

# UPSTATE

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Knowing changes everything.<sup>SM</sup>



# HEAD FIRST INTO ADOLESCENT MEDICINE

**M**ost pediatricians are attracted to the specialty because they want to take care of babies. Robert Michael Cavanaugh, Jr. MD champions the pediatricians who focus on adolescent medicine and hopes his book, **Dying to be Perfect: How Teens Can Stay Happy, Healthy and Alive**, will help raise awareness of the sub-specialty.

“In this community, most pediatricians are trained in adolescent medicine, but that’s not their passion,” says Cavanaugh, a father of four who has been Upstate’s director of adolescent medicine since 1981.

Karen Teelin MD has joined the department to focus on adolescent care, too.

Since the mid-1980s, residents in pediatrics have been required to complete rotations in adolescent medicine.

Adolescent medicine is a sub-board certification available to pediatricians and physicians in family and internal medicine.

Cavanaugh said because adolescent visits can be lengthy, doctors in busy practices do not have time to devote to them, especially because reimbursements from health insurers are so low,



*Pediatrician Karen Teelin MD is working alongside Dr. Cavanaugh at Upstate’s Pediatric and Adolescent Center. A former teacher, she is focused on caring for adolescents.*

compared with other types of patient visits.

“If reimbursement was better, reimbursement for time spent, more people would do this. It’s just a matter of economics,” he said.

Assembly-line physicals may appeal to parents of student athletes, but such rapid assessments offer no anticipatory guidance and are unlikely to have any impact on the leading causes of death among adolescents: accidents, homicides and suicides, all of which, Cavanaugh said, “are almost completely preventable.”

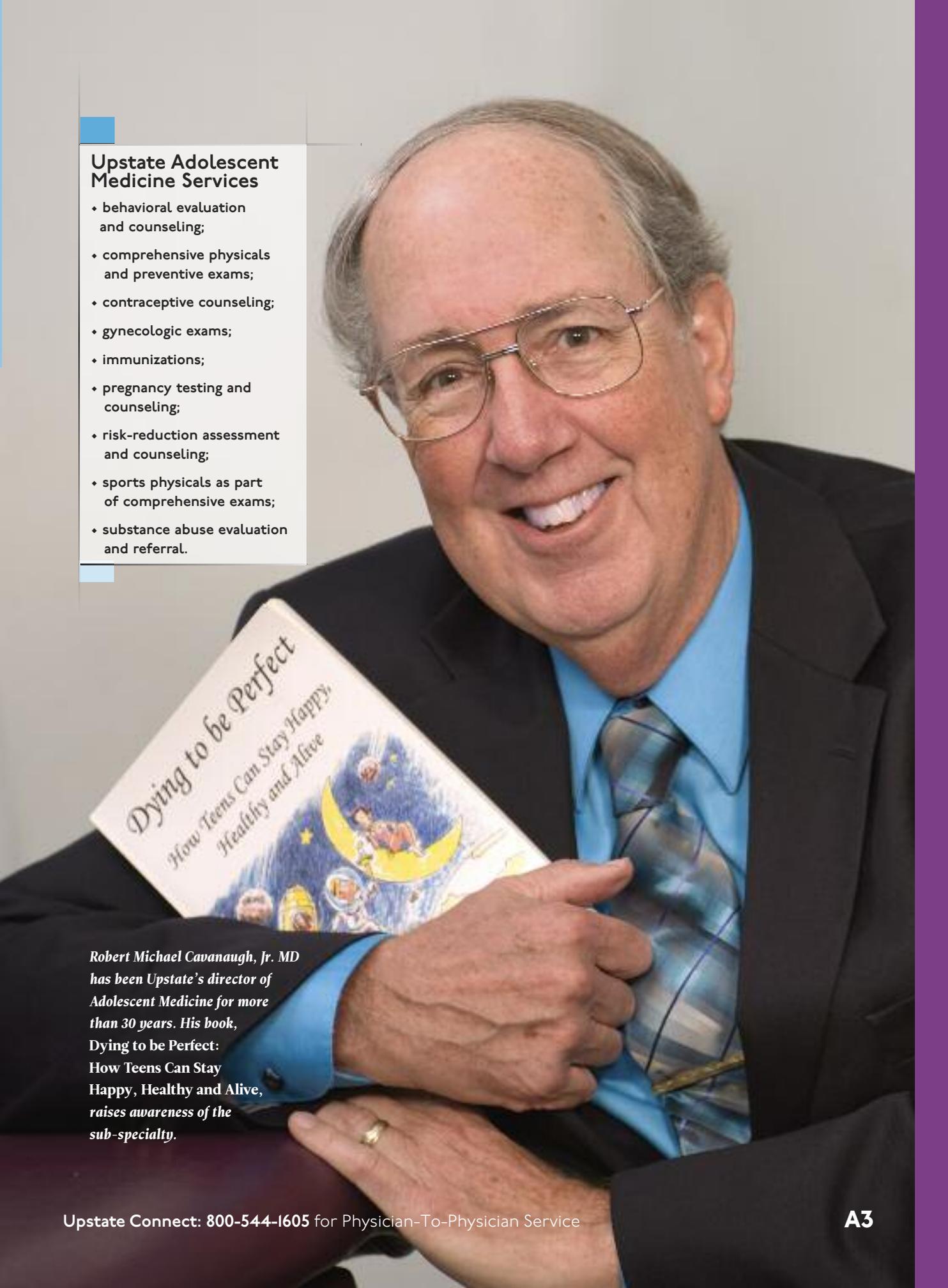
For physicians to conduct a thorough “HEADS FIRST” exam takes time, but Cavanaugh says it is a hallmark of quality adolescent health care.

Cavanaugh said doctors need to think: “Are they committed to the concept of adolescent health care? Are appointment times available outside of the normal workday? Is the office staff teen-friendly? Are rooms outfitted with appropriate exam tables?”

Cavanaugh and Teelin welcome referrals for second opinions and consultations. Reach them at 315-464-5831. ■

## Upstate Adolescent Medicine Services

- ♦ behavioral evaluation and counseling;
- ♦ comprehensive physicals and preventive exams;
- ♦ contraceptive counseling;
- ♦ gynecologic exams;
- ♦ immunizations;
- ♦ pregnancy testing and counseling;
- ♦ risk-reduction assessment and counseling;
- ♦ sports physicals as part of comprehensive exams;
- ♦ substance abuse evaluation and referral.



### *Dying to be Perfect* *How Teens Can Stay Happy, Healthy and Alive*

*Robert Michael Cavanaugh, Jr. MD has been Upstate's director of Adolescent Medicine for more than 30 years. His book, Dying to be Perfect: How Teens Can Stay Happy, Healthy and Alive, raises awareness of the sub-specialty.*



*Jayne Charlamb MD, assistant professor of Surgery at Upstate, is leading Upstate's participation in the multi-site study, Vitamin D and Breast Cancer Biomarkers.*

## VITAMIN D/BREAST DENSITY STUDY: PARTICIPANTS NEEDED

**W**omen are being recruited for a clinical trial to determine if vitamin D can decrease breast density and alter biomarkers associated with breast cancer risk.

Jayne Charlamb MD, assistant professor of Surgery, is leading Upstate's participation in the multi-site study, funded by the Cancer and Leukemia Group B. The study's purpose is two-fold.

"According to studies, high breast density has been shown to be associated with a higher risk of developing breast cancer," said Dr. Charlamb. "The main goal of this study is to see whether treating women daily with vitamin D supplements will reduce their breast density."

The study will compare the effects of taking vitamin D supplements daily for a year with those of taking a placebo on several biomarkers associated with breast cancer risk.

About 250 women will be randomly assigned to one of two study groups—those taking vitamin D 2000 IU, or a placebo. The women will be unaware of to which group they are assigned.

Participants will complete questionnaires and undergo blood tests, two physical examinations with breast exams, and two mammograms at the beginning and end of the study. Blood and tissue samples will be collected for laboratory studies to be conducted at a later time.

Visit the study website for more information or contact Linda Ellinwood RN at [ellinwoo@upstate.edu](mailto:ellinwoo@upstate.edu) or 315-464-1852. ■

### Vitamin D & Breast Cancer Biomarkers

#### To qualify, women must be:

- aged 55 years or younger;
- have a regular menses; and
- have a breast density greater than 25 percent.

#### Women are not eligible for this study, if they have:

- a history of breast cancer or ovarian cancer;
- a diagnosis of osteoporosis;
- a history of kidney stones; or
- a history of hyperparathyroid disease or other disturbances of calcium metabolism requiring intervention in the past five years.

Participants should not be pregnant or nursing, nor plan on becoming pregnant because pregnancy can affect breast density.

# INTEGRATIVE FAMILY MEDICINE

**K**aushal Nanavati MD has a simple way of looking at his role in family medicine: He helps people learn what will bring them peace and works with them to achieve it. And, he recognizes those answers may sometimes reside outside of allopathic medicine.

Nanavati is new to Upstate. He is an assistant professor in Family Medicine, combining core principles of that specialty with integrative medicine. He dreams of building an integrative medicine program at Upstate, one that would involve teaching and research in addition to patient care.

“In an allopathic standard of medicine, there are times when therapeutic options are limited,” he said. “That’s what got me to explore integrative medicine.”

Integrative holistic medicine encompasses a variety of treatment modalities including nutrition, herbal therapy, tai chi, acupuncture, meditation, Chinese medicine, homeopathy, Reiki, and Ayurveda, the ancient Indian medical system.

Medical doctors who want to offer holistic care “have to be open to accepting that they might not have every answer,” Nanavati said, “and to be open to learning not only from other systems and other providers, but also from patients.”

He says that is not such a leap for most physicians trained in family medicine, who learn how to treat people of all ages, with multiple concerns.

Nanavati was born in India, to a father who was a homeopathic physician and a mother who was a teacher. He was 7 when his uncle got the opportunity to do a psychiatric residency in Rochester. The Nanavati family tagged along, and an extended family of 11 shared a home.



*Kaushal Nanavati MD, assistant professor of Family Medicine, offers an integrative holistic approach to the medical care at Upstate’s Family Medicine practice.*

“My Dad gave up his career as a physician to come here so I could have an education,” Nanavati said. His father became a nurse’s aide in a psychiatric hospital, and his mother got a job in a bank.

Nanavati attended Rennselaer Polytechnic Institute, and then St. George’s University School of Medicine. He did residencies in England, New York City and Newark, NJ. He came to Syracuse in 1996 as part of the first family medicine residency class in Lafayette, NY. Early in his practice he worked at the PHP Health Center in Central Square, serving as chair of family and internal medicine in 2002 and 2003. In 2004, he opened a group private practice in Baldwinsville.

He has always been open to therapies he was not taught in medical school. For example, Nanavati has referred patients to acupuncture for migraine relief, and prescribed vitamin D for muscles aches and pains. He is quick to point out that both treatments are backed by scientific research showing their safety and effectiveness.

Nanavati predicts that health care over the next century will become more global, and more accepting of therapies that may seem unconventional to western-trained physicians. That, he said, will benefit patient care. “The goal is that patients are happy and healthy. If they’re at peace, then I think we have achieved something.” ■



## DISTINGUISHED CELL & DEVELOPMENTAL BIOLOGIST

**C**hristopher Turner PhD, professor of Cell and Developmental Biology at Upstate, is one of four State University of New York faculty members honored recently as a distinguished professor.

It is the highest honor given to SUNY instructional faculty. Turner is the second from Upstate to receive the distinguished professor appointment.

“In bestowing our highest faculty honor, we proudly recognize the extraordinary achievements of these faculty members and thank them for their continued commitment to excellence,” said SUNY Chancellor Nancy L. Zimpher PhD.

“I’m delighted the institution put my name forward for the appointment,” Turner said. “I’d like to recognize all the people who worked with me the past 20 years on the research and made it

possible. I owe the honor to a lot of individuals.”

Turner is internationally known for his research on paxillin and other proteins, and their roles in regulating cell migration associated with the progression of cancer and other diseases. His lab at Upstate has had continual support from the National Institutes of Health.

Turner has published almost 100 original papers and reviews since 1991, his first year on the Upstate faculty. He also has served on many review panels for grants in the U.S. and abroad, and lectures worldwide.

Turner’s post-doctoral fellows and pre-doctoral fellows have also obtained national funding, including Nick Deakin PhD, recipient of the Susan G. Komen for the Cure Postdoctoral Fellowship. ■

# VASCULAR SURGEON HEADS SOCIETY

**V**ivian Gahtan MD, division chief of Vascular Surgery and Endovascular Services at Upstate, is president of the Eastern Vascular Society through 2012. She is one of the women filling top leadership positions in the country's professional vascular societies, reflecting a growth in women entering the field of vascular surgery. In the National Resident Matching Program's 2011 vascular surgery integrated match, 59 percent of the positions were offered to female medical students. Women now account for 40 percent of all vascular surgery integrated residents.

In announcing Gahtan's and the other surgeons' appointments, Richard Cambria MD, president of the Society for Vascular Surgery, said, "Extremely talented women surgeons are moving our specialty forward. They are skilled surgeons, as well as bright visionaries who have the leadership skills to ensure the specialty advances the treatment of vascular patients." ■



## FIVE STAR STROKE CARE

**N**eurologist Julius Gene Latorre MD, MPH, director of Neuro-critical Care at Upstate, is pictured leading patient rounds at the Upstate Stroke Center. The Upstate Stroke Center received a five-star rating from HealthGrades in the fall. This recognition is the most recent in a growing list of awards, which began in 2006 when Upstate University Hospital became central New York's first hospital to receive Stroke Center designation from the NYS Department of Health. ■



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