

Stony Brook Primary Care Newsletter

A PRACTICE OF
STONY BROOK INTERNISTS

Summer 2025



Sunshine & Summer Fun For Everyone!

As the summer season heats up, we want to take a moment to wish you and your loved ones a season filled with sunshine, relaxation, and good health.

While summer brings long days, adventures, vacations, and time with family and friends, it can also come with unexpected health needs—and that's where we come in.

At Stony Brook Primary Care, we're here to ensure your medical and clinical needs are fully covered, from routine check-ups and prescription refills to urgent care and chronic condition management.

Our team is dedicated to keeping you and your family well all summer long and beyond.

So fire up the grill, hit the beach, and soak up the season; we've got you covered!

We are also excited to announce that our next issue will be out this Fall!

Be sure to keep an eye to get the information you need to help prep you for everything from the Flu to Covid-19.

Together, we can make a real difference in the lives of those who need it most. Thank you for your continued support!

Enjoy this month's newsletter!

Yours truly,

Stony Brook PCC

In this newsletter
you can expect:

Tick Bites:
When to Call
for Help

New Faculty
Spotlight

Have You
Scheduled Your
Annual
Medicare
Wellness Visit?

Do You Know?
The Members of
Your Care Team

Practice
Information



Tick Bites: When to Call for Help?

The Infectious Diseases Society of America, the American College of Rheumatology, and the American Academy of Neurology recommend seeking medical attention if all three are true:

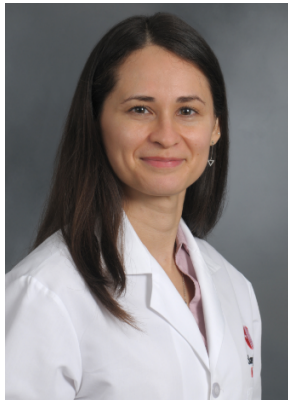
1. The tick was attached for 36 hours or longer
2. It is identified as a deer tick – also called the blacklegged (Ixodes) tick
3. It is in a Lyme disease heavy area

If all three are true, we consider a one-time dose of doxycycline within 72-hours of removing the tick and if there are no reasons you cannot take doxycycline, such as allergy or pregnancy.

No matter what, you should watch for symptoms for many weeks after the bite. Seek medical care if you develop:

Fever, rash, headache, muscle aches, or feel unusually tired. A classic sign of Lyme disease is a red, expanding rash that may look like a bull's-eye, but not everyone gets rash. Rocky Mountain spotted fever and other tick-borne diseases can cause fever and a spotted or petechial rash, and may require urgent treatment.

If you are unsure, please seek guidance and call our nurse line



New Faculty Spotlight

We are pleased to announce that Dr. Diana Lenis has joined our team! She is a graduate of the Stony Brook Hospital Internal Medicine Residency Program. Dr. Lenis started with the practice in Fall of 2024 as a Clinical Assistant Professor in Medicine. She sees patients in our Lake Grove location.



New Faculty Spotlight

We are looking forward to having our own Geriatric Medicine Fellowship graduate, Dr. Nazia Sarker, join the practice in Fall 2025! She will be practicing out of our Commack location.

Have You Scheduled Your Annual Medicare Wellness Visit?

If you are enrolled in Medicare, you are eligible for an Annual Medicare Wellness Visit every 12 months. This visit is a special visit that allows you and your physician to focus on prevention, catch health issues early, and create a personalized wellness plan.

During this visit, your primary care physician will conduct important screening tests such as:

- **Blood pressure check** – to screen for hypertension, a major risk factor for heart disease and stroke.
- **Cognitive screening** – to assess memory and thinking skills and catch early signs of conditions like dementia.
- **Depression screening** – to support mental and emotional well-being, which is essential to your overall health.
- **Hearing screening** – to determine if you need to be assessed for hearing loss
- **Fall risk assessment** – to help prevent injuries and maintain independence.
- **Hearing and vision checks** – to catch changes that may affect your daily function and safety.
- **Cancer screenings** (such as screening for breast, colon, prostate or cervical cancer) – based on your age, gender, and risk factors.
- **Vaccination review** – to ensure you're up to date on recommended shots like flu, pneumonia, shingles, and COVID-19.
- **Home and overall safety review** – to determine if you need any assistance or community services.

Why is this visit important? It helps you and your physician stay ahead of potential health issues, maintain independence, and be as healthy as you can.

A note on billing: Although the Annual Wellness Visit is **covered by Medicare at no cost to you** when used for preventive care only. If you and your physician also address other medical concerns during the same visit, **additional services may be billed**, and you may have a **copay or deductible**. The Annual Wellness Visit can take place in the same month as the previous year. It does not have to occur on the exact calendar day of the previous year.

Call our office today to schedule your Medicare Annual Wellness Visit and take a proactive step toward your health!

Do You Know? The Members of Your Care Team

There are many different members of the healthcare team who work together to deliver care to you and other patients. This team-based approach allows us to provide comprehensive, high quality, efficient, and patient-centered care.

The attending physician has completed all of their medical education and training and is licensed to practice independently. They also oversee patient care and supervise medical trainees.

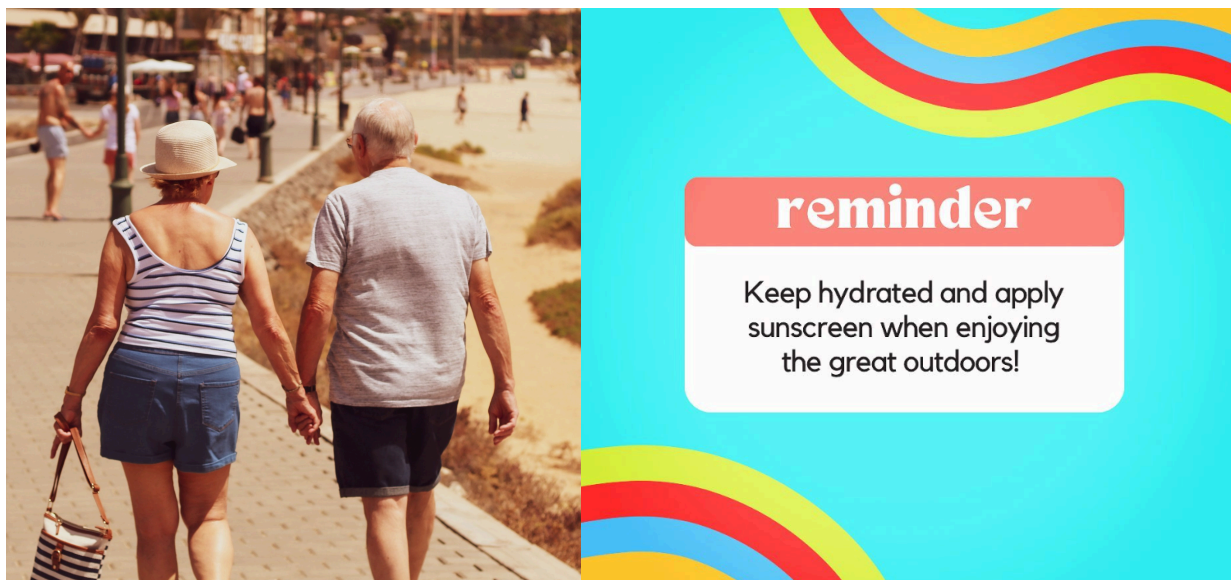
Nurse practitioners (NPs) and physician assistants (PAs) are also licensed to provide similar services to physicians, such as conducting exams, ordering tests, and prescribing medications. NPs and PAs work under the supervision and collaboration of physicians to care for patients.

As Stony Brook Medicine is a teaching institution, there will be Medical Residents as well as Medical Students helping to care for you.

Resident physicians have completed their medical degree (M.D. or D.O.) and are now undergoing specialized training, taking a more active role in diagnosing and managing patient care, presenting cases to the attending physician. In our office, the residents are specializing in Internal Medicine and will be working with us for three years of training. An intern is just a special term for a first-year resident.

Medical students are in the early stages of their clinical training. They are working with the team to observe and participate in basic patient care tasks under close supervision.

Nurses support patient care through education, triage, and coordination, while medical assistants help with administrative tasks and prepare patients for their visits.



Stony Brook Primary Care: Our Practice Locations

Stony Brook Primary Care

205 North Belle Mead Road

East Setauket, NY 117733

Phone: 631.444.4630

Advanced Specialty Care at Commack

500 Commack Road, Suite 103

Commack, NY 11725

Phone: 631.638.0160

Advanced Specialty Care at Lake Grove

4 Smith Haven Mall, Suite 203

Lake Grove, NY 11755

Phone: 631.444.0580

Who We Are:

The Internists and Geriatricians at Stony Brook Primary Care in Setauket, Lake Grove, and Commack provide primary care for adult patients. We are a group of faculty physicians as part of SUNY Stony Brook RSOM who not only care for patients but also serve as medical educators and leaders. As internists we help patients manage their medical problems and provide patients with preventative care and disease prevention to help maintain a healthy lifestyle. All of our physicians are Board Certified in Internal Medicine by the American Board of Internal Medicine (ABIM) and many have additional board certification in Geriatrics.

Our Mission:

We are a group of Internists and Geriatricians who provide the highest quality Team Based Primary Care for all our Adult Patients. Through continuous collaboration with patients, caregivers, specialists and community partners we aim to understand each patient's varied needs with compassion, teamwork, expertise and respect.

Thank you for reading!

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Stony Brook **Medicine**