



Welcome To Upstate!!!





Hatem Al Kashroom  
PGY1

I was particularly impressed by the kindness of the people of Syracuse and everyone in the program. I love the landscape and beautiful scenery in Upstate NY. The snow is a plus too!

An aerial photograph of Syracuse, New York, showing a dense urban area with numerous skyscrapers and commercial buildings in the foreground. In the background, a large body of water, Onondaga Lake, is visible, surrounded by a forested area. The sky is clear and blue.

**Onondaga Lake**

**Downtown Syracuse**



Syracuse University Campus

# Franklin Square





Aya Albittar  
PGY1

Diversity- Friendly environment



**Downtown Syracuse**

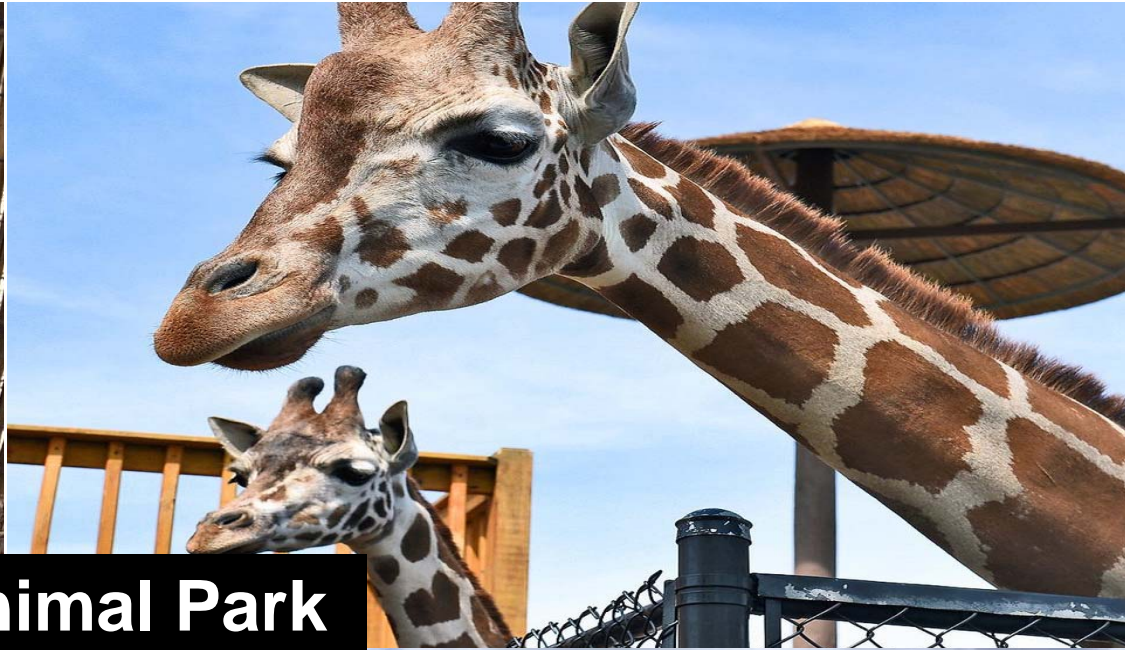
**Upstate Medical University**

**Syracuse University**



## The Adirondacks





**Wild Animal Park**





Antonino Altadonna  
PGY1

The residency program is unique because it feels like a family. Even though it is a larger program, everyone really goes out of their way to make you feel welcome. I appreciate the comradery from the very beginning.



**Setnor School of Music at Syracuse University  
Performances open to the public**



Clinton Square



Anderson Anuforo  
PGY1

I like three (3) main things about the program: the place, the people and the program itself. Place: Syracuse is a beautiful and calm city very similar to the city where I grew up so I feel right at home. The awe inspiring structures and interconnections between the buildings also makes SUNY Upstate a very desirable place to be. Syracuse also has a lot of interesting tourist attractions. People: Upstate has an impressive diversity of residents, faculty and patients with palpable camaraderie between all members ranging from the big family to the small teams. As a natural team-player, this is the kind of program where I can thrive and contribute maximally to improving patient care and outcomes Program itself: I am aware of the strong healthcare system, the numerous research opportunities and advanced technology available at SUNY Upstate and it typifies the ideal training center where I would like to become an internist and an excellent candidate for a fellowship. A review of the recent resident publications and ongoing research at the program also reveals opportunities for a holistic, exciting and ultimately rewarding training period in a center that is big on staff and patient welfare.

SU Football



# Golisano Children's Hospital



Every Wed at Pastabilities



DAYLIGHTBLUE





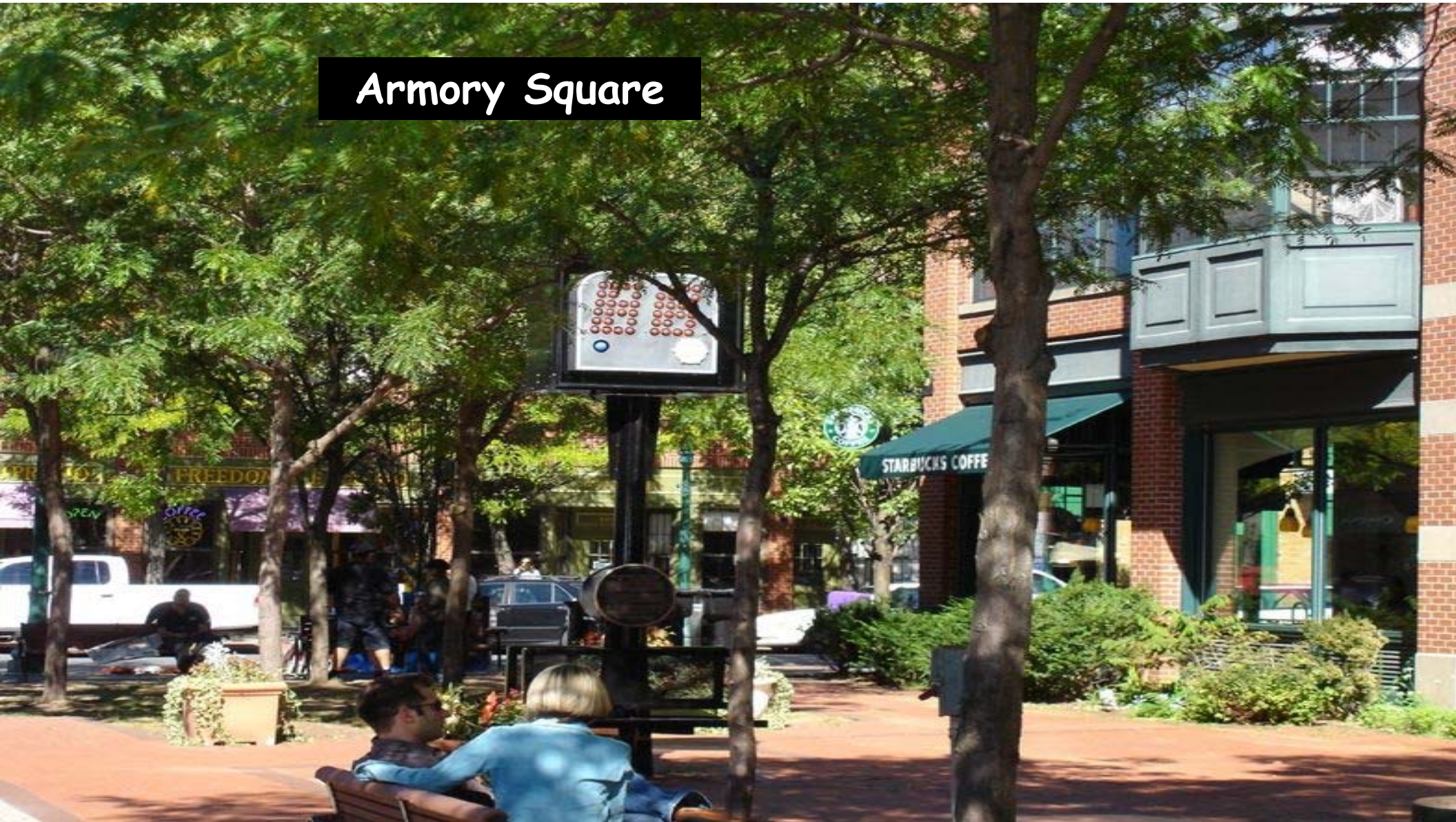
Laurel Anyaehie  
PGY1

Upstate is a great place to train with ample support for residents. The program offers a strong curriculum with opportunities for diverse patient care experiences and other scholarly activities.



**Chittenango Falls State Park (35 min by Car)**

# Armory Square





Atika Azhar  
PGY1

Starting intern year at Upstate has been one of the most rewarding experience because of incredible colleagues and attendings who have not only facilitated my learning but become good friends.

# Armory Square



# Funny Bone

...at Destiny USA



# Clinton Square

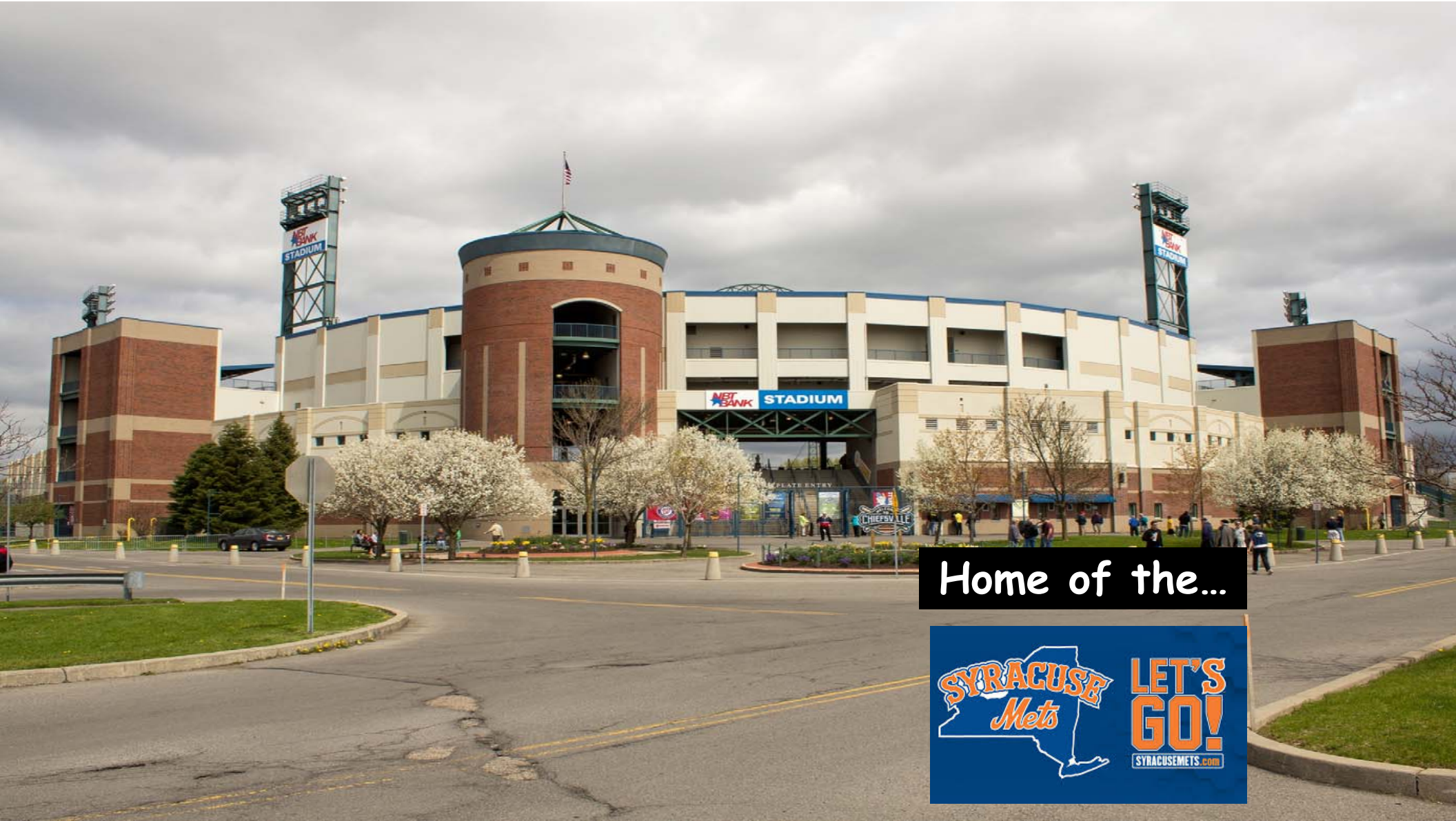




Amarah Baluch  
PGY1

You get to experience quality academic instruction along with amazing support from staff and colleagues. It felt like a place where I would fit in really well and the kind of program that would help foster my growth as both a physician and individual.





Home of the...

**SYRACUSE**  
*Mets*

**LET'S GO!**  
SYRACUSEMETS.COM

# World of Beer (in Destiny Mall)



# Syracuse Mets Baseball





Sanchari Banerjee  
PGY1

Upstate and its people seem to provide a wonderfully balanced and warm environment to learn, grow and achieve your best for the years to come!







CROUSE HOSPITAL

Crouse Hospital



Berty Baskaran  
PGY1

SUNY Upstate has been a warm and welcoming environment from the start and is a well renowned academic program with endless possibilities and multiple fellowship options to help us get the best training possible.







**Regional Farmers' Market**



Winter in Clinton Square



Tyler Bhukan  
PGY1

SUNY Upstate offers a comprehensive Internal Medicine training that I will be able to incorporate into my Anesthesiology practice. Also, the communication in the months leading up to the start of intern year have been very settling, and made the transitioning process seamless.



SU Basketball



**VA Medical Center**

# Flame Restaurant





Kunal Bhuta  
PGY1

I like how Upstate Internal Medicine is a closely knit program with an amiable learning environment.







Onondaga Lake Park

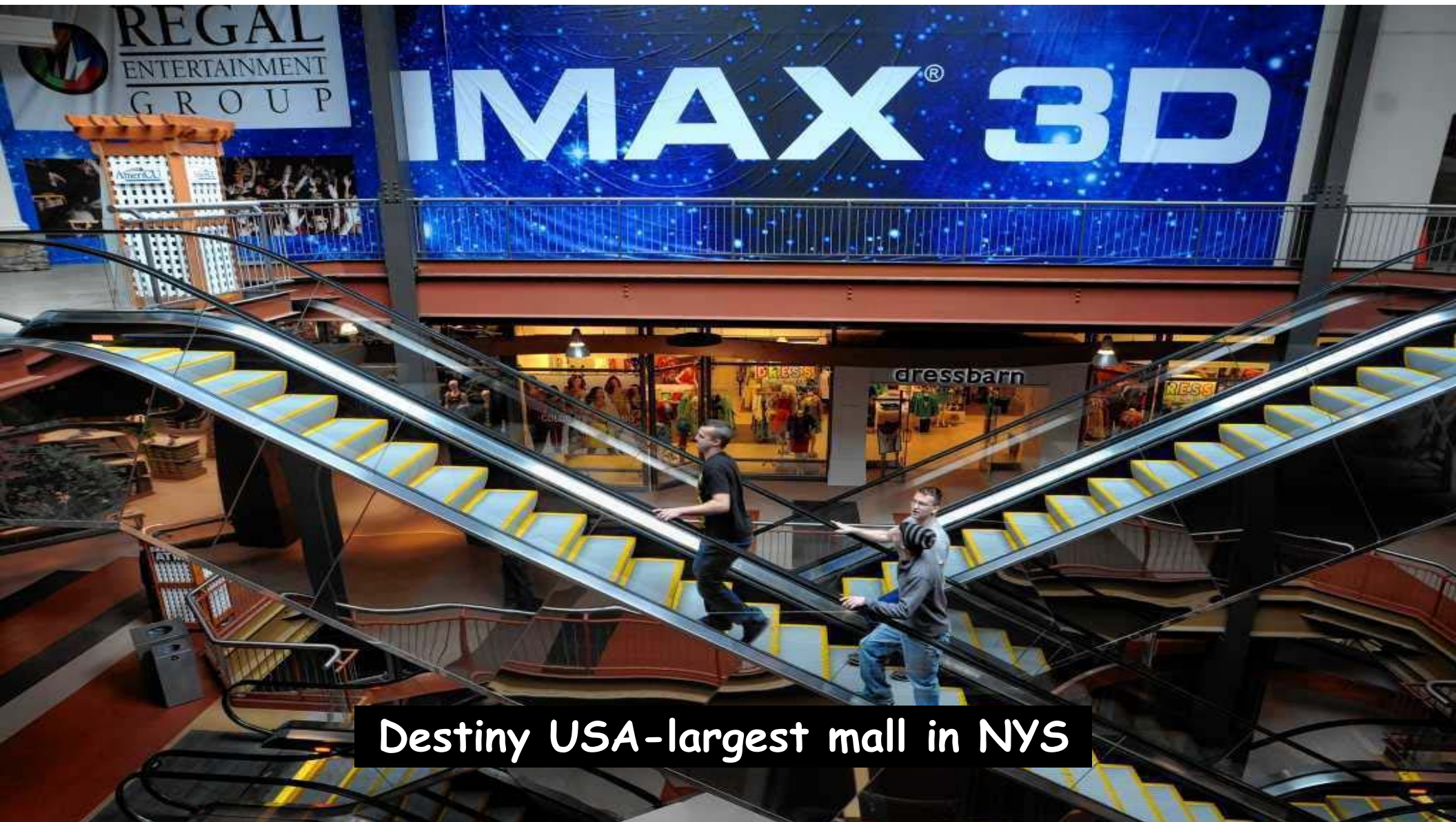


Stanley Chioma  
PGY1

The reason I chose Upstate was because of the excellent faculty support that Upstate offers and great reputation of clinical training that is gained as a resident.

# Christmas Party





**Destiny USA-largest mall in NYS**



Andres Cordova Sanchez  
PGY1

The most important factor is the learning environment and camaraderie among the staff. During my interview, I felt welcomed by the residents and was able to see SUNY Upstate as a place to study, make friends, and grow professionally.

**Letchworth State Park – “The Grand Canyon of the East”**





The Carrier Dome





Armory Square



Shadi Daghighi  
PGY1

Very friendly atmosphere, very diverse.

**Greek Peek – 36 miles from Syracuse**



# New York State Fair





Little Italy



Yeganeh Daryaipou  
PGY1

The program offers endless teaching/mentorship, learning, and academic opportunities and being able to take care of patients in different environments/hospitals provides great diversity in clinical exposure. The warm and supportive environment that I saw during the interview dinner and day impressed me even more; I really felt that the program would provide a nurturing environment not only for professional, but also for personal growth.



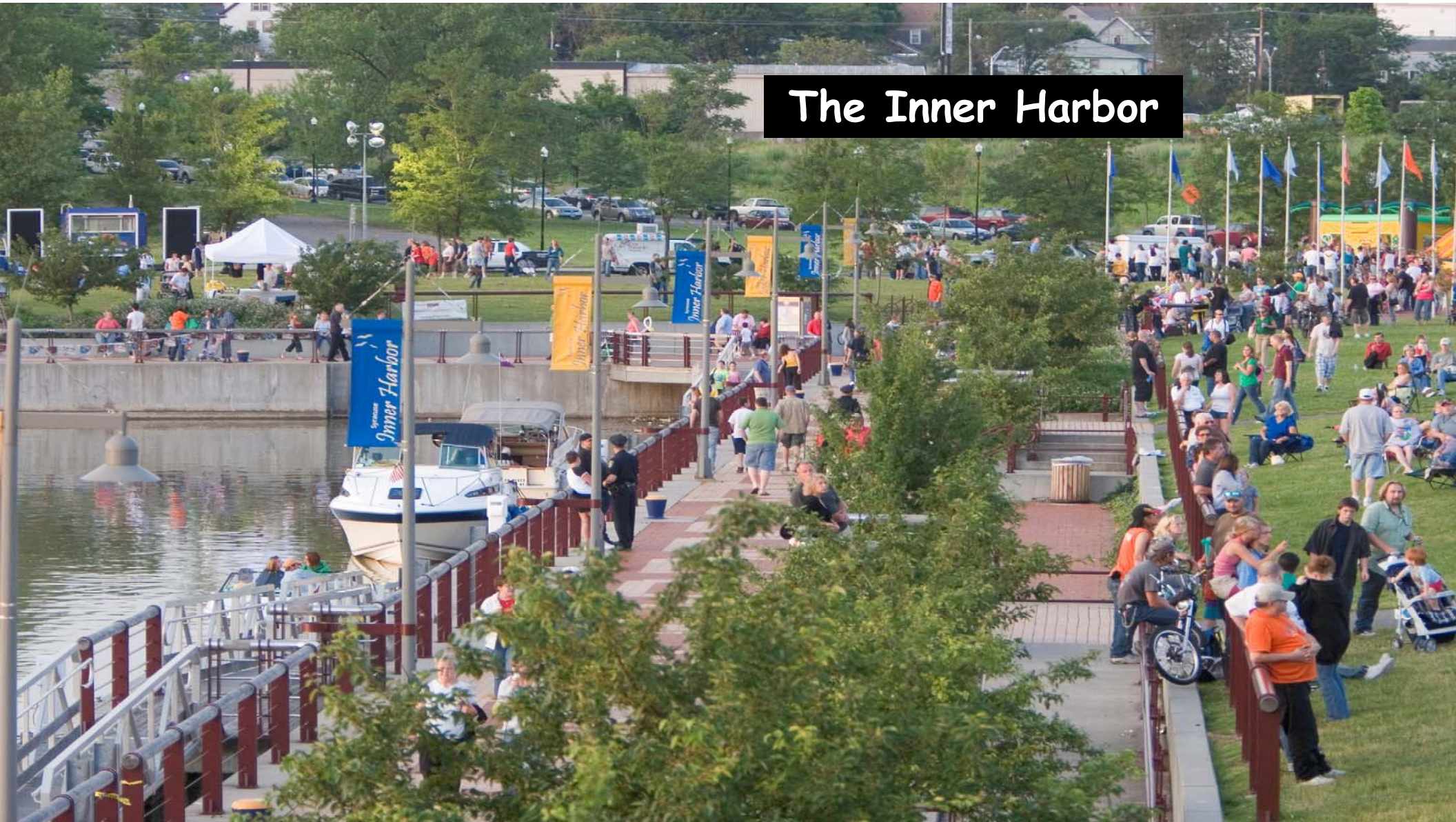
**CNY Regional Market, Syracuse**

**Celebrate your co-residents birthdays**





# The Inner Harbor





Mark Dedvukaj  
PGY1

Beautiful facility, great opportunity for fellowship, and awesome education.

Lake Placid  
(3 hours north)





**Emerson Park – Owasco Lake (45 mins by car)**



Syracuse University



Rajat Dhand  
PGY1

The environment of inclusiveness and warmth attracted me the most. Besides, I always envisioned matching into a large academic program and SUNY seemed like the perfect fit for me.

# New York State Fair





...in Downtown Syracuse





Brian Hormozi  
PGY1

I love the educational opportunities that SUNY Upstate has to offer. From the day of my interview, I knew this was the place for me to help me skyrocket to my goals and aspirations by providing me with a strong foundation. The leadership, residents/fellows all proved to show that. Aside from the educational aspect, Syracuse reminds me a lot of my own hometown and the proximity to other major cities is a plus!



## **Green Lakes State Park**



**Niagara Falls**



Candice Ibarra  
PGY1

I am looking forward to treating a wide variety of cases that are typically seen in a hospital of this size in an urban setting. I believe this exposure coupled with the amount of patient and staff diversity will help me as I continue my career in Anesthesiology.

**Boldt Castle (Alexandria Bay)**





Brewster Inn, Cazenovia

# Alexandria Bay (90 minutes by car)





Yassin Irislimane  
PGY1

I like the area and I didn't want to move for the radiology program. Syracuse is close to Montreal.



# Mirbeau Inn and Spa





Mirbeau Spa



Hanish Jain  
PGY1

Upstate has a diverse patient population and the program provides ample opportunities to grow .



**Destiny USA-6th largest mall in USA**



**Cornell Botanical Gardens**

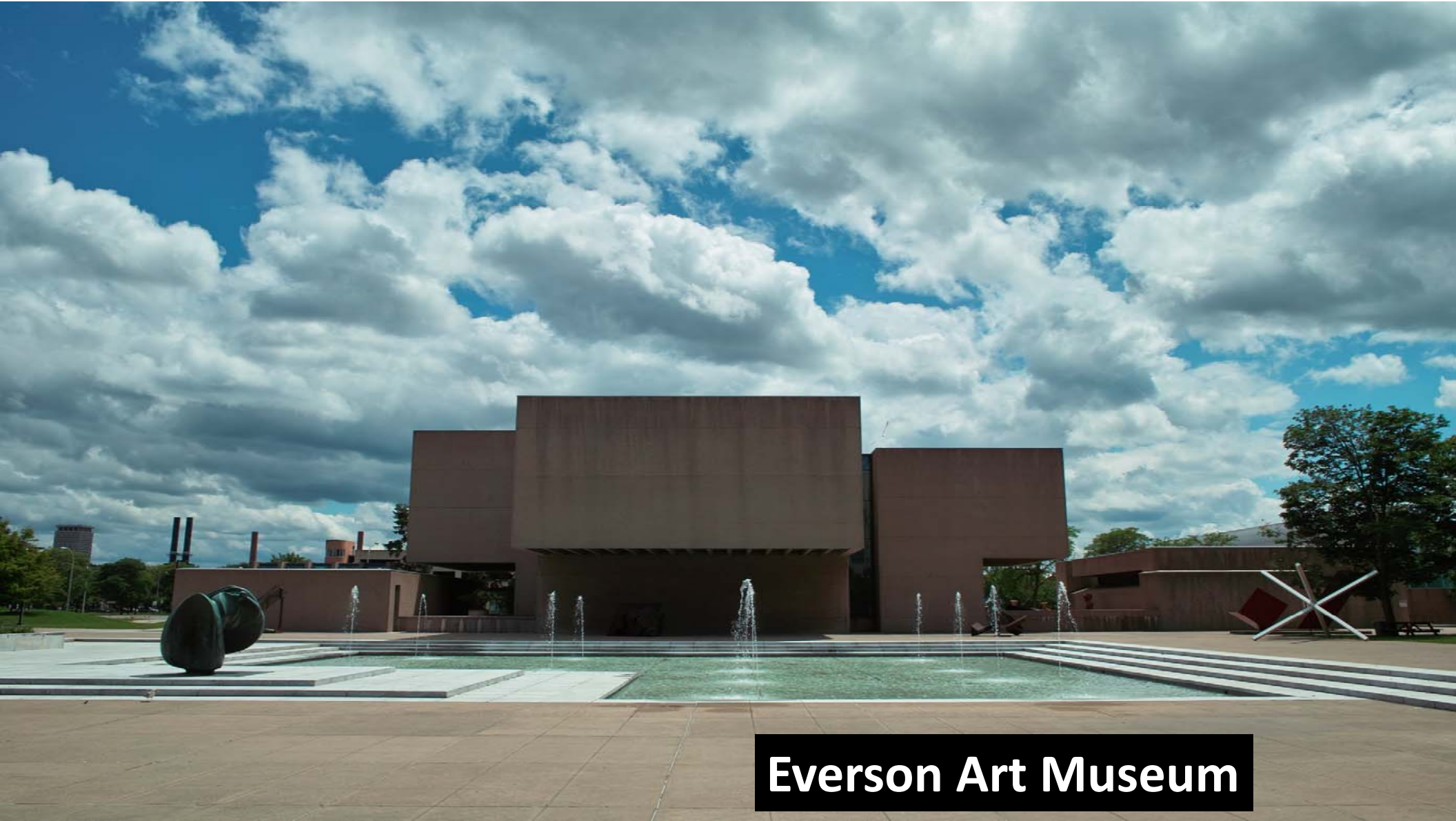


The Erie Canal



Farzam Khokhar  
PGY1

The supportive environment and a strong sense of collegiality that is maintained by residents and the faculty. Being a university hospital, the opportunity to learn, teach and carry out research is a big plus. With all possible fellowships being in-house, you have the opportunity to steer your career in the direction you like. Also, by training in 3 different hospitals, you get exposed to a wide variety of different patient populations and pathologies. Finally, Upstate NY is a beautiful place to live and start off your career.



**Everson Art Museum**





**Highland Forest**



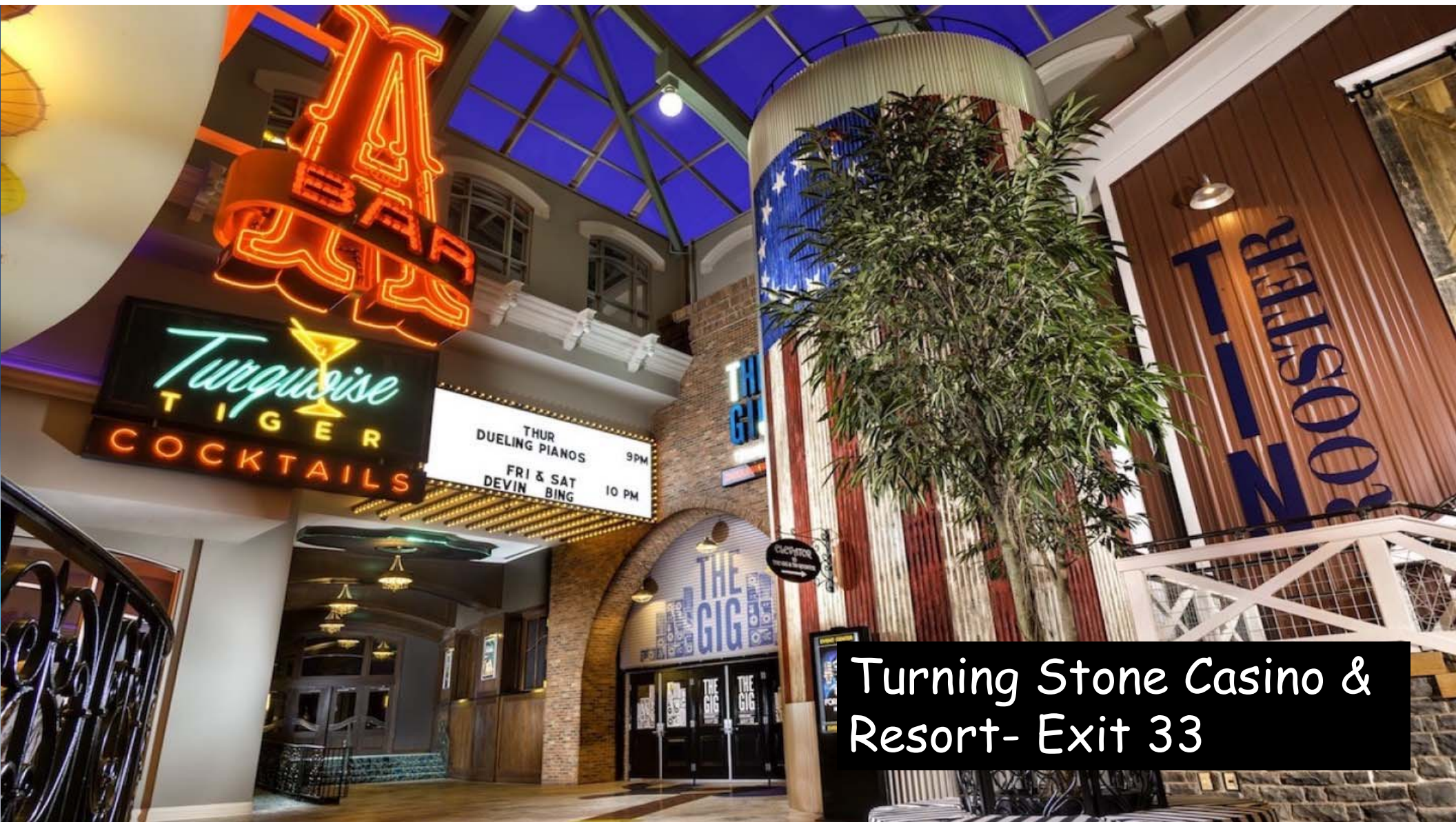
Tyler Litvin  
PGY1

Syracuse is home and everybody is  
extremely welcoming

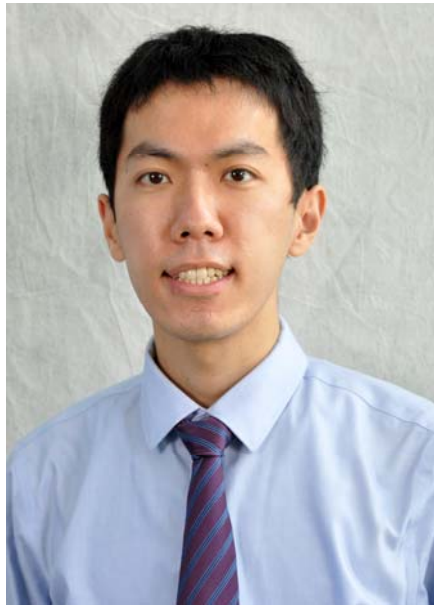


**Buttermilk Falls, Ithaca**

Jornell



Turning Stone Casino & Resort- Exit 33



Zada Liu  
PGY1

I like the city of Syracuse having gone to medical school here. The people are great and there are lots of things to do. Academically I knew I would receive a great education in internal medicine. The attendings are fabulous and the nurses/staff are all very nice. Technologically SUNY Upstate is up-to-date with EPIC and other perks. I know I will be happy with my education at SUNY Upstate.

# Turning Stone Casino & Resort





**Three Brothers Winery**



Justin Martinez  
PGY1

I like that SUNY Upstate is a large program that serves both urban and rural communities, allowing the residents to work with people of diverse backgrounds and walks of life. Serving such a large population also allows me to see rare and unique pathologies that will help aid in becoming a strong and experienced clinician.



# Water Safari (2 hour drive)





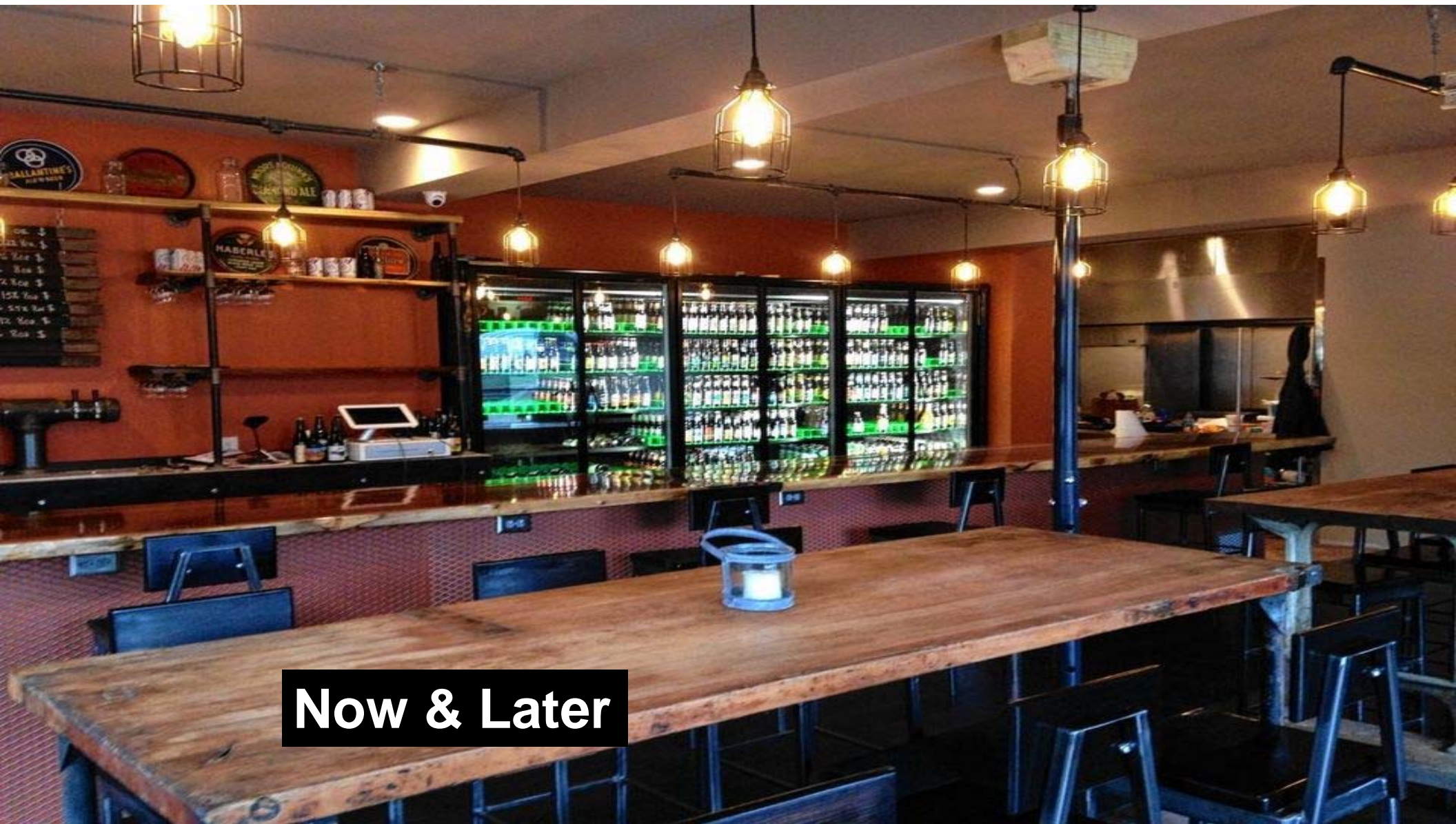
**Syracuse Stage**



Jonathan McGuire  
PGY1

Moving here to attend Upstate as a medical student from Long Island was a complete change in my lifestyle. Over time I began to see the many special (and often overlooked) things that Syracuse has to offer and I now really enjoy living here. I greatly appreciate the faculty at Upstate and I am excited to see where I may fit in over the coming years.





**Now & Later**



# Green Beer Sunday





Radhika Mehta  
PGY1

Supportive and encouraging faculty and  
housestaff; refugee care

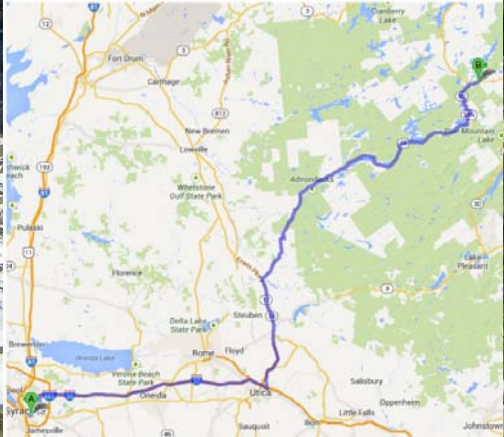
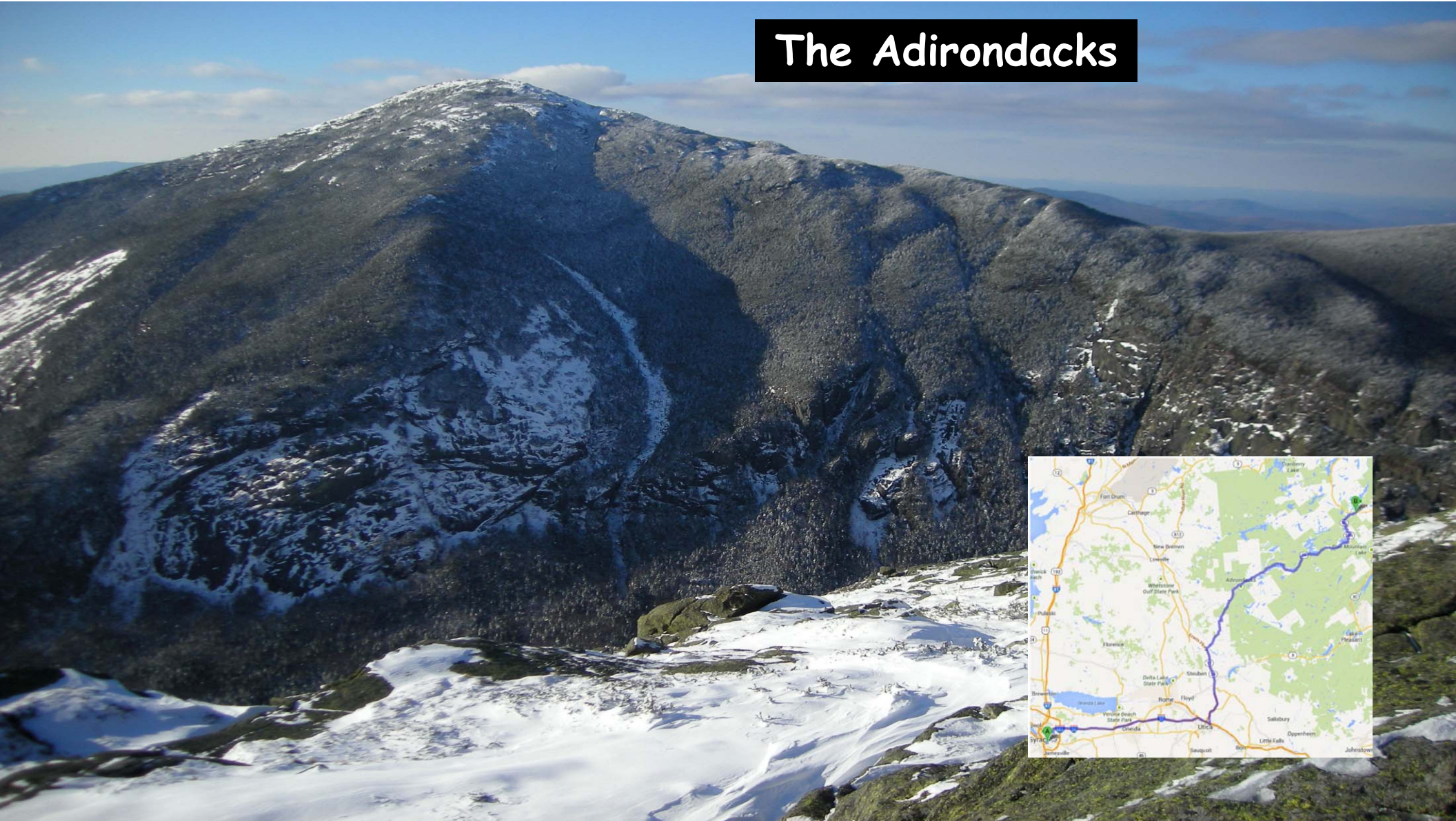
# The Carrier Dome



SYRACUSE		5:30		GEORGETOWN	
#	PTS	PERIOD		#	PTS
0	4	1		1	5
5	0	2		5	0
20	0	0		14	2
22	0	10		21	4
51	2	4		22	1
TOT 4		FOSSSESSION		TOT 5	
		2 TEAM FOULS		5	



# The Adirondacks



# SU Rose Garden





**Heid's Signature Hotdogs**



Eric Merrell  
PGY1

I grew up and went to college in the Syracuse area. I am excited to find more ways to contribute to the community.



**New York State Fair**



**Ower's Vineyard (Cazenovia)**



Tumelo Moleko  
PGY1

What attracted me most to the program is the strong academic performance of the program, and the welcoming environment and the sense of community despite being such a large program. I also like that there are a number of fellowship opportunities available after completion of residency.

**Beak & Skiff**  
**Rated Best Apple Orchard in U.S.**







Monday, April 9, 2018

12:15 – 1:15 p.m.

Resetting Chronic HF Therapy in Hospitalized Patients with HFrEF

Richard Wright, MD

Sponsored by Novartis Pharmaceuticals

Tuesday, April 10, 2018

12:30 – 1:30 p.m.

Expert Conversations in Heart Failure

Amé, Jr., DO

Kachur, MD

Sponsored by Novartis Pharmaceuticals

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HOSPITAL  
MEDICAL  
2018  
TEAM health

14



...at the War Memorial



Monique Monita  
PGY1

I appreciate that Upstate fosters a positive learning experience and the people in the program are warm, helpful, and friendly.

A photograph of a restaurant sign. At the top, a neon sign features a large red 'F' followed by the word 'rancesca's' in white neon. Below this is a green and white striped awning. A black rectangular box with white text is overlaid on the awning. At the bottom, a dark sign with gold lettering reads 'Francesca's Cucina'.

F rancesca's

...in Little Italy

Francesca's Cucina



The Carrier Dome



Sindy Murali  
PGY1

What I love about Upstate IM program is how supportive everyone is from the program director to the Chiefs to the administration to your seniors. Everyone is really invested in your education and career. Given the stressful nature of this profession, the environment that Upstate has created is extremely gratifying.



**Onondaga Lake Park**



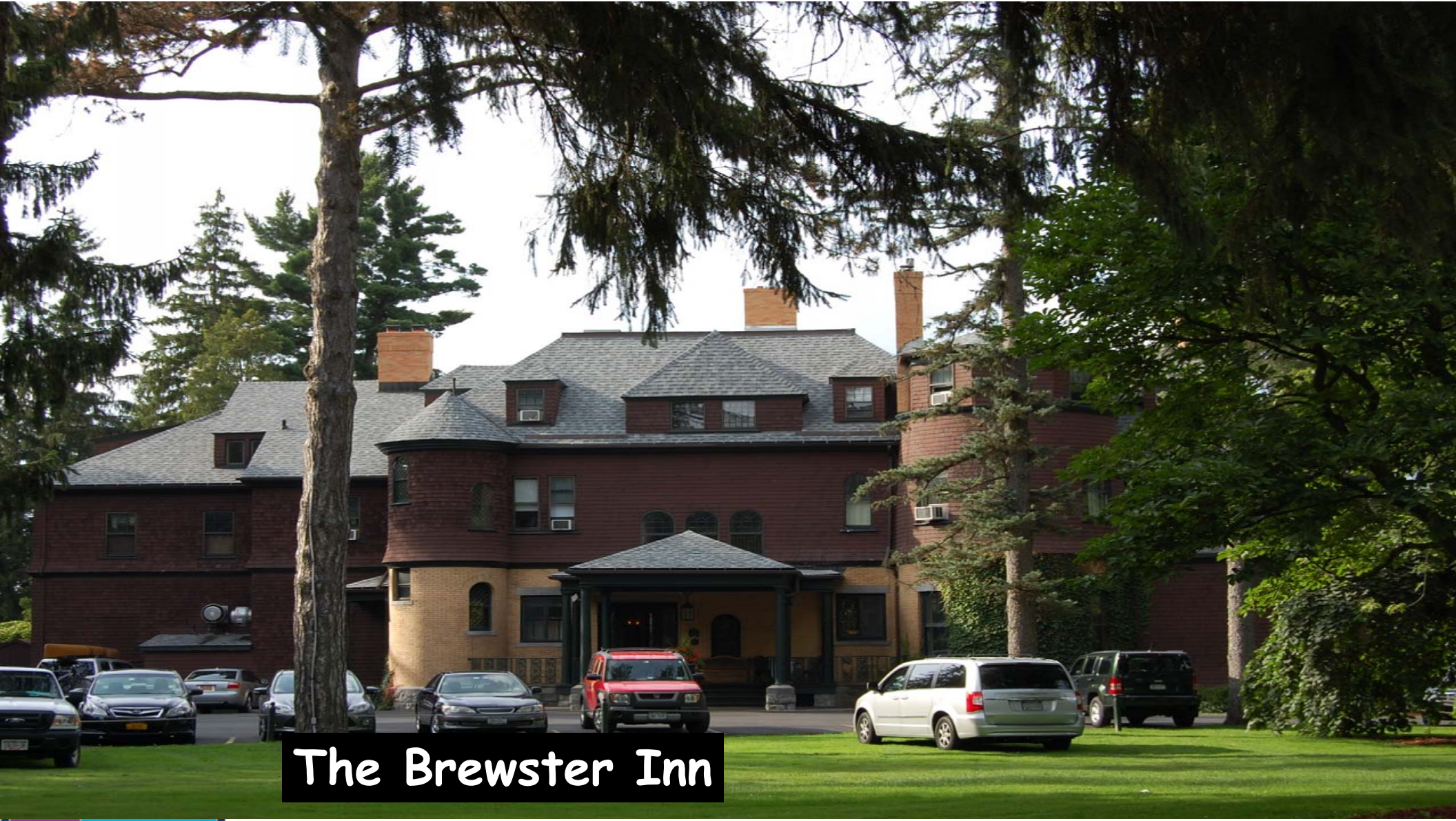
**Cazenovia, NY  
25 mins by car**





Omar Nasser  
PGY1

Great program, great working environment.



**The Brewster Inn**



**Syracuse Stage - Plays performed throughout the year**



Samender Randhawa  
PGY1

Everyone at Upstate is engaging, approachable, and supportive. As a former student at Upstate, I was impressed with the quality education and the very meticulously planned year for the residents. I wanted to continue to be a part of this highly respected academic family!



© 2013 Jack Humphrey



**Cooperstown**

# Empire Farm Brewery (Cazenovia)





Adam Ross-Hirsch  
PGY1

The culture, community, and people of Upstate are what drew me to both the prelim medicine and ophthalmology residency programs.



**GANNONS**

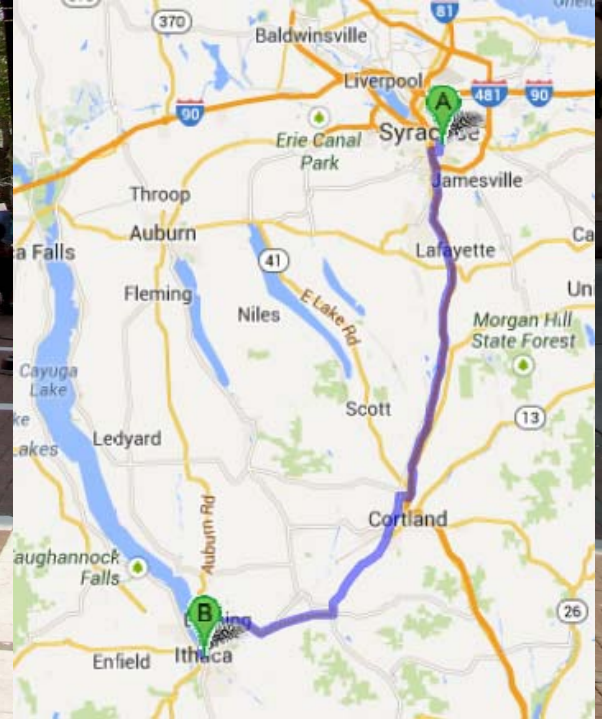
**ISLE**

**ICE CREAM**





Ithaca





**Downtown Syracuse**



Mahmoud Saleh  
PGY1

What truly stands out to me about this program is the level of support from the seniors and the resources accessible to a physician in training. It quickly becomes clear that you are part of a group that wants to see you succeed.

A scenic view of Owasco Lake. In the foreground, a paved walkway leads towards the water, lined with several black lampposts. To the left, a large tree with white blossoms stands prominently. The lake's surface is bright blue with white reflections. In the background, a dense forest of evergreen trees stretches across the horizon under a clear blue sky with a few wispy clouds.

## Owasco Lake





Michael Sandhu  
PGY1

The warm and welcoming atmosphere at Upstate coupled with an innovative curriculum and the opportunity to grow in an academic environment.

# Geneva on the Lake





# Taughannock Falls State Park





**War Memorial Arena – Sports and Performances.  
Where the Paul Newman movie “Slap Shot” was filmed**





Al-Aman Shaukat  
PGY1

Upstate Medical residency is a highly regarded and IMG friendly residency program. I have always appreciated the cordial environment that Upstate provides, which regards everyone from an intern to an attending as part of one family.



**Highland Forest**

# Watkins Glen





Behzad Shojaee  
PGY1

I choose Upstate Medical University due to the wide variety of clinical settings and pathologies residents get exposed too. The faculty were kind and supportive, with goal of ensuring we receive the best education possible. Syracuse is also 4 hours away from home, which was appealing.



ANNUAL  
**DICKENS  
 CHRISTMAS**  
 IN SKANEATELES!



Every weekend  
 Thanksgiving – Christmas



# Chittenango Falls



*© Kruss Ebersold 2008*





**Canandaigua Lake**



Ryan Ta  
PGY1

Most importantly, I have the privilege and honor of serving the community I grew up in. Secondly, the residents here foster a warm, collegial atmosphere and it is a joy being surrounded by such wonderful colleagues. Lastly, Dr. Knohl, the program director, is a sensible, personable, and committed leader. He is our greatest supporter.



**Marshall Street**



Weiskotten Hall



Bilal Talha  
PGY1

I rotated at SUNY Upstate as a 4th year medical student, and really enjoyed the rotation. The attendings and residents were all very nice. The opportunity to train as a resident at a University based Level 1 trauma and tertiary care center is second to none.



**Sharkey's Beach Volleyball**





**Watkins Glen**





Stephanie Teachout  
PGY1

Attendings are committed to teaching



Skaneateles





Mathew Thomas  
PGY1

SUNY Upstate has plenty of professional and personal opportunities. People are really welcoming and friendly. The well rounded curriculum, experienced faculty members and wide range of pathology provide an ideal environment for learning.

# Thornden Park



# FINGER LAKES WINERIES

Finger Lakes Wine Center at  
Sonnenberg Mansion  
NY Wine & Culinary Center >

## Canandaigua

< Wilhelmus  
Estate Winery

Arbor  
Hill >

## Geneva

Belhurst Winery >  
& Castle

White Springs >  
Winery

Billsboro >

Fox Run Vineyard >

Red Tail Ridge Winery >

Seneca Shore >

Anthony Road Wine Cellars >

## Geneva

< Ventosa Vineyards

3 Brothers Wineries  
& Brewery

Billsboro >

< Zugibe  
Vineyards

Swedish Hill >

Lakeshore >

Knapp >

Goose Watch Winery >

Buttonwood Grove >

Cayuga Ridge >

Thirsty Owl Wine Co >

Hosmer >

Sheldrake Point >

Lucas Vineyards >

< King's Garden

< Lamoreaux Landing

< Wagner

< Silver Thread

< Caywood

< Shalestone

< Poplar Ridge

< Standing Stone

< Penguin Bay

< Tickle Hill

< Rasta Ranch

< Leidentrost

< Red Newt Cellars

< Damiani Wine Cellars

< Chateau Lafayette Reneau

< Atwater Estate

< Silver Springs

< Catharine Valley

## Auburn

< Montezuma Winery  
& CJS

< Hart & Hands  
Wine Company

< Dill's Run Winery

< Bet The Farm Winery

< Long Point Winery

< King Ferry Winery

< Bellwether Harvest

< Americana >

Frontenac Point >

Glenhaven  
Farm Winery >

< Chateau Dusseau

< Six Mile Creek Vineyard

## Skaneateles

Anyela's  
Vineyards >

Beak & Skiff  
Apple Farm  
Winery >

Over 200  
Wineries

## NAPLES

< Widmer's Wine Cellars  
& Imagine Moore Winery

Yates Cellars >

Hunt Country  
Vineyards >

Stever Hill >  
Vineyards

## PENN YAN

Keuka Spring  
< Vineyards

< Rooster Hill  
Vineyards

Barrington  
< Cellars

McGregor  
< Vineyard

< Keuka  
Overlook

< Ravines  
Wine Cellars

Dr. Frank's Vinifera Wine Cellars >

Heron Hill Winery >

Keuka Lake Vineyards >

Bully Hill Vineyards >

## HAMMONDSPORT

Pleasant Valley Wine Co >

Chateau Renaissance >

Prejean Winery >

Torrey Ridge Winery >

Earle Estates Meadery >

Miles Wine Cellars >

Heron Hill >

Four Chimneys >

Shaw Vineyard >

Hermann J. Wiemer >

Ashley Lynn >

Villa Bellangelo >

Hickory Hollow >

Glenora >

Fulkerson Winery >

Rock Stream Vineyards >

Pompous Ass Winery >

Arcadian Estates Winery >

Lakewood Vineyards >

Cascata Winery >

Castel Grisch Estate Winery >

Seneca Harbor Wine Center >

SENECA LAKE

CAYUGA LAKE

## Watkins Glen

## ITHACA

Owasco Lake

Skaneateles Lake

Otisco Lake



Saketh Velapati  
PGY1

A large and very diverse program is an educational gold mine for a budding physician. I loved the support each resident gets from and gives back to the program that I've seen during my rotations and first few weeks of residency. A program director emphasizing resident education and wellness combined with an astute house staff (family) is what one will be greeted with.

# Fingerlake Winery





# Upstate Cancer Center



# Watkins Glen





Katerina Warda  
PGY1

Everyone is supportive and always willing to help/teach. Also shrimp scampi every Wednesday!! I grew up in NY and living in AZ for a while now, I missed the season changes. And also NYC is near by!!!

# Fireworks at NBT Stadium



# Onondaga Lake Amphitheater





Andrew Westfall  
PGY1

Strong academics, as well as numerous doors for research and fellowships. As a former student here, I loved how the program fostered such a close-knit and supportive environment, and am excited to continue my training here! Being close to home is also definitely a bonus!



**Greek Peak**



**Sonnenberg Gardens  
Canandaigua NY (70 mins by car)**