



**Clinical
Update**
March 2007

Adults with ADHD

Attention Deficit Hyperactivity Disorder (ADHD) can persist into – or finally be diagnosed in – adulthood. Responding to a surge in referrals, SUNY Upstate's Department of Psychiatry has established a clinic to address this disruptive condition in adults.

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IGRT Increases Precision

University Hospital's cancer-fighting arsenal is fortified by Image-Guided Radiation Therapy (IGRT). Its advanced three-dimensional imaging capability captures minute changes in tumor shape and location.

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High Marks for Cancer Treatment

The Commission on Cancer of the American College of Surgeons endorses University Hospital's cancer services with accreditation and high commendations in key areas.

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THE ACADEMIC DIFFERENCE

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New Clinic Addresses Needs of Adults with ADHD

To help meet the rising demand for treatment of adults with attention deficit hyperactivity disorder (ADHD), SUNY Upstate Medical University has opened a new outpatient clinic.

The clinic is part of Upstate's new Adult ADHD Treatment and Research Program, which also conducts research on ADHD in adulthood, especially the condition's impact on day-to-day functioning.

The adult ADHD clinic will address the needs of patients diagnosed as children, as well as undiagnosed adults with symptoms that suggest ADHD.

Many adults with ADHD – especially those in their 20s or 30s – struggle to manage the complexities of adult life. They have been away from the support systems that helped them manage their ADHD as children, explains clinic director Kevin Antshel PhD, assistant professor of psychiatry at SUNY Upstate.

Surge in Patients

In the past year, 50 to 60 adults – many of them college students – have been referred to SUNY Upstate for treatment.

“College can exacerbate the disorder,” notes Dr. Antshel. “More is demanded of students, just when they've lost the structure and support of living at home. Their ADHD symptoms can resurface and cause numerous problems.”

According to estimates, ADHD affects three to five percent of school-age children, an estimated 60 to 70 percent of whom will maintain the disorder as adults.

Adults with ADHD might struggle with concentration, organization, memory and time management, as well as impulsive and restless symptoms.

“Functional impairment is what differentiates adults with

ADHD from those who may have these symptoms yet do not meet diagnostic criteria for ADHD,” explains Dr. Antshel. “In other words, while you and I may be able to manage these symptoms in the context of our daily lives, adults with ADHD are not.”

Target Patterns

Adults seeking treatment at the new ADHD clinic will participate in cognitive behavioral therapy (CBT), which helps individuals modify dysfunctional thought and behavior patterns. Medication might also be used as part of the treatment regimen. Arun Kunwar MD will handle the psychopharmacological treatment in the adult ADHD clinic.

Dr. Antshel expects most patients, especially those previously diagnosed with ADHD, will be referred to the clinic by their family physicians. Undiagnosed adults who suspect they have the disorder may contact the clinic for more information.

“It's possible the adult was not diagnosed with ADHD as a child,” says Dr. Antshel, noting that most medical experts agree that adult-onset ADHD does not exist.

“Minus a childhood diagnosis of ADHD, we'll need to review the patient's school records and speak to those familiar with the patient's childhood behavioral patterns,” he adds. “Simply being disorganized and impulsive does not justify a diagnosis of ADHD.”

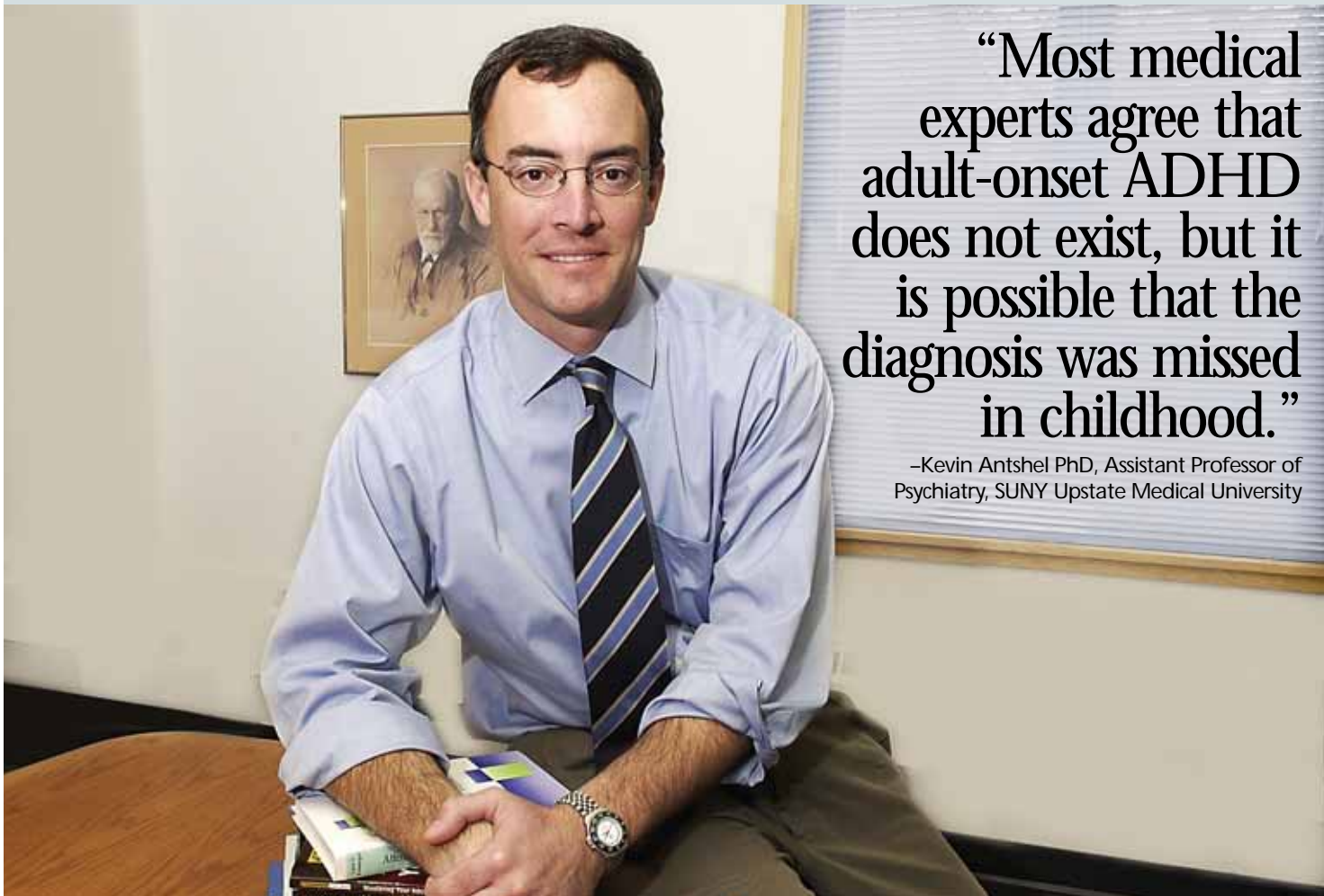
ADHD is a chronic disorder with no cure, but its symptoms can often be managed effectively. For more than 20 years, SUNY Upstate has offered comprehensive ADHD evaluations and treatment to children and adolescents, under the direction of Michael Gordon PhD.

The adult ADHD clinic is located in SUNY Upstate's Psychiatry and Behavioral Sciences Building, 713 Harrison St., Syracuse, and can be reached by calling 315-464-3110.

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“Most medical experts agree that adult-onset ADHD does not exist, but it is possible that the diagnosis was missed in childhood.”

–Kevin Antshel PhD, Assistant Professor of Psychiatry, SUNY Upstate Medical University

Top ADHD Researchers Under Upstate Umbrella

Russell Barkley PhD

SUNY Upstate research professor who has authored, co-authored, or co-edited 20 books and clinical manuals and published more than 300 scientific articles and book chapters related to the nature, assessment, and treatment of ADHD and related disorders.

Steve Faraone PhD

SUNY Upstate research professor and director of the university's medical genetics research program. A leading figure in psychiatric genetics, Dr. Faraone has published extensively on ADHD as well as other child psychiatric disorders.

Michael Gordon PhD

SUNY Upstate professor of psychiatry and director of child and adolescent psychiatric services, Dr. Gordon has authored numerous books and articles, including a series of guides to ADHD/hyperactivity for parents and teachers, siblings, children and teenagers.

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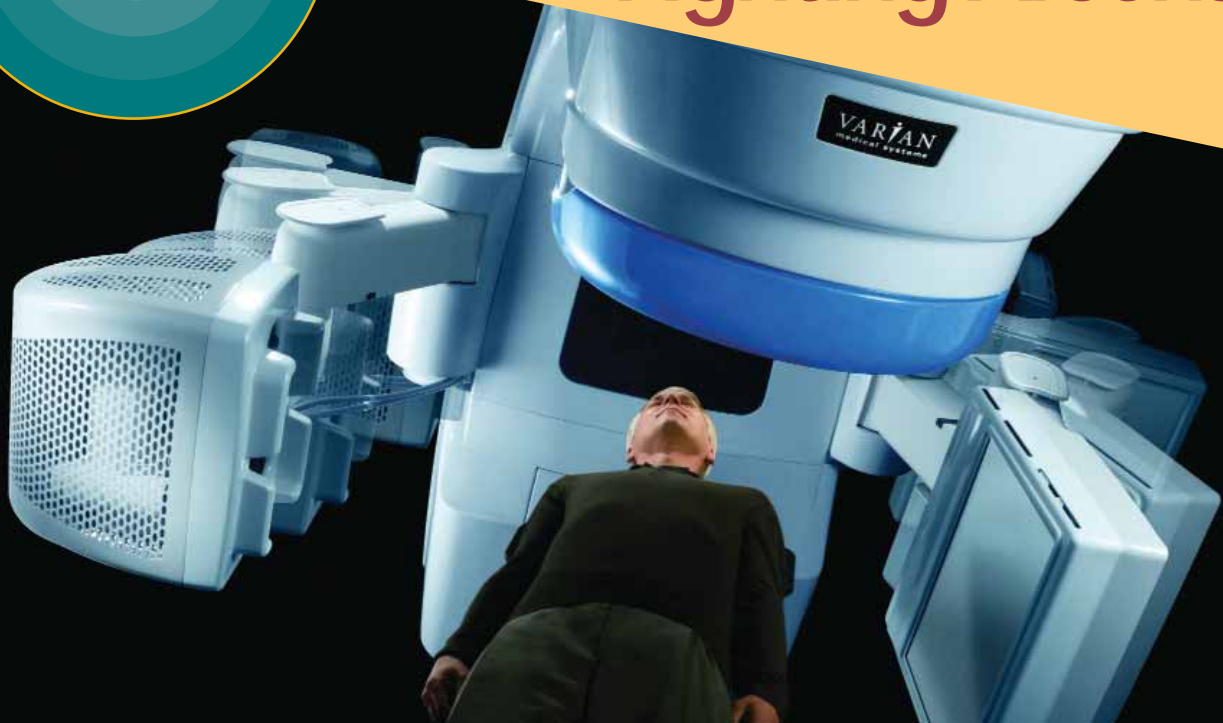
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SUNY UPSTATE MEDICAL UNIVERSITY
& University Hospital Syracuse, New York

Image-Guided Radiation Therapy

IGRT Added to Cancer-Fighting Arsenal



At University Hospital, cancer patients are benefiting from one of medicine's most advanced radiation techniques, image-guided radiation therapy (IGRT).

The high degree of precision afforded by IGRT is related to its three-dimensional imaging system, which detects tumor changes between radiation treatments.



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Jeffrey Bogart MD

“With IGRT, we’re able to take an image of the tumor every day prior to treatment, so we know exactly where the tumor lies on a daily basis,” explains Jeffrey Bogart MD, vice chair and professor of radiation oncology at SUNY Upstate and University Hospital.

“The tumor may change over time. It may get smaller. It may change shape. Even patients may change shape over time,” he continues. “With IGRT, the radiation target can be adjusted daily to accommodate these changes.”

These minute adjustments improve the accuracy of the

radiation beam, while sparing more of the surrounding tissue and vital organs.

In the past, oncologists compensated for tumor changes by making the radiation beam larger, exposing a significant volume of healthy tissue to radiation.

With IGRT, two robotically controlled “arms” capture CT, fluoroscopic and x-ray images on a daily basis, pinpointing the position of the cancer just prior to treatment. This increased precision allows for higher doses of radiation – potentially leading to higher cure rates.

Image-guided radiation therapy further expands the arsenal of powerful cancer-fighting weapons now available through the Department of Radiation Oncology at University Hospital, including respiratory gating with 4DCT, IMRT, Mammosite, real-time dynamic prostate seed implantation and the Gamma Knife.

For more information about IGRT, please contact the Department of Radiation Oncology at University Hospital, 315-464-5276.

“A major advantage of IGRT is its precision – it allows radiation oncologists to deliver high doses of radiation to targeted tumors, while sparing as much healthy, surrounding tissue as possible.”

–Hemi Shah MD, assistant professor
of radiation oncology
at SUNY Upstate and University Hospital



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American College of Surgeons

University Hospital Earns Commendation for Cancer Care

Only Syracuse Hospital
with Prestigious Accreditation



University Hospital, the teaching hospital of SUNY Upstate Medical University, has been granted a three-year approval award with commendation by the Commission on Cancer of the American College of Surgeons in recognition of the quality and caliber of its cancer program.

University Hospital is the only hospital in Syracuse with a cancer program accredited by the American College of Surgeons.

The Commission on Cancer reserved its highest marks – compliance with commendation – for University Hospital in the areas of cancer committee leadership, cancer data management, clinical services, research, community outreach and quality improvement. The commendation designation follows a rigorous review of the cancer program's operations and care standards.

“This approval for our cancer program illustrates the commitment of the hospital administration and its medical staff to the integrated care of cancer patients both within the hospital system and in the community,” said Leslie J. Kohman MD, vice chair of the cancer committee at University Hospital.

The commendation ensures that all patients receiving cancer care at University Hospital have access to comprehensive care, including state-of-the-art services and equipment; a multidisciplinary team approach to treatment; information on clinical trials and new treatment options; cancer-related information; support and education; and a cancer registry that collects data on cancers and treatment and offers lifelong patient follow-up.

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SUNY UPSTATE MEDICAL UNIVERSITY & University Hospital

Syracuse, New York



University Hospital, Syracuse, NY

Among its many functions, the Commission on Cancer sets standards of quality for patient care and surveys facilities to evaluate compliance with 36 standards set by the commission.

Established in 1922 by the American College of Surgeons, the Commission on Cancer is a consortium of professional organizations dedicated to improving survival rates and quality of life for cancer patients through standard-setting prevention, research, education and the monitoring of comprehensive quality care. Its membership includes fellows of the American College of Surgeons and 40 national organizations that reflect the full spectrum of cancer care.

“University Hospital, which treats more than 16,000 cancer patients for current and supportive care annually, offers comprehensive cancer treatments for a broad range of cancers, including thoracic, breast, brain, spine, blood, bone, gynecologic and genitourinary.”



—Leslie Kohman MD, vice chair, cancer committee,
University Hospital

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