SBU Professors Lecture on Pain Management

By Gene Tulman
Statesman Editor

Stony Brook University School of Medicine presented the second in a series of seven Mini Medical School lectures entitled “Pain and Suffering: Is Relief in Sight?” on the second floor of the Health Science Center (HSC) on Wednesday. Paul Willoughby, M.D., Assistant Professor of Anesthesiology, and James Weisberg, Ph.D., Associate Professor of Psychiatry, both from the SBU School of Medicine, lectured on acute and chronic pain management, respectively.

Peter Glass, M.D., Chairman of the Department of Anesthesiology at SBU Hospital, voiced a brief comment about pain management at the national as well as international arenas. He mentioned that the World Health Organization (WHO) has recognized pain as a major global medical issue.

“Not only is pain a world health issue, it is also a local issue,” Glass said.

After noting the importance of pain management in contemporary medicine and the University Hospital’s current state of meeting pain alleviating needs of the Stony Brook community, Glass introduced Willoughby, the first speaker of the presentation.

 “[The Mini Medical School lecture series] enables the community to learn more about our medical school and the practices that happen at the university hospital,” Willoughby said. “It also acts as a way to communicate the services that are available and educate the [members of the] public so that they are better consumers in the healthcare market.”

After defining pain as “an unpleasant sensory and emotional experience,” Willoughby went on to describe the main goals of acute pain management in terms of normalcy, pain relief and improvement of function.

Willoughby suggested that an individual’s perception of pain is a subjective phenomenon. “It is difficult to predict necessary [pain medication] dosage,” Willoughby said.

According to Willoughby, PCA machines provide the most efficient means of managing pain, maximizing patients’ comfort levels.

After concluding his portion of the presentation, Willoughby introduced Weisberg, the second speaker of the lecture.

Weisberg started out his segment of the presentation by noting a significant distinction between acute and chronic pain. He explained that acute pain is often characterized as the five midwives now practicing at the hospital are graduates of that class.

There are midwives who do perform home births, but the practitioners at Stony Brook do not. They said that they believe a hospital is a safer atmosphere for the patient.

Years ago, midwives were usually uneducated women who resembled the Midwife Monopoly and 12 other midwives who performed their duties. Today, however, most midwives have at least college educations, and many have masters degrees to supplement their skills.

Regardless of their level of education, midwives working in the hospital at Stony Brook will only aid in childbirth with a physician present, in case of any sort of complication.

The practice of midwifery yields fewer interventions and has better outcomes for the mother and child than an M.D. working unassisted, Frey said. Midwives are also generally paid less than the M.D.s they work with. Despite this, midwives said they take their responsibilities very seriously, and feel it is an honor to perform the duty.

“We pride ourselves on patient satisfaction,” Frey said.

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Mini Medical School Talk on Pain Management

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being prevalent for less than six months in any given patient. On the other hand, chronic pain usually lingers, sometimes for more than six months.

"There are differences between chronic and acute pain," Weisberg said. He pointed out that some 75 to 80 million Americans currently experience chronic pain. Thus, according to Weisberg, chronic pain is a significant issue in contemporary healthcare that must be addressed.

"We are not doing a good job in this country of managing pain," Weisberg said. "What patients need is pain, in itself, is a significant problem for millions of medical patients in the United States as well as in the rest of the world."

He proceeded to express how pain management is often ignored by the members of the healthcare community, noting that most patients have nothing to gain from their cries of pain. Weisberg emphasized that even though perception of pain is a subjective experience, in itself, is a significant problem for millions of medical patients in the United States as well as in the rest of the world.

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"There is not much incentive to appear to be sick, despite some people's impression that there is," Weisberg said.

He went on to stress the relevance of viewing pain management from a biopsychosocial perspective, a model considering patients' biological, psychological and social pain experiences.

"Pain management is not a privilege, it's a right," Weisberg said.

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Grandson of Gandhi to Give Talk at SAC

By AUDREY WILLIAMS JUNE
The Chronicle of Higher Education

Grandson of Gandhi to Give Talk at SAC

Budget Impasse Could Squeeze Bioterrorism Research

By JEFFREY BRAINARD
The Chronicle of Higher Education

Harvard Management Co. Charged in Debt-Shrugging

By AUBREY WILLIAMS JUNE
The Chronicle of Higher Education

The company that manages Harvard University's endowment formed an "off the book" investment unit a year ago - a move that has drawn criticism from activists who say the university is using techniques that were once used to evade taxes and may be used to avoid accountability in investment decisions.

Harvard Watch, a group that has been documenting the University's investments, on Wednesday released a report that describes a $2.1 billion investment unit created last year by Harvard Management Company. The report said the company had invested in a $2.1 billion unit that was designed to shield the University's investments from public scrutiny.

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I’m Hungry, But Where Can I Eat?

BY TED LAI
Statesman Staff

It’s 12:30 and you are basking in the sun outside Javits. You have just come out of a grueling lecture, and you finally have some time to tend to your crying stomach. You take out your Motorola V70 and contact everyone you know on campus seeing if any of them want to meet for lunch.

So after inviting thirty people to lunch, you have a group of five willing and ready to dine on the finest cuisine offered by Campus Dining. It is now 12:45; the next question is, where to eat?

Everyone has class in about an hour, so the destination has to be quick and dirty. That means Roth, Campus Connection, and Kelly are out because the walk is just too far. The only other options are the SAC and the Union.

Humanities is now closed for renovations so the only meal now offered there is a nice serving of asbestos. That’s not too appetizing to me.

The SAC seems like the logical choice because it’s the closest to Javits. So the group meanders its way through the crowds and finally makes it to the SAC. There they run into the first problem plaguing this campus: the SAC doesn’t accept meal plans during 11:30 to 2:00 on weekdays, except Wednesday during Campus Lifetime.

This has to be by far one of the most ridiculous rules on campus. With the options already limited, meal plan holders have little choice of where to eat. So now the group makes its way to the Union.

There they encounter the next problem facing this campus: a huge crowd waiting in line for food. This problem is caused by a simple concept taught in any intro business class: supply and demand. Enrollment on this campus is going up while the food establishments are going down. The crowding problem is not only in the Union; it can also be found in the SAC and other dining halls on campus. Just walk into SAC during lunch or dinner time, and it’s more packed than a can of tuna.

Waiting in line for food takes more time than the actual meal itself. Something has to be done about this. Other establishments have to be set up to alleviate the dining dilemma facing this campus.

Here are a few suggestions of mine that might alleviate the problem. Maybe those food carts in the library.
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Op-Ed: Israeli Revenge Killings

Continued from Page 6

or sniper bullets as they played or were at home.

Amnesty noted that not one single judicial investigation into the murder of children by Israeli soldiers had been carried out, even in cases where the Israeli government had felt obliged to promise an inquiry. In the case of the nine children killed by the bomb in July, Sharon had hailed the operation as a "significant operation" that had resulted in one arrest.

Israel's delight in congratulating its military on the slaughter they carried out, even in cases where the lives of the soldiers were not at risk," Amnesty said.

Amnesty also criticizes the Palestinians, saying that Israel's behavior cannot justify revenge killings of children or civilians by Palestinian groups. However, it points out that if the Palestinian plea for international monitors had been heeded, most of the children's lives might have been saved. But Israel is determined not to allow monitors to come between its soldiers and their designated victims.

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A THOUGHT FROM
RABBI ADAM

In Jewish philosophy there are 2 kinds of hate. There's "hate" and then there is "wanton hate", known in Hebrew as "sinas chinum". Now "hate" is just the extreme expression of dislike. For one reason or another, a person may not like something, and it could be so much that they may actually "hate it". However, "sinas chinum", loosely translated as "wanton hate", is different. For one, it is a kind of hate that exists between individuals, organizations or groups of people. "Sinas chinum" does not stem from a particular point of contention that hurt the individual or prevented the individual from success so that one could say that this individual's hate has a justification. But rather, "sinas chinum" is wanton hate. Hate for no reason except that there is an "other" with whom they must share the limelight. It's a hate where one just can't stand the "other" for no reason at all but because they are just there, with them, in the limelight.

Now, how would one know whether their own feelings of hate for another individual, organization or group is "sinas chinum" ("wanton hate") or "hate" that stems from a point of contention? The latter, after all, can be rectified through reconciliation. But since the average person in a rational individual, they most probably have a list of reasons why their hate is justified. But if you analyze this so-called "list", it will fail to our how if any of these accusations could warrant such extreme hate. Such extreme tension and bad-mouthing. And, of course, it's a real giveaway that they are hating just for hate's sake. And it all stems from their feeling that they alone should exist in the limelight and none other. They can't imagine a situation that allows for both to be successful on their own right. No, it's gotta be them or nothing. And that, my friends, is "sinas chinum"!

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"Shut Up, Michael Cole!" and Other Thoughts

BY MICHAEL ASHER

This week I’ll be taking a critical look at the most heard-from superstars in the WWE today - the commentators. They come in two varieties, the color commentator who offers up comic relief and the play-by-play man, who plays it straight and concentrates on what is happening in the ring. Monday night offers up Jim Ross (J.R.) and Jerry "The King" Lawler. Ross is the play-by-play man, and he’s been doing it since before most of us were born. I can’t find too many negative words to say about Ross. He comes out every week, and plays the perfect counterpart to The King’s over-the-top character. He calls the action perfectly and doesn’t mistake the names of common wrestling moves.

My only complaint after watching Jerry Lawler has thankfully toned down his horniest, dirty-old-man routine in recent weeks. His over the-top character is often as insightful as it is humorous. He’s been in the ring a lot, and knows from personal experience what it’s like. His "Brooklynite" philosophy is laugh out loud funny.

Finally, I’d like to offer a bit of advice to the WWE’s commentators, and settle some contention. Certain moves will only get a two count, always. There is no reason, for example, to declare the match over when RVD goes for the pin after the rolling thunder, or Chris Benoit attempts a cover after his flying head butt. Unless Vince McMahon suddenly becomes faithful to Linda, these moves will never receive a three count.

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“What if?” scenario of the week: What if... instead of Vince McMahon accepting meal plans. Maybe with that new... change in the SAC, the commuter lounge in the library can be converted into a food court. Maybe we can have vendors walk around, like at baseball games, selling food. Or perhaps we could have concession stands scattered around the academic mall.

What would be ideal would be for the SAC to lift that ban on meal plans. They should also expand the food court in the SAC, because it has obviously run down what a god-awful retard Michael Cole is. His shock at a heel’s evil-doing is beating of his life. Cole is supposed to be the play-by-play man, but he doesn’t know the name of any wrestling moves! He’s been doing it since before most of us were born. I can’t find too many negative words to say about Ross. He comes out every week, and plays the perfect counterpart to The King’s over-the-top character. He calls the action perfectly and doesn’t mistake the names of common wrestling moves.
Shanghai Ballet Company Dances Up a Storm

By Megan Langille
Senior Staff

On Sunday evening, Oct. 6, the Shanghai Ballet Company performed the full-length three-act ballet Coppelia at the Staller Center. This whimsical story ballet is set in Galicia, Poland. The main character, Swanilda, is jealous of the toy-maker’s daughter Coppelia because she sees her fiancé Frantz blow a kiss to Coppelia. She enters the toy-maker’s house accompanied by several friends. They soon discover that Coppelia is actually a puppet.

The toy-maker happily around the workshop and play with the dolls and toys. When the toy-maker returns home he angrily turns them away. Swanilda hides behind curtains where Coppelia is, with out being seen. Suddenly, Frantz appears and professes his love and devotion for Coppelia.

When he is finished with the spell, Swanilda, dressed as Coppelia, begins to dance. She dances her pleasant solo as a doll coming to life with stiff, mechanical motions. The toy-maker falls to his knees weeping for joy. As Frantz begins to awaken, Swanilda opens the curtains and reveals the puppet Coppelia sitting on her wooden base. Frantz is horrified, and the toy-maker realizes he has been tricked. In the third act, Swanilda and Frantz reconcile and are married. A day of celebration commences where the whole village dances joyously under the union of Swanaida and Frantz.

Coppelia exudes a light-hearted spirit of comedy. One can immediately sense this in the movements of the dancers. In one scene, dolls in the toy-makers factory, played by members of the company, dance mechanically. They move as if they were dolls, in a stilted and rigid fashion. They exhibit great control over their movements.

After Swanilda and her friends realize Coppelia is in fact a doll they dance happily, every movement is extended and technically impressive, while at the same time they play with the dolls in the toy-makers shop. There is no sense of seriousness and drama. When Swanilda pretends to be Coppelia she dances as a doll come to life. Initially she can barely move her arms and legs, but by the end of the scene, she performs a dazzling solo with fluidity and grace.

The group dances were wonderful. The stage was lit up in storm of bright colors and dancers from every direction whirled and twisted with energy and vibrance. Especially in act three, the audience could feel the intensity of the performance as several scenes in a row featured fast-paced dancing with most of the company.

Also, Swanilda and Frantz danced a delicate, beautiful scene together to promise their love and unity. Both wore pure white costumes. They began the scene dancing alone, and by the end were accompanied by a small group of dancers who accented the performance with simultaneous spins and jumps. As the performance ended, the audience expressed its delight with a standing ovation.

The Shanghai Ballet was founded in 1979 and performs a variety of ballets including Giselle, Swan Lake, Romeo and Juliet and Coppelia. The company places importance on the creation of folk-style ballets and has performed several. Dancers of the company have won a total of 24 medals in international dance competitions. The company is very active and has traveled to Japan, Korea, New Zealand and the United States. The performance at the Staller Center was beautiful and entertaining.

If you missed it, pick up a program for the 2002-2003 season available at the box office in the Staller Center, or call 632-ARTS, so as not to miss the next Staller performance. Stony Brook students receive a discount on tickets.

The Colors and Styles of Fall 2002

By Jessica Landress
Senior Staff

With the end of hot summer nights and long days at the beach, the changing of leaves means more than fall to many fashion conscious students. With the beginning of the autumn season comes a whole new slew of colors, fabrics, and designs that are sure to grab the attention of those around you.

In past years, fall clothing was associated with the rich tones of nature and the warmth of the anticipated holiday season. Colors such as dark brown, burgundy, and marigold were always in the stores, as well as fluffy sweaters and corduroy pants. However, this year, fall has a few twists and turns that are sure to kick up your fall wardrobe and add some flare to your life. Whether you are shopping in the Hamptons or at the Smithaven Mall, you are sure to find some of fall’s essential pieces at a budget or luxury price.

Majestic purple, the color that is usually associated with royalty, is a hot color this fall. You can invest in a floor length cashmere coat, or just a fringed belt, but either way the touch of purple adds life to any outfit. Or, give yourself the imperial treatment and have your nails polished in a deep purple hue.

Corduroy pants, skirts, and jackets are back and bigger than ever! You can also find a ton of corduroy accessories such as belts, purses, and shoes. The designers of Theory made great corduroy suits in a variety of colors, DKNY makes a knee-length skirt with a flared bottom, and H&M always has excellent knockoffs at student friendly prices.

The retro seventies look is another theme found all over stores nationwide. Whether you are going for a sweet southwestern look, or a sexy lace and leather outfit, there are a few tips and tricks to keep in mind. First of all, don’t overdo it. To get a great southwestern look, pair a cream cashmere sweater with a pair of dark bell-bottoms, add a camel colored fringy belt that has a few feathers and beads with pointy leather boots and a suede purse. For a racier look, you can pair a black knee length lacy skirt with a white blouse and look great. There is no need to make the whole outfit lace, a touch here or there will do just fine.

The mixing and matching of fabrics and colors is another fall fashion statement. Wear suede Gauchoes with a silk blouse and high slouch boots, or get a velour sweatshirt in your favorite color. Brown worn with pastels, as well as rich tones mixed together, both look fabulous this season. Faux fur, corset tops, and lace up pants are also fall must-haves.

More important than what you put on your body, the best way to look completely fashionable is to be comfortable in your body. It is the clothing’s job to fit you, not your job to fit the clothes. Wear the size that is right for you and be proud of how you look in it. There are styles that flatter every figure, so find which ones work best for you.