STONY BROOK **UNIVERSITY** MEDICAL CENTER

Community Relations 14 Technology Drive, Suite 2 East Setauket, NY 11733

Support Groups

- New! Adult Psychotherapy Clinic
- ALS Support Group
- Alzheimer's Disease Support Group
- Breast Cancer Education/ Support Group
- Brighter Faces

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- Cardiac Support Group
- Caregivers Support

• Child Psychiatry Parent

or call HealthConnect® at 631.444.4000.

- Support Group Circle of Caring
- Diabetes Pumpers Club
- GASAK II-Autism Support Group for *Grandparents*
- Gynecologic Oncology Support Group
- Hope for Hearts
- ICD Support Group

- Little Angel Fund
- Low Vision Support Group
- Leukemia/Lymphoma Support Group

For Support Group information visit our website at www.StonyBrookMedicalCenter.org

- March of Dimes NICU Family Support Group
- Mended Hearts
- Menopause Support Group
- Nicotine Anonymous
- Oncology Family Support Group

New! Adult Psychotherapy Clinic

New to Stony Brook University Medical Center's Department of Psychiatry is an Adult Psychotherapy Clinic providing long and short-term Insight-Oriented Psychotherapy. For more information about the program or to make an appointment for an evaluation, call HealthConnect[®] at 631.444.4000.

• Parent/Family Support for **Children with Cancer**

• Prostate Cancer Support

• New! Support Group for Parents of Young Children

• Upper GI Cancer

Support Group

on the Autism Spectrum

Group

• Pregnancy Education Classes

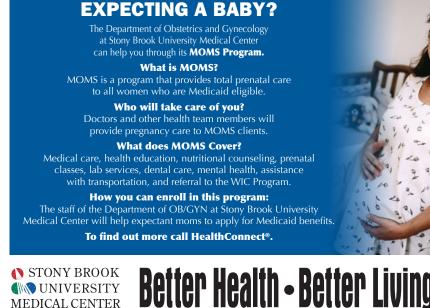
New! Support Group for Parents of Young Children on the Autism Spectrum

Designed for parents whose young child has recently received a diagnosis of autism, PDD, or Asperger's syndrome this support group offers an opportunity to meet other parents, and to learn more about the learning and behavioral issues that often affect children with these diagnoses. Information about educational options and other community resources is also available

Blood Knows No Boundaries

Give Life, Donate Blood January is National Blood **Donor Month** To make an appointment to become a donor call HealthConnect[®] at

631.444.4000.



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

Stony Brook University is an equal opportunity/affirmative action educator and employer. This publication can be made available in a different format upon request. If special disability-related accommodations are needed, please call 631.444.5250.

www.StonyBrookMedicalCenter.org



NRC Chief Executive Officer Michael D. Hays Call HealthConnect® at 631.444.4000

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Winter 2007 Better Health - Better Living

STONY BROOK UNIVERSITY MEDICAL CENTER

UNIVERSITY MEDICAL CENTER RECEIVES CONSUMER CHOICE AWARD

Stony Brook University Medical Center was recently named by the National Research Corporation (NRC) as the recipient of the 2006/07 "Consumer Choice Award" for the Long Island metropolitan area. The award identifies hospitals chosen by healthcare consumers as having the highest quality and image in 186 markets throughout the U.S.

To identify award recipients, NRC reaches out to over 200,000 U.S. households – 1,622 on Long Island – using its nationally syndicated NRC Healthcare Market Guide[®] study, and honors those hospitals whose consumers rate as having the best quality and image. This is the eleventh year NRC has awarded hospitals whose consumers have recognized them for providing quality healthcare services, and the first time Stony Brook University Medical Center has been selected as a recipient.

"This award is a tribute to the caring, conscientious work of our physicians, nurses, and staff," said Richard N. Fine, MD, Dean, School of Medicine.

Stony Brook University Medical Center CEO, Fred S. Sganga added, "Our employees work tirelessly to provide the best possible care in a safe environment and this acknowledgement from the community tells us that they are being recognized for that effort."

said winners are determined by consumer perceptions on multiple quality and image ratings collected in the annual NRC Healthcare Market Guide study. Of the hospitals named by consumers in the study, the winning facilities rank highest in their Metropolitan Statistical Areas (MSAs), as defined by the U.S. Census Bureau. The 2006/07 NRC Healthcare Market Guide study surveyed nearly 200,000 households representing 400,000 consumers in the U.S.

"Consumers are continuing to play an increasing role in their selection of healthcare facilities and services," Hays said. "As further information is made publicly available to consumers, we expect this trend to increase. With the industry's shift to a consumer-driven model, we are pleased to recognize the healthcare organizations named as leaders by those they serve. The winners deserve recognition for the emphasis they have placed on providing quality care."

The 2006/07 Healthcare Market Guide is the nation's largest and most comprehensive study of its kind. No other study used to measure hospital performance and consumer preferences contains more responses than NRC's study.

Stony Brook University Medical Center is the only academic medical center on Long Island and the only tertiary care hospital in Suffolk County. With 504 beds and 4,000 employees, Stony Brook is the largest hospital in the county.

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STONY BROOK **UNIVERSITY** MEDICAL CENTER

UNIVERSITY MEDICAL CENTER RECEIVES FULL ACCREDITATION FROM JCAHO



Stony Brook University Medical Center has again received a Gold Seal of ApprovalTM, signifying "full accreditation" from the Joint Commission on Accreditation of Healthcare Organizations

(JCAHO) after an unannounced and comprehensive review of hospital operations, procedures, and patient care.

The accreditation is for 39 months. JCAHO is an independent healthcare organization responsible for rigorous evaluations and accreditation of nearly 15,000 hospitals and other healthcare organizations in the U.S.

"This extremely thorough and positive evaluation reinforces the fact that Stony Brook is an outstanding medical center," said Richard N. Fine, MD, Dean of the School of Medicine.

Fred Sganga, the Medical Center's interim CEO continued, "We are the medical center to which many hospitals across Long Island transfer patients they are not equipped to care for. With that very special role we play, this result provides proof of an organization-wide commitment to provide quality care on an ongoing basis to patients all across Long Island."

This week-long, on-site review consisted of a visit by a seven-member JCAHO team. Hospitals are surveyed by JCAHO in unannounced visits every three years and the review is considered critical to a hospital's reputation, to its graduate medical education program and to approval of federal reimbursement for care.

"Above all, the national standards are intended to stimulate continuous, systematic and organizationwide improvement in an organization's performance and the outcomes of care," says Darlene Christiansen, executive director, Hospital Accreditation Program, Joint Commission. "The community should be proud that Stony Brook University Medical Center is focusing on the most challenging goal-to continuously raise quality and safety to higher levels."

JCAHO's rigorous review process focuses on the healthcare organization's operations and internal systems that directly impact on the quality and safety of patient care. An independent, not-forprofit organization, JCAHO is the nation's predominant standards-setting and accrediting body in health care. Since 1951, it has maintained state-of-the-art standards that focus on improving the quality and safety of care provided by health care organizations. Its accreditation process evaluates an organization's compliance with these standards and other accreditation requirements.

JCAHO accreditation is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards. To earn and maintain the JCAHO's Gold Seal of ApprovalTM, an organization must undergo an on-site survey by a JCAHO survey team at least every three years. Laboratories must be surveyed every two years.

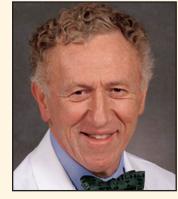
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WHY DOES A PREGNANT WOMAN MISCARRY?

This is the first of a three part series.

By Richard Bronson, MD, FACOG

Approximately one in every seven pregnancies ends in miscarriage. The usual cause of sporadic



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Richard Bronson, MD. FACOG, is professor of Obstetrics, Gynecology & Reproductive Medicine and Director of the Division of Reproductive Endocrinology. He has been at Stony Brook University Medical Center since 1989, providing clinical care for couples with reproductive problems, as well as playing a role in medical education and clinical investigation.

pregnancy loss is due to an embryo possessing an abnormal number of chromosomes–either one too many or one too few. All of the cells of our body, except our eggs or sperm, possess 46 chromosomes (23 different pairs, one derived from the mother and one from the father). During formation of the gametes (eggs and sperm), the number of chromosomes each possesses is halved, so that when these two cells join at fertilization, the normal number 46 is restored. Unfortunate-

ly, during that halving process (termed meiosis), things can go wrong, leading to a small percent of eggs or sperm that contain not 23 chromosomes, but some other number such as 24 or 22. This problem increases with the woman's age and may be the result of the man's age as well. Some embryos with an abnormal number of chromosomes will fail to grow beyond a few days after fertilization, while others will die some time during the first or second trimester of pregnancy. Occasionally, a fetus possessing an abnormal number of chromosomes survives through gestation and a child may be born with abnormalities due to this "aneuploidy." One common example of this is seen in children born with an extra chromosome 21.

The majority of embryos possessing an abnormal set of chromosomes die very early in the first trimester of pregnancy. Most of the time, having had a miscarriage does not indicate that there will be difficulties in the future. In fact, the likelihood of a second pregnancy loss following a first loss is approximately 20 to 25 percent, and, even following a subsequent second loss, the odds of a miscarriage in the next pregnancy are about 25 to 30 percent. This does not mean, however, that a couple should not consider determining whether

there is anything that may predispose them to a greater risk of pregnancy loss.

Those factors that increase the risk of miscarriage can be divided systematically into several large groups: abnormalities of the uterus, hormonal disorders, certain infections, alterations in blood clotting, immunologic abnormalities, and genetic causes. A thorough examination will address all of these issues. The usual recommendation is to perform an evaluation after a woman has experienced three losses, as the likelihood of successful pregnancy remains high until this time. However, it is often difficult for a couple to attempt to conceive again, after experiencing two pregnancy losses without the reassurance that there is no predisposition to miscarriage for them, or that any problem detected has been addressed. Also, in the face of delayed conception, an evaluation following two pregnancy losses is advised as well as in the case for women who are over the age of 35, when the chances of conceiving start to diminish significantly.

Look for the second part of this article next issue (Spring 2007) to learn more about the causes of miscarriage.

www.StonyBrookMedicalCenter.org

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DO SOME ADULTS HAVE ADHD?

By Joseph Blader, PhD

It is well known that attention-deficit hyperactivity disorder (ADHD) affects up to 6 percent of children. The belief that all children with ADHD would outgrow it with time was once widely held. However, studies that have followed children with ADHD into adulthood have shown that up to two-thirds continue to struggle with restlessness, keeping focused, impulsive behavior, disorganization, forgetfulness, or overreactions to minor annoyances. These findings have led scientists and mental health care providers to think of ADHD as a *lifespan* problem that can negatively affect a person's functioning at home, at work, and in relationships.

People with ADHD often endure the stigma that they are undisciplined, lazy, or careless, and that they just need to try harder. This judgment is unfounded and often results in many people with ADHD who have "tried harder" most of their lives feeling frustrated or defeated. In fact, there is now an abundance of scientific evidence that ADHD results from the way a person's brain functions, and not a lack of willpower.

To learn more about the specific aspect of brain function that may cause ADHD, researchers at Brookhaven National Laboratory are using stateof-the-art methods to obtain images of the brain at work. Gene-Jack Wang, MD and his colleagues are part of a nationwide network of scientists who are studying how the brain chemical dopamine may be used differently in adults with ADHD from those who do not have ADHD. Dopamine is one of the chemicals that carry messages between nerve cells in the brain. Among other things, it is vital to the ability to experience pleasure, plan behavior, and maintain alertness.

This study measures dopamine and other brain chemicals using "positron emission tomography" (PET) scanning. A person in a PET scan first receives a small amount of a chemical that will bind to dopamine-related areas in the brain, which has a "tracer" on it. The tracer emits a signal. Then, the PET scanner, a doughnut-shaped machine that surrounds the person, picks up the signals to show where, exactly, dopamine is being used. This knowledge can contribute to better treatments for ADHD. Since the tracer is a very low dose radioactive isotope, volunteers for this

study have to be adults, not children, because the tracer has only been shown to be safe in adults.

The study invites the participation of both people who have ADHD, as well as people who do not to serve as "controls." Participants with ADHD are eligible if they never received medicine for ADHD. If you are interested in participating in this study because you experience symptoms of ADHD and never had treatment, or you would like to volunteer as a "control" (participants without ADHD), call HealthConnect[®] at 631. 444.4000 for more information about this important research. Volunteers will be paid a nominal amount for their participation.

Gene-Jack Wang, MD, is an Associate Professor of Research Psychiatry at Stony Brook University and a Senior Scientist at Brookhaven National Laboratory, where he also serves as Associate Director of the clinical research center. He has conducted numerous studies examining the neurochemistry of brain function in several psychiatric disorders.

Joseph Blader, PhD, is a child psychologist specializing in research on the nature and treatment of ADHD and mood problems, and is Assistant Professor of Psychiatry at Stony Brook University.

February is American Heart Month HEART FAILURE: ARE YOU BEING OPTIMALLY TREATED?

By Michele Caccavano, NP, and Laura Goldberg, RN

Heart failure is present in over 5.5 million people in the United States. Each year over half a million new cases are diagnosed. Heart failure develops when the heart loses its ability to pump enough blood with enough force to maintain health. There are many reasons why this can occur. Among the literally hundreds of causes, hearts can weaken through heart attacks, valve disease, infections, high blood pressure, aging, and chemotherapy. Recent studies show that the lifetime risk of someone getting heart failure is 20 percent at any time in his or her life.

When the heart's ability to pump blood out of the heart is compromised, symptoms occur. Fluid is retained by the body. When the fluid is retained in the lungs, it causes difficulty in breathing; when retained in the belly, it causes a loss of appetite; and if fluid is retained in the legs, it causes swelling, known as edema. The lack of blood coming out of the heart makes people tired, weak, and causes their kidneys to malfunction.

Despite these symptoms, people can live well and long with heart failure. Recently, The American Heart Association and the American College of

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Cardiology established new guidelines for the management of heart failure patients. Judging by past experience, many physicians will be integrating these findings into the care of their heart failure patients over the next few years.

Some Causes of Heart Failure

- Blockages in blood vessels (coronary artery disease)
- High blood pressure (hypertension)
- Heart attacks
- Diabetes Mellitus
- Infections (myocarditis)
- Heart valve disease
- Birth defects (congenital heart disease)
- Alcohol
- Chemotherapy
- Pregnancy
- Nutritional deficiencies
- Anemia
- Aging

Current studies demonstrate that the majority of heart failure patients are not receiving state-of-the art therapy for their heart failure to reduce their symptoms and prolong their lives. That is why the Heart Failure and Cardiomyopathy Program at Stony Brook University Medical Center has established the OPTIMAL study (Out-Patient Trial

Investigating Medications that Add Longevity in Heart Failure). This study, open to the public, will test whether a no-cost consultation to heart failure patients, where optimal medications to relieve symptoms and optimize longevity are evaluated. will result in patients being better managed for their heart failure. The consultation is a one-onone session with a heart failure nurse specialist of Stony Brook University Medical Center. At the consultation, patients will be provided with a "report card," which will contain suggestions, that will be carefully explained, allowing patients to acquire the skills and knowledge necessary to take control and optimize their own health care. Patients can then meet with their community physicians and review the report card for further discussion. At one-month and three-month intervals after the initial consultation, a heart failure nurse specialist will follow-up with a phone call to find out what, if any, changes were made to the patient's care and to ask how the patient is feeling.

Stony Brook University Medical Center's Heart Failure and Cardiomyopathy Center is located in Islandia, NY. If you have heart failure and are under a physician's care and would like to participate in the OPTIMAL study, call Health-Connect[®] at 631.444.4000 to schedule a consultation.

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January, February & March

COMMUNITY HEALTH EDUCATION PROGRAMS & SPECIAL EVENTS

STRESS MANAGEMENT **WORKSHOPS**

These workshops focus on meditation Free as a core experience for stress management. Several forms of meditation will be introduced including breathing techniques, the stress relaxation response, mindfulness meditation, walking mediothers. Stress management through nutrition, movement, sleep practices, time planning, blood glucose monitoring, management and prioritization, awareemotions is also explored. Registration is required.

Wednesdays, 5:30-6:45 pm

- January 3, 10, 17, 24
- February 7 & 14

Stony Brook Technology Park Fee: \$120

PRENATAL BREASTFEEDING CLASS

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

Wednesdays, 7-9 pm

- January 3
- February 7
- March 7

Stony Brook University Medical Center Free

PREGNANCY EDUCATION CLASSES

For women delivering at Stony Brook University Medical Center, 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-Noon

- January 4, 11 & 18
- February 1, 8 & 15
- March 1, 8 & 15

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Stony Brook University Medical Center

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

A comprehensive three day educationa tations, heart-centered meditations and program for people with Type 1, Type 2 and gestational diabetes covers meal exercise, use of medications, acute and ness of thought patterns and related chronic complications, stress, travel, vacationing and community resources.

- January 8, 9 & 10 9 am-12 noon
- February 26, 27 & 28 6-9 pm
- March 12, 13 & 14 9 am-12 noon
- **Stony Brook Technology Park** Fee: Most Insurance accepted

Offered in conjunction with the American Cancer Society for women with cancer undergoing treatment, this free, 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
- January 8
- February 5

• March 5 **Stony Brook Technology Park**

Free

INFANT AND CHILD MASSAGE 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 breast cancer, this monthly education colic, and develop crucial bonding skills. | and support group sponsored by The Classes for premature or medically fragile Carol M. Baldwin Breast Care Center Stony Brook Technology Park

and a small blanket. • Tuesdays, 10-11 am January 9, 16 & 23

• Wednesdavs, 1-2 pm March 7. 14 & 21

Stony Brook Technology Park Fee: \$60.00

TARGET FITNESS WEIGHT MANAGEMENT PROGRAM **Day & Evening Programs for 2007**

Designed for adults with weight management or other health related problems such as type 2 diabetes, hypertension or high cholesterol, this 12week program consists of weekly onehour sessions that will guide participants program conducted by health care through individualized strategies and professionals provides patients, families goals to develop research-based skills to and friends with a comprehensive overview loss.

• Stony Brook University **Medical Center:** Tuesdays, 1-2 pm,

January 9, 16, 23, 30; February 6, 13, 20, 27; March 6, 13, 20 & 27

Stony Brook University, **Student Health Center:** Thursdays, Noon-1 pm

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

 Stony Brook Technology Park: Tuesdays, 5:30-6:30 pm **January 23, 30;** February 6, 13, 20, 27; March 6, 13, 20, 27;

Fee: \$180

April 3 & 10

BREAST CANCER EDUCATION & SUPPORT GROUP

For men and women diagnosed with babies are also available. Children of all | features specialist guest speakers who | Free

ages welcome and Mom gets a massage offer information on a variety of topics. as a part of the class. Bring baby or doll Wednesdays, 7-9 pm

- January 10: Support Group Meeting
- February 7: Healing Through **Meditation** Speaker: Laraine Bianco, **Certified Yoga Instructor**
- March 7: Stress Management and Massage Therapy

Speaker: Patricia Cadolino, LMT

Holiday Inn Express. Stony Brook

Free

CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

A six week heart disease awareness facilitate gradual and permanent weight 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
- January 11, 18, 25
- February 1, 8 & 15

Stony Brook Technology Park Free

FREE VENOUS SCREENING

This free screening is designed to detect venous disease in people (18-65 years old) with large varicose veins and leg swelling, pain or discomfort. Screenings are performed under the direction of Antonios Gasparis, MD, and Apostolos Tassiopoulos, MD of Stony Brook University Medical Center. For a free screening, you must not have been screened within the past two years.

Thursdays, 4-7 pm

- January 18 • February 15
- March 15

Stony Brook Surgical Associates

www.StonyBrookMedicalCenter.org

Thursday, 7-9 pm

- March 22: **Problems**

Endeavor Hall Donation: \$10

Winter 2007

CODY CENTER WORKSHOPS

Presented by Stony Brook University's Cody Center for Autism and Developmental Disabilities. Registration is required.

• January 25: Early Intervention to Preschool Services-**Everything You Need to Know** Speaker: Chris McCauley, Early Childhood Direction Center

 February 8: From Preschool to Kindergarten–Information for Families of Children with **Special Needs**

Speaker: Chris McCauley, Early Childhood Direction Center

March 8: Natural Environment **Therapy–How to Help Your Child Acquire Functional** Skills at Home and in the Community

Speakers: Laurie Baumann, MA, CCC/SLP, Florencio Javier, OTR/L, Nancy Tritsch, EdM, SAS, Cortni Wilson, MS, Ed, TheraCare

Neuropsychological Testing for Children with Autism Spectrum Disorders-**Understanding Social**, **Cognitive and Learning**

Speaker: Philip Eisenberg, PhD, Cody Center

Stony Brook University,

SWEET DREAMS

Featuring the Cacao Noel Chocolate Exhibition, Sweet Dreams is an evening of chocolate indulgence, beginning with a lavish VIP cocktail reception, Free including passed hors d'ouvres, carving and pasta stations, and poured wine and champagne. Guests will sample chocolate creations made by top pastry chefs and chocolatierres during the "Main Event" and have the opportunity to vote on their favorite tables. This event benefits the Cody Center for Autism and Developmental Disabilities at Stony

Call HealthConnect® at 631.444.4000

Brook University Medical Center.

• Monday, January 29

Watermill Caterers, Smithtown Tickets VIP: \$125, 6-9 pm Main Event: \$100. 7-9 pm

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 nformative lecture at 9 am.

- January 31: Could it be **Cataracts?** Speaker: Marc Dinowitz, MD
- February 28: Knee & Hip **Replacements**
- Speaker: Maria Juvan, RPA-C • March 28: Elder Fraud-
- **Financial Exploitation and Preventing Identity Theft** Speaker: Thomas M. Cassidy, ΝΛΔ

Smith Haven Mall, Food Court Free

GIVE KIDS A SMILE DAY

Stony Brook University's School of Dental Medicine offers free dental exams. cleaning and sealants for children ages 1 through 7 in observance of the American Dental Association's national "Give Kids a Smile Day" campaign to promote good oral health in children who do not have access to dental care. Walk-ins are welcome.

• Friday, February 2

10 am-4 pm

Dental Care Center



LIVING AND COPING WITH CANCER

Presented by the Stony Brook University of Treatment." This program is for people dates. with cancer, family, friends and those who want to learn more about services offered at Stony Brook University Medica Center.

- Thursdays, 7 pm
- February 22

• March 1, 8, 15, 22 & 29

Holiday Inn Express, Stony Brook Free



MENOPAUSE: AN INTEGRATIVE APPROACH TO MANAGEMENT

This series of group sessions focuses on achieving an individualized course of treatment to easing symptoms of WIC Participants Receive: menopause including physiological, cultural and hormonal changes. Treatment through herbal remedies, nutritional medicine, exercise and mind/ body techniques is discussed.

Wednesdays, 4:30-6:30 pm

- February 28
- March 7 & 14

Stony Brook Technology Park Fee: Most Insurance accepted

HIP AND KNEE PAIN SEMINAR

Presented by Stony Brook University Medical Center's Joint Replacement Cancer Center and the Department | Center seminar topics cover the normal of Care Management, this six-week anatomy of the hip and knee and call educational series features guest attention to signs and symptoms of speakers on a variety of topics such as what can go wrong, such as tendonitis, "Communicating With Your Health Care | bursitis, synovitis, meniscal tears Team," "Understanding and Coping With | and osteoarthritis. How to get a good Colorectal Cancer," "What You Need diagnosis and treatments involving diet to Know About Lung Cancer," "The and nutrition, exercise, medication, Importance of Good Nutrition," "Living knee arthroscopy and hip and knee and Coping With Cancer/Balancing Family | replacement surgery is also covered. Call Needs," and "Managing the Side Effects | HealthConnect® for upcoming seminar

> • Monthly Seminars, 9-11 am **Stony Brook Technology Park** Free

WIC PROGRAM Available at Two Locations

Stony Brook University Medical Center Department of Family Medicine 181 Belle Mead Road, Suite 2

East Setauket, NY 11734 Family Service League 444 Fifth Avenue Bay Shore, NY 11706

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

You can receive WIC even if:

- You are <u>not</u> 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-I Visa)

- 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
- 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[®].

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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.

COLON CANCER PREVENTION CLINICAL TRIAL

The Department of Cancer Prevention at Stony Brook University Medical Center in conjunction with the General Clinical Research Center seek men and women age 50 years or older who have a history of colon cancer or colon polyps. The goal of the study aims to determine the effectiveness of taking a new form of aspirin, called "nitro aspirin" to prevent the development of colon cancer or to prevent the return of colon cancer in those who have had the disease. Eligible subjects who complete the study will receive a total of \$1500.

DO YOU HAVE HEART FAILURE?

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The Heart Failure and Cardiomyopathy Center at Stony Brook University Medical Center and University Physicians at Islandia are seeking volunteers with heart failure for studies to determine whether understanding blood flow can be used to improve quality of life; if some patients will benefit from implantation of a pacemaker to improve overall heart function; and, if recommendations by a heart failure nurse specialist to a physician (internist, family practitioner or cardiologist) can improve quality of life and lower risk of dving. All consultations and studies are performed at no cost to patients.

DO YOU HAVE PROSTATE CANCER?

If you are on injection therapy for prostate cancer, you may be at risk for bone loss (osteoporosis). In this study, you can have your bone density checked for free. If you are currently receiving injections for treatment of your prostate cancer, you may qualify for this study being conducted by doctors at the General Clinical Research Center (GCRC) at Stony Brook University Medical Center.

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, in most cases, medications are dispensed free of charge. Compensation is offered for time and travel.

POST-MENOPAUSAL WOMEN NEEDED

Post-menopausal women 50 through 65 vears of age on hormone replacement therapy are needed for participation in MRI research. Volunteers should be healthy and not have any metal or electronic implants. Confidentiality maintained. Volunteer fee paid.

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 \$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 Medical Center 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 DETERMINE THE IMPACT OF PRENATAL OB ANESTHESIA CONSULTS (POBAC) ON BIRTH OUTCOMES

The General Clinical Research Center at Stony Brook University Medical Center is recruiting participants to determine in 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 i conducting a study, supported by the National Institutes of Health, of treatment steps for children, ages 6 through 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. Eligibility requires prior treatment with medication for ADHD.

VOLUNTEERS NEEDED FOR MEMORY TESTS AND MRI

The General Clinical Research Center at Stony Brook University Medical Center seeks healthy men and women, ages 18 through 55, who are willing to undergo a series of memory tests and a brain MRI for this study. Compensation of up to \$370.

¿Necesita Seguro Medico?

Información y ayuda en como aplicar para seguro de salud gratis o bajo costo.

Stony Brook University Medical Center ofrece assistencia e información sobre los programas de salud Medicaid Managed Care, Child Health Plus, y Family Health Plus. Servicios son gratis y disponibles

en español con cita. Para mas infomación llame a HealthConnect[®].

THERAPEUTIC YOGA

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.

Tuesdays and Thursdays 6-7:30 pm

Stony Brook University Medical Center Outpatient Physical Therapy 33 Research Way, East Setauket, NY Fee: \$20 per session

For more information call HealthConnect® at 631.444.4000.

Massage Therapy



Stony Brook University Medical Center

Inpatient/Outpatient Massage Therapy Gift Certificates Available Call HealthConnect[®] at 631.444.4000.

Free/Low-cost **Health Insurance Enrollment Assistance**

Stony Brook University Medical Center's community outreach enroller provides information and enrollment assistance with free or low-cost government sponsored health insurance programs to members of the community. Assistance is available for enrollment into Managed Medicaid, Child Health Plus and Family Health Plus insurance programs for families and children. Educational in-service and enrollment assistance is available in English and Spanish by appointment. For more information, call HealthConnect®.

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

Ask the Experts at Stony Brook University Medical Center

"I am a woman in my 40's and have just been diagnosed with thyroid cancer and will be undergoing surgery. What can

Thyroid cancer is a malignant tumor or growth located within the thyroid gland. It is the most common endocrine cancer and one of the few cancers that has increased in incidence over the past several years. The American Cancer Society estimates that there were about 30,180 new cases of thyroid cancer in the U.S. in 2006. Of these new cases, about 22,590 occurred in women and about 7.590 occurred in men.

Signs and symptoms of thyroid cancer are usually limited in the early stages. However, symptoms such as hoarseness, a lump in the throat or neck, and difficulty swallowing or coughing up blood can occur as the cancer progresses.

There are several types of thyroid cancer. These include papillary, follicular, medullary, anaplastic, and variants. Papillary and follicular thyroid carcinomas constitute approximately 85 percent of all thyroid cancers. Often referred to as welldifferentiated thyroid cancer, when treated appropriately, they carry an excellent prognosis. Medullary thyroid carcinoma (MTC) accounts for five to 10 percent of all thyroid cancers. The two forms of MTC are sporadic and familial. Genetic testing can help identify patients and family members who are at risk of developing this cancer. With early detection, treatment, and appropriate surveillance, patients with MTC can also do well. Anaplastic thyroid carcinoma is a very aggressive and fast growing type of thyroid cancer that is difficult to control and treat. Fortunately, it is a rare type of thyroid cancer and accounts for only one to two percent of all thyroid cancers.

If you have been diagnosed with thyroid cancer, surgery is the treatment of choice. Depending on several factors such as the size of tumor, your age, and the extent of disease, your doctor will decide how much surgery is necessary. The incision is in the lower part of the front of the neck, and the operation usually takes two to three hours. If a neck dissection is also done, the operation will be longer. After the operation, you may experience some soreness when you swallow and you may have some voice weakness or hoarseness. This is usually temporary. Most patients are discharged

one to two days after the operation, depending on the extent of surgery. When you are diagnosed with thyroid cancer, it is important to seek a surgeon who has an extensive experience with thyroidectomy and lymph node dissection so that your operation is performed appropriately to maximize your chance of cure and minimize your chance of complications. Following surgery, further treatment requiring radioactive iodine is often necessary, and your doctor will discuss that with you.

Most patients with papillary and follicular thyroid cancers do well; however, a small subset of these cancers, approximately 10 to 15 percent, display aggressive behavior, hallmarked by local invasion, distant metastasis, treatment resistance, and increased mortality. About 1,500 people died of thyroid cancer in 2006, most from anaplastic cancer or aggressive variants of papillary or follicular thyroid cancers, such as tall cell and insular variants. For patients with aggressive or advanced disease, the standard treatment consisting of surgery and radioactive iodine is often not sufficient.

Physicians at Stony Brook are actively involved in trying to identify new ways of treating these patients. By working with molecular scientists, we have identified several factors that may play a role in aggressive thyroid cancer, and we hope to use this information to help treat our patients.

With Maisie L. Shindo, MD as director of Head and Neck Oncology, Thyroid and Parathyroid Surgery, the program at Stony Brook University Medical Center recognizes the importance of a multidisciplinary approach to the management of thyroid cancer. Experts in head and neck surgery, endocrinology, medical oncology, radiation oncology, radiology, pathology, and nuclear medicine work together in providing optimal care for patients with thyroid cancer. Furthermore, current investigations and research may help lead to better treatment for those patients with advanced disease.

Q Is there a "minimally invasive" option for thyroid cancer surgery—one that leaves a smaller scar in the neck?

The answer is yes. Traditionally, thyroidectomy (removal of part or all of the thyroid gland) is performed through an incision that is about $3-3\frac{1}{2}$ inches in the lower neck. There is now another option called minimally invasive videoassisted thyroidectomy (MIVAT), which, in most cases, leaves a smaller scar.

With this new technique, thyroidectomy is performed through a much smaller incision, usually one to two inches.

MIVAT is an adaptation of the established laparoscopic procedures in which similar instrumentation, such as a long narrow telescope attached to a video-camera system, is used to enhance visualization, and special long narrow instruments that grab, cauterize, and cut tissues facilitate dissection through a small incision.

Studies have shown that MIVAT can be safely performed with minimal complication rates, no different from those of conventional thyroidectomy. MIVAT is not appropriate for everyone, and careful patient selection is very important for successful outcome. The procedure can be accomplished with a short, overnight hospital stay, or in some cases as an ambulatory procedure.



Maisie L. Shindo, MD - Director of Head and Neck Oncology, Thyroid and Parathyroid Surgery

Maisie L. Shindo, MD, was fellowship trained in head and neck oncologic surgery at Northwestern University Hospital and in head and neck microvascular reconstructive surgery at Ohio State University. She is an associate professor of surgery in the Division of Otolaryngology at Stony Brook University and currently focuses her clinical practice on thyroid and parathyroid surgery. She was recently selected for inclusion in the first edition of the Castle Connolly Guide, America's Top Doctors for Cancer (2005) as well as Best Doctors in the New York Magazine.



Kepal N. Patel, MD

Kepal N. Patel, MD, was fellowship trained in head and neck oncologic surgery at Memorial Sloan-Kettering Cancer Center and

specializes in the management of tumors of the head and neck, including thyroid and parathyroid tumors. He is an Assistant Professor of Surgery and Molecular Genetics at Stony Brook University, and is a head and neck oncologic surgeon at Stony Brook University Medical Center.

Thyroid Cancer is the Most Common Endocrine Cancer