

# Bariatric Surgery Program Is Changing Lives

In June, our bariatric program for the treatment of morbid obesity marked its first year and a half of clinical service. A total of 42 patients have had gastric bypass surgery thus far, changing their lives for the better in terms of physical health and psychosocial well-being.

Among our patients, the average weight loss at two weeks has been 19 pounds, at three months 50 pounds, at six months 90 pounds, and at one year 112 pounds.

Our bariatric program is unique in that patients are treated by a multidisciplinary healthcare team not only preoperatively, but postoperatively as well. In addition to the surgeon, this team may include an internist, nutritionist, physical therapist, social worker, and psychologist, among others. Our patients are followed very closely after they undergo surgery in order to prevent nutritional or other complications from developing.

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This program is directed by Collin E.M. Brathwaite, MD, associate professor of surgery and chief of trauma/surgical critical care, who is an active general surgeon with considerable experience in nutrition (he currently chairs University Hospital's nutrition committee). Arif Ahmad, MBBS, John S. Brebbia, MD, and Louis T. Merriam, MD, all assistant professors of surgery, are also involved in the program.

Barbara Smith, RN, MS, is the nurse practitioner who coordinates the patient care and facilitates the monthly support group. Having worked closely with all patients treated so far, she says, "It's very rewarding to see patients smiling and developing a sense of humor where there was none before and, above all, to see them restore their health."

Morbid obesity is that state where body weight exceeds ideal body weight by 100 pounds or more. Most of the serious diseases that are associated with it are improved, if not totally reversed, after gastric bypass surgery. This treatment is a tremendous opportunity for those individuals who face shortened life spans due to their obesity.

Although this particular surgery is not for everybody, it works well for those who have tried every other method of weight loss without success and who are committed to making major behavioral lifestyle changes in order to be healthier, feel better, and live longer.

*For more information about our bariatric program, please call Barbara Smith, NP, at (631) 444-1045.*

*... And at six months after surgery, showing weight loss of 100 pounds.*

## WHAT OUR PATIENTS HAVE SAID ABOUT THE OUTCOMES OF THEIR BARIATRIC SURGERY:

*"I am becoming a new person; I should have done this years ago."*

*"I was a type 2 diabetic with high blood pressure and high cholesterol; now all of that is gone and I no longer take any medication."*

*"It's like being reborn, but this time I like myself."*

*"I haven't been this healthy in 20 years."*

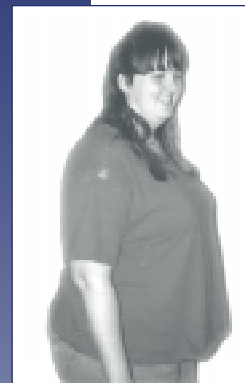
*"This is a long-time prayer answered for me."*

*"I feel so good."*

*"I have no regrets."*

*"I would never trade how I look now for being able to eat the way I did before."*

*Patient before surgery weighing 273 pounds...*



## *Cardiac Lab Enables Two Intel Semifinalists*

Last January, among the 12 students at the local public high school who were chosen as semifinalists in the prestigious Intel Science Talent Search (STS), two had performed their studies in the cardiac laboratory of our Division of Cardiothoracic Surgery. Both seniors at Ward Melville High School in East Setauket, NY, these two students were Miriam D. Lense and Elizabeth M. Reitano.



*Elizabeth M. Reitano*



*Miriam D. Lense*

The students had worked closely with the cardiac research team led by Irvin B. Krukenkamp, MD, professor of surgery and chief of cardiothoracic surgery. They developed their own research projects through their participation in the weekly meetings of this research team.

Lense's study was titled "Computer-Aided Speckle Interferometry as a Novel Technique for Measuring Myocardial Deformation with High Spatial Resolution."

Reitano's study was titled "Effects of Aspirin on the Cardioprotective Benefits of Arachidonic Acid in Ischemic Preconditioning and Myocardial Infarction."

Commenting on their work, Dr. Krukenkamp says: "It was amazing to watch Ms. Reitano and Ms. Lense delve into these complex areas of investigation with such dogged determination and a refreshing unbiased perspective. Their hypotheses, experimentation, and analyses contributed significantly to the scientific knowledge in each area, and to our research

program. We are proud of them, and indebted to them for their hard work."

The nation's oldest and most prestigious pre-college science competition, the Intel STS is often considered the "Junior Nobel Prize." Top scientists from around the country judge the students' research reports in terms of their research ability, scientific originality, and creative thinking.

The projects done by the students cover all disciplines of science, including chemistry, physics, mathematics, engineering, social science, and biology.

This year there were 300 semifinalists chosen from among 1,592 applicants. In addition to the \$1,000 scholarship award, all semifinalists are recommended to select colleges and universities. Although they did not become finalists, both Lense and Reitano benefitted from the STS experience, and will be going to Harvard University and Georgetown University, respectively, in the fall.

## *Annual David J. Kreis, Jr., Award For Excellence in Trauma Surgery*

The David J. Kreis, Jr., Award for Excellence in Trauma Surgery is an annual award given to a senior (fourth-year) surgical resident by the Division of Trauma/Surgical Critical Care in honor of the late Dr. Kreis, who served with distinction on our faculty from 1986 until his untimely death in 1989. He was the founding chief of the division.

Presented at our annual graduation banquet in June, this award recognizes the unique characteristics that make a trauma surgeon—the characteristics that Dr. Kreis personified: integrity, educational acumen, leadership, and excellence both in clinical practice and medical research.

In addition to an engraved plaque, the winning resident receives funding towards attendance at a national conference on trauma/surgical critical care.

The David J. Kreis, Jr., Memorial Fund was established in the Department of Surgery soon after his death. The Fund supports the annual award which was first given last year. It is also used to underwrite resident travel to research conferences, and to support other educational activities related to trauma/surgical critical care in the Department.

Donations to the David J. Kreis, Jr., Memorial Fund are tax-deductible. For information, please call (631) 444-8330.

## **WE WISH TO EXPRESS OUR SINCERE GRATITUDE TO THE RECENT CONTRIBUTORS TO THE FUND:**

- Christina Berninger
- Evelyn Crouse
- James & Kellyann Horne
- Catherine & John Phelan, Jeanette Hunter, Edna Petri, and Kay Phelan
- Merck & Co
- Wyeth Ayerst
- Myrna Zaffina



*Dr. Colleen Willett (left) receiving award from Dr. Collin E.M. Brathwaite and Jane E. McCormack, RN.*

*The second David J. Kreis, Jr., Award for Excellence in Trauma Surgery was presented to Colleen Willett, MD, at our resident graduation banquet on June 10, 2001.*

*Dr. Willett received her medical degree from George Washington University in 1997, and in July of that year, she started her surgical residency at Stony Brook.*

# Residency Update

Since the class of 1975 entered the profession of surgery, 149 physicians have completed their residency training in general surgery at Stony Brook. The alumni of our residency program now practice surgery throughout the United States, as well as in numerous other countries around the world—and we're proud of their diverse achievements and contributions to medicine.

Our fully accredited five-year nonpyramidal residency program fulfills the standards for professional excellence adopted by the American Board of Surgery, and leads to eligibility for board certification. Five surgical residents are selected each year through the National Resident Matching Program.



Dr. Eugene Mohan (left) and Dr. John Ricotta (right) with our 2001 graduating chief residents (from left to right), Drs. Jonas DeMuro, Hector Dourron, James Vosswinkel, Chad Caldwell, and Behdad Aryavand, at the graduation banquet held on June 10.



Our graduating vascular surgery resident (right), Dr. Mohammad Eslami, with Dr. John Ricotta.



Our graduating otolaryngology resident (left), Dr. Roger Horioglu, with Dr. Arnold Katz.

## 2001 Graduating Chief Residents

<u>Name</u>	<u>Medical School (Grad. Year)</u>	<u>Career Direction</u>
Behdad Aryavand, MD	Ross U ('95)	Private practice
Chad Caldwell, MD	Medical College of Pennsylvania ('96)	Private practice in North Carolina
Jonas DeMuro, MD	SUNY-Stony Brook ('96)	Private practice
Hector Dourron, MD	U of Buenos Aires ('94)	Vascular surgery fellowship at U of Michigan
James Vosswinkel, MD	SUNY-Syracuse ('95)	Trauma/surgical critical care fellowship at Yale U

## New Chief Residents

<u>Name</u>	<u>Medical School (Grad. Year)</u>
Nasrin Ansari, MD	Robert Wood Johnson ('94)
Leo Cheng, MD	SUNY-Buffalo ('96)
Zhanna Logman, MD	SUNY Downstate ('97)
John Platz, MD	N Y Medical College ('97)
Colleen Willett, MD	George Washington U ('97)

## Incoming Residents / All Categorical PGY-1\*

<u>Name</u>	<u>Medical School (Grad. Year)</u>
Seung Hong, MD	Temple U ('01)
Paul Kochupura	SUNY Upstate Medical U ('01)
George Manis, MD	Creighton U ('96)
Andrew Monteleone, MD	Eastern Virginia Medical School ('01)
Brett Ruffo, MD	Ross U ('00)

\* As of July 1, 2001.

# Alumni News

**Dr. Alessandro Ferrero** ('76), who was recertified in thoracic surgery two years ago, continues to enjoy his practice in Winter Park, FL, called Vascular & Thoracic Surgery of Central Florida.

**Dr. Tom R. Karl** ('81), senior cardiac surgeon at the Children's Hospital of Philadelphia (CHOP), has recently been appointed professor of surgery at the University of Pennsylvania. Still a world traveler, he flew to Japan last September to give two presentations at the annual meeting of the Asian Society for Cardiovascular Surgery: "Hypoplastic Left Heart Syndrome: Surgical Strategies and Outcome" and "Neonatal Cardiac Surgery." The following month, he led a surgical mission to Managua, Nicaragua, for two weeks. In December, he traveled to Santiago, Chile, to give four lectures dealing with congenital heart disease for the Chilean Cardiovascular Society. In February, he was an invited speaker in meetings in Orlando, FL, and in Vail, CO. With more than 70 peer-reviewed journal publications so far, he recently published the following two articles:

- Wilkinson JL, Cochrane AD, **Karl TR**. Congenital Heart Surgery Nomenclature and Database Project: corrected (discordant) transposition of the great arteries (and related malformations). *Ann Thorac Surg* 2000;69(4 Suppl):S236-48.
- Asou T, Matsuzaki K, Matsui K, **Karl TR**, Mee RB. Veno-venous bypass to prevent myocardial ischemia during right heart bypass operation in PA, IVS, and RV dependent coronary circulation. *Ann Thorac Surg* 2000;69:955-6.

Both a clinical and research center, CHOP is a tertiary referral hospital with one of the largest pediatric cardiac units in the world, performing 800-900 cardiac surgical cases per year.

**Dr. Curtis C. Marder** ('82) is practicing cardiac, thoracic, and vascular surgery in Marquette, MI, and on staff at Marquette General Hospital. He is well known in upper Michigan for his use of the latest operative techniques, such as off-pump coronary bypass, stent-less valve procedures, and aortic root replacement.

**Dr. John T. Lettieri** ('87) is practicing plastic surgery in the Carolinas, with an office in Spartanburg, SC, and another in Hendersonville, NC.

**Dr. Mark P. Honig** ('90) who in 1996 started Navy-sponsored training in plastic and reconstructive surgery at UCLA is now practicing at the Naval Medical Center in Portsmouth, VA. Currently a commander in the Navy, he is slated to be the next head of the plastic surgery department at this institution, which is a 360-bed tertiary care hospital. A recent publication of his was done with former colleagues at UCLA:

- Miller TA, Rudkin G, **Honig M**, Elahi M, Adams J. Lateral subcutaneous brow lift and interbrow muscle resection: clinical experience and anatomic studies. *Plast Reconstr Surg* 2000;105:1120-8.

**Dr. Steven J. Busuttill** ('94) is currently an assistant professor of surgery at Case Western Reserve University in Cleveland, OH. He joined the faculty there in 1996, after completing his vascular surgery residency at Geisinger Medical Center in Danville, PA. He earned board certification in general surgery in 1996 and in vascular surgery two years later. A member of the vascular surgery division, he is now chief of vascular surgery at the Cleveland Veterans Affairs Medical Center. Among his publications are these two recent reports:

- **Busuttill SJ**, Drumm C, Ploplis VA, Plow EF. Endoluminal arterial injury in plasminogen-deficient mice. *J Surg Res* 2000;91:159-64.
- Snajdar RM, **Busuttill SJ**, Averbook A, Graham DJ. Inhibition of endothelial cell migration by cigarette smoke condensate. *J Surg Res* 2001;96:10-16.

**Dr. Alex F. Argotte** ('97) has just established his new practice in general, vascular, and thoracic surgery, in Mayfield, KY.

**Dr. Javad Golzarian** ('98) is a member of the surgical staff of the Clinic for Colon and Rectal Surgery in Huntsville, AL. One of four general surgeons in this busy group, he became board certified in surgery in February 1999 and board certified in colon and rectal surgery in October 2000.

**Dr. Saad A. Shukri** ('99), now in private practice in East Patchogue, NY, became board certified in surgery in October 2000.



To submit alumni news online AND to find current mailing addresses of our alumni, please visit the Department's website at [www.uhmc.sunysb.edu/surgery](http://www.uhmc.sunysb.edu/surgery)

For news about Stony Brook's School of Medicine, see the latest edition of Dean's Notebook at [www.uhmc.sunysb.edu/som/dnotebook.html](http://www.uhmc.sunysb.edu/som/dnotebook.html)

GENERAL SURGERY ALUMNI: Please send your e-mail address—for inclusion in the Alumni Directory—to [cohen@surg.som.sunysb.edu](mailto:cohen@surg.som.sunysb.edu)