



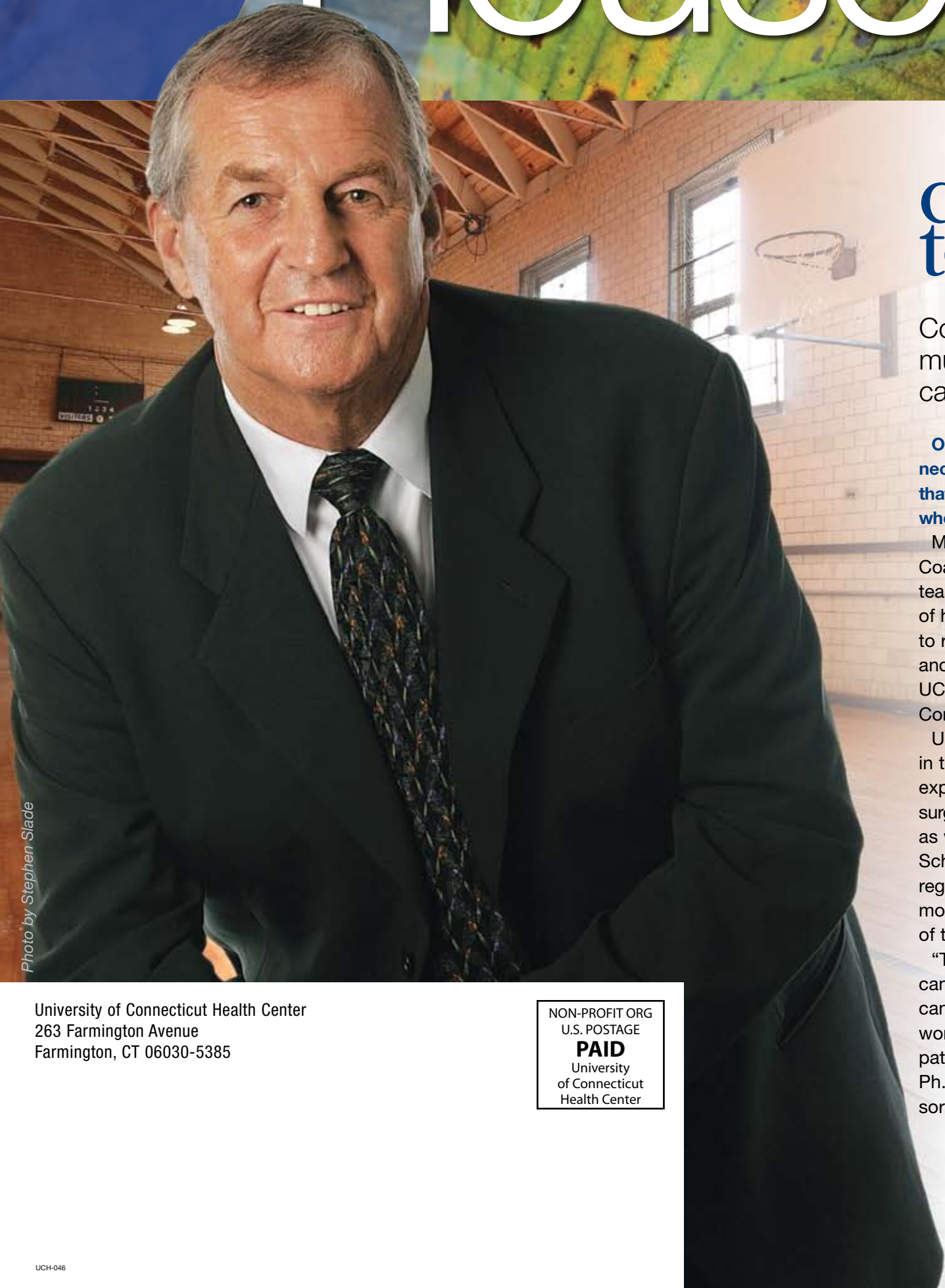
UConn  
Health  
Center

KNOW BETTER CARE

NOV

08

# HouseCall



## a winning team

Coach Calhoun treated by the multidisciplinary head and neck cancer/oral oncology program

**Optimal care for rare but serious head and neck cancers requires a nimble, team approach that brings together a diverse group of specialists who can skillfully handle all aspects of treatment.**

More than most, UConn Men's Basketball Coach Jim Calhoun appreciates that level of teamwork. When he was diagnosed with a form of head and neck cancer last spring, he chose to receive care from the Multidisciplinary Head and Neck Cancer/Oral Oncology program at UConn Health Center's Carole and Ray Neag Comprehensive Cancer Center.

UConn's program is the only one of its kind in the region. It draws upon cancer center experts in surgery, oncology, reconstructive surgery, nursing, nutrition, and radiation oncology as well as many specialists from the UConn School of Dental Medicine. The team meets regularly to make sure every patient receives the most up-to-date and complete care—every step of the way.

"The management of head and neck cancers can be complex, and some of the treatments can cause uncomfortable side effects. We work together to find the best solution for each patient," explains Douglas E. Peterson, D.M.D., Ph.D., co-director of the program and a professor of oral medicine, Department of Oral Health

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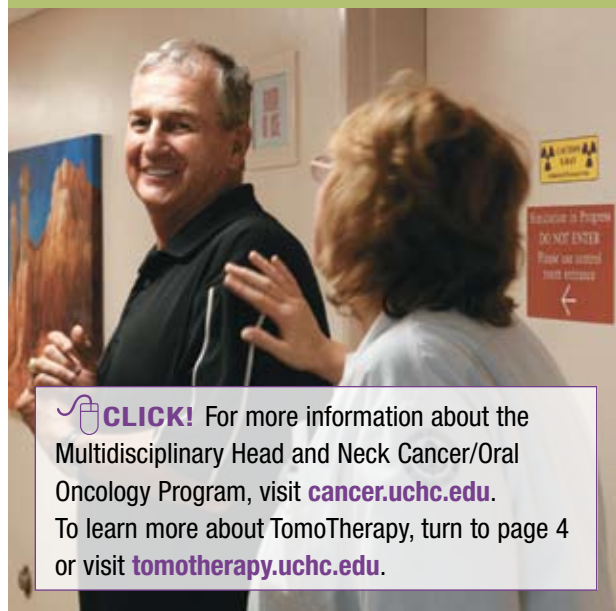
and Diagnostic Sciences, part of the UConn School of Dental Medicine.

“Working as a team allows us to treat all aspects of the disease and to look beyond initial treatment for ways to ease side effects and improve quality of life for survivors,” adds Jeffrey Spiro, M.D., who is co-director of the program and specializes in head and neck surgery.

Throughout Coach Calhoun’s care, he was seen by many members of the team. Dr. Spiro removed his cancer along with a portion of the adjacent parotid salivary gland and 36 lymph nodes from his neck. Radiation oncologist Robert Dowsett, M.D., coordinated Coach Calhoun’s radiation oncology treatments with the state-of-the-art TomoTherapy™ system that precisely delivered treatments to the site of the former cancer. Though Coach Calhoun was cancer-free after the surgery, the TomoTherapy treatment helped to reduce the chances of a recurrence. Coach Calhoun described it as “a life insurance policy.”

In addition, Coach Calhoun was seen by Dr. Peterson and his colleagues, who managed treatment side-effects and dental issues.

“I always felt like I was in good hands. I’m confident that I received the best care, from the best team—and frankly, I’m glad it’s over,” says the Hall of Famer, who is feeling well and busy with a new season of UConn basketball.



**CLICK!** For more information about the Multidisciplinary Head and Neck Cancer/Oral Oncology Program, visit [cancer.uchc.edu](http://cancer.uchc.edu). To learn more about TomoTherapy, turn to page 4 or visit [tomotherapy.uchc.edu](http://tomotherapy.uchc.edu).

Photo by Stan Godlewski

# get back in the game

Doctors find new ways to help athletes battle a torn ACL

One of the most common sports injuries can be an athlete’s worst nightmare. The ACL, the knee’s anterior cruciate ligament, is often injured when people participate in sports that require jumping, pivoting, and abrupt changes in direction. Basketball, football, soccer, and skiing often lead to tears in the ACL, which lies in the middle of the knee. After it is torn or overstretched, doctors typically repair it during surgery by creating a tunnel up into the bone and using a small scope with a camera to perform a tendon graft.

At the New England Musculoskeletal Institute, orthopaedic sports medicine expert Robert Arciero, M.D., is offering patients new procedure options and studying their benefits.

“I’m thrilled to be able to offer our patients more options,” says Dr. Arciero, who is among a small group of orthopaedic surgeons performing two new procedures for ACL repair.

The first one, called the “all inside” technique, takes ACL repair in a new direction.

“Rather than drilling tunnels all the way through the leg bone, we make tunnels from the inside out and make a socket. The goal is to cause less bleeding and swelling,” says Dr. Arciero.

The second technique, the “double bundle” approach, begins with the “all inside” method and then uses two grafts, or one graft divided into two, to make a double-bundle that more closely resembles the natural ACL.

Researchers will study the double-bundle procedure to see if it prevents or helps against the onset of arthritis. Almost all patients who undergo ACL repair develop arthritis in the knee in later life, but the new procedure may lessen the impact of arthritis. However, the double-bundle is a longer procedure and more suited for younger, active, and athletic patients.

“My patients are most often active, young-living adults who want the same treatment as professional athletes,” Dr. Arciero says. “There are pros and cons to each of these surgical options. I review the options with each of my patients so we can find the procedure that will best fit their needs and lifestyle.

Our hope is that with ongoing research, we will be able to provide patients with a less complicated procedure with better lifelong results.”

“Our research allows us to evaluate new ways to help patients recover with less pain and scarring.”  
Robert Arciero, M.D.



**CALL!** To make an appointment with a UConn Sports Medicine expert, call **800-535-6232**. Visit [nems.uchc.edu](http://nems.uchc.edu) for more information.

# paging dr. google

The Internet as  
your health guide

The first thing most people do when they receive a medical diagnosis or when they're not feeling well is to go online to find out more about their condition. All it takes is a few clicks on Google. But while it's easy to find great information online, it's also easy to find wrong information.

"By being more educated about their health, patients are more prepared to discuss their own cases and address their concerns," says internal medicine specialist Karen Garibaldi, M.D., of the UConn Health Center. "But sometimes, information on the Internet and self-diagnosis can also be confusing and misleading. Patients go through unnecessary fear or seek unnecessary medication or treatment."

Remember that information on the Internet is broad and generic. Your doctors will look specifically at your case, with your medical history in mind.

Web sites can also have erroneous or out-of-date information. Here are a few things to look for to make sure you are using a good source:


## RELIABLE SOURCES

**AUTHORITY**—Who is providing the information? What are their backgrounds and credentials?

**BIAS**—Is the information factual or someone's opinion? Is the Web site trying to sell something?

**CURRENCY**—When was the Web site last updated? Check for a date to make sure you are getting current information.

**CONTENT**—Is the information logical and complete?

 **CLICK!** For reliable, up-to-date health information visit [health.uhc.edu](http://health.uhc.edu) and click on Health Education.

## KNOW | MORE

### Family Chatter

Thanksgiving is a great time to catch up on the lives of family members. It also presents an opportunity to discuss family health and well-being. National Family History Day is recognized annually on Thanksgiving. Knowing your family health history can provide clues about risks for many common conditions.

To help organize your important family health information, the U.S. Department of Health and Human Services offers a free Web-based tool called My Family Health Portrait, which helps create a family health history chart. Visit [www.hhs.gov/family-history](http://www.hhs.gov/family-history) to begin creating your family health portrait.

### FAST Facts

**273,676** Outpatient visits to John Dempsey Hospital in fiscal year 2007, an increase of more than 7 percent over the preceding year

**415** Number of volunteers currently contributing their time at the UConn Health Center

*Know more — visit  
[www.uhc.edu](http://www.uhc.edu)*

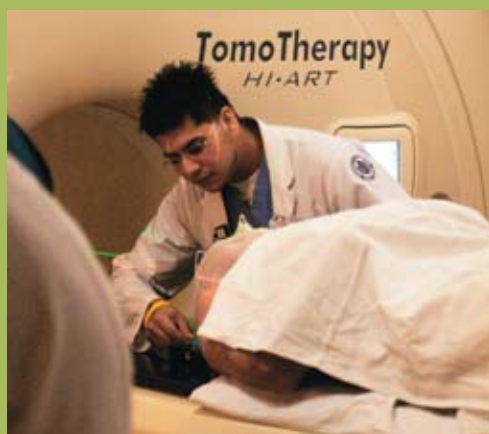
### New UConn Health Center Locations

Experts with the New England Musculoskeletal Institute are now seeing patients in **Southington at 1131 West Street**. Services include orthopaedic sports medicine and treatment for osteoporosis, back pain, and problems affecting the foot, ankle, and wrist. To schedule an appointment, call **800-535-6232**.

A new Patient Service Center and Blood Drawing Facility has opened at **665 Terryville Avenue in Bristol** to make it more convenient for Bristol residents who need blood tests or other standard lab services. For more information call **860-585-9813**.

## About TomoTherapy


Coach Calhoun underwent several weeks of treatment using the TomoTherapy™ system. Many experts describe TomoTherapy as the most exciting development in radiation oncology in a generation because of its accuracy and precision. In Connecticut, TomoTherapy is only available at the UConn Health Center's Neag Comprehensive Cancer Center.



UConn Men's Basketball Coach Jim Calhoun receives TomoTherapy treatment.

Because it minimizes radiation exposure to surrounding, healthy tissue, TomoTherapy is an effective treatment for head and neck cancer, prostate cancer, and others. Its advanced system:

- ▶ acquires 3D images of the tumor before every treatment,
- ▶ delivers precise treatments that target the exact size and shape of the tumor, and
- ▶ treats tumors continuously from all angles, directing treatments to large, small, and multiple lesions.

 **CLICK!** For more information, visit [tomotherapy.uhc.edu](http://tomotherapy.uhc.edu).

### PREVENTION AND EARLY DETECTION OF HEAD AND NECK CANCERS

- ▶ Do not smoke and do not drink alcohol in excess.
- ▶ Be sure your dentist or dental hygienist performs a thorough evaluation every six months.
- ▶ Avoid mid-day sun, use sun screens liberally, and see your doctor or dermatologist for regular skin evaluations

Talk to your doctor immediately if you notice any of the following symptoms:

- ▶ A lump or sore that does not go away
- ▶ Difficulty or pain when swallowing
- ▶ Change in the voice or hoarseness
- ▶ Ear pain, particularly in association with the symptoms listed above

Photo by Stan Godlewski

## MEET OUR EXPERTS



**Siobhan Collins, M.D.**, a dermatologist with specialized training in Mohs micrographic surgery, is now seeing patients in Farmington and UConn Health Partners East Hartford. A graduate of the UConn School of Medicine, Dr. Collins returns after completing her residency in dermatology and her fellowship in Mohs micrographic surgery at Brown University Medical School in Rhode Island.



**Daniel L. Menkes, M.D.**, a neurologist and neurophysiologist specializing in peripheral nerve diseases, is now seeing patients at the UConn Health Center. Dr. Menkes also treats neuropathy caused by diabetes or chemotherapy, neuromuscular junction disorders, and other muscle diseases. Dr. Menkes graduated from the Boston University School of Medicine, completed his post-doctoral training at the Dartmouth-Hitchcock Medical Center, and his fellowship at Massachusetts General Hospital.



**Donald Somerville, D.M.D., M.S.**, prosthodontist, joins the UConn Health Center as director of the new Center for Implant and Reconstructive Dentistry, a division of the New England Musculoskeletal Institute. The center offers a full range of dental implant services. A UConn School of Dental Medicine graduate, Dr. Somerville trained at Harvard University School of Dental Medicine and Brigham and Women's Hospital, as well as Texas A&M University Health Science Center and Baylor College of Dentistry.



**Haleh Vaziri, M.D.**, a gastroenterologist specializing in capsule endoscopy, inflammatory bowel disease, colon cancer, GERD, and gastrointestinal issues affecting women, is now seeing patients in Farmington. Dr. Vaziri graduated from the Tehran University School of Medicine, completed her residency at the University of Massachusetts Medical Center and her fellowship at State University of New York at Stony Brook.

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.**