



PRESIDENT'S PERSPECTIVE



Anthony R. Sgarlato
MD, MI, FACP, MAMOR
208th President

together to promote a healthier Staten Island. We have a busy year and have already sponsored several successful events such as The Past Presidents Brunch and Women in Medicine Dinner. Thanks go to Drs' Syed, Shum, Deeptha, Merlino, Aanonsen, and Scopeletti-Olsen for organizing the dinner.

As we all are aware there are a large number of people on Staten Island who are addicted to and abuse drugs. These drugs include both prescription and street drugs. TYSA a non-for-profit organization is specifically targeting the drug and alcohol problem afflicting our youths. We sit on their board and look forward to being part of the solution to tackling this problem. We also appreciate them offering their resources to the Society and including us as part their team to combat this epidemic. A workshop seminar will be presented at our November Comitia Minora meeting. As in past years we will be hosting the Annual Medicare Seminar which always has been instrumental in aiding the office based physician in keeping up with the ever changing rules and regulations being mandated.

The Medical Society will continue to work closely with the Academy of Medicine of Richmond to deliver quality medical education to our physician community. We already have several CME events planned for the 2014-2015 Calendar year. Visit our website and click on Academy of Medicine for details. I am happy to report that after meeting with the Board of Directors of the Academy of Medicine of Richmond it was agreed upon that new members to the Academy who are current members of the Society would have their first year of dues waived. Contact the Academy for details.

This year we plan on instituting "Walk with a Doctor & Healthyself". We already have commitments from several of our physicians to lead a walk including Past

President Dr. James Reilly DO, who has also committed to lead a walk and be involved with the logistics. A brief lecture on a specific topic would be given by the leading doctor to the group prior to the walk. If you would like to lead a walk please contact the Medical Society. By the way, this is being co-sponsored by Boro President James Oddo's office and his Health and Wellness Director, who have also pledged to lead a walk. The first walk will be conducted at the Health and Wellness Expo on October 2 and will occur monthly.

We encourage all Members to become more active and join us for our monthly Comitia Minora meetings. This year there will be a venue for each event which will begin with the October meeting celebrating Oktoberfest at Killmeyer's, a Thanksgiving meeting in November, and "Holidays' Celebration" Comitia Minora Meeting" in December. We will also be alternating meetings between Tuesday and Thursday nights in order to improve your access to attend. Check the website for details.

We have recently updated our website and I thank Sal Volpe MD for all he has done to help accomplish this. The website is beautiful and you should all visit it at www.rcms.org . It is also more user friendly and will be kept up to date as far as listing upcoming events and meetings. There have been sections added such as Membership Benefits, Health Advisories, Sponsors, Photographs from recent events, and Quick Links. Please also check out our Facebook page and like us. We have left dialogue and photos up since 2011 for your viewing.

If you have an accomplishment, award, recognition for service to the community, or any other special merit we would like to hear about it. Please contact RCMS with the details. It may get posted to our Facebook page and possibly to our website. Tony

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The Prescription Drugs and Heroin epidemic impacts all Staten Islanders regardless of neighborhood, income level, or race! 718-226-0257

SIEDC Leading In Action HEALTH & WELLNESS PROFESSIONALS COUNCIL. Benefits of the SIEDC Health & Wellness Professionals Council.



September 21st, 2014 - Past President's Brunch at Lorenzo's (Hilton Garden Inn)

Sleep and Headaches
By: Dr. Florence Shum

Sleep disorders and headache often go hand in hand, and it has been observed that half of the patients seen in a typical headache clinic have co-existing sleep problems.

While not absolute, headaches due to sleep disturbance sometimes do have different characteristics in terms of quality, timing, location, duration and response to medications.

- 1) schedule 8 hours of sleep each night
2) not to read, watch tv or listen to music in bed
3) use visualization techniques to shorten sleep onset
4) limit fluid intake beginning two hours before bed to ensure sounder sleep
5) move dinner time to 4 hours before bed to ensure sounder sleep
6) discontinue naps

Keep sleep issue in mind when treating headaches can often make headache management easier, and lowering medication usage. It can also lower overall morbidity and mortality.

Table with 2 columns: SIEDC Health & Wellness Council Co-Chairs and Health & Wellness Professionals Council Members.

Walk with a Doctor & Healthyself. Why Walk? 1. It's easy and can be done just about anywhere! 2. It elevates your mood and boosts your immune system.

208th Annual Dinner Meeting Installation of Officers 2014-2015

June 19th 2014



RICHMOND COUNTY
MEDICAL SOCIETY, INC.



208th President of Richmond County
Medical Society



"Past Presidents Please Stand"



RUMC Medical Staff & RCMS Staff



Mr. Roger Shum, Dr. Deborah Aanonsen,
Dr. Edwin Chang, Dr. Steven Lin



Dr. & Mrs. Lance Austein
Pres. Kings County Medical Society
Dr. Anthony R. Sgarlato



Dr. Sal Cumella & Guest
Dr. Vincent P. DeGennaro



Dr. Frank Tarantini, Dr. William Rodino,
Dr. & Mrs. George Smith



Dr. Cumella, Dr. Sgarlato,
Dr. Mehta 1st District Counselor MSSNY
Gov. Cuomo's Office Representative



Michael Schoppmann Esq., MSSNY Legal
Council, Linda Botté & Jessica Romano



The Staaten



Mr. & Mrs. Carlo Montalbano
Mr. & Mrs. Joseph Carranante



Fr. Jerome - Sacred Heart



Dr. Lance Austein, Dr. Ginny Mantello,
Dr. Anthony R. Sgarlato,
Dr. Florence Shum



The Prestigious Awards



Ms. Liz Harrison, Dr. Mehta,
Mr. Schoppmann, Dr. Meyer, Past President Dr.
Unterricht, Past President MSSNY Dr. & Mrs.
Austein, Dr. Sherman President 1st District



Dr. & Mrs. Alan Perel & Dr. John Maese



208th President & Executive Board RCMS
2014-2015



Dr. Anthony R. Sgarlato 208th President
Dr. James G. Reilly 207th President
Change of Command



Past President Dr. Vincent P. DeGennaro
& Guests