

Support Groups

For Support Group information visit our website at www.StonyBrookMedicalCenter.org
or call HealthConnect® at 631.444.4000.

- **New!** Adult Psychotherapy Clinic
- ALS Support Group
- Alzheimer's Disease Support Group
- Breast Cancer Education/Support Group
- Brighter Faces
- Cardiac Support Group
- Caregivers Support
- Child Psychiatry Parent 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
- March of Dimes NICU Family Support Group
- Mended Hearts
- Menopause Support Group
- Nicotine Anonymous
- Oncology Family Support Group
- Parent/Family Support for Children with Cancer
- Pregnancy Education Classes
- Prostate Cancer Support Group
- **New!** Support Group for Parents of Young Children on the Autism Spectrum
- Upper GI Cancer Support Group

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.

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.

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.

EXPECTING A BABY?

The Department of Obstetrics and Gynecology
at Stony Brook University Medical Center
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 in this program:

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

To find out more call HealthConnect®.

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."

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

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.

IN THIS ISSUE:

➤ FEATURE ARTICLES

COVER STORY - University Medical Center
Receives Consumer Choice Award

Medical Center Receives Full Accreditation
From JCAHO - Page 2

Why Does A Pregnant Woman Miscarry? - Page 2

Do Some Adults Have ADHD? - Page 3

Heart Failure: Are You Being
OPTIMALLY Treated? - Page 3

➤ EVENT CALENDAR - pages 4-5

Community Health Education Programs
and Special Events

➤ RESEARCH STUDIES - page 6

➤ ASK THE EXPERTS - page 7


Thyroid Cancer and Minimally Invasive Surgery
- by Maisie L. Shindo, MD
and Keph N. Patel, MD

➤ SUPPORT GROUPS - page 8

Do you have heart disease? Find out about
a support group for this and other illnesses



UNIVERSITY MEDICAL CENTER RECEIVES FULL ACCREDITATION FROM JCAHO

 Stony Brook University Medical Center has again received a Gold Seal of Approval™, 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 organization-wide 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-for-profit 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.

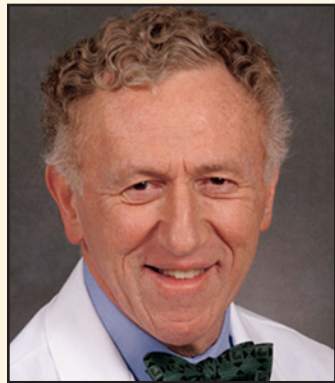
JCAHO accreditation is recognized nationwide as a symbol of quality that reflects an organization’s commitment to meeting certain performance standards. To earn and maintain the JCAHO’s Gold Seal of Approval™, an organization must undergo an on-site survey by a JCAHO survey team at least every three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

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 pregnancy loss is due



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.

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. Unfortunately,

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

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 state-of-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-on-one 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 HealthConnect® at 631.444.4000 to schedule a consultation.

January, February & March

COMMUNITY HEALTH EDUCATION PROGRAMS & SPECIAL EVENTS

STRESS MANAGEMENT WORKSHOPS

These workshops focus on meditation as a core experience for stress management. Several forms of meditation will be introduced including breathing techniques, the stress relaxation response, mindfulness meditation, walking meditations, heart-centered meditations and others. Stress management through nutrition, movement, sleep practices, time management and prioritization, awareness of thought patterns and related emotions 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 get off to a good start and avoid common 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

Stony Brook University Medical Center
Free

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

A comprehensive three day educational program for people with Type 1, Type 2 and gestational diabetes covers meal planning, blood glucose monitoring, exercise, use of medications, acute and 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

LOOK GOOD...FEEL BETTER PROGRAM

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 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.

- Tuesdays, 10-11 am
January 9, 16 & 23
- Wednesdays, 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 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 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;
April 3 & 10

Fee: \$180

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.

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 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

- 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
Stony Brook Technology Park
Free

www.StonyBrookMedicalCenter.org

Winter 2007

CODY CENTER WORKSHOPS

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

Thursday, 7-9 pm

- 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

- March 22: Neuropsychological Testing for Children with Autism Spectrum Disorders– Understanding Social, Cognitive and Learning Problems
Speaker: Philip Eisenberg, PhD, Cody Center

Stony Brook University, Endeavor Hall
Donation: \$10

SWEET DREAMS

Featuring the Cacao Noel Chocolate Exhibition, Sweet Dreams is an evening of chocolate indulgence, beginning with a lavish VIP cocktail reception, 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

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 informative lecture at 9 am.

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

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
Free



LIVING AND COPING WITH CANCER

Presented by the Stony Brook University Cancer Center and the Department of Care Management, this six-week educational series features guest speakers on a variety of topics such as “Communicating With Your Health Care Team,” “Understanding and Coping With Colorectal Cancer,” “What You Need to Know About Lung Cancer,” “The Importance of Good Nutrition,” “Living and Coping With Cancer/Balancing Family Needs,” and “Managing the Side Effects of Treatment.” This program is for people with cancer, family, friends and those who want to learn more about services offered at Stony Brook University Medical 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 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 Center seminar topics cover the normal anatomy of the hip and knee and call attention to signs and symptoms of what can go wrong, such as tendonitis, bursitis, synovitis, meniscal tears and osteoarthritis. How to get a good diagnosis and treatments involving diet and nutrition, exercise, medication, knee arthroscopy and hip and knee replacement surgery is also covered. Call HealthConnect® for upcoming seminar dates.

- 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
1444 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 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®.



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