



# What's Up, Doc?

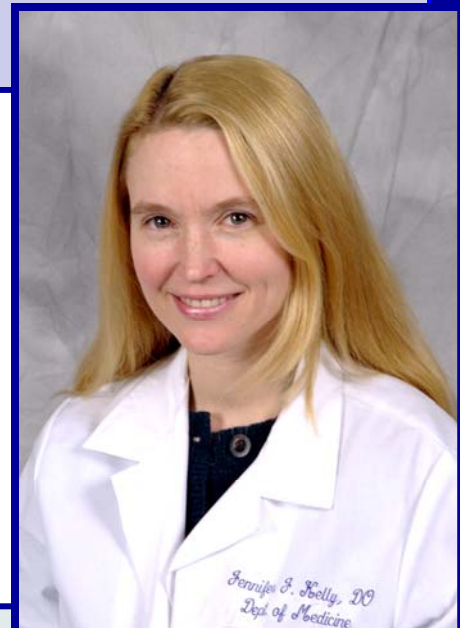
**Upstate Medical University,  
Department of Medicine Newsletter  
Winter 2012  
Susan DeAngelo, Editor**

**Congratulations!**  
**Dr Robert Lenox was**  
**promoted to Professor in July**  
**2011.**  
**We're so happy for you!**



## **Promotions**

**Congratulations!**  
**Dr. Jennifer Kelly has been**  
**promoted to Clinical**  
**Associate Professor.**  
**Great job!**



## **Presentations:**

**Roberto Izquierdo, MD-**

**“Type 1 Diabetes: An Update” at Slocum-Dickson's Tenth Annual Teaching Day. Utica, NY, on November 5, 2011.**

**Ruth Weinstock, MD**

**1. “Use of Telemedicine to Improve Diabetes Care: Experience from Upstate”. The Health Care Management Association of Central New York Chapter of ACHE and Twin Tier Healthcare Executive Association, Turning Stone Resort, Verona, NY, October 7, 2011.**

**2. “Management of Diabetes Mellitus: An Update”. RMED Visit, Marley Education Center, Syracuse, NY, October 28, 2011.**



**Cold + clean +  
quiet = winter  
serenity**

## **Quotable Quotes**

**The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.**

**-Buddha**

**The 2011 Gala was held December 10, 2011 at the Nicholas J. Pirro Convention Center. The event raised \$418,000 to be used toward future scholarships at Upstate and for renovations to the entrance of Upstate University Hospital at Community General. Below are some pictures of D.O.M. faculty enjoying the festivities.**



Expansion! Expansion!  
COMING SOON!

**I asked Dr Robert Lenox (the Pulmonary/  
Critical Care division chief) to tell us a little  
about the new pulmonary practice opening  
soon at Upstate University Hospital @  
Community General. This is what he had to  
say:**

**It will probably be one to two months before it  
opens. This delay is because we have not  
solved all the computer problems (connecting  
everything there to here). We will have room  
for 2 attendings on any given day. We have  
hired an RN and a Medical Office Assistant. We  
will see all types of adult pulmonary and adult  
sleep problems at the office. The office will  
have the capability to do spirometry and we  
plan on giving omalizumab (Xolair-trademark)  
(anti-IgE antibody) injections at the office.  
The office will be located at 2 I in the north  
wing of the Community General POB . It will  
make it more convenient for patients from the  
west side to see us(ie.:Camillus, Marcellus,  
Auburn, Skaneateles, Moravia). Because the  
office is attached to the CG hospital bldg, it will  
be convenient for patients who need to have  
CTs and other tests and see us the same day.**

**Bob**

## **Faculty Birthdays**

**The following faculty will celebrate a birthday this quarter:**

**January-Lubna Wani, Diana Gilligan, Shraddha Rana, Timothy Endy, Robert Lenox, Tanya George, Matt Glidden and Dinesh Subedi**

**February– Sam Benjamin, Waleed Javaid, Kumar Ashutosh, Paul Phillips, Birendra Sah, Teresa Gentile, Roberto Izquierdo and Hani Alkouri**

**March- Sonal Kamalia, Catherine Caldicott, Sheila Lemke, Hom Neupane, Barbara Mols-Kowalczewski, Amit Dhamoon, Guy Perry and Donald Blair**

**HAPPY BIRTHDAY TO ALL!**

**The snow can be so beautiful!**





**Dr Anil Ghimire (one of our new Pulmonary faculty members) and his wife recently welcomed their new baby girl into the family. Her name is Aarushi, and at birth she weighed 6.6 lbs and measured 19.5 inches. Pictured below is the happy family. Congratulations and have fun!**



A new satellite location for our Hematology/Oncology physicians has recently opened in Homer, New York (28 miles south of Syracuse). Details are as follows:

University Physicians - Hematology/Oncology Homer

82 Copeland Avenue

Homer, New York 13077

Phone: 607-749-2640

fax: 607-749-2644

Hours: Monday- Friday 8 am-4:30 pm

Providers:

Roger Tinsley, M.D.

Sam Benjamin, M.D.

Michael Poiesz, M.D.

Haider Khadim, M.D.

Dorothy Pan, M.D.

**Please give a warm welcome to the following physicians who have recently joined the department at the rank of Clinical Assistant Professor:**

**Dr Anil Ghimire, Pulmonary/Critical Care**

( Dr Ghimire recently completed fellowships in Pulmonary and Critical Care at Yale University, Norwalk Hospital and New Haven Hospital ,respectively)

**Dr Anupa Nadkarni, Pulmonary/Critical Care**

(Dr Anupa Nadkarni recently completed fellowships in Pulmonary and Critical care at Baylor College of Medicine in Houston, TX and Geisinger Medical Center in Danville PA, respectively)

**Dr Prashant Nadkarni, Endocrinology, Diabetes and Metabolism**

(Dr Prashant Nadkarni was most recently a staff endocrinologist for Geisinger Health Systems in Wilkes-Barre, PA)

**Dr David Paar, Infectious Diseases**

(Dr Paar recently arrived from Galveston, TX where his most recent position was Director, Division of Clinical Virology at the University of Texas Medical Branch Correctional Managed Care )

**Dr Roger Tinsley, Hematology/Oncology**

(Dr Tinsley most recently practiced Hematology/Oncology in private practices in Homer, NY and Auburn, NY. Upstate has recently acquired the practice in Homer, NY)



The staff of the Office of the Chairman and Educational Programs decided to raise money for gift cards for Vera House in lieu of exchanging Christmas presents. Attached is a copy of the "Thank You!" letter they received from Vera House.



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& sexual violence

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#315-425-0818

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#315-468-3260

Alternatives Program  
#315-425-0901

TTY Crisis Line  
#315-484-7263 (business hours)

funded by:

Onondaga County  
State of New York  
Private Donations



December 19, 2011

SUNY Upstate Educational Programs Office  
Department of Medicine  
SUNY Upstate Medical University  
750 E Adams St  
Syracuse, NY 13210


Dear Friends:

Thank you for your amazing generosity and heartfelt donation of gift cards which you collected and donated on behalf of the individuals and families who are currently receiving services from Vera House. We are so grateful to have such incredible community support during the holiday season.

Gifts such as this truly make a difference in the lives of so many individuals and families who have been affected by domestic violence or sexual assault.

Please pass on our thanks to all who took part in helping to make the holidays warmer and brighter for those in crisis and transition. All of us at Vera House celebrate the true spirit of the holidays with you and thank you again for your generosity.

Kindest regards,

  
Randi K. Bregman  
Executive Director

*Thanks so much!  
Happy Holidays!*

In accordance with IRS regulations, Vera House Inc. hereby states that no goods or services were provided in exchange for your gift. Please keep this letter as a receipt for your records.

## **ONONDAGA CREEKWALK**

**There is a new park in Syracuse and a walk through it may be just the thing you need to help appreciate the good things Syracuse has to offer. The park offers an asphalt path the begins down town at a little parking lot on West Jefferson Street in Armory Square and ends at Onondaga Lake. Read more about is at: [http://photos.syracuse.com/post-standard/2011/10/onondaga\\_creekwalk\\_29.html](http://photos.syracuse.com/post-standard/2011/10/onondaga_creekwalk_29.html) (Information and photo compliments of the Post Standard)**





## **Hiking the Inca Trail to Machu Picchu Peru, November 2011 (Article and photos compliments of W. Clay Elliott)**

**We flew to Cusco. That took 24 hours. One of my sons and I hiked to Machu Picchu on the Inca Trail. My wife, my other son and my 2 daughter's-in-law took the train from Cusco and joined us there. Camping is the only option on the Inca Trail. Our group consisted of the 2 of us, a guide, 2 cooks and 4 porters. We were very well cared for. The hike took 5 days of all day hiking at an elevation of 10,000-14,000 feet with lots of up and down (total elevation gain is 7000 feet). I found the hiking very challenging because I could not exert myself normally. Hypoxia (alveolar PO<sub>2</sub> is 60 mm/Hg at 14,000 feet) slowed me down considerably. My pulse rate was continually 140-160/minute. The trail is very rocky, making downhills just as difficult. None of us had much of an appetite. We all got traveler's diarrhea. But the scenery was spectacular. This is a great trip, but challenging. You can see pictures at this link:  
<https://picasaweb.google.com/williamelliott16/IncaTrailMachuPicchuAndCusco?authkey=Gv1sRgCKa9qeenvomi5wE>  
(Below-"Dawn, 5th day"-More pictures next page)**







**Above-dawn at the top of the pass!**

**Left-ruins and farm land**

**Below-13,888 feet and**

**finally headed down!**

**Bottom-Peruvian “treasures”**





## **EPIC**

**Starting this month, each Division in the Department of Medicine will have Dr. Neal Seidberg and/or Dr. Caitlin Sgarlat come to a Division meeting so everyone will have a better understanding of what to expect with EPIC and to ask questions.**

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## **EHR**

**EHR, (Executive Health Resources) physician, Dr. Alice So, will be on site Thursday, January 19th from 7 am - 2pm. This training is essential to help drive Upstate University Hospital to achieve excellence in maintaining regulatory compliance and high quality patient care.**

**Training sessions for Medicine have been scheduled for: either 12-1pm or 1-2pm in room 3105 Weiskotten Hall.**

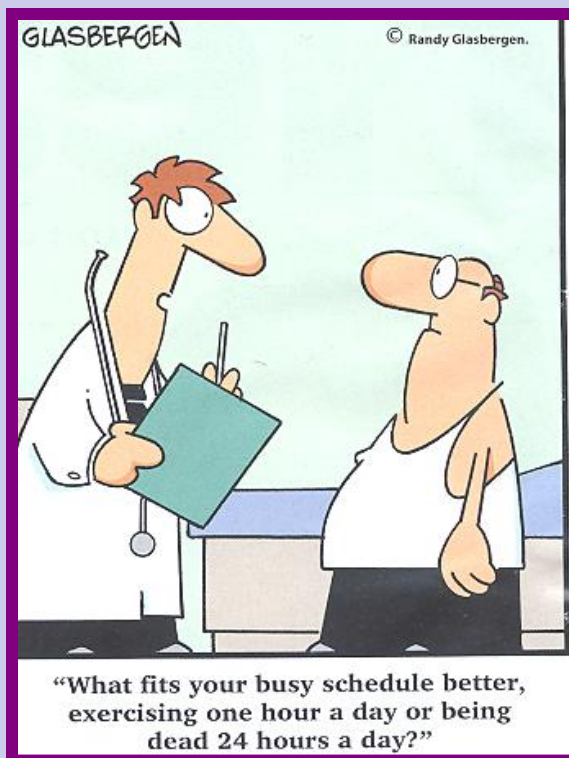
**EHR is a leading provider of medical necessity compliance solutions to more than 2,000 hospitals and health systems across the United States. EHR uses extensively trained physicians to work closely with the Utilization Review and Medical Staff to help the hospital effectively manage clinical care while maintaining compliance. The EHR Physicians are available 7 days a week, 365 days a year and are seen as the "Medical Necessity Authority" in the health care industry.**

**If you would like more information on EHR you can visit their website at [www.ehrdocs.com](http://www.ehrdocs.com) ( <http://www.ehrdocs.com/> ). Please call Sandy St. Germain (464-6013) or Shelby Spagnola, BSN (464-3670) (Utilization Management Denial Recovery Unit) with any questions.**

Our Heart and Vascular Center here at SUNY Upstate Medical University is featured in the January/February 2012 issue of Central New York MD News. To see some great shots of this photogenic group in action, click on the link below.

<http://www.mdnews.com/magazine/ny-central-new-york>

## A little medical humor goes a long way!



**Don't forget! We are always looking for items of interest to include in future editions of the faculty newsletter, so if you've gone any where exciting or had a recent life-changing occurrence, please feel free to share the good news with your fellow faculty!**