

# CONSULTS

NEWS FOR PHYSICIANS FROM THE UCONN HEALTH CENTER

## IN THIS ISSUE

- Peripheral Vascular Disease
- Gastrointestinal Cancers
- New 16-Slice CT Scanner
- Sleep Disorders Center
- Center for Advanced Reproductive Services

## WELCOME!

This is the first issue of *Consults*, our quarterly newsletter for physicians in the community. It provides helpful information about the many services available to you and your patients at the University of Connecticut Health Center.

With more than 350 physicians, our UConn Medical Group is the largest multi-specialty group in central Connecticut. We cover virtually every specialty and sub-specialty in health care. Through our affiliation with the University of Connecticut School of Medicine, we offer care based on the latest research and innovations in medicine.

Our location in suburban Farmington, close to Interstate 84, Route 9 and Route 6, makes us easily accessible to patients throughout the state. We have a dedicated physician referral line that makes it easy for you to contact us, and our staff will help you make appointments or arrange admissions or consultations for your patients. Our physician outreach manager, Rick Daddario, welcomes the opportunity to come to your office

to provide an overview of the UConn Health Center and to facilitate referrals.

We look forward to building a long-standing partnership with you. Together, we can improve care to patients throughout Connecticut.

**For more information about our services at the UConn Health Center, please feel free to call me directly at 860-679-2222.**



Steven Strongwater, M.D.

Steven Strongwater, M.D.  
Director of Clinical Operations for  
UConn Health Center  
Director of John Dempsey Hospital

## NEW TREATMENTS FOR PERIPHERAL VASCULAR DISEASE

Improvements in microsurgery and angioplasty make it possible for the UConn Health Center to offer a variety of new treatments for peripheral vascular disease—problematic veins and arteries away from the heart and brain.

“Our focus is on risk factor modification and minimally invasive procedures to render patients asymptomatic,” says Michael Dahn, M.D., Ph.D.,

a board-certified vascular surgeon at the Health Center. “About 70 to 80 percent of our patients can be managed with angioplasty, thereby avoiding surgery. Frequently, angioplasty and aneurysm reconstruction can be accomplished



Michael Dahn, M.D., Ph.D.

with a single day of hospitalization. The patient can resume his prior activities two to three days after the procedure.”

Peripheral vascular disease affects 10 million people in the United States, including 5 percent of individuals over age 50. “The most common cause is atherosclerosis, or hardening of the arteries,” says Dr. Dahn. Diabetes, too, can damage the large and small blood vessels of

the legs and feet.

“At the Health Center, we offer a High Risk Foot Clinic to help detect and treat peripheral vascular disease at its earliest onset,” says

*continued on page 3*

## CONTACT US

Want to learn more about the UConn Health Center?

**Please contact:**  
**Rick Daddario**  
**Physician Outreach**  
**Manager**  
**UConn Health Center**  
**860-679-1695 or**  
**1-877-676-1733**



Rick Daddario

# SURGEON BRINGS NEWER TECHNIQUES TO DEADLY CANCERS

Surgical oncologist Wayne Frederick, M.D., brings the newest techniques to the UConn Health Center, where he treats patients suffering from gastrointestinal cancers that include cancers of the liver, colon, spleen and pancreas.

One technique, radiofrequency ablation, uses electrical energy to create heat and destroy cancer tissue. Another is the use of chemotherapy and radiation therapy before surgery to reduce the size of tumors in patients with advanced rectal cancer. The approach helps preserve the sphincter and decrease the odds of a permanent colostomy.

Dr. Frederick joined the Carole and Ray Neag Comprehensive Cancer Center last year to become part of a multidisciplinary team of caregivers that includes medical oncologists, radiation oncologists, oncology nurses, nutritionists and social workers. Working with gastrointestinal specialist Joel Levine, M.D., and molecular medicine researcher Dan Rosenberg, Ph.D., Dr. Frederick is helping to create a comprehensive colon cancer program for high-risk patients.

“The field of genetics is opening many new doors and expanding our understanding of cancer in its earliest states,” says Dr. Frederick, whose training included a surgical oncology fellowship and



Wayne Frederick, M.D.

a research fellowship in gastrointestinal cancers at M.D. Anderson Cancer Center in Texas.

**For more information about Dr. Frederick's services, call our Physician Referral Line at 1-877-676-1733, or call Dr. Frederick directly at 860-679-2100.**

## NEW 16-SLICE CT SCANNER MEANS MORE ACCURATE IMAGES IN LESS TIME



Bipin Jagjivan, M.D.

In a matter of seconds, a new scanner at the UConn Health Center provides detailed, 3-D images of the most intricate anatomical structures and systems in the human body. The size and location of a tumor shows up clearly. So does the flow of blood through arteries into the kidneys and other organs, the shape of spinal discs, and the relationship of ligaments to bone. The images can be rotated and viewed from all angles.

The new machine is a 16-slice computerized tomography (CT) scanner. “It really changes the way we work,” says Bipin Jagjivan, M.D., chief of diagnostic imaging at the Health Center. “The scanner provides extraordinarily accurate three-dimensional images of organs, bones and tissue very quickly. We can view arteries in relation to the bones or to organs like the kidneys, and we can

rotate the image to see it from all perspectives. It permits our physicians to make more accurate diagnoses of a variety of disorders, from cancer to cardiovascular disease, trauma and musculoskeletal problems. It also allows for much better, more precise surgical planning.”

Because the new scanner works so quickly, the exams are faster. Patients don't have to hold their breath as long, which is helpful for both older and younger patients. “Because it's so quick, it's good for studies on pediatric patients who have trouble holding still,” says Dr. Jagjivan. “The exams also can be done on babies while they are sleeping, eliminating the need for general anesthesia.”

**For more information about imaging services, call the Physician Referral Line at 1-877-676-1733, or call Dr. Jagjivan directly at 860-679-3626.**

# HEALTH CENTER EXPANDS SLEEP DISORDERS CENTER



Dan McNally, M.D.

Sleep, or lack of it, has become a standard part of a good medical history. Physicians now routinely ask their patients about daytime sleepiness, nighttime wakefulness, snoring and excessive movement during sleep as part of a good review of their overall health status.

Their questions are uncovering increasing evidence that sleep disturbances or disorders are a growing problem for many Americans. Sleep deprivation has been linked to health problems like high blood pressure, obesity, depression and safety issues in the home, on the job and on the road.

“We can uncover the root cause of most sleep problems,” says Dan McNally, M.D., a diplomate of the American Board of Sleep Medicine and director of the Sleep Disorders Center at the UConn Health Center, which recently doubled the number of private rooms available for sleep studies.

Sleep studies are conducted overnight in private rooms. Patients typically arrive between 8 and 10 p.m. and are encouraged to bring items that make them feel comfortable, like favorite pajamas, blanket or pillow. Throughout the night, they are monitored by a polysomnograph, which is used to measure brain activity, eye movement, muscle activity, air movement and breathing during sleep. Dr. McNally analyzes the data and reviews cases along with other experts from specialties that include dentistry, neurology, psychiatry, pulmonary medicine and ear, nose and throat surgery.

“We can uncover the root cause of most sleep problems,” says Dr. McNally.

## COMMON SYMPTOMS OF SLEEP DISORDERS

- Excessive daytime sleepiness
- Trouble falling or staying asleep
- Depression or reduced sense of well-being
- Leg cramps or uncontrollable leg movements
- Unusual movements in sleep
- High blood pressure
- Awakening with a choking feeling or gasping for air
- Racing heartbeat during the night

“We can see patients in consultation and take care of the entire process from evaluation through testing and therapy,” says Dr. McNally. “We also can perform the sleep studies for referring physicians and provide them with the information they

need to decide upon and implement therapy for their patients.

“We see people for a wide variety of sleep problems from apnea to severe sleepiness, narcolepsy, insomnia, jet lag and shift work complaints. We use polysomnography to investigate problems, as well as sleep diaries and other recording tools to identify the origin of the patient’s sleep problems.”

**For more information or to make a referral to our Sleep Disorders Center, call the Physicians Referral Line at 1-877-676-1733, or page Dr. McNally by calling 860-679-2626.**

## NEW TREATMENTS FOR PVD

*continued from page 1*

Dr. Dahn. The clinic provides screening for patients with diabetes and other risk factors for the disease, like smoking, obesity, high blood pressure and family history.

**For more information or to make a referral to the High Risk Foot Clinic and Interventional Radiology Services, call the Physicians Referral Line at 1-877-676-1733, or call Dr. Dahn directly at 860-679-4801.**

## SYMPTOMS OF PVD

- Leg or hip pain during walking
- The pain stops with rest
- Burning, aching pain in feet or toes when resting
- Numbness, tingling or weakness in legs
- Color change in skin of legs or feet
- Sore on leg or foot that won’t heal
- Cold legs or feet
- Loss of hair on legs

*Source: Society of Interventional Radiology*



## CENTER FOR ADVANCED REPRODUCTIVE SERVICES ADDS NEW PHYSICIAN, NEW OFFICE



David W. Schmidt, M.D.

The Center for Advanced Reproductive Services, the largest center in the state, has added a new physician and opened a new office in the southern part of the state to improve its services to patients seeking help building a family.

### UConn Welcomes New Expert

David W. Schmidt, M.D., has joined the center and is seeing patients in the group's new office in Hamden at 2080 Whitney Ave.

"Fertility treatments often require multiple visits," says Dr. Schmidt. "This office, with its central location, makes it easier for couples from southern Connecticut to receive much of their care closer to their home or work."

Dr. Schmidt is a graduate of the University of Connecticut School of Medicine. He completed a residency in obstetrics and gynecology and a fellowship in reproductive endocrinology and infertility at the UConn Health Center. He is a candidate for board certification in obstetrics and gynecology and in reproductive endocrinology and infertility.

Dr. Schmidt joins physicians John Nulsen, M.D., Donald Maier, M.D., and Claudio Benadiva, M.D. The center's main office is located on the Farmington campus at the UConn Health Center.

### Nationally Recognized Capabilities

The Center for Advanced Reproductive Services, which was opened by the UConn Health Center in the early 1980s, now has more than 1,000 *in vitro* fertilization (IVF) cycles annually. It was recognized this year for its success in limiting the birth of triplets and greater numbers of babies at one time. The incidence of high-order birth rates (triplets or more) is 30 percent lower than the national average at the Center for Advanced Reproductive Services. It was one of only 37 out of 384 reporting centers in the country to achieve three measures

of successful outcomes set by the national Society for Assisted Reproductive Technologies. These measures include:

- success rates above the mean of 35 percent
- more than 50 IVF cycles per year
- a high-order multiple rate (triplets or more) of less than 5.3 percent.

Both offices provide state-of-the-art fertility services, ranging from consultations to advanced procedures, pre- and post-operative visits, psychological services, support groups, classes and seminars.

**For more information on the Center for Advanced Reproductive Services, call our Physician Referral Line at 1-877-676-1733, the Center for Advanced Reproductive Services at 860-679-4580, or call Dr. Schmidt directly at 203-230-4400.**

The center's incidence of high-order birth rates is 30 percent lower than the national average.

## SAVE THE DATE!

*Sponsored by the Connecticut State Medical Society and the University of Connecticut School of Medicine and co-sponsored by the University of Connecticut Office of Continuing Medical Education*

### THE SECOND ANNUAL ROGER BECK SYMPOSIUM

***Injecting Science into the Art of Medicine to Enhance Quality***

**Tuesday, November 23**

**4 to 7:30 p.m.**

**UConn Health Center-Farmington**

*The UConn School of Medicine designates this educational activity for a maximum of three Category I Continuing Medical Education credits.*

### SPEAKERS:

Paul Barach, M.D., Jackson Memorial Hospital  
Joseph Civetta, M.D., UConn Health Center  
James Duffy, M.D., UConn Health Center  
Anthony Voytovich, M.D., UConn Health Center

**Call 1-800-535-6232 for early registration or an informational brochure.**



UConn  
Health  
Center

Remarkable Care Through  
Research and Education