

NEW WOMEN'S HEALTH NETWORK EMPHASIZES WELLNESS



The Affordable Care Act is adjusting reimbursement measures, an effort that encourages physicians to champion wellness efforts.

Now Central New York physicians can help their female patients of all ages focus on wellness by encouraging membership in the Upstate Women's Health Network.

For physicians, the network provides access to a host of Upstate specialty physicians, services and affiliated practices via one phone call. Women's Health Network providers offer timely appointments, communication with the referring physician, and tailored clinical care for patients.

Currently the network offers: breast care, cancer care, geriatric care, obstetrics and gynecology

and urogynecology, rehabilitative therapies, urgent and after hours care, urological services, women's bone and joint health, and women's imaging services. Soon to be added services include cardiovascular, gastroenterology, pulmonology/critical care and sleep, nephrology, rheumatology and many surgical specialties.

For women, the network offers the resources of an academic medical center in their quest to stay healthy. Member have access to a nurse-staffed phone line for answers to health questions, and receive invitations to seminars, small group Q&A sessions with health care providers, and healthy living and wellness activities.

Membership is simple and free. Call 315-464-2756 or visit www.upstate.edu/women.



TELEMEDICINE CONNECTS UPSTATE STROKE CENTER WITH CARTHAGE HOSPITAL

An electronic link between Upstate and Carthage Area Hospital means that patients exhibiting stroke symptoms in the Carthage emergency room will be seen and heard by a stroke neurologist in Syracuse.

Most of a stroke exam relies on motion and sound, making it ideal for telemedicine, and the two hospitals connect through a \$30,000 grant-funded computer cart. Appropriate patients will receive the clot-busting drug Activase and

ambulance transportation to Upstate University Hospital for more stroke care.

"We're delighted to partner with Carthage Area Hospital," Upstate's chief executive officer, John McCabe, MD, told the *Watertown Daily Times*. "Upstate's mission is to be a resource for medical professionals throughout the state."

Carthage hopes to become the first New York State designated primary stroke center in Jefferson County. ■

PEDIATRIC DIALYSIS CENTER TO OPEN

Pediatric hemodialysis patients will be able to receive treatment in a dedicated pediatric dialysis center at Upstate's Downtown campus. The center is scheduled to open in spring 2014.

"Now, pediatric patients receive care at University Dialysis Center on Genesee Street in Syracuse, which is an adult chronic hemodialysis facility," explains Scott Schurman, MD, associate professor of pediatric nephrology at Upstate. "The new center gives us the opportunity to create a pediatric-friendly environment, from the bays where the kids will receive treatment, to the waiting areas that their families will use."

The center will be designed to provide comfort and distraction for the patient. It will include two bays with dialysis chairs and space for an accompanying parent or guardian.

The Upstate pediatric dialysis center's hospital location will make it possible for doctors to look in on patients and offer patients access to support services such as the Child Life program. A pediatric nurse will be the dedicated case manager.

Upstate will provide a home dialysis-training program to help parents and families prepare for caring for a dialysis patient at home. This program will move into the Physician Office Building at 725 Irving Avenue, Syracuse, making access to doctors and the center easier for families.

Contact Dr. Schurman at MD Direct, 315-464-4842. ■



Scott Schurman, MD

SURGEONS REPAIR GASTRIC BAND SLIPPAGE

Bariatric surgeons at Upstate are fixing problems created when gastric bands slip inside patients who previously have undergone weight loss surgery.

Up to 25 percent of people with adjustable gastric bands experience trouble, ranging from slippage of the band to erosion through the stomach wall, says Howard Simon, MD, chief of bariatric surgery at Upstate. Bands reduce the size of stomachs and are FDA-approved for obesity treatment. The procedure helps people lose weight, but over-eating and other behaviors can cause band shift. This leads to additional operations and, sometimes, band removal and weight re-gain.

Simon says Upstate surgeons no longer offer bands as an option. "We believe a 'sleeve' is better in every possible way," says Simon, referring to a surgical option in which part of the stomach is removed. About 30 percent of the weight loss surgery patients at Upstate have gastric sleeves.

About 70 percent have gastric bypasses, a procedure in which a pouch is fashioned from the stomach and connected to the small intestine.

Because Upstate University Hospital and Simon have offered bariatric surgery since the 1970s — longer than any other hospital or surgeon in Syracuse — many patients who had their gastric bands implanted elsewhere seek the expertise of Upstate when they require additional surgery.

Symptoms of gastric band slippage include nausea, acid reflux, difficulty eating or the ability to eat more than usual.

Upstate surgeons (Simon, plus Taewan Kim, MD and Matthew McDonald, DO) perform about 500 bariatric surgeries per year, including a couple of band revisions every month.

Consult with Dr. Simon by calling MD Direct at 315-464-4842. ■

RECOGNITION IS KEY: UPSTATE TEAM SPECIALIZES IN CONCUSSION TREATMENT

Blurry vision. Dizziness. Ringing in the ears. Headaches. Trouble with balance. Concussion can produce symptoms that are frightening to patients.

Brian Rieger, PhD, director of Upstate's Concussion Center, regularly speaks to school, athletic and community organizations. He is on a mission to raise awareness of concussion.

Rieger is also the parent of children who play contact sports. In his talks, he strives to reassure.

"I don't want to alarm parents unnecessarily or deprive children of participation in sports, because that has a lot of benefits," he says. "If a kid suffers a concussion, and it's properly managed, we shouldn't expect long-term consequences. A concussion is almost always a short-term event, when managed properly."

Ignoring the symptoms of a concussion can delay healing. Overlooking a concussion, then suffering another, can be disastrous, with symptoms more severe and lingering for months or years.

The key is to recognize the injury when it happens. "The job of coaches, of athletes and of parents is to be suspicious," Rieger says. That means removing an injured athlete from play until he or she is properly evaluated. And, that means encouraging athletes to be honest about their injuries.

Consult with Rieger by calling 315-464-4842 or the Upstate Concussion Center, 315-464-8986. ■

WHAT TO TELL YOUR PATIENTS:

- A concussion is a mild traumatic brain injury caused by a blow or a jolt to the head.
- No objective medical test diagnoses concussion. It is diagnosed by taking a good history and looking at the way the person's functioning is affected.
- The new state safety laws regarding concussion apply to scholastic sports — not youth sports organized outside of school.
- Recognizing a concussion is crucial, so that the player can be removed from the game until he or she is medically cleared to return.
- Research shows that people who suffer repeated concussions take longer to heal and have more severe symptoms. The effects of repeated jolts to the head (concussion or not) are also thought to have long-term consequences.
- Headache is the most common symptom, but not all concussions are marked by headache. Symptoms vary from person to person.
- Concussion may or may not be accompanied by a loss of consciousness.
- Damage from a concussion is almost always short-term, when managed properly. However, some symptoms may linger for months.
- Until recently, the only data on concussion rates was from professional, collegiate and high school teams. Now researchers say the rates are comparable in youth sports.



Brian Rieger PhD discussing concussion symptoms with patient Erika Napolitano.

STEREOTACTIC RADIOTHERAPY TARGETS TUMORS



Jeffrey Bogart, MD

The Upstate Cancer Center will add an advanced treatment and imaging technology system designed to more safely deliver higher doses of radiation to tumors, thanks in part to a \$250,000 donation from the SEFCU credit union.

Their donation helps purchase the \$5.5 million Vero Stereotactic Body Radiotherapy system, a therapeutic option for some cancer patients who have been deemed inoperable. Vero “integrates several state-of-the-art capabilities and technologies into one machine and is designed to locate tumors and direct radiation precisely where it is needed,” said Jeffrey Bogart, MD, chair of radiation oncology.

The Upstate Cancer Center will have only the third Vero in the United States. The system is used in several hospitals in Japan, Italy, France, Belgium and South Korea, plus Dallas, Texas and Jacksonville, Fla.

Vero will allow for a more tightly focused beam of radiation, essential when aiming at a tumor located near critical structures such as the spinal cord. Advanced imaging capabilities allows providers to locate and track tumors, confirm the location at any point in treatment and account for tiny anatomical movements that occur when a patient breathes. Also, once patients are in place, they will not have to be moved because Vero allows for beam delivery from almost any angle.

“Upstate physicians already have extensive experience with stereotactic radiotherapy for complex tumors in the body and the brain, and Vero will greatly add to our armamentarium of advanced technologies,” Bogart says.

Consult with Dr. Bogart through MD Direct at 315-464-4842. ■

NON-DRUG THERAPY TREATS SEVERE ASTHMA

Many asthma patients rely on inhaled medications and avoidance of allergens to control their disease. But some have severe, persistent asthma. Medicine is ineffective and these patients end up in the hospital frequently.

Now patients have another option: a procedure offered at Upstate called bronchial thermoplasty, the first non-drug therapy for asthma approved by the Food and Drug Administration.

In an asthma attack, the smooth muscle surrounding the bronchial tubes constricts. Thermoplasty – completed in a series of three steps – damages

these muscles so that they lose their ability to narrow the airway, explains Robert Lenox, MD, chief of pulmonary/critical care. “The procedure is new, but it’s presumed the effect may last a lifetime,” he says.

Contact Dr. Lenox at MD Direct, 315-464-4842, or Upstate’s Pulmonary Clinic at 315-464-3835 or 315-492-5804. ■



Robert Lenox, MD

DEVELOPING PROTON THERAPY AT UPSTATE

Upstate plans to collaborate with the London-based company, Advanced Oncotherapy, to develop a lower-priced version of the expensive new cancer treatment called proton radiotherapy.

Upstate would become the first medical center in the U.S. to offer Advanced Oncotherapy's patented technology. Proton radiotherapy uses high-energy beams of protons to treat tumors.

Compared with traditional radiation therapy, proton radiotherapy allows doctors to better control where the highest concentration of energy is released and reduce damage to healthy tissue.

Use of proton radiotherapy has been limited because of cost. Advanced Oncotherapy says it can cut the cost by 60 percent.



"The technology they are developing will be able to provide proton radiotherapy to our patients at markedly reduced costs," says David Duggan, MD, senior vice president and dean of the College of Medicine at Upstate. The facility would serve as a development, patient care and manufacturing center.

Upstate and Advanced Oncotherapy have a non-binding memorandum of understanding. The project needs approval from the state Department of Health and the U.S. Food and Drug Administration.

Upstate plans to open a \$90 million Upstate Cancer Center in 2014. The hospital treats 16,000 cancer patients a year. ■

SUNY collaborations attract money

Three scientists at Upstate are recipients of collaborative grants of up to \$100,000 each for projects involving researchers from other SUNY schools. The money comes from the SUNY Research Collaboration Fund.



Jeffery Amack, PhD will work to create a new novel transgenic zebrafish (similar to above) to study how gene function affects organ development and disease in the gastrointestinal system. His research partner is from SUNY Brockport.

Frank Middleton, PhD is developing treatments that target the negative consequences of stress. He collaborates with researchers from Binghamton University and Stony Brook on an integrative genetic, developmental and psychosocial framework that links social support and improved health outcomes.

Yahia Lodi, MD will team with a researcher at Binghamton University to create a tool to help doctors predict possible aneurism rupture and thus make more informed medical decisions.

New spectrometer boosts research

Biomedical and chemical research at Upstate and five other colleges and universities in Central and Western New York will get a boost with the acquisition of a sophisticated nuclear magnetic resonance spectrometer. The device is being purchased with a \$2 million federal grant from the National Institutes of Health.

Scientists are already lining up with projects for the new spectrometer, including two from Upstate:

Stephan Wilkens, PhD studies vacuolar ATPase, a large proton pump found in all animal cells. Malfunctions in this molecule are associated with osteoporosis, diabetes and cancer. He hopes the spectrometer will help unravel the role of V-ATPase in these diseases and identify medications that can modulate the activity of the disease-causing enzyme.

Stewart Loh, PhD (pictured) designs protein switches. "These molecules transform their shapes when they receive a signal," explains Loh. "Some change colors when they bind to a target, and these molecules are being developed into fluorescent biosensors. Others self-assemble into various biomaterials. The (spectrometer) will be able to better 'see' how the switches change their shapes." ■



UPSTATE ROUND UP

Gold Standard for workplace wellness

Upstate Medical University is leading by example when it comes to promoting workplace wellness and encouraging healthier behavior.

The CEO Roundtable on Cancer has awarded Upstate with CEO Gold Standard Accreditation for its efforts to reduce the risk of cancer for its employees and covered family members by promoting healthy lifestyle choices, encouraging cancer screenings and ensuring access to quality treatment.

To earn Gold Standard accreditation, a company must have programs to reduce cancer risk by discouraging tobacco use; encourage physical activity; promote healthy diet and nutrition; detect cancer at its earliest stages; and provide access to quality care, including participation in clinical trials.

Upstate is the only hospital in Syracuse to earn this accreditation. Nationally, 154 institutions have received this designation.



Landmark tuberous sclerosis treatment



Upstate physicians Zulma Tovar-Spinoza, MD and Yaman Eksioglu, MD were the first in the world to use minimally invasive MRI-guided laser technology in a multi-stage treatment of tuberous sclerosis, a rare, sometimes life-threatening genetic disease that causes non-cancerous tumors in the brain. Previously, doctors at Upstate used the technology to treat epilepsy and other brain disorders.

Sleep Center doubles, moves to Camillus

Upstate's Sleep Center doubles in size as it moves from its Community campus to Medical Center West, 5700 W. Genesee St., Camillus. The center sees patients seven days a week, and now has 12 beds, three of which are reserved for pediatric cases, a specialty of the sleep center.

Among the physicians who work at the Upstate Sleep Center are Ioana Amzuta, MD, Antonio Culebras, MD and Dragos Manta, MD. Those who specialize in pediatric cases are Larry Consenstein, MD and Zafer Soutan, MD.

To contact the center, call 315-492-5521.

Grant adds to professionalism training



Upstate received a grant to further develop "Learning to TALK (Treat All Like Kin)," a program started by Stephen Knohl, MD to improve communication skills and professionalism in medical residents. "Learning to TALK" will be adapted and disseminated nationally through a partnership with the American College of Physicians.

World-wide recognition for psychiatrist

Upstate's Stephen V. Faraone, PhD is the third most-cited psychologist or psychiatrist in the world and the top-cited psychologist or psychiatrist in the U.S. according to *Microsoft Academic Search*. Faraone is director of research in Psychiatry and Behavioral Sciences. He has 799 publications and 24,504 citations.



Spine surgery, knee and hip replacement recognized

Excellus BlueCross BlueShield recognized Upstate University Hospital as a "Blue Distinction Center+" for quality and cost efficiency in delivering specialty care. The designation applies to spine surgery at both the Downtown and Community campuses. The Community campus was also recognized for its knee and hip replacement programs.

UV lights fight infection

Upstate University Hospital has acquired specialized ultraviolet light devices that help improve patient safety and reduce disease transmission. After a patient room or public restroom has been cleaned and disinfected, the UV light is applied to help eradicate hard-to-kill bacteria such as *C. difficile*.



"We evaluated our cleaning process, added the UV lights and developed a plan to get to the areas with the most vulnerable patients first," says Sue Campanaro-Murphy, director of environmental services. "We already use UV technology in the air handling system and operating rooms, so we know it's effective."

Insulin pump system clinical trial

Upstate joined 19 diabetes research sites across the country to report that an investigational MiniMed integrated insulin pump system with automatic insulin suspension safely reduced nighttime hypoglycemia for people with diabetes without increasing average blood glucose. Results were published in *The New England Journal of Medicine*.

Donating blood saves money

Because so many people donated during blood drives at Upstate, the hospital is receiving a 3 percent discount on purchases of red cells, plasma and platelets (estimated \$100,000+ savings). Upstate collected 1,179 units of blood from 2012 to 2013.

Upstate in Space

Joseph P. Dervay, MD, a 1984 graduate of Upstate's College of Medicine (pictured with Upstate President David R. Smith, MD), presented his alma mater with an Upstate medallion that spent 146 days on the International Space Station. Dervay, a NASA flight surgeon, was in Syracuse to give a talk at alumni reunion. He asked a friend, former NASA flight surgeon and current astronaut Tom Marshburn, MD to carry something from Upstate into space. Marshburn carried the medallion aboard the Soyuz spacecraft (pictured) that launched Dec. 19 from Kazakhstan.



iPhone apps for the healthcare team



Joshua Steinberg, MD of Upstate's Binghamton campus, has a project with SUNY Binghamton to produce iPhone applications on medical topics. These free evidence-based apps are written for students, residents, and clinicians. The latest offering is a Rabies Guide, found in iTunes. The guide walks the provider through the decision steps considering which animal was involved, the nature of the bite or exposure, availability of the

animal for rabies laboratory testing, and details on vaccine and immunoglobulin treatment.

Limb Deformities

Experts on congenital arterial and skeletal birth defects gathered at Upstate in September to help broaden the understanding of these defects which cause club foot and other limb deformities and to help set a new direction for more definitive research in the area. The colloquium was organized by David Hootnick, MD.

Neurodevelopmental pediatrician honored

Nienke Dosa, MD has been named a senior fellow at the Burton Blatt Institute at Syracuse University and the inaugural Foundation Professor of Child Health Policy at Upstate Medical University. Dosa is recognized nationally for her expertise in child development and community organization for the care and transition of children with developmental disorders such as spina bifida and cerebral palsy.



Bike helmets to prevent traumatic injury

Volunteers from the Upstate Trauma Service gave away 800 bicycle helmets to children during the New York State Fair, making sure that each child had a proper fit.