



KNOW BETTER CARE

FEB

09

HouseCall



heart savers

Local woman learns firsthand about wide range of services at the UConn Health Center

Until one day last summer, Susan Phillips of Canton did not realize that the UConn Health Center in nearby Farmington offered a full range of lifesaving cardiac services. But she learned quickly.

“Though I don’t remember it very clearly, I now know that my treatments began right away, even before I reached UConn,” she recalls, noting the prompt response from the Canton police and volunteer ambulance squad (both trained by UConn Health Center experts) who started CPR and defibrillated her stalled heart, as well as UConn fire paramedics, Neil Prendergast and Robert LaPerriere, who initiated advanced life support, including multiple cardiac resuscitation medications. On the way to UConn, they continued their efforts to get her heart working again and several times briefly restored her pulse.

Once she arrived at the UConn Health Center, medical staff from the Emergency Department, including Thomas Regan, M.D., worked with Michael Azrin, M.D., director of interventional cardiology, to quickly guide her to emergency angioplasty where Dr. Azrin opened a blockage in her heart. The next day, Heiko Schmitt, M.D. and Christopher Pickett, M.D., co-directors of the Heart Rhythm Program, replaced and updated

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reduce your risk

Smoking increases colorectal cancer risk

Colorectal cancer is the fifth most common cancer in the United States, according to the National Institutes of Health. Colorectal cancer occurs in the large intestine and includes both colon and rectal cancers.

Most cases begin with small, benign clumps of cells called polyps. Polyps can later expand and become cancerous.

“The major risk factors for colorectal cancer include family history, obesity, and age, but researchers have largely overlooked smoking,” says Joseph C. Anderson, M.D., associate professor of medicine at UConn and

one of the lead investigators in a recent study conducted on smoking and colorectal cancer.

According to the researchers, cancer-causing chemicals in cigarettes enter the saliva and are transported to the large intestine, where they trigger cell changes that lead to polyps.

“We used about 2,700 colonoscopy patients and compared the incidence of colon cancer with smoking history,” Dr. Anderson says. “We found that smokers had twice as much risk for developing colorectal cancer compared to non-smokers. Women, however, required less exposure than men to have the same increase in risk.”

Women who smoked up to 30 packs of cigarettes a year had an 82 percent greater risk than non-smoking women, whereas men who smoked the same amount only faced a 21 percent greater risk than non-smoking men.

“Smoking is definitely a risk for colon cancer,” Dr. Anderson says. “Now that we know, doctors can recommend that patients who smoke should be screened more frequently.”

Women who smoked up to 30 packs of cigarettes a year had an **82 percent greater risk** than non-smoking women while men who smoked the same amount faced a **21 percent higher risk** than non-smoking men.



EXPERT CARE

UConn's Colon Cancer Prevention Program

Experts at the UConn Health Center have created a Colon Cancer Prevention Program to help you understand your risk of colon cancer and create a personalized cancer prevention plan. This unique program offers ongoing support, education, and the benefits of today's latest research advances.

Colonoscopy is the best available tool to allow physicians to visualize the entire large intestine and look for the earliest signs of cancer. Experts with the Colon Cancer Prevention Program use a more advanced system—one of the most precise cameras available today—to visualize even the smallest blood vessels within the colon. Because UConn's system can vastly magnify molecular segments of tissue and blood vessels, experts can see the tiniest changes in the colon years, or even decades, before these changes could lead to dangerous polyps.

Everyone should get a colonoscopy at age 50. If you have a family history of colorectal cancer, are an African American, or have a history of smoking, you may need one earlier.

CALL! For an appointment with Dr. Anderson or the Colon Cancer Prevention Program, call **800-535-6232**.

CALL! To receive a free brochure about the Colon Cancer Prevention Program, call the UConn Health Center at **800-535-6232**.

give it voice

UConn team protects your speech

We use our voices every day to communicate with others, to read to our children, and to express our thoughts.

At UConn's Voice and Speech Clinic, experts protect the voices of everyone from opera singers to parents. The only voice clinic in Connecticut, it provides some of the most comprehensive and advanced vocal care, attracting performers from around the country. Otolaryngologist Denis Lafreniere, M.D., director of the Voice and Speech Clinic, works closely with a team of three speech pathologists with expertise in treating voice disorders.

"The voice is a fragile gift," says Dr. Lafreniere. "It's important to give it 15-minute rests throughout the day, stay hydrated, avoid smoking, and treat acid reflux."

Vocal disorders fall into three categories: neurological, anatomic, and functional. UConn patients are evaluated by speech analysis software and/or videostroboscopy, where doctors use a small camera to capture movements of the patient's voice box. Polyps and lesions on the larynx can be removed through non-invasive surgical procedures, and patients may work with the speech pathologists to learn how to avoid straining or injuring vocal tissues.

The UConn Voice and Speech Clinic was the first place West Hartford vocalist Monica Marchese turned to during an extensive case of laryngitis. "It was tremendously devastating when I could not sing," she says. "They got me back on track and made sure my voice was healed."

CALL! For more information about UConn's Voice and Speech Clinic, call **800-535-6232**.

KNOW | MORE

2nd Annual Heart Health Walk

Walking is an easy way to help prevent heart disease. Join us for a trek around the corridors and stairwells of UConn Health Center on National Wear Red Day to support women's heart disease awareness. Bruce Liang, M.D., director of the Pat and Jim Calhoun Cardiology Center, will lead a brief discussion on women's heart health and kick off the walk.

Arrive early to join the American Heart Association's Go Red for Women campaign and be entered into a free drawing for exclusive Go Red items. Remember to wear red, and comfortable shoes. Meet in Keller Lobby on Friday, Feb. 6, at noon.

FAST Facts

94,440 Number of patient visits in fiscal year 2008 to the Health Center's dental clinics.

56 Number of UConn Health Center physicians included in the 2008 Best Doctors list as published by *Hartford Magazine*.

Know more — visit
www.uchc.edu

Your Voice at UConn

The UConn Health Center is dedicated to providing patients and families with the best experience possible, and who better to guide them than former patients? The John Dempsey Hospital is looking for committed, compassionate people who were patients at the hospital during the past 12 to 18 months to serve as members of the Patient and Family Advisory Council. The council members will attend regular meetings with the Department of Patient Relations to maximize patient and family satisfaction.

Call **860-679-3176** if you would like to use your past experience to make an impact in the lives of others.

heart savers

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a pacemaker she received a few years ago, before moving to Connecticut.

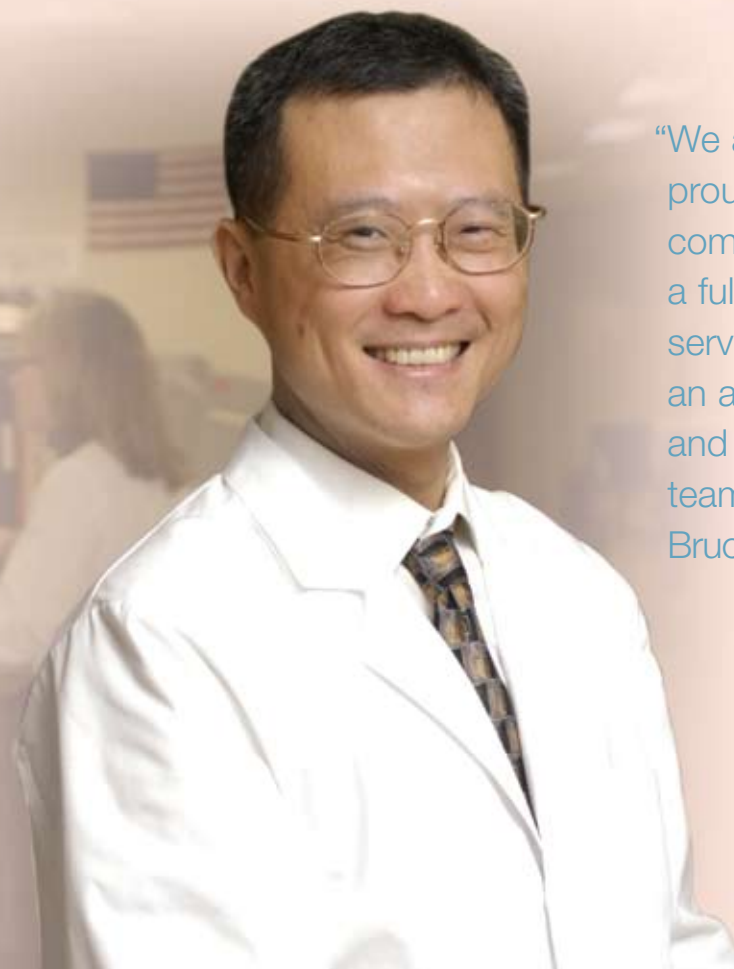
And after less than 10 days in the hospital, Phillips walked out the doors, ready to resume her normal activities.

"I'm so lucky—I'm pretty much a little miracle," Phillips, 56, says. She says she is feeling fine and receiving ongoing care from non-invasive cardiologist Jason Ryan, M.D., and from Pravin Patel, M.D., a cardiology fellow whom she describes as, "the backbone of everything, both physically and psychologically. He has been wonderful."

"Unlike the Lemony Snicket stories," Phillips says, "this was truly a series of 'fortunate events'!"

"We are very proud to offer the community such a full range of services from such an accomplished and coordinated team," adds Bruce T. Liang, M.D., director of the Pat and Jim Calhoun Cardiology Center. "We are here for the region 24 hours a day, seven days a week."

CALL! To schedule an appointment at the Pat and Jim Calhoun Cardiology Center call **800-535-6232**. To learn more, visit heart.uchc.edu.



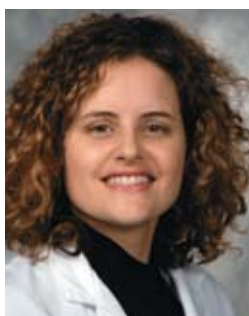
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MEET OUR EXPERTS



Alejandro Murcia, M.D., an internist and primary care physician specializing in infectious diseases, is now seeing patients at UConn Medical Group in Simsbury. Dr. Murcia attended the National University of Colombia Medical School, completed

his residency at the Hospital for Joint Disease and his fellowship at Saint Francis Hospital and Medical Center. He is board-certified in internal medicine and infectious diseases.



Stephanie P. Bowers, M.D., a board-certified obstetrician/gynecologist, is now seeing patients at UConn Health Partners in East Hartford and UConn Health Center in Farmington. Dr. Bowers attended and completed a residency in obstetrics

and gynecology at the University of Connecticut School of Medicine.



Glendo L. Tangarorang, M.D., a board-certified specialist in internal medicine and geriatric medicine, is now seeing patients at UConn Geriatrics Associates in Farmington. Dr. Tangarorang attended the Cebu Institute of Medicine in the Philippines.

He completed his residency at Elmhurst Hospital and his fellowship in geriatrics at the UConn Health Center.

These doctors are accepting new patients. To make an appointment or for more information, call 800-535-6232.

OFFICES IN FARMINGTON, 263 FARMINGTON AVENUE • WEST HARTFORD, 65 KANE STREET • EAST HARTFORD, 99 ASH STREET
• SIMSBURY, 381 HOPMEADOW STREET • CALL UCONNLINK AT 800-535-6232 FOR AN APPOINTMENT.