

InsideSunday

KNOW YOUR HEALTH PRO. . .

Dr. Sue Mitra

Internist puts focus on nurturing a relationship with her patients

Dr. Sue Mitra,
internist

Hometown: Calcutta, India
City of Residence: Satellite Beach
Family: Husband, Kunal Mitra; son, Kishen, 8; daughter, Suhina, 3.
Hobbies: Art, painting, music, traveling, reading and Indian classical music.
Education: Medical degree from the University of Calcutta, ranking top in her class. Cardiovascular medicine research at the University of Florida College of Medicine in Gainesville. Residency at University of Florida in Gainesville.
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BY GEORGE WHITE
FOR FLORIDA TODAY

Internist Sue Mitra met one of the world's greatest humanitarians, and that experience seems to have shaped her life.

"I was one of the few who had the privilege to be with Mother Teresa," she said. "I went to a Roman Catholic school that was indirectly run by her and she was still alive during my schooling there.

"With Mother Teresa's blessings, we learned a lot about charity and how to give as much as our education."

Mitra talks about her career.

Q: What do you think about the need for a close doctor/patient relationship?

A: The doctors are getting more and more busy, and they are treating patients like a commodity, like a number. I hate that. The rapport with the pa-

tient is truly missing in this era.

Q: Why did you choose internal medicine?

A: I chose it because primary care is the main key physician to put all the problems together. The patient could have seen 10 doctors. When they come back to me, it is my responsibility to treat them from head to foot and to make sure they've had preventative care.

Q: What is the most serious preventable illness?

A: Of course cancer screening for colon cancer, bone density screening for thinning of the bones, breast cancer screening, screening for coronary artery disease. You have to be very thorough. That's how care should be.

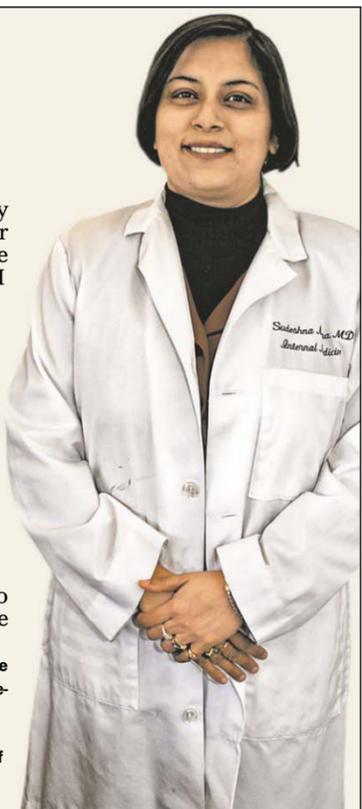
Q: Do a lot of people ignore their health until it's a problem?

A: In my practice, not as many because physicians train their patients. Our patients are trained to follow up. Every test I order, they have to follow up in the office. Nothing gets leaked out of the phone conversation.

Q: What is your favorite part of your job?

A: Treating patients and giving back to them 200 percent, curing them is an extremely noble part of my profession. If I don't come to work one day, I go insane, because I have so much passion to see patients. It's the one-on-one that I like. ■

Know a health care professional we should feature? E-mail their name, specialty and contact information to health@floridatoday.com. Include Health Care Q&A in the subjectline of your e-mail.



HAVE YOU TRIED . . .

The theater menu at Ulysses Prime Steakhouse

Small plates allow diners to mix, match and share tasty, inventive offerings

BY MARIA SONNENBERG
FOR FLORIDA TODAY

With a new theater menu, Ulysses Prime Steakhouse makes it all the easier — and tastier — to party any day.

"We want people to feel comfortable to use Ulysses for a more casual dinner," owner Alex Litras said. "Let's make every day a special occasion."

In addition to all the Kobe and prime beef treats on the regular menu, the new offerings tempt with sparkling inventiveness. Where else in Brevard can one try sliced ostrich tenderloin on brioche for \$12?

"These 'small plates' offerings have been very well received," Litras said. "They are very flavorful, such as the Kobe meatballs."



Photos courtesy of Jerry Arnold

Besides the Kobe meatballs, which arrive with lemon peppercorn sauce, there are prime filet mignon tournedos Diane, swordfish in a tomato lobster marsala sauce, rare seared Moullard duck breast on Challah toast, brie wrapped in phyllo with a port wine reduction, and Mediterranean bruschetta with tomato, feta and truffle oil.

The ostrich, as well as the Asian grilled New Zealand lamb chops, are particularly popular. Prices range from \$8 to \$13 per plate.

"We're calling it a theater menu for lack of a better name at the moment, but it is not just for pre- or post-theater," Litras said. "It's available all the hours Ulysses is open. The idea is to provide Ulysses' patrons with more variety that doesn't cost them a lot of money."



▲ A different bird. Slices ostrich tenderloin rest on brioche from the new theater menu at Ulysses.

◀ Asian twist. Asian grilled New Zealand lamb chops from the new theater menu.

Ulysses Prime Steakhouse's theater menu

Where: 234 Brevard Ave., Cocoa Village
Hours: 5 to 10 p.m. Monday through Saturday
Prices: \$8-\$13 for small plates
Info: 321-639-3922 or visit ulyssesprime.com

The nature of small plates allows diners to mix, match and share the dishes, flavors and meats of multiple cultures.

"You can use the small plates as an appetizer or make an evening of them," Litras said. "We'd like to change the mindset of some patrons that dining at Ulysses is an all-or-nothing experience. Although we encourage guests to come for appetizers only or to share steaks and seafood with no sharing charge, some feel hesitant to do so. The theater menu should remove any perceived barriers to the idea of coming to Ulysses for a glass of wine and a bite or two with friends."

Litras is pleased with the new menu's reception.

"Some patrons have come and enjoyed the new menu by itself, others have come and used both menus, sharing a couple of small plates and then moving into a steak or lobster." ■

Know of a chef or restaurant we should feature? E-mail Maria Sonnenberg at toastofthecoast@cfl.rr.com.

SHOPTALK



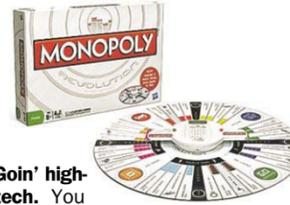
Fixing Buzz. Operation: Toy Story 3 Edition lets you operate on the appropriately named Buzz Lightyear. \$19.99.

Fun & games

New twists on classics

GANNETT

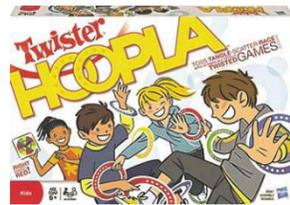
Familiar board games take on new twists this holiday season. All games available at mass retailers.



Go in' high-tech. You play MONOPOLY: Revolution Edition includes sound effects, song clips and an electronic banker. \$34.99



Mega boats. In U-build Battleship, you and your opponent create your own custom ships before trying to sink them. \$19.99.



Jumpin' hoops. Twister Hoopla makes you connect with other players by looping body parts through rings. \$19.99



Win in a flash. Scrabble Flash has no board; instead, you link together electronic tiles to make as many words as you can in 75 seconds. \$29.99



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