

# WHAT'S UP, DOC?



*Fall 2011*

*SUNY Upstate Department of  
Medicine quarterly newsletter*

*Editor: Susan DeAngelo*



**Congratulations! (By Michael Iannuzzi, MD,MBA)**

The Department of Medicine is delighted to announce that Stephen Knohl MD, Vice-Chair for Education, was awarded a 2011-2012 Picker Institute/Gold Foundation GME Challenge Grant. Additional drafting and submission support was provided by Lisa Oliver, who will serve as the grant's administrator. The \$13,000 award will fund a proposal that builds on his successfully established "Learning to Talk" (LTK) program. Dr. Knohl's proposal was 1 of 9 projects chosen for funding out of 63 submitted proposals.

The Picker Institute's mission is to improve the lives of patients by considering care "through the patient's eyes"; further to this, The Gold Foundation's mission is humanism in patient care and importance of a strong physician-patient relationship. Dr. Knohl's "LTK" program is a curriculum of twelve simulation-based training experiences (administered at SUNY Upstate's Clinical Skills Center under the direction of Steve Harris) that all Internal Medicine residents and fellows complete each year. The curriculum focuses specifically on communication-intense scenarios.

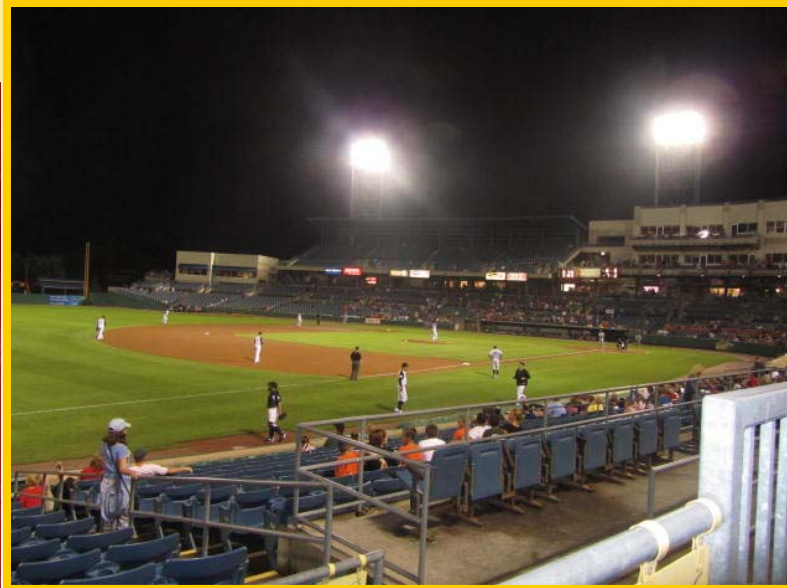
The funded project will focus on enhancing patient discharge instruction through hand-written summaries during communication with the patient at the time of discharge. This enhancement will be piloted this year and then rolled-out to the housestaff's continuity outpatient clinics.

Please join us in congratulating Dr. Knohl on this very impressive achievement!

Mike

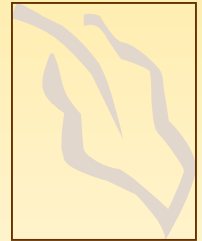
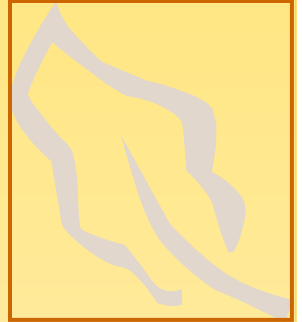
## TAKE ME OUT TO THE BALL GAME!

Dr Steve Knohl and the Educational Programs staff invited fellows, residents, and medical students to a Syracuse Chief's baseball game on July 29, 2011. Despite the torrential downpour earlier in the evening, the game went on, the fireworks were displayed, the Chief's won the game and all had a great time! Here are some photos from the event, compliments of Educational Programs Administrator, Deb Killian.



## Department of Medicine welcomes new faculty!

A reception was held for the new faculty on Monday, August 15<sup>th</sup>, 2011 in the ninth floor cafeteria of Weiskotten Hall. Those in attendance enjoyed food and drink from Morrison catering, as well as each other's company. Here are a few pictures from the event, compliments of Patrice Palmieri, Assistant to the Chair.



**Please give a warm welcome to the following faculty who will be starting this fall:**

**Dr Lubna Wani, General Medicine**

**Dr Mohamed Heikal, Pulmonary/Critical Care**

**Recent additions to our voluntary faculty include:**

*(Includes both Syracuse and Binghamton campuses)*

**Dr Ryan D'Amico, Podiatry**

**Dr Scott Edison, Gastroenterology**

**Dr Keshab Paudel, Internal Medicine**

**Dr Jason Joseph, Internal Medicine**

**Dr Mukesh Garg, Cardiology**

**Dr Adnan Abbasi, Pulmonary/Critical Care**

**Dr Dinesh John, Internal Medicine**

**Dr Anshu Shridhar, Cardiology**

**Dr Gregory Szymaniak, Internal Medicine/Pharmacology**

**Dr Sarabeth Wojnowicz, Pharmacology**

**Dr Aref Agheli, Hematology/Oncology**

**Dr Dinesh Jagasia, Cardiology**

**And bid a sad farewell:**

On September 8<sup>th</sup>, 2011 the Division of Pulmonary/CC held a going away party for Dr Shahzad Jokhio in room 9299 WSK from 12:30-1:30 PM.

They welcomed those who wanted to wish Dr. Jokhio "Good bye and good luck" before he left to meet up with his family and to start a

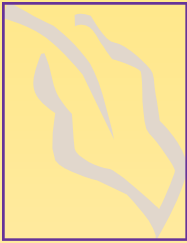
new position at the University of Texas Medical Branch at Galveston.

Those in attendance enjoyed a last chance to chat and wish him well.

A photo taken at the event is shown below. We will miss you Dr Jokhio!



Get out and enjoy the fall foliage!  
(Below photos ,as well as cover  
photo, compliments of Clay Elliott



Try the following recipe the next time you have a hankering for something seasonal and warm!

## Pumpkin Soup

### Ingredients:

- 1 tablespoon butter
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 pound pumpkin, peeled, seeded, cut into 1-inch cubes
- 3 cups chicken stock
- 1 tablespoon tomato paste
- 1 tablespoon grated parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon pepper

### Directions:

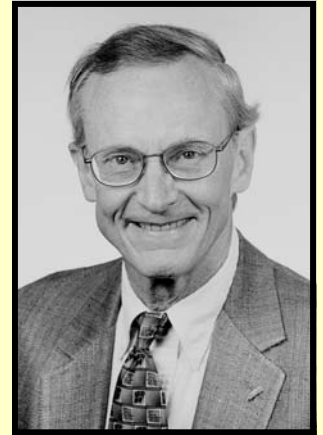
1. Melt butter in a large saucepan over medium heat. Add onions and garlic and cook until translucent, 3 to 4 minutes, stirring.
2. Add pumpkin and cook 3 minutes, until lightly softened.
3. Add stock and paste and stir to mix. Bring to a boil over high heat, lower to a simmer, and cover. Cook 20 minutes, until pumpkin is very tender.
4. Transfer to a food processor and puree until smooth. Add cheese, salt, and pepper; mix and serve warm.



## Why Medicine?

I recently asked Dr Paul Phillips how he chose Medicine as a career and why he chose the subspecialty he is in. This is what he had to say:

"My father was a doctor (a surgeon and later a radiotherapist), so becoming a doctor was always a possible career choice. I did pre-med at Princeton, but also considered finance/business as a possibility. During college I worked a summer on Wall Street, and that changed my mind against finance and solidified my medical career choice. I went to Albany Medical College after Princeton. At the end of the four years I vowed never to return to upstate New York again due to the harsh winters!



One year of internship at Roosevelt Hospital in New York City was followed by two years in the U.S. Public Health Service at NIH in order to fulfill the requirements to serve during the Vietnam war. There I worked on developing a vaccine for the newly isolated German Measles virus. This two year period of working with cell cultures and vaccinating monkeys, was followed by two more years of residency, this time at Bellvue Hospital, NYC. There I worked under the direction of Charles Ragan, who was a pioneering rheumatologist (part of the four person team that discovered the rheumatoid factor).

When my time there was up, Dr Ragan suggested I take my virologic skills to work with his protegee, Dr. Charles Christian at Columbia Presbyterian Hospital. During this fellowship, under the direction of Dr Christian, I was trying to discover the "virus" that causes rheumatoid arthritis. We applied for an NIH grant (about a 3 page proposal at the time!) and got the grant. Later the whole team of clinician-scientists led by Dr. Charles Christian moved to the Hospital for Special Surgery at Cornell/New York Hospital, where we prospered and published.

After ten years the NYC congestion began to wear on me and many of my colleagues and I began to look for advancement and "greener pastures" outside of the city. I was recruited to SUNY Upstate as Division Chief of Rheumatology in 1981 and remained in that position until 2001. When Dr Andras Perl came on, I felt it was time to pass the mantle. The rest, as they say, is history!"

### **Boilermaker Runners (with times):**

**Daniel T. Smith, DPM 1 hour, 24 minutes**

**Bob Michiel, MD– 1 hour 25 minutes, 26 seconds for the 15 K**

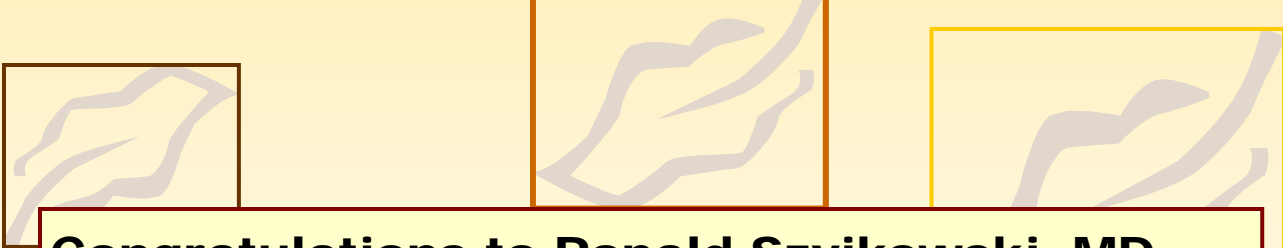
**On a similar note, let's hear about a different endurance sport.**

**Dr Karthik Sitaraman wrote on 7/13/2011:**

**"Susan,**

**Last month I climbed Mount Rainier which is 14,411 feet. (I reached the summit on June 6, 2011) That is like running the boilermaker every day for three consecutive days. Not to pick on you but just letting you know that there are other endurance sports too. Have a good day!**

**Karthik Sitaraman"**



**Congratulations to Ronald Szyjkowski, MD who was promoted to Professor of Medicine and Pediatrics in July 2011. We're so proud of you!**

### **Fun Facts**

**This year we're going to experience four unusual dates. 1/1/11, 1/11/11, 11/1/11, 11/11/11 and that's not all...Take the last two digits of the year in which you were born - now add the age you will be this year, and the result will be 111 for everyone...!! This is the year of Money..!!! This year October will have 5 Sundays, 5 Mondays and 5 Saturdays. This happens only every 823 years... These particular years are known as 'Moneybags'.**



At the annual Fall Faculty Convocation, held on September 14, 2011, many faculty were recognized. Among them was Andras Perl, M.D., Ph.D., of Jamesville who received the "Chancellor's Award for Excellence in Scholarship and Creative Activities". Below is a picture of Dr Perl accepting his award.

**Congratulations Dr Perl!**



**Guess who and guess when:**

Someone in this picture is a current faculty member. Can you guess which one it is, his name and the year the photo was taken? Send replies. The answer will be given in the next edition!



### The Answer

The photo of Dr David Duggan (in the last issue of “What’s Up, Doc?”) was taken in 1992 according to him. Other guesses as to what year the photo was taken of Dr Duggan include:

Dr Waleed Javaid, 1979?

Dr William Sawyer, 1982?

Dr W. Clay Elliott, 1985 or 1986?

Dr Lynn Cleary, 1997?

No date on the back of the photo so we may never know for sure!

According to Upstate newsletter *Upstate Update*, Gold Standard Award winners were announced March 31, 2011.

“Upstate Medical University has acknowledged the outstanding work of eight faculty members with its Gold Standard Award. The award recognizes individuals who consistently show passion, vision and commitment in their research, clinical service and teaching, while promoting the university’s values of driving innovation and discovery, respecting people, serving the community and valuing diversity.”  
Among the eight, were two Department of Medicine faculty.

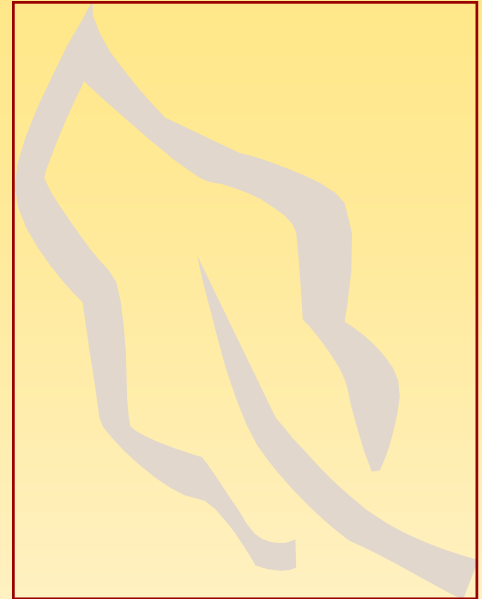
Congratulations to **Sheila Lemke, MD** and **Barbara Krenzer, MD**, **Gold Standard Award** winners!

### Quotable Quotes:

**Mahatma Gandhi: You must be the change you wish to see in the world.**

**Dr Nandi welcomes first grandchild**

**Dr Jyotirmoy Nandi welcomed his first grandchild, a granddaughter, who was named Priya. Priya was born in Portland, Maine on June 14, 2011 and weighed 5 lbs. He is pictured here with his daughter and granddaughter. Congratulations Dr Nandi!**



## Billing Tidbits-by Deb Cometti

If you submit billing to the MedBest billing staff, they have offered a few preferred abbreviations to help both you and them save time and ink! Here are a few:

AMS - Altered mental status

ANN - Anemia

FTT - Failure to thrive

JODM - Juvenile onset diabetes mellitus

LE - Lupus erythematosus

NIDDM - Non-Insulin dependent diabetes mellitus

PUD - Peptic ulcer disease

PVD - Peripheral vascular disease

SCA - Sickle cell anemia

UAD - Upper airway obstruction

VT - Ventricular tachycardia

## Happy Birthday!

The following faculty will be celebrating birthdays this quarter:

### October

Sakti Mookherjee, Michael Lane, Marisa Desimone, Tamas Szombathy, Peter Cronkright, David Duggan, Lynn Cleary, Apurv Khanna, Steven Scheinman, Karthik Sitaraman, John Langenberg, and Rajan Khanna

### November

Jennifer Kelly, Ammar Barakat, David Small, Robert Carhart, Jr., Rachel Hopkins and Housam Hegazy

### December

K. Bruce Simmons, Ajeet Gajra, Stephen Graziano, Tasaduq Fazili, Ron Szykowski, Margaret MacDougall, Avrielle George, Philip Holtzapple, Debra Buchan, Jivan Lamichhane, Tim Ford, Kathy Faber-Langendoen, Dragos Manta and Jonathan Wright

**Dr Thomas Coyle and his wife recently took a road trip along the Oregon coast. I asked him how it went and to please share a few pictures. Here's what he sent:**

**"Attached are a few pictures from Oregon. The picture with the bridge and boat is from Astoria. The two beach pictures are from Manzanita and the lady in the last picture with me is Mrs. Coyle. (Deb)"**



## PUBLICATIONS:

Das S, Cherian S, Das N, Garcha AS, **Lenox RJ**, Sexton JF. Persistent dyspnea in a 59-yr-old woman on immunosuppressants. *Chest* 2011 Sep; 140(3):818-22.

*Dube S, Rajan A, Yalamanchili S, Thomas A, Abbott L, Benz P, Gentile T, Lemke S, Carhart R, Dube D, Poiesz B. Single nucleotide polymorphisms in sarcomeric protein genes: association with chemotherapy induced cardiomyopathy. Internet J Cardiol* 2011; 10(1).

Goulopoulou S, Deruisseau KC, **Carhart RL Jr**, Kanaley JA. Limb venous compliance responses to lower body. negative pressure in humans with high blood pressure. *J Human Hyperten* 2011 Apr 7. [Epub ahead of print]

## BOOK CHAPTERS:

Khan MI, **Weinstock RS**. Chapter 16: *Carbohydrates*. In: Henry's Clinical Diagnosis and Management by Laboratory Methods, (ed. McPherson and Pincus), Elsevier, 2011; p. 210-225.

## EDITORIAL:

**Weinstock RS**. *Closing the loop: Another step forward*. (editorial) *Diabetes Care* 2011; 34: 2136-2137.

