



Susan E. Enck, PhD

Susan is a licensed psychologist in the division of Primary Care at Brown Medicine. She specializes in mood disorders, PTSD, and insomnia. Additionally, she has specialty training in working with service members, both active duty and retired.

The Loneliness Epidemic

Written by Susan E. Enck, PhD

Loneliness and social isolation can increase risk of premature death as much as cigarette smoking and obesity, according to a May report by the Surgeon General, underscoring the idea that loneliness and isolation represent a new, under appreciated public health crisis. While the idea of a societal disconnect is nothing new, the extent to which it affects our health is certainly concerning.

Loneliness is associated with a feeling, a subjective sense of being alone compared to social isolation which is more of an objective measure of the people we have in our social network. People often don't talk about being lonely due to the stigma and shame associated with it or the low self-worth it creates. A study conducted by Dr. Julianne Holt-Lunstad at Brigham Young University, indicated that the mortality impact of loneliness is equivalent to smoking about 15 cigarettes a day, more so than obesity or sedentary living. The surgeon general's advisory also states that inadequate social connections are associated with increased risk of certain illnesses and disease, including heart disease and stroke as well as psychiatric disorders including anxiety, depression and dementia.



Prevalence rates for loneliness are shocking as well. Almost 1 in 2 adults in America reported experiencing loneliness with young adults almost twice as likely to report this. Time spent with friends declined 20 hours a month between the years 2003 and 2020, cited the advisory, while alone time increased by 24 hours a month. While cultural shifts such as less time spent in community organizations and the digital revolution are certainly some of the causes, the larger and more important issue is how to change it. The advisory offers up some suggestions, such as calling for technology

companies to avoid algorithms that promote isolation, by teaching young people how to build healthy relationships and having employers decrease workplace isolation by creating cultures which allow the whole person to show up, not just a skill set. The key here is effort. It is easy to say talk more, to both coworkers, friends and relatives, but doing it is harder. I encourage you, as I do with my patients, to put the phone down, or better yet, put it in a drawer. Stop scrolling on social media. I have yet to encounter someone who says that the 15-20 minutes spent on social media was a great use of time. I certainly can't.

Hear Dr. Susan E. Enck discuss
The Loneliness Epidemic



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Employee Appreciation Week

Brown Medicine recently celebrated Employee Appreciation Week with a week-long series of events and activities. It was an opportunity for the entire organization to come together and celebrate the collective achievements and the remarkable impact made by each individual. The week concluded with food trucks for employees across the organization.



Employee of the Quarter

Brown Medicine has recognized Endoscopy Technician, Ashley Joy, as the Employee of the Quarter for January-March 2023. This prestigious accolade highlights Ashley's outstanding contributions, exceptional skills, and unwavering dedication to her role.

Congratulations, Ashley!

CONGRATULATIONS



Dr. Ankur Shah

Division of Kidney Disease and Hypertension

40 UNDER FORTY HONOREE

40 Under 40 Honoree

Congratulations to Dr. Ankur Shah, from Brown Medicine's Division of Kidney Disease and Hypertension on being named to Providence Business News' 40 Under Forty list for 2023. Honorees were selected based on their career success and involvement within their communities, and will be recognized at an awards event in July.



Jessica Savoca
Director of Quality

Jessica Savoca: Promoted to Director of Quality at Brown Medicine

Brown Medicine recently announced the promotion of Jessica Savoca to the position of Director of Quality. With an impressive track record and a deep understanding of the organization's operations, Savoca's promotion comes as a well-deserved recognition of her expertise and dedication.

As the Director of Quality, Savoca will now be responsible for overseeing and implementing the organization's quality assurance programs, ensuring that Brown Medicine maintains its commitment to delivering outstanding care and outcomes to its patients. She will lead a team of talented professionals, fostering a culture of excellence, innovation, and continuous improvement.

The healthcare landscape is constantly evolving, with increasing emphasis on quality outcomes and patient satisfaction. With Savoca taking charge of Brown Medicine's quality division, the organization is well-positioned to navigate these challenges and ensure that it remains at the forefront of delivering exceptional care.

As Savoca takes on her new role, she will continue to drive Brown Medicine's commitment to quality, patient-centered care, and innovation. Her leadership and expertise will undoubtedly contribute to the organization's ongoing success, solidifying its position as a leading healthcare provider in the region.



Leadership Academy

The eighth cohort of the BPI Leadership Academy graduated on June 9, 2023. This four-month program teaches core skills to be an effective leader within an academic medical center while continuously maintaining patient care as the primary focus.

Participants completed a business-oriented Capstone Project which was presented to Senior management, their colleagues and Academy alumni.

Brown Physicians, Inc. commended the graduates for their commitment to personal growth and their dedication to improving healthcare outcomes. These emerging leaders are poised to make a profound impact on the future of healthcare.

The following are graduates from Brown Medicine:

- Dimitrios Farmakiotis, MD - Infectious Diseases
- DJ Osier - Sr. Data Analyst and Report Writer
- Deb Powers, RN - Ambulatory Nurse Care Manager



Celebrating 5 Years of Excellence:

Brown Medicine Endoscopy Center's Milestone Anniversary

It is a moment of pride and accomplishment as the Brown Medicine Endoscopy Center commemorates its 5th anniversary. Since its inception, this state-of-the-art facility has been at the forefront of providing exceptional endoscopic care, improving patient outcomes, and promoting digestive health in the community.

The Brown Medicine Endoscopy Center was established with a clear vision: to create a center of excellence for endoscopic procedures, delivering the highest quality care in a patient-centered environment. Over the past five years, the center has consistently exceeded these expectations, providing a wide range of advanced endoscopic procedures with the utmost precision, safety, and compassion.

Endoscopy plays a crucial role in the diagnosis, treatment, and management of various gastrointestinal conditions. From routine screenings to complex therapeutic interventions, the Brown Medicine Endoscopy Center has been instrumental in transforming the lives of countless patients. The center's team of highly skilled gastroenterologists, nurses, and support staff work collaboratively to ensure each patient receives personalized, comprehensive care tailored to their specific needs.

As the Brown Medicine Endoscopy Center enters its next phase of growth, it does so with a renewed commitment to providing the highest level of endoscopic care and enhancing the overall well-being of its patients. The center looks forward to many more years of success, innovation, and transformative care as it continues to be a leader in gastrointestinal health.



RI's Top Docs 2023

Rhode Island Monthly magazine asked licensed medical doctors and Doctor of Osteopathic Medicine throughout the state to vote for physicians they would trust to care for their own family and friends. The result is a list of the 250 best physicians in Rhode Island in forty-eight specialties as voted by their peers, and 28 of them were from Brown Medicine.

Peter M. Barth
Hematology

Alice Bonitati
Sleep Medicine

James N. Butera
Hematology

Gerardo P. Carino
Critical Care

Deepan S. Dalal
Rheumatology

Kwame Dapaah-Afriyie
Hospitalist

Sean D. Fine
Gastroenterology

Andrew E. Foderaro
Pulmonology

Reginald Gohh
Nephrology

John V. Ladetto
Pulmonology

Andrew Levinson
Critical Care

Warren E. Licht
Internal Medicine

John R. Lonks
Infectious Disease

Kelly McGarry
Internal Medicine

Lynn McNicoll
Geriatric Medicine

Anthony Mega
Oncology

Leonard A. Mermel
Infectious Disease

Richard Millman
Sleep Medicine

Iva Neupane
Geriatric Medicine

John W. O'Bell
Nephrology

John L. Reagan
Hematology

Harlan Rich
Gastroenterology

Howard P. Safran
Oncology

Fred J. Schiffman
Hematology

Stuart T. Schwartz
Rheumatology

Katherine M. Sharkey
Sleep Medicine

Douglas Shemin
Nephrology

Tony C. Wu
Internal Medicine

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