

# INSIGHTS

The Department of Medicine at Stony Brook University  
Monthly Newsletter

## Welcome!

We are so excited to introduce you to this new venture within the Department of Medicine as a way to bring the different subspecialties together.

2020 and 2021 have challenged us all in unexpected way, but together we continue to strive.

We hope that this newsletter can be a source of inspiration, helpful tips and resources, and generally positive news.

We are pleased to introduce new faculty that have joined our ranks in the past year to help us succeed.

Thanks to COVID, you may not actually know them all, as interactions are now mostly virtual and people are consistently in masks.

So, without further ado, let us introduce you to some of...

## The Faces Behind the Mask



**Glennis Alvarado, MD**  
*Assistant Professor of  
Medicine  
Division of General, Geriatrics  
& Hospital Medicine  
Ambulatory Services*

### Path to Stony Brook

Medical School: SUNY Downstate College of Medicine  
Residency: Mount Sinai Hospital, Internal Medicine  
Clinical Educator/Assistant Professor of Medicine:  
Montefiore Medical Center, Internal Medicine  
Outpatient Primary Care: Duke Primary Care

### In My Downtime

- Avid reader
- Exercising (running/walking)
- Music (Jazz in particular)
- Cooking plant-based meals, writing

### The Last Show I Binged The Queen's Gambit

### Clinical Interests/Areas of Research:

- Patient Advocacy
- Incorporating home visits into the practice and training for IM residency program
- Influence of social determinants on poorly-controlled diabetes

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## The Faces Behind the Mask



**Nancy Azab, MD**  
*Assistant Professor of  
Medicine  
Division of  
Infectious Diseases  
Inpatient and  
Ambulatory Services*



**Michael Gavalas, MD**  
*Assistant Professor of  
Medicine  
Associate Director of  
Outpatient Cardiology  
Division of Cardiology  
Inpatient and  
Ambulatory Services*

### Path to Stony Brook

Medical School: Faculty of Medicine, Ain Shams  
University in Egypt  
Residency: Jamaica Hospital Medical Center,  
Internal Medicine  
Fellowship: Stony Brook University Hospital,  
Infectious Disease

### In My Downtime

- Reading
- Drawing

### The Last Show I Binged Paranormal

### Clinical Interests/Areas of Research:

- General Infectious Disease
- Hepatitis C

### Path to Stony Brook

Medical School: Stony Brook School of Medicine  
Residency: Columbia University Medical Center,  
Internal Medicine  
Fellowship: Mount Sinai Hospital, Cardiology

### In My Downtime

- Music
- Soccer
- Traveling

### The Last Show I Binged The Mandalorian

### Clinical Interests/Areas of Research:

- Sports Cardiology
- Preventative Cardiology
- Hypertrophic Cardiomyopathy

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## The Faces Behind the Mask



**David Hurley, MD**  
*Assistant Professor of  
Medicine  
Division of  
General, Geriatrics &  
Hospital Medicine  
Inpatient Services*

### Path to Stony Brook

Medical School: Albany Medical  
College  
Residency: Stony Brook University  
Hospital, Internal Medicine

### In My Downtime

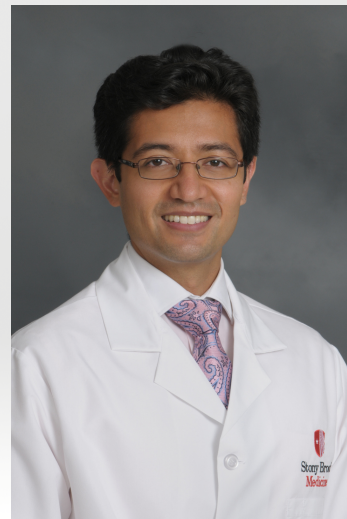
- Skiing, Golfing
- Kayaking
- Grilling
- Riding

### The Last Show I Binged

The Expanse  
The Mandalorian

### Clinical Interests/Areas of Research:

- Quality Improvement (QI)



**Daniel Jamorabo, MD**  
*Assistant Professor of  
Medicine  
Division of Gastroenterology  
and Hepatology  
Inpatient and Ambulatory  
Services*

### Path to Stony Brook

Medical School: Warren Alpert Medical School of Brown  
University  
Internship: University of Massachusetts Memorial Medical  
Center, Internal Medicine  
Residency: Robert Wood Johnson Medical School,  
Internal Medicine  
Fellowship: New York-Presbyterian Brooklyn Methodist  
Hospital, Gastroenterology

### In My Downtime

- Movies
- Reading
- Foodie Excursions

### The Last Show I Binged

The Expanse  
Snowfall

### Clinical Interests/Areas of Research:

- General GI and Hepatology
- Healthcare and Training  
Disparities

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## Upcoming Events:

### What:

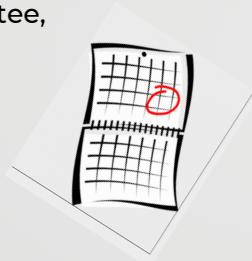
Faculty development committee,  
Academic/Career  
promotion workshop w.  
Dr. Gelato

### When:

June 8th, 6PM

### Where:


Zoom



The Fourth Department of Medicine  
2021 Research Symposium  
Virtual via Zoom  
Friday, May 14, 2021, 1-5 pm

Keynote Speakers:  
Joel Saltz, MD, PhD  
"COVID-19 Data Commons"  
Bettina Fries, MD, FIDSA  
"COVID-19 Vaccines"

Session topics include:  
COVID Manifestations in the GI Tract and Kidney  
Critical Care Medicine  
New Methodologies in Cancer Therapeutics  
Innovative Teaching Techniques  
And more!

 Renaissance School of Medicine  
Stony Brook University

## Don't miss!

Department of Medicine  
4th Research Symposium  
Friday, May 14th  
1PM to 5PM

## Mental Health Corner:

Feeling stressed or overwhelmed?  
Recognize the signs!

Stress: the body's reaction to any change that requires  
response and/or adjustment

- Warning signs differ from person to person
- Physical: Fatigue, muscle aches, headache, nausea, knot in stomach
- Cognitive: Worries, concentration, distraction, ruminating
- Emotional: Fearful, worried, apathy, anger
- Behavioral: uncued crying, isolation, avoidance
- Relational: Arguments, conflict, avoidance, strained relationships

## Healthy Tips of the Month:

### Stay hydrated!

Choose water over drinks with added sugar,  
especially if you live an extra-active lifestyle, are an  
older person, or live/work in hot conditions.



## Mindful Minute:

Mindfulness is a well-known stress reliever, alleviating  
symptoms of anxiety, depression and chronic pain.

Meditation is one popular way to practice mindfulness.  
Consider joining the Mindfulness Meditation Team on  
Microsoft Teams for guided meditations at 8am and 12pm  
weekdays.

## Health Activities of the Month on Long Island:

### Take a trip!

Visit Sunken Meadow State Park. Rte. 25A and  
Sunken Meadow Parkway  
Kings Park, NY 11754

### Content ideas for our next newsletter?

Contact the faculty engagement committee:

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