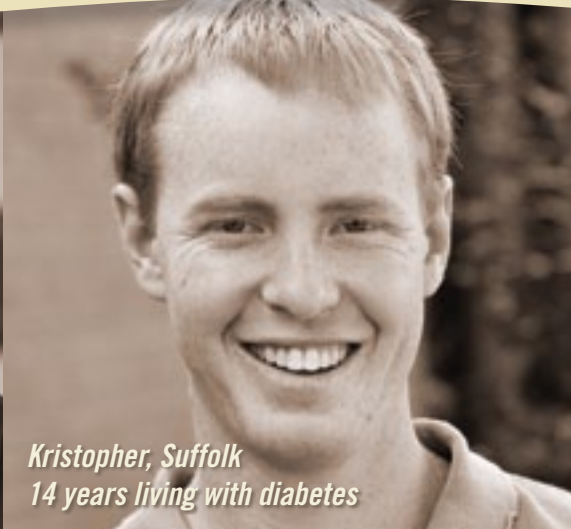


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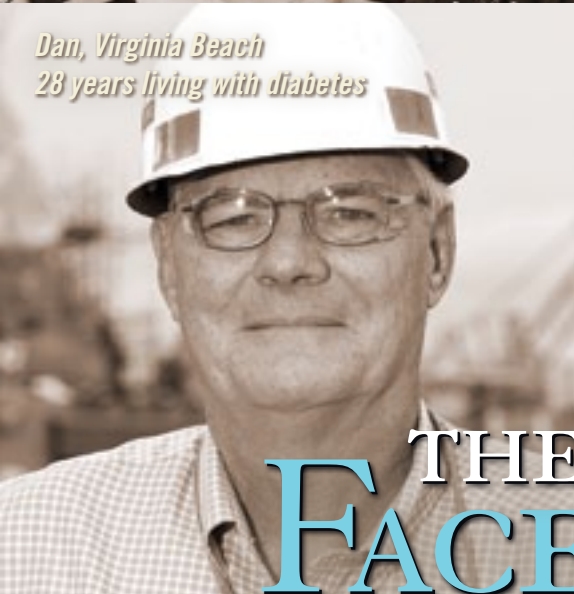
*Cookie, Eastern Shore  
3 years living with diabetes*



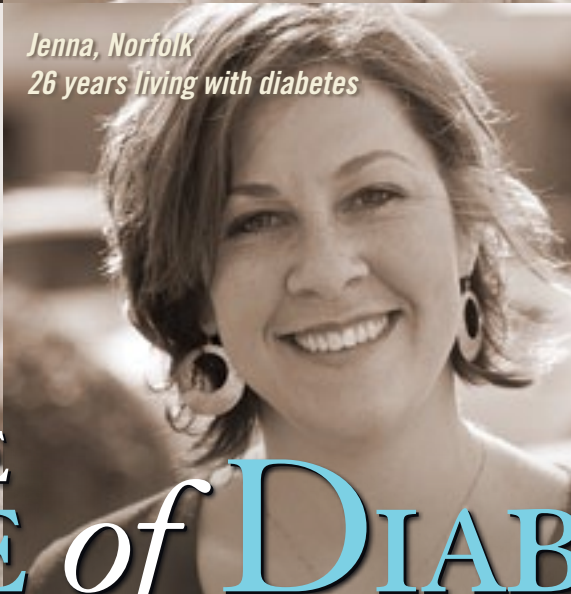
*Kristopher, Suffolk  
14 years living with diabetes*



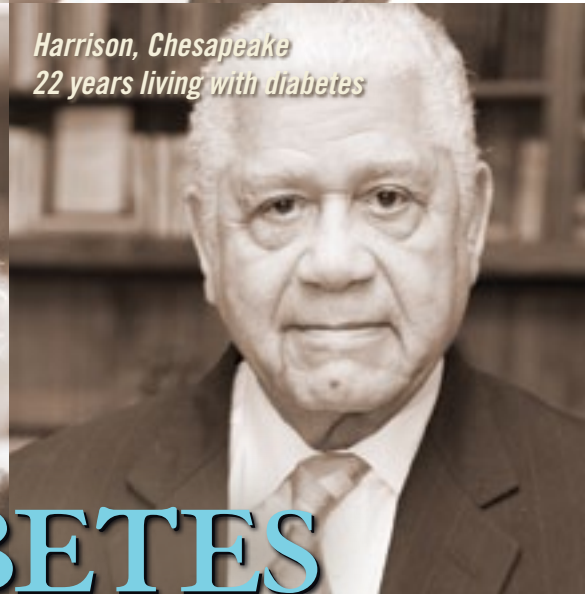
*Tisha, Portsmouth  
29 years living with diabetes*



*Dan, Virginia Beach  
28 years living with diabetes*

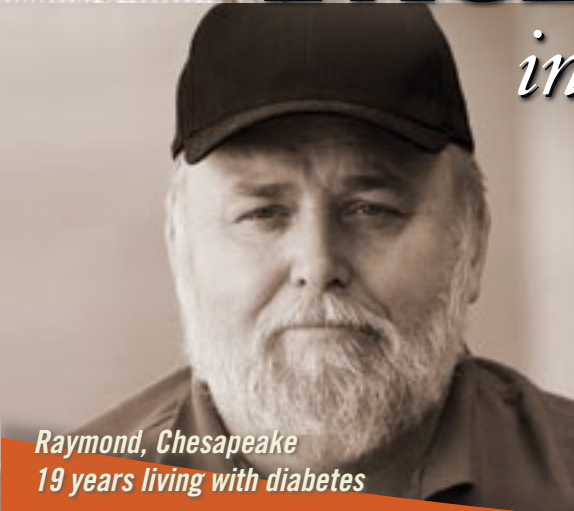


*Jenna, Norfolk  
26 years living with diabetes*

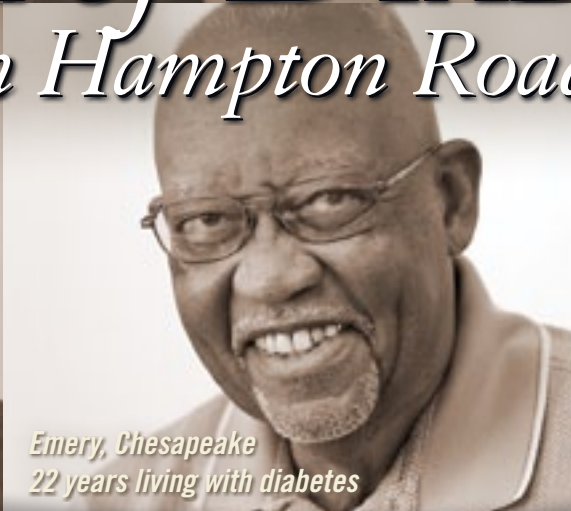


*Harrison, Chesapeake  
22 years living with diabetes*

## THE FACE of DIABETES *in Hampton Roads*



*Raymond, Chesapeake  
19 years living with diabetes*



*Emery, Chesapeake  
22 years living with diabetes*



*Betty, Portsmouth  
52 years living with diabetes*

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**EVMS**  
Eastern Virginia Medical School

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CLINICAL  
TRIALS

I4

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TURNING  
THE TIDE ON  
DIABETES 20

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**from the president**



When people hear the name Eastern Virginia Medical School, they know we teach students. Because many people in Hampton Roads see one of our doctors for primary care or specialized treatment (or know someone who has), the fact that we provide patient-centered, quality care is no surprise.

What is sometimes overlooked — or not as well understood — is our research enterprise. Throughout the pages of this issue, you'll get a better look at some of that groundbreaking research. You'll learn more about how EVMS doctors and scientists earned economic stimulus funds to further their investigations (*see page 6*) and how one of our students is aiding research that aims to help astronauts travel safely to Mars (*see page 8*).

We pride ourselves on engaging in translational research — research that moves quickly from the lab to the bedside and benefits patients here in Hampton Roads. For example, EVMS conducts a variety of clinical trials (*see page 14*) that benefit our patients and further our understanding of medicine.

Another example of this close alignment among our missions of Teaching, Discovering, and Caring is evident at the EVMS Strelitz Diabetes Center (*see page 20*). People from all over the region — and beyond — travel to Eastern Virginia Medical School to receive care from our world-renowned physicians.

These patients come because they benefit from cutting-edge diabetes research (*see page 7*). Organizations such as Cosmopolitan International support the Strelitz Diabetes Center (*see page 37*) because of our long history of advancing science and helping people.

The next time you hear the name Eastern Virginia Medical School, I hope you'll think of groundbreaking research and translational medicine. As always, thank you for your support of EVMS.

Harry T. Lester

President

Teaching. Discovering. Caring.™

## *'Wonderful story of EVMS' brought school to groundbreaking day*



Gov. Timothy Kaine speaks to the audience during the groundbreaking ceremony, and, at right, talks with EVMS President Harry Lester.



## GOVERNOR AND LEGISLATORS HELP SCHOOL CELEBRATE

As Eastern Virginia Medical School symbolically broke ground for its new education and research building Sept. 17, guest speaker Gov. Timothy M. Kaine acknowledged it was the school's solid reputation that convinced reluctant lawmakers to provide state construction funds for the first time.

The money came in the form of \$59 million from a \$1.6 billion statewide higher education bond package. That 2008 initiative, a key reform for Gov. Kaine, had been in jeopardy as lawmakers debated the governor's inclusion of EVMS.

"The state had never supported the capital needs of EVMS," Gov. Kaine told a packed house of EVMS supporters and a large delegation of state and local lawmakers.

"There had been a kind of expectation back in the day that those needs

would be taken care of in the community.

"But it was the strong track record of EVMS, the wonderful story of EVMS in this community and beyond from its inception, that carried the day . . ."

Gov. Kaine praised the bond initiative as an example of cooperation and compromise.

"This was a joint effort in all senses of the world," Gov. Kaine said. "The EVMS community stayed at the table and was very flexible and accommodating, and the legislators took what I think was a wonderful initial proposal and made it even better by the time it was passed."

EVMS President Harry T. Lester thanked Governor Kaine and members of the legislature for the bond funding and assured the audience that the money will be put to good use. The money is helping finance an \$80 million project that includes the new

building and extensive renovations to Lewis Hall.

With a nationwide physician shortage looming, the work will allow the school to expand its MD program by 30 percent and its Physician Assistant enrollment by 60 percent. The construction also will provide additional space for research.

"Our new building and renovation project will be transformational for this campus and for the people of Hampton Roads," President Lester promised.

The "virtual" groundbreaking was the centerpiece of the annual State of the School address. President Lester and Dean Gerald J. Pepe – standing on opposite sides of the stage and separated by a giant screen featuring photos and video of faculty, students and grateful patients – took turns highlighting a samples of the innovative activities that take place now in education, research



Rendering shows the building as it will look from Colley Ave. The inset image offers a glimpse of a classroom.



Enjoying the reception are Stanley Waranch and Jody Wagner.



Bob Aston, left, speaks with Dean Pepe, center, and President Lester.



Del. Algie Howell, left, Speaker of the House William Howell, center, and Del. Johnny Joannou leave the ceremony.

## START OF WORK ON new education and research building

and patient care.

“We are breaking new ground, not just on a building, but also in terms of teaching, discovering and caring,” President Lester said.

In one video clip after another, students spoke about the cooperative environment that drew them to EVMS, faculty highlighted their research and the school’s pioneering educational efforts, and patients talked about the life-saving care provided by EVMS Health Services physicians.

When it came time for the actual groundbreaking, Mr. Lester and Dean Pepe shunned the traditional shovels and dirt in favor of a series of architectural renderings of the four-story, 100,000 square foot building that will rise in what is now a parking lot immediately behind Lewis Hall. Dean Pepe gave a floor-by-floor breakdown of the new space, which

includes much-needed classrooms and lecture halls, expanded room for the school’s professional skills center, additional research space and provisions for cutting-edge teaching methods such as a 3-D projection classroom.

The highlight of the presentation was a virtual fly-around of the new building. Beginning with a bird’s eye view of the structure from Colley Avenue, the camera swept along the edge of the large front lawn to the inviting entrance, providing a panoramic view of the attractive brick, steel and glass façade.

The new building, scheduled for occupancy in July 2011, comes at a critical time for EVMS. In December, the school will complete a year-long strategic-planning initiative with new mission, vision and values statements.

“We’ll also roll out specific, actionable plans that

will help us become the pre-eminent academic health center in the Mid-Atlantic,” President Lester said.

But all those plans will require continued support, he said, from the school’s donors and its many partners.

“We sincerely appreciate the \$59 million allocated to us by the state. It’s a dream come true. It puts us within striking distance of having facilities as good as, perhaps better than, any,” he said. “But we still need to raise the other \$21 million for our renovation and building project.”

EVMS also needs to build its endowment to support more scholarships, attract more world-class physician scientists, and finance new educational technologies.

“We’re asking you to imagine the future,” President Lester concluded, “and join us in breaking new ground.” □





Physician-scientist Kenji Cunnion, MD, associate professor of pediatrics, is one of several EVMS faculty to receive federal stimulus funds to help pay for research. He was awarded nearly \$400,000.

gaining funding for several, EVMS is awaiting feedback on the vast majority.

“The stimulus funding is supposed to be turned around much quicker than a typical grant, but it still takes time,” says William J. Wasilenko, PhD, associate dean for research.

Normally, researchers wait as long as nine months to learn whether an application was successful, but officials have accelerated that process for the stimulus funds. Notifications for some grants started flowing out in late summer and should continue to do so until next spring.

Once submitted to the NIH, a grant application goes to a select group of subject-matter experts, called a study section. Those experts weigh and assign a score to the goals and processes of the proposed study. After that, the application goes to another group in the NIH program that decides how high a proposal must score to merit funding. For some programs, that threshold might be extremely high.

One such area is the Challenge Grant program, designed to get highly innovative but preliminary research off the ground. EVMS submitted 15 such proposals. The NIH received roughly 10,000.

“You’ve got a lot of good science, but not enough money to fund it all,” Dr. Wasilenko says. “There were so many applications that it’s going to be very competitive.”

Among the projects for which EVMS already has approval, the largest sum will allow Kenji M. Cunnion, MD, associate professor of pediatrics, to study the way staphylococcus aureus (the bacteria behind staph infections) weakens its host’s defenses.

Below is a sample of other funded studies:

Aurora Esquela-Kerscher, PhD, assistant professor of microbiology and molecular cell biology: \$143,500 to study the role of microRNAs in prostate cancer.

Eva Forgacs, PhD, research assistant professor of physiological

sciences: \$71,750 to study how deafness-associated mutations affect a certain type of motor protein.

Howard D. White, PhD, professor of physiological sciences: \$30,853 for studying certain mechanisms within another type of motor protein.

Patricia B. Williams, PhD, professor of physiological sciences: \$25,400 to study a new glycoprotein’s effect on tear stimulation. □

## INNOVATIVE RESEARCH *attracts* federal stimulus funding

Eastern Virginia Medical School received nearly \$1 million in economic-stimulus money to fund 11 research projects, the first fruit of the school’s effort to capitalize on the unprecedented opportunity.

A torrent of grant applications flooded the National Institutes of Health after the announcement that the largest research-funding

body in the nation would receive \$10 billion from Congress’ economic-stimulus package to fuel new research. EVMS established a temporary “War Room” in May to hatch study concepts and write proposals.

Thus far, the school has submitted 52 grant applications from 29 different faculty members that include requests totaling \$49 million. Despite

Scientists awarded nearly half a million dollars to

# fight Type 1 Diabetes

*The JDRF awarded a two-year grant totaling \$472,683 to the EVMS research team, led by Jerry Nadler, MD.*



David Taylor-Fishwick, PhD, left, and Jerry Nadler, MD, discuss their research that could lead to a cure for Type 1 Diabetes.

A mounting concern in the health care community, diabetes affects about eight percent of the U.S. population, or 23.6 million people. And, unfortunately, these numbers are growing daily.

Though current treatments allow diabetics to control the condition, many are at high risk of dangerous complications including heart disease, blindness, nerve damage and kidney problems. The U.S. Centers for Disease Control and Prevention report that in 2007, diabetes was the country's fifth deadliest disease, and nationwide the total direct and indirect cost of diabetes was \$174 billion – more than twice the Department of Health and Human Services' 2010 federal budget.

Recognition of this growing epidemic and its detrimental impact on the Hampton Roads area was the impetus behind the development of Eastern Virginia Medical School's Strelitz Diabetes Center and the school's strategic research initiative that focuses on diabetes, obesity and metabolic diseases.

Now, EVMS researchers at the Strelitz Diabetes Center believe they have uncovered a step that could lead to a cure for Type 1 Diabetes, and, with funding from the Juvenile Diabetes Research Foundation (JDRF), they hope to translate their laboratory findings into clinical treatments.

Previously known as juvenile diabetes because it is often diagnosed in children and young adults, Type 1 Diabetes is an autoimmune disorder associated with the destruction of insulin-producing beta cells. Without insulin, the body is unable to process sugars and starches, leaving it unable to convert them into energy for movement, growth, repair and other functions.

The JDRF awarded a two-year grant totaling \$472,683 to the EVMS research team, led by Jerry Nadler, MD, professor and chair of internal medicine and director of the center. The team has been studying the role of the enzyme 12-Lipoxygenase (12-LO) in damaging insulin-producing beta cells, a condition that leads to Type 1 Diabetes.

"We have successfully identified a vital step in

the development of Type 1 Diabetes and we are hopeful that blocking this enzyme could hold the key to engineering breakthrough new treatments," Dr. Nadler says.

12-LO is a protein-based enzyme in beta cells that produces lipids. These lipids are highly pro-inflammatory and can lead to the death of beta cells. EVMS researchers have demonstrated in animal models that deletion of the gene that produces 12-LO prevents the development of Type 1 Diabetes at a rate of nearly 100 percent.

The group has now identified the particular form of 12-LO that is in human-insulin-producing cells. And, though still preliminary, this research could help scientists develop a novel therapeutic approach to stop beta cells from being destroyed and to allow functional regeneration of beta cells in Type 1 Diabetes patients.

Working with Ted Holman, PhD, a professor of chemistry and biochemistry at the University of California, Santa Cruz, and other scientists at the NIH, Dr. Nadler and his team hope to use these findings to develop a new drug.

"We are fortunate to be working with Dr. Holman, who has discovered some very promising compounds that can reduce 12-LO activity. Now, with the generosity and support of the JDRF, we can apply this technology to help prevent the destruction of beta cells and allow the regeneration of insulin-producing cells in Type 1 Diabetes," says Dr. Nadler.

"Dr. Nadler and his team have made amazing strides in our understanding of how lipoxygenase may contribute to the development of diabetes and their work opens the possibility of directly targeting this enzyme for treatment," said Dr. Holman.

Based on this important discovery, Dr. Nadler has already begun testing Dr. Holman's lipoxygenase inhibitors in the hopes of generating new treatments for diabetes. The researchers are excited about the preliminary results, and with the funds from JDRF, they expect to make additional progress. □



## *A path to the stars*


# EVMS PhD student works to discover how to protect astronauts from radiation during space travel

Galactic cosmic radiation — it sounds like an alien torture device from a sci-fi flick, but in fact, it is one of the major barriers inhibiting a successful human mission to Mars.

For the second consecutive year, Shamina Green-Mitchell, a third-year PhD student at EVMS, presented her research on the effects of exposure to space radiation at the annual “Heavy Ions in Therapy and Space” symposium sponsored by NASA and the European Space Agency in Cologne, Germany.

The prestige of presenting at an international event was paired with another honor this summer. Mrs. Green-Mitchell was also one of only 16 graduate students to land a coveted spot in NASA’s Space Radiation Summer School at the U.S. Department of Energy’s Brookhaven National Laboratory in New York.

She hopes that one day her research will help NASA in its quest to reach Mars. And, if she has her way, she’ll be among the astronauts making the more than 36-million-mile, two-and-a-half-year journey to the red planet.



One of the consequences of space travel is exposure to different types of radiation. Scientists suspect that galactic cosmic radiation, or GCR, is the most harmful. Comprised of large, heavily charged particles, GCR has a high linear energy transfer (LET). This is problematic because high-LET radiation can alter cell function and result in cell death. Prolonged exposure can lead to DNA damage or cancer, but Mrs. Green-Mitchell has been working to determine how these heavily charged particles cause neurocognitive impairment. Specifically, she is researching how GCR may damage the hippocampus, an area of the brain that plays an important role in spatial memory and navigation.



Shamina Green-Mitchell, a PhD student at EVMS, was one of 16 selected nationwide to attend NASA’s Space Radiation Summer School. Under the guidance of her mentor, Richard Britten, PhD, she is studying galactic cosmic radiation.

As astronauts spend more time in space, Mrs. Green-Mitchell says, it is vital that scientists understand the dangers associated with prolonged exposure to deep-space radiation — and determine how to best protect space travelers from these risks.

The NASA Summer Student Program attracts the most promising young researchers in fields such as molecular biology and genetics. This year, organizers were so impressed with Mrs. Green-Mitchell’s research that she was the first student to be invited to lead a lecture instructing other students on her findings.

Mrs. Green-Mitchell currently works under mentor Richard Britten, PhD, associate professor of radiation oncology and biophysics at EVMS and a NASA-funded principal investigator studying high-energy radiation. She is using a process called

proteomics, which allows her to look at chemical changes within cells.

“Shamina is at the forefront of applying proteomics to space radiobiology. She continues to amaze me as well as the NASA scientific community with her exciting data,” Dr. Britten says. “She is helping us understand the mechanistic basis for neurocognitive impairment after GCR exposure. Her success is directly attributable to her dedication to the research and the huge amount of time she spends working and thinking about the project.”

“In working with Dr. Britten, I realized he is doing really interesting, ground-breaking research,” Mrs. Green-Mitchell says. “Finally! I thought, this is what I want to do — I want to explore space and working on this project has made me even more determined to get there.” □



# CAMPUS MOURNS LOSS

## of Dr. Sue Sayegh

around campus

The EVMS community lost a cherished member in July when Sue Sayegh, MD, died suddenly of complications of an acute illness.

Dr. Sayegh was a respected educator and compassionate caregiver who made significant contributions to the Department of Obstetrics and Gynecology. Dr. Sayegh first joined the EVMS community in 1984, and in 1988, she was the first-ever graduate of the school's fledgling maternal-fetal medicine fellowship program. She rose to the rank of associate professor of clinical obstetrics and gynecology, earning respect from her students and praise from her colleagues. She had recently taken on the responsibility of coordinating the ob-gyn residency program.

"Sue's passion in life was teaching, and she did a great job at it," said Alfred Z. Abuhamad, MD, chair of obstetrics and gynecology. "[She] left a huge void that certainly will never be filled, and as we try to pick-up the pieces, we will soon realize how lacking of skills we are when compared to her."

In 2007, she received the Dean's Faculty Achievement Award for Achievement in Teaching the Clinical Sciences, one of the medical school's highest faculty honors, and in 2005, she was awarded the EVMS Sir William Osler Award for Excellence in Teaching. The national organization American Professors of Gynecology and Obstetrics awarded her its 2008 Promising Educator Award.

"Sue was a wonderful person, enthusiastic and dedicated to her students and to the academic missions of the department and EVMS and will be deeply missed by everyone," said EVMS Dean and Provost Gerald J. Pepe, PhD.

Students who had the chance to work with her relished the opportunity to learn from Dr. Sayegh's energy and passion.

"She was so attentive, respectful and caring in working with residents and students," said Obiamaka N.E. Mora, MD, an ob-gyn resident. Dr. Sayegh was her faculty mentor. "She has inspired me to be a better teacher, resident, colleague and friend." □



Sue Sayegh, MD

## NEW BOARD MEMBERS ARE RESPECTED BUSINESS LEADERS

Three business and community leaders have joined the EVMS Board of Visitors, including one who has been involved with the school's fundraising arm for decades.

The new members are Robin D. Ray, P. Ward Robinett, Jr. and Anne B. Shumadine. The Board of Visitors sets policy for the medical school.

Mrs. Ray is a long-time friend of the medical school. She was president and chairman of the EVMS Foundation Board of Trustees for 14 years, stepping down from the post last year.

She is a past president or chairman of several community groups, including the Boys & Girls Clubs of Southeast Virginia, the Business Consortium for the Arts, the Virginia Beach Foundation, the Virginia Beach Development Authority, and the Old Dominion University Intercollegiate Foundation, among others.

Mrs. Ray holds a BA from the University of Georgia and is president of Atlantic Dominion Distributors.

Mr. Robinett is a banking executive with 40 years experience in Hampton Roads. A



Robin D. Ray



P. Ward Robinett



Anne B. Shumadine

former member of

Portsmouth City Council and First Citizen of Portsmouth, he is now on the Beazley Foundation board, director and board chairman of AAA of Tidewater, a member of the President's Advisory Council at Virginia Wesleyan College and a member of the board of Christopher Academy.

He holds a BA from North Carolina Wesleyan College and is president of TowneBank of Portsmouth.

Mrs. Shumadine is an attorney and financial advisor. A fellow of the Virginia Law Foundation, she has extensive experience as an advisor to educational institutions. She is chairman and past president of the ACCESS College Foundation,

former rector of Old Dominion University, a member of the Business Leadership Council of Wellesley College, a trustee of Virginia Wesleyan College, chair of the ODU Educational Foundation Investment Committee, and a former trustee of the William & Mary Law School Foundation.

She holds a law degree from the College of William & Mary and is chairman of Signature Financial Management.

Three recently retired board members have been tapped to continue their service to the school. Board veterans Wayne F. Wilbanks, managing principal and chief investment officer of Wilbanks, Smith & Thomas Asset Management, LLC; Thomas V. Rueger, president and CEO of SunTrust Bank in Hampton Roads; and Stanley Waranch, president & CEO of Buxbaum & Waranch Realty Co.; recently joined the EVMS Foundation Board of Trustees. □



First-year medical students Rachel Anazia and Matthew Balderston try on their coats during the formal White Coat ceremony.

## NEW CROP OF MEDICAL AND HEALTH PROFESSIONALS ARRIVE ON CAMPUS

# EVMS WELCOMES *largest-ever class*

A record number of medical and health professions students started off their first day at Eastern Virginia Medical School the right way — with breakfast — at the 2009 Dean’s Coffee in the Brickell Library atrium.

A continental breakfast gave new students the opportunity to meet each other and to interact with Dean Gerald J. Pepe, PhD, and many of the faculty who will help fashion them into medical and health professionals.

Speaking at the welcoming ceremony, part of a full week of orientation events, Dean Pepe highlighted the unusual collegial atmosphere at EVMS, where student interaction is marked by a spirit of collaboration rather than competition. The emphasis on cooperation at EVMS is “a legacy of the founding administrators and first faculty who felt it would be the most effective environment for learning,” he said.

President Harry Lester assured the new students — 206 in all — that despite uncertainty about the future of the health-care industry, “there is no doubt that the nation will continue to need talented



EVMS President Harry T. Lester talks with new and returning medical and health profession students at a picnic during orientation week.

medical and health professionals. And with equal certainty, I can assure you that EVMS will prepare you for the future — whatever it may hold.”

On Wednesday afternoon, President Lester hosted the annual President’s Picnic to officially

*Continued on page 12*



Hung Truong, a first-year student in the medical masters program, greets other new students.



# EVMS RENAMES BUILDING IN HONOR OF DRS. MASON AND WILLIAM ANDREWS

## Physician brothers were key to establishment and growth of medical school

As a young man, Mason Andrews, MD, dreamed of starting a medical school in his native Norfolk. Decades later, he and a small cadre of community leaders brought that vision to life.

William Andrews, MD, was passionate about post-graduate medical education. He spent much of his medical career mentoring young physicians and was a national leader in his specialty.

Their impact on the creation and development of Eastern Virginia Medical School was nothing short of monumental. So it was appropriate when EVMS paid tribute to the late brothers and their extensive contributions to the school by naming a newly renovated building in their honor.

With a crowd of nearly 200 family, friends, faculty, staff and city leaders on hand for the ceremony July 29, the school formally renamed Fairfax Hall. The newly renovated five-story structure is now officially known as Andrews Hall. Originally built in the 1960s, Andrews Hall now houses educational, clinical and administrative offices.

As he prepared to help unveil the sign that marks the building's new name, EVMS President Harry T. Lester described the brothers as pioneers in medicine who "left an indelible mark on this community, the region and the world."

"As brothers and physicians, they shared more than just a last name and an occupation — they shared an uncompromising commitment to the common good," Mr. Lester said. "They left an unrivaled legacy of education, innovation and care, and we hold them up to future generations as models of professionalism and selflessness."

Mr. Lester characterized Mason Andrews as an insightful and engaging leader.

"As a physician and respected member of the local community, he drew on his vision, his considerable energies and his relentless determination to make



Betsy Andrews, widow of William Andrews, MD, helps EVMS President Harry T. Lester unveil new signage during the dedication of Andrews Hall.



Betsy Andrews and her daughter, Elizabeth Watts, talk with well-wishers following the formal dedication of the renovated building.



Sabine Andrews, widow of Mason Andrews, MD, accepts congratulations from Howard Jones, MD.

that dream a reality," he said.

William Andrews, Mr. Lester said, was an equally capable leader who also understood the value of a medical school.

"He advanced the fields of women's care and fertility medicine through his research, through his mentorship to rising physicians and through his compassionate care of thousands of patients," Mr. Lester said.

Visitors toured the lobby of the new building to view a series of displays that highlight the brothers' careers and provide a brief history of the medical school.

Sabine Andrews, widow of Mason, marked the occasion with the publication of a book that chronicled Mason's life and role in helping establish the medical school. Sabine and Betsy Andrews, widow of William, were awash with well-wishes following the conclusion of the ceremony. □

# NAME CHANGE REFLECTS *art therapist's role* AS COUNSELOR

Pencil, paper, paintbrushes and modeling clay can be powerful tools for helping people of all ages overcome the limitations of their mental and physical conditions.

For decades the Eastern Virginia Medical School Graduate Art Therapy and Counseling Program has prepared students to do just that.

"We teach people to use art materials — any and all type — with their clients," said program director Abby Calisch, PsyD, AT. Clients can include anyone from children to older adults, with problems from psychological to medical to behavioral to communication disorders.

Started in 1973, the EVMS program recently amended its name to more properly reflect what it does. With the possible exception of a longer letterhead, the change from Art Therapy to Art Therapy and Counseling won't mean a lot of adjustments. Adding the word "counseling" was mainly a housekeeping change, Dr. Calisch says, since the program already prepared students to get their professional therapist license.

"There's a movement in the profession of aligning coursework for students to become licensed professional therapists, and not having the word counseling in the title was an issue in some states," she says.

What hasn't changed is the program's mission to prepare students to help their clients through art. For example, a therapist might work with a depressed person by using a variety of art materials to stimulate different parts of the brain.

"The person on their own may choose dark, restrictive material, such as using dark pencils in small areas, and the therapist might work with them to increase activity and movement with bright colors or larger media," Dr. Calisch says. "On the opposite end of the spectrum, for a child with Attention Deficit Hyperactivity Disorder, the therapist might help them focus by containing them with boundaries and limits."

Like their medical colleagues, therapists use a wide palette of options to help clients.

"Different art materials, like medications, can work on different parts of the brain. The materials have their own personalities," Dr. Calisch says. "We're just now becoming able to show, through high-resolution brain scans, that this works. It's not merely fluff."

The two-year program was the first non-medical graduate program at the school. It takes in a maximum of 20 new students per year, usually with psychology and fine arts undergraduate degrees. The students come from diverse backgrounds, from the technology sector to landscape design, and range in age from recent graduates to mid-life.



Program director, Abby Calisch, PsyD, ATR-BC, greets new and returning art therapy and counseling students at the fall student orientation.

"You don't need artistic talent to do this, but it does require a working knowledge of the creative process, as well as art materials and psychology," Dr. Calisch said. "It integrates all of that."

Graduates of the program have gone on to careers at hospitals, schools and private practices, among others.

"It's such a personal journey for the students, for themselves as well as working with clients," she says. "You see a big change in the students during their time here." □

## NEW CROP OF MEDICAL AND HEALTH PROFESSIONALS

*continued from page 10*

kick-off the new school year. The family-friendly event on the lawn of Smith-Rogers Hall featured games, camaraderie and great food.

On Friday, family, friends and faculty packed McCombs Auditorium to support the 118-student strong MD Class of 2013 as they donned their white coats, a universal symbol of medicine, and recited for the first time the Oath of Hippocrates. The ceremony marks the students' entrance as junior colleagues into the field of medicine, and reciting the oath is an essential part of that process, ensuring they will act ethically and in their patients' best interest from the very earliest days of their careers.

Before the ceremony, State Sen. Ralph S. Northam, MD, an EVMS graduate and assistant professor of pediatrics, delivered the second annual H. Lee Kanter Lecture. Sen. Northam explained to the new medical students that health care stands on three legs: quality, access and cost. "It is difficult to get all three in one package," he said. "We do a good job on quality, but we need to work on the other two." In order to effect change, he encouraged the students to get involved in policy making. □

See photos of the orientation week activities online at [www.evms.edu/magazine](http://www.evms.edu/magazine).



# PREPARING FOR THE FLU SEASON



There is good and bad news about the 2009-2010 flu season. The bad: there is not one but two varieties of flu circulating this season. The good: There are vaccines available for both types of flu, and early shortages of H1N1, or “swine flu” vaccine, appear to be easing as drug companies work to overcome a slower-than-anticipated vaccine production process.

Physicians with EVMS Health Services are busy caring for their patients and the EVMS campus and planning for the winter when the pandemic flu is expected to become more widespread and the seasonal flu traditionally reaches its height. EVMS Health Services is offering vaccinations for both H1N1 and seasonal flu.

EVMS physicians plan to administer the pandemic H1N1 vaccine to patients following CDC guidelines. The guidelines indicate that those at high risk of complications from the H1N1 flu get the vaccine first. These include:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated.
- **Household contacts and caregivers** for children younger than 6 months of age because younger infants are at higher risk of influenza-related complications and cannot be vaccinated.
- **Health care and emergency medical services personnel** because they can be a potential source of infection for vulnerable patients.

- **All people from 6 months through 24 years of age.**
- **Persons aged 25 through 64 years** who have health conditions associated with higher risk of medical complications from influenza.

Once the demand for the vaccine for the priority groups has been met, the CDC recommends that everyone from the ages of 25 to 64 get the vaccine followed by those 65 and older. To date, those over 65 years old have not been significantly affected by pandemic flu.

In the meantime, EVMS Health Services physicians suggest you follow these CDC guidelines for protecting yourself and others at home and at work:

1. **Maintain a healthy lifestyle** through rest, diet, exercise and relaxation.
2. **Wash your hands frequently** with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.

3. **Avoid touching your nose, mouth, and eyes.** Germs spread this way.
4. **Cover your coughs and sneezes** with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.
5. **Keep frequently touched common surfaces clean**, such as telephones, computer keyboards, doorknobs, etc.
6. **Do not use other workers' phones, desks, offices, or other work tools and equipment.** If you need to use a co-worker's phone, desk, or other equipment, clean it first.
7. **Don't spread the flu!** If you are sick with flu-like illness, stay home. Symptoms of flu include fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills and cough or sore throat. Symptoms can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.
8. **Get vaccinated against seasonal flu** when the vaccine is available. If you are at higher risk for flu complications, you should receive the 2009 pandemic H1N1 flu vaccine when it becomes available. □

# Clinical Trials

**G**illian Durham first volunteered for a clinical drug trial in order to get free health care.

But as she took part in more and more trials at Eastern Virginia Medical School, Ms. Durham came to appreciate that her efforts would directly impact medical advancement.



Clinical trial participant  
Gillian Durham.

“At first I didn’t really care, I was just doing it for me,” she says. “But now I’m interested in the science behind it, and I’ve realized what valuable research this is.”

The Tidewater Community College instructor is one of thousands of people in Hampton Roads who have taken part in clinical trials at EVMS.

Stories about clinical trials for drugs, medical products or procedures appear in newspapers, online and on television almost daily, for everything from a swine flu vaccine to a substance which may reverse the effects of aging.





# ARE KEY

*to medical advancement*



College student and newly diagnosed diabetic Sarah Piscitelli takes a break from her studies to speak with Aaron Vinik, MD, PhD, during an infusion of adult stem cells at the Strelitz Diabetes Center. When Sarah enrolled in a clinical trial at EVMS earlier this year, she became one of the first in the nation to try a new treatment intended to halt the progression of Type 1 Diabetes. At right is study coordinator Pat Barlow, RN.

**B**ut what exactly are clinical trials? Most people know trials are tests on human subjects designed to see whether a drug or treatment works. It's not as well known just what goes into producing clinical trials, how they work and how important they are in medical research.

David Archer, MD, EVMS professor of obstetrics and gynecology and director of the school's Clinical Research Center, has overseen some 230 clinical trials involving more than 10,000 participants since 1987.

"We're the guys who get to see the previews of coming attractions," Dr. Archer says. "And we see it with all the warts — if there are problems we know about it."

At any given time, there are more than 1,000 trials under way at the downtown Norfolk campus. Clinical trials are an indispensable step in the development of new treatments and therapies, a key testing ground for medical breakthroughs. It's because of such research that modern medicine can manage diabetes and fight cancer — or even soothe a pounding headache.

"The average American, when they have a problem, goes to a pharmacy and picks up something on the shelf that claims to help with their symptom —



**At any given time, there are more than 1,000 trials under way at the downtown Norfolk campus.**



**The EVMS volunteer review boards include physicians and scientists as well as lay people from within and outside EVMS.**



## Once a product has been developed in the laboratory and tested successfully on animals, then clinical trials on humans can begin.

headache, warts, what have you,” Dr. Archer says. “Clinical trials are how we prove that those products are effective.”

In other words, to see if they do what they say they do.

The products or treatments being tested may come from an EVMS researcher, a pharmaceutical company or other sources. Once a product has been developed in the laboratory and tested successfully on animals, then clinical trials on humans can begin.

“It’s a long process,” says Aaron I. Vinik, MD, scientific director at the EVMS Strelitz Diabetes Center, another physician with decades of research experience. “There is a need for vigilance and attention to make sure the drugs are safe and effective.”

**R**esearch on humans takes place in sequential phases. In Phase I trials, researchers test the drug or treatment on a small number of people — sometimes as few as a dozen — to gauge safety and effectiveness and look for side effects. In Phase II and Phase III, the test groups are progressively larger. Phase III trials may also compare the product to others already on the market as a way of ensuring the new concept improves upon what’s already available. Phase IV trials may take place after the product is on the market, to gather more information and ensure its long-term safety.

Fewer and fewer drugs make it to the later stages of testing, as ineffective or unsafe products are weeded out. It is a rigorous, time-consuming process, but researchers say it’s all to ensure only the best treatments reach the market. The tremendous rate of attrition means as few as one in 20 new compounds makes it to the final phase of testing.

Every step of the process is overseen by the Food and Drug Administration, the researchers and the EVMS Office of Research Subjects Protection. The EVMS office oversees two Institutional Review Boards (IRB), which are charged with protecting the safety and legal rights of participants in clinical trials.

The volunteer review boards are made up of physicians from a variety of EVMS departments as well as scientists, administrators and people outside of the school.

Before any clinical trial can begin, investigators must apply to the review board.

“We look at what are the risks versus the benefits to society,” says Robert F. Williams, PhD, associate dean for research subjects protection. “The benefits must outweigh the risks.”

Before the IRB approves a trial, its members look into everything from the trial’s procedures to the recruitment process to compensation, which must not



### New Product or Treatment

Submitted for review



### IRB Review

Ensuring safety and effectiveness



### Phase I Trials

Small control group testing



### Phase II Trials

Test group expands



### Phase III Trials

Test group expands again and includes comparisons to existing products



### Phase IV Trials

Market placement follow-up



be so generous that money alone becomes the incentive to participate. If all that passes muster, the trial is granted approval.

During the trial, those running it must submit a renewal application at least once a year, although it may be required more frequently, Dr. Williams says.

Any adverse event — a negative side effect — during the trial must be immediately reported to the IRB, which examines the event to determine if it is isolated, part of a pattern or has nothing to do with the trial.

“We look for anything unexpected,” Dr. Williams says.

Some side effects can be predicted, and participants are always warned in advance. But if the side effects occur more often than predicted, the board will investigate.

Board auditors regularly inspect the trials, and if corporate sponsors are involved, they may also send in people to monitor the trial.

To ensure that participants always know at least one person to contact with concerns, Dr. Williams’ name and phone number are listed on all consent forms so participants can contact him directly, though that rarely happens.

The board protects not just participants’ physical safety but legal rights as well, advising them on possible issues of civil and criminal liability and keeping their medical data safe and confidential.

“We talk a lot about physical safety, but there are all kinds of risks that we have to take into account,” says review board manager Betsy Conner.

There is constant monitoring of all trials, and they can be stopped at any time.

**B**eneath the layers of protocol and the mountains of data, clinical trials rely on the altruism of those who take part. Gillian Durham heard about the trials through a friend. Ms. Durham teaches English as a second language at TCC. She has participated in a number of clinical trials at EVMS, involving women’s health and others, between 2001 and 2008.

At first, her motivation was purely selfish - free medical care.

“The ultimate goal of clinical trials is to translate basic research into new products and practices in order to improve medical care. It benefits society and advances medical knowledge and understanding.”

WILLIAM WASILENKO, PHD  
ASSOCIATE DEAN FOR RESEARCH



"I have dual citizenship in the U.S. and Australia, and over there I had free medical care," she says. "I was uninsured when I moved here, and I had some health concerns."

During her first trial for a contraceptive, she received free care for women's issues.

"You get a complete medical workup," she says. "In fact, it was the best health care I ever got."

The trials can be, well, a trial. During the tests she had to keep meticulous records, and for one even had a biopsy.

"You have to take it seriously," she says.

She was compensated for her time (payment varies depending on how involved the trial is). The more she took part the more she discovered how the trials would help other people down the road.

"I was told some of the products we were testing could be used to help people in Africa and other continents avoid sexually transmitted diseases like AIDS," she says. "That really made it seem worthwhile and valuable."

Over time the recruitment process has changed. When the EVMS Clinical Research Center began, Dr. Archer would recruit women from his own practice who fit the profile. Now, researchers advertise through TV, radio and fliers to look for a target population. Some centers have a full-time recruiter. Depending on the trial, screeners can talk to a few people or 100 to get one participant for the trial.

Dr. Archer himself has taken part in a doctor's health study since 1984. "It's something I felt like I should do," he says.

**E**VMS has been a leader in a wide range of medical trials, says William Wasilenko, PhD, associate dean for research.

"The school is very involved in advancing basic research, from contraception and women's and infant health and fertility to infectious diseases and diabetes," he says.

Examples include the contraceptive Seasonal, a new software for ultrasound machines and a method of detecting blood proteins as a way to screen for certain types of cancer.

The school's research benefits students and the community, Dr. Wasilenko says.

"For students it's an opportunity for scientific inquiry and keeping the momentum going for future discoveries," he says. "The school brings to the community a unique opportunity to participate in clinical trials for new therapies. People can benefit from cutting-edge research and treatments, either directly or by contributing to necessary data."

It can be an exciting feeling for everyone involved, he says.

"The ultimate goal of clinical trials is to translate basic research into new products and practices in order to improve medical care," Dr. Wasilenko says. "It benefits society and advances medical knowledge and understanding." □



Nurse Candice Williams gives Patty Collins the second of two vaccinations for H1N1 during a test of the vaccine at the EVMS Glennan Center in August. Testing at the Glennan Center and at other sites around the country demonstrated that one injection was sufficient, helping to make the most of limited amounts of the vaccine early in the flu season.



# TURNING the TIDE on

DIABETE

Diabetes research fuels advances in patient care and the search for a cure

A

about 40 physicians, researchers and medical students cram into a small lecture hall one Wednesday afternoon eager to hear the latest about the link between diabetes and heart disease.

Aaron Vinik, MD, PhD, research director of the EVMS Strelitz Diabetes Center, flashes slides and charts and explains how a simple, available addition to the standard electrocardiogram test could save the lives of diabetics.



More than 23.6 million people  
in the U.S. have diabetes.

Nearly 175,000 live in  
Hampton Roads.



**Emery Fears**  
*22 years living with diabetes*



**Kristopher Lackey**  
*14 years living with diabetes*



**Cookie Lankford**  
*3 years living with diabetes*



Yumi Imai, MD, right, came to EVMS from the University of Pennsylvania.  
With lab research assistant Eden Garcia, she is studying  
the link between obesity and diabetes.





**“Those of us who are fortunate enough to be over there [at the Strelitz Diabetes Center] are very appreciative of the facility and the great medical care we get through the center.”**

**Dan Welch**

*28 years living with diabetes*

Traditional EKG reports don't go deep enough, he shows, and could lead doctors to prescribe a family of blood pressure medicines, for instance, that may cause sudden, unexplained heart failure in patients who may not even be aware that they are diabetic.

He tells the audience that other, equally available drugs would work without causing the potentially fatal response.

It's this kind of out-front research, applied to direct patient care, that sets the EVMS Strelitz Diabetes Center apart and has improved the lives of countless area diabetics.

“They've been awfully good to me,” former Norfolk State University President Harrison Wilson, PhD, says. “They keep me alive, literally.”

Dr. Wilson left his post at NSU about a month before meeting Dr. Vinik and becoming a center patient. “I really retired because I was feeling so bad,” he says. “I thought I was dying.”

Dr. Wilson had been diagnosed as a diabetic several years earlier. He had managed his condition with insulin injections, but he didn't realize his recent problems were related to the disease.

Dr. Vinik recognized the link and came up with a combination of medicines and diet changes that gradually turned it around for Dr. Wilson.

“I'm in shape now where I don't have to take medicine,” he says. The insulin injections have been replaced by a healthy diet combined with new sugar substitutes.

“He really did a tremendous job on me,” Dr. Wilson says. “His methods and procedures make all the difference in the world.”

## Helping Hampton Roads

It's an exciting time to be involved with the EVMS Strelitz Diabetes Center.

The center, which opened in 1987 and is already a world leader in research and treatment of the debilitating disease, has a new director, several new physicians and scientists and an increasing commitment to diabetes research.

“It's one of the most important things we're doing at the medical school,” says Gerald J. Pepe, PhD, dean and provost of EVMS. “We're really ready to move forward to make this even a better center than it's been.”



“We have an edge,” he explains. “That’s why the center is so important. All of our physicians are backed up by star endocrinologists who can back up the entire operation.”

When Dr. Pepe became dean four years ago, a group of research advisors from outside the school helped him pinpoint diabetes as a key area where the school had world-class expertise and the community had significant needs. He established a center dedicated to research involving diabetes and obesity. The needs are enormous and increasing as people become more sedentary.

Every year, diabetes leads to 96,000 amputations and kills 213,000 in the U.S., nearly six times the number who die annually from the seasonal flu. A chronic condition, diabetes occurs when the pancreas either can’t produce enough insulin or the body doesn’t effectively use what it has. It is the industrialized world’s leading cause of adult blindness and kidney failure. Every 10 seconds, someone dies from diabetes complications and two new patients are diagnosed, according to the International Diabetes Federation.

In Hampton Roads, at least 130,000 people suffer from the disease, and half don’t know it until complications, such as nerve damage, have occurred. It’s unclear what triggers the bodies of Type 1 diabetics to destroy their own insulin-producing cells, but obesity is linked to Type 2 diabetes. Type 2 diabetes is striking people at such a young age that it can no longer be referred to as adult-onset.

“Now we’re looking at children, adolescents, who may be adult-onset diabetics,” Dean Pepe says. “Normally, we thought of adult onset at [age] 55.”

To head the new emphasis, Dr. Pepe recruited Jerry L. Nadler, MD, who had run the Division of Endocrinology and Diabetes at the University of Virginia.

In his nine years there, Dr. Nadler helped garner *U.S. News & World Report* ranking for the U. Va. center. Sentara Norfolk General Hospital, in partnership with EVMS, recently made the magazine’s top 50 ranking.

EVMS offers Dr. Nadler the opportunity to work on juvenile diabetes, with the adjacent Children’s Hospital of The King’s Daughters, as well as to collaborate with the Veterans Administration Medical Center in Hampton on diabetes in the elderly.

## Linking Diabetes and other Diseases

Dr. Nadler, who is also chairman of the internal medicine department, is researching how some genes may lead to the death of nerves and heart damage in diabetics.

That could explain why diabetic patients often lose their ability to walk, tend to fall and have intense pain. Another related complication is retinopathy, or nerve damage to eyes.

“Some of the same gene family we believe is causing nerve disease might be causing eye disease as well,” he says.

Another focus of the center’s research is heart disease. The Strelitz Center is planning to establish a special clinic at Sentara Heart Hospital in Norfolk to focus on heart disease prevention and improved treatments for diabetics.

They have a higher risk of heart disease but are often unaware of their diabetes, Dr. Nadler explains, adding for many, “the first time they find out is when they have a heart attack.”

EVMS researchers are investigating the links between diabetes and heart disease in collaboration with the University of Virginia and investigators in San Diego as part of a grant funded by the National Institutes of Health.

Dr. Nadler’s personal interest is in understanding the link between the type of obesity that leads to heart problems and diabetes. He has a team looking into it that includes a scientist, Swarup Chakrabarti, PhD and a post doctoral fellow, Banu Cole, MD.

Diabetics are two to four times as likely to die of a heart attack than the general population. Some component of that central body fat may be at fault, Dr. Nadler says.

“What is learned in the lab is translated into patient care. The patient has the advantage of research at a really early stage.”

Etta Vinik  
head of Strelitz Diabetes Center’s  
Education Division




Richard Dollar  
19 years living with diabetes



Tisha Jones  
29 years living with diabetes





**“They’ve been awfully good to me. They keep me alive, literally.”**

**Dr. Harrison Wilson**  
*22 years living with diabetes*

“We think that the fat itself is making things that are damaging the heart tissue,” Dr. Nadler explains. To test his theories, he’s collaborating with Sentara to harvest fat and blood cells that come from patients undergoing weight-reduction surgeries.

Norine Kuhn, a lab manager at the EVMS Diabetes Center, spends several days a week in Sentara operating rooms obtaining and preserving those samples.

Dr. Nadler hopes to probe them to “prove our idea that fat has some damaging substances to people.” And by identifying those agents “prevent heart disease and prevent diabetes that way.”

Dr. Nadler has recruited a former University of Pennsylvania researcher, Yumi Imai, MD, assistant professor of internal medicine and an independent investigator with an NIH grant, to explore how obesity leads to the development of diabetes.

“Everybody realizes the connection,” he says, but no one understands how it works. “Dr. Imai studies the cells that make insulin . . . to see what happens when you start to develop obesity.”

When a patient becomes obese, those insulin-secreting cells, also known as beta cells or islets, begin to wither. By the time the typical adult is diagnosed with Type 2 diabetes, more than half are gone, Dr. Nadler says. “They die, and they continue to die.”

## Rewing up Research

Dr. Nadler’s reputation already has helped EVMS attract top clinical scientists, Pepe says. Dr. Pepe hopes it will lead to additional key recruits so EVMS can be added to the National Institutes of Health’s 17 designated diabetes research centers.

“The research is what is going to distinguish us,” Dr. Pepe says. “That’s what really is going to change us. It’s so critical.”

Among Dr. Nadler’s recruits to EVMS are: Elena Galkina, PhD, to the Department of Microbiology and Molecular Cell Biology, where she is researching the link between diabetes and heart problems; Joseph Aloï, MD, who is the new clinical director of the Diabetes Center; and David Lieb, MD, who completed his endocrinology fellowship at U.Va. this summer and is doing research on hypertension and diabetes.

Dr. Nadler is in the process of attracting other major physician-scientists to EVMS.



One of the most exciting areas of research at the center now piggybacks on work done by Dr. Vinik, David Taylor-Fishwick, PhD, and Gary Pittenger, PhD.

Dr. Vinik's team has long led EVMS' efforts to cure diabetes, having discovered a gene known as INGAP (Islet Neogenesis Associated Protein) that can reawaken a pancreatic cell's potential to produce insulin. But if the immune system still considers those cells invaders, it will just kill them too, leaving insulin injections as the only option.

Betty Osby was nine years old when she learned she had Type I diabetes. She learned to inject herself by practicing

**After half a century of “feeling like a pin cushion” Betty Osby longs for a chance to throw away her needles. Dr. Nadler hopes to make that happen by pairing his genetic work with Dr. Vinik’s INGAP therapy.**

on oranges. She's been controlling her condition with insulin injections for 52 years now. About five years ago, despite dose increases, the insulin was no longer doing the job. She was passing out. Her primary care physician sent her to the EVMS Strelitz Diabetes Center, where doctors eventually convinced her she needed another daily medicine shot to augment her insulin treatments.

“I felt like a pin cushion and didn't want to go with any more injections,” she says. But they persuaded her and she says she is “up and running, hopping and hollering.”

After half a century of injections, Ms. Osby longs for a chance to throw away her needles. Dr. Nadler hopes to one day make her dream come true. He wants to pair his



Jerry Nadler, MD, right, has been a mentor to Joseph Aloï, MD, since the two worked together at the University of Virginia. Dr. Aloï is among several physicians and scientists Dr. Nadler has recruited to the EVMS Strelitz Diabetes Center.



**Betty Osby**  
52 years living with diabetes



Aaron Vinik, MD, PhD, left, and David Taylor-Fishwick, PhD, are part of the research team that is constantly working to develop better treatments for diabetes and the disease's many complications.



Since opening in 1987, the Strelitz Diabetes Center has become one of the leading diabetes research and patient care facilities in the Mid-Atlantic.



**Jenna Kalnins**

*26 years living with diabetes*

genetic work with Dr. Vinik's INGAP therapy to possibly eliminate the need for injections in diabetics.

There's a honeymoon period after someone is diagnosed with Type 1 (also known as juvenile onset) diabetes before they require insulin. In this period, the body's immune system hasn't completely destroyed the pancreas' own insulin-secreting cells.

While at the University of Virginia, Dr. Nadler founded a company, DiaKine Therapeutics, Inc., to develop a medication called lisofylline for diabetes treatments. He discovered that the anti-inflammatory agent seems able to stop the body from wiping out its insulin production. It modulates the immune system, protecting the insulin-secreting cells without leaving the patient vulnerable to infection.

Lisofylline as a diabetes treatment has been very promising in animal research. "Now we're hoping to move ahead to the patient," Dr. Nadler says.

If lisofylline can protect the new cells spawned by Dr. Vinik's INGAP, then they could be combined into a cocktail that not only halts diabetes damage but reverses the disease.

A few months of the therapy could be enough to help a patient reduce their need for — or even permanently eliminate — insulin injections, Dr. Nadler says.

Dr. Vinik is looking at stem cells as another way to treat Type 1 diabetes. The EVMS center is among 20 nationwide participating in a newly-launched two-year study funded by Osiris Therapeutics Inc. examining how its Prochymal stem-cell therapy can arrest disease progression and promote the regeneration of damaged tissues. (The process uses stem cells harvested from adult bone marrow.)

All this work has Dr. Nadler enthused.

"I would say, without exaggerating, that we have not only the top diabetes research program in the Commonwealth of Virginia, but one of the top in the Eastern United States. We are also training the next generation of diabetes physicians."

## Advancing Clinical Care

Setting the Strelitz Diabetes Center further apart is its expertise in treating the myriad complications of the disease.

The team is known for taking lab findings, such as discoveries about the nerve damage process, directly into the patient clinics.





**“We have an edge. That’s why the center is so important. All of our physicians are backed up by star endocrinologists who can back up the entire operation.”**

**Gerald J. Pepe, PhD**  
*dean and provost of EVMS*

“Dr. Vinik’s program is world famous,” Dr. Nadler says. “People fly in from all over the world to see him. He’s carrying out funded research in neuropathy, clinical research with patients.”

And, finally, there is the opportunity at EVMS, an independent medical school that has close ties with area hospitals and health practitioners, to share those discoveries throughout the community.

“What is learned in the lab is translated into patient care,” says Etta Vinik, head of the center’s Education Division. “The patient has the advantage of research at a really early stage.”

Dan Welch appreciates the center’s dedication to its patients. He has been treated at the EVMS Strelitz Diabetes Center for nearly three years. He has been a Type 1 diabetic for nearly 28.

“The way the disease goes,” he says, “it doesn’t get better with time.” But after his primary care physician referred him to the center, he has seen great improvements.

The center’s team put him on a continuous glucose monitor, with a receiver about the size of a tiny cell phone and a button he inserts into his side that sends continuous blood sugar readings.

Now, he says, he can see problems before they become severe. And the nighttime “crashes” are gone, with an alarm that alerts him before “I am in real trouble.”

“Without pricking my finger every five minutes I can get way ahead of trying to take any action I need to,” he says.

He knows his team, which includes Dr. Nadler, is up to speed with everything that is going on with the disease and technology.

“I have a very active day-to-day life,” says Mr. Welch, who is president and general manager of the BAE Systems Shipyard in Norfolk, which used to be known as Norshipco. “I am on the go all the time. This thing has really allowed me to keep up with all of that and not find myself in trouble at various points along the day.”

Dr. Wilson, who once served on the Diabetes Institute Foundation’s board of directors, is an outspoken advocate of the center. He frequently drops by and counsels fellow patients to have patience, that they will see gradual improvements if they stick with the program like he did.



**Raymond Williams**  
*19 years living with diabetes*

“They’re doing a great job over there,” Dr. Wilson says.

Mr. Welch agrees. He is also a promoter of the clinic and thankful that it exists and is expanding.

“We are fortunate to have it in our community,” he says. “They are a true bunch of professionals. Those of us who are lucky enough to be over there are very appreciative of the facility there and the great medical care we get through the center.” □



# Fast Forward

***Claudia Keenan Hough,  
EVMS' first vice president for  
external affairs, puts EVMS  
on the fast track to success***

**T**o say it's been a busy year for Eastern Virginia Medical School is a tremendous understatement. It launched this magazine, a new brand identity and a new web site. It began cementing a long-range strategic plan, renamed a campus building and started construction on a new facility that will be transformative for medical education and research in the region. And on top of all that, it moved the graduation ceremony — hailed this year as the best ever — to a new venue and surpassed the Annual Fund goal by more than 12 percent despite a limping economy.

Look behind all that action, and you'll find one common factor: Claudia Keenan Hough.

She is EVMS' first-ever vice president for external affairs, a position created under the umbrella of the president's office as a way to build unity and strategy in the school's fund-raising and marketing efforts. However, in the 15 months since starting on the job, Ms. Hough's role has evolved. Among her ever-increasing load of responsibilities is the creation of a new strategic plan that will ensure the institution stays on track for what campus leaders want to achieve.

"It's more than just marketing, communications and development. She's taken on an increasing load of projects, and she exceeds expectations on all of them," says EVMS President Harry T. Lester. "She's one of the hardest working people I've ever known."

## REWIND



That work ethic has been one of Ms. Hough's hallmark traits since childhood. At age 14, the Norfolk native and gifted ballerina moved to New York City to attend the Professional Children's School, where she split her time between studies and performances. A leg injury forced her off the stage, but Ms. Hough is not one to waste time on self-pity.

"My personality is not to look back and regret things. I just don't believe in that," she says.

So, at 17, she re-aimed her career trajectory and enrolled at what was then Randolph-Macon Woman's College, spending three years there and one year at the University of London, finishing her degrees in economics and communications. Despite job opportunities with financial firms including Wachovia and Manufacturers Hanover Trust, she returned to Norfolk and worked as a marketing assistant for the Virginia Stage Company. From there, her career took a steep upward trajectory.











Ms. Hough, the school's lead executive for marketing and fund raising, discusses scholarship funding during a weekly Senior Management Meeting.



She rose to marketing director for the Stage Company within her first year, and two years later, she became the U.S. marketing director for the Spoleto Festival, a 17-day celebration of the arts held in Charleston, S.C. She later ran the New York International Festival of the Arts.

After a one-year stint with the Manhattan Theater Club, she was recruited to head marketing at the New York City Opera at Lincoln Center. Ms. Hough spearheaded the launch of a series there that made tickets for select shows affordable for almost anyone. It was an overwhelming success, allowing thousands of people to experience opera who otherwise might never have been able to afford it.

She became involved in the opera's fund-raising efforts and led the creation of a new strategic plan before leaving after nine years to take on one of the most sought-after marketing jobs in the Big Apple. The New York Botanical Gardens, one of the largest and most prestigious botanical gardens in the world, brought in Ms. Hough as vice president of marketing and business development. That's where she was when the opportunity arose to make a difference in her hometown by helping its middle-aged medical school grow and prosper.

## PLAY



"The school has had some ups and downs over the years," Ms. Hough says. "But with Dr. Pepe and President Lester at the helm, the school is in a place where it had not been before. What I felt I could offer was to help bring the marketing, communications and fund-raising up to the level to complement where the school is heading."

So how does a career steeped in the arts translate to an academic medical center? They share a common core principle, says Ms. Hough.

"It's about building relationships," she says. "It's customer service and stewardship."

The biggest early hurdle was mastering the lingo. Academia and medicine use a lexicon all their own, and for the uninitiated, it takes time to adjust. Being a relative newcomer to the academic-medical realm, though, isn't a weakness, says Bob Aston, president and chair of the EVMS Foundation. He's been involved with the school throughout most of its 36-year history, and he says having someone look

with fresh eyes at how it's operating has unearthed new ideas.

"I think her depth of experience and the fact that, in many respects, she's new to our organization brings a level of enlightenment that sometimes isn't

other pieces in place so that we can move the school further forward. She's really become an advocate for the school."

Community leaders involved in the medical school also have noticed Ms. Hough's eagerness to



Ms. Hough and Dana Dickens, president and CEO of Hampton Roads Partnership, talk during the annual Britt Dinner scholarship fund-raiser.

there when people have been around it forever," Mr. Aston says. "You see things differently and in a way that isn't influenced by how things have been done in the past."

It helps that she has embraced the medical school and its uniqueness. Ms. Hough talks often about EVMS' collegial atmosphere and how inspiring it is to work with people who are changing the face of health care. She can be spotted at scientific lectures and academic meetings, gathering nuggets she can use to help tell EVMS' story.

"She's dug in deep to figure out what the school needs," says Dean and Provost Gerald J. Pepe, PhD. "The faculty see her wanting to get the finances and

understand the school, its missions and what sets it apart from others.

"She's taken the time to really learn about each department and get involved in the school, and by doing that, it's obvious that she's come to have very deep feelings about EVMS," says Robin Ray, a long-time volunteer fund-raiser for the school, current member of the Board of Visitors and Annual Fund co-chair. "She's effective, efficient and responsive. On top of that, she's a joy to work with."

Mrs. Ray's fellow Annual Fund Co-Chair Wayne Wilbanks, a former rector and current member of the EVMS Foundation Board of Trustees, praised Ms. Hough's energy and leadership that have



When she's not working to strengthen EVMS, Ms. Hough spends time with her children, (from left) Beach and twins Lara and Griffin.

brought structure to the way EVMS interacts with its audiences both on and off campus.

"She sets a very ambitious agenda, and she delivers on it," he says. "For one, we blew away our Annual Fund goal. If we can keep this ball rolling, we'll be in a wonderful position."

#### FAST FORWARD

All the success, however, doesn't equate to an easy first year at the medical school. Challenges were in ample supply. About the time she started, the global economy lurched downward and, with it, philanthropic giving. Tight consumer wallets have led to lower state revenue, and EVMS, like every other Virginia institution of higher learning, has seen its share of state funding drop as the state copes with a budget in the red.

There have been internal challenges, too. The launch of an all-new web site in September, a project Ms. Hough championed, did not go as smoothly as expected. She has acknowledged the ongoing difficulties and is holding the outside contractors working on the site accountable and pushing her staff to find solutions.

"She doesn't just want things done. She wants them done right," Vincent Rhodes, director of marketing and communications, explains. "She holds herself and her staff to very high standards. If there's a problem or a mistake, she wants to get to the bottom of it and figure out how to fix it — fast. Claudia has been very supportive of redirecting our staff and finding extra help to fix web site problems. She wants EVMS to have the best, most useful site possible."

Fortunately, temporary setbacks and a down

economy aren't a deterrent for Ms. Hough.

"We just have to work a little harder and be a little scrappier," she says.

Fund-raising targets have increased from last year, and the school is planning to amplify its communication efforts. Ms. Hough doesn't want EVMS to be Hampton Road's best-kept secret any longer. All the work, she says, will have been a success only when everyone in Hampton Roads knows what EVMS does and why it's a critical pillar in the region's health-care infrastructure.

"I think the assets and the opportunities far outweigh the challenges," says Ms. Hough. "The product is too good. The product has too much strength behind it. The product is our students, our faculty, EVMS Health Service and our research. There are too many positives to let any excuse get in the way." □



Dan Neumann, MD, Left, Class of 1997, catches up with 1999 graduate Darwin Koller, MD.

# ALUMNI RECONNECT AND REMINISCE

## *at medical alumni reunion*

Dozens of doctors who earned their stripes at Eastern Virginia Medical School came back to Norfolk in August for the annual MD Alumni Reunion.

Nearly 50 alumni — and some of their families — came to Norfolk to reminisce with former classmates and teachers and hear first-hand from EVMS leaders how the school is thriving.

“I saw people I hadn’t had contact with in years, but it seemed so natural to talk to them,” says Carolyn Riegler, MD, Class of ’79. “But, even more, it was rejuvenating for me and an opportunity to reflect on where my life has been and how I got to where I am. And the dancing at the dinner party made the years slip away. It was a blast.”

Reunion events included a reception Aug. 14 and a formal dinner Aug. 15, as well as a Continuing Medical Education scientific session Saturday

morning that featured EVMS alumnus and State Sen. Ralph S. Northam, MD; Paul Phrampus, MD, another EVMS graduate; and recently appointed chair of psychiatry and behavioral sciences, Stephen I. Deutsch, MD.

“It’s always great when our graduates come to see all the change on campus, from new buildings to new faculty,” says Melissa Lang, alumni relations director. “There’s so much growth here and so much for our alumni to be proud of, and I hope next year we get even more alumni back to see all the progress and feel the excitement.”

Starting this year, Mrs. Lang is recruiting representatives from each graduating class to help rally their classmates to sign up for the reunion. To volunteer as a class rep, contact the Office of Alumni Relations at [alumni@evms.edu](mailto:alumni@evms.edu) or 757-446-6054.



Theresa and Roger Emory, both MD graduates in the Class of 1989, leaf through an old yearbook with friends.

“It’s the premier MD alumni event of the year. If you can only make it to one, this is the event,” says Mrs. Lang, adding that alumni should mark their calendars for next year’s reunion weekend, August 13-15, 2010. □

SEND YOUR CLASS NOTES AND NEWS TO [ALUMNI@EVMS.EDU](mailto:ALUMNI@EVMS.EDU)

**SAVE THE DATE:** 2nd annual School of Health Professions Alumni Banquet – April 17th, 2010  
MD Alumni Reunion Weekend – August 13-15th, 2010

Have you updated your Alumni profile lately? Visit [www.evmsAlumni.com](http://www.evmsAlumni.com) to make sure your information is current.

## GRAD SCALES NEW HEIGHTS

### *pursuing interest in wilderness medicine*

As Jefferson Livermon, MD, stood at the summit of Mount Kilimanjaro earlier this year, the altitude was so great he could see the curve of the Earth.

“It’s humbling,” he says. “It really shows you your place in creation.”

He was there as part of a medical conference. Far from the typical meeting space, the conference brought together doctors studying the field of wilderness medicine.

“Wilderness medicine is all about improvising with what you have to deal with emergencies in the wild,” Dr. Livermon says.

Dr. Livermon is a 1983 graduate of Eastern Virginia Medical School now in family practice in Winchester, Va. At age 58, his love of the outdoors has taken him from hunting trips with his father while growing up in Hampton Roads to the mountains and caves of central Virginia to the top of the world in Tanzania.

“My Dad exposed me to hunting and a respect for the outdoors,” he says. “Now on family vacations I’m the guy saying ‘What kind of tree is that? What’s that mushroom?’”

His love of the natural world grew during his time at Virginia Tech, where he explored the mountains around him.



Jefferson Livermon, MD, at the peak of Mount Kilimanjaro.

“Blacksburg was a whole new area — mountains, caving, the Appalachian Trail,” he said. “I couldn’t get enough.”

Dr. Livermon continued his explorations throughout his time at EVMS and his early jobs. Later, he shared his love of the outdoors with his son

through Boy Scouts and through that involvement, discovered the field of wilderness medicine.

Dr. Livermon learned much firsthand — from suturing himself without anesthetic after a fall during a hike in Virginia to dealing with mountain sickness

*Continued on page 39*

## 2005 GRADUATE STARTUP *is a winner*

Pitou Devon, MD Class of 2005, enjoyed a rare honor recently when he rang the closing bell at the NASDAQ stock exchange.

The event was the result of his role as a co-founder of the company Lumina Diagnostics.

Dr. Devon completed his training in internal medicine at the University of Pennsylvania in Philadelphia. “Since finishing residency in 2008, I work part-time as a hospitalist and decided to get back into my entrepreneurial ventures,” he says.

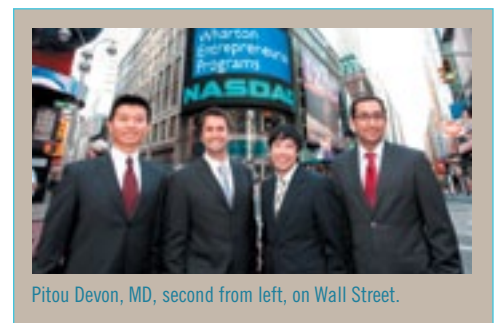
“I am currently half way through my MBA in healthcare entrepreneurship at the Wharton School (part of Penn). I formed a team with two other Wharton graduate students and a scientist

and started Lumina Diagnostics — a medical device startup company commercializing a new near infrared diagnostic technology that can dramatically improve chronic wound care,” Dr. Devon reports.

“My team and I won the Wharton Business Plan Competition this year and as part of the 1st place prize our company was able to ring the closing bell at the NASDAQ stock exchange in NYC on August 11th,” he says.

Dr. Devon says major news networks covered the event — “for all of 10 seconds!”

His team took home the Michelson Grand Prize of \$20,000 cash with an additional \$10,000 worth of



Pitou Devon, MD, second from left, on Wall Street.

legal and accounting services. Dr. Devon also received the most votes in the People’s Choice Award, securing an additional \$3000 prize for being the audience’s favorite. □



# GRADUATE NAMED TO LEADERSHIP POST AT *University of South Carolina*

Joshua T. Thornhill IV, MD, Class of 1989, has been named associate dean of medical education and academic affairs at the University of South Carolina (USC) School of Medicine.

A nationally recognized psychiatrist, Dr. Thornhill received a BA in chemistry from the University of Virginia and after EVMS completed his general psychiatry residency at the William S. Hall Psychiatric Institute in Columbia, SC.

In 1993, Dr. Thornhill joined the faculty of the USC School of Medicine as an instructor in the department of neuropsychiatry and behavioral science and also served as the assistant director for the medical school's general psychiatry residency.

"It is a great honor and privilege to be selected for this important role that is responsible for academically preparing future physicians and scientists for a thriving career in medicine," Dr. Thornhill said

in a news release from the school. "I firmly believe that the right combination of medical education, extracurricular activities and strong faculty and staff support is the key to helping students become compassionate and skilled clinicians."

Dr. Thornhill has contributed significantly to the growing reputation of the department of neuropsychiatry as a distinguished professor and psychiatric clinician. In his most recent position as assistant dean for clinical curriculum, Dr. Thornhill played an integral role in helping the school of medicine secure the maximum allowable accreditation by the Liaison Committee on Medical Education (LCME).

Dr. Thornhill has been named to "Best Doctors" for five consecutive years. As an educator, he was twice honored by medical students as a "String of Pearls lecturer" and has received a number of awards,



Joshua T. Thornhill IV, MD

including the Humanism in Medicine Award and the Dean's Distinguished Service Award.

He is a general psychiatry examiner for the American Board of Psychiatry and Neurology. An active participant in professional organizations, he has served as the president of the South Carolina Psychiatric Association and serves as councilor for the South Carolina Beta Chapter of Alpha Omega Alpha, the medical honor society. Dr. Thornhill has authored a number of journals, books and abstracts. □

## ANNUAL FUND CAMPAIGN *Comes Full Circle For Alumnus*

Unlike the rest of the alumni, Rick Campana, MD, Class of 1982, didn't receive an Annual Fund solicitation letter from Michael J. Bono, MD, president of the EVMS Medical Alumni Association.

His letter was from Mike Bono, a gentleman he had met nearly 30 years earlier when Dr. Campana, then a student, was among the panelists who interviewed Mike for admission to EVMS.

When Dr. Campana's 18-year-old son saw the letter from Dr. Bono, he asked his dad if he knew the author. Dr. Campana had an instant flashback to when the two first met.

"I interviewed a number of applicants and I can honestly tell you Dr. Bono was by far the

single most impressive applicant," Dr. Campana says today.

Dr. Campana was compelled to contribute to the Annual Fund campaign and also to send a letter back to Dr. Bono.

"It is great to know that I had some input in your acceptance to EVMS, and it's even more rewarding to know that we have someone like you at the helm of the alumni association," Dr. Campana wrote. "I agree with you very much that EVMS is an outstanding school, and I too, am very proud to tell everyone that I am an alumnus of such a great medical institution."

Dr. Campana's son has his sights set on attending EVMS.

"I am very proud of my son and I support his decision to pursue medicine, despite all the negatives



Mike Bono, MD, enjoys a light moment at the 2009 Medical Alumni Reunion with Paul Phrampus, MD, left, and Dan Neumann, MD.

that our profession is dealing with today," he wrote. "Who knows, maybe when he goes for his interview at EVMS, you will be one of the faculty members who interviews him!"

Dr. Bono's letter touched more people than just Dr. Campana. This letter brought in more than \$18,000 from 65 donors for the Annual Fund. □

To donate to the EVMS Annual Fund, go to [www.evmsfoundation.com](http://www.evmsfoundation.com)

# ANNUAL FUND SUPPORTS EXCELLENCE *across institution*

Donors to Eastern Virginia Medical School are demonstrating their faith in the medical school in record numbers.

The school saw a 20 percent surge in donors who contributed to the 2008-2009 Annual Fund. That support brought in \$782,735, surpassing the \$700,000 goal by 12 percent.

All of that is good news for the school, according to Mark Babashanian, EVMS vice president for administration and finance.

"The Annual Fund is a vital source of reliable operational income," Mr. Babashanian says. "Much of our income is restricted in how we can use it. The donations we receive through the Annual Fund are not restricted and afford us the flexibility to designate those funds to meet our most pressing needs."

Those needs can include faculty recruitment and development, technology improvements for education purposes, campus modernization, unforeseen needs or opportunities that arise suddenly, Chris Dagley, annual fund director, explains.

For the 2009-2010 Annual Fund, the institution has set a goal of \$800,000. That money will be used

for student scholarships, to help finance technology improvements that will enhance student learning, to hire new faculty and to upgrade research labs, Mr. Dagley says. The school also set an annual goal of raising \$325,000 to support the EVMS Strelitz Diabetes Center.

Leading the Annual Fund effort again this year are key supporters of EVMS: Wayne Wilbanks, former rector of the Board of Visitors and new member of the EVMS Foundation Board of Trustees, and Robin Ray, former president and chair of the EVMS Foundation and recently appointed to the Board of Visitors.

G. Robert Aston Jr., president and chairman of the Eastern Virginia Medical School Foundation, credited Mr. Wilbanks, Mrs. Ray and their team for the success of the 2008-2009 campaign.

"To achieve these results in this economy is a testament to inspired leadership," says Mr. Aston, chairman and CEO of TowneBank.

Mrs. Ray says individuals and businesses want to support the school because of its mission to improve the health of the community. "Our donors understand what the school means to the region,"

says Mrs. Ray, president of Atlantic Dominion Distributors. "Without the medical school, the level of medical care here would suffer."

Mr. Wilbanks, managing principal and chief investment officer of Wilbanks, Smith & Thomas Asset Management, LLC, reiterated the importance of the Annual Fund to the school's fiscal health.

"The annual fund supports excellence across the institution," says Mr. Wilbanks. "EVMS must grow and innovate to continue to meet the needs of Hampton Roads in the coming decades. We need the community's help to do that, and we are confident donors will answer the call just as they have this year and in year's past."

EVMS President Harry T. Lester applauded donors and volunteers alike for their support and efforts on behalf of the medical school.

"We are indebted to everyone who made this important campaign a success," he says. "Their support enables us to make Hampton Roads a healthy, prosperous place to live, and that's a wonderful thing." □

To learn more about opportunities to support Eastern Virginia Medical School, go online to [www.evmsfoundation.com](http://www.evmsfoundation.com).

## FACULTY AND STAFF INVEST IN EVMS

The success of the Annual Fund relies on the generosity of supporters throughout Hampton Roads, but it also depends on EVMS faculty and staff members who give back to the school.

Meeting the Annual Fund goal allows EVMS to continue pursuing its missions year after year. It is fitting, then, that the people who best understand the school's missions and impact on the community show their support.

"When seeking support from organizations, foundations and individuals outside the walls of EVMS, it speaks volumes if we lead by example," says Chris Dagley, director of annual giving.



President Harry T. Lester, right, thanks George Darby for his loyal support of the school.

*Continued on page 39*



# Cosmopolitan International

## IS A LOYAL FRIEND *in fight against diabetes*

One of the most critical components of biomedical research is money. Without financial support, the best ideas never advance.

That's why a dependable funding source is so important. And one of the most loyal supporters of research at Eastern Virginia Medical School is Cosmopolitan International.

The international organization, which calls itself "the club that fights diabetes," gave \$1 million to help found what is now known as the EVMS Strelitz Diabetes Center. The group has continued to support the center over the years, most notably with an international project that raised nearly \$765,000 to support INGAP research. Recently the organization's Capital Federation, which includes clubs throughout the Mid-Atlantic region, pledged another \$100,000 over five years.

*A key focus of interest among Cosmopolitans is the research into INGAP, a protein co-discovered by Aaron Vinik, MD, PHD, research director at the EVMS Strelitz Diabetes Center.*

Though the group supports research and patient care at diabetes centers across the country, the ongoing research at EVMS is of special interest. That's one reason why the group invited Jerry Nadler, MD, professor and chair of internal medicine at EVMS and director of the Strelitz Diabetes Center, to present the keynote address at their 2009 international meeting in New Orleans.

A key focus of interest among Cosmopolitans is



Jerry Nadler, MD, left, chair of internal medicine and director of the EVMS Strelitz Diabetes Center, thanks Cosmopolitan Capital Federation representatives Robert G. "Bob" Williams, center, and L.J. Smith for the organization's latest \$100,000 pledge

the research into INGAP, a protein co-discovered by Aaron Vinik, MD, PHD, research director at the EVMS Strelitz Diabetes Center. Diabetes results when the body's immune system mistakenly kills off insulin-producing beta cells in the pancreas; INGAP is a protein that encourages re-growth of beta cells

Dr. Nadler spoke to the Cosmopolitans about new research that combines INGAP with the drug lisofylline. INGAP encourages the growth of insulin-producing beta cells, while lisofylline blocks the destructive immune system and protects the new growth. When this combination therapy was studied in mice, researchers were able to reverse Type 1 diabetes 70 percent of the time — even in mice with severe disease.

"That's why I wanted Dr. Nadler there," says Bob Williams, a former president of the international

organization and vice chair of the club's foundation. "People were happy to hear their money has been well spent."

Cosmopolitan International is a model of philanthropy. Not only is the organization loyal to its cause (it has supported diabetes for some 35 years), Cosmopolitan International and its members are extremely generous.

There are some 70 clubs across the United States, Canada and Mexico encompassing 2,000 members. The individual clubs sponsor a variety of fundraising events, and individual members also donate to the cause.

The club hands out gifts equivalent to \$500 per member each year.

"We give away a million dollars a year, and there are only 2,000 of us," Mr. Williams says. "That's pretty impressive for a small organization." □

# GRAD SCALES NEW HEIGHTS

*continued from page 34*

on the slopes of Kilimanjaro.

He found a group of like-minded doctors at the Wilderness Medical Society, based in Colorado.

The term “wilderness medicine” can encompass almost anything, from dealing with high altitude to extreme heat and cold to animal attacks to underwater emergencies. Some members of the Wilderness Medical Society advise the military and NASA.

“My partners in Winchester don’t really understand why I do this,” Dr. Livermon said. “It’s an area of love. It makes me tick. I’m able to combine my profession with my passion.”

At the moment, Dr. Livermon is pursuing a fellowship through the Academy of Wilderness Medicine, a program that includes more than 100 hours of class time.

The Kilimanjaro trip was part of that training. He started preparing six months in advance.

“I was scared I would fail, frankly,” he says.

But during a pre-trip physical another doctor told him he was one of the fittest members of the team, and during the climb colleagues more than a decade younger told him they wished they were in his kind of shape.

He enjoyed the experience so much he’s looking forward to a new challenge — maybe a jaunt to Antarctica or a little spot in inner Mongolia that takes 18 days to reach on horseback and by foot.

“During something like that you learn a lot about yourself,” he says. “And you learn a lot about depending on others as well as doing for yourself, and that’s part of what wilderness medicine is all about.” □

## CORRECTION

In a story about loyal donor Selma Graber for the Back to School edition of *EVMS Magazine*, we incorrectly identified her husband’s medical specialty. Stanley Graber, MD, is a pathologist. We apologize for the error. □

## IN FOCUS

*Photos taken at the Donor Reception on October 7, and the L.D. Britt Scholarship Dinner, October 22.*



1



2



4



7

1. The EVMS logo beckoned donors from throughout the area to the superhero celebration. 2. Tommy Rueger, CEO and president of SunTrust Bank - Hampton Roads greets the crowd at the 14th Annual L.D. Britt, MD, Scholarship Fund Dinner. SunTrust was a title sponsor of the event. 3. Keynote Speaker Rubens J. Pamies, MD; L.D. Britt Scholarship Recipient Nicole Lia Whatley; Community Service Award Recipient Cathy Lewis; L.D. Britt, MD, MPH. 4. Enjoying the donor appreciation event from left are Jon Babineau and Teresa Babineau, MD, with Bess and Peter Decker. 5. L.D. Britt, MD, MPH, and Gary McCollum, senior vice president and general manager for Cox Communications. 6. Keynote speaker Rubens J. Pamies, MD, and L.D. Britt, MD, MPH, chat briefly with Norfolk Mayor Paul D. Fraim. 7. Charles Fletcher, DDS, former rector of the EVMS Board of Visitors, takes his turn posing in one of two superhero cardboard cutouts. 8. Laine Harlow Koch, MD, (Class of 2005), shows off the superhero cape she earned as a donor to EVMS.



## FACULTY AND STAFF INVEST IN EVMS

*continued from page 36*



Financial Systems Manager Therese Raunswinter shares that philosophy.

“There is an old saying, ‘Charity begets at home,’” she says. “EVMS is family, like a second home. The school needs the support it gets from donations to the Foundation, and I think it’s important that we members of the family help in whatever way we can.”

For the 2008-09 fiscal year, the fund surpassed its \$700,000 goal by more than 12 percent despite the limping economy. The goal this year increases to \$800,000, a reflection of the school’s expanding needs and goals.

This year’s annual fund, which runs until June 30, 2010, will support important programs such as student scholarships, help fund the implementation of the EVMS 2.0 educational-technology initiative, allow for upgraded Internet access, renovate research space and help hire new faculty.

“Eastern Virginia Medical School’s commitment to excellence means there is a financial challenge that extends to the cornerstone of the school — its faculty, staff, students and community friends,” says George Darby, parking manager at EVMS and co-chair of the faculty and staff giving campaign. “I ask everyone to join me and rethink their financial commitment this year to help EVMS build on its success.” □



### upcoming

#### Mansbach Lecture – Feb. 11, 2010

The annual Mansbach Lecture, held in honor Harry Mansbach, one of EVMS’ founding fathers, will be held Feb. 11. The invited lecturer is Carmen Camargo, MD, an associate professor at Harvard Medical School and an emergency physician at Massachusetts General Hospital. He is a renowned expert on the effect of Vitamin D on critical body functions, an issue that has drawn national headlines recently. The event will be held in EVMS’ McCombs Auditorium in Lewis Hall. For more information, call 446-6070.

#### Parents Weekend – April 10-11, 2010

Parents and family members of EVMS medical and health professions students are invited to campus to see what life is like in a leading academic health center. The event features lectures on medical topics and hands-on exercises designed to give visitors a sense of what students experience in their first year at EVMS. Invitations to Parents Weekend will be mailed in the coming weeks.

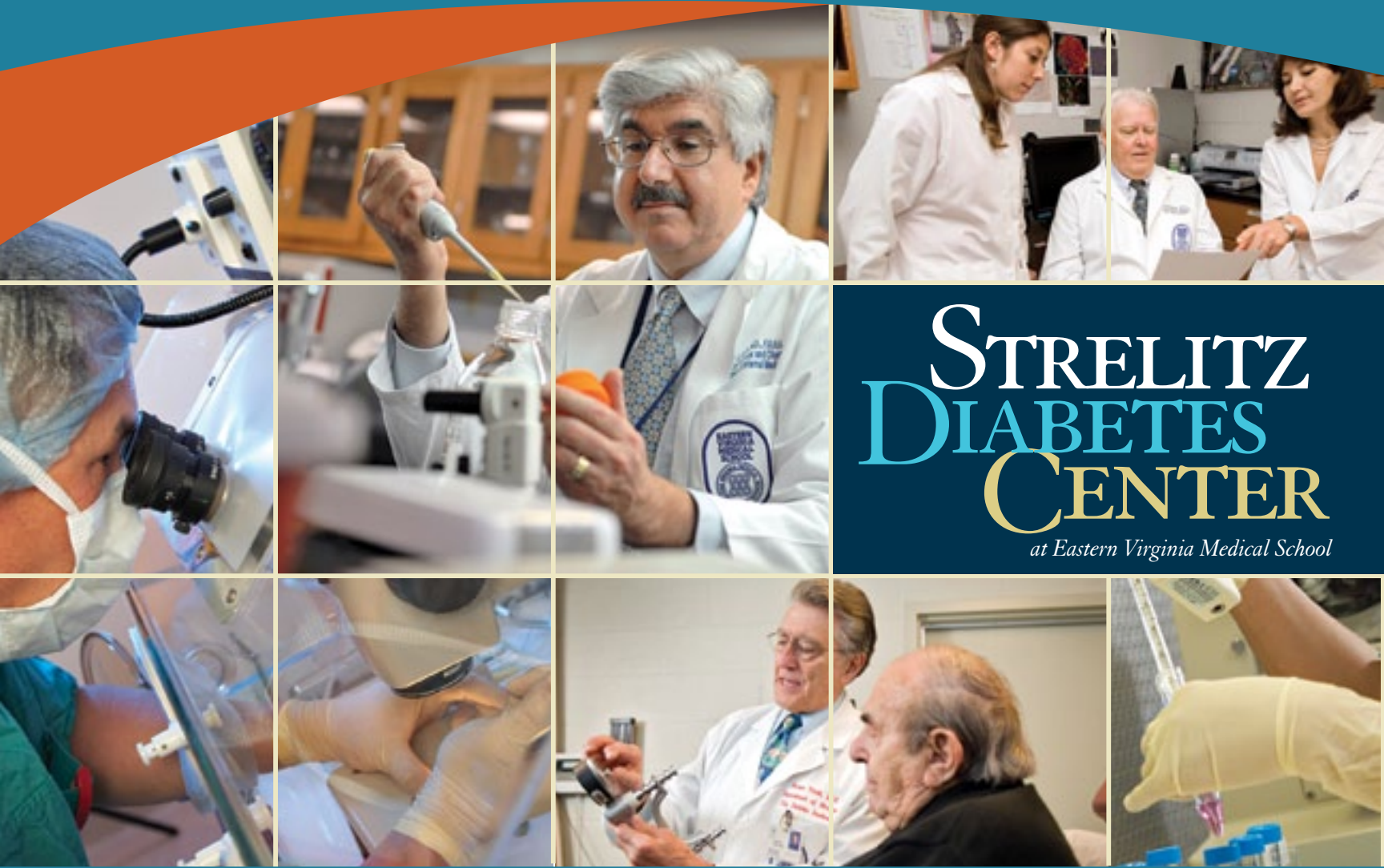


# EVMS

Eastern Virginia Medical School

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*Change Service Requested*



# STRELITZ DIABETES CENTER

*at Eastern Virginia Medical School*

**Chances are that you know someone impacted by diabetes.  
You can have an impact, too.**

**EVMS**  
Eastern Virginia Medical School  
**THE STRELITZ  
DIABETES CENTER**

The EVMS Strelitz Diabetes Center is leading the fight against diabetes right here in Hampton Roads. Research discoveries and treatment breakthroughs made at EVMS hold promise for improving lives not only in the region but throughout the world. Please help us continue the fight by calling 757.446.6070 or donating online at [www.evms.edu/giving](http://www.evms.edu/giving).

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