

Alumni Today

FALL 2018

Alumni Association of the College of Medicine • State University of New York Downstate Medical Center



REUNION
ISSUE

Make A Difference



Leaving a legacy to the Alumni Association speaks to your belief in providing an affordable, excellent medical education for Downstate students. Bequest gifts have been a significant source of support for many student programs such as research fellowships and tuition scholarships. Alumni make planned gifts as a way of “giving back” and to allow others to have the same opportunities that they were afforded.

Legacies can be provided in many ways:

- ◆ Including the Alumni Association-College of Medicine in your will;
- ◆ Making a life income gift naming the Alumni Association-College of Medicine, SUNY Downstate as the remainderman;
- ◆ Name the Alumni Association-College of Medicine, SUNY Downstate as the beneficiary of a bank account; insurance policy or retirement account.

We have the opportunity to show our gratitude to those who came before us and help build a legacy for the future. The need has never been greater and the opportunity more fulfilling. We encourage you to support the Alumni Association as we grow in the upcoming millennium.

We recommend that you consult with your tax advisor when making these kind of provisions to discuss which program is most meaningful for you.

Please contact Kristian R. Balgobin
Executive Director, Alumni Association
Phone: 718-270-2675
E-mail: alumni@downstate.edu



2019 Alumni Reunion

May 17 – 19, 2019

Event Schedule

FRIDAY MAY 17, 2019

12:45 PM
**Welcoming Reception in the
Education Building at SUNY
Downstate**

1:00 PM – 3:00 PM
**Tour Downstate Medical Center
and Kings County Hospital**

5:00 PM – 7:00 PM
**Cocktail Reception NY Marriott
at the Brooklyn Bridge
(All Classes)**

DINNER DANCE

Price: \$250/person. A special price of \$75/person for the 10-year class and all the classes following. (Classes of 2009 - 2018) Special Diets available – fish, kosher, etc.; Seating requests accommodated.

TRANSPORTATION

Complimentary transportation will be provided on Friday afternoon taking people to and from the Medical School and Marriott NY at the Brooklyn Bridge.

SATURDAY MAY 18, 2019*

8:00 AM – 8:45 PM
**Annual Alumni
Business Meeting**

8:45 AM – 10:45 AM
**Scientific Program
(CME Credit)**

11:00 AM – 11:30 AM
**Address to Aumni
Wayne Riley, MD, MPH, MBA,
MACP**

11:30 AM – 1:00 PM
Awards Ceremony

1:00 PM – 2:30 PM
Complimentary Luncheon

6:30 PM – 7:30 PM
Reception, Grand Ballroom

7:30 PM – 11:30 AM
DINNER DANCE, Grand Ballroom

SUNDAY MAY 19, 2019*

8:00 AM – 10:00 AM
**Complimentary Breakfast for
guests at the hotel**

ACCOMODATIONS

1. Blocks of rooms are reserved until 4/26/19 at the Marriott NY at the Brooklyn Bridge. Call 718.246.7000 or 1-888-436-3759 and mention the "Alumni Association" to get the special low rate.
2. Singles and doubles are \$249.00 plus tax per night.
3. Valet parking is available for a fee at the hotel.

* All activities on Saturday and Sunday will be held at the Marriott NY at the Brooklyn Bridge, 33 Adams Street, Brooklyn.

Alumni Association-College of Medicine

MSC 1204, SUNY Downstate Medical Center

450 Clarkson Ave.

Brooklyn, NY 11203-2098

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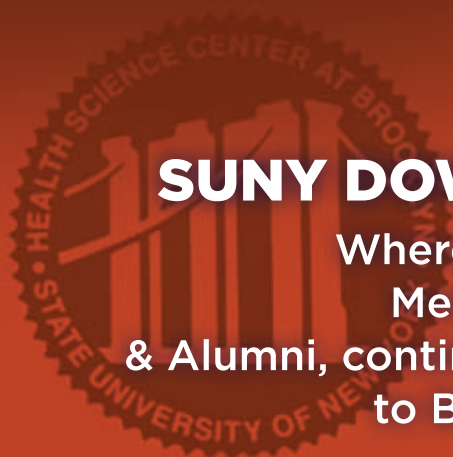
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in Their Chosen Fields

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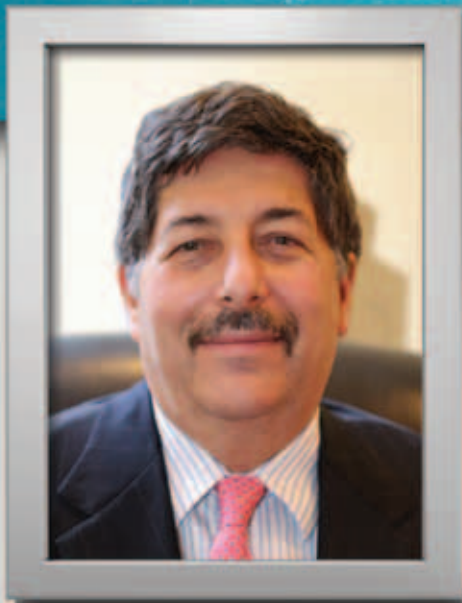
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ALUMNI PRESIDENT'S GREETING



Dear Fellow Alumni,

The Alumni Association held its Annual Meeting, Scientific Session and Dinner Dance this past May at the Brooklyn Marriott. Most of those that attended were in the five year classes but the event is open to all. We had a great band and those that attended really enjoyed the evening.

Next year we are adding a silent auction to the Annual Meeting and Dinner dance. We are seeking donations of items of value and we hope that those of you who attend will support the auction. Having graduated Downstate in 1974 and attending the Annual Meeting and Dinner Dance gave me an opportunity to see the huge transformation that has taken place in Brooklyn. For those of you that live outside the New York Metropolitan area the Annual Meeting is an opportunity to visit New York, obtain CME, enjoy a nice evening, dance away the night and connect with old friends. We are also looking to add some other New York experiences to the Alumni Weekend.

But this is the only the beginning. The Alumni Association has been dedicated to easing the financial burden of the medical students. We provide approximately \$700,000 per year in scholarships, grants and support of student activities. Unfortunately as the cost of medical education continues to rise and student debt escalates, we need to do better.

The Alumni Association needs its alumni to become active sponsors at whatever level you are comfortable. With our over 11,000 alumni even a gift of \$50 per alumni multiplied by 11,000 would total \$550,000 which would significantly improve our ability to help the students. Obviously larger gifts would be welcome but we should all get involved.

In addition to fundraising the Alumni Association is creating an internet community to enable our alumni to share and communicate with each other. You can find us on Facebook, Instagram and Twitter. We are looking to sponsor regional meetings and are seeking partners in this endeavor.

For those of you that have been involved in the Alumni Association we appreciate your support. We also encourage all alumni to get involved, share with their friends and colleagues on social media and build a more vibrant Downstate Community.

Sincerely,

Michael T. Goldstein, MD '74, J.D.

President, Alumni Association

EDITOR'S GREETING

Welcome to our annual reunion issue for 2018. This event is a wonderful combination of education, science, a joyous dinner dance and a celebration of classes who join to get together after many years post-graduation from Downstate.

Another of our major missions is to provide students with support, grants, research opportunities, travel and experience in health care in developing countries. Please see our grant list on page 17.

Alumni are really advocates for our school. They give of their time and energy to mentor our students, fund raise, and serve on our alumni committees. They inspire research, serve society as care givers, and do their part to ensure that Downstate Medical Center is recognized as a beacon of learning and is in the forefront of excellence in teaching, research and clinical care.

We have expanded our communication lines to include facebook, a web page, a monthly online news update and, of course, our annual magazine. We depend on our alumni to help our organization with dues and donations and as people who volunteer their time and efforts for our alumni association. We invite you to participate and become part of a very active and successful group which will thrive now and long into the future.



I wish you a healthy and happy year ahead,

Constance Shames, MD '63

Editor, Alumni Today

MSC 1204 SUNY DOWNSTATE MEDICAL CENTER

450 CLARKSON AVE., BROOKLYN, NY 11203

Constance.shames@downstate.edu

“Alumni are really advocates for our school.”



Message from the SUNY Downstate President

Wayne J. Riley, MD, MPH, MBA, MACP

A year has passed since I joined The State University of New York (SUNY) Downstate Medical Center as president. I am exceedingly proud today, as I was when I accepted the responsibility of leading our institution to the next level.

Upon arrival, I committed to meeting with the Downstate community and to working directly with students, alumni, faculty and staff who comprise this great institution. I have begun to fulfill this commitment and continue to use various voices to inform and enhance our collective experiences.

Downstate has a remarkable culture of teamwork, compassion, caring and goodwill, which is obvious in the interactions between and among our various constituent groups. We see it in the collaborative work of our students and faculty to bring about solutions to the many healthcare challenges facing our communities. We also see it in our caring staff members who work diligently to ensure uninterrupted and efficient services for Brooklyn's 2.6 million residents.

Additionally, the essence of our culture is in Downstate's exceptional partnerships, such as the one we enthusiastically maintain with our well-regarded alumni. SUNY Downstate alumni are among the brightest and most successful in the country, and they continue to support this institution and its mission ardently. Our alumni work closely with faculty across a variety of disciplines to help meet the needs of those we serve—our students and communities.

Tonight, I am proud to recognize and acknowledge the SUNY Downstate Medical Center College of Medicine Alumni Association on their 138th Annual Dinner Dance. As a benefactor, your scholarship dollars and other support for our medical students resoundingly asserts your commitment to their success, as well as ignites their passion to help future students as members of the esteemed Alumni Association.

Your support of Downstate, and more importantly—of our medical students—is sincerely appreciated.





Message from the Dean

Carlos N. Pato, MD, PhD (hc)

*Dean of the College of Medicine
SUNY Downstate Medical Center*

Over the last year, SUNY Downstate has helped lead a careful examination of the needs of our community and how to best serve our population. Under the guidance of our President, Dr. Wayne Riley, and in close collaboration with University Hospital of Brooklyn, we have made much progress in transforming our affiliation into an academic Health system. We have created a much stronger link to our partners at King's County and other Health and Hospital facilities, while also forming a tight affiliation with Maimonides. This has led to the creation of joint departments, a number of strategic initiatives and focused on improving care for our community. We are in a unique position to focus our tripartite missions of care, learning and discovery on the needs of the patients, the people, we serve.

We are in an era of precision medicine that depends on an evermore complete understanding of the risk and resilience that impact our community and our patients. As I have noted since taking this position, our students, faculty and alumni are an incredibly talented group of dedicated clinicians. Many of whom have become successful academics and leaders in defining our country's future health system. I hope to work with our alumni to bring this wealth of experience and talent to helping us build the new Downstate. We are very grateful for your support and I am convinced that together we can create a greater level of engagement between the College and our alumni.



“We are in an era of precision medicine that depends on an evermore complete understanding of the risk and resilience that impact our community and our patients”

PREP FOR HIV PROPHYLAXIS



Dominic Chow, MD '93**Professor of Medicine****Clinical Professor of Pediatrics****Queen Emma Clinics, Hawaii Center for AIDS****John A. Burns School of Medicine****University of Hawaii**

HIV is the disease condition that has defined my generation. Those who started their careers in the 1980s and 90s were truly impacted by the horrors and the tragedies of HIV. We can now look back and see how the disease has shaped and changed over the years.

At the beginning, it was the number one cause of death in US men ages 25 to 44. It affected 50 million individuals worldwide and in the U.S. it caused 1.4 million infections. There has, however, been a dramatic change in our lifetime with the introduction of antiretroviral therapy. Patients are living longer and lead productive lives. It was once a death sentence but is now listed as a chronic disease.

In 2012 the FDA approved PREP, which may actually make a major impact in ending AIDS and HIV. This disease still exists and there is actually a health disparity issue. African-Americans still have a 1 in 20 risk of acquiring HIV. Hispanic men have a risk of 1 in 48. In people in NY it is 1 in 69 and in Hawaii it is 1 in 202. So where you live has an impact on your risk.

PREP is a preventive approach in which we give a highly active retroviral. We use Tenofovir or Truvada to individuals who are HIV negative but who are at high risk. It is used before the exposure occurs. In various studies done where this approach was used there was a dramatic drop in the patients by 44% in 11 sites in the U.S. and in developing countries. But to put it into perspective, not all trials were successful. This was the result in women in Africa at high risk. This was shown by study of therapeutic levels in the blood that showed poor adherence. If one takes 4 to 7 tablets a week the program is highly effective. In some cases 80 to 90% effective.



There have been questions about giving antiretroviral



“Promotion and delivery of PREP continues to be a challenge. It is essential to get our communities and our nation to be involved in this initiative.”

therapy to patients who are negative. The only side effects seen are minimal and are mainly nausea and weight loss. There may be some bone and renal toxicity. These are very small and not seen regularly. One of the most important issues is that the primary provider has the opportunity to change behavior. It has been seen that unprotected sex is actually reduced in time.

The CDC guidelines actually concentrate on men who have sex with men. Then they look at heterosexual men and women who have sex with multiple partners and then IV drug users. And overall those who live in high prevalent areas.

According to CDC guidelines again, before initiating PREP, one must document that the patient is HIV negative and has ongoing risk for HIV. The creatinine level must be checked and the screen for hepatitis B and C and also for pregnancy in women. Once initiated, the patient must come back every 3 to 6 months to check for HIV as well as

“According to CDC guidelines again, before initiating PREP, one must document that the patient is HIV negative and has ongoing risk for HIV.”

STDs. It has been noted that up to 20% of PREP patient do have recurrent STDs. Most private insurance does cover for PREP. Unfortunately, most states do not have many primary care providers who do offer PREP.

“In Hawaii we have the bold goal of actually trying to be the first state in the nation to have zero new cases in our state.”

Promotion and delivery of PREP continues to be a challenge. It is essential to get our communities and our nation to be involved in this initiative. In New York City, this has become a very important health issue and there has been a great increase in HIV treatment. In 2012 there were 6600 cases. In the past year there were barely 2000. The goal for the next year is to have less than 750 new cases of HIV. There is good political will and resources to get the epidemic controlled in New York City.

In Hawaii we have the bold goal of actually trying to be the first state in the nation to have zero new cases in our state. We want to be the first.

This talk has been edited to fit in space available.

CANCER IN OLDER AMERICANS CHALLENGES AND OPPORTUNITIES

The average age of cancer victims is 67. Most people dying of cancer are in their late 60s and early 70s. We have a tsunami of older patients with cancer. The problem is, as we get old (Bette Davis had it right), old age isn't for sissies.

We are all disintegrating and we are just looking at major body functions...nerve conduction, cardiac output, renal function, etc. We are all declining dramatically with age. Cancer is a disease of aging.

“Older patients don't just come to your office with cancer, they have many other medical problems so this is even a greater challenge.”

Older patients don't just come to your office with cancer, they have many other medical problems so this is even a greater challenge. In addition, older people have not been included in clinical trials so we really don't have data



Hyman Muss, MD '68

Mary Jones Hudson Distinguished Professor
of Geriatric Oncology

Professor of Medicine,
University of North Carolina

Director of Geriatric Oncology,
Lineberger Comprehensive Cancer Center

which includes them in treatment protocols. We have a hugely older population which is growing in this country. It is nothing like Japan where 29% of their people are 65 or older. They don't have anyone to take care of them. We will be close to them by 2025 and the treatments we have are based on data from younger patients. It is really not the age that is important, it is their life expectancy and



“The average age of cancer victims is 67. Most people dying of cancer are in their late 60s and early 70s.”

“You don’t want the treatment to be as bad as the disease. You want to maintain quality of life and function.”

their functional status. This is based on a host of different factors, and what is the goal of treatments.

There is a lot of research now on oncology reported treatment outcomes. There is tool on the web called eprognosis which looks at variables of thousands of patients and this will allow one to calculate life expectancy.

You don’t want the treatment to be as bad as the disease. You want to maintain quality of life and function

There are many things we are barraged with on this planet – ionizing radiation, oxidative stress and chemotherapy. Many of these things can change our DNA. We know that with aging one loses muscle mass and there are studies now on walking daily and other exercise to see if this



may block some of the changes of aging. More databases are being developed to study aging in older people and specific treatments for them.

This talk has been edited to fit in space available.

THE PATH FROM NEW GUINEA CANNIBILISM TO MAD COW DISEASE TO ALL NEURODEGENERATIVE DISEASES



Raymond Roos, MD '68

Marjorie and Robert E. Straus Professor in
Neurological Science

Associate Chair for Education,
Neurology Department
The University of Chicago

In my fourth year in medical school Downstate Alumni Association awarded me a scholarship to study at the National Institutes of Neurological Diseases and Stroke under Carleton Gajdusek who was like a raiders of the arc figure. He was working at the Walter Reed Army Hospital. He was trained in Pediatric Infectious diseases and heard about an unusual disease called KURU.

KURU

In one of the most recently opened regions of New Guinea in the highlands in the center of tribal groups of

cannibals who were cooking and feeding their children the body of ancestors. They ate their own so when a victim died they ate him and the central nervous system tissue. It was the most common cause of death among the women and children. Gajdusek obtained the central nervous system tissue and inoculated them into rodents and found similarities between this tissue and that of scrapies of sheep.

As Scrapie was known to be somewhat species specific Kuru was inoculated into the CNS of nonhuman primates and it was transmitted. It seemed to be a new condition without anything similar in the literature. The closest condition was that of Jacob Creutzfeld, the etiology of which is entirely unknown.

“As Scrapie was known to be somewhat species specific Kuru was inoculated into the CNS of nonhuman primates and it was transmitted.”

JACOB CREUTZFELD

A very rare disease with little known about it. This and other very rare diseases have similar noninflammatory clinical syndromes and pathology. Regarding Kuru, it is known that the transmission of Kuru human to human is over three decades.



MAD COW DISEASE

Bovine spongiform encephalopathy. What were its origins? We know that remnants of slaughtered cattle go back into cattle feed. It is like the endocannibalism of Kuru and some of the slaughtered cattle presumably had contamination maybe from a processing operation allow-



ing a lower temperature for transmission. There is a possibility of a link between bovine spongiform encephalopathy and Creutzfeldt Jacob disease. Worries about this link were calmed down when slaughterhouse procedures were changed in the UK. Another concern was whether there was mad cow disease in the U.S. We have had scrapie in

the US as well as chronic wasting disease. This is a disease among free ranging deer and farmed elk. It appears that misfolded proteins are important in the neurodegenerative diseases.

“ It appears that misfolded proteins are important in the neurodegenerative diseases. ”

MISFOLDED AGGREGATED PROTEINS

These are important in ALS, Parkinsons, Huntingtons and Alzheimers diseases. These are non inflammatory diseases and some are inherited ones. They can be transmissible, unconventional agents with unique properties and can be active not only in neurological diseases as well as diseases of animals and ones found in exotic areas. Some can provide clues that change our thinking regarding medicine and science and misfolded proteins.

This talk has been edited to fit in space available.

CHILD SEX TRAFFICKING: RECOGNITION AND CARE OF VICTIMS

Sex trafficking is a real problem in our country. Many young girls are troubled or abused at home or are very depressed. They may be sold by their boyfriends or their friends or even by their own siblings. Once she is in the hands of the trafficker, she is intimate with him and is bonded to him. When this happens she is turned out into the streets to begin the never ending cycle of sex for money.

The girls are then moved from place to place to avoid being arrested for prostitution. They may have their identity changed but they wear the tattoo of the pimp. Even if they get away they will return to the pimp as they feel they have nothing else.

It has been noted that 80% of all adolescent traffic victims seek medical attention in an ER and it may be difficult to recognize one as a victim. They usually do not give any ID and the main complaint is generally Gyn. These girls do not come in alone. They come with an escort. This person does not allow the victim to give any information. She is in control of the situation. Sometimes one can see the tattoo on them. They may test positive for all kinds of sexually transmitted diseases. Some carry many hotel keys or multiple cell phones. Some hospitals will refer them to a social

“ These girls are young and have been brainwashed. They are depressed in many cases. ”

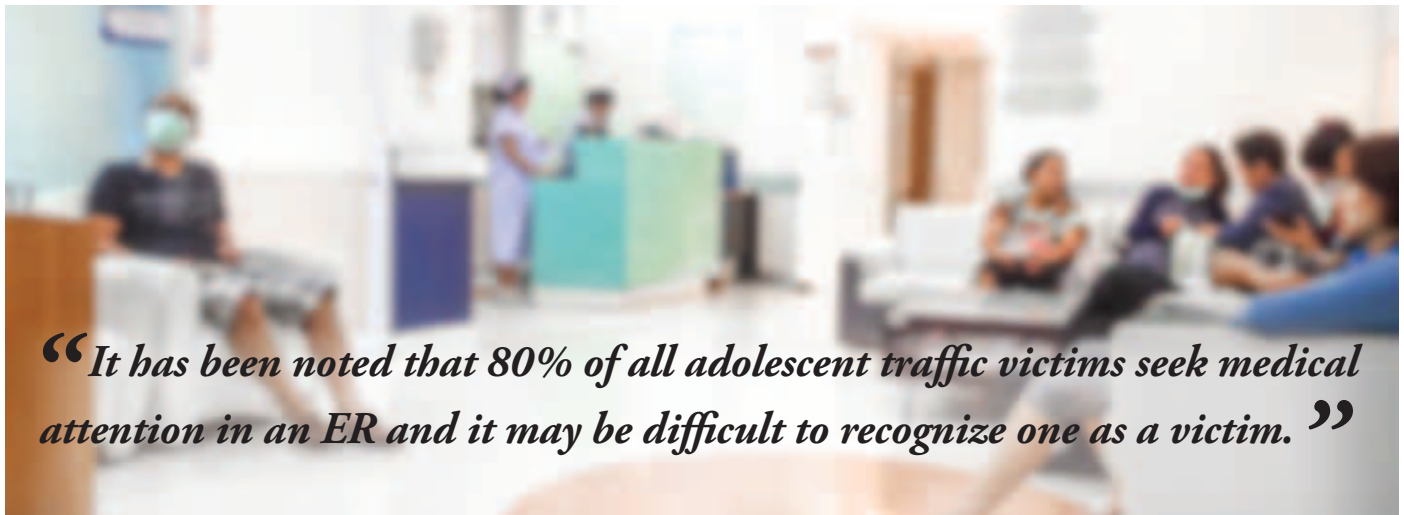


Ann DiMaio Ricci, MD '83

**Assistant Professor, Department of Pediatrics
Saint Louis University School of Medicine**

worker or the police department. In St. Louis they are all trained to help these victims and have a formal script to follow. The police in St. Louis are out on the streets looking for these victims. The main thing to do is to separate them from the trafficker or escort.

These girls are afraid. They think they will be killed but we take control of them as sexual assault victims. We arrange a safe house. They are given intensive psychotherapy and job training for at least 28 days. We know from the



“It has been noted that 80% of all adolescent traffic victims seek medical attention in an ER and it may be difficult to recognize one as a victim.”

shorter program that they tend to go right back on the street. These girls are young and have been brainwashed. They are depressed in many cases. When they are placed we follow up 6 weeks, 3 months and six months. We constantly remind them that they are rape victims and they need healthcare. That's what we do and it is very unique.

“It is of extreme importance that once a girl comes in or is brought in she must understand that she is a victim.”

We have a huge job ahead. We need to get the word out that there is a real problem confronting many adolescent girls. We must educate schools and parents and medical personnel. Parents may be the first to recognize the child's involvement as they may sport a tattoo which is unique like a crown. There may be video cameras around the house. They may be many cell phones she is carrying.

It is of extreme importance that once a girl comes in or is brought in she must understand that she is a victim. Our first focus is on medical care and then into a safe facil-

ity with followup. We constantly remind them that they are victims and there is a better way with schooling and education and job training. Everything must be done to keep them from returning to the streets. We impress on them that not only are they victims but they are carriers of sexually transmitted diseases and are also victims of abuse both mental and physical.



It is hoped that we can bring our program to other states and look forward to beginning one in New York in the near future.

This talk has been edited to fit in space available.

Connect with us!

Stay up to date with all things Alumni via Social Media.

What you can expect

On Alumni Association Social Media, you will find news, alumnus/a graduate updates, and current events relevant to SUNY Downstate College of Medicine Alumni. Special Interest pieces (student profiles, Alumni spotlights, livestreaming of events, etc.) paired with monthly Class Notes and Downstate news updates are featured.



Join our Facebook group at <https://www.facebook.com/groups/SUNYCOMALUMNI/>



Check out our blog at <https://downstatemedicalalumni.wordpress.com/>



Tweet us at @DownstateAlumni



SUNY Downstate Medical Alumni

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The Freilich Legacy: Three Generations at Downstate



[DOWNSTATEMEDICALALUMNI.WORDPRESS.COM](https://downstatemedicalalumni.wordpress.com)

The Freilich Legacy: Three Generations at Downstate

It is not every day that you encounter a family dedicated to medicine; the...



**First Year Medical
Students iPad
Giveaway! 2018**

Report of the Board of Trustees of The Alumni Fund Grants for the 2017-2018 Academic Year

\$385,000	Tuition Scholarships
\$80,000	Summer Research Scholarships (plus \$4,000 for poster pres.)**
\$42,000	2017-2018 Full Year Research Scholarship
\$35,000	Conference Travel Grant (present research at National Meetings)
\$30,000	Health Care in Developing Countries
\$26,928	MD/PhD Program
\$11,730	Brooklyn Free Clinic
\$10,550	2017 White Coat Ceremony
\$13,700	Mentoring Programs (Quarterly reports required)
\$6,400	Dr. Libien Summer Program
\$5,500	Bristol Project (2017-2018)
\$5,000	Other Programs
\$7,500	AOA Support
\$2,000	IATROS Yearbook
\$1,800	Emory Global Health Competition
\$1,415	AMA Conference
\$1,250	Brooklyn Stories
\$750	Medical Educators Pathway Program
\$210	Diversity Program Whitecoats
\$1,729	Five Minute Journal - Peer Mentorship and Wellness Program**
\$1,000	Indian Health Service Primary Care Rotation II**
\$680,112	Total

* Grant(s) Not Approved Yet

** Grant Payments in Progress

Please Donate to Our Alumni Fund

AWARD RECIPIENTS

SERVICE AND ACHIEVEMENT AWARDS

Benjamin Zohn, MD '25 Alumni Service Award

Kenneth Cohen, MD '81

Clarence and Mary Dennis Dedicated Service Award

Teresa Brevetti, MD '97

Clark-Curran Award in Medical Administration

Eric Siegel, MD '93

Honorary Alumnus/a

Edward Heilman, MD

Dr. Frank L. Babbott Memorial Award

Raymond Roos, MD '68

Alumni Achievement Award for Distinguished Service to American Medicine

Lawrence Brandt, MD '68

ALUMNI ACHIEVEMENT AWARDS

Award in Neurology

Andrea Bozoki, MD '93

Award in Pathology

Tak-Shun Choi, MD '93

Award in HIV/AIDS Research

Dominic Chow, MD '93

Award in Dermatology

Stephen Danziger, MD '68

Award in Public Health

Ann Dimaio Ricci, MD '83

Award in Ethics

William Doscher, MD '68

Award in Orthopedics

Lyndon Bernard Gross, MD '93

Award in Emergency Medicine

Jason Hack, MD '93

2018 ALUMNI REUNION

ALUMNI ACHIEVEMENT AWARDS (CONT'D)

Award in Surgery

Jordan Josephson, MD '83

Award in Genetics

Brendan Lee, MD '93

Award in Oncology

Hyman Muss, MD '68

Award in Cardiology

Merle Myerson, MD '93

Award in Oncology

Lowell Schnipper, MD '68

Award in Pediatrics

Ellen Wald, MD '68

Award in Cosmetic Surgery

Michelle Zweifler, MD '93

PRESENTATION OF MASTER TEACHER AWARDS

Award in Obstetrics and Gynecology

Cynthia Abraham, MD '08

Award in Urology

Kenneth Glassberg, MD '68

Award in Radiology and Pulmonology

Lawrence Goodman, MD '68

Award in Cardiology

Spencer Rosero, MD '93

Award in Gastroenterology

Arnold Wald, MD '68

Award in Medicine

Neil Winawer, MD '93



2018 Alumni Reunion



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Join Our Lifetime Membership Society

Please consider becoming a **Lifetime Dues Member**.

Your dues payments fund the Alumni Office and support the infrastructure for us to do our good work.

Your support is vital to our ongoing mission to serve our medical students.

For more information visit: www.downstate.edu/alumni



Alumni Today

FALL 2018

Alumni Association of the College of Medicine • State University of New York Downstate Medical Center



SUPPLEMENTAL ISSUE
Welcome All Alumni

Research Into Happiness

CAN IT BE LEARNED AND TAUGHT?

By Constance Shames, MD '63

Review of an article (Jan-Feb 2007) in "The Yard" (published for Alumni and friends of Harvard College and the Graduate School of Art and Sciences) was particularly interesting as it was not the usual form of research one sees published in journals or college magazines. The article by Craig Lambert is called "The Science of Happiness".

A course is now offered at Harvard in Positive Psychology, also called in the national media "Happiness 101". Interestingly, enrollment in the 2006 course was 854 students — largest of any course in their catalogue.

Inherent in the teaching is the focus on strength not weakness and virtues not flaws. Lab experiments were designed to define those conditions that foster good qualities and especially laughter.

There is a Gallup Organization sponsoring a Gallup Positive Psychology Institute, which has an annual summit drawing on national and international business organizations, foundations and institutions. The purpose of this meeting is to review and encourage scholarly work in the field.

Positive Psychology combines self-help, emotions and intuition along with reason and research. "You hope to free up people in their lives...so they will live more before they die."

A study of some 54 females found that flowers in the home led to a decrease in anxiety and depression at home and an increase in relaxation, energy and compassion at work.

“A study of some 54 females found that flowers in the home led to a decrease in anxiety and depression at home and an increase in relaxation, energy and compassion at work.”

There was a study of hospital patients who had gall bladder surgery and were divided into 2 groups. One group had rooms looking out on the park and the other faced a brick wall. The patients viewing the park required fewer medications, had fewer complaints and shorter lengths of stay. The park apparently caused a sense of well being which is a correlate of happiness.

Research on happiness shows it activates the sympathetic nervous system. Happiness is cognitive. It's a state of mind — not an emotion.

Our reward system is fueled by the neurotransmitter dopamine, which may activate the brain's pleasure center. The opioid neurotransmitter dopamine produces feelings of comfort. Mankind didn't evolve for happiness rather for survival and recreation. Pleasure can involve taking a risk, which can override fear. The limbic system contains positive emotions and even spirituality, which is linked to joy.

Happiness is stated as a place to visit, not to live.

This course teaches methods of research in the field and explores ways for students to apply ideas to their lives and to their communities.

Happiness Revisited

2018

By Constance Shames, MD '63, Editor

The above article was written in 2008 and this year there have been numerous articles and TV presentations on this topic. Not much has changed. The same principles apply but the topic is worthy of revisiting as there seems to be so much stress in our society and division and even a sense of malaise.

Laurie Santos, a Psychology Professor at Yale University started a course at the New Haven campus entitled "Psychology and The Good Life." Over 1,200 students...1/4 of the undergraduate students signed up for the course. She recently appeared on the CBS Morning Show to discuss her course and, in essence, how to be happy.

Basically she noted that we must rewire how we think and how we behave. In general there are basic and essential things that make people happy.

-
1. Relationships: There is a need for people to converse with others. This is to be done frequently as these social connections are the building blocks toward happiness.
 2. Acts of Kindness: Caring for others, doing volunteer work, teaching someone who needs help. In other words, giving of yourself to others is another step toward happiness.
 3. Exercise and Healthy Eating: Both of these can lead to a sense of improved well being. In many studies exercise has been shown to improve depression. The microbiome or the gut brain relationship has been described in recent literature to show how diet affects our entire being. Our food intake related to our immune system, our brain function, and our overall health.
 4. Like what you are doing: This is called flow. When one engages in an activity such as sports, playing music, reading, teaching etc. there is a sense of a goal to be reached or one is challenged to improve then one can sense a feeling of happiness.
 5. Meaning: Having a sense of spirituality or finding a greater meaning to life as in religion, one can find another link to happiness.
 6. Unique strength: Realizing your potential and using it to help others.
 7. Gratitude: This leads to positive emotions, feeling like belonging.
-

These are some general principles which are listed in a number of articles. To find out how happy you really are, you can take the Yale course online. Over 130,000 people around the world have signed up for her course. It is called "The Science of Well Being."

To access this course go to: <http://www.coursera.org/learn/The Science of Well Being>. Or you can just go to google and type in The Science of Well Being.

Wishing you all much happiness.



PORTRAIT OF A DONOR

Bruce Gordon, MD, F.A.C. '68

By Constance Shames, '63

Dr. Gordon has always been an advocate for our school. His training at Downstate enabled him to pursue his dream of becoming an ophthalmologist and to have a wonderful career which spans more than 50 years. During his time at Downstate he developed lifelong friendships and a feeling of the need to give back to the school that gave him the opportunity to become a physician.

In addition to his clinical practice in Westchester, New York Dr. Gordon has served as Assistant Clinical Professor at Mt. Sinai Hospital in New York City, Chief of Ophthalmology at White Plains Hospital Center, and St. Agnes Hospital in White Plains.

Dr. Gordon has a number of publications and has done research in DMSO toxicity and Intraocular lens. He has also served as a consultant to Consumer Reports "On Health" His teaching activities include the Operating Room at the

Bronx VA Hospital, and the eye Clinic at Mt. Sinai Hospital in New York City.

In addition to his scholarships support to our medical students, Dr. Gordon has given much time and energy to our alumni organization as President in 1998 and as Chairman of the Board of Trustees in 2008-2010. He continues to serve in both committees.

Dr. Gordon was awarded the Alumni Service Award as well as the Richard Troutman Master Teacher Award in Ophthalmology. His personal interests include travel to many areas of the world, gardening, and time with his five grandchildren.

Dr. Gordon notes that he has never forgotten his student life at Downstate and he always tries to give back to the current students and the school.





SUNY Downstate Medical Center Alumni Association Appoints Kristian R. Balgobin as its New Executive Director

Kristian R. Balgobin

Executive Director

SUNY Downstate Medical Center Alumni Association

APRIL, 2018, BROOKLYN — The SUNY Downstate Medical Center Alumni Association today announced the appointment of Kristian R. Balgobin as its new Executive Director, succeeding Eric T. Shoen-Ukre. Mr. Balgobin's appointment reflects SUNY Downstate's continued dedication to building an administration that reflects the diversity of the community we serve and maintaining an inclusive atmosphere for all of our students.

"Kristian is already known to many of our students, alumni, and colleagues on campus where he has worked in our Alumni Association Office over the past year," said SUNY Downstate College of Medicine Alumni Association president Suzanne Mirra, MD. "We are confident that Kristian will work effectively with our board, alumni, office staff, and the Downstate community to enhance the support we provide to our medical students including research scholarships, travel grants, and many other benefits."

Balgobin has worked extensively with nonprofit organizations including the Gender and Sexuality Center; Foundation for Sustainable Development; ALFA Educational Society; and Synergy Today, a group that partners with local nonprofits in New York and Haiti to empower underprivileged youth to reach their goals. As demonstrated by this experience, Balgobin is dedicated to sustainable development, LG-BTQ mental health, youth empowerment and Caribbean American lived experiences.

"I am elated to take on this new role with the Alumni Association," said Mr. Balgobin. "Our Alumni Association is a reflection a variety of voices and experiences represented in the College of Medicine, each committed to the success of all our students, and I look forward to enhancing the medical student experience here at SUNY Downstate."

A native of Barbados, Kristian grew up in Brooklyn not far from the SUNY Downstate campus. He earned his Bachelor of Arts in Psychology at the University of San Francisco.



3D PRINTING - ADDITIVE MANUFACTURING



INTRODUCTION

Printing in more modern times has always been a way of distributing information to multitudes of people. In ancient times in many cultures the use of scrolls, stone tablets, silk screens

and papyrus hand written words were used to communicate with a limited group or individual.

European movable type was developed by Johannes Gutenberg in 1439. His process of type was assembled by hand which was very slow and laborious. Until the 19th century, the "by hand" process was utilized by all involved in printing. In the mid 1800's steam driven printing and rotary press printing were invented. Next the use of rolls of paper was developed so that the printing machine did not have to be fed by hand. Type was still set by hand until the early 20th century when linotype was used and machines then set the type. It was not until the development of the computer that the world of printing really changed.

With the use of computers the development of 3D printers progressed and this was a revolution in a way that will change the world we live in. The use of this technology creates a new

frontier for the 21st century. It allows doctors, scientists, business owners, the military, chefs, police, and almost everyone to change ideas into physical objects.

3D printers also known as additive manufacturers respond to a blueprint on a computer. It is a process of digital scanning of data which creates a digital model of a real object by use of layering of materials from the blueprint onto the object. It is also referred to as "desktop manufacturing".

APPLICATIONS

As noted, these applications are endless. It is astounding to note that it has "printed" or manufactured such diverse objects as : cars, airplanes, houses, medical devices and body parts, guns, household items (door knobs to shower heads to clocks and coat hooks etc). In addition, museums are using 3D printing to replace pieces missing on ancient artifacts. There is no limit it seems to the articles it can create.

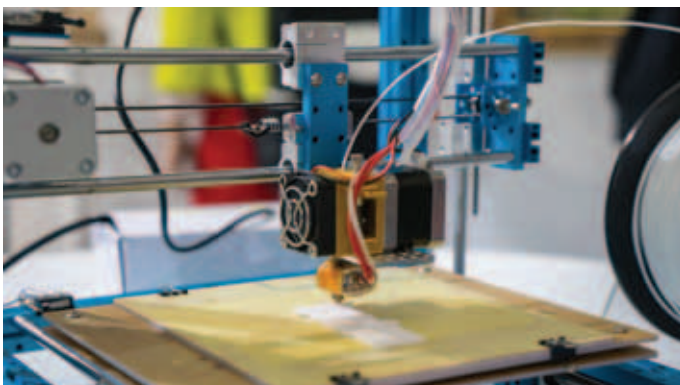
MEDICAL USES: PROSTHESES TO BODY PARTS

3D printing has been used extensively in "manufacturing" many medical items. It has been very successful in building prostheses for an individual...fit to order. Ears and Corneas are easily made. In addition, it prepares for bony reconstructive surgery, hearing aid and dental items, orthopedic implants, eye glass frames, total joint replacement, and many other medical items. It may possibly be used in tissue engineering applications and to build organs and body parts using layers of living cells.

PIXELS TO PISTOLS

In the Wall Street Journal (p. A3a) on August 28, 2018 ... "Judge Halts Sharing of 3D Gun Blueprints "In a preliminary injunction wrote – "It is the untraceable and undetectable nature of these small firearms that poses a unique danger."

Washington Attorney General Bob Ferguson brought a



A NEW FRONTIER

by Constance Shames, MD '63, editor



“ 3D printing has been used extensively in “manufacturing” many medical items. It has been very successful in building prostheses for an individual...fit to order. ”

lawsuit on behalf of 19 states against Defense Distributed which posted the blueprints online.

Gun rights groups have been fighting back and have continued posting their files online. It has been a back and forth issue between the State Departments and Federal law which permits individuals to make pistols for their own personal use using the 3D blueprints online. The matter still needs to be resolved in the courts.

FROM PIXELS TO PLATES – THE NEW WILD WEST OF COOKING

The Future of Food was a full page article in The Wall



Street Journal on October 3, 2018. It notes there is a revolution in food preparation and it is happening now. 3D printing is changing the way we can produce a meal. It is an innovation in food technology which utilizes transparency and a healthier way to produce what we eat.

This new way to cook will also revolutionize nutrition. There is also the possibility that

this type of preparation will be able to deliver exact dosage of drugs, vitamins and supplements and food customized to the specific needs of a given user.

While many in the culinary world are still skeptical of this form of cooking, it should be noted that times change and things are gradually accepted. When microwaves first came out, no one understood the technology. Now more than 90% of households own one.

One of the new printers called the Foodini can make pizza, pasta, and even brownies. A printer makes everything easy... now beautiful designs on a wedding cake to chocolate sculptures. The printers use the before mentioned process of additive manufacturing. In one process, the raw materials are loaded into stainless steel capsules and then “printed out” onto the plates. The current machines cost about \$4000 but it is anticipated they will come down in cost and in size so that eventually they can stand on a counter in one’s kitchen.

Some restaurants and even hospitals have begun using these printers. They cut down on waste and labor. People love the intricate designs they can make on cookies and cake. There will be less waste of food and will even help on reducing hunger in the world.

It is now recognized that 3D printing may become cooking’s delicious new frontier. 📦



Dr. Wayne J. Riley, MD, MPH, MBA, MACP
AOA SPEECH


Delivered on March 20, 2018
Alumni Hall SUNY DOWNSTATE

This AOA lecture was presented by Dr. Wayne J. Riley, MD, MPH, MBA, MACP on March 20, 2018. The lecture was followed by the induction of students as well as faculty and alumni into AOA.

Alpha Omega Alpha Honor Medical Society
Eta Chapter of New York
presents its:

Health Disparities and Health Inequity: A Call to Action

ANNUAL LECTURE

 **SUNY DOWNSTATE**
Medical Center

AOA

Wayne J. Riley, MD, MPH, MBA, MACP
President
Professor of Internal Medicine
Professor of Health Policy and Management

Why are racial and ethnic disparities in healthcare important?

- Pose significant moral and ethical dilemmas
- Healthcare as a resource tied to social justice, opportunity and quality of life for individuals and groups
- Productivity of the nation's economy is tied to health status
- Inadequate and/or poor care further exacerbates rising healthcare costs
- Clear implications for the overall quality of care

How do we define health disparities?

- **HEALTH DISPARITIES** refer to gaps in the quality of health and health care across racial, ethnic, and socioeconomic groups (Health Policy Institute of Ohio)
- The Health Resources and Services Administration (HRSA) defines health disparities as "population-specific differences in the presence of disease, health outcomes, or access to health care."
- The Institute of Medicine (IOM) defines health disparities as racial or ethnic differences in the quality of healthcare that are not due to access related factors or clinical needs, preferences and appropriateness of intervention

Disparities in Access to Health Care

- Reasons for disparities in access to health care:
 - Lack of insurance coverage
 - Lack of a regular source of care
 - Lack of financial resources
 - Legal barriers
 - Structural barriers
 - The healthcare financing system
 - Scarcity of providers

Overview

- Health disparities are not just based on race, ethnic, and cultural differences
 - Life style choices
 - Age
 - Sexual orientation
- Health disparities can result from three main areas:
 - Access to health care
 - Personal, socioeconomic, and environmental characteristics
 - Quality of health care

Health Disparities: The Sobering Facts

- At **NO point in US history** has the health status of minority populations equaled or come close to that of non-minorities
- Just about all racial and ethnic minority groups experience higher rates of illness and death
- Minorities are less likely to be given appropriate cardiac medications or undergo bypass surgery

Health Disparities: The Sobering Facts

- Twenty-Five percent of the hospitals that are the most crowded care for **nearly 90%** of elderly African Americans
- Racial and ethnic minorities suffer from worse health and receive lower quality care than whites regardless of income, insurance coverage, or where they live

Health Disparities: The Sobering Facts

African Americans

- 4X's more likely to undergo a leg amputation or develop peripheral vascular disease.
- The age adjusted death rate for blacks is **17%** higher than non Hispanics or whites.
- African Americans are significantly less likely than whites to receive major therapeutic procedures in 77 disease categories.
- African Americans with coronary artery disease or history of heart attack are significantly less likely than whites to receive appropriate procedures or therapies.
- African Americans are less likely to receive recommended cardiovascular medications

Health Disparities: The Sobering Facts

- African-American women are up to four times more likely to die in pregnancy and childbirth, regardless of socioeconomic class or education status.
- Racism is literally bad for your health
 - discrimination is a type of stressful life experience that has negative effects on health similar to other kinds of stressful experiences
 - Lead to more rapid development of coronary heart disease
 - Pregnant women who report high levels of discrimination give birth to babies who are lower in birth weight
 - Racial differences in the quality and intensity of care persist for African-Americans irrespective of the quality of insurance that they have, irrespective of their education level, irrespective of their job status, irrespective of the severity of disease.

Health Disparities: The Sobering Facts

- The opioid crisis is getting worse, especially for Black Americans
 - Perceived as largely white rural problem
 - Striking impact on Black Americans in urban counties
 - According to CDC, drug deaths among blacks in urban counties rose by 41% in 2016

The Economic Burden of Health Inequalities in the U.S.

- Study by the Joint Center for Political and Economic Studies and carried out by Johns Hopkins University and the University of Maryland
- Financial burden of racial disparities on our health care system and society
 - **Direct costs of health inequalities** → prescription drugs, home health services, ambulance services, and medical equipment
 - **Indirect costs of health inequalities** → lost productivity, lost wages, absenteeism, family leave, and premature death
- > 30% of direct medical costs faced by African Americans, Hispanics and Asian Americans were excess costs due to health inequalities → **> \$230 billion over a three year period**
- Indirect costs of these inequalities over the same period → **\$1.24 trillion**

The Economic Burden of Health Inequalities in the U.S.

- Costs = \$1.24 trillion - health inequality and premature death
- Eliminating health disparities: (↓) **\$229.4 billion** direct costs
- **30.6%** of direct medical care expenditures for African Americans, Asians, and Hispanics were excess costs due to health inequalities
- Eliminating health inequalities for minorities **would have** (↓) indirect costs by more than **\$1 trillion**

The Economic Burden of Health Inequalities in the U.S.

- Eliminating health disparities for minorities would have reduced direct medical care expenditures by **\$229.4 billion** for the years 2003-2006
- 2003 - 2006, **30.6%** of direct medical care expenditures for African Americans, Asians, and Hispanics were excess costs due to health inequalities
- Eliminating health inequalities for minorities would have reduced indirect costs associated with illness and premature death by more than one trillion dollars between 2003 and 2006
- In the case of health inequalities, doing nothing has a cost we should not continue to bear

Progress Away from Disparity

- The Affordable Care Act (ACA)
 - Signed by President Barack Obama in March 2010
 - Represents the U.S. healthcare system's most significant regulatory overhaul and expansion of coverage since the passage of Medicare and Medicaid in 1965.
 - ACA provided insurance and decreased the number of those who did not have coverage
 - Between 2010 and 2015 uninsured rate declined from 18% to 10%



Threat to Coverage

- Blacks and Hispanics saw the biggest gains under the Affordable Care Act
- They are also likely to be most affected by cuts to this year's enrollment period
 - Cuts in federal subsidies paid to insurance companies on behalf of low-income people
 - Provisions of the Republican tax bill eliminates the requirement for people to have coverage, signed in December 2017

Threat to Coverage

- Rural Uninsured Rate
 - Expansion States: the Medicaid coverage rate increased from 21% to 26% between 2013 and 2015,
 - Non-Expansion States: Medicaid coverage increased from 20% to 21%, in rural areas of non-expansion states.

Progress Away from Disparity

- Blacks experienced a 25% drop in their overall death rate, compared to a 14% decrease for whites, between 1999 and 2015.
- Deaths from heart disease, cancer and stroke declined sharply among blacks 65 and older, and in that age group, blacks now have a lower death rate than whites
- Infant mortality is down by more than a fifth among blacks since the late 1990s, double the decline for whites.
- Life expectancy gap dropped from about a decade in 1990 to 3.4 years with life expectancy at 75.6 years for blacks and 79 years for whites in 2015

Progress Away from Disparity

- Cancer Epidemiology, 2017
- *Potential impact of the Affordable Care Act's preventive services provision on breast cancer stage: A preliminary assessment*
- Conclusion:
 - More breast cancers are being diagnosed
 - Disparity gap declined slightly
 - Overall: Reduction of Stage II BC and shift to Stage I BC diagnoses



Disparity in Quality and Health Outcomes

- Closing gaps in coverage but now need to focus on quality
- Cancer Epidemiology, 2017
- *Sequential matched analysis of racial disparities in breast cancer hospitalization outcomes among African Americans and White Patients*
- Conclusion: African American women experienced higher odds of inpatient mortality and longer length of stay compared with White women even after accounting for differences in demographics, presentation and treatment characteristics.



Strategies to Eliminate Health Disparities

- Cultural Competence Approach
 - Awareness of one's own cultural worldview
 - Attitude towards cultural differences
 - Knowledge of different cultural practices and worldviews
 - Cross-cultural skills
- Use of interpreters in clinical setting
- Minority representation in Public Health and Medicine
- Community-driven strategies: projects, health centers, etc. with the shared vision of health equity



Summary

- Racial and ethnic minorities tend to receive a lower quality of health care than non-whites, even when access related factors such as insurance status and income are controlled
- Sources are complex, historic and involves all levels
- Given that reality, there is a need for a comprehensive and broad strategy to ameliorate those disparities including the physicians, workforce, payers, patients themselves and policy makers

Summary

- More robust research on the basic science and genomic aspects of health disparities are needed and should be vigorously pursued in the years ahead
- Create community-driven solutions that address the social determinants of health and thereby health inequity
- Though progress that has been made call for action to address health disparities still remains

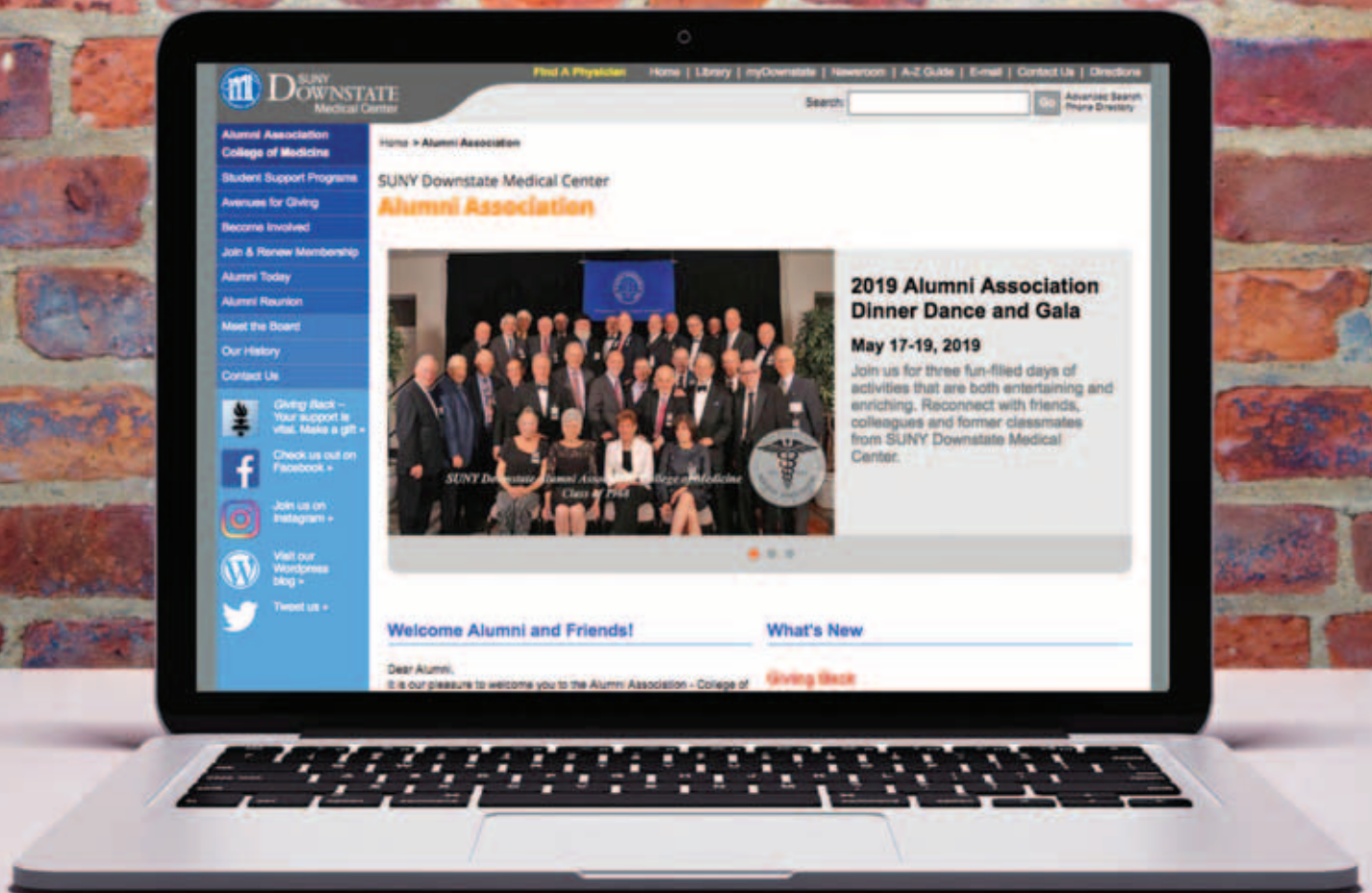
“ Racial and ethnic minorities tend to receive a lower quality of health care than non-whites, even when access related factors such as insurance status and income are controlled. ”

–Health Policy Institute of Ohio

WHAT'S NEW?

Visit the
Updated Web Site
of the
**Alumni Association-College
of Medicine, Downstate**
<http://www.downstate.edu/alumni>

- Join us for the Alumni Reunion festivities **May 17 - May 19, 2019**
- See the Alumni Reunion Weekend schedule
- Read the latest Alumni Today magazine
- Learn about the activities and programs we sponsor for our medical students and alumni
- Support our activities- pay your dues or make a gift on-line
- Update your contact information and help locate alumni
- See who serves on our Boards
- Provide us with your feedback



Visit us today at:
<http://www.downstate.edu/alumni>

THANK YOU

Thank you notes from student graduates of the College of Medicine

Included are some examples of the many thank you notes and letters from students and faculty to the Alumni Association for research assistance, tuition scholarship aid, Medical Education Pathway, support of student programs, Senior week activities, graduation and match day support and many other student oriented programs.

Dear Board of Trustees,

Thank you for providing me with the Joseph A. Abbey, MD '35 Memorial Fund and for all your other support. This scholarship will be a tremendous help in easing my loan burden and allowing me to pursue the broadest range of opportunities during my time at Downstate Medical School. I was a member of the BA/MD program at Brooklyn College and came to Downstate after completing my degree in philosophy. I have greatly enjoyed my pre-clinical years at Downstate– including the many opportunities for research and community service supported by the Alumni Association– and look forward to beginning my clinical training at Downstate and Kings County. I am especially interested in neurology and emergency medicine, but I hope to explore other potential fields during the clinical years, whichever field I ultimately pursue, I hope to use the education I have received at Downstate to become a passionate physician involved in leadership, research and community service.

Thank you again for your support,

Eric Hirsch

Dear Alumni Association,

Thank you so much for your wonderful support of my medical education these past 4 years. Your contributions to me personally & to our student body through the Brooklyn Free Clinic have been unmatched. I am so grateful to have felt the encouragement of Downstate doctors who have come before me & of the fantastic Alumni Association staff.

I am on my way to my top choice residency in OB/GYN at Northwestern, & I couldn't have done it without you. I look forward to staying in touch & staying involved. In the meantime please know how truly grateful I am, and that because of you my Downstate pride runs deep!

Sincerely,

Patrick Eucalitto, COM 2018

THANK YOU

Thank you notes from student graduates of the College of Medicine

The Alumni Association has served as a one stop shop for career guidance that is flexible to any need that I may have. It has made my time at Downstate more enriching by opening opportunities that I didn't know were available to me: networking, stipends, resume/CV development and more. Downstate is a large organization and having the Alumni Association makes it easier to find the things you need.

Malcolm Winkle, MD '18

Dear Alumni Association,

Thank you so much for providing me with a scholarship for my medical education. I completed my undergraduate education in Binghamton university and just started my 3rd year of medical school. Downstate has been an amazing resource for me – both intellectually and financially and I am so proud to call this school and the community I serve home. Your generosity to those who come after you did not go unnoticed and I want both of you to know you've made a difference in my life. I am interested in specializing in radiology and it is inspiring to know that I am supported by others who have traveled a similar path. Thanks again and go Downstate!

Warm Regards,

Sally Liu

To Our Generous Donor,

Thank you so much for providing me this valuable gift. I have only just begun using the iPad and I realize just how fundamental it is to my education. I can load my lectures, textbooks and anatomy app on it, having them run side-by-side for comparison on the same screen. It's also light, mobile and easy to use so I can use it with ease in any location. I used to have to rely solely on my large and heavy laptop that, although helpful in its own ways, has several limitations. This iPad, however, changes the rules of when and how I can study, allowing me to have even more access to vital resources on-the-go.

You, having given me this opportunity to become an even better physician that I could've thought possible, resemble the true nature of medicine - teamwork and companionship. It is never one doctor who is solely responsible for curing the ill, just as there is never one scientist who is solely responsible for discovering new uncharted fields in science. We recognize that, as incredible as a single doctor can be, the true curative powers of a doctor comes not from working alone but with others, from patients to communities to even fellow doctors. Your donation has proven to me that doctors elevate society both inside and outside the patient room, even going so far as to return to their alma mater and aid the next generation of doctors.

To the doctor that is solely responsible for elevating my education so profoundly, I say, thank you.

Sincerely,

Martin John, COM 2022

Class Notes

1950s

Howard D. Dorfman, MD '51 is celebrating his 90th birthday this summer. He would also like to mark the recent publication of the 2nd edition of his textbook on Bone Tumor pathology and radiology by Elsevier.



Paul A. Jacobs, MD '54 is still involved with the Orthopaedic Surgery Department of the Medical College of Wisconsin, but is retired from practice. He spends winter as a snowbird in Florida and returns to Wisconsin for the summer.

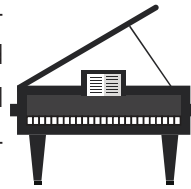
Raymond Scalettar, MD '54 states "On May 21, 2017 I was promoted to Clinical Professor of Medicine at George Washington University Medical Center. I closed my DC office for the practice of Rheumatology December 31, 2016 As a Medical Expert Consultant for the Social Security Administration, I review cases appealing the ruling on disability. I continue as a Medical Consultant to the Charles E Smith Lifecare Center which is the fifth largest senior center in the USA. I am a healthcare consultant to the American College of Rheumatology."

Jerome G. Porush, MD '55 states "he is still reading some journals, golfing, traveling, and enjoying his large family."



Howard Maker, MD '56 continues to serve as the senior neurologist at Mount Sinai Union Square and Chief of Neurology at New Bridge Medical Center in Paramus New Jersey.

Sidney Winawer, MD '56 - I am enjoying my more relaxed Emeritus status with a combination of research and papers with young faculty while partaking of many music and cultural activities in Manhattan, golf in East Hampton and a bunch of kids and grandkids with my wife Barbara. I've taken up jazz piano and still give an occasional lecture. Life and medicine remains joyful.



Stratos G. Kantounis, MD '58 is "finally retired from surgery and is still teaching medical students. His wife Joan is still painting."

Bernard Feldman, MD '59 is no longer at the University of Nevada, Reno. However, he holds the title of Professor Emeritus, Pediatrics at UNR. He and his wife of 62 years, Elaine reside in The Terraces, a Continuing Care Community in Bonita Springs. He continues professional involvement by sitting on the Board of Healthcare Network of Southwest Florida, a Federally Qualified Health Center in Immokalee Collier County, FL.

Albert E. Sacknoff, MD '59 currently lives in Plainview, New York with his

wife of 62 years. He has 3 children and 8 grandchildren.

Herbert J. Cohen, MD '59 is now an Emeritus Professor of Pediatrics and Emeritus Director of the Rose F. Kennedy University Center for Developmental Disabilities at Albert Einstein College of Medicine where he continues to teach fellows in his field.

1960s

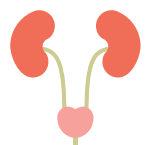
Lyle J. Breitkopf, MD '60 retired 15 years ago from practice of OB-GYN in Manhattan. Dr. Breitkopf is busy enjoying retirement, painting, bridge, tennis, and learning Yiddish.

Edward H. Smith, MD '60 is a retired Professor and Chair Emeritus Radiology UMASS.

Lionel G. Deutsch, MD '60 states "retired finally (last years of practice was as the Psychiatrist of Woodstock, NY in November 2016. He has recently moved to Ohio to be grandpa to his youngest son's first child."

Paul E. Schwartz, MD '60 retired from private practice, but enjoys volunteering at Americares.

Robert M. Weiss, MD '60 received the 2017 John W. Duckett, MD Pediatric Urology Research Excellence Award



Class Notes

from the Urology Care Foundation.

Edward B. Goldstein, MD '61 is doing the "same old" – Practice in Brooklyn, at Mount Sinai – Brooklyn, Cardiology and is the Medical Director for Union Local. Dr. Goldstein is spending time with his children, and seven grandchildren. His daughter, Heidi, Class of 1991, lives in St. Paul Minnesota.

He enjoys flying his plane and building



a model railroad when he has free time.

Richard J. Cohen, MD '61, F.A.C.P. is now a retired Emeritus Professor of Medicine in Medicine, Clinical Hematology and Hematology at UC Medical Center in San Francisco. He is still active in teaching and enjoying liberal arts courses at the University of San Francisco.

Harvey M. Cohen, MD '61 is retired from Kaiser Permanente and the Army,



Mid-Atlantic Region. He states he works part time as an orthopedist, at the Baltimore VA Hospital and teaches

anatomy at University Services, University of Health Science.

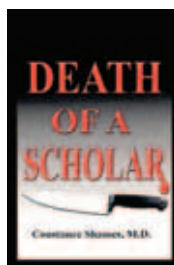
Arthur D. Drazan, MD '61 has been retired since 1991 as a DABR, FACR, and DABN. He continues to fish, play golf, and is an active member of the Board of his community. Dr. Drazan has 4 chil-

dren and 8 grandchildren with his wife Sandy.

James Moorefield, MD '61 has just retired after 48 years in the practice of Radiology with Mercy Radiology Group in Sacramento.

Alvin Edelstein, MD '62 retired from Pediatric practice 14 years ago and moved to Houston Texas to be near family, although his with his dear wife Bonnie are able to escape the Houston hot months in our Berkshire home. Dr. Edelstein volunteers for the Jewish Family Service in the chaplaincy program visiting patients at Houston's MD Anderson Hospital. They are blessed with six grandchildren, two in Texas, two in Colorado and two in California.

Constance Shames, MD '63 - Dr. Shames's novel "Death of a Scholar," was featured in Alpha Omega Alpha Honor Medical Society Winter 2017 Pharos magazine. To read the review visit this link: <https://alphaomegaalpha.org/pharos/pdfs/2017-1-Completelssue.pdf>. The review is featured on page 56 of the magazine.



Gerald W. Deas, MD '62 is being featured on Health Center talk show featured on networks like Bronxnet and Brooklyn Community Access

Television(BCAT). His feature will air on June 25th 11:30 a.m. – 12:00 p.m. and July 2nd 11:30 a.m. – 12:00 p.m.

Michael Blumenfield, MD '64 is living and working in Woodland Hills, California. He has a new podcast, which can be found at PyschiatryTalk.Podbean.com.

Allen P. Kaplan, MD '65 completed 50 years of basic and applied clinical research on the pathogenesis and therapy of bacteria and angioedema.



Deborah Tolchin, MD '66 volunteers at White Plains Hospital (Pastoral Care) and Burke Rehabilitation Hospital (Therapeutic Recreation in Greenhouse Plant Nursery with inpatients). Dr. Tolchin is teaching Introduction to Clinical Medicine at Albert Einstein in the Bronx.

Lois Stark, MD '66 is now retired. She practiced pediatrics and taught medical students and house staff at the Mount Sinai Medical Center for many years. After her years at Mount Sinai she switched to private practice in Goldens Bridge, NY, where she continued to practice for 15 years.

Edward Katz, MD '69 has a limited urology practice (three times per week). He has two grandkids at the University of Arizona, Tucson. His daughter Haley Brown, MD turned 50 years old and still practices plastic surgery in Las Ve-

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gas; she has four kids. His son, Brian, of Scottsdale, AZ is a Senior Corp. Pilot at Pinnacle Aviation and has two kids.

Robert S. Improta, MD '69 is working part-time, playing golfing, exercises with lap swimming, walking his dog, and running. He also attends social events with friends (Four Years a Widower).

Andrew P. Goldberg, MD '69 retired in April 2015 after 25 years as Head of the Division of Gerontology and Geriatric Medicine at the University of Maryland, Baltimore and Chief of Geriatrics and the Geriatric Research, Education and Clinical Center at the Baltimore Veterans Affairs Medical Center. He received Professor Emeritus status in Medicine in 2017. In between exciting travels worldwide with my wife Gail, Dr. Goldberg consults and mentors junior faculty in translational bedside to bench aging research in exercise, nutrition and rehabilitation in vascular disease, obesity, and diabetes.

Bruce Lefkon, MD '69 has fully retired from a 43 year career (after residency at Downstate) in Urology in Essex County, NJ and a 10 year battle with EMR. His indefinite plans include more travel with his wife, Sandy, Golf, reading, time with families of his 3 sons (N.Y. State, Tucson, Shanghai) and enjoying the Jersey Shore.



Arthur Kaufman, MD '69 - While his peers (and even his students) are retiring, Dr. Kaufman continues to work full time as Distinguished Professor of Family and Community Medicine and Vice Chancellor for Community Health at the University of New Mexico. Dr. Kaufman was inducted into the National Academy of Medicine/Institute of Medicine this year and will be honored as a University Living Legend in 2018. He continues to keep up with Ellis Arnstein, Marc Goldblatt and Diana Furst, and would love to hear from others.

Edward Kersh, MD '69 has retired from clinical practice and is now medical Director of Telehealth for Sutter Care at Home. This is a part time position which allows him to call himself semi-retired. He also volunteers at the Chabot Space + Science Center in Oakland.



1970s

Philip Greenberg, MD '71 - FLX Bio, Inc., a biopharmaceutical company focused on the discovery and development of oral small-molecule drugs to activate the immune system, today announced the appointment of SUNY Downstate alumnus Philip Greenberg, M.D '71, to its scientific advisory board (SAB). Dr. Greenberg serves as the head of the Program in Immunology at the Fred Hutchinson Cancer Research Cen-

ter as well as professor in both the Oncology and Immunology divisions of the University of Washington, Department of Medicine. He received his B.S. degree in Biology from Washington University and his M.D. summa cum laude from the State University of New York, Downstate Medical Center. Read more about Dr.Greenberg here: <http://www.tmcnet.com/usubmit/2017/05/31/8555190.htm>

Paul S. Quentzel, MD '71 - I am residing in Pompano Beach, Florida. I have retired 1 year ago from the practice of Gastroenterology. I am volunteering GI at a clinic in Boyton Beach, Florida for indigent patients. I look forward to seeing classmates at the 50th Reunion in 2018.

Barbara Engel & Mark Engel, MD '71 relocated to Waxhaw, NC, a suburb of Charlotte. Barbara recently retired from a private pediatric practice in September, 2017 and Mark had already retired from the practice of ophthalmology three years ago. They moved to the Charlotte area so that we could be near our oldest son, his wife, and two granddaughters. They also have a son David who lives in Brooklyn Heights and a son Stephen who lives in Portland, Maine.



Ellie Goldstein, MD '71 is the Clinical Practice Section Editor for Clinical

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Infectious Diseases; Chair of Infection and Prevention at Providence St. Johns Health Center of Santa Monica and Kindred Hospital LA. Dr. Goldstein is also the Director of RM Alder Research Laboratory, Clinical Professor of Medicine UCLA and full time practice of Infectious Diseases.

Irwin Berkowitz, MD '72 - After 41+ years at Chestnut Ridge Pediatrics, I have called it quits. I have hung up my proverbial cleats. Among my accomplishments, aside from providing attentive, excellent patient care, I have been chosen by Castle-Connelly as a "Top Doc", elected as chairman of the Department of Pediatrics at the Valley Hospital, Ridgewood, N.J. and published a terrific book "Instructions Not Included, a pediatrician prescription for raising the best kid on the block (available at



Amazon). I am living with my wife of 43 years, Kathleen, and plan to do more of the things I enjoy but didn't have the time or energy to pursue.

Zev Rosenwaks, Steven Brozinsky, and Marc Goldstein, MDs '72 are celebrating their 50th graduation from Brooklyn College. They are looking forward to celebrating their 50th graduation from Downstate at the reunion in 2022!

Wilsa Ryder, MD '73 & Brian O'Malley, MD '74 In an article by Wellfleet.wickedlocal.com, "Brian O'Malley and Wilsa Ryder talk about the bittersweet decision to close the doors of Provincetown Medical Group, which the couple has run since the early 1980s." To read more about their story go to the following link: <http://bit.ly/2siiQrC>



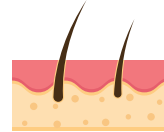
Elliot P. Vichinsky, MD '74 was featured in an NPR article called "Sickle Cell Patients Endure Discrimination, Poor Care And Shortened Lives." "One of the national crises in health care is the care for the adult sickle cell," says researcher and physician Dr. Elliott Vichinsky, who started the sickle cell center at UCSF Benioff Children's Hospital Oakland in California in 1978. "This group of people can live much longer with the management we have, and they're dying because we don't have access to care."

Alan M. Lobovits, MD '74 - The New England Center for Children® (NECC®), a global leader in education for children with autism, announced today the election of Dr. Alan Lobovits to the Board of Directors. Dr. Lobovits is a pediatrician with Southboro Medical Group and an expert on developmental disabilities in children.

Ronald S. Green, MD '74 has retired

from Clinical Gastroenterology practice and University of Connecticut faculty. He remains on Boston Hospital Board of Directors and Bristol Hospital and CT Hospital Association Quality Improvement Committees. Enjoying travel, grandchildren, outdoor activities and multiple volunteering opportunities.

Henry W. Lim, MD '75 is now the immediate past-president of the American Academy of Dermatology (during its annual meeting in San Diego). He completed his term in February 2018.



Jeffrey M. Karp, MD '75 has retired from his neurology practice of 37 years in Clearwater, FL. He, and his wife of 43 years, has relocated to Juno Beach, FL to enjoy the good life with his 3 granddaughters.

Albert A. Meyer, MD '75 is a retired Family Physician. After his residency at Duke, he went into private practice for 13 years. Later went on to teach in Family Medicine Residencies at Duke and the University of North Carolina for 26 years. He has recently retired from full time practice and works part time in our local Hospice Unit.



David Klein, MD '75 has been awarded the Harold S. Strasser, M.D., Good Samaritan Award. "The 1983 House

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of Delegates established this award to be given annually from nominations submitted by county medical societies, FMA recognized specialty groups and hospital medical staff. Individual physicians and/or groups of physicians qualify for the Harold S. Strasser, M.D., Good Samaritan Award. The recipient of this award demonstrates love and compassion for their fellow man, and displays outstanding leadership." He will be recognized at the 2017 Annual Meeting, held August 4-6, 2017 at the Loew Sapphire Halls Resort in Orlando, FL.

Dennis M. W. Michalak, MD '76 is retired as Chief of Cardiovascular and Thoracic Surgery at Hamot UPMC in Erie PA. and President of Flagship CVTS in Erie. His wife, Becky of 37 years passed away on July 6th of this year and he is missing her dearly. Now has 3 grown beautiful children and our first granddaughter, Anneliese now 2 1/2 yo keeping him on my toes. Dr. Michalak states he is "busier in retirement, than ever making furniture and working in leather. Lots of traveling to be close to kids. Happy Holidays."

Allen M. Perelson, MD '76 is happily retired since 1998. Moved up to NYC and is enjoying life.



Niki Arif Silverstein, MD '77 wrote that she missed the reunion, so she reaching out to the Class of 77. I was

at 30th but I guess I have to wait until the 50th now! I am an ophthalmologist in a very busy practice in Chester, NJ; still working very hard doing surgery and seeing many patients every day, but starting to think about smelling the roses a bit more and a new phase in life. Hope to hear from other of my long lost classmates.

Marc J. Kozinn, MD '79 - After more than 30 years in Clinical Cardiology practice and serving as Asst. Clinical Professor of Medicine in the Department of Cardiology at S.U.N.Y. at Buffalo, in 2014, Dr. Kozinn joined the pharmaceutical industry. He is presently the U.S. Cardiovascular Medical Director-Heart Failure at AMGEN where he is the U.S. Medical Lead for Corlanor and the New Product Development Lead, U.S. Medical Organization for Heart Failure Pipeline. Dr. Kozinn currently lives in Thousand Oaks, CA with his wife of more than 37 years, Betsy. They have 3 married sons and are the proud grandparents of 5 grandchildren. This past year Dr. Kozinn was also recognized as a Fellow of the Heart Failure Society of America.

Richard Phillips, MD '78 is happily retired after 27 years as Director of Hepatology at Mount Sinai Medical center, Miami, FL and Associate Professor of Medicine Division of GI, MSMC and University of Miami Miller school



of medicine. He hopes all of his friends from class of '78 are well.

Brenda A. Nurse, MD '79 was lead author in an article published in CT Medicine, February 2017 Vol 81 Number 2 pgs 81-85. "The Role of Patient History And Body Site Surveillance Cultures As Predictors Of Colonization In A Long-Term Acute Care Hospital Setting" Brenda A. Nurse MD, Randall W. Barton PhD, and Daniel T. LaRose, PhD.



Brent Schillinger, MD '79 - An interview with Dr. Schillinger is featured on blogtalkradio.com, titled "A Lesson on Medical Ethics." He has served on the Board of Governors of the Florida Medical Association, where he chaired the Council of Ethical and Judicial Affairs. To read more on Dr. Schillinger's expansive career and listen to his interview on ethics.

1980s

James J. Hederman, MD '80 has celebrated his 25th year as a Jesuit.

Andrew Sokel, MD '81 has a daughter named Julia Sokel who will be a member of the class of 2022.

Gary Pess, MD '81 celebrated 35 years of marriage with his wife Lois (Downstate CHRP 1979), married off both



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of their twin daughters, Rachel and Rebecca, and welcomed their first grandchild, Elizabeth Rosemary Pess, daughter of Matthew and Lyndsay Pess.

James W. Ferguson, MD '81 was the former president of the DMC Alumni Association. Dr. Ferguson was the graduation speaker at St George University at Lincoln Center, and received honorary Doctorate for volunteering work. His latest volunteering trip was to Puerto Rico with (RAM) Remote Area Medical. While working in Aguada, Aguidilla areas his met Dr. Atonio Novello (Surgeon Gen. under President Bush) with wife, Irene A Ferguson RN and son, Dr. James A. Ferguson also volunteers.

He recently spoke at Adelphi University about his Medical Missions and why others should volunteer. His talk is available on tedxadelphiuniversity.com, where he is the 4th speaker on the list. You can also view a video of Dr. Ferguson's talk on YouTube.

Aaron Saul Greenberg, MD '82 has a daughter who will be graduating SUNY Downstate on May 22, 2018. Jill Greenberg Karten will be doing her residency in OB/GYN at NorthShore LIJ.



David H. Berman, MD '82 became the recipient of the Richard C. Troutman Master in Ophthalmology at the 2017.

Howard Kizner, MD '83 and his wife are expecting their first grandchild in April. In addition to still practicing Radiology full time, he has been attending night school for psychoanalysis, and will be starting a small Psychology practice in 2018.

Evan J. Fliegall, MD '83 has been practicing Int. Med for 27 year in Athens, Georgia and has two happily married daughters. He also states "Go #1 Georgia Bulldawgs."



Scott Fields, MD '84 - SUNY Downstate alumnus Scott Fields, M.D., was appointed as senior vice president and pharmaceutical development head, Oncology at Bayer on June 5th. Scott Fields, M.D., joined from Vertex Pharmaceuticals, where he was vice president and head of Clinical Oncology and responsible for the global development of all oncology assets. He earned his medical degree from SUNY Downstate and did his Internal Medicine and Hematology/Oncology training at Columbia University Medical Center.

Lyn D. Weiss, MD '85, chair of physical medicine and rehabilitation (PM&R) department at the Nassau University Medical Center (NUMC), has co-authored her ninth medical book, a revised, expanded and updated new edition of the first and only Q & A review for physical medicine and rehabilitation.

Scott Zuckerman, MD '85 has published his first book "Dreams Of My Comrades," by Sunbury Press in November 2017. It is the story of a 95-year-old WWII veteran who revealed the untold details of his wartime experiences to Dr. Zuckerman. It is the story of their unexpected journey in the search for the truth. The book is available for purchase on Amazon.com.



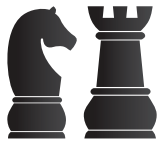
The pictures below are from Dr. Ferguson's experience. "Sleeping in bleachers of stadiums to run clinics in available light during the daytime with Remote Area Medical"



Class Notes

Miriam T. Vincent, MD '85 is Executive Director of DSRIP at SUNY Downstate.

Michael S. Sinel, MD '85, board-certified back pain specialist, will hosted a



chess event for homeless youth in his Venice, California home on October 25th.

"The chess event for homeless youth is Dr. Sinel's initiative to contribute to the community. He is hosting the one-day chess session in partnership with Safe Place for Youth, an organization dedicated to addressing the fundamental needs of homeless youth in the area. With aid, assistance and donation from Board Members, donors, volunteers and partner organizations, SPY has remained steadfast in providing food, clothing and socks as primary forms of assistance to the recipients."

Lynne J. Goldberg, MD '86 has been honored with an endowed professorship – The Jag Bhawan Professor of Dermatology – at Boston University School of Medicine.

Diana M. Nilsen, MD '89 - Husband of Dr. Nilsen, Michael Nilsen, wrote "Dr. Diana Bassil Nilsen, my wife, was elected President of the National Tuberculosis Controllers Association for the 2017-2018 fiscal year. This is an Medical organization with representatives from all 50 states.

Diana is a 1989 graduate of Downstate (Cum Laude) and is Board certified in Internal Medicine, Pulmonary and Critical Care. She is Director of Medical Affairs for the NYC Department of Health where she is responsible for TB control in the metropolitan region. She also had her 35 Wedding Anniversary this year and is blessed with three children, Michael, Patrick and Victoria, and a pretty good husband."



Daniel W. Wilen, MD '89, an Orthopedic Surgeon at the University Physicians of Brooklyn, has been named a 2017 Top Doctor in Brooklyn, New York. He graduated from SUNY Downstate Medical Center College of Medicine in 1989.

1990s

Douglas R. Lazzaro, MD '90, a long-time borough physician and resident leads efforts to expand Ophthalmology Services with NYU Langone. They have



launched two comprehensive eye care practices in Brooklyn. Dr. Lazzaro is taking a lead role in helping NYU Langone identify opportunities for continued expansion. Chief of ophthalmology at NYU Lutheran Medical Center since 2003, he recently took on additional responsibilities for NYU Langone as vice chair of clinical affairs and

business development for the Department of Ophthalmology and physician director for the health system's network development in Brooklyn.

Alfonso Ciervo, MD '93 shared that his daughter Francesca graduated from NYU and his daughter Samantha is now entering NYU. Congratulations to both!

Yi-Horng Lee, MD '96 is now chief of Pediatric Surgery at Rutgers Robert Wood Johnson Medical School. Prior to his position as the chief of Pediatric Surgery, Dr. Lee completed a general surgery residency at the University of Iowa Hospitals and Clinics and a pediatric surgery fellowship at SUNY Buffalo.

Daniel L. Beckles, MD '97 is being honored at the 4th Annual Caribbean American Healthcare Awards 2017 Gala on Thursday June 22nd, 2017, for his accomplishments in medicine.

Andrew Moulton, MD '97 - HCA honored Sarasota Orthopedic Associates' Andrew Moulton, MD, with the HCA Humanitarian First Award. To read more about Dr. Moulton go to the following link: <http://www.beckersspine.com/spine/item/36919-dr-andrew-moulton-receives-hca-humanitarian-first-award-5-key-notes.html>



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2000s

Joy S. Feld, MD '01 has been an internist in private practice at Cedars-Sinai in Los Angeles since 2004.

Nilesh Kalyanaraman, MD '03 is running for the Maryland State House of Delegates in the 43rd District in Baltimore City. This is his first time running for office and it's an exciting leap from being the Chief Health Officer at Health Care for the Homeless. His website is nileshmd43.com and he would love to hear from Downstate alumni in the Baltimore area.

Robert Goldstein, MD '04 & Warangkana (Rena) Sangchan, MD '04, who met at Downstate, are married and living and working in Westchester, NY. They both practice infectious disease medicine.

Kristina Wittig, MD '08 - Kyle Jellings, talk show host on KHTS AM 1220, sits down with Dr. Kristina Wittig, a urologic surgeon and an assistant clinical professor of surgery at local City of Hope facilities. Topics both professional, like what signs people should be on the look out for and treatment options, and personal, like her childhood in Russia and her earlier desires to become an environmental

scientist are discussed.

Herminio Diaz, MD '09 is starting at Mid-Hudson Regional Medical Center as a Surgeon in November.

Kate Waldeck, MD '10 has been named an assistant professor at the Marshall University Joan D. Edwards School of Medicine.

Laura Frado, MD '11 & Steven D. Rosenblatt, MD '11 have been happily married for 3 years and are now both practicing in Manhattan. Laura has joined New York Gastroenterology Associates on the Upper East Side as an adult gastroenterologist. She is also an Assistant Clinical Professor of Medicine at Mount Sinai Hospital. Laura completed her residency in Internal Medicine at Co-

lumbia University/New York Presbyterian Hospital and her gastroenterology & hepatology fellowship at the University of Rochester/Strong Memorial Hospital.

Steven is an Assistant Professor of Otolaryngology – Head & Neck Surgery at Weill Cornell Medicine/New York Presbyterian Hospital specializing in Pediatric Otolaryngology – Head & Neck Surgery. He completed his otolaryngology residency at the University of Rochester/Strong Memorial Hospital and his fellowship in Pediatric Otolaryngology at Boston Children's Hospital/Harvard Medical School. Laura and Steven are excited to be back in NYC and to reconnect with classmates and friends.

Eric Mlodzinski, MD '17 moved to Boston and is doing residency at Beth Israel Hospital.



VISIT OUR WEBSITE

We invite you to keep in touch and become informed

- Learn about the range of programs we support for our Downstate students
- Participate in the Mentoring & Career Mentoring programs with our student body
- Become a Class Chair and/or attend our 2019 Alumni Reunion
- Provide class notes, updates, change of address
- Help locate alumni with no known current address
- Submit dues & donations
- Review significant and historical contributions of our alumni and faculty, etc...



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2018 Alumni Reunion



In Memoriam

Steven W. Piecuch, MD '79

Steven W. Piecuch, 65, passed away on Nov. 25, 2017.

Steven was born and raised in the Bronx. He was a graduate of Cardinal Hayes High School and received his bachelor's degree from Fordham University, followed by his M.D. from SUNY Downstate. He also earned a MPH from Columbia University.

Steven was a pediatrician who specialized in neonatology and critical care, and he took pride in caring for infants and children in the ICU. He practiced in multiple locations across the country and in Canada prior to returning to New York in 1993 and settling on Staten Island.



He worked at Kings County Hospital Center and SUNY Downstate Medical Center, where he was a respected teacher of residents and medical students. Steven was also

active in the SUNY Downstate College of Medicine Alumni Association, and served as president in 2008.

Steven enjoyed medical mission work, and he made several trips overseas to volunteer at the Hospital Albert Schweitzer in Haiti and Angkor Hospital for Children in Cambodia. He also participated in domestic relief trips, including to Louisiana after Hurricane Rita.

Steven appreciated culture and the arts, and was a member of many New York cultural institutions. He was also a generous giver to his alma maters and other causes.

Steven is survived by his beloved wife of 35 years, Ramona; sons, Michael, Martin, and Jerrold; grandson, Henry; mother, Doris; sister, Catherine; and brother, Thomas. He was predeceased by his father, Stanley.

Steven was buried in Resurrection Cemetery. A Memorial Mass will be held Thursday, Dec. 28, at 10:15 a.m. at St. Charles Church.

Martin J. Salwen, MD '57

Dr. Martin Salwen, Distinguished Service Professor Emeritus at SUNY Downstate Medical Center, died on December 12, 2017 at the age of 86. He was buried with military honors in a private ceremony at Calverton National Cemetery in Long Island. His family asked for privacy in the immediate weeks after his death.

Dr. Salwen was a graduate of City College of New York and of SUNY Downstate Medical Center (Class of 1957). After internship at the Yale-affiliated Hospital of St. Raphael, he was a resident and then fellow in Pathology at Yale – New Haven Hospital. He served as a Captain in the Medical Corps of the US Air Force from 1964-1966 in Asia during the years of escalation of the Vietnam War. After his military service, Dr. Salwen returned to Yale as an Assistant Professor. From 1967-1978, Dr. Salwen was Director of Laboratories at Monmouth Medical Center in NJ. Dr. Salwen returned to SUNY Downstate as Director of Pathology at Kings County Hospital from 1979-1997 and as Director of Laboratories at University Hospital of Brooklyn from 1986-1997 and remained on the medical school faculty until his retirement in December 2015. His teaching was notable for popular electives in "Laboratory Medicine" and "Interpretation of Laboratory Tests" and

for the pathology museum specimens he saved and maintained for many generations of medical students to study (some are displayed on the 4th floor of the Basic Science Building). His major research work was on graphic presentation of laboratory test results to improve the utility of the clinical interpretation of the results.



Dr. Salwen had leadership roles in many medical organizations including the Medical Society of the State of New York, the American Society of Clinical Pathologists, the New York State Society of Pathologists and the SUNY Downstate Medi-

cal Center Alumni Association – College of Medicine where he served as President and on the Board of Managers. He received the State University of New York Distinguished Service Professor Award in 1993 and in 2013 he was honored by the President of Downstate Medical Center with the Ailanthus Award. Dr. Salwen received several awards from the Alumni Association including the Distinguished Service Award in 2002, the Dr. Frank L Babbott Memorial Award for distinguished service to the medical profession and community, and the Jean Redman Oliver Master Teacher Award in 1992. He was inducted into the Alpha Omega Alpha Medical Honor Society in 1995. Among his many community activities, he served as trustee of the Prospect Park South Association and Director of the Brooklyn Friends of Chamber Music.

In 2010, Dr. Salwen edited the book, “Downstate at 150: A Celebration of Achievement” which profiled notable faculty and alumni for the College of Medicine’s sesquicentennial. Dr. Salwen wrote in the preface to the book, “For many, the gift of Downstate has been the many wonderful teachers and classmates and the patients in need of care. We owe a debt for our outstanding education and for entry to the choice of a career. A world opened up for us, and we have been able to see farther; after all, we have stood on the shoulders of giants.” It is, therefore, very fitting that donations in Dr. Salwen’s memory are being directed to the SUNY Downstate Medical Center Alumni Association – College of Medicine.

We send our sincere sympathy to his wife Jane Stafford Salwen, to his children and grandchildren, and to his many colleagues and friends in the Department of Pathology, at SUNY Downstate, and in the College of Medicine Alumni Association.

Obituary contributed by Jenny Libien, MD ‘01, Interim Chair of Pathology and Alumni Association Board Member.

Anthony R. Mascia, MD ‘42

Dr. Anthony R. Mascia died on November 26, 2016. He was 100 years old and would have been 101 this coming Sunday. He was born December 4, 1915 at home on Willow St. in Port Chester to the late Oreste and Mary Capecci Mascia.



His father owned a pharmacy on Main Street. He graduated from Port Chester High School, Columbia University with a BA and then Long Island College of Medicine. Dr. Mascia was one of the “greatest generation”, serving as a medical professional in both

France and Belgium during World War II and was a Purple Heart recipient.

Albert Rosen, MD ‘43

ROSEN–Albert P., 90, of Fair Lawn, NJ, died peacefully at home on November 18 [2007]. He is survived by his son, Jonathan M. Rosen M.D. (Anna), his daughter, Nancy Rosen Blackwood (Michael), and four grandchildren. His wife of 58 years, Shirley (nee Tanenbaum), predeceased him. He attended Newton High School in Queens, earned his Bachelor’s degree at the University of North Carolina, Chapel Hill in 1939, and his M.D. at Long Island College of Medicine (Downstate) in 1943.

George A. Sirignano, MD ‘43

George A. Sirignano, M.D. of Heritage Hills, Somers, NY, died Thursday, June 2, 2011 at the age 92. Dr. Sirignano was born February 18, 1919 in Mount Vernon, NY, to Alfonso and Rosa (Cerbone) Sirignano. He attended Mount Vernon schools and graduated from Columbia College in 1940 and from the Long Island College of Medicine (Downstate Medical) in 1943. He married Helen Neubauer on January 14, 1944. She predeceased him on August 15, 2004.

David Cugell, MD ‘47

Dr. David W. Cugell, an esteemed director emeritus of Respiratory Health Association, died December 5, 2016, at the age of 93. Dr. Cugell was a 50+ year volunteer with RHA, continuing his advocacy well after his board service here ended. Dr. Cugell had a special interest in climate change and lung health, and in recent years had been a key supporter of RHA efforts in this arena.

In Memoriam

Harvey Rubin, MD '48

Maurice Harvey Rubin, an Ophthalmologist, medical school professor, inventor and lifelong scholar died on November 28th at his home in Scottsdale, AZ. He was 93. Dr. Rubin's tender devotion to his family, friends and patients was matched by his passion for learning, exploring and teaching. Harvey taught at the University of NC-Chapel Hill and Stanford medical schools for a combined period of 35 years.

Stanley E. Gitlow, MD '48

Stanley Edward Gitlow, MD passed away June 19 at age 91 in Naples, Florida. A specialist in internal medicine and hypertension, Dr. Gitlow served New York City residents from his private practice for roughly five decades while simultaneously serving as Clinical Professor of Medicine at the Mount Sinai Medical Center. In 1954, he co-founded what would become the American Society of Addiction Medicine, the professional medical society for addiction specialist physicians, eventually serving as its President for two terms.

Guillermo E. Aragon, MD '48

Guillermo (Bill) Aragon MD has passed away at his home in Denver on Tuesday February 21, 2017 at the age of 96. Bill is predeceased by his beloved wife of 69 years, Maria de Lourdes and his sons William and Fernando. Bill is survived by his daughter Maria Elena and ten grandchildren. They are in order of birth, Derek, Jonathan, Brent, Ashley, Ryan, Kevin, Alicia, Matthew, Mac and Merrie Claire. His funeral will be held on Thursday March 2, 2017 at 10:00am at Mother of God Church on Speer and S. Logan.

John Meyer, MD '49

John L. Meyer, II, M.D. died peacefully, Saturday, October 28th, 2017 at his beloved home he had shared with his wife until her passing in April 2015. John was born in Milwaukee, Wisconsin February 3, 1924 to John L. and Bessie (Bleyer) Meyer. He spent much



of his childhood in Madison, WI. His family moved to Chicago in his later childhood, where he graduated from Senn High School, while also attending the Chicago Art Institute. He then enrolled at Northwestern University's Medill School in 1942 as a journalism major, but was drafted into the Army Air Corps in 1943. He ended up being assigned to premedical studies by the Army, eventually graduating from Yale University.

Audrey C. Cox, MD '51

KING, Audrey Lilian Cox, was born on November 13, 1925, and departed on December 21, 2017, to join her best friend and husband, Don, in Heaven. She was born in Brooklyn, New York, to Raymond and Ragnhild "Ray" Cox. The grandchild of immigrants from Norway, Audrey treasured her family and personified the determination, strength and generosity that were a cornerstone of her family life. At the age of six, Audrey declared to her family that she would become a physician. While this was a very unusual career choice for a woman at the time, Audrey never wavered from her goals. Once she set her mind to something she achieved it. She graduated from Barnard College at Columbia University and from the medical school of the State University of New York, eventually completing a post-doctoral fellowship at Johns Hopkins. While she was in her internship at Case Western Reserve, she met her true love, Don, and they married in 1953. Audrey and Don settled in Richmond, Virginia and were blessed with three children, Rhonda, Perry and Jon Eric. Audrey adored children and became a pediatrician specializing in development challenges, enabling her to share her enormous love not only with her own kids but also with others. In retirement, she volunteered at the First Presbyterian Preschool, always energized by her love of children (in lieu of flowers, memorial donations may be made to the First Presbyterian Preschool). As her children had their own families, she delighted in watching every stage of her grandchildren's development, always willing to share her wisdom to help her kids be the best parents. She was a dedicated custodian of the family's heritage, passing down stories about where ancestors had come from, the

challenges they faced and the people they became. Audrey enjoyed traveling the globe and never tired of learning about new places and embracing new cultures. Her sense of humor, generosity and willpower enabled her to embrace each stage of life with positive determination. Her family meant everything to her and her passing creates an enormous void for her children, Rhonda (Olivier) Perraudin, Perry (Patty) King and Jon Eric (Mary) King; and grandchildren, Virginie and Xavier Perraudin, Lily, Holden and Ryan King and Julia and Xander King. We will miss her hugely, but take comfort in knowing that Audrey and Don are together again, traveling around Heaven in their beloved Born Free RV, which will never run out of gas or need GPS. Memorial services will be held Monday, February 19, 10:30 a.m., at Westminster Canterbury Chapel, 1600 Westbrook Ave.

Born in the Bronx, NY Dr. Melnick graduated from Cornell University and SUNY Downstate Center Medical School, Brooklyn, NY class of 1954. He interned at Meadowbrook Hospital, Hempstead, NY 1954-1955, and was a Fellow in Radiology and Medical Fellow in Cardiovascular Radiology at University of Minnesota Hospital 1957-1961 and Yale-New Haven Hospital Instructor of Radiology 1963-1966.

Ralph Gutheim, MD '53

Dr. Ralph N. Gutheim, 89, Bradenton, died December 6, 2014. Ralph attended the University of Buffalo for pre-med, and graduated from State University of New York college of medicine in 1953. Shortly after setting up practice, he was instrumental in establishing the first inter-city medical clinic in Rochester, New York.

Elizabeth M. MacDonald, MD '54



Dr. MacDonald died peacefully in her new home on May 19, 2017 after a long illness. She was the beloved wife of Leo J. Macdonald Jr. M.D. Loving mother to Leo J. MacDonald III and his wife Nina of Raleigh, NC, Michael J. MacDonald and his wife Berline of Newport, KY,

Brian C. MacDonald of Lynnfield, Robert D. MacDonald and his wife Elva of Sagamore Beach, and John A. MacDonald and his wife Dawn of VA Beach, VA, and Nancy Rodig and her husband Scott of Westwood. Sister of Marian Ambrosiano of Long Island, NY and Eleanor Hefferin of Ft. Myers, Florida. Also survived by 10 grandchildren.

Robert Stefano, MD '54

STEFANO – Robert T., Dr., (89) a long time resident of Garden City, NY on April 24, 2017. He was a graduate of the College of the Holy Cross and Downstate Medical School. Board certified in Internal Medicine, and Assistant Director of Medicine at Mercy Medical Center, Rockville Centre, NY and practicing Physician at Winthrop University Medical Center, Mineola, NY.

Albert J. Kahane, MD '56

Dr. Albert Kahane passed away on February 15, 2017 at Kaiser Hospital Morse Avenue at age 88, where he had spent 19 years as an obstetrician/gynecologist and as the Physician in Chief from 1976 to 1984.



Sheldon A. Sorokoff, MD '56

Formerly of Hastings-on-Hudson, Sheldon Sorokoff passed away on January 30 in his current home in Hingham, MA. Known for his brilliant mind, compassionate medical work and his quick wit, he is missed by his adoring wife of 58 years, the Reverend Nancy Grant Sorokoff, as well as his three children: son David Sorokoff and his wife Karyn Byrd of New York; daughters Carrie Beth Sorokoff and her husband Richard Segall of Norwell, MA; and Gail Margaret Sorokoff and her husband Matthew Sheahan of Mansfield, MA; his beloved grandchildren Mason and Ella Segall; and his brother Jerome Sorokoff and his wife Sheila Sorokoff of Brooklyn, NY.

Joseph Wind, MD '57

Dr. Joseph L. Wind, 85, passed away peacefully in his home

In Memoriam

November 11, 2016. He was born September 29, 1931 to the late Bernard and Lena (Friedman) Wind. Joe married his wife, Barbara, on October 20, 1984. She survives. Also left to cherish his memory are four children, Deborah (Scott) Brekken of Dallas, TX, Todd (Jaime) Wind of Edina, MN, Lisa (Ryan) Roloff of Chandler, AZ, and John (Shiva) Wind of Berkeley, CA; two stepchildren, Brian Newell of Logansport, IN and John (Angie) Newell of Switzerland, and nine grandchildren.

Seymour Berger, MD '57

Dr. Seymour Berger, 86, of Lakewood, NJ, died suddenly on February 25, 2018, at University Hospital in Newark, NJ. Born in Freehold, NJ, he graduated from Rutgers University, then Downstate Medical Center where he received his medical degree. He served his country as a captain in the United States Army. Dr. Berger was a beloved physician in Lakewood, NJ for over 55 years before his retirement in 2008. He is survived by his loving wife Lucille; Sons, Ira and his wife Linda of Rockville, MD, Clifford and his wife Nancy of Needham, MA, Mitchell and his wife Sandra of Cherry Hill, NJ, and his adored grandchildren, Allison, Steven, Emily, Amy, Stephanie, Evan, Isabelle and Gianna.

Sidney Wechsler, MD '58



Dr. Wechsler was born on October 13, 1934 and passed away on Friday, July 31, 2015. Dr. Wechsler was a resident of Rapid City, South Dakota at the time of his passing. He graduated from Stuyvesant High School. He is survived by his wife Sandi.

Dennis B. Freilich, MD '58

Congregation Shearith Israel mourns the loss of its esteemed member, honorary Trustee and Parnas. Dr. Freilich was a proud veteran of the Navy and a man of great honor. He was a warm and caring friend to all. He served the congregation as Parnas from 1991 -1996. Shearith Israel extends sympathy to his wife Estelle, his children; Benjamin, Jonathan, David and

Elliot, and to the entire family. Louis M. Solomon, Parnas.

Philip Fleishman, MD '61

FLEISHMAN- Philip Robert, M.D., FACP, of Holbrook NY, passed away in his 81st year, on May 25, at home, surrounded by his family. Devoted husband to Anita and cherished father of David Fleishman, Beth Fleishman, and Rachael and Tory Brownyard. Beloved grand-father of Andrew and Madeline Brownyard and brother of Marilyn and Al Lavender.

Renato Prati, MD '61

Dr. Prati passed away on Sunday, December 17, 2017. Dr. Prati was a resident of New Jersey at the time of passing. Dr.



Prati graduated from New York University and received his Degree of Medicine in 1961 from Downstate Medical Center, State University of NY. He proudly served his country during the Vietnam War as a Lieutenant Commander in the United States Navy.

Theodore R. Smith, MD '61

"I am very sad to report that my husband, Dr. Theodore R. Smith, SUNY Downstate '61, died on June 1, 2017. Dr. Smith practiced radiology at Montefiore Medical Center-Weiler/Einstein, in the Bronx, NY, FOR 48 years, and retired as Professor Emeritus in 2015. At the SUNY-Downstate Anniversary Alumni Reunion in May 2011, Dr. Smith was awarded the Harry Z Mellins, MD Master Teacher Award in Radiology. During his time at Weiler/Einstein he published several articles in peer-reviewed journals and a time he was also an editor of "Correction Conferences in Radiology and Pathology" in the New York State Journal of Medicine. In the 1970's, Dr. Smith performed radiology evaluations at facilities in New York and other sites around the U.S. for the Bronx Professional Standards Review Organization, Inc.



Before joining the staff at Einstein Hospital, Dr. Smith served as a Captain in the U.S. Army. Five days after his discharge he married his wife, Doris, and he passed away a few weeks short of their 50th wedding anniversary. He enjoyed (or not) watching the University of Miami Hurricanes football, the NY Yankees and the NY Giants, and playing golf; most of all, he enjoyed spending time with his family. In addition to his wife, he is survived by two sons and five grandchildren.

Teddy is very much missed by all his colleagues, friends and families, and I wanted to share this with the Downstate community.

Donald M. Zarou MD '61

Dr. Donald M. Zarou passed away at NYU Lutheran Medical Center on May 20, 2017. Born and raised in Brooklyn, New York, he was a graduate of Poly Prep Country Day School, where later he served as Chairman of the Board of the Trustees. He earned his Bachelor of Science Degree from the University of Vermont and later graduated from SUNY Downstate Medical School with the Doctor of Medicine Degree.



Charles Gerson, MD '62

Died peacefully at home on May 21 after struggling with illness. He was 80 years old. Raised in Washington Heights, Charles loved playing sports, especially golf, while attending Bronx High School of Science and then at Cornell University. His choice of medicine as a career was a natural result of his interest in science and his general wish to care for people and to protect life. He attended medical school at the Downstate University of New York.



David A. Goldstein, MD '72

David Aaron Goldstein, M.D., who co-founded the Pacific Center for Health Policy and Ethics in 1990 and served as its Co-Director, died on May

22, 2017, at his home, after a year-long illness, at the age of 71. A leader who contributed enormously to the development of medicine at the Keck School of Medicine and the university's private and public hospitals, Dr. Goldstein was a beloved physician, teacher, mentor, and colleague.

Wilsa Ryder, MD '73

Wilsa Jane Ryder, MD, long of Provincetown, departed this life on Saturday, October 28, in Boston, with her family in attendance. She had experienced declining health in recent times, but succumbed to an acute pneumonia, at the Massachusetts General Hospital.

Robert Schultz, MD '74

Robert Schultz, age 69, Marietta, Georgia, died April 20, 2018. The world has lost an incredible husband, father, son, brother, friend, physician, and musician. He was a caring, compassionate, gentle soul and was the ultimate family man. Bob was born in Brooklyn in 1948 and attended Downstate Medical School. He moved to Atlanta in 1978 as the first Pediatric Endocrinologist in the state of Georgia to establish the Diabetes program at Scottish Rite.



Steven B. Fibel, MD '77

Dr. Ken Grossman stated "I, unfortunately, would like to inform you of the death of Dr. Steven Fibel Class of '77 on January 2, 2017, in Laguna Niguel California. No other information is available.

John J. LoCascio Jr., MD '77

Dr. LoCascio passed away on Friday, August 18, 2017, after a short battle with cancer. He was a physician and partner at Mount David Clinical Associates in Lewiston until 1990. He then left his internal medicine practice to work as a medical director in leading global disability insurance companies.



In Memoriam

The Alumni Association compiles a list of people who have passed away each year to be recognized during Reunion Weekend with a moment of silence. This list includes anyone for whom we have received notice of their death since the last reunion. In some cases we do not hear about the passing of an alumnus/a immediately. If anyone has been omitted from this list, please contact the Alumni Association to let us know.

CLASS OF	NAME	CLASS OF	NAME
'36	Harold M. LeBell, MD	'62	Charles D. Gerson, MD
'43	Sidney M. Cohen, MD	'63	Thelma Jones, MD
'48	Guillermo E. Aragon, MD	'65	Arthur H. Young, MD
'48	Stanley E. Gitlow, MD	'67	Rocco R. Ruoti, MD
'51	Audrey C. King, MD	'68	Robert H. Jaros, MD
'51	Thomas E. Perdue, MD	'69	Kenneth E. Roth, MD
'52	Sylvan A. Schot, MD	'71	Kenneth R. Kellner, MD
'53	Marvin C. Kochman, MD	'72	David A. Goldstein, MD
'54	Franklin S. Glickman, MD	'73	Wilsa J. Ryder, MD
'54	Elizabeth K. MacDonald, MD	'76	Lynn A. Beinfield, MD
'56	Sheldon A. Sorokoff, MD	'77	Steven B. Fibel, MD
'57	Maureen K. Molloy, MD	'77	John J. LoCascio, MD
'57	Martin J. Salwen, MD	'77	James L. Perry, MD
'58	Dennis B. Freilich, MD	'79	Steven W. Piecuch, MD
'61	Theodore R. Smith, MD	'90	Christopher P. Lopresto, MD
'61	Donald M. Zarou, MD		

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Let us know what you have been doing recently. Mail this form to: Alumni Association College of Medicine, SUNY Downstate Medical Center, 450 Clarkson Avenue, Box 1204, Brooklyn NY 11203-2098. You can also send your news via e-mail to: alumni@downstate.edu or fax us at: (718) 270-4196.

Name: _____ Graduation Year: _____

Phone: (Home) _____ (Office) _____

Fax: _____ E-mail address: _____

Mailing Address: _____

What I Have Been Doing: _____

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