ABOUT STONY BROOK DIGESTIVE DISORDERS INSTITUTE:

STONY BROOK UNIVERSITY’S DIGESTIVE DISORDERS INSTITUTE, part of Long Island’s premier academic medical center, provides an expert team of board-certified gastroenterologists and hepatologists who perform both routine and advanced diagnostic tests and procedures using the latest technology and state-of-the-art techniques. More than 13,000 endoscopic procedures are performed annually. The Institute comprises three specialized centers: Interventional Endoscopy Center, Gastrointestinal Motility Center and Gastrointestinal Women’s Center. It has been designated as a “Recognized Endoscopy Unit” by the American Society for Gastrointestinal Endoscopy (ASGE).

FOR MORE INFORMATION, VISIT digestive.stonybrookmedicine.edu

STONY BROOK DIGESTIVE DISORDERS INSTITUTE
3 Technology Drive, Suite 300
Stony Brook, New York 11733
(631) 444-5220

Living with Inflammatory Bowel Disease (IBD): What You Need to Know

Stony Brook Digestive Disorders Institute
In Partnership with the Crohn’s & Colitis Foundation

Saturday, April 28
8:30 am to noon
Stony Brook University, Charles B. Wang Center
PROGRAM
Living With Inflammatory Bowel Disease (IBD): What You Need to Know

8:30 am REGISTRATION
Meet the participating doctors. Enjoy a continental breakfast.
Main Lobby

9 am WELCOME REMARKS
Ramona Rajapakse, MD
Theater

9:05 AM SUPPORT AND EDUCATION
Introducing Edda Ransdell, Executive Director of the Long Island Chapter of the Crohn’s & Colitis Foundation of America (CCFA)
Theater

9:10 AM WHAT IS IBD?
Presentation by Ramona Rajapakse, MD
Theater

9:40 AM CURRENT THERAPIES FOR IBD
Presentation by Robert Richards, MD
Theater

10:10 AM BREAKOUT SESSIONS
Choose one session to attend (onsite):

- The Role of Bacteria in IBD — Antibiotics and Probiotics
  Ellen Li, MD
  Chapel

- IBD, IBS or Both — How to Tell the Difference
  Isabelle von Althen, MD
  Room 102

- Treating Kids, Tweens, Teens and Parents
  Jeffrey Morganstern, MD
  Room 103

- The Role of Surgery in IBD
  Paula Denoya, MD
  Room 104

- Coping with IBD
  Leighann Litcher-Kelly, PhD
  Room 103

11 am PANEL DISCUSSION
“Don’t Be Afraid to Ask”
Theater

Sponsored in part by educational grants from: Abbott • Centocor • Prometheus

10:30 am BREAKOUT SESSIONS
Choose one session to attend (onsite):

- The Role of Bacteria in IBD — Antibiotics and Probiotics
  Ellen Li, MD
  Chapel

- IBD, IBS or Both — How to Tell the Difference
  Isabelle von Althen, MD
  Room 102

- Treating Kids, Tweens, Teens and Parents
  Jeffrey Morganstern, MD
  Room 103

- The Role of Surgery in IBD
  Paula Denoya, MD
  Room 104

- Coping with IBD
  Leighann Litcher-Kelly, PhD
  Room 103

11 am PANEL DISCUSSION
“Don’t Be Afraid to Ask”
Theater

Sponsored in part by educational grants from: Abbott • Centocor • Prometheus

MEET THE SPEAKERS

ADULT GASTROENTEROLOGY:

ELLEN LI, MD, PHD. Dr. Li focuses her clinical practice on inflammatory bowel diseases and colon cancer. She received both her medical degree and doctorate from Washington University School of Medicine, St. Louis, MO. After pursuing internal medicine training at Massachusetts General Hospital in Boston, she returned to Washington University for a fellowship in gastroenterology. Dr. Li subsequently joined the faculty as a Professor of Medicine and Director of a NIDDK sponsored Digestive Diseases Research Core Center. Two years ago, she moved to Stony Brook Medicine, where in addition to seeing patients, she leads research into the role of the gut microbiome on digestive diseases.

ISABELLE M. VON ALTHEN, MD. A specialist in women’s gastrointestinal health, Dr. von Althen is an Associate Professor of Clinical Medicine and board-certified gastroenterologist, is a specialist in inflammatory bowel disease. She obtained her medical degree from the Royal College of Dublin, Ireland, followed by an additional two years of training in the United Kingdom, where she obtained Fellowship of the Royal College of Physicians (FRCP). She then pursued an internal medicine residency and gastroenterology fellowship at Lenox Hill Hospital/NYU in New York City. Dr. Rajapakse joined the faculty of Stony Brook Medicine in 2000. In addition to publishing and lecturing widely, she is involved in ongoing clinical trials for IBD and teaches medical students, residents and fellows. Her other clinical interests include general gastroenterology and women’s GI health.

ROBERT J. RICHARDS, MD. Dr. Richards has more than 15 years’ experience in treating gastrointestinal disorders, with specialized expertise on Crohn’s disease and ulcerative colitis. A graduate of New York Medical College, Valhalla, NY, he completed his gastrointestinal training at the Yale University Program of Bridgeport Hospital, Bridgeport, CT. He then went on to Harvard University, Boston, where he obtained a master’s degree in health policy. Dr. Richards has published more than 25 articles in peer-reviewed medical journals. In addition, he also gives numerous local and national lectures on inflammatory bowel diseases.

PSYCHOLOGY:

LEIGHANN LITCHER-KELLY, PHD. Dr. Litcher-Kelly is a health psychologist whose research examines the interaction between the psychosocial environment and symptomatology in people with chronic autoimmune disease. As a Research Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Stony Brook’s Applied Behavioral Medicine Research Institute, she pursues her interest in the relationship between stress and symptom exacerbation/relapse in patients with inflammatory bowel disease (IBD). Specifically, she looks at how this relationship can be moderated using stress-reduction techniques such as relaxation, mindfulness or Cognitive Behavioral Therapy (CBT). Other research interests include conceptualizing chronic illness as a chronic stressor and how this affects the patient’s ability to handle daily stress, and the interaction between psychological risk and resilience factors and environmental triggers to include risk of chronic gut inflammation.

JEFFREY MORGANSTERN, MD. Dr. Morganstern is an Assistant Professor of Pediatrics in the Division of Pediatric Gastroenterology and an expert on pediatric gastrointestinal conditions. A graduate of Dartmouth College, Dr. Morganstern attended Stony Brook University School of Medicine. He completed his residency in general pediatrics at Schneider Children’s Hospital (now Cohen Children’s Medical Center) in 2003, followed by a fellowship in pediatric gastroenterology at The Children’s Hospital in Montefiore. He returned to Stony Brook in 2006, where he currently maintains a busy practice, treating children with a variety of gastrointestinal conditions. Dr. Morganstern has a special interest in inflammatory bowel disease and is involved in a multicenter patient registry dedicated to better defining the natural history of IBD in children and adolescents.

JEFFREY MORGANSTERN, MD. Dr. Morganstern is an Assistant Professor of Pediatrics in the Division of Pediatric Gastroenterology and an expert on pediatric gastrointestinal conditions. A graduate of Dartmouth College, Dr. Morganstern attended Stony Brook University School of Medicine. He completed his residency in general pediatrics at Schneider Children’s Hospital (now Cohen Children’s Medical Center) in 2003, followed by a fellowship in pediatric gastroenterology at The Children’s Hospital in Montefiore. He returned to Stony Brook in 2006, where he currently maintains a busy practice, treating children with a variety of gastrointestinal conditions. Dr. Morganstern has a special interest in inflammatory bowel disease and is involved in a multicenter patient registry dedicated to better defining the natural history of IBD in children and adolescents.

SURGERY:

PAULA DENOYA, MD, FACS. Dr. Denoya is a colorectal surgeon with specialized expertise in minimally invasive surgery, preoperative surgery and anorectal reconstruction. She studied medicine and completed her residency in general surgery at Mount Sinai School of Medicine, NY, and then pursued specialty colorectal surgery training at the Cleveland Clinic in Weston, FL. She is currently a full-time colorectal surgeon at Stony Brook Medicine. Her interests include colorectal cancer, Crohn’s disease, ulcerative colitis, diverticulitis and fecal incontinence. Dr. Denoya teaches medical students, residents and fellows at Stony Brook University School of Medicine and is actively involved in clinical research activities relating to colorectal diseases.

PEDIATRIC GASTROENTEROLOGY:

LEIGHANN LITCHER-KELLY, PHD. Dr. Litcher-Kelly is a health psychologist whose research examines the interaction between the psychosocial environment and symptomatology in people with chronic autoimmune disease. As a Research Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Stony Brook’s Applied Behavioral Medicine Research Institute, she pursues her interest in the relationship between stress and symptom exacerbation/relapse in patients with inflammatory bowel disease (IBD). Specifically, she looks at how this relationship can be moderated using stress-reduction techniques such as relaxation, mindfulness or Cognitive Behavioral Therapy (CBT). Other research interests include conceptualizing chronic illness as a chronic stressor and how this affects the patient’s ability to handle daily stress, and the interaction between psychological risk and resilience factors and environmental triggers to include risk of chronic gut inflammation.

PAULA DENOYA, MD, FACS. Dr. Denoya is a colorectal surgeon with specialized expertise in minimally invasive surgery, preoperative surgery and anorectal reconstruction. She studied medicine and completed her residency in general surgery at Mount Sinai School of Medicine, NY, and then pursued specialty colorectal surgery training at the Cleveland Clinic in Weston, FL. She is currently a full-time colorectal surgeon at Stony Brook Medicine. Her interests include colorectal cancer, Crohn’s disease, ulcerative colitis, diverticulitis and fecal incontinence. Dr. Denoya teaches medical students, residents and fellows at Stony Brook University School of Medicine and is actively involved in clinical research activities relating to colorectal diseases.

PSYCHOLOGY:

LEIGHANN LITCHER-KELLY, PHD. Dr. Litcher-Kelly is a health psychologist whose research examines the interaction between the psychosocial environment and symptomatology in people with chronic autoimmune disease. As a Research Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Stony Brook’s Applied Behavioral Medicine Research Institute, she pursues her interest in the relationship between stress and symptom exacerbation/relapse in patients with inflammatory bowel disease (IBD). Specifically, she looks at how this relationship can be moderated using stress-reduction techniques such as relaxation, mindfulness or Cognitive Behavioral Therapy (CBT). Other research interests include conceptualizing chronic illness as a chronic stressor and how this affects the patient’s ability to handle daily stress, and the interaction between psychological risk and resilience factors and environmental triggers to include risk of chronic gut inflammation.