

Summer 2016

Stony Brook Primary Care

A Practice of Stony Brook Internists

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www.stonybrookphysicians.com 631.444.4630

Dear Patient,

We are so excited to announce the launch of our newsletter! You can look forward to seeing health tips, spotlights on our new doctors, and recipes each month. Additionally, be sure to check the newsletter for upcoming events both at our clinic and in the community.

OUR OFFICE HOURS:

Monday and Friday: 8:30 am - 5:00 pm

Tuesday, Wednesday, Thursday: 8:30 am – 8:00 pm

Saturday: 8:30 am – 3:00 pm

We look forward to seeing you soon,

Your medical team at Stony Brook Primary Care

The FOOD COURT- Healthy recipes for YOU!

Grilled Eggplant Parmesan Sandwich

INGREDIENTS:

- 1 large eggplant, (1 1/4-1 1/2 pounds), cut into 12 1/4-inch-thick rounds
- Canola or olive oil cooking spray
- 1/4 teaspoon salt
- 3 tablespoons finely shredded Parmesan, or Asiago cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 4 small pieces focaccia bread, or rustic Italian bread
- 2 teaspoons extra-virgin olive oil
- 5 ounces baby spinach
- 1 cup crushed tomatoes, preferably fire-roasted
- 3 tablespoons chopped fresh basil, divided



PREPARATION:

1. Preheat grill to medium-high.
2. Place eggplant rounds on a baking sheet and sprinkle with salt. Coat both sides lightly with cooking spray. Combine Parmesan (or Asiago) and mozzarella in a small bowl. Brush both sides of focaccia (or bread) with oil

NUTRITIONAL INFORMATION: Per serving: 291 calories; 8 g fat (2 g sat , 3 g mono); 12 mg cholesterol; 48 g carbohydrates; 12 g protein; 9 g fiber; 756 mg sodium; 526 mg potassium. Nutrition Bonus: Vitamin A (38% daily value), Vitamin C (23% dv), Calcium (22% dv), Potassium (15% dv).



Stony Brook
Medicine

Upcoming Events

Alzheimer's Disease Patient Group

Cognitive stimulation group for individuals in the early stages of Alzheimer's or a related dementia.

Meets: Every Thursday

Time: 1-2:30 pm

Place: Full Gospel Christian Center,
415 Old Town Rd. Port Jefferson
Station

Call: (631) 632-3160

Bereavement Support Group

Open to all patients, family members and staff who have lost a loved one

Meets: 2nd Tuesday of the Month

Time: 7:00 PM

Place: 3 Edmund D. Pellegrino Road,
Stony Brook (Cancer Center
Conference Room)

Call: (631) 444-4000

Important Announcement

Have you signed up for the [Patient Portal](#) yet? Be sure to request your unique access code at the front desk. Having access to the Patient Portal will allow you to have communication with your doctor, request medication refills, and see important test results.



Message Your Doctor

Send a non-urgent* health-related message to your doctor. Messages to and from your doctor's office are secure and private.



Request An Appointment

Request a non-urgent* appointment with your doctor for a time that is convenient for you.



Access Your Health Profile

View medications, immunizations, allergies, procedures, lab results and other current health issues documented during your Stony Brook Medicine visits.



Request Prescription Renewals

Request non-urgent* prescription refills or renewals.

*Do not use MyStonyBrookMedicine for urgent medical matters. IF YOU ARE EXPERIENCING A HEALTH-RELATED EMERGENCY, CALL 911 IMMEDIATELY. If you need immediate attention from your doctor or clinic, call your doctor's office directly.

Doctor's Corner

Meet Dr. Scott Stein!

Q: *Where did you go to school and what is your training background?*

A: - Grew up in Brooklyn

- Stony Brook University for college and loved it out here

- New York College of Osteopathic Medicine for medical school

- St. Luke's/Roosevelt Hospital in New York City for residency in Internal Medicine

- Stony Brook Hospital for fellowship in Geriatric Medicine

Q: *How long have you been working at SBPCC and where did you work before?*

A: Have been at SBPCC as a Fellow and Attending since 2012. Prior to that, I was working as a resident in New York City.

Q: *What do you see as your role in the practice?*

A: I see my role as a primary care physician for any patient from the age of 18-108.

Q: *What are your interests in primary care/geriatrics?*

A: My interests in primary care and geriatrics include smoking cessation, management of obesity/weight loss, management of diabetes, management of depression, and promotion of age appropriate health maintenance.

Q: *What are your interests outside of the office?*

A: I enjoy running, playing baseball/softball, cooking and barbecuing, and travelling around the country.

Q: *What is your family life like?*

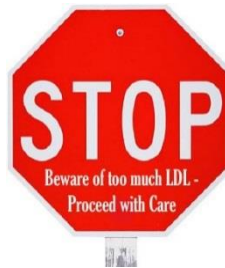
A: I am happily married to my wife Rachel since 2010, and a proud father of two children.

Q: *What do you love about Long Island and Stony Brook?*

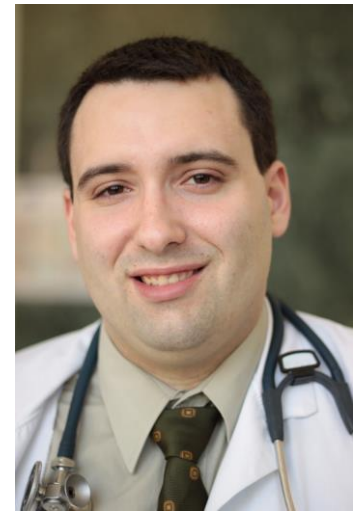
A: I enjoy interacting with the people from our community who come from a diversity of backgrounds (including many NYC transplants like myself). I love travelling all over Long Island, especially Montauk, Port Jefferson, and the North Fork. I really enjoy the strong sense of community and family that is apparent in our suburban community.

Know your NUMBERS

- For "High Cholesterol" Know Your Lipid Profile
- Your Lipid Profile includes several numbers related to your blood cholesterol levels
- Total Cholesterol should be less than 200
- HDL is your Good Cholesterol, should be above 40
- LDL is your Bad Cholesterol: How low it should be depends on your medical conditions
- Triglycerides: Another type of fat, found in blood



Talk to your doctor about what you can do to help lower your numbers



Scott Stein, DO

Alzheimer's Facts

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life.

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior.

More than 5 million Americans are living with the disease.

Alzheimer's disease is the sixth leading cause of death in the United States.

In 2013, Alzheimer's cost the nation \$203 billion. This number is expected to rise to \$1.2 trillion by 2050.

Today, an American develops Alzheimer's disease every 68 seconds. In 2050, an American will develop the disease every 33 seconds.

<http://www.alz.org/>