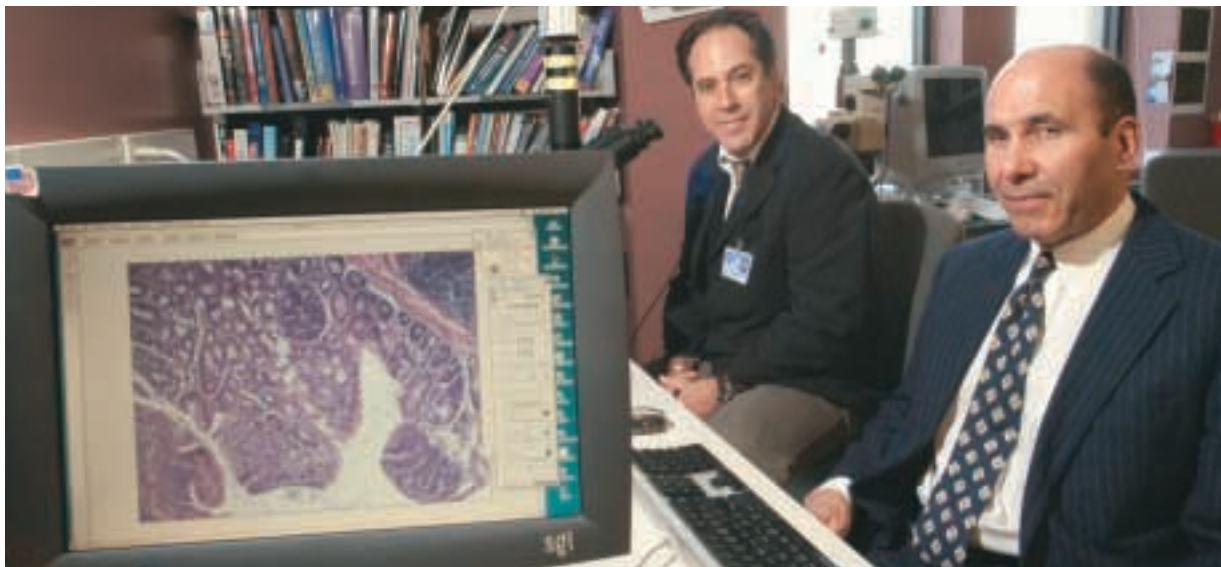


# CONSULTS

NEWS FOR PHYSICIANS FROM THE UCONN HEALTH CENTER

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Daniel Rosenberg, Ph.D., and Joel Levine, M.D.

## NEW COLON CANCER PREVENTION PROGRAM

UConn Health Center has opened a new program focused exclusively on the prevention of colon cancer, one of the most commonly diagnosed cancers in the United States and one that is highly treatable if detected early. The goal of this unique program is to identify and reduce risks related to colon cancer and give patients the most up-to-date tools to create personalized cancer prevention strategies. The program is open to all men and women over age 18.

“We want to create a cancer prevention culture that encourages a dynamic relationship between community physicians and the resources of our program,” explains Joel Levine, M.D., gastroenterologist, professor of medicine and co-director of the program.

The Colon Cancer Prevention Program is part of the Carole and Ray Neag Comprehensive Cancer Center and stems from a partnership between physicians and scientists from a variety of research disciplines, including molecular medicine, epidemiology, genetics, nutrition, anthropology, behavioral psychology and public health. Daniel Rosenberg, Ph.D., a professor of medicine and molecular medicine expert, is co-director of the program.

The centerpiece of the program is ongoing research to find the earliest molecular changes that may lead to cancer. The Health Center has sophisticated equipment to support this research, including an advanced colonoscope that can visualize very early changes on the surface of the colon.

In addition, the program is engaged in prevention trials through the National Cancer Institute, the National Institutes of Health and other cancer centers to look at new approaches to prevent colon cancer. Patients will have the opportunity to learn more about these trials and, if they are interested, their eligibility to participate in them.

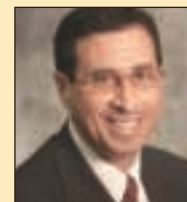
“What we are offering is more than one procedure or one visit. Instead, this program allows patients, researchers and medical providers to become partners together in colon cancer prevention,” explains Dr. Levine. “Lifelong cancer prevention is our ultimate goal. This is a very attractive program for patients who are concerned about their colon cancer risk.”

**For more information, call Dr. Levine at 860-679-4567 or the Physician’s Referral Line at 877-676-1733.**

## 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**  
**877-676-1733**



Rick Daddario

## NEW PHYSICIANS BRING NEW THERAPIES



Michael J. Giordano, M.D., F.A.C.S.

### Neurosurgeon Provides Image-Guided Surgery

Michael J. Giordano, M.D., F.A.C.S., a neurosurgeon with expertise in complex surgeries of the spine and brain, has joined the Health Center and sees patients in the new Medical Arts and Research Building on the main campus in Farmington.

At UConn, Dr. Giordano offers patients today's most advanced, image-guided surgical technologies in surgeries of the spine, cervical spine, brain tumors and other complex injuries.

In addition, Dr. Giordano offers kyphoplasty, a technique to repair painful spinal fractures caused by osteoporosis. It is a minimally invasive procedure that uses a "bone balloon" to raise the collapsed portion of the vertebra. The balloon is then removed, and the space is filled with a medical-grade cement to support the bone and prevent further collapse. "The process creates an internal cast that holds the repaired bone in place," says Dr. Giordano.

**For more information, call Dr. Giordano at 860-679-3533 or call the Physician's Referral Line at 877-676-1733.**



Kourosh Parham, M.D., Ph.D.

### Otolaryngologist Offers New Screening Tool

Kourosh Parham, M.D., Ph.D., an otolaryngologist, has joined the Health Center, bringing expertise in complete otolaryngology care and in new techniques such as transnasal esophagoscopy (TNE).

TNE is a new technique to fully examine the esophagus with local instead of general anesthesia. During the procedure, a super-thin, flexible video-scope is inserted through the nose and down the throat. The tip of the scope has a digital video system and self-contained light that produces clear, colorful images of the vocal folds, larynx and esophagus to check for possible abnormalities. It can also help to visualize signs associated with gastroesophageal reflux disease (GERD) or its complications and to evaluate swallowing difficulties.

"TNE is a screening tool to evaluate patients with long-standing reflux or reflux-related complaints, such as voice disturbance, chronic cough and the feeling of something stuck in the throat," says Dr. Parham. "This in-office procedure requires little preparation and is performed in minutes. It poses less risk of complications than conventional endoscopy."

**For more information, contact Dr. Parham at 860-679-2804 or call our Physician's Referral Line at 877-676-1733.**

# CLINIC HELPS THOSE WHO USE THEIR VOICES

For anyone, from an opera singer who performs *La Bohème* to a mom who reads *Goodnight Moon* to a three year old, a strong voice is an important and often fragile asset. UConn Health Center offers a comprehensive Voice and Speech Clinic to detect, diagnose and treat voice problems.

Denis Lafreniere, M.D., an otolaryngologist and specialist in head and neck surgery, started Connecticut's first and only voice and speech clinic more than a decade ago. He was joined by Starr Cookman, M.A., CCC-SLP, a speech pathologist and trained singer, and Janet Rovalino, M.A., CCC-SLP, a voice therapist who offers sessions in Spanish and English.

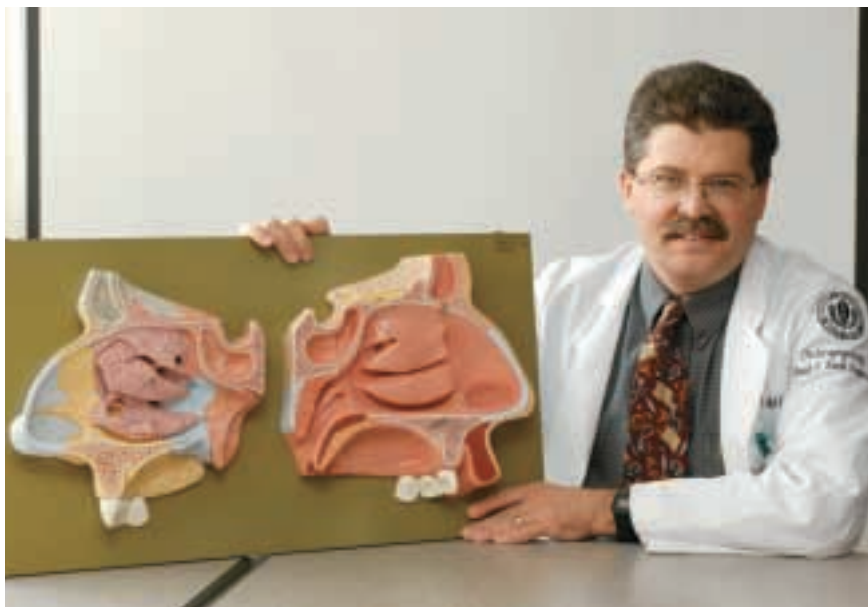
Voice disorders, they explain, fall into three categories:

- Neurologic disorders that result from damage to the central or peripheral nervous systems, such as Parkinson's disease or stroke.
- Anatomic problems that are caused by physical problems, such as allergies, polyps on the larynx or the reflux of gastric juices.
- Functional disorders that develop when people get into the habit of using the voice abnormally, for example, while suffering from a cold that causes laryngitis.

Patients are evaluated using tools like speech analysis computer software and videostroboscopy, a technique for recording and observing motion of the vocal cords. Treatment may consist of speech therapy, surgery or a combination of these approaches.

"The results can be dramatic. We've videotaped patients before and after surgery or treatment, and the improvements are astonishing," says Dr. Lafreniere. "Our goal is to get people back to what they were doing."

**For more information about the Voice and Speech Clinic, call Dr. Lafreniere at 860-679-3372 or call our Physician's Referral Line at 877-676-1733.**



Denis Lafreniere, M.D.

## TIPS FOR PRESERVING VOICES

- **Drink plenty of fluids:** Vocal tissues are easily dehydrated. To prevent dehydration, drink plenty of liquids, especially water. Maintaining proper humidity in the home is also helpful.
- **Avoid airborne irritants:** Smoke is irritating to the throat and vocal tissues. It can cause hoarseness and other changes in the quality of the voice and can lead to tissue changes, including cancerous growths on the vocal cords that require medical or surgical treatment.
- **Avoid vocal abuse and misuse:** Yelling, screaming, speaking at too low a pitch and speaking or singing too loudly or for too long can result in problems such as inflammation and swelling of the vocal cords.
- **Treat reflux:** Heartburn, or esophageal reflux, is the regurgitation of stomach juices into the esophagus and throat. This irritates the larynx and can lead to coughing, burning, hoarseness, excess mucus and throat clearing. Over time, it can cause ulcers on the vocal cords.
- **Take vocal naps:** Rest your voice for 15-minute intervals several times during the day, particularly if you use your voice often.



## LIBRARY RESOURCES FOR PHYSICIANS

The Lyman Maynard Stowe Library, a cornerstone of the Health Center's medical, dental and graduate education programs, has advantages for the private physician too.

The library website—<http://library.uchc.edu>—is easy to use, intuitive and allows doctors to access a world of medical and scientific information on-line.

“The Stowe Library website is organized so that physicians can easily find what they're looking for and access it either from their home or office,” says Evelyn Breck Morgen, library director. “The library's academic website gives them a nice portal to access many free journals and databases.”

A sample of journals can be found in the National Library of Medicine's Medline and hundreds of databases are available, from Ageline and Agricola to the USDA National Nutrient Database and the WHO (World Health Organization) Regional Databases.

Physicians can also direct their patients to the library website where they may access Healthnet, the Health Center's consumer health information program for Connecticut residents and public libraries. Those without computer access may call Healthnet at 860-679-4055.

One new feature available to physicians and the public alike is “Ask a Librarian.” Clicking on the icon and filling out the form relays a short question by e-mail to the Reference Desk. Questioners will receive an answer by the next business day.

Finally, the library offers instruction or training classes on how to use all of its resources efficiently and effectively. Instruction may take place over the phone, by e-mail or in person at the Health Center. You can fill out the “Ask a Librarian” form to request information about this, or to ask a specific question.

More than just a collection of books, journals and magazines, the Health Center's Stowe Library is a world of information resources staffed by savvy, knowledgeable professionals.



Remarkable Care Through  
Research and Education

## SPOTLIGHT ON: MATERNAL FETAL MEDICINE

The Health Center's Maternal Fetal Medicine faculty practice provides comprehensive care for pregnant women with special health concerns such as diabetes, hypertension, heart disease, bleeding disorders, higher-order births and other conditions that could affect a pregnancy.

The UConn team, which includes fellowship-trained experts, offers both outpatient and inpatient care and works with each patient's ob/gyn to provide updates about the patient's treatment and progress.

If a woman is deemed high risk by her ob/gyn, she may be referred to the outpatient maternal fetal medicine practice for complete prenatal care. Patients are seen in the Charlotte Johnson Hollfelder Center for Women's Health, conveniently located off the main Health Center lobby.

The perinatal service provides complete in-hospital care for moms who need extra attention before the birth of their baby. Many women come to the Health Center through its unique, statewide transport system. “Our goal is to transport patients before they give birth,” says Winston Campbell, M.D., director of the division of maternal fetal medicine. “That is generally easier on both the mother and the baby,” he says, noting that the Health Center is also home to a level III neonatal intensive care nursery with a highly trained and experienced medical staff.

For moms-to-be with known health concerns, UConn's maternal fetal medicine practice is also available for pre-conception visits and advice. “We are here to provide care for high-risk pregnancies from the beginning straight through to the birth of the baby,” Dr. Campbell adds.

**For more information, contact Dr. Campbell at 860-679-4363 or the Physician's Referral Line at 877-676-1733.**



Winston Campbell, M.D.