

DEPARTMENT OF MEDICINE NEWSLETTER

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Our Mission

"To improve the health of the communities we serve through education, biomedical research and healthcare."

Inside this edition...

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Upstate Updates and News!



Department of Medicine

Improving the health of the communities we serve through education, biomedical research and health care

Upstate in the News

Dr. Ramsay Farah, dermatologist, tells how to treat sunburns on HealthLink On Air radio show, Sunday, August 9, 2015.

Dr. Robert Carhart discusses a new class of drugs being hailed for its ability to lower LDL, or “bad” cholesterol, and because it can be used by people who cannot tolerate widely used statin drugs on HealthLink On Air radio show, Wednesday, August 12, 2015. He describes how these new injectable drugs, known as PCSK9 inhibitors, help clear artery-clogging LDL. He also discusses their as-yet unknown factors, from high estimated prices to long-term effects.



Dr. Waleed Javaid, Infectious disease expert, addresses the prevention, diagnosis and treatment of Lyme disease on HealthLink On Air radio show Sunday, July 26, 2015.

“Prevent Lyme disease by protecting your skin outdoors, then checking later for ticks. Bites from the tiny insects spread the disease, which can usually be treated with short-term antibiotics but can lead to long-term problems if untreated,” says Javaid, who recommends the federal website www.cdc.gov/lyme as a source of reliable information on the illness and on tick removal.

Dr. Robert Carhart, tells about a new way of monitoring congestive heart failure on the HealthLink On Air radio show Sunday, August 16, 2015. A decades-old procedure is getting a new use to help patients with congestive heart failure. Bioimpedance, or the resistance of a substance to electrical current, helps doctors monitor the amount of fluid in a patient’s chest. “Using an exterior band or an implanted device, such as a pacemaker, bioimpedance helps determine how much of a diuretic medication the patient needs to maintain a healthy fluid level, with a goal of helping the patient avoid repeated hospitalizations,” he said.

You can listen to their presentations by following the link below.

<http://blogs.upstate.edu/healthlinkonair/>





Upstate Updates and News Cont...

Upstate Awarded Grant to Catch Disease-Carrying Mosquitoes Dr. Anna Stewart Ibarra will Lead Effort



Upstate Medical University has received a grant to develop a prototype for a new device to specifically attract and exterminate *Aedes aegypti* mosquitoes.

If successful, the prototype should provide soldiers with another layer of protection when they are deployed in regions where these viruses are endemic. The prototype could potentially be modified to attract and destroy other mosquito host vectors, such as those that transmit West Nile disease and encephalitis.

Upstate's Anna Stewart Ibarra, PhD, MPA, the project's principal investigator, is collaborating with a team of infectious diseases and mosquito biology experts on researching and developing the novel device. Stewart has expertise in dengue fever epidemiology, *Aedes aegypti* ecology, dynamics and surveillance. "As no vaccine is yet available for dengue or chikungunya, controlling the population of the *Aedes aegypti* mosquito remains the primary intervention to reduce the burden of disease," says Stewart Ibarra.

Upstate's Center for Global Health & Translational Science is targeting dengue fever at various fronts through vaccine trials and overseas epidemiological studies such as Stewart Ibarra's. For more information about its research efforts, visit the Center for Global Health & Translational Science. - See more at: <http://upstateonline.info/static/July9-July162015/blog/story-2/index.html>

Department of Medicine Website

The Department of Medicine is pleased to announce the launch of our new website www.upstate.edu/medicine. We have been working on updating the content and design of our site over the summer and have just launched it online as of August 14, 2015. Please visit the site and check out the updated content. Any comments or concerns can be directed to the Content Manager, Caroline Wright at wrigcaro@upstate.edu.





Upstate Updates and News Cont...

Nepal Update

Hi All,

I want to update you about the progress in rebuilding.

I made a trip to Nepal immediately after the earthquake and initiated various medical relief efforts. These are outlined in these links. http://www.syracuse.com/entertainment/index.ssf/2015/06/nepal_earthquake_relief_upstate_medical_doctor_travels_home_to_treat_injured_pre.html
<http://blogs.upstate.edu/healthlinkonair/2015/06/19/upstate-hospitalist-provides-relief-after-earthquake-devastates-his-native-nepal/>.

The current priority is to rebuild. I have been actively involved in this and have started a tax exempt organization (501c3) called Mission Rebuild Nepal <http://www.missionrebuildnepal.com>.

Currently we are focusing on building transitional shelters for 800 houses. The work in ground has already begun. Please help to spread this message and contribute towards this humane project.

Dinesh Subedi MD



Dr. Completes 2015 Lake Placid Ironman

Dr. Matt Glidden, Hospitalist, participated in the 17th Annual Ironman held in Lake Placid, NY, July 26, 2015. The Lake Placid Ironman is the second oldest Ironman in North America and one of the sport's most popular courses.

The race begins with the swimmers entering the water at 6:30 a.m. for a 2.4 mile swim across Mirror Lake, followed by a demanding 112-mile bike ride through the Adirondack Mountains, and ends with a full 26.2 mile run.



Matt Glidden, 2015 Lake Placid Ironman
140.6 July 26th.

“Life is about continuously exploring your mental and physical boundaries and then discovering that the goal is never as important or rewarding as the journey and that disappointment is the fuel to push forward.”

~Matt Glidden~





Upstate Updates and News Cont...

Ruth Weinstock Addresses Class of 2019 at White Coat Ceremony

Dr. Ruth Weinstock gave an outstanding address to the incoming medical students at the White Coat Ceremony held August 6, 2015, (pictured right).

“You are beginning a lifelong journey in Medicine, and are at the start of building new relationships within our communities. People will be putting their lives and their trust in your hands. It is a humbling and most rewarding experience. Being a physician is a privilege and a huge responsibility.



Openness will be my theme today. Life-long openness.”

Dr. Weinstock went on to elaborate on the importance of openness in all aspects of the practice of medicine. She emphasized learning, growth, and teamwork as students and our future doctors navigate their way through medical school and beyond.

She closed with an expression of confidence and hopefulness in the class of 2019:

“With openness to learning, openness to your patients, openness to your healthcare team members, openness to change, openness to discovery, and openness to your communities, I am confident that you will be successful physicians, you will be fulfilled, and you will make yourselves and your families proud. Congratulations, enjoy the journey, and thank you.”



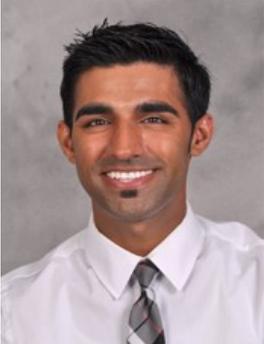
Sharon Brangman Featured in “55 Plus”

Dr. Sharon Brangman was featured in two articles in the magazine *55 Plus*. The first, titled *Making the Golden Years Count*, focuses on Dr. Brangman’s thoughts and input into the well-being of older adults.

In the second article, *Living a Long, Healthy Life*, Brangman elaborates on five tips for helping aging adults stay healthy and functional as they face the many challenges and transitions that come with aging. You can read the full articles on pages 28-34 of the August/September, 58th issue of *55 Plus*.



New Faculty



We are pleased to welcome one new faculty member to the Department of Medicine this month. **Amitpal Nat**, MD, Clinical Assistant Professor, joined the General Internal Medicine Division on August 19, 2015. He received his medical degree from the Medical University of Lublin. He completed his Residency in Internal Medicine at SUNY Upstate Medical University, 2011-2014, and was the VA Chief Resident in Quality and patient Safety at University of South Florida, 2014-2015.

DOM Faculty Meeting

The Department of Medicine had a full faculty meeting on August 7, 2015. The majority of the meeting was devoted to Dr. David Duggan, Dean of the College of Medicine at Upstate. He gave updates on the Presidential search, Syracuse University's proposed medical school, College of Medicine finances, and the Cancer Center/Oncology alignment project.

The second Presidential candidate was coming through that day with an open forum at 3:30. They were still expecting more candidates to come and Dr. Duggan encouraged all to go to the open forums. Next, Dr Duggan reported on the recent news that Syracuse University wants to open its own medical school to provide physicians dedicated to veteran care. Dr. Duggan stated that Upstate had some concerns with this plan, in particular with using valuable local resources which we need devoted to Upstate's educational programs.

As for the College's finances, Dr. Duggan reported that the state funding seems to have stabilized and no further cuts are expected. The campus however, with all its previous commitments and the unfunded union negotiated raises, still continues to overspend its allocation. Due to this, the college is attempting to come up with a better way to allocate state dollars to departments based on teaching, research and administration.

Lastly, Dr. Duggan reported that the Hospital and the Department are working on a plan to align Cancer services at Upstate. In this proposal, the Oncology private practices will become provider based and the additional revenues generated will be used to support the cancer program. This is a model that is being tested in the Cancer Center with the hope that it could be expanded to other services.

Michael Iannuzzi, MD, MBA, President and Chairman of the Department of Medicine, finished the discussion by reiterating our mission and stating that we should be making our decisions based on our mission. He outlined what he has done to improve communication with the department and welcomed any suggestions. He also stated that the department was looking into an APP to help us track educational activity to be prepared for Dr. Duggan's alignment of state dollars.





Recent Faculty Publications

Aloia J.F., Mikhail M., Usera G., **Dhaliwal R.**, Islam S. Trabecular Bone Score (TBS) in Post menopausal African American Women. *Osteoporos Int* 2015 Mar;26(3):1155-61.

Baral, D., Zaccarini, Adhikari, B., Dongol, R., **Sah, B.** Congenital Pulmonary Airway Malformation in an Adult Male: Case Report and Literature Review. *Pulmonology* 2015 July;2015:743452.

Harrison J.W., Cherukuri R., **Buchan D.** Renal Cell Carcinoma Presenting with Paraneoplastic Hallucinations and Cognitive Decline from Limbic Encephalitis. *J Gen Intern Med* 2015 Jul;30(7):1037-40.

Iannuzzi M.C., Iannuzzi J.C., Wright S., Holtsbery A., **Knohl S.J.** Comparing Hospitalist-Resident to Hospitalist Midlevel Practitioner Team Performance on Length of Stay and Direct Patient Care Cost. *J Grad Med Educ* 2015 Mar;7:65-9, 2015.

John S., Thuluvath P.J. Hyponatremia in Cirrhosis: Pathophysiology and Management. *World J Gastroenterol* 2015 Mar 21;21(11):3197-205.

Kim K., Oh C.M., Ohara-Imaizumi M., Park S., Namkung J., Yadav V.K., Tamarina N.A., **Roe M.W.**, Philipson L.H., Karsenty G., Nagamatsu S., German M.S., and Kim H. Functional Role of Serotonin in Insulin Secretion in a Diet-induced Insulin-resistant State. *Endocrinology* 2015 Feb;156: 444-452.

Levin A.M., Adrianto I., Datta I., **Iannuzzi M.C.**, Trudeau S., Drake W.P., Li J., Montgomery C.G., Rybicki B.A. Association of HLA-DRB1 with Sarcoidosis Susceptibility and Progression in African Americans. *Am J Respir Cell Mol Biol* 2015 Aug;53(2):206-16.

Liu K., Sun Z.X., Wei T.M. Reverse McConnell's Sign: Interpret Interventricular Hemodynamic Dependency and Guide the Management of Acute Heart Failure during Takotsubo Cardiomyopathy. *Clin Med Insights: Cardiology* 2015 Mar;23;9(Suppl 1):33-40.

Perl, A. mTOR Activation is a Biomarker and Central Pathway to Autoimmune Disorders, Cancer, Obesity, and Aging. *Ann. NY Acad. Sci.* 2015 Jun;1346(1):33-44.

Perzova R., Graziano E., Sanghi S., Welch C., Benz P., Abbott L., Lalone D., Glaser J., Loughran T., Sheremata W., **Poiesz B.J.** Increased Seroreactivity to HRES-1 Gag peptides in Patients with HTLV Myelopathy. *AIDS Res Hum Retrovir* 2015 Feb;31 (2):242-9.

Pinto I., Giri A., Arshad U., **Gajra A.** New Oral Anticoagulants and their Reversal. *Current Drug Safety* 2015 Apr;10(2).

Ready N.E., Pang H.H., Gu L., Otterson G.A., Thomas S.P., Miller A.A., Baggstrom M., Masters G.A., **Graziano S.L.**, Crawford J., Bogart J., Vokes E.E. Chemotherapy with or without Maintenance Sunitinib for Untreated Extensive Stage Small Cell





Recent Faculty Publications Cont...

Lung Cancer: A Randomized, Double-blind, Placebo controlled Phase 2 Study CALGB 30504 (ALLIANCE). *J Clin Oncol* 2015 May 20;33(15):1660-5.

Smulyan, H., and Blair, D.C. The Tale of Infective Endocarditis: Fatal, then Curable, but Rarely Preventable. *Am J Med Sci.* 2015 Aug;350(2):140-146.

Smulyan, H., Lieber A., Safar ME. Hypertension, Diabetes type II and their Association: Role of Arterial Stiffness. *Am J Hypertension.* In Press.

Weiss Wiesel T.R., Nelson C.J., Tew W.P., Hardt M., Mohile S.G., Owusu C., Klepin H.D., Gross C.P., **Gajra A.,** Lichtman S.M., Ramani R., Katheria V., Zavala L., Hurria A. On behalf of the Cancer Aging Research Group (CARG). The Relationship Between Age, Anxiety, and Depression in Older Adults with Cancer. *Psychooncology* 2015 Jun;24 (6):712-7.



Abstracts

Vaidya G.N., **Russell Acevedo.** Tumor Lysis Syndrome in Metastatic Breast Cancer after a Single Dose of Paclitaxel. *Am J Emerg Med* 2015 Feb;33(2):308.e1-2.

Vaidya G., **Siddiqui D.S.** Type A Aortic Dissection in Fibromuscular Dysplasia. *Mayo Clin Proc J* 2015 March;90(3):421-2.

Books and Book Chapters

Hopkins R. *Pituitary Tumors: Viewpoint - Medical. In: Principles and Practice of Stereotactic Radiosurgery*, 2nd ed. (ed. Lawrence S. Chin and William F. Regine), Springer, NY, Chapter 30, pgs 403-408, 2014.

Sah B., Iannuzzi M.C. *Novel Pharmacotherapy of Sarcoidosis.* Pharmacology & Therapeutics. Elsevier, 2015.

Kudos

Adult Medicine

“Exceptionally pleasant, courteous and capable.” “**Dr. Debra Buchan** - Very caring.” “Every one very good and excellent.” “**Dr. Lynn Cleary** always shows concern.” “Good, very helpful.” “Good & comfortable visit.” “Very helpful.” “Really friendly and understandable.” “Excellent care was provided.” “I think **Dr. Emily Haggerty** does a great job and I'm happy to have her as my doctor.” “Overall 10 of 10, excellent.” “Never had anything bad happen, its always been good.” “**Dr. Ramsay S. Farah** is courteous, professional, and excellent.” “**Ralph** a nurse, just makes your day. You call not feeling good, and he just makes you feel so much better.” “EXCELLENT staff.” “My doctor **Veera D Panuganty** - from the first time she walked into the examining room she was caring and professional. Every time something new was wrong with me she took care of it right away. I never felt like she didn't know what she was doing. She is the best. You need a doctor like her. Don't let her get away. She is beautiful.” “Very good & nice.” “Very friendly and helpful nurse.” “The nurse, receptionist and blood phlebotomist all were very friendly and very helpful.”





Kudos

Joslin Center for Diabetes

“**Dr. Jennifer Kelly** is a very caring doctor and listens to what you have to say. She is truly concerned about my well being, I feel confident with her recommendations.” “**Kathy Bratt** - very personable, understanding & sincere care. Lady at the front desk impressed us too, but we don't remember her name.” “**Dr. Ruban Dhaliwal** is very kind and thoughtful. She treated me with great respect and professionalism. She, of course is intelligent and is very very knowledgeable in her field.” “Excellent experience.” “**Dr. Dhaliwal & Nancy** were friendly, well-informed, and very pleasant.” “**Dr. Moses** - So much knowledge and experience. **Jackie** (RN) is the "BEST" in care and expertise. Don't let her go!” “**Dr. Nadkarni** is very excellent at his expertise.” “**Dr. Feuerstein** is excellent; one of the few doctors in the world these days to really listen to the patient.” “Had great experience with **Dr Akel**. She is a very down to earth person.” “I would recommend **Dr. Nadkarni**.” “**Cathy Bazan** takes her time listening to my concerns and deals confidently to address each concern; she's easy to talk to!” “**Dr. Nadkarni** is always very professional, but makes me feel as if my care really matters to him. He is a great medical provider and very knowledgeable in his field.” “Again, **Dr. Feuerstein**, and the whole reception area staff are awesome too. Very respectful & cheerful.” “**Dr. Kelly** was very concerned about my health care.” “**Dr. Hopkins** treated me like a person.” “**Dr. Akel** is the best, I have seen many dr's in my years (60) and Dr. Akel comes across as a very caring person. I have thought of following her so she stays my doctor.” “**Sherrie Bishop** has a calming tone to her voice that puts you at ease and makes you feel like you can trust what she is saying. I just adore her.”



University Geriatricians

“I have only had good experiences with their wonderful staff. All are professional, attentive & caring.” “**Dr. Brangman's** attentiveness made me feel confident in her care.” “I am always impressed & gratified by the attention I receive from **Christine Heagle Bahn** & the staff, including receptionist.” “The young man who saw me was kind & communicated well. He seemed to know a lot about me although he had no previous contact with me. He addressed my concern and answered my questions.” “Good experience.” “Very good experience.” “Outstanding; on my first visit I thought he was the lead professional.” “Good experience.” “Outstanding performance by your entire staff.” “These people are the best.” “The nurse was so pleasant and friendly.” “**Heagle-Bahn & Betsy** seemed interested in my concerns & thorough in questions asked & answered.” “Both **Isabel Kliss** and her nurse were outstanding! My mom had a bowel movement while there and they immediately changed her diapers. Not easy to do because mom has no muscle control and doesn't understand what you ask her to do. They were very understanding with mom and treated her respectfully.” “All of the staff we encountered were great!” “**Christopher J. Norman** - Alert and very caring for my problem. Very personable and very easy to discuss problems with.”





Kudos Cont...

University Geriatricians Cont...

“Patient has Alzheimer's and difficulty sitting; cannot stand at all - nurse took her in to exam room as soon as we got there. Excellent staff.” “No delays.” “**Dr. Brangman** is wonderful.” “**Chris - NP**, was very patient & friendly, took all the time we needed, never felt rushed, and answered all our questions.” “Efficient & pleasant.” “The nurses and office staff are friendly and warm.” “**Dr. Berg** has been wonderful. She is knowledgeable but her human compassion is what makes her such a great doctor.” “My provider was **Isabel Kliss** and she was fantastic and will be missed.” “The doctor was friendly and pleasant.” “**Dr. Bishop** listened closely, gave direct orders for actions to be taken, was attentive, explained well, and took positive action.” “**Dr. Berg** is so comfortable with my elderly aunt and was also very supportive of my concerns/stresses as her primary caretaker - really appreciate her time & patience!” “NP she was very kind and cared about how I felt and always had a smile.” “The nursing staff is great.”



Joslin Center for Diabetes Cont...

“Everyone is very kind.” “Love the nurses.” “Treated me like a human being, not a disease.” “Saw two providers **Concilla** and **Maria** (NP), BOTH were excellent.” “**Sherrie Bishop** is awesome. She understands that I am my own doctor day in & day out & allows me flexibility (meaning she's not arrogant, cocky or condescending).” “**Dr. Rachel Hopkins** is caring, very professional and concerned about my well being.” “Nurse educator - researched new pump possibility in near future & called me at home following visit with results.” “Everyone very friendly.” “Very friendly & courteous!” “Great doctor, great staff!” “**Dr. Feuerstein** is the best!” “The incredible **Kathy Bratt** taught me how to care for my daughter 12 yrs. ago and is why I survived my recent type 1 diagnosis. The wonderful educator brought her in for a great hug.” “Everyone was so nice, happy, and upbeat; nurse had a great sense of humor, doctor was great -everyone is thorough & does a great job.” “**Dr. Roberto Izquierdo** is wonderful, always so caring & gentle.” “The doctor I see is always upbeat and direct, she's great.” “I don't know her name but she was very polite.” “Thanks for excellent care on 1st visit.” “Went very fast.” “This was the least time I had to wait in waiting area!” “At all my visits I'm always pleased by how much time care givers provide, even though all might be very busy. I always feel as if no one is hurried, even though they must be!” “**Katie** at signing in is just wonderful, also the new LPN to the NP and PA were just terrific, they all knew there stuff and are kind and friendly; the best. **Dr. Weinstock** is my savior for keeping me on track with my diabetic concerns and all the other illness I suffer. She treats me as a whole, and not just my diabetes. She is the very best, her knowledge is the best, she is top notch.” “Again, both **Dr. Concilla** and **Maria** were clear and patient. I do not know the name of Dr. Concilla's nurse, but she, too, wanted to be sure that I could get help when I needed it.”





Kudos Cont...

University Cardiology

“Very good server.” “Always Good.” “**Dr. Robert Michiel** has been my doctor for 25 years and is the reason I can write this.” “**Dr. Szombathy** is a very warm-hearted professional.” “**Dr. Carhart** & staff explained things well.” “**Dr. Kozman** is the best - caring, kind, intelligent, knowledgeable. This is an EXCELLENT provider.” “**Dr. Carhart** is always caring.” “**Dr. Carhart** is always wonderful! Can't say enough great things!” “Everybody was easy to talk with and made me relax and comfortable.” “Made me and my family very comfortable with what I need done.” “**Bogardus** explained everything he was doing and why; spent time answering my questions; I didn't feel rushed during our time together.” “They are always very good to us.”

Hem/Onc

“Anytime we have called, the staff is always courteous.” “Very good.” “The nurses & doctors are so patient each visit. We commend them for that. Everyone has been very good to us.” “We have spoken to many people of the great staff and wonderful care provided at the cancer center. We thank you ALL so much, you're all a God send!!” “Good!” “Good experience, excellent physician.” “Very easy and accommodating schedule.” “MyChart” is a great communication tool.” “Very friendly and helpful.” “Love the new facility “Cherry” waiting room comfortable.” “Always good experience. Friendly staff. Like that they always remember me and my name not a number.” “Great friendly staff, very personable. Take care of needs & questions.” “Great out patient facility in patient 10H - Wonderful caring staff. Very happy with all care.” “My oncologist **Dr. Diaz** is very efficient and fast, a very nice doctor.” “No waiting time - at each visit the next appt. is scheduled.” “Very efficient.” “Ladies at registration desk very pleasant & helpful.” “Everyone was caring & considerate at all my visits.” “Nurses are the best.” “All nurses were excellent.” “Very pleased with care.”



Medicine Subspecialties

“**Dr. Manju Paul** is an extremely impressive pulmonologist & I trust her completely. Also, a male doctor had me one time when she was unable to for an urgent respiratory problem and I liked his care, concern, and effort to help me very much.” “Your office personnel are VERY VERY nice & also very kind & never rush you in or out.” “The nurse who helped me find a new provider for my CPAP supplies was very helpful & friendly.” “My doctor is very good.” “It's always clean there.” “They're great there, everyone is always very helpful.” “Always good care.” “Good, no problem.” “Everyone's nice there and helpful.” “I tell everyone to go there, great people.” “EVERY one was/is very nice and competent!” “Both **Dr. Allam** & her nurse, **Kathy** were excellent & caring.” “They are all very impressionable people. They make you feel at ease.” “No delays, in fact, early! Temporary offices that day.” “Always excellent service.”

A special thanks to everyone who contributed to this newsletter, especially the editors of Upstate Online and the Faculty Commons from which some of this news is borrowed. Thank you and we hope you keep the stories coming! Please forward any news, updates, pictures, etc. to editor Caroline Wright for future publications.

Thanks,
DOM

