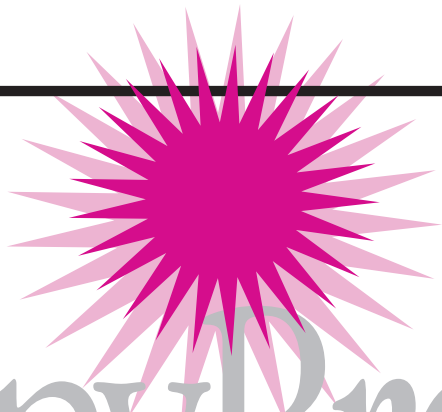


Winter 2005



Stony Brook

Better Health Better Living



Smart Medicine

STONY BROOK
UNIVERSITY HOSPITAL
Expert Care

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

healthy and your overall health

GUMS



H **Healthy gums** are essential to keeping your teeth and to maintaining good overall health. "Sixty-five million people in the United States have some form of periodontal (gum) disease," says Maria Emanuel Ryan, DDS, PhD, director of Clinical Research at Stony Brook University's School of Dental Medicine. "Periodontal disease is often a silent disease that if left untreated increases in severity. It is the leading cause of adult tooth loss in the United States and research indicates a two-way relationship between periodontal disease and other health conditions including heart disease, diabetes and pregnancy."

Periodontal disease is caused by bacterial plaque, a sticky, colorless film that constantly forms on your teeth and eventually hardens into calculus or tartar. The mildest form of the disease causes gums to become red, swollen and bleed easily. Left untreated the disease can progress into a chronic bacterial infection, with elevated levels of enzymes and other factors leading to the breakdown of bone and connective tissues that support teeth. The best prevention against periodontal disease is brushing and flossing on a daily basis and regular visits to the dentist for a professional cleaning.

Please check the **RESEARCH STUDIES** column on p.6 to find out more on how to enroll in research studies at Stony Brook University relating to periodontal disease and smokers, non-smokers and diabetics.

For a free copy of a brochure on "Periodontal Diseases: What You Need to Know" call HealthConnect at **631.444.4000**.

SYMPTOMS of periodontal disease include gums that bleed when brushing or flossing; red, swollen or tender gums; receding gums or gums that have pulled away from the teeth; pus between the teeth and gums; loose or shifting teeth; developing spaces between teeth; changes in the way teeth fit together and persistent bad breath or bad taste in your mouth.

Although the main cause of the disease is bacterial plaque, the following **risk factors** affect the health of your gums as well as your overall health.

SMOKING/TOBACCO USE

Smoking and tobacco use is linked with many serious illnesses such as cancer, lung disease, heart disease and other health problems. Studies show that tobacco use also may be one of the most significant risk factors in the development and progression of periodontal disease. Dr. Ryan emphasizes, "If you smoke, quit, because smoking increases your risk not only for periodontal disease but also cardiovascular disease, especially in diabetics."

DIABETES

According to the American Diabetes Association, approximately 18 million Americans have diabetes, with more than half unaware that they have this disease. People with diabetes are at risk for developing infections, including periodontal disease. Infections can impair your ability to process and/or utilize insulin, which may cause your diabetes to be more difficult to control. "Periodontal disease," says Dr. Ryan, "has been linked with other well-known complications of diabetes including retinopathy (eye disease), angiopathy (heart disease), nephropathy (kidney disease), peripheral neuropathy (foot problems from nerve damage) and poor wound healing."

PUBERTY, PREGNANCY AND MENOPAUSE

Hormonal changes during such times as menstruation, pregnancy and menopause can affect many of the tissues in the body, including the gums. Recent studies suggest that pregnant women with gum disease are seven times more likely to deliver preterm, low birth weight babies. Improved oral health can help to prevent adverse pregnancy outcomes.

STRESS

Stress is linked to hypertension, cancer, and numerous other health problems. It is also a risk factor for periodontal disease. Research demonstrates that stress can make it difficult for the body to fight off infection. Stress reduction may help to reduce your risk for developing a number of diseases, including gum disease.

Continued on page 5

January

Community Education Calendar,
Winter 2005



LOOK GOOD... FEEL BETTER PROGRAM



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

Monday, January 3
6:00 – 8:00 pm
Stony Brook Technology Park
Free

PREGNANCY EDUCATION CLASSES

For women delivering at Stony Brook University Hospital, these educational classes promote optimal maternal, fetal and newborn health. Topics of discussion include: "Staying Healthy During Pregnancy," "Breast Feeding & Infant Feeding Choices," "Preparing for Labor & Delivery" and "Taking Care of Yourself and Baby at Home." Registration is required. Call HealthConnect 631.444.4000.

Thursdays, January 6, 13, 20
11:00 am – 12:00 noon
Stony Brook University Hospital
Free

CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

A 6-week heart disease awareness program conducted by health care professionals aimed at providing patients, families and friends with a comprehensive overview of heart health and important information about the factors that influence heart disease. CPR Training classes are offered to participants in conjunction with the program. Registration is required. Call HealthConnect 631.444.4000.

Thursdays, January 6, 13, 20, 27;
February 3 & 10
6:00 – 8:00 pm
Stony Brook Technology Park
Free

BACK & LEG PAIN, NECK & ARM PAIN SEMINAR

The Spine and Scoliosis Center at Stony Brook University Hospital, which specializes in the diagnosis of various spinal conditions, offers free informative seminars on back and leg pain and arm and neck pain. The seminar covers the anatomy of the back and neck, various conditions that cause pain, and treatment options. Refreshments will be served. Space is limited and registration is required. Call HealthConnect 631.444.4000.

Friday, January 7
3:30 – 5:30 pm
The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
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.

January 10, 11 & 12
9:00 am – 12:00 noon
Stony Brook Technology Park

INFANT AND CHILD MASSAGE CLASSES

This 3-session program conducted by a licensed massage therapist and certified infant/child massage instructor will instruct parents in massage techniques to soothe a cranky baby, reduce stress and pain, relieve symptoms of gas and colic and develop crucial bonding skills. Classes for premature or medically fragile babies are also available. Children of all ages welcome. Bring baby or doll and a small blanket.

Tuesdays, January 11, 18 & 25
10:00 – 11:00 am
Stony Brook Technology Park
Fee: \$60.00

DIABETES PUMP THERAPY CLUB

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

Monday, January 3
7:00 am – 8:30 am
Stony Brook Technology Park
Free

LIPIDS AND CHOLESTEROL PROGRAM

The Division of Wellness and Chronic Illness in the Department of Family Medicine will be conducting four, 2-hour group visits for patients with elevated lipids and cholesterol. Participants are examined and evaluated individually to assess cardiovascular risk, nutrition, exercise and stress levels as well as to determine if their lipid management is optimal. The group visits 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. Genetic influences, indications for medications, their side effects profile and the most current evidence-based information on supplements and vitamins are also covered. Most insurance plans are accepted with appropriate co-pay. For those without coverage, the cost for the series is \$150.00.

Wednesdays, January 19, 27;
February 2 & 9
4:30 – 6:30 pm
Stony Brook Technology Park

SMITH HAVEN MALL WALKERS

Sponsored by Stony Brook University Hospital, the Mall Walkers Club meets the last Wednesday of every month and provides breakfast and blood pressure screening starting at 8:00 am followed by an informative lecture at 9:00 am.

Wednesday, January 26
"Macular Degeneration"
Speaker: Jean Lewis, NP
Smith Haven Mall, Food Court
Free

BACK & LEG PAIN, NECK & ARM PAIN SEMINAR

(See description above, 1/7)
Friday, January 28
3:30 – 5:30 pm
The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
Free



Community Health Education Programs and Services in this issue.

Back & Leg Pain, Neck & Arm Pain Seminar	Jan, Feb, Mar
Breast Cancer Education	Feb, Mar
Cardiac Education Program	Jan, Mar
Diabetes Pump Therapy Club	January
Diabetes Self Management Education Classes	Jan, Feb, Mar
Health Insurance Enrollment Assistance	page 2
Infant and Child Massage Classes	Jan, Mar
Lipids and Cholesterol Program	January
Look Good...Feel Better Program	Jan, Feb, Mar
Menopause Workshops	March
MOMS Program	page 4
Pregnancy Education Classes	Jan, Feb, Mar
Prostate Cancer Screenings	page 5
Research Studies	page 6
Smith Haven Mall Walkers	Jan, Feb, Mar
Stress Management Workshops	March
Support Groups	page 6
Target Fitness Weight Management Programs	page 4
Travel Medicine Services	page 6
WIC Program	page 2
Women's Health Lecture Series	March
Writing Contest	page 4

WIC PROGRAM

Now available at
Stony Brook University Hospital

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

You can receive WIC if:

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

To find out more or to schedule an appointment
call **HealthConnect** at **631.444.4000**

HEALTHCARE INFORMATION

Available through Resource Centers

Visit Stony Brook University Hospital's Resource Centers for important information that can help you to make informed healthcare choices.

The Resource Centers are in two convenient locations:

Stony Brook University Hospital Main Entrance, open
Monday through Friday, 8:30 am to 5:00 pm.

115 Main Street, Stony Brook Village,
Hours vary.

For a FREE 12-month 2005 calendar, call 631.444.4000.

FREE

"Eating In or Eating Out"

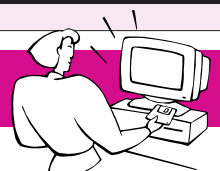
Guide to Good Food

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

For a free Copy, call
HealthConnect
at **631.444.4000**

For More Information

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



Better Health Better Living **Stony Brook**

BREAKING for **GROUND** **AMBULATORY CARE PAVILION**

Responding to the needs of a growing population in Suffolk County and the increased demand for outpatient services, Stony Brook University Hospital recently broke ground on a 65,000 square foot, \$31 million Ambulatory Care Pavilion—the largest combined imaging and cancer facility in Suffolk County.

Located near the hospital, adjacent and physically attached to the Ambulatory Surgery Center, the Ambulatory Care Pavilion will house the Long Island Cancer Center, consisting of the Carol M. Baldwin Breast Care Center, outpatient medical and surgical oncology, and outpatient pediatric oncology. The pavilion will also be home to a new, state-of-the-art Imaging Center and pain management services.

“This new Ambulatory Care Pavilion will provide the highest quality of service in a convenient and comfortable setting,” said Bruce Schroffel, Director and Chief Executive Officer of Stony Brook University Hospital. “The patient care and convenience in this pavilion will be superior to anything in the region.”

Amenities in the Ambulatory Care Pavilion will include cancer support services and a cancer-based clinical trials office for the latest research protocols. The facility has been designed to provide spacious and tranquil public areas and lobbies, as well as ample seating and parking.



A rendering of the new Ambulatory Care Pavilion

Shirley Strum Kenny, President of Stony Brook University, called the construction of the new facility, “a testament of hope, representing a shared determination that cancer will someday cease to destroy lives and families.” She pointed to the strength of the visionary research performed at Stony Brook coupled with the high quality clinical care, compassion and kindness delivered there as evidence of progress and promise.

The Ambulatory Care Pavilion, an important element of Stony Brook University Hospital’s major modernization and expansion plan, is slated for completion in 2006. ■

CERVICAL CANCER:

Identifying Tissue Changes, Finding Cancer Early Saves Lives

Cervical cancer strikes more than 10,000 women annually in the United States. Risk factors for this form of cancer are closely linked to sexual behavior. More than 99% of women with cervical cancer have some strain of human papilloma virus (HPV), which is sexually transmitted. Smoking also increases a woman’s risk for developing cervical cancer.

Before cervical cancer occurs in a woman, abnormal cervical cells are present. Therefore, the disease may take years to manifest, and the most common range for disease occurrence is women ages 35 to 50. However, cervical cancer can strike women of any age. Women who have survived cervical cancer remain at risk for having the cancer return. For these reasons, screening remains important and necessary throughout much of a woman’s lifetime.

An annual Pap test remains the best screening method for detecting changes in cervical tissue. The American Cancer Society (ACS) recommends that cervical cancer screening should start approximately three years after a woman begins having intercourse. This screening includes a complete pelvic exam and a Pap test.

Similar to other forms of gynecological cancers, cervical cancer often presents no major symptoms to women during early disease stages. When symptoms do occur, the most common symptom is abnormal vaginal bleeding. In addition, menstrual bleeding may last longer and be heavier than usual. Advanced cancer typically leads to pain, problems with urinating, and swelling in legs.

A DISEASE IN DECLINE

Overall, incidence rates for the disease have dropped during the past two decades, and the ACS reports that when detected early, cervical cancer is one of the most successfully treated cancers with a 5-year survival rate of 92% for cancers that remain localized.

When found very early, cervical cancer can be treated a number of ways. The most common forms of treatment are conization (a surgical procedure to remove a cone-shaped wedge of tissue from the cervix), laser surgery, electrosurgical excision, electrotherapy, and cryosurgery. For early stage disease that presents with larger amounts of tumor tissue, similar procedures may be done, but some women need a hysterectomy. More advanced disease is treated with radiation therapy, and for cancers that have spread beyond the cervix, radiation plus chemotherapy is used.

(continued on page 5)

EATING DISORDERS

**by Joseph Puccio, MD,
Department of Pediatrics, Specialist in Adolescent Medicine**

An adolescent’s preoccupation with looks is an important task in psychosocial development. However, societal pressures for girls and young women to be thin has lead millions of women across America to be on some sort of diet. Surveys report that girls as young as nine are concerned about weight and are on diets.

The most common disorders are anorexia nervosa and bulimia. Anorexia nervosa, a restrictive eating disorder in which a person limits the intake of food and becomes severely thin, is estimated to affect about 1 in 200 high school and college aged females. Bulimia, the more common disorder affecting 1 to 5% of high school and college aged females, is a binge and purge eating disorder where a person will eat excessively and then vomit or use other means to prevent gaining weight. A large number of teens have elements of both disorders.

Eating disorders are very serious and can be fatal. Up to ten percent of hospitalized patients die, some from the physiologic effects of starvation or from methods of purging; but most deaths are from suicide.

Parents need to address major changes in a child’s eating habits, excessive exercising and use of diet aids. A young woman missing periods should be seen by a doctor and evaluated for disordered eating. Intervention to prevent the development of the disordered eating patterns into a full-scale eating disorder should take place. Evaluation by a physician with eating disorder assessment experience is important. It is

(continued on page 5)

February March

BREAST CANCER EDUCATION

For men and women who have been diagnosed with breast cancer and for the general public, this ongoing support group sponsored by The Carol M. Baldwin Breast Care Center features specialist guest speakers who offer information on a variety of topics.

Wednesday, February 2
7:00 – 9:00 pm

"Stress Management & Massage Therapy"

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

PREGNANCY EDUCATION CLASSES

(See January for description)

Thursdays, February 3, 10 & 17
11:00 am – 12:00 noon

Stony Brook University Hospital
Free

LOOK GOOD... FEEL BETTER PROGRAM

(See January for description)
Monday, February 7
6:00 – 8:00 pm

Stony Brook Technology Park



FREE DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See January for description)
February 7, 8 & 9
6:00 – 9:00 pm

Stony Brook Technology Park

BACK & LEG PAIN, NECK & ARM PAIN SEMINAR

(See January for description)

Friday, February 18
3:30 – 5:30 pm

The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
Free

SMITH HAVEN MALL WALKERS

(See January for description)

Wednesday, February 23

"Happy Heart Month"

Speaker: Judith Stefano, RN
Smith Haven Mall, Food Court
Free



BREAST CANCER EDUCATION

(See February for description)

Wednesday, March 2
7:00 – 9:00 pm

"Look Good, Feel Better & Reconstruction"

Speaker: Balvantray P. Arora, MD
Holiday Inn Express
Stony Brook
Free

PREGNANCY EDUCATION CLASSES

(See January for description)

Thursdays, March 3, 10 & 17
11:00 am – 12:00 noon

Stony Brook University Hospital
Free

CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

(See January for description)

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

6:00 – 8:00 pm
Stony Brook Technology Park
Free

STRESS MANAGEMENT WORKSHOPS

The Division of Wellness and Chronic Illness in the Department of Family Medicine will be presenting a series of 4 workshops on stress management. These workshops focus on meditation as a core experience for stress management. The group is introduced to several forms of meditation including breathing techniques, the stress relaxation response, mindfulness meditation, walking meditations, heart-centered meditations and others. Other aspects of stress management discussed are sound nutrition, movement, sleep practices, time management, awareness of thought patterns and related emotions. Lower your stress and register early for this popular workshop since seating is limited to fifteen participants.

Call HealthConnect
631.444.4000.
Wednesday, March 2, 9, 16 & 23
5:30 – 6:45 pm
Stony Brook Technology Park
Fee: 4 sessions/\$80.

LOOK GOOD... FEEL BETTER PROGRAM

(See January for description)

Monday, March 7
6:00 – 8:00 pm

Stony Brook Technology Park
Free



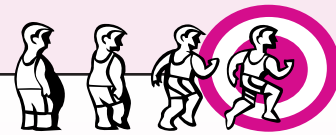
DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See January for description)

March 7, 8 & 9

9:00 – 12:00 noon
Stony Brook Technology Park

TARGET FITNESS WEIGHT MANAGEMENT PROGRAM



Day & Evening Programs

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

TUESDAYS, January 11, 18, 25; February 1, 8, 15, 22; March 1, 8, 15, 22 & 29

12:00 noon – 1:00 pm
Stony Brook University Hospital, 12S
Fee: \$180

THURSDAYS, January 20, 27; February 3, 10, 17, 24; March 3, 10, 17, 24, 31 & April 7

12:00 noon – 1:00 pm
Stony Brook University, Student Activities Center
Fee: \$180

TUESDAYS, January 25; February 1, 8, 15, 22; March 1, 8, 15, 22, 29; April 5 & 12

5:30 – 6:30 pm
Stony Brook Technology Park
Fee: \$180

TARGET FITNESS ...ON THE ROAD

Have this highly successful program come to you!

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

For more information call HealthConnect at 631.444.4000.

INFANT AND CHILD MASSAGE CLASSES

(See January for description)

Mondays
March 7, 14 & 21

10:00 – 11:00 am
Stony Brook Technology Park
Fee: \$60.00



SMITH HAVEN MALL WALKERS

(See January for description)

Wednesday
March 30

"Sex after 60"

Speaker: Doris Weisman, NP
Smith Haven Mall, Food Court
Free



BACK & LEG PAIN, NECK & ARM PAIN SEMINAR

(See January for description)

Friday, March 11
3:30 – 5:30 pm

The Spine and Scoliosis Center
Stony Brook Technology Park
E. Setauket
Free

WOMEN'S HEALTH LECTURE SERIES

Sponsored by Stony Brook University Hospital's Department of OB/GYN and Reproductive Medicine, these talks provide up to date information important to women of all ages and feature selected speakers. This month's presentation includes information on the anatomy and physiology of menopause and the estrogen pathways of the body including bones, brain, heart and urogenital tract; cancer & sexuality. Pre-registration is required. Call HealthConnect 631.444.4000.
Monday, March 28
7:00 – 8:30 pm

"Early Beginnings of Change: Mind & Body"

Speaker: Sara Petruska, MD
Sachem Public Library, Holbrook
Free

MENOPAUSE WORKSHOPS

The Division of Wellness and Chronic Illness in the Department of Family Medicine will be presenting a series of three, 2-hour workshops on menopause. Each participant will be examined and evaluated individually in order to assess their specific menopausal symptoms and avenues of treatment. The physiological symptoms of menopause, such as hot flashes, insomnia, cognitive difficulties, etc. will be discussed in detail. Cultural attitudes associated with this transition, approaches to ease symptoms including hormone therapy, herbal remedies, nutritional medicine, exercise, and mind/body techniques such as breathing and meditation techniques will be discussed. Most insurance plans accepted with appropriate co-payment for each visit.

Wednesdays, March 30
April 6 & 13
4:30 – 6:30 pm
Stony Brook Technology Park

For Information on Calendar items
Call HealthConnect at 631.444.4000

IMCS Creative Writing Contest

The Institute of Medicine in Contemporary Society (IMCS) is accepting poems, short stories or essays dealing with health, illness or healing for its 7th annual writing contest. Two first-prize winners will be awarded \$500 each. This year's guest judge is John Stone, MD, a physician, professor emeritus of cardiology at Emory University, and a writer who has published numerous collections of poems and essays, and edited the literature and medicine anthology *On Doctoring*. Winning entries will be published in the IMCS publication *Contexts*. **Deadline for entries is February 11, 2005.** For information on submitting materials call **HealthConnect at 631.444.4000.**

Expecting a BABY?

The Department of Obstetrics & Gynecology at Stony Brook University Hospital can help you through its **MOMS** Program.

• WHAT IS MOMS?

MOMS is a program that provides total prenatal care to all women who are Medicaid eligible.

• WHO WILL TAKE CARE OF YOU?

Doctors and other health team members will provide pregnancy care to MOMS clients.

• WHAT DOES MOMS COVER?

Medical care, health education, nutritional counseling, prenatal classes, lab services, dental care, mental health, assistance with transportation and referral to the WIC Program.

• HOW YOU CAN ENROLL INTO THIS PROGRAM:

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

To find out more, call **HealthConnect at 631.444.4000**



The 5 W's of STRESS TESTING

Let's start with **Why and When you may need a stress test.** Primarily stress testing is done to rule out insufficient coronary blood flow to the heart muscle, called coronary heart disease (CHD). According to the American Heart Association's statistics, CHD caused more than 1 out of every 5 deaths in the United States in 2001. However, heart disease can be successfully combated with early detection and appropriate treatment. This is why stress testing is important.

If you have never been diagnosed with coronary heart disease (CHD) but have any risk factors for it, you and your health care provider can calculate your risk for CHD over the next 10 years using a tool called the NCEP Adult Treatment Panel Report (www.americanheart.org/risk_assessment_tool). Controllable or modifiable risk factors include current or past smoking, high blood pressure, diabetes, high cholesterol, obesity, and stress. Uncontrollable risks include age, gender and family history.

Your health care practitioner may refer you for a stress test for any of the above risk factors or if you are suffering from any of the following symptoms: chest discomfort, shortness of breath, fatigue, and/or other signs such as shoulder, neck, back or arm discomfort that is not musculoskeletal.

What is a stress test? The test serves as a low-risk screening tool that measures with 70-90% accuracy if your heart is getting enough blood flow. If a stress test is positive, the next step is a cardiac catheterization, a procedure that can actually visualize the coronary arteries and measure the degree and location of blockage.

Who is present during your stress test? At Stony Brook University Hospital at least one Registered Nurse (RN) or Nurse Practitioner (NP) and a technician or Licensed Practical Nurse (LPN) is present. A doctor is always in the immediate vicinity. A cardiologist reads and reports on the test within 24 hours.

The three major categories of stress tests are:

- 1 Routine Treadmill Stress Test.** This is the most basic type of stress tests. It uses electrocardiogram (ECG) as the primary tool for diagnosis and takes about one hour.
- 2 Nuclear Stress Test.** This can be done with or without exercise. When done without exercise it is referred to as a chemical test. Nuclear stress testing uses a radioactive isotope with x-ray imaging as the primary tool along with the ECG. The nuclear tests are divided into two parts, resting portion and stress portion. It takes approximately five hours total and is sometimes done over the course of two days.
- 3 Stress Echocardiogram.** This test is also done with or without exercise. "Stress echo," as it is called, uses ultrasound imaging as the primary diagnostic tool along with an echocardiogram. It usually takes one to two hours to perform.

No matter what type of stress test you are having the objective is the same—to compare the blood flow of your heart at rest to when it is under stress.

General instructions to prepare for these tests include not eating or drinking for six hours prior to the test and no caffeine or decaffeinated products for 12 hours prior to test. Ask your physician for specific instructions about taking your medications. Bring a list of any medications you take together with your prescription for the stress test with you to the test. If you are going to have a test that includes exercise, wear comfortable loose clothing and sneakers.

Where can you go for your stress test? Stony Brook University Hospital offers three stress testing locations. If you would like more information about stress testing, call **HealthConnect** at **631.444.4000**.

healthy GUMS (Continued from page 1)

MEDICATIONS

Some drugs, such as oral contraceptives, anti-depressants, anti-convulsants, immunomodulatory agents and certain heart medicines, can affect oral health. You should inform your dental care provider of all medicines you are taking and any changes in your overall health. He or she may consult with your physician to alter your medication regimen if it is contributing to oral health problems.

CLENCHING OR GRINDING YOUR TEETH

Clenching or grinding your teeth can put excess force on the supporting tissues of the teeth and could speed the rate at which periodontal tissues are destroyed. Your dentist may provide a night guard or counsel you in ways to protect your teeth and gums from excessive forces.

POOR NUTRITION

A diet low in important nutrients can compromise the body's immune system, making it harder to fight off infection. Because periodontal disease is a serious infection, poor nutrition can worsen the condition of your gums. You may require nutritional counseling to improve your oral condition.

GENETICS

Research proves that up to 30% of the population may be genetically susceptible to gum disease. This group may be six times more likely to develop periodontal disease despite aggressive oral care habits. Identifying those at risk before evidence of the disease and getting them into early intervention treatment may help them to keep their teeth for a lifetime.

TREATMENTS

Scaling and root planing, an intensive cleaning procedure, is the most common procedure used to reduce the bacteria that causes periodontal disease. Plaque and calculus are removed from the pockets around the teeth and the root surfaces beneath the gums are smoothed to help remove bacterial toxins and prevent bacteria from sticking to root surfaces. "Depending on the severity of your condition," says Dr. Ryan, "you may need multiple visits for scaling and root planing and the use of a local anesthetic, antibiotics and/or an enzyme inhibitor. More advanced cases may require a surgical treatment." She concludes that improved oral health is the best prevention against periodontal disease and can lead to improvements in overall health. ■

EATING DISORDERS (Cont. from page 3)

also important to understand that treatment takes place over a period of time and clinicians cannot predict how long it will take to cure. Some patients are treated into their twenties and thirties. Patience and early intervention is the best link to dealing with eating disorders. Investigations into risk factors and preventing the onset of eating disorders are being conducted. Some information indicates that girls with low self-esteem and other psychological vulnerabilities are often the ones affected with eating disorders.

Males are affected by eating disorders, although far less often than females. The frequency is estimated to be about one percent of boys and young men in high school and college. Disorders usually center on weight concerns and a desire to obtain a goal weight for certain sports. Because eating disorders are not readily connected to males, many suffer for years, without intervention. Male athletes may die from severe dehydration caused by restrictive behaviors and extreme exercising. Men experiencing difficulties with their sexual orientation are at high risk for eating disorders as well.

Some young males go to great lengths to build muscular and lean bodies, sometimes starting as young as 11 years old. Faced with dangers connected to body image disorder, like females, males can develop eating disorders. They may also use pharmacological agents not regulated by the FDA and having unknown side effects. It is known that anabolic steroids, used to build muscle, can cause aggressive mood swings, acne, hair loss, atrophy of the testicles and liver disease. Parents of teenage boys should consult a physician for guidelines about when boys should begin weight training and to discuss body-enhancing drugs. If a boy develops an obsession with weight loss or muscle enhancing, he should be evaluated for a body image disorder by a physician with eating disorder assessment experience. ■

CERVICAL CANCER (Cont. from page 3)

Physicians at Stony Brook's Division of Gynecologic Oncology use all these methods to treat cervical cancer patients. Michael Pearl, MD, director of the Division, says that through Stony Brook University's arm of the Gynecologic Oncology Group (GOG), a multi-institutional National Cancer Institute Program, early intervention is the focus of clinical trials and research. For example, physicians through Stony Brook's GOG are working with industry to develop a molecular marker to detect abnormal but not yet cancerous cervical tissue, and some patients are participating in an HPV vaccine trial, which shows some promise as a preventive method. ■

UPDATE on Risks for Prostate Cancer

by **Howard L. Adler, MD, Director of the Prostate Care Program**

Every adult male has some risk of developing prostate cancer. The exact cause of this disease is unknown. There is no scientifically reliable way to prevent prostate cancer, but research on this subject is continuing and early detection through screening is the best option available for now.

Benign prostate enlargement (BPH) is not a risk factor for this disease, neither is vasectomy or family history of other cancers.

Known risk factors for prostate cancer include:

- ✓ Age greater than 65. Research shows 70% of prostate cancer cases occur after 65
- ✓ History of the disease in first-degree male relatives accounts for 5-10% of all cases
- ✓ African-Americans have the highest risk in the world and are twice as likely to die from it than other racial or ethnic groups living in America. Since this is only true for Africans living in America, there may be a link to cultural factors that influence dietary and exercise factors.
- ✓ High-fat diet and low levels of dietary selenium may increase risk. It is suggested that you eat at least 4-5 servings of various fruits and vegetables every day.

FREE Prostate Cancer Screenings

Stony Brook University Hospital's Department of Urology offers free prostate screenings at Stony Brook Medical Park and other sites. To schedule an appointment, call the Cancer Helpline at **800.862.2215**



While prostate cancer is less common in younger men, it does occur and is more likely to shorten the life span in men younger than 65. Surgery, with the goal of curing the disease is often recommended for this age group. The incidence of postoperative complications is usually lower for them, but even if complications did occur, effective treatment is available.

Research Studies

For more information and to enroll call **HealthConnect** at **631.444.4000**

■ Behavioral Treatment Study in Chronic Fatigue Syndrome (CFS)

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

■ Alzheimer's Disease Trial

The General Clinical Research Center at Stony Brook University Hospital is offering a trial of Zocor (an anti-cholesterol medication) to slow the progression of Alzheimer's Disease. While participating in this trial, eligible participants diagnosed with mild-moderate Alzheimer's Disease will continue their current treatments.

■ Volunteers Wanted for Research on Sarcopenia

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

■ STRESS — a Fact of Life

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

■ 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.

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

Volunteers are needed for a study to determine if prenatal obstetric anesthesia consults in the third trimester improves maternal and infant birth outcomes. Participants will receive compensation up to \$50.00.

■ How Do You Manage Your Stress During Pregnancy?

If you are in the first or second trimester of pregnancy, you may be eligible for a research study that is looking at different ways to manage stress and cope during pregnancy. Through this study you may learn relaxation techniques, coping skills and stress reduction techniques. These skills may be useful to you during and after your pregnancy.

■ Do You Have a Frozen Shoulder?

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

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

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

■ Are You a Type 1 Insulin-Dependent Diabetic? *Do you have Periodontal Disease?*

Periodontal (gum) disease has been shown to make it more difficult to control diabetes. A study is being conducted to determine whether periodontal treatment can reduce the infections and inflammation that may make it more difficult to control diabetes. Study participants will receive free periodontal cleaning and payment.

■ 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. Volunteers are offered compensation up to \$475.00, plus transportation expenses.

■ Study of Coenzyme Q-10 for those using Cholesterol Lowering Drugs

The General Clinical Research Center at Stony Brook University Hospital is seeking volunteers being treated with cholesterol lowering medications (statins) with complaints of muscle pain or weakness, or stable, low grade CPK elevation for the study of the benefit of coenzyme Q-10.

■ Study on Lipitor and Ezetimibe Efficacy in an Alternate Day Regime

The General Clinical Research Center at Stony Brook University Hospital is seeking volunteers for a study on Lipitor and Ezetimibe Efficacy in an Alternate Day Regime (LEADR) to study if alternate day Atorvastatin may be effective in reducing LDL cholesterol, decrease side effects such as muscle pain and fatigue, and impact cost effectiveness.

■ Cancer Study to Identify New Cancer Markers

The General Clinical Research Center at Stony Brook University Hospital is seeking volunteers for a cancer study to identify new cancer markers in blood, tissue, and body fluids to develop laboratory tests which may diagnose cancers earlier and/or identify patients at risk for a poor outcome and who may benefit from more aggressive therapy than is normally recommended. Volunteers are offered compensation up to \$25.00, plus transportation expenses.

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

Support Groups

For Support Group information call **HealthConnect** at **631.444.4000**

- ALS Support Group
- Alzheimer's Disease Support Group
- Breast Cancer Education/Support Group
- Brighter Faces (for families and patients with cleft lip and palate or craniofacial anomalies)
- Cardiac Support Group
- Caregivers Support (for those with dementia)
- Circle of Caring (loss of a child through miscarriage, stillbirth or early infant loss)
- Diabetes Pumpers Club
- Gynecologic Oncology Support Group
- Hope for Hearts (for parents of children with congenital heart defects)
- ICD Support Group
- Little Angel Fund (a support network for parents of Neonatal Intensive Care Unit babies)
- Living with Cancer Support Group
- Low Vision Support Group
- Mended Hearts
- Menopause Support Group
- Parent/Family Support for Children with Cancer
- Pregnancy Education Classes
- Prostate Cancer Support Group
- SIDS (New York State Center for Sudden Infant Death)

Volunteers Needed

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

Cancer Helpline

Stony Brook University Hospital's Cancer Helpline nurse will be available two days a month to answer questions about cancer at the hospital's Health Resource Centers located in the main entrance of the hospital and at 115 Main Street, Stony Brook Village. For dates and times call the **Cancer Helpline** at **800.862.2215**.

Travel Medicine Services

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

Stony Brook Better Health Better Living

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

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