

**Gene R. Moss, MD '64**

## From Couch to Computer

**M**ore than 50 percent of Americans suffer from serious apprehension at some point in their lives. Twenty percent experience anxiety or fear that interferes with their daily activities.

As a psychiatric resident at the University of Chicago during the height of psychoanalysis, Gene Moss, MD '64, found success working with patients with phobias and anxiety using a biobehavioral rather than psychoanalytical approach. A decade of basic and applied research in psychiatry at institutions including Walter Reed Army Hospital, Georgetown University, and UCLA bore out that conclusion.

Unlike psychoanalysis, which has no scientific basis, Dr. Moss says biobehavioral treatment amalgamates the biological and behavioral sciences, offering clinical techniques that reflect basic scientific guidelines. Treatment is procedure-based, not process-based; that is, similar to surgery, it offers specific procedures for specific problems versus the "one size fits all" process-based approaches of non-scientific alternatives.

By the mid-1970s, Dr. Moss had left academia and developed one of the largest private psychiatric practices in Southern California. He and his partners designed and implemented biobehaviorally based programs across the entire spectrum of psychiatry—child, adolescence, adult, substance abuse, etc., continuing to publish data papers in peer-reviewed journals.

While the results of the treatment were favorable, the method itself was laborious and time consuming, requiring the clinician to impart the same body of information

over and over to patient after patient. When managed care hit California in the 1980s, the effects were disastrous. "It became almost impossible to practice psychiatry properly in California," Moss says.

Moss eventually closed his practice and spent another decade as a consultant, instituting behavioral medicine programs in hospitals across the country. And despite the fact that he continued to publish favorable data results, Moss says psychiatry as a field failed to embrace behavioral science as a treatment norm.

With the debilitation of hospital psychiatry due to managed care, Moss founded LifeMAX® Systems ([www.lifemax.com](http://www.lifemax.com)), and spent 10 years developing the first comprehensive, computer-assisted biobehavioral treatment products for anxiety and fear disorders.

Two products are newly available, a self-help CD-ROM, available to individual consumers, and another CD-ROM tool for psychiatrists to use with their patients. The LifeMAX® Treatment Program for Anxiety and Fear Disorders incorporates computer technology into direct, clinical care by presenting a basic body of information; providing an interactive venue via which the patient applies personally the information presented; and enabling data-collection that documents quantitatively the course of treatment in the form of a graph. The practitioner need not have an intensive background in behavioral science.

In today's managed-care environment, the tool also provides valuable time savings. "While one patient is using the CD-ROM, the psychiatrist can be with another patient," says Moss.



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Moss is currently developing a second treatment program, this one for depression, using different procedures for the patient.

"Unlike the psychodynamic approach, biobehavioral treatment lends itself to computerization," says Moss, who believes medicine, and especially psychiatry, depends on technological advances using computers.

"Computer-assisted, biobehavioral treatment obviates the commonplace demand among alternative approaches for a potentially unending commitment to a non-specific process with ill-defined goals," he says. "The computer propels mental healthcare out of the 19th and into the 21st century."

—Renée Gearhart Levy



Professor Tom Mou, Patricia Numann, MD '65, and Peter J. Adasek, MD '65, at Dr. Numann's house for breakfast during Reunion weekend.

#### 1945

**Brinton T. Darlington**, of Winthrop, ME, wrote to the alumni staff, "Thanks for a well-planned and executed Reunion for the Class of 1945!"

#### 1954

**William L. Hinds**, of Houston, TX, and wife Marilyn have moved into Eagle's Trace, a retirement community. Dr. Hinds has been retired for 11 1/2 years and writes, "At ages 75 and 78, we decided to divest the burden and expense of home ownership while we both are in relatively good health. We are slowly adjusting to our new lifestyle."

#### 1956

**Frank E. Young**, of Bethesda, MD, has returned to biotechnology as CEO of his own company, Cosmos Alliance, and is active on the boards of a number of biotechnology companies. Dr. Young writes, "The excellent medical education at Upstate has stood us in good standing."

#### 1959

**Carl E. Silver** has retired and moved to Scottsdale, AZ. He is professor emeritus of surgery and otolaryngology at Albert Einstein College of Medicine.

#### 1965

**Peter J. Adasek**, of Colorado Springs, CO, visited Ecuador and the Galapagos Islands in January 2005, where he was 'purified' (by smoke and waved tree branches) by a native Shaman. On one of the Galapagos Islands, Dr. Adasek, met the giant turtles, including 80-year-old

Lonesome George, who sadly yearns for a mate. In April, Adasek went to India and Nepal, where there were beautiful temples but people so poor they lived on less than \$1 per day. He met a Nepalese homeopathic doctor who prescribed cow's urine to drink at bedtime for children who had a bedwetting problem. She claimed much success but had no controlled double-blind studies and suggested Dr. Adasek do them.

**Patricia J. Numann**, of Syracuse, NY, was honored as a "Local Legend" as part of "Changing the Face of Medicine" a National Library of Medicine exhibit. Dr. Numann was named the "Local Legend" by the 25th Congressional District of New York.

#### 1966

**Nathan Billig**, of Chevy Chase, MD, continues to practice psychiatry in Washington, DC, half-time, leaving opportunity for swimming, biking, and some writing. His wife, Gail Weinmann, is program director at NIH (NHLBI) and his youngest daughter, Erica, is off to Cornell University in September. Daughter Deborah lives in the DC area with three sons, and sons Andy, in sports management in Spokane, WA, and Peter, in Nederland, CO, are thriving in their various activities. Dr. Billig recently saw **Marty Belkowitz** who was visiting family in the area; and also sees **Marty Kolsky**, his ophthalmologist.

#### 1971

**Richard J. Hausner**, of Houston, TX, was honored for his outstanding dedication to political and community life and for his extraordinary public service throughout the nation at the annual meeting of the College of American Pathologists (CAP). At the meeting, Dr. Hausner received the Frank C. Coleman Award for Public Service through his work on the CAP Political Action Committee, the Council on Government and Professional Affairs, and in other areas.

#### 1973

**William A. Jarboe**, of Trumbull, CT, writes his son, Eric, is a freshman at Syracuse University in the musical theater program.

**Edward Lipson**, of Soquel, CA, is delighted to announce the birth of his first grandchild, Aden.

#### 1975

**Robert S. Pyatt, Jr.**, was installed as the 90th president of the Pennsylvania Radiological Society at the annual meeting in Philadelphia in September 2005. There are 2,000 radiologists

in Pennsylvania. He writes, "My wife, Cathi, and I live in Chambersburg, PA, and have six children and four grandchildren."

#### 1976

**Lorinda J. Prince** writes she is still in Tampa, FL. Over the last four years, Dr. Prince has developed her own pediatric locum tenens practice in the Tampa Bay area, most of it in Tampa. Prince writes, "I have short-term assignments, as well as some longer regular work, both outpatient and hospitalist, which has turned out to be quite interesting!" Her daughter, Linnea, is a sophomore in high school and is spending a semester at the Outdoor Academy in North Carolina.

#### 1981

**David C. Goodman**, of Etna, NH, is a professor of pediatrics at Dartmouth Medical School. He traveled around the world this fall visiting child health policy experts in Tokyo, attending a medical workforce meeting in Melbourne, and conducting medical history research at the British Library.

#### 1983

**Theodore M. Mazer**, of Poway, CA, was installed as the president of the San Diego County Medical Society on January 7, and continues to serve as president of the Pacific Foundation for Medical Care and trustee of the California Medical Association. Dr. Mazer and his wife, Marcy, just celebrated their 25th anniversary and are proud of their children, Neil, a first-year law student at Michigan State, and Ali, a sophomore at Purdue.

**Charles A. Seager**, of Williamsburg, VA, just opened his new office, Williamsburg Family Medicine.

#### 1989

**William J. Smith**, of Lake Placid, NY, is one of three specialists in orthopedic medicine from Lake Placid Sports Medicine Group whose services are now available at the Canton-Potsdam Hospital. Dr. Smith joined Lake Placid Sports Medicine in 1998 and has a special interest in arthroscopic surgery, sports medicine and shoulder, elbow and hand surgery.

**Susan A. Waterman**, posted in London, England, as medical officer with the Department of State, announces the birth of her daughter, Taylor, on June 16, 2005.

### Barbara L. Philipp, MD '79

## Nursing a Cause

**W**hen Bobbi Philipp, MD '79, joined Boston Medical Center as a pediatrician in 1995, she never dreamed she'd become a crusader for breastfeeding. But over the past decade, that's precisely what's happened.

Dr. Philipp was quickly struck by how few of her new patients—mostly low-income, minority and immigrant women—were breastfeeding their infants compared to the patients in her previous private practice, who were wealthier and mostly white.

Philipp disagreed with some of her hospital colleagues who said that the issue lay with the mothers, that they just didn't want to breastfeed. She thought the problem actually was "us, not them."

"Breastfeeding either happens or doesn't in the first week of life," she says. "We weren't doing the right things to support the issue. Here we served a population who could most benefit from breastfeeding, and it seemed unfair that they weren't."

With the blessing of her chief of pediatrics, Philipp formed a task force to promote breastfeeding at the hospital. Hardly a controversial topic, she thought, considering mother's milk is widely acknowledged to have dramatic health benefits for babies, as well as nursing mothers.

But there were surprising obstacles, from health-care staff resistant to change to the common practice of hospitals in the United States accepting free formula from manufacturers.

A short history: Breastfeeding was the norm until the turn of the century and the advent of baby formula. By the 1950s, formula was considered the advantaged woman's preference and breastfeeding rates continued to decline until the mid 1970s. Despite research proving that formula feed-

ing places a baby at risk of developing ear and respiratory infections, and diabetes and obesity, most American hospitals continue to send mothers home with free formula.

Step by step, Boston Medical Center began changing its practices, including encouraging rooming-in and breastfeeding on demand, helping babies get to the breast in the first hour of life, and finally, choosing to pay for the formula it used at a cost of approximately \$16,000 a year.

In 1999, Boston Medical Center became the country's 22nd Baby-Friendly hospital. Baby-Friendly is a WHO/UNICEF award given to hospitals that demonstrate compliance with 10 steps that support breastfeeding. In 2002, the hospital's breastfeeding program was named a "Best Practice Model" for the nation by the U.S. Department of Health and Human Services.

But the real success, says Philipp, is the number of women choosing to breastfeed their children. "Eighty-eight percent of our mothers are breastfeeding when they leave our hospital," says Philipp, now director of Boston Medical Center's Breastfeeding Center, up from 58 percent in 1995. Rates among African-American women have increased from 34 percent to 74 percent.

"Any mother I've ever cared for has always wanted what's best for her baby," she says. "If you educate, and support, and give them a choice, it's going to happen. I



Breastfeeding has increased dramatically at Boston Medical Center, thanks to efforts spearheaded by Bobbi Philipp, MD '79.

have learned that breastfeeding is about so many important issues: nutrition, public health, bonding, maternal self-esteem and the impact of corporate greed in the health-care field."

Around the world, there are 19,200 Baby-Friendly hospitals, including every hospital in Sweden, 6,000 hospitals in China and 75 percent of hospitals in Malaysia. In the United States, where Philipp says the government is heavily lobbied by the formula industry, only 50 out of more than 4,000 maternity sites have received the designation.

In order to help other hospitals, Philipp has published numerous articles on the Baby-Friendly process, lectures nationwide on breastfeeding topics, and has even appeared on a segment of ABC's *20/20*.

"The most gratifying thing about this work is being able to impact babies and families all over the country," she says. "I never imagined myself doing this, but I absolutely love it."

—Renée Gearhart Levy



Taylor, daughter of Susan A. Waterman, MD '89



Sons of Christie Perez-Johnson, MD '01

## Mark Your Calendars!

SUNY Reception  
Washington, DC  
April 5, 2006  
Location TBA

Joseph C. Fischer, MD '79,  
Memorial Golf Tournament  
June 19, 2006  
Syracuse, NY  
Bellevue Country Club

Reunion 2006  
Syracuse  
Sept. 15-16

**John D. Wrightson**, of New Wilmington, PA, writes he married Diane Conway in 2001 and they have one son. As of June, Dr. Wrightson is the medical director of a very large, multi-center, multi-disciplinary interventional pain management practice in Western, PA.

### 1991

**Helen A. Wolfson**, of Chadds Ford, PA, is a solo practitioner in Media, PA. She has two boys, Jason, nine, and Joel, seven. Dr. Wolfson writes, "I'm always interested in hearing from any alumni that may be in the area."

### 1993

**Joanne C. Pohl** is an OB/GYN living in Manheim, PA, with her husband, Ed, and three children, Maggie, six, and twins Hugh and Ed, four.

### 1994

**Wendy C. Wilcox** recently graduated from the executive MPH program at Columbia University. She lives in Harrington Park, NJ, with her husband, Gary, and children, Justin, seven, and Hayley, four.

### 1995

**Yves Gabriel**, of Elmira, NY, was recently appointed to the department of surgery at St. Joseph's Hospital. Dr. Gabriel is also affiliated with Arnot Medical Services.

**Lucinda A. Yousey** married John Keller, PhD, on November 26, 2005. They are living in Zionsville, IN, after an awesome honeymoon to Australia and New Zealand.

### 1996

**Doris Cromer** and husband, Brian, announce the birth of their son, Matthew Brian, born in October 2005. She and Brian practice in Baltimore, MD.

### 1997

**Richard P. Rizzuto** is currently in private plastic surgery practice in Bradenton, FL.

### 1998

**Pedro del Pino** is a board certified general surgeon who finished his general surgery residency at Albany Medical Center in 2003. He has also recently finished his cardiothoracic surgery fellowship at Upstate. He currently resides in Manlius with his wife, Emilia, who is a speech language pathologist in Syracuse. They have two children, Grace Joan, three, and Julia, one.

**Wendy Scinta**, of Cazenovia, NY, opened her new office in Cicero, NY. Dr. Scinta is a board certified family physician who has been practicing medicine for six years.

### 1999

**Amy Hearne Yorio** and **Michael Yorio**, of Greenlawn, NY, announce the birth of their daughter, Drea Rose Yorio, on August 6, 2005.

**Joshua S. Simon**, of Bala Cynwyd, PA, recently became associate director of Frankford Campus emergency department in Philadelphia.

### 2000

**Matthew Liepke**, of Oswego, NY, received board certification in internal medicine in October 2005. Now a diplomat in internal medicine, Dr. Liepke has passed a proficiency exam in his field that places him among the upper echelon of internists.

### 2001

**Todd R. Lentz**, of Syracuse, NY, serves as hospitalist at Auburn Memorial Hospital. In his role, he works full-time within the hospital, providing inpatients with access to a physician at all times.

**Andrew E. McQuide**, of Cooperstown, NY, joined Bassett Healthcare as an anesthesiologist. Dr. McQuide recently completed an anesthesia residency at Brigham and Women's Hospital in Boston, MA. He also completed a transitional residency at St. Vincent's Medical Center in Bridgeport, CT.

**Christie Perez-Johnson** writes she finished her residency in anesthesia at Strong Memorial Hospital and has taken a job in Rochester, NY. Dr. Perez-Johnson writes, "My husband, Greg, and I are grateful to be able to stay near our families. Our four boys, Max, 10, Ben, eight, and twins Luke and Calvin, four, are all happy and healthy."

**Sterling W. Simpson**, of Los Angeles, CA, married Michelle Jardines in May of 2005 in Las Vegas, NV. He is currently working on three medical publications and finishing a fellowship in pediatric pulmonology at Children's Hospital of Los Angeles.

Have news to share?  
Got a story idea?  
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## Alzheimer's Alert

As baby boomers become senior citizens, the subsequent increase in Alzheimer's disease threatens to create a mega health crisis. That's the message Sharon Brangman, MD '81, is sending to health-care planners, government officials, politicians and citizens.

"They are nowhere near listening. Our nation is in denial," says Dr. Brangman, who sees about 3,500 older patients a year, as chief of geriatric medicine at University Hospital.

Alzheimer's strikes about 15 percent of people over 65 and 50 percent of people over 85. It currently affects 4.5 million Americans, but according to Brangman, "That number will soon double or triple.

"It's a huge public-health concern," she warns. "It's very time- and resource-consuming. We'll need so many support services, for patients—and caregivers, because the biggest predictor of how these patients will fare is the caregiver.

"Our system is not set up to provide such support," she adds. "Medicare will reimburse us for a patient on a respirator but not to support a caregiver who is falling apart or to help a family plan for their patient's care."

Caregiver support is a high priority at the CNY Alzheimer's Disease Assistance Center (ADAC), which serves 13 CNY counties—and which Brangman directs. The ADAC, partially funded by New York State, also diagnoses Alzheimer's, treats and manages patients and provides education.\*

The news is not entirely bleak, Brangman says. New medications are available for early-stage Alzheimer's disease. "They are palliative, not curative, but they

help preserve a higher quality of life for as long as possible."

These medications represent major advances in the understanding of Alzheimer's.

"We know that the protein amyloid coats and tangles nerve cells in the brain," Brangman reports. "The nerve cells die. Messages can't be sent."

Researchers are exploring all aspects of the disease, including the trigger that turns on the plaque-like protein; medication to dissolve the protein; and nerve growth factors to regenerate nerve cells.

While there is much to learn about Alzheimer's, there are lessons in the risk factors associated with the disease, says Brangman.

People with lower levels of education have higher rates of Alzheimer's, she reports. Researchers theorize that highly educated people have larger brain reserves and more neuronal connections. Brangman says it makes sense "to keep the brain moving," although no data has demonstrated its preventive effect. "Nevertheless, reading, music, puzzles, word games, social connections and stimulation build brain reserves," Brangman advises.

She also advocates exercise, which generates very positive chemicals; diets lower in fat and higher in fish oils; minimal alcohol consumption ("It poisons the brain," she says); and not smoking.

—Denise Owen Harrigan

\*University Geriatricians at UHCC is the practice site for the CNY Alzheimer's Assistance Center



Sharon Brangman, MD '81