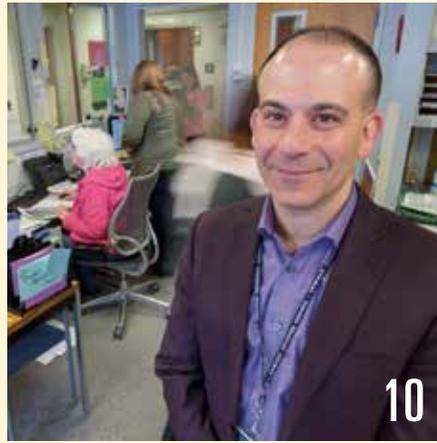


UPSTATE MEDICAL Alumni JOURNAL

SPRING 2019 PUBLISHED BY UPSTATE MEDICAL ALUMNI FOUNDATION

**WENDY SCINTA, MD '98
REVERSES DISEASE
AND IMPROVES LIVES
THROUGH MEDICAL
WEIGHT LOSS**





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ON THE COVER:

Wendy Scinta, MD '98,
pictured at her office in
Fayetteville, New York.

Upstate Launches Family Medicine Residency

Upstate Medical University is collaborating with the Syracuse Veteran's Administration Medical Center to launch a new family medicine residency program, the first for Upstate. The three-year program will begin in July and has already attracted tremendous interest.

According to Program Director R. Eugene Bailey, MD '89, the program received 400 applications for the six spots in its inaugural year. Program administrators conducted more than 70 personal interviews with candidates for those positions.

The family medicine residency will be based at Upstate's Community Campus and all residents in the program will spend a portion of their time working at the VA.

"It is a program that will offer a diversity of learning experiences to prepare our residents for a wide variety of job opportunities," Bailey says. "The office at Community is state-of-the-art and will be a place where our residents will learn the key elements of family medicine including compassion, continuity of

care to our patients, developing collaboration with our specialties, and the importance of engaging the community."

Upstate and the VA have been working together to launch the residency program for several years. It officially received accreditation from the Accreditation Council of Graduate Medical Education in October 2018 and the program began accepting applicants shortly after.

The new residency program aims to address the need both nationally and locally for more primary care doctors. "We want a training program that prepares our residents not only to be excellent clinicians but also to excel in education and serve in faculty and leadership positions," says Harminder Grewal, MD, associate professor of family medicine and site director at the Syracuse VA Medical Center. "We are building an innovative program where they will not only develop their strength in clinical care but they will also be trailblazers in education and research. We want them to find and follow their passion."



The ribbon-cutting ceremony for Upstate's new Family Birth Center at the Community Campus

Renovated Family Birth Center Opens

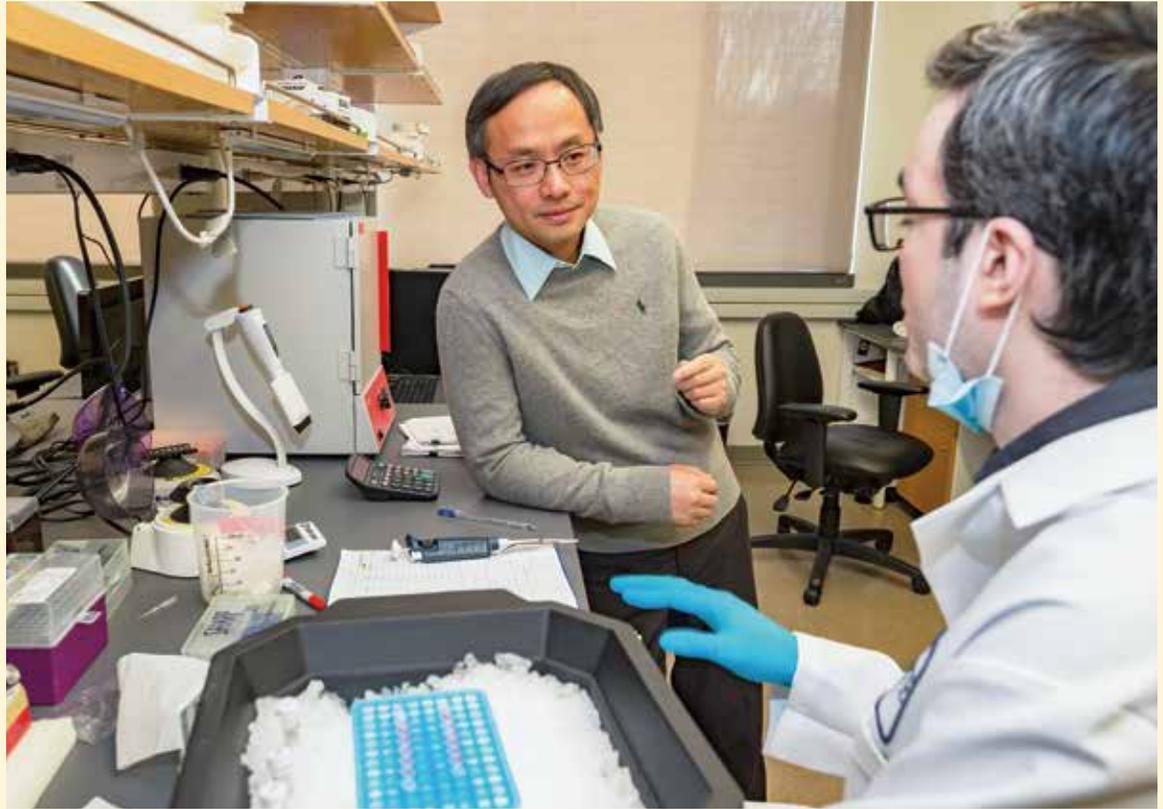
THE UPSTATE FAMILY BIRTH CENTER at the Community Campus began housing mothers and babies throughout its entire 21-bed unit in January, following a multi-phased, two-year \$9.2 million renovation.

The project included a new floor plan, new family lounge spaces, a six-bed nursery, nursing upgrades, a lactation room, and technology improvements, as well as expanded private rooms with a hotel feel.

"The completed Upstate Family Birth Center is an incredible facility and resource for mothers, babies and families in Central New York," says Upstate Community Campus Chief Operating Officer Nancy Daoust, LNHA, FACHE. "The patient rooms are absolutely beautiful. The nursery is a much-needed addition and the technology and nursing upgrades will help our staff continue to offer the highest level of care for newborns and mothers here at Upstate."



Harminder Grewal, MD, and R. Eugene Bailey, MD '89



Chunyu Liu, PhD

Upstate Professor Links Genetic Changes to Mental Illness

Chunyu Liu, PhD, Upstate professor of psychiatry and behavioral sciences, neuroscience, and physiology, has helped lead an important genetic research project using one of the largest collections of brain tissue ever amassed, the results of which were published in a series of papers in *Science* and its sister journals, and highlighted in *Scientific American* and *Nature* magazines. Dr. Liu's research is supported as part of the PsychENCODE Consortium funded by the National Institutes of Mental Health.

Scientists have long observed that gene expression in the brains of people suffering from disorders such as schizophrenia is different. Previous studies found a handful of genes changed while Liu's recent research has found nearly a quarter of the genes changed. Identifying that difference is critical to taking the next step in understanding how a person's genes can contribute to a disease like schizophrenia.

"It's a very important observation on a very long journey to understand how and why so many

genes changed," Liu says. "We will continue to study how those changes are related to the disease."

It's not clear if those changes occur before a person is born, during critical developmental stages in infancy and childhood, or if they happen over a longer period of time, he says. "We know there's a pre-disposition here that can make a person (with gene changes) more vulnerable or high-risk to developing disorders like schizophrenia," he said. "But environmental conditions can also change gene expression."

Liu's lab specifically studied brain tissue from people with schizophrenia or bipolar disorder as well as healthy brain tissue. Liu and his colleagues "looked for microRNAs whose expression correlated with that of protein-coding genes. This led them to a network of microRNAs, transcription factors and genes that seem to work together to influence schizophrenia risk," according to the *Scientific American* article.

Hospital Leadership Announcements

ROBERT CORONA, DO, MBA, has been named chief executive officer of University Hospital.

Dr. Corona, who has served as interim CEO since March 2018, previously led the development and implementation of the Upstate MIND (Medical Innovation and Novel Discovery) at the Central New York Biotech Accelerator and served as the John B. Henry Professor and chair of the Department of Pathology and Laboratory Medicine, medical director of neuropathology, and vice president for innovation and business development.

Corona founded Upstate's telemedicine program while at Upstate in the 1990s. He also served as chief medical officer and vice president of medical and scientific affairs at Welch Allyn Inc. in Skaneateles.

Corona received his doctor of osteopathic medicine degree from New York Institute of Technology College of Osteopathic Medicine and his MBA from the University of Massachusetts at Amherst. He is board certified in anatomic pathology, neuropathology, and clinical informatics.

AMY TUCKER, MD, MHCM, has been appointed chief medical officer at University Hospital. She has served as interim CMO since April 2018.

Tucker joined Upstate in 2017 as director of Adult Ambulatory Services. Prior to joining Upstate, Tucker, a practicing cardiologist, served on the faculty at the University of Virginia, where she held various administrative roles including founder and director of the Club Red Women's Cardiovascular Prevention Clinic, associate chair of Medicine for Undergraduate Medical Education, and director of the Cardiovascular Fellowship Training Program. Tucker also served as the director of Ambulatory and Consultative Cardiology Services.

Tucker also served as chief medical officer for Locus Health, LLC (previously Broad Axe Care Coordination), a company providing comprehensive care coordination, remote patient monitoring, and performance optimization using advanced data analytics.

Tucker is a fellow of the American College of Cardiology and the American College of Physicians. She earned a master's degree in health care management from the Harvard School of Public Health and earned her medical degree and undergraduate degrees at the University of North Carolina-Chapel Hill.



Robert Corona, DO, MBA



Amy Tucker, MD, MHCM



MORE THAN 300 STUDENTS and others attended the Latino Medical Student Association Regional Conference, held on the Upstate campus in February. Dozens of Upstate faculty members and staff hosted special sessions, including Flavia Soto, MD, division chief of bariatric surgery, who held a session on suturing, and neurosurgeon Zulma Tovar Spinoza, MD, who spoke on the importance of diversity. Upstate students organized the conference, which was attended by medical students from across the Northeast.



Gennady Bratslavsky, MD

Bratslavsky to Lead Clinical Trial Consortium

GENNADY BRATSLAVSKY, MD, professor and chair of the Department of Urology, has been elected as president of the Society of Urological Oncology Clinical Trials Consortium (SUO-CTC).

“Such recognition is a reflection of the great success of our urology department and our university,” says Julio Licinio, MD, PhD, dean of the College of Medicine. “This is also an enormous boost for our multidisciplinary genitourinary program and Upstate Cancer Center.”

Created, owned, and operated by its members, the SUO-CTC is a clinical research investigator network of more than 180 clinical sites in the U.S. and Canada. This national alliance of leading academic and community based uro-oncologists is committed to furthering urology research.

SUO-CTC pursues clinical trials, in concert with sponsors, to investigate therapeutic interventions which address urological cancers including, but not restricted to prostate, bladder, or kidney cancers. Together with industry, the SUO-CTC offers enhanced research options for ultimately delivering better quality of life to our patients.

The SUO-CTC president’s post is a two-year term, which is renewable once for a total of four years.

Upstate to Test Heroin Vaccine

Upstate Medical University and the Walter Reed Army Institute of Research in Maryland have received a \$3.7-million federal grant to conduct clinical trials on an experimental heroin vaccine.

The vaccine was developed by researchers in Walter Reed’s Military HIV Research Program and the National Institute on Drug Abuse. In preclinical studies, the vaccine produced antibodies that stopped heroin from entering the brains of mice and rats for up to three months.

If the experimental vaccine is approved by the FDA it will be tested on human volunteers at Upstate beginning in late 2020.

Stephen Thomas, MD, who will oversee the clinical trial at Upstate, says the goal of the research is to come up with another tool to fight the epidemic.

“If I have 100 people who have a heroin abuse disorder and this vaccine helps 10 of them go into sustained recovery, that is a huge impact,” he says. “That has saved 10 lives.”

Thomas, an infectious disease specialist, worked at the Walter Reed Army Institute of Research prior to joining Upstate and was familiar with the heroin vaccine research.

“This is not a cure for addiction,” adds co-investigator Timothy Endy, MD. “This is actually one tool in the tool box to help people into recovery and treating their addiction disorder. I think we’re at the beginning of trying to figure out how to best treat these folks.”

Researchers say the more treatment options available to individuals with addiction disorders, the greater the chance is of successfully fighting the nation’s opioid crisis.



Timothy Endy, MD



Stephen Thomas, MD

Weinstock Honored by American College of Physicians

Ruth Weinstock, MD, PhD, has been named the recipient of the 2018-2019 Samuel Eichold II Memorial Award for Contributions in Diabetes.

This national award is given to a member of the American College of Physicians or to an organization that has made important health care delivery innovations for diabetic patients resulting in improved clinical or economic outcomes; or a member of the ACP who has conducted research that significantly improves quality of care or clinical management of diabetes.

Dr. Weinstock, Distinguished Service Professor and division chief of Endocrinology, Diabetes and Metabolism at Upstate and medical director of the Joslin Diabetes Center, was the driving force behind the establishment of the Joslin Dia-

betes Center at Upstate. The Joslin Center is the only comprehensive, multidisciplinary diabetes center serving adults and children in central New York. Her past work with the Veterans Administration (VA) locally and nationally contributed to the development of a model for diabetes care that the VA system adopted nationwide.

Weinstock's research over the past 25 years has focused on the study of new approaches for the prevention and management of diabetes mellitus and its complications, including efforts to expand access to diabetes care to underserved populations using telemedicine. She has been an investigator in over 100 clinical research projects, has served on grant review panels for the National Institutes

of Health, on the National Board of Directors and numerous committees of the American Diabetes Association, as Associate Editor of *Diabetes Care* and Section Editor for Endocrinology for the Mayo Clinic Proceedings, on the editorial board of Endocrinology, on national committees for the Department of Veterans Affairs, as well as on other national, regional and local committees and task forces related to diabetes research and improving diabetes care.



Ruth Weinstock, MD, PhD

Faraone Honored for Lifetime Contributions

STEPHEN V. FARAONE, PHD, Distinguished Professor in the Departments of Psychiatry and Neuroscience and Physiology, has been recognized with national and international awards honoring his lifetime of influential research in brain sciences and genetics.

Dr. Faraone, whose research on attention deficit and hyperactivity disorder has brought greater clarity to the heritable nature of the disorder, received the Ming Tsuang Lifetime Achievement Award from the International Society of Psychiatric Genetics during the World Congress of Psychiatric Genetics, held in Scotland in October. The award is given to a distinguished senior scientist who has made significant and sustained contributions to the advancement of the field of psychiatric genetics.

In March, Faraone received the Paul Hoch Award from the American Psychopathological Association, given to a distinguished and currently active investigator who has produced significant, generative research.

Faraone is vice chair of research for Upstate's Department of Psychiatry and Behavioral Sciences. He also holds appointments as senior scientific advisor to the Research Program in Pediatric Psychopharmacology at the Massachusetts General Hospital and as lecturer at Harvard Medical School.

Faraone has made contributions to research in psychiatric genetics, psychopharmacology, diagnostic issues and methodology. He is principal investigator on several National Institutes of Health funded grants that address numerous psychiatric conditions, including attention deficit and hyperactivity disorder (ADHD), bipolar disorder and substance use disorders in children. He is among the most cited psychologist or psychiatrist scholars in the world. In 2014, Thompson Reuters placed him on their list of the World's Most Influential Scientific Minds for the fields of psychiatry and psychology.



Stephen V. Faraone, PhD

New Leader for Golisano Named

GREGORY P. CONNERS, MD, MPH, MBA, associate chair of pediatrics at Children's Mercy Hospitals and Clinic, University of Missouri, Kansas City School of Medicine, has been named chair of the Department of the Pediatrics at Upstate Medical University and executive director of Upstate Golisano Children's Hospital. Connors succeeds Ann Botash, MD, who served as interim chair since May 2018.

Connors, originally from Pittsford, New York, joined Children's Mercy Hospital in 2009 and has served in a variety of roles, including director of the Division of Emergency Medicine, as well as professor, vice chair and associate chair of Pediatrics and medical director for emergency preparedness.

Under his leadership, the division has grown consider-

ably; it now sees about 115,000 pediatric emergency visits per year in its Missouri and Kansas emergency departments, as well as educating a wide variety of trainees, and producing substantial research, advocacy, and other scholarly products. Connors has helped create one of the nation's premier academic pediatric urgent care groups, with scholarly activity and serving nearly 100,000 children annually. He also has held faculty and teaching positions at the University of Rochester and George Washington University.

Connors has been a member of the editorial boards of three peer-reviewed, professional journals. He has authored or co-authored about 100 papers, as well as 17 book chapters and a peer-reviewed book. He has been active in the American



Gregory Connors, MD, MPH

Academy of Pediatrics and other professional societies, and is a member of the prestigious American Pediatric Society.

He is a fellow of the American Academy of Pediatrics and a fellow of the American College of Emergency Physicians.



Sydney Russell Leed '21

Medical student wins prestigious U.S. Public Health Service Award

Upstate Medical University medical student Sydney Russell Leed '21 has received a 2019 U.S. Public Health Service (USPHS) Excellence in Public Health Award in recognition of her commitment and work to advance public health in communities and who exemplify the Public Health Service's mission to protect, promote and advance the health and safety of our nation.

On behalf of the USPHS, Rear Admiral Michael Toedt, MD, chief

medical officer of the Indian Health Service, presented the award to Russell Leed in a ceremony at the Health Sciences Library on the Upstate campus March 11.

Russell Leed, an MD/MPH candidate in her second year, has been active on and off campus in a variety of health justice and civic engagement efforts. She was one of 15 students who organized the first Health Justice at Upstate Conference, which was held in January; she also helped developed and maintain a

community garden at the Rescue Mission Homeless shelter.

Russell Leed participated in the Women H.E.A.L (Health, Education and Learning) program at the Rescue Mission Alliance in Syracuse, which sought to increase the capacity of the Rescue Mission to better meet the needs of the female residents by offering monthly, interactive group sessions. She is an advocate for a single-payer health system and founded Upstate's chapter of Students for a National

Health Program in 2016, and now serves on the board of the national organization, representing more than 70 chapters.

Russell Leed's outreach work was supported in part by Upstate Center for Civic Engagement, which provides opportunities for students to address health needs in the community through their work for human service agencies and other organizations.

New Scholarships for Syracuse Students

Upstate Medical University has announced two new College of Medicine scholarships that will provide full tuition and housing.

The Sarah Loguen Fraser Dean's Distinction Scholarship, named for the first African-American woman to graduate from what is now Upstate Medical University's College of Medicine, will be given to an incoming African-American female medical student with exemplary academic standing who best epitomizes the spirit and determination of Dr. Loguen Fraser.

Jada McMahon, a senior at Binghamton University from Hempstead, New York, has been selected as the first recipient and will enter the College of Medicine as a first-year student this fall.

The Say Yes to Upstate Scholarship will expand on the successful Say Yes to Education program in the City of Syracuse, which provides academic support and full-tuition scholarships to graduates of Syracuse high schools within certain income requirements.



Jada McMahon will enter the College of Medicine next fall as the inaugural recipient of the Sarah Loguen Fraser Dean's Distinction Scholarship.

New Study Links Schizophrenia and Gut

BREAKTHROUGH RESEARCH AT SUNY Upstate Medical University, along with colleagues at universities in China, provides further evidence of a strong link between schizophrenia and the organisms that reside in the digestive tract. The findings, reported in the journal *Science Advances*, could transform the way schizophrenia is treated.

Julio Licinio, MD, PhD, Upstate professor of psychiatry, medicine, and pharmacology, who also serves as dean of the College of Medicine at Upstate, co-lead the study with a team of international researchers who have been searching for the past five years to show the effect of the microbiome on behavior and the brain.

Gut microbiome refers to the microbes that live in the intestines. While people share some of the same microbiomes, most of the organisms differ from person to person.

As part of the study, Licinio and his team, through genetic sequencing of the gut microbiomes of healthy individuals and people with schizophrenia, found a vast difference in the makeup of the microbiomes found in people with schizophrenia. There were far fewer different gut microbiomes in people with schizophrenia. The next step of the study was to transplant the microbiomes taken from individuals with schizophrenia into germ-free mice.

"The mice behaved in a way that is reminiscent of the behavior of people with schizophrenia," Licinio said. "The brains of the animals given microbes from patients with schizophrenia also showed changes in glutamate, a neurotransmitter that is thought to be dysregulated in schizophrenia."

Mice given microbiomes from healthy individuals showed no unexpected behavior.

Licinio says the way the microbiome from individuals with schizophrenia affected the mice behavior suggests that a promise of a new treatment of the mental disorder could be on the horizon.

Schizophrenia is a severe, chronic mental illness that impacts how a person behaves. It's estimated that about 1.5 million people are diagnosed with schizophrenia annually.

"We understand schizophrenia as a brain disease. But maybe we need to re-examine this line of thinking and consider that maybe the gut has an important role," adds Ma-Li Wong, MD, PhD, Upstate professor of psychiatry and behavioral science, neuroscience, and physiology, who also co-lead the research.



Julio Licinio, MD, PhD

The Teaching Physical

Howard Weinberger, MD '58, Recalls
His Most Intimate Anatomy Lesson



Howard Weinberger,
MD '58

Recently, I made my mandatory appointment at the Upstate Student and Employee Health Service for my annual Health Assessment, even though I am an Emeritus faculty member. The visit includes a tuberculin skin test, a check of my height, weight, and blood pressure, as well as a review of my immunization status with special attention to my annual flu shot.

As usual, it was a pleasant experience and I had the opportunity to chat with a very pleasant nurse practitioner who commented positively about the status of my health.

The office is now overseen by Jarrod Bagatell, MD '93. He succeeded K. Bruce Simmons, MD '79, who did a great job for many years in the role. The first director of the Student Health Service was Ellen Cook, MD '50 (who later became Ellen Cook Jacobsen). Cookie (as she was known to her many friends) was purportedly the first woman to complete a residency in internal medicine in the mid 1950's under the chairmanship of Richard Lyons, MD.

Upon joining the Department of Medicine faculty, Dr.

Cook was charged by Dr. Lyons to develop a first-class student health service and she recruited a nursing staff to work with her.

In 1954, my first-year classmates and I were introduced to the new Student Health Services and quickly realized the benefit of the program. We were among the first to receive the Salk Polio Vaccine, which was introduced that year. Of course, each of three doses came with mandatory pre- and post bleeds to document that we had developed immune responses. I never regretted those blood draws, since I grew up when Poliomyelitis was a frightening disease punctuated by many summer-related epidemics. We were all relieved to have the protection (though in retrospect, I don't recall ever signing an informed consent document).

Dr. Cook assigned each of the 72 students in our class to a young internist who would serve as our primary care physician over the course of our four years at Upstate. I don't recall the actual number of docs who were recruited to participate, but my guess is that each of the internists would have been assigned no more than 10 students.

By the second month or so of med school, I was given an appointment with my personal doctor, a young internist named Kurt Dueschle, MD. We met at Student Health, and after a brief history of my family and my past medical history, he proceeded to give me the most comprehensive physical exam I had ever had to that point.

He called it a "teaching physical exam" and correlated much of his exam with the anatomy course we were taking at the time. I actually learned a lot of anatomy that day as well as some helpful tips on performing a careful and courteous physical exam—including my first-ever rectal exam.

I don't know how many of my classmates shared that experience with their assigned personal doctor, but I never forgot my own experience.

As it turned out, several months into my first year, Dr. Dueschle left Upstate. He was selected, along with several other faculty, by William Willard, MD, dean of the College of Medicine, to accompany him as he took a position as dean of a new medical school in Kentucky.



In the 1960s, Ellen Cook Jacobsen, MD '50, ran the Student and Employee Health Service with Nurse Shirley Reit. At the time, the office was located in Room 4800 of University Hospital.

So much for my personal physician.

Fast forward about 30 years. I was now a professor in the Upstate Department of Pediatrics. The current dean was making a decision about the future of the Department of Preventive Medicine. Some medical schools were reorienting traditional preventive medicine departments to do more outreach to the local community. The dean asked me to join several other faculty members (one each from neurology, urology, and public health) to visit the Department of Community Medicine at Mount Sinai Medical School in New York City to determine if their model would fit our own situation.

I was honored to be asked and agreed to go on the site visit. Then I learned that the depart-

ment chair we were visiting was an internist named Kurt Dueschle. I couldn't believe that it was the same person who had been my short-term personal physician. When I had the chance to look at his CV, sure enough, he had been on the faculty at the University of Kentucky in the Department of Community Medicine before taking the position at Mount Sinai Medical School. I couldn't wait to re-connect with him.

On the appointed day, we flew to New York City to do our site visit. We met with several faculty at Mount Sinai and then the chair of the Department of Community Medicine joined us.

We each introduced ourselves, and not surprisingly, I didn't recognize him—after all, it was 30 years since I had seen him and that was the only time

we met. I was certain he had no idea who I was either.

We had a productive meeting that day, and as we were getting ready to leave for our trip back to Syracuse, I held back from the others and approached Dr. Dueschle. "Are you the same Kurt Dueschle who was on the faculty at Upstate Medical School in the mid 1950s?" I asked, somewhat timidly.

Without hesitating a second, he said, "Yes, of course."

I quickly shared how I knew him, telling him I never forgot the teaching physical exam (including my very first rectal exam!).

He looked at me and said, "Yes, I remember your rectal exam too."

I think we both blushed at the same time, but he rapidly explained that when he was recruited to join Dean Willard to leave Upstate for the new position in Kentucky, he hadn't had time to do the assigned Teaching Physicals on any other first year students. Mine was the only one he actually had completed. That's why he remembered the exam all these years later.

Final note: An obituary in the February 11, 2003 *New York Times* described Dr. Kurt Dueschle as the "Father of Community Medicine whose contributions continue to live on in the generations of clinicians and researchers he inspired to follow in his footsteps." ■

Howard Weinberger, MD, is a 1958 graduate of the Upstate College of Medicine. A longtime Upstate faculty member, he served as chair of the Upstate Department of Pediatrics from 1991 to 1999. He retired from the faculty in 2014.

Doctoring Tomorrow's Doctors

Jarrold Bagatell, MD '93, joined Upstate as director of student and employee health in December 2016. He provides a current perspective on Student Health Services and his role in promoting health and wellness.

What are the biggest changes in Student Health since your days as an Upstate medical student?

Hopefully, awareness of what's available here. I wish I knew back then about the wealth of resources Student Health can provide to students, both for medical care and mental health care as well as a wide range of health and wellness programming. For the most part, students of my era thought of Student Health as the place to show our proof of vaccines. Today's students understand that we can be their primary health care provider while they are matriculated students.

We're trying to make a real public health impact. When I was a medical student, it was the height of HIV/AIDS and there was grave concern about getting a needle stick. It's remarkable where we've come.

Today, we can offer both pre-exposure and post-exposure prophylaxis to contracting HIV, through either medical or sexual contact. We're working with experts at Mount Sinai and University of Rochester to help develop an awareness and prevention program for students. It's truly historic.

Have you had any particular priorities?

When I came on board, Dean of Student Affairs Julie White shared student concerns about the turnaround times for requests for records or forms being completed for their rotations, so I focused my initial attention on access.

For years, the office essentially ran as a walk-in clinic. If you needed a health assessment done, you just showed up. But as the student and employee population grew through the years the demands became much

greater because the staff wasn't growing exponentially with the institution. I thought we should look at the entity more like a private practice than as an urgent care.

And students don't get their information in the same way anymore. They don't look things up in the Yellow Pages.

So you've gone electronic.

We implemented the electronic health record in September 2017. I spent some time researching the system that would best fit our needs. We intentionally did not use EPIC (the system used by University Hospital) so that students and employees understand there is an absolute demarcation between their records as patients and their interface with the hospital EHR system. It's totally private and only accessed by our department.

Then in April 2018, we



Jarrod Bagatell, MD '93, director of Upstate student and employee health services



Jarrod Bagatell with his predecessor K. Bruce Simmons during their transition period in December 2016.

launched an electronic portal that allows students to make appointments, interface with practitioners, and remotely access their vaccine records and tuberculosis screening results. It's still evolving but its

already making a difference in terms of spreading out the chaos by encouraging people to make appointments ahead of time.

Students can access their information on their cell phone. They'll upload a document

for me to review and sign. I'll upload it back to them, and ding! It's on their cell phone. It's really great.

To offer some perspective, I vividly remember former President John Bernard Henry, MD, talking about the future of electronic mail when I was a student and we all thought he was crazy.

Tell me about the staff.

My predecessor, K. Bruce Simmons, MD '79, was here for 24 years and really built this department. He actually started in 1993, the year I graduated from medical school. Jane Bennett, NP, his long-time assistant director, retired last summer after we implemented the EHR. I knew she would be nearly impossible to replace so I restructured the department. I have two very capable nurse practitioners who are now clinical managers sharing those

Leslie Kohman, MD, "kicks butts" during Upstate's second annual Kick Butts Day. That's Dr. Bagatell in the cigarette costume.



Tobacco Free Task Force members pictured with cigarette butts collected on campus in one hour during Upstate's second annual Kick Butts clean up day.

responsibilities and a third who works half time. We have a collaborative approach and regularly consult on clinical matters. The department also has a great team of nursing and administrative staff.

What's an average day like?

The beauty of family medicine is that there is actually no average because no two patients are ever the same and that's true with the student population as well. That said, you can count on the students coming in thinking they've got heart problems when they start learning about the cardiac system or who are worried about internal parasites because they're on the gastrointestinal unit.



Nancy Page, chief nursing officer, helping out with the Flu Crew.

But I understand that. I remember sitting in the ninth floor lecture room feeling my neck while listening to a lecture on Burkett's lymphoma. I had an enlarged lymph node and my friend dragged me down to the Emergency Department to get checked out. The resident who evaluated me saw that I cut myself shaving, which I hadn't realized, resulting in a reactive lymph node. I did not have lymphoma.

Sharing those experiences provides a level playing field and helps make a connection—that I understand where they're coming from. I can tell when exams are happening because the stress level ramps up. Students come here in distress and we work very closely with Student Counseling Services to get them the care they need.

How do you spend your time beyond patient care?

I get invited to participate in policymaking. In May 2017, we made it a requirement that all of our students get the flu vaccine. At the same time we increased awareness of the importance of flu vaccines, we've also looked at the paradigm on how we provide the service.

Before we required the flu vaccine, only 45 to 50 percent of our students were getting it, which I didn't understand. As chair of the Student Health Advisory Committee, I met with student leaders at each one of our schools and heard the same excuses: we don't see patients the first two years; we're not in the hospital, we don't have time. With buy-in from students and tremendous support from University leadership, we launched this health initiative and in the first year doubled our flu shot rate.

This past year, we pulled together some very creative students and made a really fun flu prevention video that got 17,000 hits the first week it was released. And instead of making them come to Health Services, we developed the multi-disciplinary Flu Crew, with "flu carts" throughout campus to increase the opportunities to receive flu shots.

Dr. Simmons was instrumental in creating the Pathway to Wellness, a campus-wide wellness initiative, and before that, in making Upstate a Smoke Free campus. That was a huge accomplishment and is something our students and employees are largely aware of and on board with. But we have an issue with



Dr. Bagatell in his office in Jacobsen Hall.

hospital visitors. They're often stressed out about a loved one and they're nicotine dependent and can't smoke, which only makes them more stressed. In April 2018, we became the first hospital in the area to supply nicotine replacement therapy to visitors. In addition to serving as a compassionate alternative to smoking, my hope is that it may provide the opportunity and means to think about quitting.

What does the Employee Health component entail?

Our employees have their own health insurance and primary care doctors. Our role is to clear people for employment or return to work, as well as to evaluate employees for workplace exposures, whether that's needle stick injuries or communicable diseases.

What attracted you to this position?

I'd practiced medicine for 20 years, the last 14 in private practice, and was looking for a new challenge. I was exploring options in prevention and public health when I learned of

this opportunity, which was serendipity. It's truly a privilege for me to come back to Upstate in this role, to provide care for these students when they need it and also to be in a position where I can model behavior of what it means to be their primary care doc. ■

Jarrod Bagatell, MD, grew up in Brooklyn and Long Island before completing his undergraduate degree from SUNY Binghamton in 1989. He graduated from the Upstate College of Medicine in 1993 and his family medicine residency at St. Joseph's Hospital Health Center in 1996. He practiced family medicine in the Central New York community for more than 20 years, including 14 years as a partner in private practice. As a first-year Upstate medical student, he lived on the fifth floor of Jacobson Hall, one floor up from his current office at Student Health Services.

The Obesity Buster

Weight loss specialist Wendy M. Scinta, MD '98, is on a mission to help Americans reverse disease through lifestyle choices.

BY RÉNEE GEARHART LEVY

Last year, Wendy M. Scinta, MD '98, MS, experienced a milestone in her practice: her first 600-pound patient. “He could barely walk from the parking lot into the office,” she recalls.

The patient was desperate. He had been turned down for bariatric surgery because of his size; he was simply too heavy for the operating table.

Fast forward 18 months. Her patient is 320 pounds lighter and working each day at a standing treadmill desk. Not only is he more mobile and feeling better, “he is actually happy and hopeful about his future,” she says.

Dr. Scinta is a nationally recognized expert in weight loss medicine and president of the national Obesity Medicine Association (OMA). She shared this story with colleagues in her inaugural address as a call to action of sorts.

Obesity has become a public health crisis in the United States with nearly 70 percent of Americans overweight and one in three obese. That excess weight brings a raft of health issues, including cardiovascular disease, high blood sugar, high cholesterol, sleep apnea, and orthopedic problems caused by excess wear and tear on joints.

According to Scinta, obesity medicine doctors can stop that trend. “We don’t just manage or treat symptoms; we’re able to totally reverse the diseases that come along with obesity and that is an incredible opportunity,” she says.

DIET DOCTOR

It’s a mission Scinta committed herself to 13 years ago, when the family medicine doctor decided to open a practice focused specifically on medical weight loss. “My goal is getting my patients to optimum health, helping them fix their own health problems that are weight related,” she says.

Medical Weight Loss of New York was the first practice of its kind in the Syracuse area. Initially, she occupied a “teeny, tiny space” in suburban Manlius, with one employee serving as nurse and receptionist. But the patients came. They lost weight and they kept it off. Their friends noticed. “Patient referrals remain our number one source of new patients,” says Scinta, whose patients are also referred by other physicians.

Her practice now occupies 2,500 square feet, including a weigh-in room with sophisticated body-composition scale, multiple patient treatment rooms, a conference room where patient education sessions are conducted, and a storeroom full to the ceiling with nutritional shakes, bars, low-calorie snacks, and supplements. She has 12 full-time employees and another half-dozen part-time consultants in areas such as nutrition counseling, exercise, and behavioral issues. All of the furnishings and medical equipment are sized to accommodate larger bodies and weight loads.

Scinta takes a multidisciplinary approach to weight loss, incorporating nutrition, exercise, behavioral mod-



STATE UNIVERSITY OF NEW YORK
SCHOOL OF MEDICINE
DEPARTMENT OF FAMILY MEDICINE
FACULTY
MAY 1998

AMERICAN BOARD
OF FAMILY MEDICINE
Board of Certification
Mark A. ... MD
FACM

ification, and medical management. New patients begin with a thorough physical to look for underlying causes to their obesity, including genetic predisposition, medications, and hormone levels.

There is no “one-size-fits-all” diet plan. “The diet that’s going to work is the diet the patient will stick with,” says Scinta, whose patients follow variations of Mediterranean, keto, protein sparing modified fast, primal, and paleo diets. If a patient has more than 50 pounds to lose, she tries to steer them to a meal replacement program, at least to start, because it offers the lowest calories and highest protein. “It eliminates the decision making and provides the fastest weight loss, which is motivating to keep going,” she says.

Her goal is to have patients eliminate processed foods, drink plenty of water, and increase movement. But diet is just the start. “It’s very rare not to have at least a slight psychological component,” says Scinta. “Are they binge eating? Do they get up in the night and eat? There is an addictive quality to many foods so getting patients off of those is not unlike getting someone off of alcohol or drugs.”

Scinta offers a wide array of supportive programming, from individual counseling to group education sessions with her nutritionist, behaviorist, or exercise physiologist.

Once they’re on a plan, patients have regular office check ins—weekly for those on full meal replacement, otherwise every two to four weeks. For many patients, long-term maintenance includes anti-obesity medication to help keep the weight off, and for some patients, bio-identical hormone replacement.

“We’ve all seen ‘The Biggest Loser,’ people lose all that weight just to gain it right back,” says Scinta. “There’s a reason for that. They never include a medication component and that’s critical. When you lose weight, your metabolism drops. The hormones that help with satiation drop.”

Scinta says anti-obesity medications help with both metabolism and appetite. Along with diet and exercise, it can make a real difference in helping patients maintain their weight loss long term “and is a big reason for people to get to the doctors that know how to do it,” she says.

Scinta herself may be the X-factor in her patients’ success. The five-foot-three dynamo exudes positivity. If she believes her patients can lose weight and keep it off, it’s going to be tough for them not to believe it too. “In the weight-loss world, you have to be a cheerleader. You have to keep people engaged and motivated,” she says.

She says it’s incredibly rewarding to help patients reverse disease and eliminate the need for associated medications. “But watching their personal transformations is just as rewarding,” says Scinta. “You see people start relationships, or drop relationships they should have gotten out of a long time ago. It’s interesting the opportunities that present themselves for these folks that didn’t when they were bigger.”

CAREER PIVOT

Scinta grew up near Buffalo, the daughter of an emergency room nurse and an electrical designer. Good at math, she majored in electrical and computer engineering at Clarkson University, then got a job at Xerox in Rochester programming robotic machinery for factory floor manufacturing. She holds several patents in the fields of robotics and medical diagnostics.

Xerox paid for graduate school so Scinta pursued a master’s degree in biomedical engineering at the University of Rochester. Her advisor, Denham Ward, MD, PhD, an anesthesiologist, encouraged her to apply to medical school.

“I said, ‘Well, I think I’m going to be really old by the time I finish,’” she recalls. “He said ‘you’re going to be old anyhow, so you might as well be old doing something you love, right?’”



Wendy Scinta talks childhood obesity on SiriusXM Dr. Radio

Scinta began medical school at Upstate Medical University at age 28. As serendipity would have it, her advisor was Robert Corona, DO, MBA, who encouraged her to keep her technology expertise current. The summer after first year, she won a grant to work with Dr. Corona on a project for the Alzheimer's Association of Central New York, designing a computer-assisted program for patients with Alzheimer's disease. "We ended up creating a student organization, Ascend, where students would work with Alzheimer's patients using the program," she says.

Scinta was drawn to family medicine because she loved the concept of "womb to tomb care," she says. "I loved being involved in every piece of the process."

She went to Duke University for her residency. During her training, she spent an elective rotation at the Duke Rice Healthcare Center, a residential, medically-supervised weight loss clinic that popularized the Rice Diet. "It was eye opening," says Scinta. "They were using lifestyle change to reverse diseases that family medicine was essentially putting Band-Aids on. I knew this was something I wanted to somehow add to my repertoire."

By the time she completed residency, Bob Corona had left Upstate to become medical director of the medical device company Welch Allyn. "The opportunity to work with him was a big reason I came back to Syracuse," says Scinta. She was hired to work two days a week on a project developing a point-of-care testing kit for respiratory diseases, practicing family medicine the rest of the week. Eventually, the company chose not to pursue the product. In 2005, still working for other doctors, Scinta went to a conference sponsored by the American Society of Bariatric Physicians (which later became the Obesity Medical Association). "I have a very analytical mind and it all just seemed to make sense," she says. "Why are we giving people all these medicines for conditions that we can absolutely reverse with lifestyle change? It's a completely different way of thinking about medicine."

The following year, she opened Medical Weight Loss of New York and went on to become the first board-certified obesity medicine doctor in the area. She now has between 500 and 1,000 active patients at any time.

"We're busy," she says.

TARGETED PROGRAMMING

While there's no doubt that Americans are getting bigger, Scinta says the rise in obesity is more complicated than increased portion size and decreased activity levels.

She points to changes in the American food supply, such as genetically-modified wheat and corn, the high-levels of trans fats and high-fructose corn syrup in

"Why are we giving people all these medicines for conditions that we can absolutely reverse with lifestyle change? It's a completely different way of thinking about medicine."

—WENDY SCINTA, MD '98, MS



shelf-ready foods, and epigenetic components in the environment that are changing the way we process DNA. "Parents with obesity are now creating children with obesity," says Scinta, a clinical faculty member in family medicine at Upstate Medical University.

Not only is the prevalence of overweight and obesity in children and adolescents on the rise, youth are becoming overweight at earlier ages, increasing their likelihood of adult obesity as well as weight-related risk factors.

"To me, this is the part that is most scary about this epidemic. When I was in residency, it was rare to see Type 2 Diabetes in children or adolescents. Now we're seeing it in children as young as 10 years old,"

says Scinta, who served on the Obama Administration's White House Task Force on Childhood Obesity working on nutrition label reform.

As doctors who care for them are apt to point out: children are not small adults. That holds especially true when it comes to weight loss programs. "Children have specific nutritional needs that can't be met by popular adult diets," says Scinta. Many popular weight loss programs lack the complex carbohydrates that kids need for energy and healthy development and the calcium from dairy products for healthy bone growth. Restrictive diets prevent children from developing an understanding of balanced nutrition.

To meet the nutritional, behavioral, and social needs of children and adolescents, Scinta created the BOUNCE Program. BOUNCE is an acronym for behavior modification, optimizing metabolism, united as a family, notation of food, counting steps and elimination diet, and tailors what she's learned from working with adult patients to the needs of children.

The difficulty in treating children, Scinta says, is that you have to treat the whole family. "This isn't a separate diet for the child alone. It only works if everyone buys in and you're eliminating the unhealthy foods from the household."

Another challenge is the fact that today's families don't sit down at the dinner table together. "They're eating in their cars on the run or in front of the television," she says. "That contributes to overeating and unhealthy eating. So part of this is getting parents to model good behavior."

Scinta shares her program in *BOUNCE: A Weight-Loss Doctor's Plan for a Happier, Healthier, and Slimmer Child*, a resource guide for parents published in 2014. The BOUNCE program has received national and international attention and has been presented at multiple scientific assemblies and organizational meetings across the country.

In a unique collaboration, Scinta is working with Amy Bidwell, PhD, assistant professor of health science and

wellness at SUNY Oswego, to adapt the program for college students. “We did a small pilot project adding stress reduction as a component but will be doing a bigger pilot next fall that will be open to the whole incoming freshman class.”

She also created a nonprofit, Dora’s Dream, to prevent and reverse childhood obesity and related conditions in Syracuse’s minority communities.

And as if she doesn’t have enough on her plate (pun intended), Scinta is co-founder of One Stone Technology, a start-up company that has developed a software tool to guide, coach, and support people losing weight using automated and personalized text messaging, via both human interaction and artificial intelligence. It won the 2018 CNY Biotech Accelerator medical innovation prize.

“One of the reasons that people fall off a weight loss plan is that they lose motivation. We’re trying to help keep them motivated through text messages from health providers,” she explains.

Scinta, along with partners Kevin Setter, MD ’98 (an Upstate classmate), and Bruce Tanner, conducted a year-long pilot test on the product using a group of 80 of Scinta’s patients who were either stuck or gaining weight. “We found that the more connected the patient was, the better they did—there was definitely a relationship between how much weight they lost and how involved they were in texting,” she says.

They’re testing a beta version of the product now, which is in its second round of fundraising. “We’re just working on the artificial intelligence to increase the messaging and make it smarter and then we’ll be taking it out to the masses.”

SPREADING HOPE

It’s all part of an effort to help a wider audience. “Not everyone has access to a weight loss specialist,” says Scinta, who makes monthly appearances on the SiriusXM Dr. Radio show.

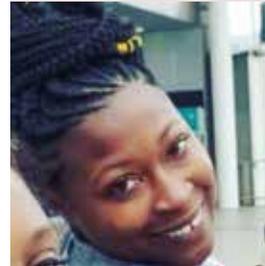
Through her advocacy work with OMA, Scinta helped lobby the American Medical Association to finally classify obesity as a disease, and continues efforts to help get insurance coverage for obesity treatment and medications on parity with other diseases.

She sees progress. Blue Cross Blue Shield actually approached her to develop a weight-loss program for its five-million member BCBS Federal Employee program. “I’m very excited to see the insurance companies starting to respect this field and the data behind it,” she says.

She encourages primary care physicians to refer patients with serious weight problems to a weight-loss specialist. “It’s almost always not gluttony and very often related to genetics or something environmental,” says Scinta. “It’s important to give these patients hope. They can lose weight and reverse disease and it’s always life changing.” ■

The Story Behind Dora’s Dream

BY WENDY M. SCINTA, MD ’98, MS



I met Dora Johnson in 1997, when I was in my third year of medical school at SUNY Upstate and pregnant with my first child. Upstate had an elective-called “Maternal-Fetal Bonding,” which paired medical students with

inner-city moms to focus on bonding with their babies. As this was my first pregnancy and Dora’s fourth, you can probably figure out who taught who more.

Dora and I became great friends as we advanced through our pregnancies together. The conversations went something like this:

Me: “Eek! What is that poking through my belly?”

Dora: “That’s an elbow, girl.”

Me: “How am I supposed to sleep with this child partying all night long in my womb?”

Dora: “Lay on your right side and rub your stomach. He will settle down soon. And don’t drink cold water right before bed. You wake him up!”

What I quickly realized about Dora was that she was smart, articulate, and profoundly compassionate. She was the anchor, not just for her family, but her entire community. Dora had very little, but she always found a way to make sure that everyone was taken care of and that they made it through the day. People referred to her as their angel.

On June 11, 1997, Dora gave birth to a beautiful baby boy, JaFonta Johnson. (You will see a picture of him in my office in his uniform as a defensive end for the Villanova football team). I remember getting home from my E.R. rotation at 2 a.m. the day he was born. I was so tired. Four hours later, Dora called to tell me she was sent to the hospital for an induction. “These things take time, I’ll just sleep a bit longer,” I thought.

I missed his birth by two minutes, which meant Dora delivered her nearly 10-pound son in a complicated delivery all alone. It took me a while to forgive myself for sleeping that extra hour.

When I returned to Syracuse after my residency, Dora and I picked up where we left off and our families became very close. “Don’t forget me, now,” Dora would always say. She was excited when I started to appear on “The Steve Harvey Show,” and made sure she watched every episode.

I was not only Dora’s friend—I was also her doctor. This was a blessing and a curse. In August 2013, I received blood work on Dora that was very concerning. I rechecked it and it was worse. I called one of my hematology colleagues and confirmed the diagnosis of CML, an aggressive form of leukemia. Telling her about her diagnosis was one of the hardest things I have ever done in my life. “God will take care of me,” she said. “Let’s do what we have to do.” There was never a complaint, or a “why me,” just pure determination.

Despite aggressive chemotherapy, Dora lost her battle with leukemia on February 26, 2014, at the age of 51. During her funeral, people kept coming up to the microphone to talk about her, telling the crowd how Dora had saved their life by accepting them into her family. Over and over it would happen. I had no idea how many people Dora saved—just by showing them love.

But the story of Dora does not end there. One night while I was visiting Dora in the hospital, I had the great pleasure of meeting her pastor, Bishop Carl Clark from Open Arms International Ministries. While we sat and talked, he described to me his vision of creating a church with a foundation in both physical and spiritual health. As he went on about his vision, I caught Dora’s eye and she smiled at me.

There are some days where our purpose is so clear and this was one of those days. I had been trying to figure out an effective way to address obesity in the city of Syracuse, and right there, through Dora and Bishop Clark, my answer surfaced.

So fast-forward to October 2015. Bishop Clark and I knew what we were tasked to do, and we both felt a sense of urgency to it. We decided to call the initiative, “Dora’s Dream: Food, Fitness, Family and Faith.”

Bishop Clark’s church is two blocks from the Syracuse Regional Farmer’s Market, so we knew



“There are some days where our purpose is so clear and this was one of those days. I had been trying to figure out an effective way to address obesity in the city of Syracuse, and right there, through Dora and Bishop Clark, my answer surfaced.”

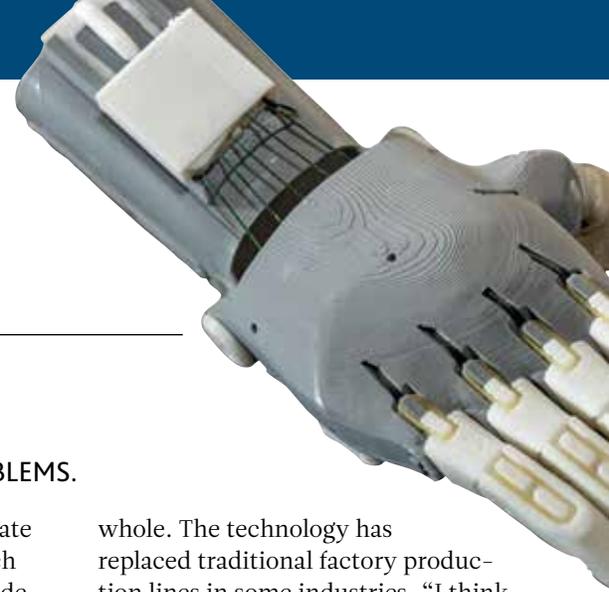
—WENDY SCINTA, MD '98, MS

that great, locally grown produce was available in the church neighborhood. The food would be tied to Bishop Clark’s sermon at our inaugural program, and the day would involve improving the health of your mind, body, and spirit. The day would include the Sunday Service followed by cooking demos, nutritional education about the foods served, and games and activities for the kids.

Open Arms church welcomed all of us in such a loving way, and Bishop Clark gave the most beautiful sermon I have ever heard. Dora’s family came (even the grandchildren) and her spirit of love and compassion was felt throughout the event.

That day was just the beginning. We’ve held several more events and I am in constant contact with Bishop Clark, who is working with me to continue the initiative throughout urban Syracuse.

Dora’s family has become fully integrated into mine. Together, we keep Dora’s Dream alive. ■



Helping Hands

MEDICAL STUDENTS USE 3D PRINTING TO SOLVE MEDICAL PROBLEMS.

It's natural for medical students to want to impact the lives of their patients but three Upstate students are going beyond the norm by using 3D printing to create low-cost solutions for medical problems.

It may sound like science fiction, but 3D printing has become increasingly common in medicine, from printing exact replicas of patient organs for surgeons to practice on to creating surgical instruments to

custom-made prosthetics. Upstate Medical University students Zach Visco '21, Eric Merrell '20 and Jade Marhaba '20 have tapped into the international 3D-printing movement, initially attracted by the possibility of creating low-cost prosthetic hands for patients.

Developed in the 1980s, 3D printing is the process of making a solid object one thin layer at a time, fusing those layers together to make the

whole. The technology has replaced traditional factory production lines in some industries. "I think the whole idea of 3D printing is just an interesting concept that people thought was really far out of reach just a few years ago, but has become so affordable that you could have it in your own home," says Merrell.

While a traditional ceramic or titanium prosthetic hand that includes multi-finger movement



Second-year medical student Zach Visco shows off a "prosthetic" hand made from a 3D printer at the CNY Biotech Accelerator.



or grasping can cost anywhere from \$10,000 to \$50,000, a working device can be created out of PLA plastic by a 3D printer in less than a day for as little as \$20. Merrell, Visco, and Marhaba have printed several working models and are currently working to design a prosthetic hand for a local man based on his specific needs.

“The original model we were working with was for patients that had a functioning wrist. You could close the fingers by moving the wrist,” explains Visco. “But this patient does not have a wrist so we’re developing a design that’s powered through the elbow joint, which is challenging.”

At the same time, Merrell and Marhaba are working on a design for a colostomy bag holder that will prevent the bag from constricting when worn under clothing. “The concept is to create a device that will hold the bag off to the side and allow it to expand without being fixated by anything that’s passing over it – such as clothing or a seat-belt,” says Merrell.

The student collaboration had humble beginnings. Marhaba says he and Merrell were “procrastinating in the library” last year when Merrell stumbled on the website for E-Nable, a nonprofit that provides plans for volunteers to make simple prosthetic hands for people who need them using 3D printing. They were intrigued.

Merrell invested in a “hobbyist” 3D printer, downloaded a plan for a hand, and printed it, which he took to an Onondaga County Medical Society Innovation Committee

meeting. Visco, who had majored in biomedical engineering as an undergraduate at Duke University, was at that meeting. “It was kind of a chance encounter but we started talking and were curious to see where we could take this,” he says.

Initially, the students considered starting a chapter of E-Nable in Syracuse, but ultimately decided to focus on problems that didn’t have pre-existing solutions. “What we’re really interested in is finding our own solution for problems that people have and making our own devices,” says Merrell. They began networking to find a Central New Yorker in need, and after doing a segment on a local news show, were contacted by the individual they are now working with to develop a 3D-printed hand for.

“We’ve taken measurements and now we’re coming up with designs based on function and what’s important for him to be able to do with it,” says Marhaba. “We could come up with designs with specific functions, like a hook that can hook on to a bike. At this point we’re contemplating making more than one model of hand for him for different uses.”

The students have received support from Robert Corona, DO, Upstate vice president of hospital administration and former vice president for innovation and business development, and Kathi Durdon, director of operations and innovation partnerships at the CNY Biotech Accelerator. “They’ve offered mentorship and access to work space and materials, as well as their 3D printer, which is much more sophisticated than what we’d been using and takes a lot of the troubleshooting out of the equation,” says Visco.

“The whole Upstate leadership has been great about publicizing our effort and getting us access to the resources to help us succeed.”

All three students are attracted by the technology and innovation the projects entail, although they are limited by the time constraints of medical school. Visco, a second-year student, is currently studying for his Step 1 board exam. Merrell and Marhaba are third-year students, now in Binghamton doing clinical rotations.

“Medicine can be slow to adapt to newer advancements in technology. I feel like the way to advance the field of medicine is to keep up with these technological advances,” says Marhaba. He concedes that the project has provided an illuminating lesson on why that isn’t always the case.

“We found out there are a lot of liability issues we weren’t aware of,” he explains. “For instance, we can’t call our device a prosthetic. And patients need to be warned that they haven’t been tested and that injury could occur.”

While the ultimate goal is in providing devices that improve individuals’ daily lives, Visco says the process is a lot of fun.

“I really enjoy the real-time aspect of it, when you send something to the printer and you start watching it print,” he says. “Basically, you get to see your results show up right in front of your eyes.”

CLASS NOTES

1945

Murray A. Grossman, of Stuart, FL, graduated 73 years ago. With only three classmates remaining, he elected not to return for reunion. "I believe **Brint Darlington** of Washington and **George Gillmore** are still alive, but I have not had contact with them recently. I am still well and am intact mentally and active physically," he writes.

1949 Reunion September 20-21, 2019

Stuart K. Cohan, of Houston, TX, writes, "I think I was the youngest in our class and I'm now 91 years old. Long retired from practice and teaching, my pride now is in my family." He recently attended his granddaughter's wedding with all of his children and grandchildren and their spouses, as well as two great grandchildren. The third was napping!



Stuart K. Cohan '49 at his granddaughter's wedding

1953

Murray L. Cohen, of St. Petersburg, FL, retired in 2008 after more than 50 years of medical practice in Newburgh, NY, and as a long-term volunteer as clinical assistant professor of medicine at New York University School of Medicine. He and his wife Beverly moved to Boston for a number of years, joined the Harvard Institute for Learning in Retirement, but left Boston in 2016. They remain members of the Academy of Senior Professionals at Eckerd College in St. Petersburg and recently celebrated Murray's 92nd birthday.

Frederic F. Taylor, of Park City, UT, survived 90 plus one so far. "Still best friends with the snowblower! Not a choice! Still comfortable in our own home, expecting our first great grandchild (finally) next July! Like everyone else, finding the geriatric stage to be challenging, but after a TAVR, there are solutions!! Best to everyone, and advice, hang in there," he writes.

1954 Reunion September 20-21, 2019

1956

Michael L. Del Monico, of Rhinebeck, NY, is planning to move to Raleigh, NC, later in the year.

Gordon E. Hill, of Big Pine Key, FL, writes, "Our home on Big Pine Key was heavily damaged in hurricane Irma. We are still rebuilding over a year and a half later. Both in good health, mentally and physically."

1957

David B. Levine, of New York, NY, was recently honored by New York City's Hospital for Special Surgery with a portrait painted by well-known portrait artist Ying-He Liu, which was unveiled October 25, 2018. At the same time the HSS Archives were named the David B. Levine, MD, Archives and Special Collections honoring his many years of service.



David B. Levine '57 at his portrait unveiling

1959 Reunion September 20-21, 2019

Richard J. Lubera, of Grosse Pointe, MI, has an active internal medicine practice and has been honored by physician peers in internal medicine in the annual "Top Doc" issue of *Hour Detroit* magazine. However, he finds his greatest satisfaction in caring for his patients and making a difference in their lives. In his spare time, he



Richard J. Lubera '59 and family at his granddaughter's wedding

continues to play tennis and the violin. He especially enjoys family activities with his wife, Liz, his children Dave, Debby and Rob, and his six grandchildren, all of whom gathered in Chicago last summer to celebrate a family wedding.

1960

Leonard R. Friedman, of Middleton, MA, writes, "In my telephone conversations on the role of the Hippocratic Oath in our post medical school roles, I was impressed by our local graduates. The Syracuse-based physicians recall discussing the Oath with the medical students they mentored. Recently, in looking at the prices of prescription drugs one notes that the Hippocratic Oath finds three different medical groups. They are the hospitalists, those who enter the body for surgery or diagnostic reasons with the MRI or blood work, and the primary care physicians that also include specialty



care working directly with patients. Each group has their own needs for medication and tying pharmaceutical companies to each group would provide a more streamlined process of producing drugs for the needs of each group."

1963

Arnold Derman, of Metuchen, NJ, is alive and well. He retired from radiology practice after 50 years on June 30, 2018. He helped grow the practice from a four-man group to the current University Radiology Group of 150 with 10 hospitals and 21 offices. "We are fortunate to have three married children and nine grandchildren. Best wishes to classmates," he writes.

1964 Reunion

September 20-21, 2019

Gene Richard Moss, of Vero Beach, FL, announces the release of his third book, *Retribution Fever*. In this novel, in which politics and bio-behavioral science

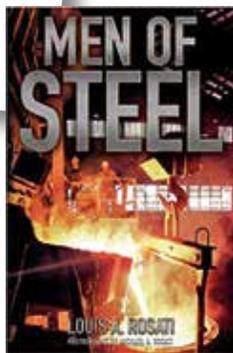


intersect, three furies strike the United States and the rest of the world. Amid the ruin arises tyranny. How then to resurrect traditional, American ideals and values and fulfill the vision of the Founding Fathers? *Retribution Fever* provides a detailed, scientifically-based map.

1966

John W. Petrozzi, of Haddonfield, NJ, and wife Dottie celebrated their 50th anniversary in August on a yacht cruise of the French Riviera. It has been 12 years since he retired as a professor of dermatology at the University Pennsylvania School of Medicine, where he taught residents and students and contributed 50 publications to the dermatology literature. He and Dottie keep busy with six grandsons, but his golf game has been a constant and unending struggle.

Louis A. Rosati, of Mesa, AZ, published his second non-fiction book, *Men of Steel*. The book chronicles three generations of Lockport families and traces the rise and demise of Simonds Saw and Steel and its successors, in Lockport. His first book was published in 2012, *My Winning Season: Memories of Baseball and Family Growing Up Italian in Lockport's West End*.



1967

Martin L. Cohen, of Morristown, NJ, spent time with Jackie and **Charles Sitrin** and Donnie Richman in August. He is down to working two days a week with lots of time off.

1968

Robert L. Bard, of New York, NY, was named Scientific Advisor to the International Male Breast Cancer Coalition.

Kenneth J. Hoffer, of Santa Monica, CA, and Marcia have been traveling in the EU for 20 years and have thoroughly covered every country except Malta and Romania. If anyone wants any ideas about any place in the EU checkout his travel website www.KHoffer.com or email him.

1969 Reunion

September 20-21, 2019

1972

Joann Blessing-Moore, of Woodside, CA, shares that she is still working in private practice in the Stanford area doing allergy, immunology and pedipulmonology. She is cutting back on hours as she has a grandchild (one daughter and now a grandchild). "Bob and I are doing well and hope you will consider visiting us when in the San Francisco area. Happy New Year."



Joann Blessing-Moore '72

1973

David A. Clark, of Albany, NY, retired from 20 years as the chairman of pediatrics at Albany Medical Center. He continues to work in research and clinically in genetic and metabolic disease.

CLASS NOTES

Steven M. Rothman, gave up full-time work in 2015, but comes to Syracuse several times a year to teach and cover pediatric neurology service at Upstate. He was in Zambia in January, teaching and learning a lot of new things at the university hospital in Lusaka. He has been living in St. Louis, MO, since 1975.

1974 Reunion

September 20-21, 2019

Philip Schulman, of Melville, NY, accepted a part-time position at New York Cancer and Blood Specialists at Mt. Sinai as director of hematologic malignancies. His family continues to do well. Aaron is an assistant professor of medicine at Weill Cornell School of Medicine and

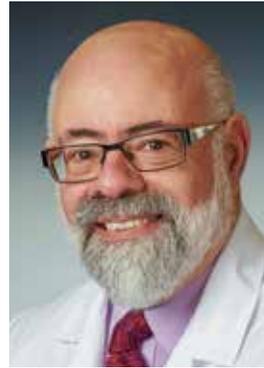
infectious disease director of the fellowship program in endocrinology. His daughter teaches at CUNY-Queens College and his son Daniel has an MBA and is interviewing for finance jobs. "Any support would be welcome," he writes.

1975

Craig J. Byrum, of Manlius, NY, writes, "My wife Kathy and I just celebrated 40 years of marriage on November 25, 2018, and with our close friends Anne and David, who were married in England on the same day in the same year, we renewed our vows in what was a powerful moment. We remain blessed with good health and with healthy sons who have good jobs and great girlfriends. Living long enough to have grandchildren? Not so sure! We are both still working and remain busy with travel and with physical activities, like hiking the full Tour de Mont Blanc last year. I am still an avid skier and kayaker and have become a sculler, too. I think of my classmates often and of those happy days."

1976

Anthony J. Vinciguerra, of Jamesville, NY, is currently inaugural chair of the Purcell School of Professional Studies at Le Moyne College. Formerly Lanigan Distinguished Chair in Medicine and Ethics, he now works with Le Moyne's



Anthony J. Vinciguerra '76

graduate health and education programs developing an Interprofessional Education (IPE) Studies Curriculum. The Purcell School houses the physician assistant program, as well as nursing, family nurse practitioner, occupational therapy, and graduate education—with expansions in mind. "Dr. V," as he is known to his students, is also guest faculty at McGill University Faculty of Medicine, Office of Interprofessional Studies, Montréal, Québec. Finally, as a Life Fellow of the Rochester Academy of Medicine, he is also coordinating educational efforts among institutions in Monroe and Onondaga Counties that provide care and support services to marginalized, socially disenfranchised citizens. The goal for all of his projects is to help create a more just society.

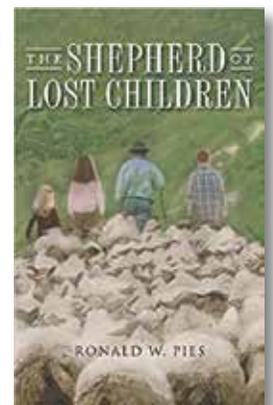
1977

Debra Kuracina, of Palm Desert, CA, writes, "My son Damian will be graduating from New York University dental school this May. Hooray!!!"

Ronald Criscitiello, of Woburn, MA, welcomed his first grandchild, Winter Amy Criscitiello.

1978

Ronald W. Pies, of Lexington, MA, authored a novella titled, *The Shepherd of Lost Children*. It is set in the fictional town of Hope Falls, about 20 miles from Syracuse, and has a number of regional connections. The book concerns a family tragedy, a marital crisis, and a young orphan girl who changes everything for the main characters.



1979 Reunion

September 20-21, 2019

David W. Avery, of Vienna, WV, was installed as president of the Southern Medical Association in November for 2018-2019. He is board certified in family medicine.

Richard F. Kasulke '75, of Geneva, NY, retired from urology practice in April 2016. He still travels to the Dominican Republic with his wife Sally once a year for a medical mission. His son Ben is a cinematographer and director based in Los Angeles. Son Tom retired from special ops (medic) and is now working in cybersecurity, and son Matt is a general surgeon working in Auburn, NY.

CAROL L. BENDER, MD '72

Second Act

Last fall, Carol L. Bender spent several weeks in Sevierville, Tennessee, and Myrtle Beach, South Carolina. She wasn't vacationing. Retired after 32 years of private internal medicine practice, Dr. Bender has found a new calling: serving America's veterans.

"I feel like it's my patriotic obligation later in life to help these men and women, many who are so damaged emotionally," she says.

Bender, who lives in Williamsburg, Virginia, has spent the last 11 years as a locum tenens physician, working six to nine months a year at Veteran's Administration outpatient clinics along the East Coast. Bender provides the gamut of routine primary care, often diagnosing issues that have fallen through the cracks. "My supervisors allow me to spend enough time with each patient to give really good care, since each patient is new to me" she says. "This does result in very long work days."

In some ways, her patients' medical needs mirror those of the general public: cancer, obesity, diabetes, kidney disease, hypertension, heart, and lung disease. "But the additional thing is the emotional burdens they carry," she says.

Although not a trained therapist, Bender has found she has a gift for getting her patients to open up and talk to her. "There are two components to PTSD. The first is the things they saw, and the second is survivor's guilt," says Bender, who focuses on the latter.

"I try to help them understand that their experiences weren't their choice," she says. "I can't make the PTSD go away, but I try to make it smaller."

Bender says she continues practicing medicine "to keep her brain alive" and because she knows she is providing good care to her patients, a belief affirmed by the numerous cards and letters from patients thanking her for her thoroughness and for simply caring.

Bender actually began her career teaching high school science at Brooklyn Tech and the Bronx High School of Science. A stint working in the Cornell medical school laboratory ignited her own interest in medicine. She began her studies at Upstate in 1968, one of six women in her class. "It was a really nice group of students," she says. "If there was any sexism or nastiness, it went on behind our backs. We never saw it."

She credits William Williams, MD, chairman of the Department of Medicine, for setting that tenor. "His own wife Margaret was a physician and he was very liberated," Bender recalls.

The six women were supportive of each other and Bender says they continue to be an inspirational group. "Some of us went on to be mothers but no one left medicine for motherhood," she says. Her own daughter is a practicing urologist in Massachusetts.

Bender married a Syracuse University law student and had her first child—that daughter—a month before graduation. The couple moved to the Washington, DC, area where her husband took a job. Bender completed her internship at George Washington Hospital and her residency at the private Washington Hospital Center. When Bender was 33 and nine-months pregnant with her third child, her husband got sick and was not properly diagnosed with lymphoma for nine months. "It wouldn't have mattered if we'd found out nine months sooner—his disease was incurable—but nevertheless I understand survivor's guilt," she says. "Sometimes sharing this story with my veteran patients is what helps them open up to me. You can feel bad about what's happened but you shouldn't feel guilty about what's outside of your control."

Bender developed a busy private practice in Bethesda, Maryland. In addition, she lobbied throughout her career on behalf of physicians and patient care and served on the Maryland Physician State Licensing Board, an elected position, from 1999 to 2003. Bender retired from private practice when the insurance climate made it difficult to get proper care for her patients. "I didn't want any part of managed care," she says.

She has none of those headaches in her locum tenens work, although there are a different set of headaches—namely the shortage of physicians and professional staff and the clerical work physicians are asked to do. "Overall I find it exceptionally rewarding to offer these patients really good care and am exceptionally gratified by their appreciation of this care."



Carol L. Bender, MD '72, with her collection of historical medical artifacts.

—Renée Gearhart Levy

CLASS NOTES



Jim Corsones '79, Linda Corsones, Rebecca Corsones, Dick Fiddler, Cindy Gauthier Fiddler '79, Ginny Hyde, and Doug Hyde '79

James P. Corsones, of Hurley, NY, shares that his daughter Rebecca was married in Forest, VA, in July 2018.

Steven J. Tenenbaum, of Newtown, CT, invites alumni to visit his blog, and website, memory carriers, a holocaust legacy at <https://memorycarriers.com> and to share it with others.

1980

Mary Alfano-Torres, of Lutz, FL, says 2017 and 2018 were exciting years for her family. "My son, Zachary Szpiech, married his long time love Ekjyot Saini in October 2017 in New York City. My daughter, Amelia Szpiech, married the love of her life, Hunter Bradley, in May 2018 in Baltimore. And in December 2018, I received a promotion to associate vice president for palliative medicine services for Chapters Health System in Tampa, FL. We look forward to welcoming our third grandbaby (from

John F. Fatti '80, of Camillus, NY, retired on January 1 after 33 years of hand surgery private practice in Syracuse. "My five grandchildren, fishing, and golfing are now on the daily agenda," he writes.

my husband's children). Mike is a chief medical officer at a tertiary care hospital so our life is busy. But we are both loving our work, and our families are the loves of our lives, so we are blessed and life is good."

James T. Bilbo, of Ft. Mitchell, KY, is still practicing with OrthoCincy as a sports medicine, knee, and shoulder specialist, and head team physician for Northern Kentucky University. His wife Becky is on the faculty and chairman of the art department at Thomas More College. Daughter Carrie is a jewelry designer in Brooklyn, NY, with her own business and son Tom is finishing an entomology PhD at Clemson. Tom was married in September in Cashiers, NC. "I don't get back to Syracuse much with

the death of both parents there. Maybe our next reunion?"

1981

Lori Jalens Sternheim, of Boca Raton, FL, and **Bill (William Sternheim '80)** are still in practice in sunny south Florida—Lori in diagnostic radiology and Bill in hematology/oncology. Their kids, however, have headed north. Son David graduated from Northwestern Medical School, is finishing his internal medicine residency at Emory, and will be headed to New York City for a cardiology fellowship at Mt. Sinai in July. Gillian is getting her doctorate in child psychology at Yeshiva University, and Andi is actually employed in marketing in New York City.

1982

Mary J. Jackson, of Manlius, NY, retired December 31, 2018. She plans to get out of the Syracuse cold and spend a couple months in Florida. Her daughters—Taylor, 22, and Haley, 23—are starting graduate school in the fall in engineering and psychology.

1983

Pierre E. Dionne, of Olean, NY, is now fully retired from medicine. He and Lesa took a three-month RV trip across the southern and southwestern states from December through March.

1984 Reunion

September 20-21, 2019



Carrie, Tom, Rachel, Becky and James T. Bilbo '80

John R. Ayres, writes, "All is well in Bradenton, Florida. My father passed away a few years ago at age 100 and it hit me hard. I decided to slow down, and while I am still working, I'm doing less in the hospital and more outpatient work. My wife, Deb, and I have been married more than 28 years, but I spent most of it in the office or OR. Now I'm spending more

ALEXANDER E. WEINGARTEN, MD '80

Fighting Opioid Abuse

Chronic pain affects more than 100 million adults in the United States. Compounding that problem is the misuse and abuse of opioid medications sometimes prescribed to treat that pain.

While physicians have been blamed for fueling the opioid epidemic, Alexander E. Weingarten, MD '80, is working to be part of the solution.

Dr. Weingarten is an anesthesiologist and pain medicine specialist who practices in New Hyde Park and Syosset, New York. For 15 years, he and his partner at Comprehensive Pain Management Associates have conducted blood and urine testing on their own pain management patients to ensure patients are using opioid medications as prescribed and not using other illicit substances.

"Urine and blood testing provides a window into what patients are doing or not doing that they aren't necessarily telling their health care practitioner about," says Weingarten. "In this day and age, we can't just believe the patient. Our state-of-the-art mass spectrometer detects drug use up to 10 days out, depending on the drug."

Until recently, that testing was limited to their own patients. But after successfully challenging state health regulations that had effectively given Quest and LabCorp a monopoly on blood and urine toxicology testing in New York, Weingarten is using his expertise to help other physicians keep their practices safe, as well as organizations—ranging from drug rehabilitation facilities to homeless shelters—to test for the presence of drugs. "This is the first physician-owned toxicology lab in the state," says Weingarten. "In the era of opioid abuse and diversion, we're doing something to keep New York safe."

Weingarten says he was attracted to the field of anesthesiology because of his interest in pharmacology and biochemistry. "Anesthesiologists are very good at learning how drugs work on the brain by understanding the pharmacology," he says. After training

at North Shore-Long Island Jewish Hospital and Children's National Medical Center, he began practicing as a pediatric anesthesiologist. In 1991, he became subspecialized in pain medicine and shifted the bulk of his practice to treating patients with chronic pain. Weingarten is a founder and past president of the New York State Pain Society, and conducts the organization's training sessions on safe opioid prescribing. "It's an important area of concern," he says. "The standard of care has changed. Doctors can no longer prescribe scheduled medications on a random basis. We have to demonstrate that the patient is getting improvement in functionality and isn't misusing the drugs or selling them on the street. There is a lot more follow up."

There are also alternatives. Weingarten and the New York State Pain Society were heavily involved in advising the New York State Department of Health in setting up its medical cannabis program. "This has been a huge success in giving patients access to a safe modality for pain management," he says. "Cannabis has been shown to be much safer than many of the scheduled medications we are currently using."

In addition to its traditional chronic pain management services, Weingarten's practice offers medical cannabis as well as substance abuse treatment. "The goal is not just pain management, but to help rehabilitate patients that want to start a new life in conjunction with psychotherapy and other modalities."

Weingarten says he recently renewed his office lease, hoping at least one of his twin sons will join him in practice a few years down the road. Both are currently second-year medical students: Mark at Mt. Sinai School of Medicine and Michael at Upstate Medical University.

"I want to thank the Upstate faculty for giving me and my son a superb education," he says. "I look forward to my 40th class reunion in 2020."

—Renée Gearhart Levy



Alexander E. Weingarten, MD '80

CLASS NOTES

time at home, although I have to admit that mandated some mutual adjustments. We have two girls, both in New York City, and we've bought a house near the beach in Sea Bright, NJ, to see them more often. Deb flees the hot Florida summers and spends time there, and I fly back and forth on weekends. I'm still trying to get in shape and stay there, and I'm signed up for a triathlon this coming April. I would love to hear from anyone passing through the west coast of Florida or interested in getting together in the New York City-metro area next summer."



John R. Ayres '84 and family

Michael Komar '84, of Danville, PA, writes, "After a 30-year career, including 22 years as director of the Division of Gastroenterology at Geisinger, I've decided to retire to caddy for Don Patten on the senior tour. Curious as to how many in the Class of '84 are transitioning to part-time, retirement, or second careers."

1986

Thomas J. Madejski, of Albion, NY, recently made the City & State New York's Healthcare Power 50 list. The list recognizes the 50 most influential health care figures in the world of New York politics. He took office as President at MSSNY's 212th annual House of Delegates meeting in Buffalo on March 24, 2018. He is a board-certified internist and is currently chief of medicine and immediate past-president of the medical staff at Medina Memorial Hospital. He is now medical director at the Villages of Orleans Health and Rehab Center in Albion, NY.

1987



Joseph T. Flynn '87

Joseph T. Flynn, of Seattle, WA, has been named the 2019 recipient of the Henry L. Barnett Award by the American Academy of Pediatrics section on nephrology. This award is given annually in recognition of a pediatric nephrologist who has demonstrated dedication to the teaching of nephrology, contributions to advocacy for children, and/or distinguished

service to the field of pediatric nephrology, as well as outstanding clinical care for children with kidney disease. It will be awarded at the 2019 Pediatric Academic Societies Meeting to be held in Baltimore, MD, April 27-30, 2019.

1989 Reunion
September 20-21, 2019

1992

Timothy D. Kane, of Arlington, VA, is chief of general and thoracic surgery at Children's National Medical Center in Washington, DC, and professor of surgery and pediatrics at the George Washington University School of Medicine since 2012.

1993

Peter Hogenkamp, of Rutland, VT, writes, "I am thrilled to announce that my new novel will be published this year. The book is called, *The Intern*, and it comes out this summer/fall through TouchPoint Press. *The Intern* is the story of a young doctor struggling to make it through her internship at Our Lady of the Golden Arches, a charity hospital in Spanish Harlem, and the relationship she forms with a 12-year-old boy dying of cancer. Although the book is set in Manhattan, the experiences upon which it is based occurred in hospitals in Syracuse, where I did all of my residency training."

1994 Reunion

September 20•21, 2019

1999 Reunion

September 20•21, 2019

2000



Julia J. Choo '00 and John D. Shanser '69

Julia J. Choo, of Western Springs, IL, writes, "By random chance and good fortune, **Jon D. Shanser '69** and I met for the first time recently while dining at Roister Restaurant in Chicago, where he was attending his annual RSNA meeting and where I reside and practice. Despite our 31 year generational difference in completing the first leg of our medical careers, we had an instant human connection, brought together by our Upstate Medical University common thread. I attended my 10-year reunion in 2010 and **Jon** will be attending his 50 year reunion in 2019. He remembers Jim Boeheim playing for the Orangemen while I remember him coaching

the Orangemen. Our paths may never cross again, but life is too short not to report this chance occurrence, which made for a wonderful evening as he sat at a table with out-of-town friends next to my table where I was on a date night with my husband." #upstate

Ron Elfenbein, of Arnold, MD, welcomed his fourth child, Zac Elfenbein, born on December 5, 2018. "Everyone doing great."



Ron Elfenbein '00 with his son Zac

2003

Christopher E. Paoloni, of Raleigh, NC, opened a private practice in Richmond, VA, River City OB/GYN, in September 2018. www.rivercityobgyn.com.

Shannon Brown Routhouska, is a partner with Barrington Park Dermatological Associates in Rochester, NY. She is raising her three children, Mia (10), Paige (seven) and Asher (five) in Pittsford, NY. She and her husband Brian bought a cottage on Skaneateles Lake, her hometown, in spring 2017, which they enjoy and also use as a vacation rental. "I am sorry I missed the class reunion, but I

went to New York City for Paul Simon's final concert, which was a once-in-a-lifetime event and it was amazing."

2004 Reunion

September 20•21, 2019

2007



Anju Hurria '07 with husband Adnan Din, MD

Anju Hurria, of Orange, CA, married Dr. Adnan Din at the Ritz Carlton in Laguna on October 13, 2018.

2009 Reunion

September 20•21, 2019

2010

Toby Anderton, of Fayetteville, NC, had twins in March 2018, welcoming Hadley Monroe and Olivia Louise into their home. They are also moving from North Carolina to Idaho this spring to be closer to family.



Hadley Monroe and Olivia Louise, twin daughters of Toby Anderton '10

2011

Alice S. Y. Shen, of Twentynine Palms, CA, finished her general surgery residency in June 2018 from Guthrie Clinic at Sayre, PA. She passed the boards and then moved cross country from New York to California in October 2018. She is now working at Naval Hospital Twentynine Palms in the Marine Training base as a general surgeon. "Surprised to enjoy the desert climate and the sunrise and sunsets are gorgeous here. The Joshua Tree National Park is right in my backyard. First winter for a long time without piles of snow. Will be going to Okinawa for two years—moving in October 2019. This Navy journey finally started and has been a good sail thus far," she shares.

CLASS NOTES

2013



Nikolai V. Kolotiniuk '13 and family

Nikolai V. Kolotiniuk, of Clovis, CA, writes "Baby Kaia joined her big brothers Nate (five) and Liam (three) in September. Needless to say, our house has gotten way more exciting! Living the dream doing cardiac anesthesia."

2014 ReUnion

September 20-21, 2019



John Rocco, Amy, Aria Genevieve, and R. Matthew Cambareri '14



Joseph Cambareri '82 and granddaughter Aria Genevieve

R. Matthew Cambareri, of Manlius, NY, and his wife Amy, a graduate of Upstate's clinical psychology PhD program, welcomed their baby girl, Aria Genevieve, into the world on September 10,

2018. Her grandfather and primary care doctor is **Joseph Cambareri '82**.

2015



Devin R. Halleran '15 at the 2018 European Pediatric Colorectal Congress

Devin R. Halleran, of Columbus, OH, gave a presentation on surgical complications seen after pull through for children born with anorectal malformations, at the 2018 European Pediatric Colorectal Congress in Nijmegen, Netherlands. He is in his second year as the colorectal research fellow at Nationwide Children's Hospital in Columbus, but is looking forward to coming back to Upstate in July.

2016

Andrew J. Bellantoni, of Glen Oaks, NY, matched into fellowship in pediatric hematology/oncology at Duke University Medical Center. He and his wife are excited for this new journey and the warm weather down south.



Avinash V. Ramprashad '16 and Ananda Singh

Avinash V. Ramprashad, of Baltimore, MD, became engaged in July to fiancée Ananda Singh. "The timing was very particular, as I planned the surprise proposal during the yearly giant sunflower bloom at McKee-Beshers Park in Maryland. She had no idea," he writes.

Residents

Tina Bramante, DO, MPH, HS '16, of Stoneham, MA, and Jason welcomed new baby Layla into their family in December 2018. Her older twin brother and sister couldn't be happier.

Padala J. Reedy, MD, HS '73, of Wichita, KS, received the Physician of the Year Award 2018 from the Mayflower Clinic for providing volunteer services to people without insurance.

Stewart Trust, MD, HS '74, of Syracuse, retired after 43 years of pediatric private practice. He has begun giving "medical tours" for 11th and 12th grade high school students

on Sunday mornings, with the goal of increasing the number of minorities and disadvantaged youngsters in the healthcare field. He takes students to the Crouse Hospital newborn nursery to discuss "healthy" newborns, then up to the NICU for a different perspective, then on to the children's hospital to various wards, including the ED and the PICU. They end in radiology, where a resident is always helpful showing various images and discussing the diagnosis and the anatomy. "At each venue, the docs and nurses are so gracious and helpful," he writes.

I N M E M O R I A M

1947

BINA E. SAWYER, of Biddleford, MA, died May 31, 2018. Dr. Sawyer completed her internship in Baltimore and her residency and fellowship training in New York City and Syracuse. She also attended Harvard School of Public Health and the Biblical Seminary of New York City. She was the 1982 Distinguished Alumna at the Upstate College of Medicine. Sawyer worked as a physician and missionary under the board of International Ministries. From 1956 to 1965 she practiced pediatrics at a 200-bed hospital in Burma. Until her retirement in 1992, she was in charge of a hospital in rural Thailand serving 25 in-patients and 80 to 100 outpatients daily. Sawyer was survived by her sisters, Dr. Faith Eikaas and Marjorie Fitanides.

1950

WILLIAM F. BERNHARD, of Brooklyn, NY, died October 29, 2018. Dr. Bernhard served in World War II in the U.S. Navy in the Pacific from 1944 to 1946. He completed several thoracic and cardiovascular surgical residencies before settling at Boston Children's Hospital. Bernhard was a cardiovascular surgical pioneer who pursued pediatric cardiovascular surgery and research on new surgical techniques and devices. He introduced procedures using hyperbaric oxygenation, and developed a left ventricular assist device (LVAD) that led to the Heartmate artificial heart. Bernhard was survived by his wife June; nine of his 10 children; 15 grandchildren; and one great-grandchild.

1951

ARISTIDES CARDONA, of Celina, TN, died May 5, 2016. Dr. Cardona was survived by his wife, Tamara; son Vaughn; daughters Bonnie, Linda, Renee, Maria, and Kristin; eight grandchildren; and seven great-grandchildren.

1953

IRVING A. ROTHE, of Binghamton, NY, died August 22, 2017. Dr. Rothe served during World War II in the U.S. Navy on the USS Salerno Bay in the South Pacific. After training in internal medicine at Upstate, he returned to Binghamton where he had a solo private practice for many years, prior to becoming a founding member of Associates in Medicine. Rothe was president of the medical staff at Lourdes Hospital in 1972-73 and on the board of directors of Blue Cross of Central New York. After retirement, he continued as the Binghamton school physician until retirement at 86. Rothe was survived by his wife, Beatrice; son James; daughters Andrea and Marti; and four grandchildren.

1954

HAROLD L. KAPLAN, of Boynton Beach, FL, died December 8, 2018. After his internship at Maimonides Hospital in Brooklyn, NY, Dr. Kaplan deployed to Japan with the U.S. Air Force, where he was attached to the 374th Tactical Hospital in 1955 and the 6407th USAF Hospital. He was captain in charge of the hospital's outpatient department at Tachikawa Air Force Base near Tokyo, which was the chief American logistical and equipment center for the Far East. Following his military service, he became the third partner in general practice in Beacon, NY, in 1957. At its peak, the practice delivered more than 300 babies a year, in addition to setting broken bones, suturing lacerations, and caring for a legion of loyal patients. Vassar Brothers Hospital in Poughkeepsie, NY, purchased the 16 North Elm Street practice in 1991, and Kaplan continued to practice until his retirement in 1998. He was survived by his wife, Ruth; children Edward, Deborah, and David; eight grandchildren; and his great grandson.

JESSE H. MARYMONT, Jr., of Mobile, AL, died September 27, 2018. Dr. Marymont was survived by his wife, Flora, and family.

1956

BERTRAM G. KWASMAN, of Scottsdale, AZ, died October 24, 2018. Dr. Kwasman was a brilliant orthopedic surgeon and a retired colonel in the U.S. Air Force. He was survived by daughters Jill, Bonnie, and Marcia; son Michael; nine grandchildren; and three great grandchildren.

1958

JAMES D. ROSE, of Auburn, NY, died January 10. Dr. Rose was survived by his wife, Marie, and family.

1961

ANDREW P. BORIS, of San Marcos, CA, died May 17, 2017.

1964

JAY G. BARNETT, of New York, NY, died November 13, 2018. Dr. Barnett served in the U.S. Air Force as a captain during the Vietnam War. He was a trailblazing surgical dermatologist who pioneered new techniques of hair transplants and silicone. He loved his patients and cared for many of them over five decades. He provided care for HIV and AIDS patients in the 1980s and 1990s, as well as notable leaders and celebrities. Barnett was survived by his wife, Donna; children Franya, Dov, and Channing; and nine grandchildren.

GERALD J. BARGMAN, of Boxford, MA, died September 28, 2018. Dr. Bargman served as lieutenant commander in the U.S. Navy at the National Naval Hospital in Bethesda, MD. Following his service to his country, he was a research fellow at the University of Washington in Seattle. He later became head of pediatric endocrinology at the University of Wisconsin-Madison. Bargman was a dedicated researcher and practitioner and devoted 20 years working with eating disorder programs across the U.S. Bargman was survived by his wife, Arlene; daughters Carie and Lisa; son Todd; and nine grandchildren.

IN MEMORIAM

1972

THOMAS I. OSBORN, of Manlius, NY, died January 8. Dr. Osborn practiced as a family physician in Cazenovia and Fayetteville from 1975 to 2017. He was survived by his wife, Sharon; daughters Kimberly, Kendra, and Katherine; and sons Kevin and Kyle; and 14 grandchildren.

1982

ANNE G. BISHOP, of DeWitt, NY, died November 28, 2018. Dr. Bishop was a physician for CNY Internist Associates. She was survived by husband Dr. Kenneth Shaw; daughter Katherine and son-in-law Adam Dieck; her brother, Dr. John Bishop; her sister, Dr. Jeanne Bishop; and the Westbrook family.

Residents

CHARLES ELLITHORPE, HS '72, of Huntersville, NC, died October 20, 2018. Dr. Ellithorpe started his family practice residency and was drafted into the U.S. Army, where he completed his residency training at Fort Benning, GA. After his discharge from the Army, he joined North Mecklenburg Family Practice in Huntersville, where he practiced for 35 years. Ellithorpe was survived by his wife, Jane; daughter Jennifer; son Andy; and one granddaughter.

EDWARD H. LOWENSTEIN, of Seminole, FL, died November 29, 2018. After residencies at Upstate and the University of Connecticut for chief residency, Dr. Lowenstein joined with Martin Green, MD, in Margate, NJ, and practiced pediatrics. In 1983, he moved to Florida to join Prudential Insurance Company as medical director of their first HMO venture called PruCare. Lowenstein was survived by his daughters, Katy and Julia; and six grandchildren.

Coming Soon To A City Near You!



While many Upstate students remain in Central New York for residency, others head to training sites across the country. Here's where the Class of 2019 will begin their residencies on July 1.

ALABAMA

University of Alabama Medical Center

ARIZONA

University of Arizona College of Medicine

CALIFORNIA

California Pacific Medical Center
Loma Linda University
Santa Clara Valley Medical Center
University of California Irvine Medical Center (2)

COLORADO

University of Colorado School of Medicine

CONNECTICUT

University of Connecticut School of Medicine
Yale-New Haven Hospital (5)

DELAWARE

Christiana Care

DISTRICT OF COLUMBIA

MedStar Washington Hospital

FLORIDA

Brandon Regional Hospital
Halifax Medical Center
University of South Florida Morsani College of Medicine (2)
University of South Florida

ILLINOIS

Northwestern McGaw/Lurie Children's Hospital

IOWA

University of Iowa Hospitals and Clinics

KENTUCKY

University of Louisville School of Medicine

MAINE

Maine Medical Center (2)

MARYLAND

Johns Hopkins Hospital (2)
University of Maryland Medical Center (2)
Walter Reed National Military Medical Center (2)

MASSACHUSETTS

Beth Israel Deaconess Medical Center (3)
Boston University Medical Center
Brigham and Women's Hospital (2)
Cambridge Health Alliance (2)
Newton-Wellesley Hospital

NEW HAMPSHIRE

Dartmouth-Hitchcock Medical Center

NEW JERSEY

Overlook Hospital
Rutgers-R.W. Johnson Medical School

NEW YORK

Albany Medical Center (3)
Bassett Medical Center (3)
Ellis Hospital (2)
Hofstra North Shore-Long Island Jewish School of Medicine
Icahn School of Medicine at Mount Sinai (3)
Icahn School of Medicine St. Lukes-Roosevelt (2)
Institute for Family Health
Montefiore Medical Center/Einstein
New York Presbyterian Hospital-Columbia University Medical Center (2)
New York Presbyterian Hospital-Weill Cornell Medical Center (2)
New York University School of Medicine (2)
New York University Winthrop Hospital (2)
Rochester General Hospital
St. Joseph's Hospital Health Center (7)
Stony Brook Teaching Hospitals (4)
SUNY Health Science Center Brooklyn
SUNY Stony Brook
SUNY Upstate Medical University (15)
University at Buffalo School of Medicine (2)
University of Rochester/Strong Memorial Hospital (17)
University of Vermont Health Network CVPH
Westchester Medical Center
Zucker School of Medicine/Northwell Cohen Children's Hospital
Zucker School of Medicine/Northwell North Shore Long Island Jewish Hospital (5)
Zucker School of Medicine/Northwell Plainview Hospital
Zucker School of Medicine/Northwell Staten Island University Hospital

NORTH CAROLINA

Duke University Medical Center
University of North Carolina Hospitals (2)

OHIO

Case Western/MetroHealth Medical Center (2)
Ohio State University Medical Center
University of Cincinnati

PENNSYLVANIA

Allegheny General Hospital (2)
Excelsa Health Latrobe Hospital (2)
Geisinger Health System (3)
Hospital of the University of Pennsylvania
Lancaster General Hospital
Thomas Jefferson University (2)

RHODE ISLAND

Brown University
Rhode Island Hospital/Brown University

SOUTH CAROLINA

Medical University of South Carolina (3)

TENNESSEE

University of Tennessee Graduate School of Medicine
Vanderbilt University Medical Center

TEXAS

Darnell Army Medical Center

VERMONT

University of Vermont Medical Center (3)

VIRGINIA

Eastern Virginia Medical School (3)
University of Virginia
Virginia Commonwealth University Health System

WASHINGTON

University of Washington Affiliated Hospitals

WEST VIRGINIA

West Virginia School of Medicine

WISCONSIN

Medical College of Wisconsin Affiliated Hospitals

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DO
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HAVE
A
STORY
TO
SHARE?

Do you have an unusual job?

Have you taken an unconventional path?

Do you have a significant
achievement?

ARE YOU
INVOLVED IN
CUTTING-EDGE
RESEARCH?

Have you developed
noteworthy skills
outside of medicine?

Please let us know! We'd like to help tell your story in the pages of an upcoming Alumni Journal. Please visit medalumni.upstate.edu/story-ideas

