

Department of Medicine

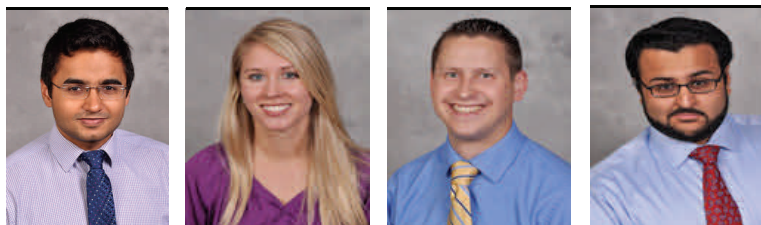
 Upstate Medical University

Passing the Torch

The new academic year is just around the corner. We wish only great things for the outgoing chiefs in their future endeavors and a fantastic year for the new chiefs. The new chief residents for the 2016-2017 academic year are: (left to right) Arunpreet Kahlon, Lauren Panebianco, Tristan Petrie, and Simrit Walia (VA Quality).

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Welcome the New Interns and 2nd Year Residents!

Categorical PGY1's—3 Years



Antoine, Marsha
American University of the Caribbean School of Medicine



Askari, Sarwat
Aga Khan University Medical College



Desai, Parth
Surat Municipal Institute of Medical Education and Research



Dharia, Het
Maharashtra Institute of Medical Education & Research (MIMER)



Dogra, Megha
Indira Gandhi Medical College, Shimla



Fariduddin, Maria
Santhiram Medical College



Gada, Kunal
Dr. D.Y. Patil Medical College



Gayam, Sindhuri
Kamineni Institute of Medical Sciences



Geneva, Ivayla
State University of New York Upstate Medical University



Goodrick, Samantha
American University of the Caribbean School of Medicine

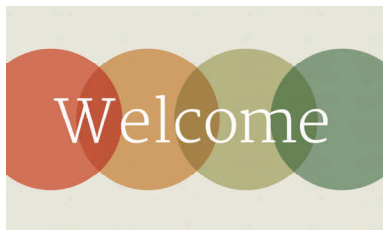


Gruca, Marek
St. George's University School of Medicine



Huml, Isaac
Ross University School of Medicine

Categorical PGY1's—3 Years Cont.'d



Kattamanchi, Adithya
Kasturba Medical College Mangalore



Khan, Sania
Aga Khan University Medical College



Khanal, Subrat
B.P. Koirala Institute of Health Sciences



Kondapi, Divya
Sri Ramachandra medical College and Research Institute



Kuhn, Michael
State University of New York Upstate Medical University



Lucier, Jessica
St. George's University School of Medicine



Mangat, Rupinder
St. George's University School of Medicine



Markabawi, Danny
University of Damascus Faculty of Medicine



Martinez, Fidel
State University of New York Upstate Medical University



Mbame, Eposi
State University of New York Upstate Medical University



Mohini, Shiv
St. George's University School of Medicine



Pandit, Raju
University College of Medical Sciences



Patel, Amy
American University of the Caribbean



Penmetsa, Amulya
American University of Antigua College of Medicine



Perera, Liyanage
St. George's University School of Medicine



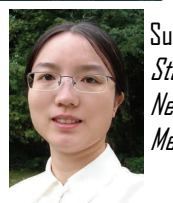
Shah, Mili
Smt. NHL Municipal College



Sharma, Bashar
University of Jordan Faculty of Medicine



Sherman, Ester
Ross University School of Medicine



Su, Hsiang (Cindy)
State University of New York Upstate Medical University



Sun, Lili
American University of the Caribbean School of Medicine



Tambe, Vikrant
Mahatma Gandhi Missions Medical College



White, Catherine
State University of New York Upstate Medical University



Yashi, Konica
Kasturba Medical College



Wishing all the new and current residents a great year!

Preliminary PGY-1 Interns



Benson, Darik
State University of New York Upstate Medical University, Anesthesiology



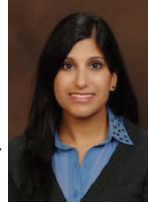
Calabrese, Bethany
Lake Erie College of Osteopathic Medicine, PM&R



Chahal, Rajvir
St. George's University School of Medicine, Anesthesiology



Elwan, Sherif
Ain Shams University Faculty of Medicine, Categorical-Neurology



Eranki, Annu
St. George's University, Psychiatry



Ewida, Amr Hassan
Ain Shams University Faculty of Medicine, Categorical-Neurology



Ghonim, Hesham
University of Cairo Faculty of Medicine, Categorical-Neurology



Hynes, Daniel
NUI Galway School of Medicine, Radiology



Iftikhar, Haris
Rawalpindi Medical College, Categorical-Neurology



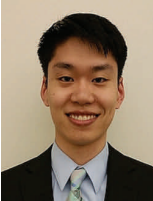
Kelly, Matthew
State University of New York Upstate Medical University, PM&R



Koli, Lohitha
Alluri Sitaram Raju Academy, Radiology



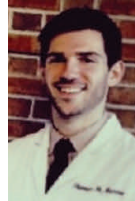
Kutsenko, Olexandra
Medical School of Lublin, Radiology



Lin, Michael
Columbia University College of Physicians and Surgeons, Ophthalmology



Lopez, Carlos
St. Luke's College of Medicine, Categorical-Neurology



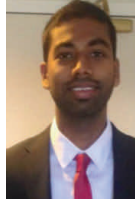
Marino, Thomas
State University of New York Upstate Medical University, Anesthesiology



Modaber, Mor-teza
Shahid Beheshti University, Neurology



Morgan, James
St. George's University, PM&R



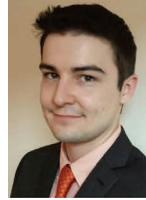
Murthy, Raj
American University of Antigua, PM&R



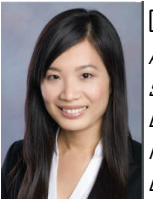
Natarajan, Ashok
American University of Antigua, Neurology



Nguyen, Luong
Ross University School of Medicine, Anesthesiology



Poublon, Tyler
State University of New York Upstate Medical University, Radiology



Quan, Phuong
American University of the Caribbean School of Medicine, Neurology



Mohan, Ramdas
Ross University, Anesthesiology



Ryu, Alexander
Harvard Medical School, Radiology



Preliminary PGY-1 Interns Cont.'d



Shah, Dipal
*All-India Institute,
Anesthesiology*



Siddiqui, Adnan
*Ross University
School of Medicine,
PM&R*



Vanguru, Husitha
*Osmania Medical
College, Neurology*



Victor, Wasnard
*State University of
New York Upstate
Medical University, IM*

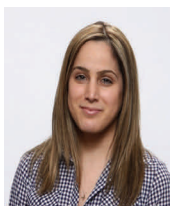


Yavi, Mani
*State University of
New York Upstate
Medical University,
Psychiatry*

New PGY-2's



Akhter, Sana
*Xavier University
School of Medicine*



Goyes Ruiz, Vanessa
Saba University



Li, William
*St. George's
University*



Liu, Eric
*St. George's Uni-
versity*



Matli, Vinod
*Kurnool Medical
College*



Norsworthy, Jes-
sica
*St. George's Uni-
versity*



Reed, Ryan
*American Univer-
sity of the Car-
ibbean*



Ukwuoma, Emeka
*Medical University
of the Americas*

Recognition Dinner at the Oncenter

Every year the Department of Medicine holds a recognition dinner for the graduating fellows, residents, and preliminary interns. This year it was held at the Oncenter on June 10th, 2016.



Recognition Dinner at the Oncenter Cont.'d



Graduating Hem/Onc Fellows (left to right): Archana Rao, Najam ud Din, and Namita Sharma



From left to right: Graduating Geriatrics Fellow, Osei Whyte; Graduating PGY-3's, Steve Antoine and Fidelis Ojevwe; PGY-2's, Obiajulu Anozie and Keegan Jessamy



From left to right: Graduating PGY-3's: (back row) Karan Gupta, Simrit Walia, Steve Antoine, Tristan Petrie, Konrad Dziamski (PGY-2), Michael Kusters, Arunpreet Kahlon; (front row) Naveen Gnanabakthan, Anshu Giri, Swagatam Mookherjee, Aditya Kalakonda, and Dr. Knohl, Program Director



Recognition Dinner at Oncenter Cont.'d



Graduating PGY-3's with Dr. Knohl (left to right):
Steve Antoine and Fidelis Ojevwe



New Chief Residents with Dr. Knohl (left to right):
Arunpreet Kahlon, Lauren Panebianco, and Tristan
Petrie

Celebrate!



2015-2016 Chief Residents with Dr. Knohl (left to right): Ruby Appiah-Whyte,
Arpan Patel, and Harvir Singh Gambhir



Awards

Distinguished Service Professorship



In early May Dr. Lehmann was appointed the rank of **Distinguished Service Professor**. The selection criteria for the Distinguished Service Professorship are rigorous and exacting. A letter from Chancellor Nancy L. Zimpher stated, "Your appointment is a testament to your professional excellence and extraordinary commitment to applying your scholarship to the greater good. In nominating you for this prestigious rank, your colleagues and campus leadership have demonstrated their deep respect for your accomplishments." Congratulations, Dr. Lehmann!

Commencement Participation and Awards



Dr. Narsipur and Dr. Dhamoon received the **Syracuse Medical Alumni Clinical Department Teaching Award** and the **Syracuse Medical Alumni Association Clinical Faculty Teaching Award**, respectively, at the COM 2016 commencement.

Dr. Dhamoon also received the **Leonard Tow Humanism in Medicine Award**. This award is presented by the Arnold P. Gold Foundation, this award recognizes and honors a faculty member who demonstrates the highest standard of integrity, excellence, compassion, altruism, respect, empathy and service. The graduating class selected this award.

Resident Award Ceremony 2016



At the Resident Award Ceremony in late May, Dr. Knohl received the **Excellence in Graduate Medical Education Program Director Award!** "This award honors [his] commitment to excellence in educational administration, his oversight of resident recruitment and selection, supervision and evaluation is matched by his dedication to their wellness, career development and education. His service to the program and our institution has been outstanding."



Dr. Jessica Patel (left), recently graduated PGY-3, received the **Beyond the Doctorate Day Award** and Pulmonary/Critical Care Fellow. Dr. Sravanthi Nandavaram (right) received the **Resident Award for Professionalism**.

Kudos



Adult Medicine

"They are great staff. They took care of my needs." "**Sharlene Nemitz, NP** is personable and professional." "The service was good and I was taken care of in a timely manner." "Very professional." "Their follow up was excellent." "I can't thank them enough." "They are very pleasant, answer all my questions, spend time with me, and never push me out." "I was pleased with my care at the clinic." "Everyone is always compassionate and pleasant." "**Dr. Konrad Dziamski** is a very good doctor to have. He listens and he is a caring, smart man."

University Cardiology

"They're great there. They are very nice and helpful with everything." "They are very nice. They're great." "They're very polite, nice, and take the time for you." "They're great. No bad things to say at all. They're all kind and nice to all." "**Dr. Szombathy** is always helpful and caring. He always take the time to explain what he is doing or ordering and why." "**Dr. Kozman** is outstanding." "**Dr. Carhart** is very caring and really goes out of his way to take care of everyone. Can't say enough about them, they are all wonderful and caring." "**Dr. Szombathy** is a very caring doctor." "Always caring and understanding; answers my questions and concerns."

University Geriatricians

"Good experience!" "**Christine Heagle Bahn, NP** is outstanding in her caring." "My father has Alzheimer's. The nurse who cleaned the wax from his ears was patient and did a great job!" "**Christine Heagle Bahn, NP** is patient and caring. She does a thorough job checking out my father." "The PA was enthusiastic, interested in learning about the treatment I had for Lyme disease." "**Dr. Berg** was very impressive with her care and services. Very comprehensive and integrated approach to health care: She was very conscientious and thorough. Has strong knowledge base with excellent clinical skills. Her compassionate interpersonal skills have secured our confidence in her." "Very good in all respects." "**Dr. Brangman** is so knowledgeable and thorough." "They are responsive, polite, and capable." "**Christine Heagle Bahn, NP** plays close attention to patient; experience and knowledgeable." "**Christine Heagle Bahn, NP** is very patient and caring!" "**Dr. Brangman** showed great concern and patience. I did not feel rushed and felt a lot of confidence in her ability to treat me." "**Dr. Bishop** has been very caring and thorough with my many and varied medical problems." "**Christopher Norman, NP** is very good at what he does. He's very patient and upbeat. I trust him to know how to treat me." "The entire staff is respectable and very courteous. We always feel very comfortable. The social worker was very good." "**Dr. Berg** is always very compassionate and always listens so closely. We always feel we can tell her anything because we are so comfortable with her." "**Dr. Bishop** and her staff have always been kind, friendly, and caring towards me. I always feel as if I am visiting old friends." "**Dr. Bishop** is beyond outstanding."



Joslin Center for Diabetes

"They were very cordial and respectful." "The lady who checked me out to was respectful and cordial." "**Dr. Lipeski** is excellent, explains everything, and took her time with us. Very caring and concerned about patient." "**Dr. Mols** is always informed and includes my individual circumstances in her medical recommendations." "Everyone is very nice and friendly." "The nurse practitioners was very warm and friendly to me and my husband, as well as efficient." "All are impressive and very nice. I like every single one of them." "Keep up the good work." "**Dr. Feuerstein** is thorough and supportive." "**Dr. Feuerstein** is the ideal endocrinologist." "**Dr. Mols** is very considerate, understanding, and thorough." "As always, **Dr. Lipeski** was amazing." "**Dr. Rachel Hopkins** is always so kind." "They are all great!"

Medicine Subspecialties

"Never a bad experience." "The nurse had very good bedside manners and was very understanding." "The best care I have received in over 1 and ½ years." "It feels like my doctor is a part of my family." "I would rather drive the 55 miles to be seen by staff so caring and knowledgeable." "**Dr. Kato** was very understanding – dealing with complicated autoimmune diseases that I have had other doctors unable to help me with." "**Dr. Neupane** and the nurse working with him. They both have great personalities. They make you feel that you're important." "**Dr. Elliot** was very caring and helpful." "The receptionist who greets you is always warm and has a smiling face." "All of the staff was very pleasant and helpful." "**Dr. Yu** is very thorough, warm, caring and efficient." "**Dr. Neupane** is always very concerned and sensitive to my needs." "Overall the Rheumatology group is very good and thorough." "**Dr. Yu** is respectful, caring, and doesn't rush me. She listens and looks at me when I'm talking." "The receptionist is pleasant, helpful, and respectful. **Dr. Yu** is always on time and listens carefully." "**Dr. Andras Perl** and **Dr. Geeta Chaparala** are always very professional and sincerely concerned with my health. They are both truly remarkable people." "**Dr. Kaur** is very compassionate."



Kudos Cont.'d

ROC

"Very good." "It's always a pleasure to be here. All the nurses and staff are very pleasant to be around. We thank you for your kindness and help!" "We've never had to wait awfully long. We have never had a problem or bad experience." "A very comfortable and lovely place. Love all the openness, lot of windows and bright colors!" "Was always a good experience, the radiation people were awesome and so nice, kind, and helpful." "Everything was explained very well. The staff was always helpful to my needs and kind and considerate. This is so important; please keep up the good work. People need kindness and compassion!" "I will always recommend the ROC to my friends and family when the need arises. I still come here once a month and it's always a pleasure and excellent care!" "Everyone at the facility is fantastic! From the receptionist to the volunteers, the nurses, and doctors – they're all wonderful, friendly, and professional." "The care continues to get better and better. I tell everyone about how wonderful Upstate cares for me." "We can't say enough about the degree of care at your facility." "I've had 3 treatments and each time the staff has been very attentive."

A Thank You Letter to Dr. Lehmann

A patient's family member wrote the following letter

"Dear Dr. Lehmann,

As I write to thank you for your kindness and care of my mom, she is peacefully sleeping next to me. Since departing Upstate ten days ago, she has slowly declined, but has been surrounded by family and friends daily.

We can't thank you enough for your care while at Upstate. I suppose we simply assumed that at a facility like Upstate our mom would receive expert medical care and expertise, and our assumption was proven correct. Less expected, and as a surprise, we were delighted to find care that saw mom as a genuine, small-town, big-hearted woman of faith. Your demeanor and leadership are gifts from God; Thank you for sharing those gifts with my mom.

...As I know you treat too many patients to count, know that we count your presence at Upstate as a gift more valuable than the medical care she received.

May God Bless You!"

Incoming Fellows

Cardiology

Priyanka Pitroda, *State of New York Upstate Medical University*

Ali Salman, *American University of Beirut Faculty of Medicine*

Endocrine

Ifeoma Egbuonu, *The Brooklyn Hospital Center*

Geny George, *Montefiore Medical Center*

Gastroenterology

Druhv Lowe, *State of New York Upstate Medical University*

Natalya Iorio, *Temple University*

Geriatrics

Amrita Dhillon, *State of New York Upstate Medical University*

Fidelis Ojevwe, *State of New York Upstate Medical University*



HELLO
THERE

Incoming Fellows Cont.'d

Hematology/Oncology

Shreya Sinha, *State University of New York Upstate Medical University*

Wajihuddin Syed, *State University of New York Upstate Medical University*

Abdullah Ladha, *Mayo Clinic Health System Consultant in Hospital Medicine Department, WI*

Infectious Disease

Zachary Jones, *Thomas Jefferson Hospital*

Nephrology

Syed Alam, *HAMAD Medical Corp.—affiliated with Weill Cornell Medical School*

Kriti Devkota, *State University of New York Upstate Medical University*

Pulmonary/Critical Care

Abdul Rahman, *Hackensack UMC Mountainside Hospital*

Abhash Joshi, *Guthrie/Robert Packer Hospital*

Michael Kusters, *State University of New York Upstate Medical University*

Rishi Kumar, *Pinnacle Health Hospitals*

Rheumatology

Farheen Fatima Jaffari, *University of Illinois*

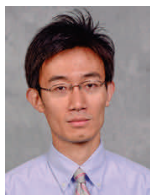
Zainab Shahnawaz, *State University of New York Upstate Medical University*

Maria Isabella Pasniciuc, *Hospitalist from Crouse, Residency: Huron Hospital Cleveland Clinic*

Promotions



Stephen Knohl, MD was promoted to Clinical Professor on May 1st, 2016. Dr. Knohl was hired as an Assistant Professor on July 1st, 2003. Congratulations, Dr. Knohl!
Division: Nephrology



Hiroshi Kato, MD was promoted to Assistant Professor on June 9th, 2016. Dr. Kato was hired as an Instructor on August 1, 2011. Congratulations, Dr. Kato!
Division: Rheumatology



Tamas Szombathy, MD was promoted to Clinical Associate Professor on June 20th, 2016. Dr. Szombathy was hired as an Assistant Professor on August 1, 2010. Congratulations, Dr. Szombathy!
Division: Cardiology

Congratulations



Feds Give Upstate Medical \$200,000 to Study Zika



"Upstate Medical University will get about \$200,000 in federal money to research the Zika virus, a mosquito-borne disease spreading rapidly throughout Central America, South America and the Caribbean islands. The money from the National Science Foundation was announced Wednesday by U.S. senators Charles E. Schumer and Kirsten Gillibrand. Upstate's research will seek to determine the prevalence of the Zika virus co-

infections in humans and mosquitoes, plus any climatic factors that could affect transmission. It also will look at ways in which other species of mosquitoes might be able to transmit Zika. The study will also look at ways to control the spread of Zika. While Zika is spread primarily by mosquitoes, it also can be transmitted through sexual contact. Pregnant women infected with Zika can give birth to babies with microcephaly and other severe brain defects." *By James T. Mulder from Syracuse.com*

In a letter from the Regional Director from the office of Senator Schumer to Dr. Narsipur, "SUNY Upstate is a leader in medical research and this funding will help their efforts to treat, prevent, and understand Zika. We appreciate your support in the Senator's efforts to bring attention to the threat of this infectious disease."

Pictured above: (left to right) Joseph Domachowski, MD, professor and director of the Global Maternal Child and Pediatric Health Program, Senator Charles Schumer, and Timothy Endy, MD, MPH, professor and chief of the infectious disease division.

From What's Up at Upstate— An Upstate Medical University research project that will lead to a greater understanding of how to control the spread of the mosquito-borne Zika and Dengue viruses is among nine projects in the nation to collectively receive \$1.7 million in rapid response, or RAPID, grants from the National Science Foundation (NSF). The Upstate project is being conducted through the Center for Global Health & Translational Science (CGHTS).

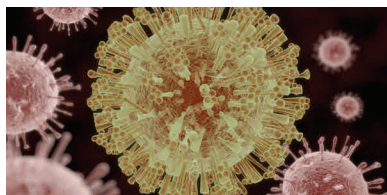
Findings from the Upstate project can also help public health officials develop an early warning system that incorporates climate and non-climate information on Zika and Dengue transmission.

The grants are provided through the NSF Division of Environmental Biology's Ecology and Evolution of Infectious Diseases EEID Program. The program funds the development and testing of predictive models, and discovery of the principles governing the transmission dynamics of infectious diseases such as Zika.



*Caption: Anna Stewart inspects an avitraps in the patio of a study household to look for *Aedes aegypti* mosquito eggs. Avitraps were monitored over a period of eight months to estimate *Aedes aegypti* populations, the mosquito that transmits the disease dengue fever.*

Feds Give Upstate Medical \$200,000 to Study Zika Cont.'d



The NSF funding was announced locally by U. S. Sens. Charles E. Schumer and Kirsten Gillibrand.

"This desperately needed federal funding will allow the global health leaders at SUNY Upstate, who are ready to assist, look at ways we can stymie the spread of this tragic disease," said Schumer.

"The imminent threat of Zika to the United States is deeply troubling; this funding through the National Science Foundation would facilitate much needed resources to help advance SUNY Upstate Medical University's research into how to prevent the spread of the Zika Virus," said Gillibrand, who is an original co-sponsor of legislation to provide an additional \$1.9 billion federal investment in combating the Zika virus.

Upstate's study, which received nearly \$200,000 in funding, is led by Anna Stewart, PhD, MPA, a faculty member in the Department of Medicine and the director of the Latin America Research Program at Upstate's Center for Global Health & Translational Science.

"Upstate's Center for Global Health and Translational Research has been studying outbreaks of Dengue-like infections in Ecuador for several years," said David C. Amberg, PhD, Upstate's vice president for research. "Dr. Stewart's research team is uniquely positioned in Ecuador to study the Zika epidemic as it spreads to a new country and to address many of the things we don't understand about Zika."



The NSF grant will build upon Stewart's studies into the ecology of infectious diseases. She has been working in Ecuador for the last nine years and her research includes studies on the environmental and socio-political drivers of the transmission of dengue fever in coastal Ecuador, where dengue is hyper-endemic. She has been based in Ecuador since last fall working with her partners to develop a prototype for a new device to specifically attract and kill *Aedes aegypti* mosquitoes that serve as vectors, or transmitters, of Zika and dengue viruses, among others.

"This RAPID award will allow us to determine the prevalence of the Zika and dengue virus co-infections in humans and mosquitoes, household climatic factors affecting disease transmission, and which other species of mosquitoes might transmit Zika," said Stewart. "Our findings will help fill in gaps to our knowledge about pathogen levels in the blood for a particular part of the human population, infection rates, co-infection between Zika and dengue in both humans and mosquitoes, and what other mosquitoes are able to transmit Zika."

Data collected from the study, combined with mosquito control interventions by the government and individual households, and information on socio-ecological conditions, will be incorporated into modeling of local Zika transmission and mosquito dynamics.

"Findings from our studies will allow for a framework to assess drivers and mosquito control at scales from households to the entire region," said Stewart. "Most importantly, our project will identify and compare drivers for Zika and dengue viruses to reveal key factors in the spread of Zika virus."

Stewart is joined in the project by co-investigators Timothy Endy, MD, MPH, chief of infectious disease at Upstate and a founding member of Upstate's Center for Global Health & Translational Science; Marco Neira, PhD, assistant professor at Center for Infectious Disease Research, College of Exact and Natural Sciences, Pontifical Catholic University of Ecuador, Quito, Ecuador; and Sadie Ryan, PhD, MPH, assistant professor in College of Liberal Arts and Sciences, Department of Geography, University of Florida.

The NSF is an independent federal agency that supports fundamental research and education across all fields of science and engineering.

Upstate's Center for Global Health & Translational Science is a multidisciplinary, applied research center, engaging faculty from the Central New York area to work in partnership to improve the delivery of health care globally. Staff is engaged in center based and field research projects in several countries around the world including: Ecuador, Thailand, Kenya, and the United States



Upstate Supports the Ecuador Earthquake Relief Effort



From Upstate News — When Upstate Medical University's Anna Stewart, PhD, traveled to Ecuador last fall to continue her research into a global public health threat, she didn't expect that she would also be dealing with a natural disaster—an earthquake that left the country in a state of emergency, particularly affecting small coastal fishing villages.

Stewart is a faculty member in the Department of Medicine and the director of the Latin America Research Program at Upstate's Center for Global Health & Translational Science. An internationally recognized expert in the ecology of infectious diseases, she has been working in Ecuador for the last nine years and her research includes studies on the environmental and socio-political drivers of the transmission of dengue fever in coastal Ecuador, where dengue is hyper-endemic. She's been based in Ecuador since last fall working with her partners to develop a prototype for a new device to specifically attract and exterminate *Aedes aegypti* mosquitos that cause dengue fever and Zika virus, among other diseases.

"After learning of the earthquake, I was concerned about her well-being and contacted her through email," said David C. Amberg, PhD, vice president for research at Upstate. "I was relieved to hear from her that she and her team

were fine and learned that they were mobilizing to help the ground relief efforts in the most affected areas. In her email, she asked if there was any way that Upstate could help."

She says that medical supplies are needed most at this time and that 100 percent of the donations will be used for these purchases. The supplies, she says, are being distributed to the community by her team of volunteers on the ground in Bahia de Caraquez.

In addition to a lack of medical supplies, she also says that there is a shortage of health care professionals to provide medical care and that Ecuador is facing a long-term public health crisis post earthquake.

"There are thousands of people without homes, sleeping outdoors, who need primary medical care, including many vulnerable infants and elderly," says Stewart. "We have partnered with volunteer physicians from all over the world to attend to hundreds of families in a makeshift clinic that we set up at the Sathya Sai school in Bahia de Caraquez. We are grateful to the directors of the school for opening their doors and supporting this endeavor and we thank those who are contributing to the Upstate Ecuador Earthquake Relief effort. We also invite doctors, nurses and other health care providers to consider joining this relief effort as a medical mission."

According to a recent CNN report, at least 277 people were killed and at least 2,500 others were injured in the worst natural disaster to hit Ecuador since its last major earthquake in 1949. These numbers are expected to rise as the search for survivors continues.

"Upstate has a long-standing relationship with Ecuador, particularly through its Center for Global Health & Translational Science where our researchers collaborate with Ecuadorian researchers on important infectious diseases studies," Amberg said. "For example, findings from our dengue studies may also translate into a greater understanding of the Zika virus. Our collaborations with Ecuador are very important to us, and to the World's population. The Ecuador Earthquake Relief effort through the Upstate Foundation is our way of showing our support to a partnering country in its time of need."

Chancellor's Grant for Innovative Study Abroad Programs (ISAP Grant)

Dr. Anna Stewart, Assistant Professor, has been selected to receive the ISAP Grant for the 2016-2017 academic year. Professor Stewart's program, "Climate and Health in Ecuador," was one of four outstanding proposals selected to receive the award from among a SUNY-wide pool of 11 applications.

The ISAP Grant is a competitive grant providing financial support to unique study abroad programs and opportunities to increase student mobility overseas. The ISAP Grant will provide funding of \$4,000 (contingent upon funding availability) to support the program and to make the program more affordable to students.

Congratulations to Dr. Stewart and the SUNY Upstate Medical University on the receipt of this prestigious grant for contributing to the increase globalization of SUNY!

Should You See an Oncologist? If You Have a Cancer Diagnosis, the Answer is Probably Yes

From What's Up at Upstate — In modern American health care, it's your primary care doctor who oversees your medical care. He or she keeps track of your health, fielding your questions and concerns, referring you to specialists when appropriate.

Your primary care doctor is someone to keep in your life if you face a cancer diagnosis, because you may still have health needs that are not related to cancer.

A medical oncologist is someone to add to your head care team if you receive a cancer diagnosis. They specialize in the diagnosis and treatment of cancer, but their role goes beyond prescribing medication.

"A medical oncologist is not just a chemo doctor. They play many roles," says **Ajeet Gajra, MD**, an associate professor of medicine specializing in hematology and oncology at Upstate. "They can be the doctor who creates a treatment plan for the patient, or the scientist who provides prognostic information. A big part of their job is to help patients come up with a cancer care plan."

Gajra believes anyone with a cancer diagnosis can improve their understanding of their disease by seeing a medical oncologist. He could think of one exception: non-melanoma skin cancers, which are typically removed in simple surgeries by dermatologists or surgeons.

The medical oncologist may provide treatment, insight into what treatment is necessary, or other related referrals. Someone with tongue cancer, for instance, may have the cancer removed and then require speech pathology or help learning to swallow. Someone who faces surgery for cancer may want to see an oncologist to learn of options beyond surgery, or to go over the pathology report afterward.

Having a team approach to cancer is a key to the care at the Upstate Cancer Center. Gajra recalls a patient who found his way to Upstate after having a small lung cancer removed. The patient, whose treatment had been surgical, had not understood that cancer was also found in a lymph node – meaning it had spread from his lung and would require additional treatment. The surgeon, focused on performing a good operation, had not paid full attention to the finer points of the pathology report.

Focusing on those details is a strength of a good medical oncologist and one example of the benefit of the team approach.



Should You See an Oncologist? If You Have a Cancer Diagnosis, the Answer is Probably Yes



“The patient needs to be sure that somebody sits down and reads through the pathology report,” Gajra said.

“That will help determine if any additional treatments are needed.”

The risk of developing cancer is much higher among cancer survivors than the general population. Smokers who develop lung cancer and are treated successfully still may develop a second lung cancer. Also, radiation and chemotherapy that are used to treat cancers can prompt other cancers to develop later.

A medical oncologist can help insure proper surveillance so that these issues are recognized as early as possible.

What is a cancer care plan?

Your cancer care plan may include:

1. **A treatment plan**, including options and possible side effects.
2. **A treatment summary**, for when active treatment concludes. This communicates the care you received, any ongoing issues that need to be addressed and a list of medications you are taking.
3. **Survivorship**, telling the follow-up care you will require for the rest of your life.

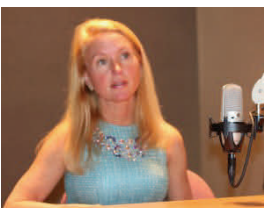
Pictured above: Dr. Ajeet Gajra, Hem/Onc

HealthLink on Air



Screening Needed to Detect Common, but Serious, Disease: Hypertension

High blood pressure is a fairly common condition that can contribute to a stroke, heart attack or vascular problems, and yet it often goes undetected. Since it often shows no symptoms, screening is important to detect it, and treatments are available, says Upstate cardiologist **Harold Smulyan, MD**. He explains the associated risks, such as smoking, obesity and excessive salt intake, and also who tends to be at higher risk for high blood pressure, also known as hypertension.



Bone Expert Offers Overview of Osteoporosis, its Treatment

Many factors can put someone at risk for the bone-weakening conditions of osteopenia and the more serious osteoporosis, says endocrinologist **Jennifer Kelly, DO**. Among them are a woman's postmenopausal drop in estrogen, a sedentary lifestyle, smoking and endocrine diseases such as hyperthyroidism, says Kelly, clinical director of the bone density unit at Upstate's Joslin Diabetes Center. She also describes the lifestyle changes and drugs recommended to treat osteoporosis.



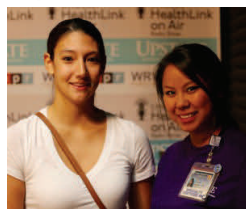
Dealing With Acne

Ramsay Farah, MD talks about the causes of and treatments for acne



HealthLink on Air Cont.'d

Keep Loved One with Alzheimer's Involved and Active, Nurses Advise



places and avoids isolation.

Communication and patience are the keys to caring for someone with Alzheimer's disease, say **Linh Nguyen (right) and Kaylin Brainerd (left), geriatric resource nurses at Upstate University Hospital.** Start communicating with the loved one when Alzheimer's is first diagnosed and try to keep him or her involved even as memory fades, they advise. They also offer tips for caregivers, such as trying to live in the loved one's world – don't correct their errors or finish their sentences, and try to keep up a routine that includes familiar faces and

Gastroparesis, Other Digestive Disorders Are Managed with Multidisciplinary Approach



approach to treatment.

Gastroparesis – a complex condition in which food does not empty out of the stomach properly – can cause nausea and vomiting and eventually lead to a patient barely eating in order to avoid the associated pain. **Divey Manocha, MD** (at right in photo), an Upstate gastroenterologist, and one of his patients, Rhonda Ferry (at left) of Liverpool, offer a scientific as well as a personal glimpse of the disorder, which often strikes young and middle-aged women and can change a person's life. Manocha also explains the testing – including manometry – that patients with this and other digestive diseases undergo at his laboratory and the multidisciplinary

Variety of Medication Treat Advanced Prostate Cancer



Most men with prostate cancer can be treated successfully through surgery and/or radiation, but when the cancer has spread to other parts of the body, a systemic approach using medication is often prescribed, says **Bernard Poiesz, MD**, a professor of medicine at the Upstate Cancer Center. He describes both advances in and limitations of treatments for metastatic prostate cancer, such as hormone therapy, chemotherapy and immunotherapy, which stimulates the body's immune system to attack the cancer.

Transitional Care Helps Medicare Patients Go From Hospital to Home



"but with a different set of goals to help make sure they can get home and stay home." Nurse Amy Rottger (at right), the unit manager, explains that patients get dressed each morning and share a common dining area as they work toward returning to their typical routine.

Some may be completing a course of antibiotics. Some may have a new diagnosis of diabetes and need help learning to manage their disease. Others could be recovering from a fall that caused a broken bone. A variety of Medicare patients spend from five to 20 days in the Transitional Care Unit before they are discharged from Upstate University Hospital. What these older patients have in common is the goal to return to their homes. Medical director **Sharon Brangman, MD** (at left in photo), says patients on the Transitional Care Unit receive the same type of care they would receive as traditional hospital patients,

Lupus: A Complex Disorder That Requires Close Monitoring



The autoimmune diseases known as lupus are hard to diagnose, unpredictable and affect many more women than men, explains Upstate rheumatologist **Hiroshi Kato, MD.** Lupus causes the immune system to attack the body's healthy tissues and organs, and while its cause is unknown, it appears to involve both genetic factors and environmental triggers, Kato says. Close monitoring by a rheumatologist is usually necessary to help control the disease, he notes.

Like Father, Like Daughter, Like Daughter, Like Son



From American Heart Association News — In the late 1950s, **Dr. Saktipada Mookherjee** was the only physician serving 5,000 miners working in the jungles of his native India.

It's a long way from Syracuse, New York – where over five decades later he now leads a medical dynasty of sorts. He's now a famed cardiologist in the area, and all three of his children have followed his footsteps into the medical field.

His daughters, Disha Mookherjee and Sulagna Mookherjee, are also cardiologists. His son, **Swagatam Mookherjee**, is a [recent graduate] of the internal medicine [residency program] at the State University of New York Upstate Medical University in Syracuse.

What's it like in a family full of doctors? The Mookherjees gave a little insight on a recent afternoon, sharing stories and praising one another in both Bengali and English. The Indian word for father, "Baba," came as often as the English "Dad" and

"Daddy" that the Mookherjee children use.

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For the Mookherjee kids, training started early, when their father worked at the Syracuse VA Medical Center. He was there for 34 years, the past 18 of them as Chief of Cardiology. After voluntarily retiring from the VA Healthcare System, he continues to work as a professor of medicine in the Division of Cardiology at the State University of New York Upstate Medical University in Syracuse.

"When I was 5, I would go with Dad to the VA Hospital, and go on rounds with him," said Disha Mookherjee, director and founder of The Women's Heart Clinic at St. Luke's Hospital in Duluth, Minn., where she is also a staff cardiologist. "I'd hang out with the nurses and meet the vets."

Sulagna (Suzie) Mookherjee, who's now a cardiologist Albany Medical College in Albany, New York, recalls her dad's professional influence very early – during her fourth-grade science fair. "My project was about the heart, and Dad brought me home a bull's heart," Suzie, president of the Capital Region Advisory Board of the American Heart Association, said. "I won first prize."

"Medicine was always there," added his son Swagatam. "There was always a lot of medical talk growing up." It's not much different today, especially when the conversation turns to the topic of cardiology.

"During my career, cardiology really came into the modern age," Saktipada said. "When I started practicing, there was digitalis and one diuretic. Now, there are hundreds of medications, and techniques like bypass, heart/lung operations, angiographies, echoes, imaging – it's wonderful."

Bring up the topic of women and heart disease, and the family goes into overdrive. Suzie and Disha are passionate advocates for women's heart health, and are regular and prominent spokespeople for the American Heart Association's awareness movement Go Red For Women.

"We need to be providing more lifestyle guidance, and women are more confident seeing female healthcare providers," Disha said.

"We need to keep raising awareness," Suzie said. "Why don't we do self-heart exams, for instance?"

FAMILY STORY

Like Father, Like Daughter, Like Daughter, Like Son Cont.'d

Saktipada's interest in medicine started early, watching his grandfather – a homeopathic doctor in India – often treat patients free of charge. His mother also was an influence, with her interest in the role of food in health. After earning his medical degree in India, in 1956, Saktipada won a scholarship to study in Leipzig, Germany, where he defended his thesis fully in German. He went on to London to study medicine, and became the only non-British cardiologist at the London Chest Hospital.

After almost two years, his mentor suggested he go to the New World to further his career.

Saktipada became a research and teaching fellow in cardiology at the Memorial University in St. John's, Newfoundland – a big change from bustling London. By 1969, he had married his wife, Jyotsna, and 14 months later they settled in Syracuse.

"I first went to Syracuse on a balmy day in August and thought it would be beautiful," said Saktipada, unaware that snow would be a big part of his life for decades to come. Shivers and snow shovels aside, he began building the family's medical reputation in Syracuse.

"There's a teaching award named after Dad at Upstate, and a best heart teacher award," Disha said. "He's got a button for patient satisfaction that he loves."

"He has also published a book in Bengali, also translated into Hindi, about heart disease in the South Asian population," Suzie said.

The children clearly value their mother's work, too.

"Our mother was a steady support as we pursued our dreams of becoming cardiologists," Suzie said.

Mookherjee family with mother, Jyotsna

Jyotsna has enjoyed the house full of medical talk over the years – especially watching the children grow under their father's tutelage.

"I know that he loves it," she said.

"It's wonderful and emotional to see my children doing what they do," said Saktipada, who's always happy to be on hand for a second opinion.

"When they ask for my opinion, it feels great."

Mountain Goat Run

This year was the [38th Annual Dunn Tire Mountain Goat Run](#). The race began in downtown Syracuse, Clinton Square. Drs. [Emily Albert](#), [Matthew Glidden](#), and [Bhaskara Madhira](#) participated in this year's race! They all participated in the 10 Mile Mountain Goat run. [Dr. Albert](#) placed 13th in the female category and 2nd overall in her division! Amazing! A great job to all the participants!



Pictured above (left to right): Emily Albert, Matthew Glidden, and Bhaskara Madhira. Pictures courtesy of [Pat Hendrick Photography](#)

The Newest Member of the Medicine Department!



Congratulations to **Dr. Hegazy** and his family on the birth of their son, Jude!



Resident Abstracts, Publications, and Presentations

Steve Antoine, Gaurang Vaidya, Haider Imam, Daniel Villarreal. Pathophysiologic mechanisms in heart failure. Role of the sympathetic nervous system. *American Journal of Medical Science* 2016.

Dipti Baral, Bhisma Pokhrel, Rhisti Shrestha, Birendra Sah. Rapidly enlarging lung nodule: Yes, it was from aspiration! , presented at ATS, San Francisco, CA, May 13-18, 2016.

Zabeer Bhatti, Sekou Rawlins, Natalie Pavelock. Primary achalasia in a patient with Stage IV lung adenocarcinoma, to be presented at ISDE, Singapore, Singapore, September 19-21, 2016. ACCEPTED

Umair Masood, Amit Sharma, Wajihuddin Syed, Divey Manocha. Alveolar hemorrhage in adult onset Henoch Schonlein Purpura: An uncommon presentation. *Austin Journal of Pulmonary & Respiratory Medicine* 2016;3(2):1042.

Kothari, Shalin, et al. "Crizotinib in anaplastic lymphoma kinase-positive anaplastic large cell lymphoma in the setting of renal insufficiency: a case report." *Journal of Medical Case Reports* 10.1 (2016): 1.

Aswini Kumar, Aswath Reddy, Kan Liu. Contrast Doppler versus conventional echocardiography for evaluation of aortic stenosis severity, presented at ASE, Seattle, WA, June 10-14, 2016.

Ramadas P, Krishnan P, Chandrasekar VT, Gilman CA, Gnanabakthan N, Lamichhane J. Infected aortic aneurysmal rupture masquerading as pneumonia. *QJM*. 2016 May 1;109(5):343-4.

Ramadas P, Krishnan P, Pandita A, Paul M, Curtiss C, Gajra A. Lung cancer or sarcoidosis: A diagnostic dilemma. *journal of cancer therapeutics and research*. 2016 Mar 21;5(1):2.

Fidelis O. Ojevwe, Cindy D. Ojevwe, James P. Zacney, Arkadiusz Z. Dudek, Amy Lin, Patrick Kohlitz. Treatment of multiple unresectable basal cell carcinomas from Gorlin-Goltz syndrome: A Case Report. *Anticancer Research* 2015 Mar; 35(3):1777-81.

Fidelis O. Ojevwe, Kegan Jessamy, Cindy D. Ojevwe, Naili Ma, Amit Bhardwaj, Namita Sharma, Samana Zaidi. Invasive ductal carcinoma of the breast in an elderly male veteran with solid papillary growth pattern: A Case Report. *Journal of Clinical Case Reports* 2015 Dec;5:615.

Gaurang Vaidya, Bhaskara Madhira. Cardiogenic shock in Takotsubo cardiomyopathy: Estimation of risk factors, to be presented at HFSA, Kissimmee, Florida, September 17-20, 2016.

Adam Zayac, Jalaluddin Umar, Nidhi Bansal, Amit Dhamoon, Mili Shah. Thyrotoxic hypokalemic periodic paralysis: The importance of history. *QJM*, 2016.



Vice Chair of the FACET Executive Committee

Lisa Schirtz-Carroll, the Co-founder of the Fellowship Administrators in Cardiovascular Education and Training (FACET) organization that is sponsored by the American College of Cardiology (ACC) was elected Vice Chair of the FACET Executive Committee during the recent ACC meetings held in Chicago this past March. As a member, Lisa will work with the other Board of Directors members of FACET to provide education, mentoring and support resources to program administrators, training directors and fellows-in-training of accredited cardiovascular disease, interventional cardiology, electrophysiology, advanced heart failure/transplant, and advanced congenital heart fellowship programs.

Welcome Picnic

The Welcome Picnic will be held at Hinerwadel's this year on Wednesday, June 29th. The clambake picnic is a family friendly event held to welcome the new house staff.

Hinerwadel's



(left to right) Dipal Shah, Amy Patel, Samantha Goodrick, Marsha Antoine, and Eposi Mbame



(left to right), Alexander Ryu, Tristan Petrie, Vikrant Tambe, Wasnard Victor, Eric Liu, William Li, Kinner Patel, and Siddharth Shah

Thank you!

Once again, a special thanks to everyone who contributed to this newsletter, especially the editors of Upstate Online, What's Up at Upstate, Upstate News, HealthLink On Air, 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 Priscilla Hernandez for future publications.

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