invited reviewer for four journals. In addition, he serves on the consulting staff of four community hospitals.

AED Demonstration

If you're interested in learning more and seeing a demonstration on the use of the automated external defibrillator (AED), attend the August 30th meeting of the Smith Haven Mall Walkers Club.

Martin S. Karpeh, Jr., MD, to focus on new cancer and imaging center, research and treatment.

NATIONALLY-RENOWNED SURGEON APPOINTED DIRECTOR OF UNIVERSITY CANCER CENTER

Martin S. Karpeh, Jr., MD, chief of Surgical Oncology at Stony Brook University Hospital, has been named director of the Stony Brook University Cancer Center. As director, Dr. Karpeh is responsible for supervising the development of Stony Brook's new Cancer

Center facility when it opens by fall 2006. He also oversees the continued development of cancer research programs, clinical trials, and the hospital's cancer treatment programs. The Stony Brook University Cancer Center integrates the only university-based cancer research in the region into clinical practices at Stony Brook University Hospital. The new facility will house the hospital's outpatient medical and surgical oncology units, the Carol M. Baldwin Breast Care Center, outpatient pediatric oncology, cancer support services, an imaging center and pain management services.

Dr. Karpeh is known worldwide for his surgical expertise and management of gastric and esophageal cancers, and other cancers of the gastrointestinal tract; sarcomas, melanoma and breast cancer. As chief of Surgical Oncology at Stony Brook, Dr. Karpeh has grown the Surgical Oncology Division to a seven-member group that treats all types of solid tumors. He has also spearheaded new programs focusing on improving minimally invasive cancer surgery methods. "Our goal is to continue recruiting top physicians for our programs, implement new and more effective forms of surgery, and initiate and participate in more clinical trials that feature new and groundbreaking therapies for our patients," says Dr. Karpeh.

According to Richard N. Fine, MD, dean, Stony Brook University School of Medicine, Dr. Karpeh's appointment comes at a significant period in the growth and development of the Stony Brook University Cancer Center, and Stony Brook University Hospital. "Dr. Karpeh believes firmly in bringing new, cutting edge treatments and technologies to patients in our community," Dr. Fine said. "His work as a clinician and surgical oncologist, and his direct involvement with translational cancer research are a natural fit for his overseeing patient care at

our newly planned facility."

Since opening in 2000, the Cancer Center established a full service blood and marrow stem cell transplant program for patients with hematological cancers; launched a database that provides cancer researchers with blood, tumor tissue and medical data; began community outreach programs on breast cancer education; and recruited several top surgical and medical oncologists. According to Dr. Karpeh, the Cancer Center will continue to build on this momentum and implement new and more effective forms of surgery and other therapies for cancer. Bridging basic and translational cancer research at Stony Brook to clinical uses will be another focus and goal as the new leadership takes hold.

Prior to joining Stony Brook University Hospital, Dr. Karpeh spent 12 years as a surgical oncologist at Memorial Sloan-Kettering Cancer Center in Manhattan. Board Certified in General Surgery, he received his medical degree from Pennsylvania State University in 1983 and completed his General Surgery residency at the Hospital of the University of Pennsylvania. He is a fellow of the American College of Surgeons and a member of the Society of Surgical Oncology.

HEART CENTER FIRST AND ONLY FACILITY ON LONG ISLAND USING "TANDEMHEART" SYSTEM

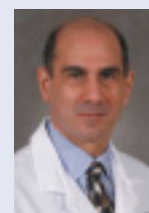
The Heart Center at Stony Brook University Hospital is the first and only facility on Long Island using the "TandemHeart" system – a percutaneous left ventricular assist device – for patients who are too ill to undergo life-saving procedures without circulatory support. Interventional cardiologists at Stony Brook now have the minimally-invasive technology to place this percutaneous left ventricular assist device in the Cardiac Catheterization Laboratory.

TandemHeart helps save lives by increasing blood flow and reducing demands placed on a weakened or damaged heart – without the need for invasive surgery. It enables cardiologists at Stony Brook to more safely treat the highest risk patients with coronary artery disease, acute myocardial infarction, cardiogenic shock or severe primary cardiomyopathy. The device takes over the blood pumping function, allowing a patient's heart to rest, giving cardiologists and cardiac surgeons

additional time to better evaluate their critically ill patients. "This device provides an advanced level of cardiac care that will help save many, many lives on Long Island," said David L. Brown, MD, chief of Cardiovascular Medicine and co-director of the Heart Center at Stony Brook. "The TandemHeart should be considered a potential life-saving resource for every patient with an acute, life-threatening heart condition including those who must undergo high-risk revascularization, and acute heart failure stabilization," said Todd K. Rosengart, MD, chief of Cardiothoracic Surgery and co-director of the Heart Center at Stony Brook.

The Tandem Heart works by restoring blood circulation through a cardiac catheterization-based procedure designed to keep blood flowing to save vital organs and give damaged hearts a chance to heal. It is about the size of a fist and is placed outside a patient's

thigh. A tube is inserted through a large vein in the leg into the left side of the heart. A second tube is inserted into the patient's femoral artery, and the pump is connected to a micro-processing computer that takes over pumping the patient's heart during a procedure. Patients can remain on the pump for a period of several hours, weeks and months, if necessary.



DAVID L. BROWN, MD

*Chief of Cardiovascular Medicine and
Co-Director of the Heart Center at Stony
Brook University Hospital*



TODD K. ROSENGART, MD

*Chief of Cardiothoracic Surgery and
Co-Director of the Heart Center at Stony
Brook University Hospital*

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

COMMUNITY HEALTH EDUCATION PROGRAMS & SPECIAL EVENTS

PRENATAL BREASTFEEDING CLASS

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

Wednesday, 7-9 pm

- **July 5**
- **August 2**
- **September 6**

Stony Brook University Hospital
Free

BREAST CANCER EDUCATION & SUPPORT GROUP

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

Wednesday, 7 pm

- **July 5: General group meeting. Come share information and experiences with survivors.**
- **August 2: "Reconstruction, Being All You Can Be"**
Speaker: **Balvantray P. Arora, MD**
- **September 6, "Chemotherapeutics"**
Speaker: **Noshir A. Dacosta, MD**

Holiday Inn Express, Stony Brook
Free

PREGNANCY EDUCATION CLASSES

For women delivering at Stony Brook University Hospital, these educational classes promote optimal maternal, fetal and newborn health. Topics of discussion include "Staying Healthy During Pregnancy," "Breast Feeding & Infant Feeding Choices," "Preparing for Labor & Delivery" and "Taking Care of Yourself and Baby at Home." Registration is required.

Thursdays, 11 am-12 noon

- **July 6, 13 & 20**
- **August 3, 10 & 17**
- **September 7, 14 & 21**

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, 6-8 pm
July 6, 13, 20, 27; August 3 & 10

Stony Brook Technology Park
Free

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

A comprehensive 3-day educational program covering meal planning, blood glucose monitoring, exercise, use of medications, acute and chronic complications, stress, travel, vacationing and community resources. Insurance accepted where applicable.

- **July 10, 11 & 12**
9 am-12 noon
- **September 11, 12 & 13**
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.

Monday, 6-8 pm

- **July 10**
- **August 7**
- **September 11**

Stony Brook Technology Park
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. Registration is required.

Thursday, 6:30-8:30 pm

- **July 20**
- **August 17**
- **September 21**

Holiday Inn Express, Stony Brook
Free

ANNUAL CELEBRITY GOLF OUTING

Hosted by the Carol M. Baldwin Breast Cancer Research Fund, Inc., this popular outing seeks to raise awareness and funds to find a cure for breast cancer through research at Stony Brook University. Brunch, golfing, lunch, cocktail & dinner party are included. For more information visit www.findacure.org or call HealthConnect®.

Monday, July 24th, 8 am

Nissequoque Golf Club, St. James
Fee: \$750/individual golfer; other fees vary

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.

- **July 26: "Hearing Loss- Myths & Misconceptions"**
Speaker: **Kristi Mohr, MA, CCC-A**
- **August 30: "The AED- What it is and how it works"** Speakers: **Lisa Wilbert, RN, Carol Ruane, RN**
- **September 27: "Senior Preparedness - Untold stories"**

from the ER" Speaker: Geoffrey T. O'Connell, LCSW-R

Smith Haven Mall, Food Court
Free

A SUMMER SOIREE

To benefit children with Multiple Sclerosis

This evening of summer fun, dining and dancing will fund medical research at the National Pediatric Multiple Sclerosis Center at Stony Brook University and a Teen Adventure Camp for teens with MS. Sponsorship opportunities are available. Call HealthConnect® for more information.

Thursday, July 27
Cocktails at 6:45 pm;
Dinner at 7:45 pm

Crest Hollow Country Club, Woodbury
Tickets: \$130

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

- **Wednesdays, 11 am-12 noon**
August 2, 9 & 16
- **Tuesdays, 11 am-12 noon**
September 5, 12 & 19

Stony Brook Technology Park
Fee: \$60

Free/Low-Cost Health Insurance Enrollment Assistance

Stony Brook University Hospital's Facilitated Enrollment Community Outreach Program offers enrollment assistance and information about Managed Medicaid program benefits, free or low cost health insurance for families and children, and provides educational in-service programs in both English and Spanish to community health organizations, local schools and day care centers. For more information, call HealthConnect® at 631.444.4000.

DEALING WITH ELEVATED LIPIDS AND CHOLESTEROL

The Division of Wellness and Chronic Illness in the Department of Family Medicine at Stony Brook University Hospital conducts this 4-part series for patients with elevated lipids and cholesterol. Sessions review factors that contribute to cardiovascular risk and increasing levels of lipids and insulin and addresses how they can be decreased with whole foods, exercise and stress reduction. Most insurance plans are accepted with appropriate co-pay.

Wednesdays, 4:30-6:30 pm
September 6, 13, 20, 27

Stony Brook Technology Park

8th ANNUAL CEREMONY OF REMEMBRANCE

Join us for poetry, music and a candle lighting ceremony

A ceremony of remembrance for family members who are grieving due to miscarriage, stillbirth, infant death or death of a child, this fellowship gathering will include the reading of names, music, candle lighting, poetry readings and a visit to the Babies' & Childrens' Memorial Garden. For more information call **HealthConnect®** or go to www.stonybrookhospital.com/cm花园.

Sunday, September 17, 1 pm

Stony Brook University Hospital
Health Sciences Center
Level 3, Galleria
Free Parking

"WINE, WOMEN & SONG"

Sponsored by Stony Brook University Hospital's Auxiliary this unique luncheon will feature a talk by Louisa Hargrave, co-founder of the Long Island Wine Industry. Proceeds benefit patients at Stony Brook University Hospital. For ticket reservations call **HealthConnect®**.

Thursday, September 28
11:30 am-2 pm

Three Village Inn, Stony Brook
Tickets: \$45

TARGET FITNESS WEIGHT MANAGEMENT PROGRAM

Day & Evening Programs

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.

- **Stony Brook Technology Park:**
Tuesdays, 5:30-6:30 pm
September 19, 26; October 3, 10, 17, 24, 31; November 7, 14, 21, 28 & December 5
- **Stony Brook University Hospital:**
Tuesdays, 1-2 pm
September 26; October 3, 10, 17, 24, 31; November 7, 14, 21, 28; December 5 & 12

Fee: \$180

WEEKEND FOR A CURE 2006

This 2-day celebrity-filled weekend raises money for breast cancer research. The event expects to draw thousands of families, bikers, walkers and people who love music. Activities include a celebrity gala, motorcycle rally, walkathon, concert, family fun rides, entertainment, fireworks and an arts/crafts and vendor area. **Weekend for a Cure 2006** will be held in Medford, New York, (at the old Multiplex site between exits 64 and 65, off the LIE). For more information visit www.findacure.org or call **HealthConnect®**.

Saturday, September 30
& Sunday, October 1

Medford, NY

6TH ANNUAL 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, call **HealthConnect®** to purchase your tickets early!

Thursday, October 19, 6:30-10:30 pm

Villa Lombardi's, Holbrook
Tickets: \$50

WIC PROGRAM

Now Available at 2 Locations



Stony Brook University Hospital
Department of Family Medicine
181 Belle Mead Road, Suite 2
East Setauket, NY 11734

Family Service League
1444 Fifth Avenue
Bay Shore, NY 11706

Stony Brook University Hospital's Department of Family Medicine offers the WIC program to pregnant, postpartum and breastfeeding women, and children up to five years of age.

You can receive WIC even if:

- You are not a legal resident (a green card is not needed)
- You are not a U.S. citizen
- You do not have a social security number
- You or other household members work
- You get food stamps, public assistance or Medicaid
- You are a foreign student (F-1 Visa)

WIC Participants Receive:

- Free supplemental food packages that may include infant formula, infant cereal, milk, cheese, eggs, beans, peanut butter, juice, tuna fish, cereal and fresh fruits and vegetables.
- Nutrition education for prenatal and post partum women.
- Help and support with breastfeeding.
- Nutrition education on how to feed infants and children for healthy growth and development.
- Immunization screening and referrals to health care providers.

To find out more or to schedule an appointment call HealthConnect®.

SAVE THE DATE!

MIDWIFERY PRACTICE 10th ANNIVERSARY OPEN HOUSE

Wednesday, October 4
9:30 am-2:30 pm
Health Sciences Center, Galleria

Grand Rounds, Midwifery Presentation
8-9 am
Health Sciences Center
Lecture Hall 4, Level 2

During the week of October 1-7, National Nurse-Midwifery Week, Stony Brook University Hospital's Midwifery Practice will not only be celebrating its 10th anniversary, but will host a public open house and share information about the important role midwives play in women's lives.

"Most people do not know that we do a lot more than childbirth. As a result, many women are unaware that their local nurse-midwife can conduct their gynecologic care, family planning, cancer screening, and perimenopausal care as well," says Carreen D. Mauro, CNM, MS of Stony Brook University Hospital's Midwifery Practice. "...midwife means 'with woman' and that includes the whole woman," says Mauro. "Hopefully, through our open house, which will commence with a Midwifery Grand Rounds presentation, we can educate, inform and empower the women of Long Island."

To find out more about Stony Brook University Hospital's Midwifery Practice call HealthConnect® or go to www.stonybrookmidwives.com.

KIDS HEALTH AND SAFETY EXPO

Wednesday, July 19, 10 am-4 pm
Holiday Inn Express, Stony Brook
Free

Stony Brook University Hospital, the Elsie Owens North Brookhaven Family Health Center, SafeKids, Suffolk and other local organizations will be co-hosting this event. Featured activities include "Go Active" by Ronald McDonald, a bicycle rodeo, free health screenings, and information and demonstrations on how to preserve safety and prevent injuries to children during traditional summertime and year-round activities.



EXPECTING A BABY?

The Department of Obstetrics and 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.

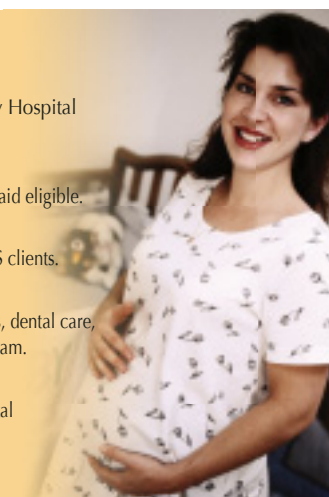
What does MOMS Cover?

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®.



Research Studies

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

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

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

At Risk For Colon Cancer Phase I Trial

Colon cancer is the third most prevalent cancer in the United States. The General Clinical Research Center at Stony Brook University Hospital seeks volunteers 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 up to \$1500.

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.

Stress- A Fact of Life

Do you know that stress can affect the brain, heart, hormones, and mental performance? Did you ever wonder why some people get stressed out more easily than others? 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 weekdays including two hospital overnight. 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.

Studies of Chronic Fatigue Syndrome (CFS) and Lupus

If you have CFS or lupus, you are invited to participate in a non-drug treatment study. The project involves the study of very low-level exercise, activity pacing, stress reduction, and sleep improvement techniques. Participants will be paid \$50.

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 compensated up to \$25 plus parking expenses.

The Impact of Prenatal OB Anesthesia Consults (POBAC) on Birth Outcomes

The General Clinical Research Center at Stony Brook University Hospital is recruiting participants 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 Institute of Health of treatment steps for children, ages 6-14, who have attention deficit hyperactivity disorder and other behavioral control problems such as aggressiveness, explosiveness and low frustration tolerance. Eligible children receive free evaluation and study treatment, including medication and help with behavioral support strategies.

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

Volunteers Needed for Memory Tests & MRI

Healthy men and women, ages 18-55 who are willing to undergo a series of memory tests and a brain MRI are needed for this study. Compensation up to \$370.

Women Needed for MRI Imaging Research

Healthy women ages 18-65 are needed for participation in MRI imaging research. Volunteers cannot have any metal or electronic implants. Confidentiality will be maintained. Volunteers will be paid.

NEW PROCEDURE CAN REDUCE SYMPTOMS AND MEDICATION NEEDS OF GERD

Offered Only at Stony Brook University Hospital

Stony Brook University Hospital is the only clinical trial site on Long Island performing a new type of endoscopic therapy, called the **Full Thickness Plicator procedure**. FDA approved and used to stop the symptoms of Gastroesophageal Reflux Disease (GERD)- heartburn, regurgitation, wheezing, chest pain, cough and hoarseness, this outpatient procedure takes only 15 to 20 minutes to perform and can also reduce the need for medications.

If you are between ages 18 and 75 and experience heartburn or regurgitation on a regular basis, you may qualify to enroll in this study.

Now Available Health Gift Certificates



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

Stony Brook University Hospital
Inpatient/Outpatient Physical Therapy
Call HealthConnect® at 631.444.4000.

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

Ask the Expert at STONY BROOK UNIVERSITY HOSPITAL

Q I am a 55 year-old man. At my annual medical exam, my doctor told me that my PSA level is elevated. What does this mean?

A About the PSA Test

Prostate-specific antigen (PSA) is a protein produced in the prostate gland. The PSA test measures the level of PSA in a man's blood. Because it can be used to detect disease, it is sometimes called a biological marker or tumor marker. It is normal for men to have low levels of PSA in their blood.

There are many possible reasons a man may have an elevated PSA level. An elevated level may indicate the presence of prostate cancer or benign (not cancerous) conditions such as benign prostate enlargement, inflammation, and infection. A man's age and race may also contribute to an elevated level.

PSA levels alone do not give doctors enough information to distinguish between benign prostate conditions and cancer. The doctor will consider the PSA results when deciding whether to evaluate further for prostate cancer. Men should always discuss elevated PSA test results with their doctors.

Following-up

If a man has an elevated PSA, but no other symptoms suggest cancer, the doctor may recommend repeating a digital rectal exam (DRE) and PSA test regularly to watch for any changes. If a man's PSA level has been increasing or if a suspicious lump is detected during the DRE, the doctor may recommend a biopsy to determine if cancer is present in the prostate. During a biopsy, samples of prostate tissue are removed, usually with a needle, and viewed under a microscope. The doctor may use ultrasound to view the prostate during the biopsy.

When should I be tested?

African-American men and men with a family history of prostate cancer are at a higher risk of developing prostate cancer. Men who are at higher risk should start being tested at the age of 45. Men at low risk of developing prostate cancer should begin testing by age 50. Medical testing includes the PSA test and a digital rectal exam. Each should be administered by your doctor once a year.

For more information about the PSA test or to schedule an appointment for a free PSA screening, call HealthConnect® at 631.444.4000.

Wayne C. Waltzer, MD, Professor and Chairman, Department of Urology,
Director of the Renal Transplant Service, Stony Brook University Hospital



Q Everything I hear and read about staying healthy and losing weight mentions exercise. I haven't exercised for many years. How can I get started with an exercise program and avoid injuring myself?

A Engaging in regular physical activity is an important step toward improving your cardiac fitness, strength, flexibility, endurance and overall health. For exercise to be effective it must be a regular, routine activity. Studies suggest 30-40 minutes of moderate activity 4-5 times per week. Avoiding strain and injury will allow you to reach this goal and to stay physically active throughout your life. Frequently individuals are motivated and excited when beginning an exercise program. Being overly ambitious is one of the biggest downfalls to success. Overestimating your body's ability may cause you to engage in an activity that exceeds your physical capabilities, resulting in injuries such as muscle strain, ligament sprain and bone fracture. Pushing yourself to a point of fatigue or over exertion is also a concern. Injuries are more likely to occur when your body is tired. Understand your own body, and accept its potential and limits. You can't erase years of inactivity in one weekend. Choose something that you enjoy doing. Stay with it, and gradually over time your body will transform.

1. Consult your doctor before getting started.
2. Start gradually, progress slowly. Injuries occur when too much activity is done too soon. If your goal is 30 minutes of activity, begin with 10 or 15 minutes at first. Repeat this routine for several sessions before increasing the time and intensity.
3. Warm up and stretch slowly before engaging in the activity (no bouncing when stretching, hold stretch for 20-30 seconds).
4. Cool down at the end of the exercise routine by stretching again.
5. Monitor your pulse before, during, and after the exercise.
6. Wear comfortable shoes that ensure good foot support when walking, jogging or cycling.
7. Vary your routine from day to day. Your muscles need to rest on alternate days.

The Department of Physical and Occupational Therapy at Stony Brook University Hospital offers inpatient and outpatient physical and occupational therapy, hand therapy, cardiac rehabilitation, lymphedema therapy, balance rehabilitation and aquatic therapy, for adults and children. For additional information, call HealthConnect® at 631.444.4000.

Catherine M. Tuppo, PT, MS, CLT-LANA,
Director of Physical and Occupational Therapy, Stony Brook University Hospital



September is Prostate Cancer Awareness Month

THERAPEUTIC YOGA

By **JOANNE CESIRO, DPT**

Stony Brook University Hospital Outpatient Physical Therapy

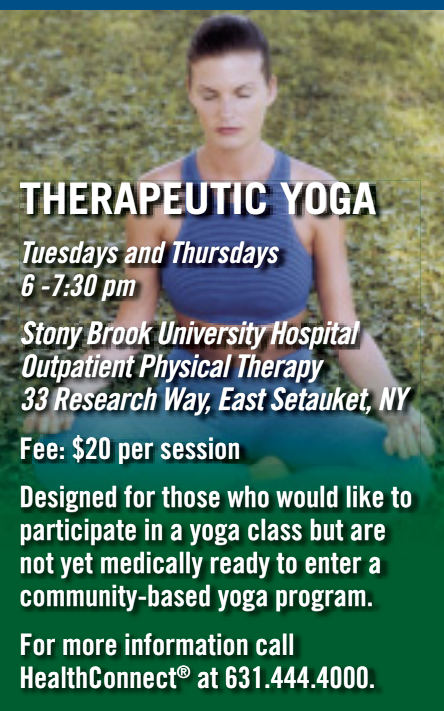
Yoga is a philosophical science created thousands of years ago. The word "yoga" comes from the Sanskrit *yuj-* to yolk or unite. Yoga is the union of body, mind and spirit. There are five main forms of yoga. The most well known form is Hatha Yoga—the yoga of physical postures and breath control. Hatha Yoga uses the physical postures to observe, explore, balance, and integrate the body, breath and mind. Therapeutic yoga is the application of this ancient science within a class designed for individuals with specific medical conditions, who are not yet ready to attend a community-based class.

In a therapeutic class more assistance may be required and is provided by the use of props (for example belts, blankets, blocks, chairs, and bolsters) and more guidance given for Call **HealthConnect®** at **631.444.4000**

students to take the support they need. In such a class, it is important to make sure all the students can maintain their balance, get into and out of the poses, and maintain correct alignment with as much safety and comfort as possible.

Yoga is suitable for everyone regardless of current physical condition. Individual needs and capacities must be assessed by the teacher and postures modified accordingly. Over time, joint stiffness, muscle weakness, poor posture, balance deficits, and unhealthy breathing habits can be changed.

Joanne Cesiro, DPT, is a physical therapist and a certified Iyengar Yoga instructor with over 20 years of teaching experience on Long Island. From 1988 to 1993 she was the president of the Long Island Yoga Association. In 1995, she traveled to India to study with BKS Iyengar, and was certified to teach his method in 1997. She is currently a staff physical therapist at Stony Brook University Hospital's outpatient physical therapy clinic located in Stony Brook Technology Park, Setauket, where she conducts therapeutic yoga classes twice a week. She is also an assistant professor at Suffolk Community College, where she teaches yoga in the Physical Education Department.



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.

Support Groups

For Support Group information visit our website at www.StonyBrookHospital.com or call HealthConnect® at 631.444.4000.

- **ALS Support Group**
 - **Alzheimer's Disease Support Group**
 - **Breast Cancer Education/Support Group**
 - **Brighter Faces**
(for families and patients with cleft lip and palate or craniofacial anomalies)
 - **Cardiac Support Group**
 - **Caregivers Support**
(for those with dementia)
- **Child Psychiatry Parent Support Group**
 - **Circle of Caring**
(loss of a child through miscarriage, stillbirth or early infant loss)
 - **Diabetes Pumpers Club**
 - **GASAK II-Autism Support Group for Grandparents**
 - **Gynecologic Oncology Support Group**
- **Hope for Hearts**
(for parents of children with congenital heart defects)
 - **ICD Support Group**
 - **Little Angel Fund**
(a support network for parents of Neonatal Intensive Care Unit babies)
 - **Low Vision Support Group**
 - **Leukemia/Lymphoma Support Group**
 - **Mended Hearts**
- **Menopause Support Group**
 - **Nicotine Anonymous**
 - **NEW! Oncology Family Support Group**
 - **Parent/Family Support for Children with Cancer**
 - **Pregnancy Education Classes**
 - **Prostate Cancer Support Group**
 - **NEW! Upper GI Cancer Support Group**

NEW! Oncology Family Support Group
Sponsored by Stony Brook University Hospital's Department of Care Management and the Stony Brook University Cancer Center for families and others caring for patients with a cancer diagnosis. Meetings are at 6:30 pm on the last Wednesday of the month at the Holiday Inn Express, Stony Brook. Please call HealthConnect® to register.

NEW! Upper GI Cancer Support Group
Sponsored by Stony Brook University Hospital's Department of Care Management and the Stony Brook University Cancer Center to educate, increase awareness of resources and help patients with adjustment following surgery. Meetings are at 7 pm on the second Wednesday of the month at the Holiday Inn Express, Stony Brook. Please call HealthConnect® to register.

WALK FOR BEAUTY, WALK FOR LIFE

Sunday, October 22
Registration, 8:30 am; Walk, 9:30 am
Stony Brook Village

Stony Brook University Hospital and the Ward Melville Heritage Organization team up to host this walk to raise money for breast and prostate cancer research at Stony Brook University. Special fund-raising challenges include incentives and raffle prizes for individuals and teams. Sponsorship opportunities are available. For more information and registration brochures, call HealthConnect® or visit www.stonybrookhospital.com/events.

Early registration by September 30: \$15
Registration fee: \$20

Walk as an individual or with a team!



AYUDA CON LA INSCRIPCIÓN DE SEGURO DE SALUD GRATIS O BAJO COSTO

Seguro de Salud de Adultos 19-64 de edad y niños menos de 19 años

Stony Brook University Hospital ofrece asistencia y information sobre los programas de salud Medicaid, Child Health Plus y Family Health Plus para adultos y niños. Presentaciones de información ofrecidas a grupos comunitarios como escuelas, centros de cuido infantil, y organizaciones de salud comunitarias. Servicios son gratis y disponibles en español con cita.

Para mas information llame a HealthConnect® 631.444.4000.

Smart Medicine

**STONY
BROOK**

UNIVERSITY HOSPITAL

Expert Care

Better Health Better Living

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