
Fall 2016

Patient Centered Medical Home Newsletter

Stony Brook Primary Care

A Practice of Stony Brook Internists

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About the Flu Vaccine and Prevnar Vaccine:

The "flu" is caused by viruses that infect the respiratory tract. Compared with other respiratory infections such as the common cold, the flu causes a more severe illness. Typical flu symptoms include fever, cough, sore throat, runny nose as well as headaches, muscle aches and often extreme fatigue. Most people who get the flu recover completely in one to two weeks but some people develop serious and potentially life-threatening medical complications such as pneumonia. Those at high risk for complications are the very young, the elderly, pregnant women and people with chronic health problems. Please make sure to get immunized against the flu!

There are more than 90 types of pneumococcal bacteria. Pneumococcal conjugate vaccine (Called PCV 13 or Prevnar 13) protects against 13 of the most severe strains. Previously given primarily to children it recently has been recommended to older adults and your physician may be recommending it to you. Vaccination can protect you from pneumococcal disease. Pneumococcal infection can cause ear infections, pneumonia, blood infection, meningitis. Pneumococcal pneumonia is the most common among adults and about 18,000 older adults die of pneumococcal disease each year in the United States. Treatment of pneumococcal infections with penicillin and other drugs is not as effective as it used to be, because some strains of the disease have become resistant to these drugs. This makes prevention of the disease, through vaccination even more important.



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

Mall Walkers

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: HealthConnect
Phone: 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.

Doctor's Corner

Meet Dr. Patricia Ng

Undergrad: Stony Brook University

Med School: Stony Brook University School of Medicine

Training: Brown Internal Medicine

Practice interests: Ambulatory resident training, group patient education

Administrative roles: Internal Medicine Residency Associate Program Director, Primary Care Track Director

Hobbies: Volleyball, running, hiking, dancing, playing the flute

Why did you decide to work/live on Long Island

I grew up on Long Island and love that I can get to a body of water in less than an hour. I also could not pass the opportunity to return to my alma mater and work with all my mentors again!

Know Your Numbers:

The hemoglobin A1c test tells you your average level of serum glucose or blood sugar over the past 2 to 3 months.. It's also called also called a glycosylated hemoglobin. People who have diabetes need this test regularly to see if their sugar levels are staying within range. It can tell if you need to adjust your diabetes medication. The A1c test is also used to diagnose diabetes:

Normal: below 5.7%

Prediabetes: 5.7% to 6.4%

Diabetes 6.5% or greater



Research Study for patients with Prediabetes:

If your doctor has notified you that you have a diagnosis of prediabetes you may be interested in participating in a research study coordinated by Dr. Joshua Miller in the Dept of Endocrinology. The study is being done to learn more about the prevention of diabetes using mobile-enabled tools. Participants will have access to education resources either electronic or paper based.

For more information:

Prediabetes Study

Call: 631-392-8022

E mail:

Diabetes.Research@

Stonybrookmedicine.edu