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**Winter 2017**  
**Patient Centered Medical Home Newsletter**

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# Stony Brook Primary Care

A Practice of Stony Brook Internists

205 North Belle Mead Road, East Setauket, New York  
[www.stonybrookphysicians.com](http://www.stonybrookphysicians.com) 631.444.4630

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## Living Healthy Workshop Series:

**The Living Healthy Workshop Series** is a free peer-held health education program for seniors and people with an ongoing health condition. The purpose of the workshop is to enhance one's skills and ability to manage their health and maintain an active and fulfilling lifestyle. The course is facilitated by two trained volunteers. It is provided at no cost to participants and runs 6 weeks for 2.5 hours each session.

**The program includes:** Decision making and problem solving skills \*Developing and maintaining a safe long-term physical activity program\* Fatigue Management\* Dealing with emotions\* Cognitive management of pain and stress\*Communicating effectively with others\* Using prescribed medications appropriately\* Healthy eating\* Making informed decisions\* Planning for future health care.

**AT: Stony Brook Primary Care**

**DATES: April 12, 19,26 and May 10,17,24**

**DAY: Wednesdays**

**TIME: 9:30-Noon**

**There is NO COST to attend but we ask that you attend for the full 6 weeks**

### REGISTRATION REQUIRED:

[betterchoices@rsvpsuffolk.org](mailto:betterchoices@rsvpsuffolk.org) OR 631-979-9490 ext. 16

Funding is provided by the Suffolk County Office for the Aging

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## Upcoming Events:

### Stroke Support Group

Open to all Stroke survivors and caregivers. Receive encouragement, feedback and inspiration from expert speakers and learn about the many helpful programs and resources available.

**Contact:**

**Eileen Conlon: 631-638-2638**

**Eileen.Conlon@Stonybrookmedicine.edu**

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### Mall Walkers Club:

#### Event Description:

Join us at the Food Court of Smith Haven Mall for some exercise, a complimentary snack, blood pressure screening and an informative health lecture by a Stony Brook expert.

#### Location Information:

Smith Haven Mall - Food Court  
313 Smith Haven Mall  
Lake Grove, NY 11794

#### Contact Information:

**Name: Health Connect**  
**Phone: 631-444-4000**

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### Important Reminders:

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.

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## Doctor's Corner

### Meet Dr. Christopher M. D'Ambrosio

**Undergrad:** Stony Brook University

**Med School:** NYIT College of Osteopathic Medicine

**Training:** Internal Medicine, Stony Brook University

**Practice interests:** Adult Primary Care

**Research Interests:** Obesity Care and Management

**Hobbies:** Going to the gym, playing softball and football, running

### Why did you decide to work/live on Long Island

I chose to work on Long Island because it is near my family and friends. I also recognized the huge need for primary care in Suffolk County. I also had a great experience with Stony Brook University Hospital during my training so I wanted to remain a part of that.

Dr. D'Ambrosio is one of our newest faculty members and will be practicing out of our satellite office in Commack, which will open on March 1, 2017.

500 Commack Road\* Commack, NY \* 11725\* 631-638-0160

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### Know Your Numbers:

BMI (Body Mass Index) measures your weight in relation to your height. A BMI over 25 means that you are overweight and a number over 30 indicates obesity. That extra weight can lead to high cholesterol, heart disease, diabetes, arthritis and other serious illnesses. Talk with your doctor about your BMI and if it is high ask for an Individualized Action Plan to get it to a healthy number. By making goals attainable you can work towards maintaining an ideal body weight.

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### Stony Brook Bariatric and Metabolic Weight Loss Center is accepting new patients.

In addition to surgery, the Bariatric Center at Stony Brook is also offering medical consultation for weight loss. The interdisciplinary team of surgical, medical specialists, cognitive behavioral therapists, nutritionists and exercise specialists advise on the best weight loss program for the patient. The approach is targeted to meet individual needs whether the goal is to lose 30 pounds, 50 pounds or more than 100 pounds. Part of that strategy in addition to surgery includes medical management through diet and exercise plans, counseling, behavior modification and group support.

Surgeons: Dr. Aurora Pryor, Dr. Konstantinos Spaniolas, Dr. Andrew Bates and Dr. Salvatore Docimo

Free Monthly Seminars are offered at Stony Brook Hospital and at the Bariatric and Metabolic Weight Loss Center.

To register for a seminar or schedule an appointment call: 631-444-2274 (444-BARI)

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