

Regional Tick-Borne Disease Resource Center

Dear Friends,

We are pleased to bring you our 2018 Annual Report—a look back at our accomplishments and major initiatives from last year.

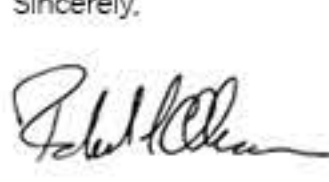
Our “help line” nurse reports that calls to 726-TICK exceeded 800 in number, and came from all over New York State, the entire U.S. and even internationally. Our educational outreach lectures continued to be in high demand. We were invited to speak at over forty organizations and civic groups, venturing even farther west on Long Island. We sponsored two major medical symposia for physicians, including the first-ever designed exclusively for pediatricians. We pioneered a new partnership program for at-risk worker education with the Suffolk County Parks Department and the Town of Riverhead providing hundreds of employees, at their job site, critical information regarding tick species, the diseases they may carry, as well as strategies for tick bite prevention and free tick removal kits. In 2019, we hope to continue to roll out more of these partnerships with local town governments on the East End. Our participation in research studies continues with two major universities. A number of local residents have

volunteered to be a part of this research assisting in the quest for a rapid diagnostic test for Lyme disease.

Since joining Stony Brook Medicine, we have also begun to access the wealth of resources available at the region's only Academic Medical Center.

As the Tick-Borne Disease Resource Center enters our sixth season, I want to extend thanks to all of our generous donors, our medical staff, and also our local government officials who continue their enthusiastic support of our programs. In the months to come, we expect to be able to announce even more exciting news about the continued growth of our Regional Tick-Borne Disease Resource Center.

Sincerely,



Robert S. Chaloner
Chief Administrative Officer
Stony Brook Southampton Hospital



Our Mission

The Regional Tick-Borne Disease Resource Center at Stony Brook Southampton Hospital educates the public, promotes collaboration in the medical community, and facilitates access to diagnosis and treatment of tick-borne diseases. Established in 2014, the Center has become a vital resource for both the public and medical community, providing education and guidance on treating Lyme and other tick-borne diseases. The Center also raises public awareness in the community by holding periodic educational symposia that are designed to educate and inform.

In 2019...

- Continue to host free public informational events and further expand our outreach into Western Suffolk County.
- Continue professional education and collaboration opportunities for physicians.
- Continue supporting “Tick Wise” educational programs for children.
- Continue to partner with local town governments and businesses to provide education and prevention-awareness to their at-risk employees.
- Continue our outreach to the Hispanic community in conjunction with Stony Brook Medicine.
- Continue to participate in an NIH-funded study at Rutgers-New Jersey Medicine and research studies being conducted at Stony Brook University.
- Continue to provide input to Suffolk County’s Tick Control Advisory Committee regarding medical challenges faced by East End residents who are suffering from Lyme and other tick-borne diseases.

Medical Symposium

Our second annual day-long medical symposium for physicians, sponsored by the Regional Tick-Borne Disease Resource Center, Stony Brook Medicine, and Stony Brook Southampton Hospital’s Residency Program in Social Medicine, was held on October 4. A standing-room only audience filled Duke Auditorium at the Stony Brook Southampton College campus where seven presenters addressed “Acute Lyme Disease—Management in an Endemic Area.” Educational objectives of the seminar covered tick etiology and tick-borne pathogens, differential diagnosis of infection-induced arthritis, review of Erythema Migrans (EM) rashes, current and future laboratory tests, neurologic Lyme disease, Lyme carditis and the Alpha-gal meat allergy. Program presenters included:

- Jorge L. Benach, PhD, Toll Distinguished Professor, Department of Molecular Genetics and Microbiology, SUNY Stony Brook University, “The Tick-Borne Disease Epidemic.”
- Patricia K. Coyle, MD, SUNY Stony Brook School of Medicine, Vice Chair and Professor of Neurology, “Lyme Disease and the Nervous System.”
- Allen C. Steere, MD, Harvard Medical School, Professor of Medicine, Director of Translational

Research in Rheumatology at Massachusetts General Hospital, “Lyme Arthritis, 40 Years After its Discovery.”

- Steven E. Schutzer, MD, Professor of Medicine at Rutgers-NJ Medical School presented “Laboratory Tests for Lyme Disease.”
- Bernard W. Berger, MD, Dermatologist in private practice, and pioneering researcher of the EM rash, “Erythema Migrans and its Imposters.”
- Erin E. McGintee, MD, Allergist and Immunologist at ENT and Allergy Associates, “Alpha-gal Meat Allergy: A Novel Food Allergy Caused by the Lone Star Tick.”
- Travis J. Bench, MD, Clinical Assistant Professor in the Department of Cardiology at Stony Brook Heart Institute, “Lyme Carditis.”

Additionally, the symposium concluded with an open discussion led by Erol Fikrig, MD, Professor of Medicine at Yale University. Also participating on the panel were: Craig Roy, PhD, Yale University School of Medicine, Samuel Miller, MD, Professor of Microbiology, University of Washington School of Medicine, and Justin Radolf, MD, Professor of Medicine and Pediatrics at UCONN Health.



Photo Information

- Presentation of Hamptons Invitational Pro Am charitable donation: Dennis Suskind, Edward Burke, Jr., Robert Chaloner, CAO, and Rick Hartmann of Atlantic Golf Club.
- Town of Riverhead Water Department employees with Nurse Rebecca Young, RN.
- At the July public program (from left) Rebecca Young, RN; Patricia Coyle, MD; Anna-Marie Wellins, DNP; Robert Chaloner, CAO; “Deerdras” the deer tick; Saul Hymes, MD; Scott Campbell, PhD; Jerry Simons, RPA-C.
- Scientist and Physician Presenters at the Lyme Disease Symposium for physicians in October.
- Presenting the New York State Grant: NY State Senator Kenneth LaValle; NY State Assemblyman Fred Thiele, Jr.; Rebecca Young, RN; Karen Wulffraat, Administrative Director; Robert Chaloner, CAO.

In 2018...

800+

calls were received from people near and far seeking advice from the tick “Help Line” nurse.

3,000

CHILDREN WERE REACHED WITH THE “TICK WISE” EDUCATION AND PREVENTION MESSAGE AT LOCAL PUBLIC AND PRIVATE SCHOOLS, SUMMER CAMPS, LIBRARIES AND MUSEUMS ON THE EAST END IN CONJUNCTION WITH EAST END TICK & MOSQUITO CONTROL AND APRIL BOITANO, MSED.

PARTNERED WITH THE SUFFOLK COUNTY DEPARTMENT OF HEALTH TO BRING TICK DISEASE EDUCATION AND PREVENTION CLASSES TO ALL SUFFOLK COUNTY PARKS DEPARTMENT EMPLOYEES.

SINCE 2015 OVER **6,000** TICK REMOVAL KITS WERE DISTRIBUTED FREE TO COMMUNITY MEMBERS & VISITORS.

40

PUBLIC EDUCATIONAL OUTREACH EVENTS FOR ADULTS WERE HOSTED IN SUFFOLK COUNTY, REACHING THOUSANDS OF RESIDENTS AND VISITORS.

MEDICAL SYMPOSIUM

DESIGNED ESPECIALLY FOR SUFFOLK COUNTY PEDIATRICIANS, FEATURING SAUL HYMES, MD AND CHRISTY BENERI, DO, FROM THE LYME AND TICK-BORNE DISEASE CENTER AT STONY BROOK CHILDREN’S HOSPITAL.

PARTNERED WITH THE TOWN OF RIVERHEAD, THE FIRST TOWN ON LONG ISLAND TO ADDRESS THE IMPORTANCE OF TICK DISEASE EDUCATION AND PREVENTION FOR THEIR AT-RISK EMPLOYEES. TRAINING AND TICK REMOVAL KITS PROVIDED OVER FOUR DAYS IN THE HIGHWAY, BUILDINGS AND GROUNDS, PARKS AND RECREATION, SEWER, AND WATER DEPARTMENTS, PLUS GENERAL EDUCATION FOR ALL EMPLOYEES AT THE TOWN HALL.

4 Tick Myths!

1 “Lyme disease always causes a bull’s eye rash.”

Actually, less than 50% of patients develop the classic erythema migrans (EM) rash. In addition to checking for ticks and rashes every day, watch for flu-like symptoms, headache, stiff neck, and muscle aches during the spring, summer and fall.

2 “If you’re not around deer you don’t need to worry about Lyme disease.”

Blacklegged ticks (deer ticks) carry the bacteria that causes Lyme disease. These ticks feed on mice, chipmunks, squirrels, birds and other mammals, including your pets. Also, ticks don’t fly or drop from trees. Just because you’re not around deer, it doesn’t mean you’re not at risk.

3 “Ticks have to be attached to you for 24 to 36 hours before you can become ill.”

Don’t wait. Remove the tick with fine tipped tweezers. There is a very rare virus that is a tick bite in a matter of minutes. Why take the chance? Get that tick off you right away.

4 “A tick’s bites hurt.”

A tick’s mouth has barbs that hook firmly into your skin. Then the tick injects an anesthetic that numbs the area, and an anticoagulant that helps your blood to flow. You probably won’t feel it happen.

Contact us with questions

Website
EastEndTickResource.org

Help Line
(631) 726-TICK

To support the Regional Tick-Borne Disease Resource Center

Please call (631) 726-8700, Ext. 5



Our “Help Line” nurse, Rebecca Young, RN, BSN, fielded over 800 calls from the public in 2018. Callers receive expert advice on tick removal, help understanding laboratory results, and when appropriate, referrals to physicians and other medical professionals. Rebecca is also a popular lecturer going out into the community giving educational talks on Lyme and tick disease. Calls to the Regional Tick-Borne Disease Resource Center originate from all over New York State, the U.S. and also internationally.

Medical Advisory Panel

TRAVIS BENCH, MD
CARDIOLOGY

CHRISTY COOLIDGE, PHD
PSYCHOLOGY

RALPH GIBSON, MD
INTERNAL MEDICINE

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WILLIAM B. KERR, MD
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MAX MINNEROP, MD
EMERGENCY MEDICINE

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RHEUMATOLOGY

GERALD T. SIMONS, RPA-C
FAMILY MEDICINE

REBECCA YOUNG, RN, BSN
INFECTION CONTROL

ANNA-MARIE WELLINS, DNP
FAMILY MEDICINE

FREDRIC I. WEINBAUM, MD,
COO, CHIEF MEDICAL OFFICER

Scientific Advisory Panel

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PATRICIA K. COYLE, MD
SUNY STONY BROOK SCHOOL OF MEDICINE

STEVEN E. SCHUTZER, MD
RUTGERS-NEW JERSEY SCHOOL OF MEDICINE

SCOTT R. CAMPBELL, PHD
SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES

Administrator

KAREN C. WULFFRAAT
ADMINISTRATIVE DIRECTOR

REGIONAL TICK-BORNE DISEASE RESOURCE CENTER,
STONY BROOK SOUTHAMPTON HOSPITAL (631) 726-0452



Thank You to Our Major Supporters

JONATHAN MCCANN
HAMPTONS INVITATIONAL CHARITABLE FUND
ATLANTIC GOLF CLUB
NEW YORK STATE DEPARTMENT OF HEALTH GRANT
BRIAN KELLY, EAST END TICK & MOSQUITO CONTROL
AVRAM RESEARCH FOUNDATION
GAISMAN FOUNDATION, ERIC WALDMAN
BRIDGEHAMPTON ASSOCIATION
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