Dear Friends,

As you read through this Annual Report you will see that the scope of our activities took a big leap forward in 2017. The call volume to our “Help Line” more than doubled over the prior year. Rebecca Young, RN, BSN, spoke with over 900 callers seeking advice. Our physicians spoke at 34 community venues all over eastern Long Island. The “Tick Wise” program for children, as developed by April Boitano, MSED, with support from Brian Kelly at East End Tick and Mosquito Control and our Resource Center, held an equal number of programs educating 1,000 school-age children at summer camps, schools, museums and libraries. Our popular Tick Removal Kits were distributed to 3,000 people in the last year.

We have partnered with the New York State Department of Health Services to hold educational forums throughout Suffolk County, and provided 500+ school nurses with Tick Removal Kits. We believe they can be at the front line of tick-disease prevention, as schools are where children recreate and participate in outdoor sports.

As we enter our fifth season, I want to extend thanks to all of our generous donors, our medical staff, and also our local government officials who have been most supportive of our efforts.

Sincerely,

Robert S. Chaloner  
Chief Administrative Officer  
Stony Brook Southampton Hospital
In 2017...

900+
calls were received from people near and far seeking advice from the tick “Help Line” nurse.

HOSTED AN AT-CAPACITY PUBLIC PANEL DISCUSSION ON ALPHA-GAL, THE MEAT ALLERGY CAUSED BY A BITE FROM A LONE STAR TICK, WHICH FEATURED NATIONALLY-RECOGNIZED PIONEERING RESEARCHER, SCOTT P. COMMINS, MD, PHD, FROM THE UNIVERSITY OF NORTH CAROLINA, AND OUR LOCAL ALPHA-GAL EXPERT, ALLERGIST ERIN MCGINTEE, MD.

34
PUBLIC EDUCATIONAL OUTREACH EVENTS WERE HOSTED IN SUFFOLK COUNTY. CLOSE TO ONE THOUSAND RESIDENTS AND VISITORS ATTENDED.

3,000
FREE “TICK KITS” WERE DISTRIBUTED TO COMMUNITY MEMBERS AND EAST END VISITORS.

35 “TICK WISE” EDUCATIONAL PROGRAMS WERE SUPPORTED FOR ELEMENTARY AND HIGH-SCHOOL CHILDREN IN LOCAL PUBLIC & PRIVATE SCHOOLS, SUMMER CAMPS, MUSEUMS AND LIBRARIES ON THE EAST END IN CONJUNCTION WITH EAST END TICK & MOSQUITO CONTROL AND APRIL BOITANO, MSED.

500
TICK REMOVAL KITS WERE SUPPLIED TO EVERY SCHOOL NURSE AT ALL 150 PUBLIC AND PRIVATE SCHOOLS IN SUFFOLK COUNTY.

HELPED COMBAT THE TICK-BORNE DISEASE EPIDEMIC THROUGH PARTICIPATION WITH THE SUFFOLK COUNTY TICK CONTROL ADVISORY COMMITTEE.

CONTINUED PARTICIPATION IN AN ONGOING NIH-FUNDED STUDY AT RUTGERS-NEW JERSEY MEDICINE IN SEARCH OF A RAPID-RESULT DIAGNOSTIC TEST FOR LYME DISEASE.

SUPPORTED STONY BROOK UNIVERSITY’S RESEARCH STUDY ON THE INCIDENCE OF LYME DISEASE IN THE EAST END HISPANIC POPULATION.

In 2018...

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 2018...

- 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 our outreach to the Hispanic community in conjunction with Stony Brook Medicine.
- Continue to participate in a 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.
A medical symposium on tick-borne disease sponsored by Stony Brook Medicine, the Hospital’s Regional Tick-Borne Disease Resource Center, and Stony Brook Southampton Hospital’s Residency Program in Social Medicine attracted over 120 attendees from the medical community in late September. The free, day-long event was held at the Stony Brook Southampton College Campus where presenters provided a detailed look at the current topics of critical importance when diagnosing and treating Lyme and tick-borne disease.

Educational objectives of the symposium included an understanding of tick-borne disease immunity and the development of a vaccine effective against multiple pathogens; a review of the neurological Lyme disease syndromes, diagnostic work-ups and principles of treatment for neurological involvement; delayed symptoms induced by the Alpha-gal food allergy and an understanding of the diagnostic process and limitations to testing; and the options for laboratory tests, local frequency of the most common tick-borne infections, co-infection rates and newly emerging pathogens.

Program presenters included:
- Erol Fikrig MD, Yale University School of Medicine, Waldemar Von Zedtwitz Professor of Medicine (Infectious Diseases) and Professor of Epidemiology (Microbial Diseases) presented “Prevention of Lyme Disease: Vaccines – New and Old.”
- Patricia K. Coyle MD, SUNY Stony Brook School of Medicine Vice-Chair and Professor of Neurology presented “Lyme Disease and the Nervous System.”
- Philip J. Molloy MD, Medical Director, IMUGEN Medical Laboratory, Norwood, MA presented “Ordering and Interpreting Blood Tests for Tick-Borne Disease.”

4 Tick Myths!

1. “The only tick disease you need to worry about is Lyme disease.”
One tick can carry multiple pathogens. It is entirely possible to be infected with more than one of these diseases all from the same tick bite! And, it’s important to know that not all of these diseases are treated with the same antibiotic.

2. “You don’t have to worry about ticks after the first hard frost.”
Ticks are still active in the winter when temperatures are above freezing and there’s no snow to insulate them. And, even if they freeze they are not dead. They will become active again when the temperature is above 32 degrees.

3. “The best way to remove a tick is to use some Vaseline and a lit match.”
The best way to remove a tick is to grab it as close to the head as possible with very pointy tweezers (like those in our tick removal kit), and pull up with a slow and steady motion. Even if part of the head stays embedded in the skin that’s okay, it will eventually work its way out.

4. “As soon as I come in from outdoors I throw my clothes into the washing machine to kill all the ticks.”
Actually, put your clothes in the dryer first, on high heat for about 15 minutes. Ticks can survive in the washing machine, and in the hamper. High heat causes ticks to desiccate and that’s the best way to kill them.
Our “Help Line” nurse, Rebecca Young, RN, BSN, fielded 900 calls from the public in 2017 – more than doubling the volume of calls received in 2016. Callers receive expert advice on tick removal, help understanding laboratory results, and when appropriate, referrals to physicians and other medical professionals. Calls to the Regional Tick-Borne Disease Resource Center originate from all over New York State, the U.S., and also internationally.

Thank You to Our Major Supporters

HAMPTONS INVITATIONAL PRO-AM CHARITABLE FUND
NEW YORK STATE DEPARTMENT OF HEALTH GRANT
BRIAN KELLY, EAST END TICK & MOSQUITO CONTROL
BRIDGEHAMPTON ASSOCIATION
LAVENDER BY THE BAY
GOODCIRCLE
LANDSCAPE DETAILS

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