

TEACHING. DISCOVERING. CARING.™

PREMIER ISSUE

New Wave OF STUDENTS HITS CAMPUS

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School's Largest Grant Funds
HIV/AIDS Fight

James "Jay" Rawles
FIRST-YEAR MEDICAL STUDENT

credits

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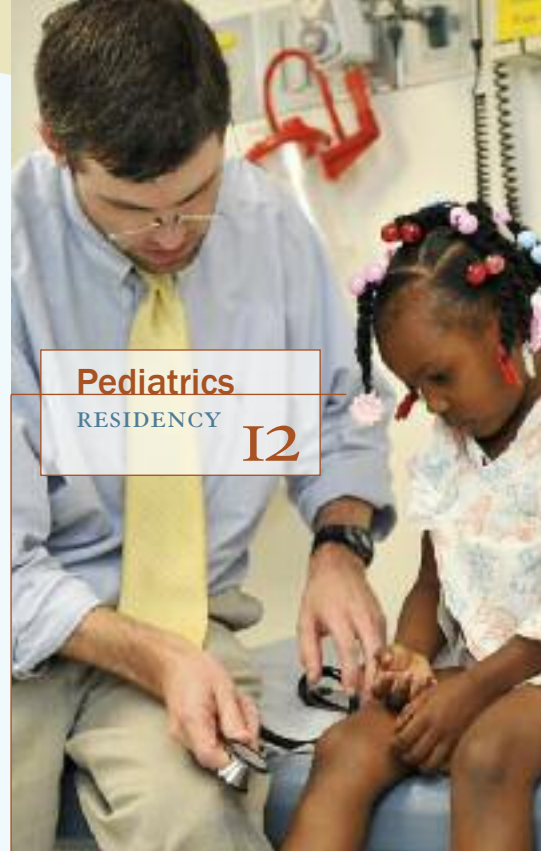
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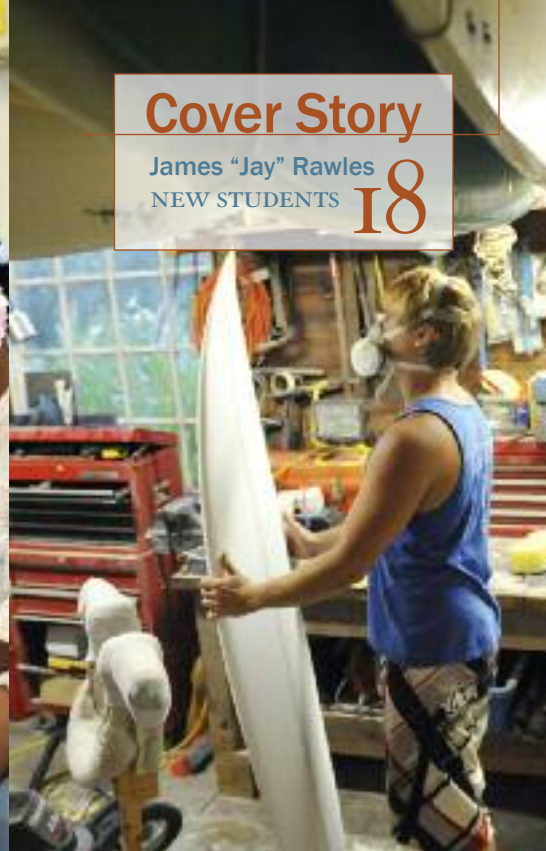
Madeline B. Hill

EVMS Magazine, the flagship publication for Eastern Virginia Medical School, is published quarterly. Copies are available on campus, in Hampton Roads doctors' offices and by mail. To request a copy of this issue, suggest a feature story or share EVMS news for consideration, please contact Doug Gardner, News Director, at (757) 446-7070 or gardneda@evms.edu.

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from the president



WELCOME to *EVMS Magazine* the new flagship publication of Eastern Virginia Medical School. Our new feature format replaces the newspaper-style *Chronicle* and is intended to give you a closer look at what we do and how your support makes a difference.

Here at EVMS, we focus on three things: **Teaching, Discovering and Caring.**™ While it is impossible for any single issue to cover every program or even scratch the surface of all that we do, in each quarterly edition you will see how these three elements play out across campus.

For example, meet some of our newest M.D. and health-professions students in our center-spread feature (*page 18*). Or, follow the experiences of our pediatric residents as they continue their education in a clinical setting (*page 12*).

Under the guidance of Dean Gerald Pepe, and thanks to our talented faculty, our research endeavors continue to flourish — to the benefit of Hampton Roads and patients around the world. Our researchers' groundbreaking work in the fight against AIDS was recently recognized with the award of a \$100 million grant (*page 5*) and in the publication in *Nature* of the first-ever description of a critical muscle movement process (*page 6*).

EVMS was founded by this community to improve the region's medical care. Our EVMS Health Services physicians strive to provide patient-centered, quality care. And, with one in four Hampton Roads doctors having a connection to EVMS, the medical school's impact is widespread. The EVMS Health Services sickle cell disease management program (*page 28*) is just one example of how our efforts directly improve the lives of community members.

In 2008, we celebrate 35 years of proud history and achievement. The next 35 years will bring continued change and even greater accomplishments. The fresh, new look of this magazine echoes the evolving appearance of the medical school campus and changes in the institution itself.

Completion of major renovations in Hofheimer and Fairfax Halls, construction of a new building, and clarification of the medical school's relationship to the state are just the beginning. You'll see positive signs of continued growth in each edition — and on campus.

I hope you enjoy this inaugural issue of *EVMS Magazine*.

Harry T. Lester
Harry T. Lester
President

Teaching. Discovering. Caring.™

CONRAD

RECEIVES \$100 MILLION

from USAID for Microbicide Development

Gustavo Doncel, M.D., Ph.D., oversees preclinical research for CONRAD from his Norfolk lab.

The agency that helped launch the CONRAD program at Eastern Virginia Medical School has renewed its support for the program's effort to develop new weapons against the spread of HIV and AIDS by awarding the largest grant in the school's history.

The U.S. Agency for International Development has awarded CONRAD, a component of the EVMS Department of Obstetrics and Gynecology, \$100 million over five years to continue development of microbicides, substances such as gels and creams designed to stop the transmission of sexually transmitted infections.

Microbicides are seen as a promising tool for slowing the march of diseases like AIDS by providing women, who account for more than half of the people living with HIV globally, with a powerful prevention option.

The unprecedented award follows a \$28.5 million grant last fall from the Bill & Melinda Gates Foundation, also for continued microbicide research and development. To date, USAID has awarded EVMS a total of \$160 million for microbicide research.

"We are grateful to USAID for their continued support," said Henry L. Gabelnick, Ph.D., executive director of CONRAD. "They have been our champions since the beginning of CONRAD over 20 years ago.

"This cooperative agreement will support five years of research for a variety of studies that will advance progress toward a successful microbicide, with a focus on continued clinical testing of several microbicide candidates in trials, including tenofovir gel, which is currently in a Phase IIb trial in South Africa, and UC781, which is currently undergoing safety studies at several sites here and abroad."

CONRAD facilitates the development of affordable products and methods that provide contraception and prevent the sexual transmission of HIV, AIDS and other infections. The EVMS program's scientists are known widely for their accomplishments in gauging the potential effectiveness of new biomarkers, biochemical substances that can indicate disease progression or treatment effectiveness.

"This grant will significantly enhance the ability of the CONRAD team to identify one or multiple agents that may prevent the transmission of HIV and other sexually transmitted infections — a very significant achievement on the world-health stage," said Alfred Z. Abuhamad, M.D., chair of obstetrics and gynecology. "The department is very proud of their efforts."

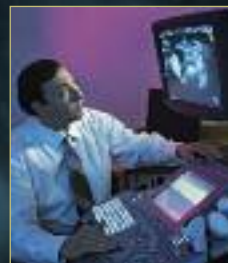
CONRAD is working on a biomarker that would allow researchers to detect cervicovaginal inflammation and another that would determine

whether a woman had intercourse unprotected by a condom. A biomarker capable of detecting HIV transmission would be of great benefit to the microbicide field as a whole because it could be used to test the effectiveness of new microbicides before beginning the complex process of enrolling thousands of women in a Phase III trial, Gabelnick said, adding that USAID's continued financial support is critical to that effort.

"CONRAD has particular expertise in preclinical and early clinical research, and we are glad to see the new agreement focused on this aspect of microbicide development," Judy Manning of USAID said. "Given USAID's particular concern for the health of women in developing countries, we are very excited about CONRAD's intention to develop combination products that protect not only against HIV, but also other sexually transmitted infections and unwanted pregnancy."

Even if the first approved microbicide is not 100 percent effective, studies suggest it still could have a major impact on public health if used in combination with other HIV-prevention methods.

CONRAD has laboratories and a clinical research center in Norfolk. The main office is located in Arlington, with additional offices in Atlanta, Ga., and West Chester, Pa. □



"This grant will significantly enhance the ability of the CONRAD team to identify one or multiple agents that may prevent the transmission of HIV and other sexually transmitted infections — a very significant achievement on the world-health stage."

— Alfred Z. Abuhamad, M.D.
Chair, Obstetrics and Gynecology

"With this \$100 million grant, USAID has proven their commitment to finding new methods to prevent HIV infection for the developing world. Their support will allow us to continue to bring promising microbicide candidates from the lab to safety and efficacy studies and eventually, into the women's hands who need them the most."

— Henry L. Gabelnick, Ph.D.
Executive Director of CONRAD





Above: Scientist Eva Forgacs, Ph.D., co-authored the study published in the journal *Nature*.

EVMS SCIENTISTS

among first to describe key process

IN MUSCLE MOVEMENT

As part of an international team of researchers, Eastern Virginia Medical School scientists are among the first to describe in detail a process vital to muscle movement.

Scientists from EVMS, the National Institutes of Health and the National Institute for Medical Research in London, writing in a study published in the July 30 issue of the journal *Nature*, describe a key interaction in the function of a protein that is necessary for muscle contraction and is important to the health of virtually every

tissue and cell in the body.

The study focused on the protein myosin, the central component in the contraction of muscle and in the movement of subcellular components required for normal development and function of most tissue and cells.

The findings have important implications for understanding the function and regulation of myosin and its role in human health and disease, according to Howard D. White, Ph.D., EVMS professor of physiological sciences. His EVMS co-author is Eva Forgacs, Ph.D., assistant professor of physiological sciences.



Howard D. White, Ph.D., has studied muscle for more than 25 years.

Myosin accounts for almost half of the protein in muscle. It acts in concert with the protein actin to produce movement and do work in muscle. The fuel source for muscles is a molecule called ATP — a product of food digestion.

“Scientists have been studying the anatomy and physiology of muscle for more than 100 years, but the details at a molecular level of how actin and myosin use ATP to enable muscle to contract are now becoming understood at an increasingly sophisticated level,” White says.

Of the 40 types of myosin in the human genome, 10 are found in muscle. The group studied myosinV, one of the non-muscle myosins that is present in high concentration in the brain, but serves diverse functions such as transporting the pigment that produces the color in our hair.

“Somewhat ironically, studying the non-muscle myosin has taught us more about the molecular details of how myosin works than was learned from studying muscle myosin,” White says. “This is because the non-muscle myosins often function as single molecules to move their cargo, whereas millions of myosin molecules in muscle function as a large unit in concert.”

One of the things that makes myosinV easier to study is that it “walks” along the actin, whereas muscle myosin molecules constantly jump on and off the actin.

“We had evidence from previous studies... that this happened but it was very exciting to observe it directly,” White says of the molecular interaction the team documented. □



Above: Elizabeth Comeau, the nation's first IVF baby, points to the “#1” charm on her necklace given to her by Dr. Jones.



In-vitro fertilization

Nation's first IVF BABY VISITS JONES INSTITUTE

Just ahead of the 30th birthday of the world's first “test tube baby,” the first person born in the U.S. through in-vitro fertilization (IVF) visited the place that made her birth possible, the Jones Institute at Eastern Virginia Medical School.

Elizabeth Carr Comeau, along with her husband, David, stopped in to see Howard Jones, M.D., co-founder of the Jones Institute at EVMS, and to take a look around the institute that pioneered IVF science in this

country. Her arrival also triggered an impromptu reunion as several members of the team that worked at the institute in its early days came by to check in on their first success story.

After catching up with Jones — the two speak at least annually — Comeau, now a journalist for *The Boston Globe*, got a look at how far infertility science has come since her mother went through the IVF procedure.

Thousands of babies later, the once

hours-long, uncomfortable process now takes a matter of minutes. □

“It was very primitive compared to how it is now.”

ELIZABETH COMEAU
NATION'S FIRST IVF BABY

CALISCH *now heads* ART THERAPY PROGRAM



A veteran of the early days of art therapy who helped it develop as a tool in the arsenal of modern medical care has come to Eastern Virginia Medical School to head the Master's in Art Therapy program. Abby Calisch, Psy.D., took over July 1 from former director Kay Stovall.

Calisch, a Texas native, was among the first to enter the nascent field of art therapy when she finished the program at Hahnemann Medical College (now the Drexel University College of Medicine).

continued on page 11



ASTON *leads*

FOUNDATION

The Eastern Virginia Medical School Foundation is under new leadership. G. Robert Aston Jr., chairman and CEO of TowneBank, has been named president and chairman of the foundation, succeeding Robin Ray, president of Atlantic Dominion Distributors.

Ray led the fundraising body since 1994. She oversaw several major initiatives and played a crucial role in securing the financial health of EVMS. She remains on the board.

EVMS President Harry T. Lester says, "Robin has been a tremendous leader for EVMS, and we can't thank her enough for all she has done. With the opportunities that lie ahead for the school, I am confident Bob will capitalize on these past efforts and lead us into an even brighter future."

Aston, a Suffolk native, has deep ties throughout Hampton Roads thanks to his more than 44 years of leadership in local and

regional banking and his service on numerous boards and committees. He joined the EVMS Foundation Board of Trustees in 2001 and co-chaired successful EVMS Annual Fund campaigns each of the past two years.

"I look forward to building on the momentum EVMS has gathered under Robin's outstanding leadership," Aston explains. "We are in a prime position to bring in new support for the institution, and we're as prepared as ever to take our case to the community so we can carry on the essential missions of the foundation and the school."

Aston attended the Graduate School of Retail Banking at the University of Virginia and received an honorary doctorate from Old Dominion University in 2005. He also has been the recipient of numerous awards including First Citizen of Portsmouth and the NCCJ Humanitarian Award. He resides in Portsmouth. □

L.D. BRITT *named Chair of the Board* FOR THE AMERICAN COLLEGE OF SURGEONS

L.D. Britt, M.D., M.P.H., professor and chairman of surgery at Eastern Virginia Medical School, assumed the position of chair of the Board of Regents of the American College of Surgeons on August 8. Dr. Britt had been vice president of the organization but took the reins after Josef E. Fischer, M.D., resigned early due to time constraints and numerous personal commitments.

Dr. Britt, a fellow of the American College of Surgeons since 1989, will serve as chair until the Adjourned Meeting of the Board of Regents following the Clinical Congress Oct. 12-16, in San Francisco, when the Regents will elect officials for the 2008-2009 calendar year.

"Dr. Britt is a leading member of the EVMS faculty, and we appreciate his invaluable contributions to the school," EVMS Dean Gerald Pepe says. "The American College of Surgeons is fortunate to have someone of his caliber to step into this important leadership role."

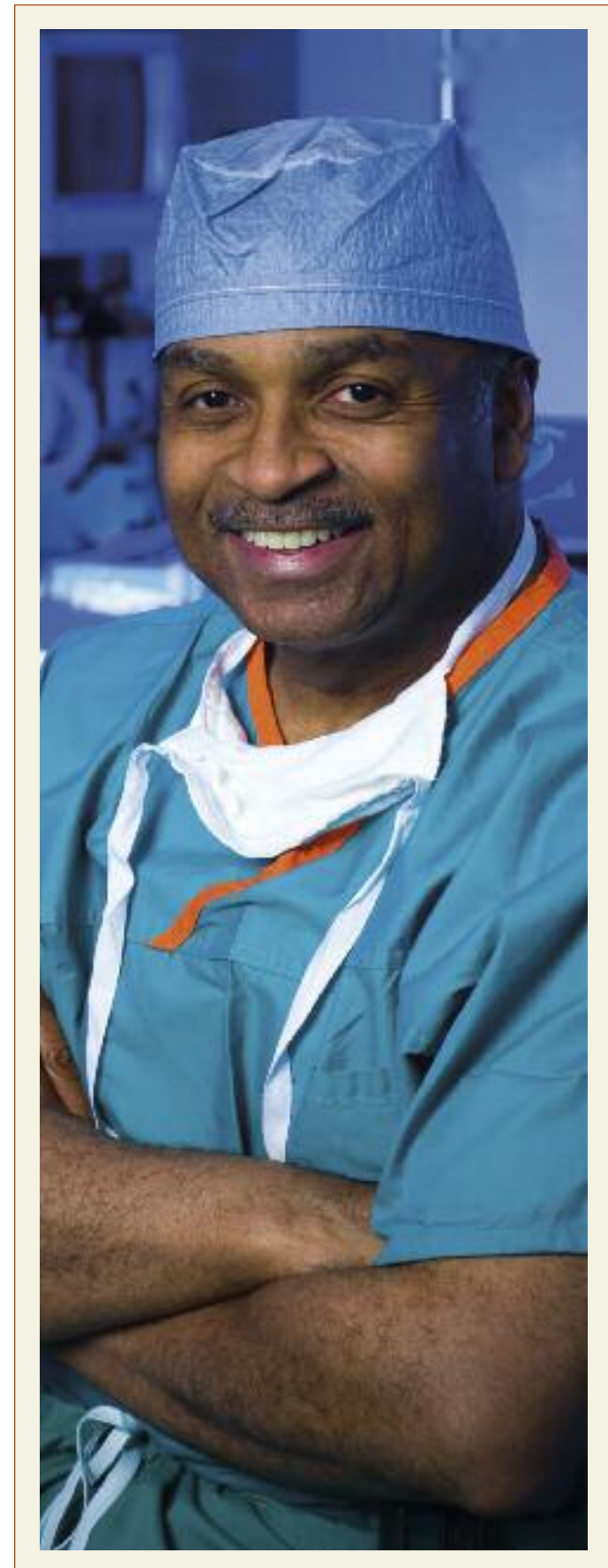
Thomas R. Russell, M.D., executive director of the American College of Surgeons, says Dr. Britt has been a productive member of the College's Board of Regents for the past eight years.

"His contributions to the work of the College — particularly with

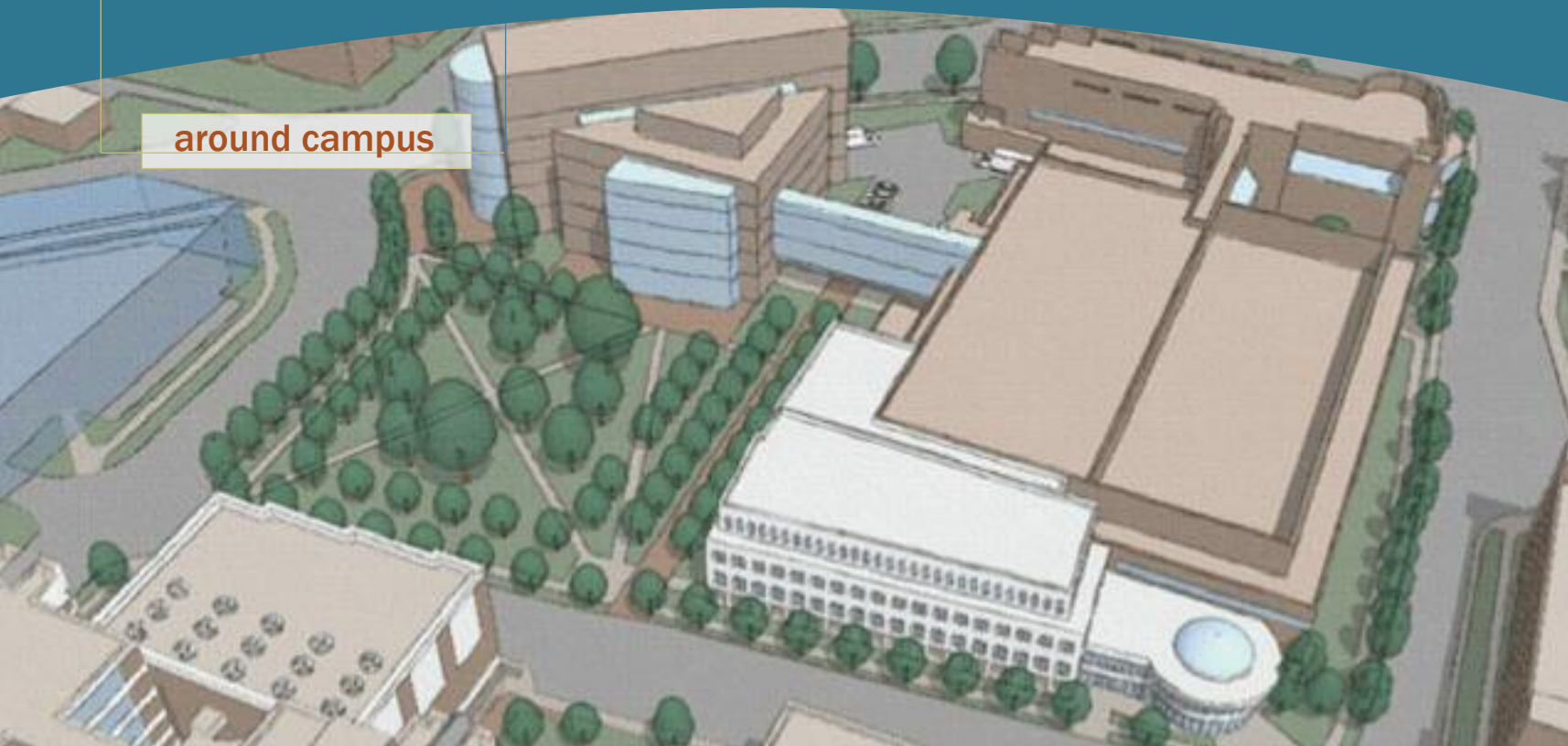
regard to patient safety — have been many and significant," Russell says. "I am delighted to have the opportunity to interact even more closely with Dr. Britt as we continue to work on behalf of our members and all of the surgical patients they serve."

A graduate of Harvard Medical School and Harvard School of Public Health, Dr. Britt has held many other national and international leadership positions, including president of the Society of Surgical Chairs, past chairman of the ACGME Residency Review Committee for Surgery, secretary of the Southern Surgical Association and executive director of the Society of Black Academic Surgeons. He is the immediate past president of the Southeastern Surgical Congress and sits on the executive board of the National Board of Medical Examiners (NBME).

Dr. Britt is well known as an outstanding educator and role model and has been recognized with many national and institutional awards for his excellence in teaching and for his dedication to community service. The L.D. Britt, M.D. Endowed Scholarship, created by grateful patients, benefits outstanding minority students who study medicine at EVMS. □



around campus



GOING *a different kind of* GREEN

Preliminary plans call for a grass courtyard at new building

Most college campuses provide open space where students and others can read, chat with friends or just escape for a few quiet minutes. At the Eastern Virginia Medical Center, home to EVMS as well as two hospitals and medical offices, green space is elusive. Multi-story buildings and parking facilities dominate the landscape.

That may be about to change, however, as school officials and architects work out plans for the new education/research building. One popular scenario features a grass courtyard crisscrossed by walkways in front of the new building.

“Preliminary plans call for there to be substantial green space to help soften the landscape of the medical center,” Mark Babashanian, vice president for administration and finance, says.

The Commonwealth of Virginia allocated \$59 million from bond proceeds toward the \$79 million project, which includes construction

of the new building and renovations to the adjoining education/research building Lewis Hall. The school will provide the remaining \$20 million through a combination of borrowing and fund-raising.

The new space — 92,000 square feet in all — will allow the medical school to meet a critical need by providing increased capacity to train more physicians and physician assistants. National health care officials have called on all medical schools to boost enrollment to stem a pending medical staffing shortage as Baby Boomers begin to retire and require more care.

A committee selected the Norfolk architectural firm Hanbury Evans Wright Vlattas + Company, working in concert with the Cambridge, Mass., firm Ellenzweig, from among 13 competing proposals.

“The most important reason we picked them was because they have demonstrated excellence and expertise in building education and research facilities,” Babashanian says.

After choosing a builder in early November, the school will break ground sometime next

year. EVMS will build additional parking to make up for the spaces lost to the new building and green space, but no site has been selected yet, Babashanian says. A new parking garage now under construction across Raleigh Avenue from the new building site won’t impact those plans but will eliminate the need for most current satellite parking outside the confines of the medical center.

The new education/research building will include a second series of relocations of clinical, education, research and administrative space around campus. Several clinical offices have relocated this year as the school completed renovation efforts undertaken to position Hofheimer Hall exclusively for patient care.

Some clinical offices have relocated to the newly renovated space in Fairfax Hall — including physical medicine and rehabilitation and the precision fluency shaping program. The dermatology department is moving to Fairfax Hall and the offices of otolaryngology — head and neck surgery — are moving to space within Sentara Norfolk General Hospital. □

NEW LEADERSHIP in External Affairs



Claudia Keenan Hough



Ryan Martin



Vincent Rhodes

Fund raising and communications are enjoying renewed institutional emphasis with the arrival of new leadership.

Leading the reinvigorated effort is Claudia Keenan Hough, the new vice president for external affairs. In her role, Hough works directly with the president and oversees all fund raising, marketing, positioning and communications for the medical school.

“I am very happy to have Claudia join the school’s leadership,” Harry T. Lester, EVMS president, says. “She brings a wonderful combination of creativity, organizational skills and non-profit business experience to this new position.”

A native of Norfolk, Hough recently moved back to the area from New York City with her husband and three children. Her experience includes vice president for marketing and business development with The New York Botanical Garden; director of planning and marketing for

New York City Opera at Lincoln Center for the Performing Arts; and other for-profit and not-for-profit organizations in New York City over the past 20 years.

Hough has lectured and served on panels internationally regarding marketing, communications and corporate philanthropy; she served as an adjunct professor at New York University for the Stein Graduate Program in Arts Administration and was named one of New York’s *Crain’s Business* “40 under 40” top executives.

Ryan Martin now serves as director of the Office of Development. Martin is responsible for fund-raising activities in support of the EVMS Foundation and the Diabetes Foundation. He most recently worked at Old Dominion University as director of the Dominion Fund in the Office of Development. Martin received a B.S. in Psychology in 1999 from Virginia Polytechnic Institute and State University and formerly served as a senior development associate in the Office of

Annual Giving at his alma mater.

Vincent Rhodes assumed leadership of the school’s marketing and communications efforts as the new director of the Office of Communications. Rhodes comes to EVMS from Norfolk Public Schools where he served as communications manager and clerk of the school board.

Prior to that he worked as a high school teacher, freelance writer/designer and magazine editor. Rhodes holds a B.S. in Communication, with a minor in Biology, from James Madison University, and an M.A. in Rhetoric and Professional Writing from Old Dominion University. He is pursuing a Ph.D. in Professional Writing and New Media at ODU.

Rhodes serves as a consultant for national organizations and school systems throughout the country. He also has served as a communications lecturer with the University of Virginia Darden-Curry Partnership School Turnaround Specialist Program. □

CALISCH & ART THERAPY

continued from page 8

“It was very new,” she says. “I think I was in the fifth class of graduate art therapy students ever.”

Since then, Calisch has spent the better part of three decades at the forefront of the quickly evolving field. Her career has taken her from her first job in Iowa to Chicago, where she started clinical and academic programs such as the Art Institute of Chicago. In all, she’s helped launch or lead nearly half a dozen art therapy programs in the U.S. and Canada.

The changes within the field over that span

of time have been dramatic. “It has diversified and spread,” Calisch explains. “We’re still not huge in numbers, but it’s run the gamut from a normal population, physical illness to psychiatric issues. It’s really proliferated a lot in terms of its application.”

Now she’s applying that experience to EVMS’ program, which she says has built an enviable reputation in the crowded field of similar programs on the East Coast despite remaining relatively small.

“This program is sort of a best-kept secret,”

she says. “That’s one of the things we want to work on.”

Another strength is the program’s outstanding faculty. Calisch said she often hears from colleagues at other schools that EVMS graduates are “excellently trained” thanks to their experiences here.

In the long term, Calisch hopes to deepen the pool of program applicants and boost the class size to 20 students per year. She also wants to develop a “lively” continuing education program. □



PROFICIENCY & POPULARITY

for Pediatric Residency

Wilson File, M.D., scans through Tanaijha White's records before ducking inside the exam room.

"Don't you look pretty today," he says cheerfully, pointing out the bouquet of barrettes in the 3-year-old's hair. He breaks the ice a bit, but Tanaijha is standoffish throughout the well-visit exam.

"She thinks she's going to get shots," her mother says.

Wilson File, M.D.
SECOND-YEAR
RESIDENT PHYSICIAN

pediatric residency

Dr. File, a second-year resident physician in the Eastern Virginia Medical School Pediatric Residency program, assures the toddler that's not the case and asks her mother whether she's concerned about anything in particular at the moment.

The daycare Tanaijha attends says her hearing might need to be checked. But her

mother thinks her hearing is fine — her daughter is just stubborn.

After a quick powwow with his attending physician, File agrees.

Everything checks out just fine, and he readies for his next patient in the Continuity Clinic, a practice in Children's Hospital of The King's Daughters staffed entirely by

residents and their attendings aimed at honing new physicians into well-rounded practitioners.

PEDIATRIC PROFICIENCY

The clinic is just one of the elements that contribute to the EVMS residency's run of success. Last year, residents posted

Below: Third-year resident Sheetal Ajmani, M.D. listens as first-year resident Stacey Logan, M.D., asks a question of neurologist Larry White, M.D., during sitting rounds.



did you know?

NEARLY 20% OF EVMS MEDICAL SCHOOL GRADUATES DECIDE TO PURSUE PEDIATRICS —

well above the 11 percent of U.S. medical students overall

“Having that one-on-one exposure is one of the best experiences you get. You learn that there’s more to being a doctor than just the medicine.”

GARY WOODS, M.D.
FIRST-YEAR RESIDENT

a perfect first-time pass rate on their American Board of Pediatrics examinations, and the program is thriving in areas where those elsewhere are struggling.

“I’d say the program is fairly competitive,” says C.W. Gowen, M.D., residency director for nearly 20 years. The program continues to fill up each year despite more than doubling in size since Dr. Gowen arrived in 1990.

In fact, the number of applicants increased 14 percent this year. Program leaders rank about 125 of those applicants, but the spots usually fill up by the time they get through the first 30.

“If we get 18 of our top 30, we’re very

pleased,” Dr. Gowen says, explaining that it’s an indication residents are ranking EVMS high on their list.

One of the biggest factors in the residency’s success is EVMS’ close partnership with CHKD, Chair of Pediatrics Donald Lewis, M.D., explains. He says having a freestanding children’s hospital that partners so closely with the medical school is a unique advantage, and it helps keep pediatrics at the front of medical students’ minds.

That could be why nearly 20 percent of EVMS medical school graduates decide to pursue pediatrics — well above the 11 percent of U.S. medical students overall.



Carolyn Moneymaker, M.D., left, serves as one of the Continuity Clinic’s supervisors.

“We make a conscious effort to have a strong presence, and the success shows,” Dr. Lewis says. “It’s the right time around here. You just look at everything — the community, the hospital, the medical school — all working in lock-step. We’re all in the same canoe. We understand that if we all paddle together, the better things work.”

The synergy between EVMS and the children’s hospital help build the medical school’s reputation for churning out physicians well-trained for primary care. Residents who attended EVMS say the close association helped lure them into pediatrics — as did the prospect of great clinical experience that might not be



Dr. File, who chose the EVMS Pediatric Residency after graduating from the University of South Carolina School of Medicine, talks with a patient's mother.

possible at other residencies.

First-year resident Gary Woods, M.D., says, "Having that one-on-one exposure is one of the best experiences you get. You learn that there's more to being a doctor than just the medicine."

A DIFFERENT PROGRAM, A DIFFERENT FEELING

Third-year resident Noëlle Gabriel, M.D., always knew she wanted to care for children. The 2006 EVMS graduate looked at programs elsewhere but decided to stay in Norfolk after failing to find any that offered a similarly broad experience.

She says the EVMS program stood out because it offered a more comfortable atmosphere and emphasized giving residents as much hands-on experience as possible.

The Continuity Clinic, for example, provides first-hand experience of working in a primary care office, and one of the goals is to have the same doctor see a given patient for three years straight. Dr. Gabriel, who works with the clinic's Spanish-speaking patients on Fridays, says, "We are very much the responsible person for that patient."

Carolyn Moneymaker, M.D., along with several other doctors, supervises the Continuity Clinic's nine "practice groups." About a dozen residents participate in

each group and see patients on weekday afternoons. In a four-hour span, they might examine 100 patients and give 200 vaccinations.

"They learn to take care of patients in a longitudinal manner," Dr. Moneymaker says. "It brings them into the real world." She adds that Hampton Roads' diverse population deepens the training experience.

When they're not seeing patients, residents can take in as many as two lectures a day. Topics range from popular medical issues such as food allergies to preparation for board exams.

Dr. Lewis says having that constant stream of "hot-topic" discussions reinforces the importance of continued academic growth — being a "life-long learner" — as an essential element of a doctor's development.

"Dr. Gowen and Dr. Lewis put a lot of effort into developing our curriculum," Dr. Gabriel says. "We're one of the only programs that I interviewed at where we have lectures every morning and every afternoon geared toward us."

"There are a lot of residency programs that don't do a lecture every day. They may not even do a lecture every week."

PEDIATRIC POPULARITY

The program isn't just a favorite among EVMS graduates, though. Newly minted doctors from across the U.S. are trying to get in, and bringing in physicians from different backgrounds only makes the program stronger, Dr. Lewis says.

One of those transplants, first-year resident Manika Sharma, M.D. wanted a change of venue from the Volunteer State and the University of Tennessee Health Sciences Center College of Medicine where she graduated. Several of her mentors suggested that she consider EVMS.

"My interview here last December basically sealed my fate," she says. "The

program here offers everything I was looking for. The sense of family and camaraderie that I felt here is not something that resonates in all programs."

Dr. Woods, who graduated from EVMS last May, says he fell in love with pediatrics during his rotation through the hematology-oncology unit as a third-year medical student. He visited numerous programs to see whether he could find a program that fit better than the one at EVMS. No other place topped it.

"I went all the way up to Connecticut and all the way down to Florida," he says. "I didn't find any place better." □

"They learn to take care of patients in a longitudinal manner. It brings them into the real world."

CAROLYN MONEYMAKER, M.D.



From left: Medical student Pat Finklea and first-year residents Gary Woods, M.D. (center), and Matthew McCallister, M.D. (far right), listen to gastroenterologist Gregory Kobak, M.D.

CATCHING A *Wave* OF INSPIRATION

A few years from now, if all goes as planned, James “Jay” Rawles III could be among a select few physicians who can fix your heart as well as that ding in your surfboard.

The first-year EVMS medical student and nearly lifelong Virginia Beach resident has been making surfboards since high school — at one point partnering with a friend to churn out around 30 a year.

“I’m a real hands-on, build-things, fix-things kind of worker,” Rawles says.

But career aspirations that tilted toward engineering took a turn toward medicine in his freshman year at Hampden-Sydney College after a heart condition forced him into the operating room.

At age 7, Rawles noticed his heart would start racing for no apparent reason. It happened most often when he was going to sleep. Suddenly, his chest would begin pounding even though he was just lying down.

He’d wait for it to pass, thinking he was just feeling funny. But after the first few times, he told his father, gastroenterologist James Rawles Jr., M.D., what was happening.

“I remember him taking my pulse down in the laundry room and being like, ‘Oh my goodness,’ because my relaxed heart rate was 150,” Rawles says. “It was a little scary.”

His parents took him to a cardiologist who diagnosed Rawles with Wolfe-Parkinson-White Syndrome, a condition where an extra electrical connection — called an accessory pathway — leading to the ventricles triggers a rapid pulse known as tachycardia. In rare cases, it can be fatal.

The doctor taught Rawles techniques to slow his heart such as massaging his eyes, dunking his face in cold water or crouching down and contracting his core muscles. That helped him manage the condition for years.

But shortly after arriving for his freshmen year at Hampden-Sydney, the episodes got more intense and more frequent and those techniques stopped working.

“I’d show SVT [supraventricular tachycardia] symptoms every other day, almost at completely unpredictable times. I could have been walking to lunch or running or sleeping,” he says.

“The old techniques didn’t work so I’d have to lie in bed for hours waiting for it to stop; feeling each heart beat thinking ‘that could be the last one.’”

Around that time, he met with Norfolk cardiologist H. Lee Kanter, M.D., who recommended that Rawles undergo a catheter ablation to sever the accessory pathway. The procedure took only an hour, but Rawles was fascinated.

“That was one of the most incredible things I’d ever seen,” Rawles says. “The whole intensity of the experience, having these monitors all around me. I kept sitting up during the procedure, and the nurses kept saying, ‘Lay back down. Relax.’”



Rawles was particularly impressed with the way Kanter expertly guided the catheter based almost solely on the echocardiogram readout.

Always prone to tinkering with things, he planned to carry that proclivity toward the hands-on into his professional life. But medicine always lurked in the background.

“I wanted to be an engineer, and medicine was sort of secondary to that,” he says. “Then Dr. Kanter came along and put a bunch of catheters through my veins and really turned me on to medicine.”

It wasn’t just the healing part that convinced him to change course. His relief at finally being rid of a frightening health problem inspired him.

He wants to be able to give other people the same feeling he had when Dr. Kanter showed him the EKG readout of the moment the accessory pathway was silenced.

“It was just the relief of seeing that. I was kind of envious of his position of being able to give that to somebody,” Rawles says. He is considering specializing in surgery or cardiology — especially in the area of catheter technology.

While Rawles couldn’t exactly return the favor for Dr. Kanter, he did do something to show his appreciation. He fixed the doctor’s damaged surfboard.

Surfing is the other passion in Rawles’s life, and since 10th grade he’s run a small surfboard shaping and glassing outfit called Nine Surfboards.

It all started as a high-school class project that gave him a good excuse to act on a long-held ambition of making his own board.

“I thought, ‘Wow, this would be the perfect example to get my parents to buy me the things to build a surfboard and finally try it out,’” he says.

The first finished product wasn’t exactly an award winner. It worked, though, and that was all the motivation he needed to keep trying. He honed his shaping skills and convinced a friend to help make boards



With completed boards hanging overhead, Rawles begins the process of shaping a new one.

to sell. They set up shop in the friend’s garage and, after a steep learning curve, sold the ninth board they made — hence the company name.

With help from some long-time shapers and their own ambition, Rawles says they just “sort of figured it out and made it work.”

At their peak, the duo cranked out 30 custom boards a year — mostly for their classmates. They even assembled a team of seven surfers who compete on Nine’s boards. Business slowed as it took a back seat to higher priorities such as college and medical school. But Rawles can still be found in the garage covered in foam dust from his latest creation.

“Once I finally settle down and I’m in a practice and I have my own house, I definitely want to section off part of the garage just for shaping,” he says. □

“I’m a real hands-on, build-things, fix-things kind of worker,”

JAY RAWLES
FIRST-YEAR M.D. STUDENT

ORIENTATION:

EVMS IN SEPTEMBER OFFICIALLY WELCOMED ITS NEWEST CLASS OF 115 up-and-coming physicians into the medical community with the *Annual White Coat Ceremony*

The occasion serves to foster strong moral and professional standards within the atmosphere of learning at EVMS.

As part of the ceremony, Edmund Pellegrino, M.D., professor emeritus of medicine and medical ethics at the Center for Clinical Bioethics at the Georgetown University Medical Center, delivered the first annual H. Lee Kanter Lecture. Pellegrino, whose career in medicine spans 60 years, focused on the importance of honoring and following the standards that accompany the role of a physician.



Students (front, from left) Kathleen Altemose, Vishnu Ambur and Miranda Bales



Dean Gerald Pepe leads the procession of faculty into McCombs auditorium at the beginning of the annual White Coat Ceremony.



Medical student Mark Cohee grins to the crowd.

new students

Q&A:

Anthony **Q: Why did you choose to attend EVMS?**

A: I became interested in art therapy and searched for programs across the country. I found one at EVMS and felt obligated to apply since it was so close to Richmond, where I was living at the time. I received an invitation to interview and I made the drive down. I was a little hesitant to come back to the area. Since I left for school in Richmond, I vowed never to return. But I really felt that I needed to remain open to the situation.

From the moment I set foot in the door, I

was welcomed. The faculty actually read my file. The bigger universities I had applied to barely scratched the surface of my file before the interview. Believe it or not, some actually read my file during the interview.

EVMS also wanted to reassure me that I was going to have plenty of opportunities to do art throughout the program. I clung to this notion. How was I going to be a great art therapist without maintaining my work as an artist? Basically, I need to practice what I preach! The other schools' departments seemed to deter students from engaging



Anthony Stroud
PROGRAM: MASTER'S
OF ART THERAPY

in the creative process.

I chose EVMS and moved down here in June. I have missed some friends in Richmond but I am so glad to be living close to the water again! It really is a blessing that I was drawn back to the area.

Q: Was there an experience or situation that played a role in your decision to pursue a medical career?

A: I have actually been in the medical field for a while. I have been a microbiologist at VCU Health System since 2001. My undergraduate degree was in medical technology. I yearned to be a visible part of patient care. However, I have always been in the arts in some way, shape or form. I decided to pursue a career where I could help people and use my creativity on a daily basis. Art therapy was a great choice to blend my two passions together.

Q: What are your future plans?

A: After school, I intend to work in the field. I would love to work in addictions counseling and/or community outreach programs geared towards human rights. But I intend to remain open to the wealth of experiences offered through the program and really find my niche.

Ultimately, I would love to teach new practitioners in the field and educate the general public on the healing powers of art. I feel if you are a passionate individual you have to share it with the rest of the world. If you bottle it up, it cannot inspire others to search for their own passions

in life. I truly see myself as a burgeoning advocate for art therapy.

Q: Is there anything else unique about you people should know?

A: I love to travel and experience new cultures. I have traveled to Europe, Southeast Asia and all over North America. It is my life mission to travel as far as possible and keep experiencing new places. Of course, all of my grandiose traveling plans are temporarily postponed due to student budget restraints. But I intend to travel to Italy with my family as soon as I graduate.

Careerbuilder.com has named Art Therapy as one of the top 10 "hot jobs" for 2007. CAREERBUILDER.COM



Dean Gerald Pepe, Ph.D., greets Medical Master's student Emily Grauel as other new students filled the Brickell Library atrium.



Warrik Staines, a new Medical Master's student, collects his packet of information as his parents look on.



EVMS President Harry Lester (middle) and Earl Godfrey, Ph.D., director of the Biomedical Sciences program, greet a new student at the Dean's Breakfast.



Medical student Charles Varnell stands with student program coordinator Vera Potts.



Incoming Medical Master's program students Emily Grauel, left, and Ellie Sepheri thumb through the packet of information new students receive.

Michael Solhaug, M.D., EVMS associate dean for academic affairs (right), speaks with first-year medical student Casey Bryant.

Josiah Q: Why did you choose to attend EVMS?

A: I have only lived in Virginia since I came from the island of St. Kitts after high school. I have many ties to Virginia that make the location of EVMS ideal for me. Also, not having to relocate will forego extra stress in an already high-stress environment. Not to mention, I have heard good reports about the quality of education that EVMS students receive. I am anxious to become a part of that experience in my quest to become a great physician.

Q: Was there an experience or situation that played a role in your decision to pursue a medical career?

A: I don't know if there was any one experience. As a child, and continuing into my adult years, I have been amazed by the human body. It is an awesome vessel where all the parts work in harmony.

I was inspired by Dr. Ben Carson's book as well as the HBO movie on Vivien Thomas. These were pioneering physicians who changed health care forever and I aspire to do the same thing. Other than that, I care about people and believe in using my talents to make people's lives better.

Q: What are your future plans?

A: My future plans are to practice in surgery or emergency medicine for a time, and, also, begin plans for the construction of my own medical facility. I would like to build a hospital in which those who can't get insurance or don't have the money for



Josiah Wrensford
PROGRAM: M.D.

certain operations are able to be treated there.

I am no enemy of philanthropy so I think it only fitting that I do something to help those who need it since I have been helped in some capacity by others. In the meantime, I

will be gathering information and securing contacts so that when it is time to begin I will be well prepared.

Q: Is there anything else unique about you people should know?

A: Well, I am not very talkative, but when I am discussing the Bible or anything that has to do with Christendom I do get a little excited...pardon me. I have written a book called *Rhema: Seed for the Soul* that was published in March. It is my first and I am currently working on the second.

I am married to a very beautiful woman, Cecilia Wrensford, who helps me with whatever I need and fights my battles, too, when I let her. I'm not embarrassed. That's just less work I have to do. I'm a laid-back, funny guy. I enjoy a good laugh. I like to play sports and lift weights. I like music, but

I can't play any instruments unless you call randomly stroking keys or strings playing.

Michelle Q: Why did you choose to attend EVMS?

A: I chose to attend EVMS specifically because of the research that is ongoing. The Scientific Center for Biodefense was most interesting to me, because I am hoping to be involved with research pertaining to bioterrorism.

Also, I really enjoy the smaller collegiate atmosphere. Coming from a large university such as VCU, I was really looking for a school that was more intimate where professors are able to be more engaged with their students.



Michelle Treviño
PROGRAM: MASTER'S IN BIOMEDICAL SCIENCES



Alumni Association President Michael Bono, M.D., addresses the new students during their first official day on campus.



First-year medical students (from left) Mark Hughey, Schafer Boder, Todd Hanson and Kevin Choi peruse their information packets as the orientation activities get underway.



Dean Pepe introduces himself to a group of new students during the breakfast he hosts to open orientation.



President Lester greets a table of new medical students, including Nicole Fanning, left.

Q: Was there an experience or situation that played a role in your decision to pursue a medical career?

A: I became interested in forensic science years before its glamorous debut in the media. I had shadowed a pathologist in middle school who needed to attend a meeting that I could not come with. He threw a forensic pathology book in my lap and said it would “keep me entertained” for awhile. From that moment, I checked out every book in death investigation and have been interested in the field ever since.

Q: What are your future plans?

A: My future plans involve working in research within the U.S. federal labs aimed

towards bioterrorism or biochemical warfare. I would also like to become a forensic examiner for the FBI or ATF.

Q: Is there anything else unique about you people should know?

A: For the past six years I have worked with the medical examiners office and have assisted with high-profile casework to involve the sniper shootings, hurricane disasters and the Virginia Tech incident. Though morbid as it may seem, I feel that there is underlying information behind death that really says a lot about a society. Furthermore, Virginia takes its crime very seriously, and their technology is truly at the forefront of most crime laboratories in the nation.



Nicholas Rister
PROGRAM: M.D.

Nicholas **Q: Why did you choose to attend EVMS?**

A: I attended Old Dominion University for my undergrad and got involved with the joint ODU/EVMS program that gave me early acceptance to EVMS during my sophomore year. It was a surprising turn of events for me because I had no idea about the program until I noticed a flyer on a wall one day, but I was very lucky in that the program allowed me to get to know EVMS over the next few years.

I had chances to meet with admissions and attend some classes with current students; as well as participating in the EVMS Summer Scholars Research Program.

I really developed a sense of what EVMS had to offer academically and within the community. Even though the joint program is non-binding, there was really no question where I wanted to go once I had the opportunity.

Q: Was there an experience or situation that played a role in your decision to pursue a medical career?

A: I was very lucky as a child in that I rarely got sick, so you would expect that I spent little time inside of a doctor’s office. But, my younger sister was not so lucky. I think she has been allergic to just about everything over the years.

For such a healthy kid, I actually spent

quite a few weekends at the hospital. I became comfortable and familiar with the medical profession during this time, and as I got older I started to take a real interest in the science behind it too. Years of shadowing, volunteering and internships throughout Hampton Roads have really solidified my initial interest in the field and I’m really looking forward to this next big step.

Q: What are your future plans?

A: I went to ODU for undergrad and I’m attending EVMS, so you could probably guess that I’m a fan of the area. I would love to practice in more places around the country — and, who knows, maybe the world — before coming back to my hometown.



President Lester shares a laugh with Charles Fletcher, D.D.S., a former EVMS rector and current member of the EVMS Foundation Board of Trustees.



Second-year M.D. student Rachel Weber beat the mid-August heat with a cool slice of watermelon.



Jerry Nadler, M.D., chair of internal medicine, took the picnic as a chance to get acquainted with some of the students.



Always a family affair, students often bring family members to the picnic. Joshua Bingham, M.D. 2012, took in a quick game of catch with his son, Brody.



New medical student Beth Klug, who left another career to pursue medicine, gets to know some of her classmates.



President Lester greets Jason Helis, M.D. Class of 2011, at the picnic on the Smith-Rogers Hall lawn.

But I can definitely see myself setting up shop here.

When I was getting ready to start college just out of high school, I was going to be responsible for financing it all myself. I cannot tell you how many local organizations, institutions and even after-school job supporting businesses have played a hand so far. I have been truly inspired by my community and I intend to follow their example and give back as much as I can.

Q: Is there anything else unique about you people should know?

A: I have always been intensely focused on my goals and pursuits, but I've never stopped testing myself with new ideas and experiences. Whether it is taking spring

break trips to England, picking up a minor in business or even an unfamiliar meal, I have always been willing to try something new. Being open-minded is very important to me — although I do hope this doesn't make me too unique!

Vishnu Q: Why did you choose to attend EVMS?

A: I chose to attend EVMS because of its emphasis on patient care and the environment fostered by the student community. All of the medical students were extremely nice and helpful when I came to interview on campus.



Vishnu Ambur
PROGRAM: M.D.

I was also impressed by the students' extensive involvement with volunteering and community activities. It was good to be reminded that we don't have to wait to become doctors to have a positive impact on people's lives. Also, I am from Hampton Roads and welcomed a return to the area.

Q: Was there an experience or situation that played a role in your decision to pursue a medical career?

A: Shadowing surgeons at Sentara Norfolk General Hospital and Sentara Leigh Hospital played a major role in my decision to pursue a medical career. I was given the opportunity to observe rounds and surgeries for an entire week at Norfolk General and

Sentara Leigh hospitals.

The work ethic, skill, and kindness of these physicians impressed me and played a major role in my decision to pursue a career in medicine. Despite their busy schedules, they took the time to personally show me around the hospital and answer all of my questions.

Q: What are your future plans?

A: I am currently interested in a surgical specialty where I can develop both as a clinician and researcher. Realistically, my future plans will probably not fully take shape until after clinical rotations. My plans in the near future are to keep my options available by doing my best in classes and to have fun while learning. □

“I chose to attend EVMS because of its emphasis on patient care and the environment fostered by the student community.”

VISHNU AMBUR
FIRST-YEAR M.D. STUDENT

MANAGING SICKLE CELL DISEASE

When Omego Stuckey has a pain crisis, it usually starts with fatigue and joint pain. “If it’s in my arm or leg, I usually can tolerate it,” Stuckey says. “But when it gets in my back, it’s as if there’s a party going on and it’s just banging — boom, boom, boom.”

Stuckey suffers from sickle cell disease pain crises about once a year. He used to have to go to the emergency room and wait — sometimes for hours at a time — to be seen. Then, he’d wait again for a physician familiar with the disease and its complications.

Since Stuckey became a patient in the Internal Medicine Department’s Sickle Cell Disease Management Program, obtaining treatment and managing his illness has become easier. When he’s in a pain crisis, Stuckey calls the “Sickle Cell Pager.”

Ian Chen, M.D., M.P.H., the program’s medical director; Benjamin Goodman, M.D., the program’s associate medical director; or Barbara Radford, the nurse program coordinator, calls him right back. And within two to six hours, a nurse from clinical partner Sentara Home Care arrives at Stuckey’s home to administer pain medication, intravenous fluids and anything else he needs such as anti-nausea medications or antibiotics to treat the infection behind the crisis.

Every six months, Stuckey comes by for an

office visit so that Dr. Chen or Dr. Goodman can refer him to other physicians for preventive care and make sure he is not suffering from complications.

Sickle cell disease is a serious, inherited lifelong illness in which the body’s red blood cells manufacture an abnormal hemoglobin that deforms the cells into a sickle, or “C,” shape. These sickle-shaped cells are stiff and sticky and tend to form clumps and get stuck in the blood vessels.

When the misshapen cells block blood flow to a limb or organ, the result can be mild to excruciating pain — typically in the joints, legs or lower back. It can last a few hours or a few weeks.

A variety of things can trigger a pain crisis — an infection, dehydration, unusual body temperature, emotional stress or even a change in the oxygen level in the air. Some people experience only a few episodes of pain in a lifetime while others experience a dozen or more crises each year.

Sickle cell disease affects primarily those

of African descent and Hispanics of Caribbean ancestry, but the trait also has been found in those with Middle Eastern, Indian, Latin American, Native American and Mediterranean heritage. It’s estimated that more than 72,000 people in the United States are affected by the disease. And, it presents in one in every 500 African-American children.

Created in 2002, the EVMS Health Services sickle cell program seeks to reduce emergency room visits and provide high-quality, readily-available primary care and preventative medicine for people with the disease. The program, a partnership between EVMS Health Services and Sentara Healthcare, has grown from about six patients when it started to about 100 today.

In that time, office visits for the patients increased while hospitalizations and emergency room visits decreased, according to David Levin, M.D., senior medical director for Sentara Healthcare.

One goal of the Department of Internal Medicine is to advance research in disease states to identify new treatments and preventative measures. The sickle cell program provides EVMS an opportunity to partner with other collaborative research efforts here and in the U.S. to help patients, according to Jerry Nadler, M.D., chair of internal medicine.

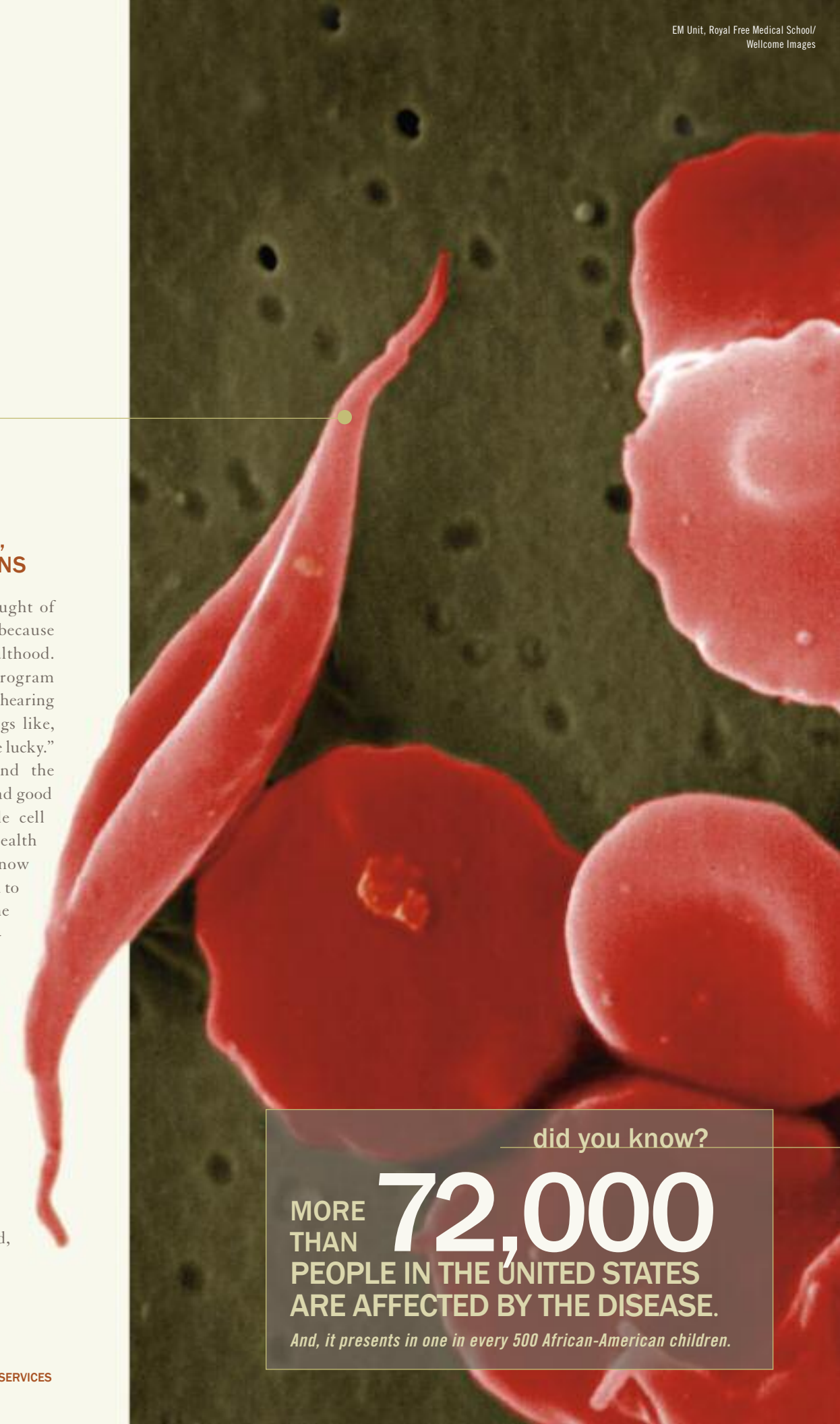
GROWING PATIENTS, GROWING POPULATIONS

Sickle cell disease was once thought of primarily as a children’s disease because patients rarely survived until adulthood. According to Radford, some program patients — now in their 30s — recall hearing members of their families say things like, “Well, if she makes it to age 6, she’ll be lucky.”

“Like most communities around the country,” Dr. Levin explains, “we had good programs for children with sickle cell disease. Because of advances in health care for kids with sickle cell, we now have a lot of adults who have survived to much older ages than they had in the past and created this new population.”

Today, patients may live anywhere from their early 40s to late 50s depending on what type of the disease the patient has. Before this EVMS Health Services program, local children received care through the Children’s Hospital of The King’s Daughters. But when they became too old for the pediatric hospital, they had to seek care in the emergency room or endure long hospital stays.

“Part of the problem, we realized,



did you know?

MORE THAN **72,000** PEOPLE IN THE UNITED STATES ARE AFFECTED BY THE DISEASE.

And, it presents in one in every 500 African-American children.



Dr. Ian Chen, EVMS Health Services physician and sickle cell program director, examines sickle-cell patient Omego Stuckey.

sickle cell

“This is a very important effort for our department and for EVMS. We provide the only truly integrated care in Hampton Roads for these patients. I hope we can continue to partner with Sentara on this program.”

JERRY NADLER, M.D.
CHAIR, INTERNAL MEDICINE

was that they didn't have a physician or practice that really embraced them and tried to manage their care aggressively outside the emergency department,” Dr. Levin says.

Pain management comprises only a small component of the patients' care. At any given time, only about three to seven of the EVMS program's 100 patients are receiving home care for a crisis, Dr. Chen explains.

Sickle cell disease patients also are more susceptible to complications like bleeding in the retina, retinal detachments, strokes, ulcers, kidney disease and pulmonary hypertension — the leading cause of death for sickle cell patients. Preventive care, such as echocardiography and annual eye exams, is crucial.

“From the general internist perspective, we are certainly the best equipped to look at the whole body and manage all those things,” Dr. Chen says.

Having the program at a medical school affords opportunities for research across departments as well as access to clinical

trials and other therapies of which other physicians may not be aware, he adds. Dr. Chen and Dr. Goodman also have access to a network of specialists for referrals.

HOME IS WHERE THE TREATMENT IS

According to Radford, the EVMS Health Services program provides people with sickle cell disease with a “medical home” — a place where all their medical needs are addressed by individuals who have particular knowledge of sickle cell disease. She points out an added benefit: patients are more likely to call and get help before they are in crisis because they trust their providers.

Prevention is a focus of the home health component as well, according to Linda Wiesner, the infusion nursing manager for Sentara Home Health. Patients who suffer from frequent crises receive nurse visits at least once a month to help them avoid emotional or environmental stressors. If a

patient's blood count is low, they receive transfusions to help stave off a crisis.

“We know extremes of hot or cold can precipitate crises, so we might work with a social worker to get them air conditioning or get them in housing that is more conducive to their disease,” Wiesner says.

Dr. Chen hopes to expand the program by admitting the 80 young sickle cell disease patients who will soon outgrow CHKD.

“I think EVMS deserves a tremendous amount of credit for stepping up to take care of this very vulnerable population,” Dr. Levin says. “The physicians, staff and leadership of EVMS have taken on a very difficult program and done a great job and I think Sentara deserves credit for helping to get it started and providing support.”

For Stuckey, who will soon be opening his own driving school, this unique approach has made all the difference. “This program is definitely a savior,” Stuckey says. “I don't know how I got along all the time without it myself.” □



Elizabeth Lee Vliet, M.D.

alumni

ALUM ADVOCATES FOR WOMEN'S HEALTH

After struggling for years to help change the women's health field, Elizabeth Lee Vliet, M.D., now teaches patients to advocate on their own behalf — especially in the realm of ovarian hormones.

Dr. Vliet, Class of '78, runs a women's health practice based in Tucson, Ariz. She also hosts a weekly Internet radio show and has authored six books — with three more in the works — aimed at educating patients on how hormone imbalances affect a woman's body.

“Women are getting so much misinformation, and it's very damaging,” she says. “I'm teaching the patients how they can know what information and options are

available, know what tests can be helpful and know how to advocate for themselves with their physicians so that they can get better answers to the questions that they have.”

Vliet, who in 2007 earned the Arizona Foundation for Women's Voice of Women award, first focused on hormonal fluctuations' effects during an internal medicine internship at EVMS. She noticed some patients were anxious or depressed only during a specific menstrual phase. Based on other similar observations, Vliet wondered whether hormones were the culprit.

“People kept saying, ‘You can't check the ovarian hormones, they're not reliable,’ and

I kept thinking, ‘Well why not?’ We check everything else. It seemed very logical to me,” she says.

But monitoring of ovarian hormones still is not part of standard women's care despite the medical challenges an imbalance can cause, Vliet says. Abnormal hormone levels can cause a variety of symptoms, but she says treatment can be ineffective unless a physician takes a system-wide approach to the problem.

Vliet says her emphasis on integrated treatment stems from the “profound impact” of then-EVMS Dean Robert Manning, M.D., who advocated such an approach. □



Lucy Gibney, M.D., savors the flavor of sweet success.

The Class of 1998 alum's cookie business, Dr. Lucy's LLC, recently won the 2008 Entrepreneur of the Year award presented by the Norfolk magazine *Inside Business* in

EVMS GRAD *bakes up* BURGEONING BUSINESS

partnership with Regent University's School of Global Leadership and Entrepreneurship.

What makes Dr. Lucy's cookies unique is that they're made specifically for people with food allergies. The recipes avoid wheat, gluten, eggs, dairy milk, butter, casein, peanuts or tree nuts.

Dr. Gibney started working on the unorthodox recipes after learning her son, Colin, has severe food allergies.

“I could find only two cookies that would be safe for him, and they were both sold only online,” she said. “I ate them, and I thought, ‘it's not so good.’”

After mixed results with recipes she found elsewhere (“I made some of the worst things

you can imagine,” she says), Dr. Gibney revamped the recipes she grew up on. The result can be found in a growing number of markets around the region and through Dr. Lucy's web site, www.drucy.com.

Things at the bakery have become so busy that in 2006 Dr. Gibney decided to stop working as an emergency physician and focus full-time on Dr. Lucy's. While she's no longer rushing to answer her pager, Dr. Gibney says it's still her job to care for people's health.

“We're serving people that are dealing with medical problems. I feel that I have a role in advocating for these people,” she says. □





MEDICAL ALUMNI RETURN FOR REUNION

Medical alumni from around the country converged on EVMS in August for the 2008 reunion. Sixty-five physicians — many with families in tow — enjoyed a weekend full of fun, food and dancing.

They also enjoyed some science and news about advances at the school. The weekend included a scientific seminar Saturday morning on campus and a dinner and dance that evening at the Norfolk Yacht and Country Club.

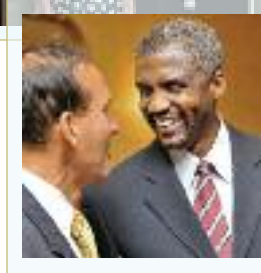
At a Sunday morning brunch, President Harry T. Lester spoke with the graduates about plans to build an education/research building adjoining Lewis Hall and about his ongoing discussions with officials from the State Council of Higher Education concerning the school's relationship with the state.

On his way to a research meeting at the

National Institutes of Health, Dean Gerald J. Pepe shared lunch with the graduates and discussed his research vision. He praised the alumni for their interest in and support of the school. Looking around the audience, Dr. Pepe noted that several graduates now serve as faculty at the school.

"This school has a rich history of individuals being dedicated to it," he said.

Medical alumni should mark their calendars for the 2009 Alumni Weekend to be held August 7-9. Health professions alumni should mark their calendars for the first-ever Health Professions Alumni Meeting and Dinner on April 18, 2009. For more information, contact Melissa Lang, director of alumni relations, at langmw@evms.edu or (757) 446-6054. □



Left: President Harry Lester spoke with a group of alumni about new developments on campus and other good news at EVMS.

Middle: EVMS alum Bill Faulkenberry, M.D., and his wife, Beverly, were the first to venture onto the dance floor at Saturday night's dinner.

Top right: Members of the M.D. Class of '78 gather to celebrate the 30th anniversary of their graduation.

Bottom right: Randy Gould, M.D., an EVMS alum and member of the Board of Visitors, laughs with Michael Tucker, M.D., '88.

ALUMNI WEB SITE POPULAR WITH GRADUATES OF ALL PROGRAMS

Graduates of all EVMS educational programs now have a new way to keep in touch. Since its debut in May, the alumni website, www.evmsalumni.com, has offered alumni a convenient way to communicate.

The new site has drawn keen interest from graduates. More than 1,200 alumni have registered. The site includes separate links for graduates of the M.D. program, health professions programs, and EVMS residency programs.

The website also offers several features to encourage interaction among graduates including easy functions to track down classmates, establish a pool of friends and facilitate group discussions. Users also will find frequent news articles about other alum and the school.

For more information about the web site, contact Melissa Lang, director of alumni relations, via e-mail at langmw@evms.edu or call (757) 446-6054. □



KANTER WHITE COAT LECTURE honors father's philanthropy and ethical values

The H. Lee Kanter Lecture that served as the centerpiece of this year's White Coat Ceremony for incoming medical students was the result of a son's wish to honor his father. H. Lee Kanter Jr., M.D., a Norfolk cardiologist, established the lectureship as a tribute to his father's philanthropy.

His father, who died in 2001, was a well-known attorney who argued cases before the Virginia and U.S. Supreme courts and helped defeat the poll tax that disenfranchised poor voters. He also was deeply involved in the local community.

EVMS Dean Gerald Pepe explained that in addition to supporting the arts, such as the Virginia Opera and the Virginia Symphony, and numerous local institutions

vital to the area's development, Kanter was a longtime supporter of EVMS and donated to the school throughout his life.

"Mr. Kanter had an unequalled zest for life and an unequalled zest and thirst for knowledge," Pepe said during the introduction of the inaugural lecture. He praised Dr. Kanter for continuing that tradition and bringing the annual lecture to fruition.

"His generous contributions created this lectureship in memory of his father," Pepe said, noting that the Kanter lectureship serves as a tribute to his father's legacy by highlighting

the important role of ethics within the medical profession.

The theme was chosen because it echoed the elder Kanter's values of integrity, service and caring about each individual's worth. Edmund Pellegrino, M.D., professor emeritus of medicine and medical ethics at Georgetown University's Center for Clinical Bioethics, delivered the first lecture. □



H. Lee Kanter Jr., M.D., handed copies of a book — a collection of essays, poems and stories entitled *On Doctoring* — to the new medical students. Kanter was the driving force behind establishing the lectureship in his father's honor.

ANNUAL FUND

The EVMS Annual Fund Campaign blitzed its goal for the 2008 fiscal year by nearly \$25,000, raising \$723,656 by June 30.

The yearlong effort provides critical support for needs at Eastern Virginia Medical School, including Dean Gerald Pepe's education, research and patient care initiatives. Proceeds from the fund helped purchase new imaging equipment that could lead to new treatments for a serious condition that can afflict intensive-care unit patients, and some EVMS Health Services clinical offices are thriving in renovated spaces that Annual Fund contributions helped provide.

Alumni, faculty, staff and community members partnered with the Annual Fund Committee to push the fund-raising drive past its \$700,000 goal. G. Robert Aston Jr., CEO of TowneBank and president of the EVMS Foundation, guided the volunteer effort that drew support from across the community.

The 2009 Annual Fund Campaign is now underway. To make a contribution, please contact the Office of Development at (757) 446-6070. □

GIFT PLANNING

Whether you want to eliminate taxes or benefit from an increased income stream, there is a gift to fit every objective. Through philanthropic bequests and gifts that provide a personal income, such as gift annuities or charitable trusts, you may be able to make a larger gift than you thought possible.

Leave your legacy by making a planned gift to the Eastern Virginia Medical School. To confidentially learn more about how you may "remember" EVMS within your estate plans, please contact Mary Kate Andris at (757) 446-6070. □

BUILDING FOR SUCCESS: The Virginia General Assembly voted this year to provide \$59 million toward the construction of a \$79 million building that would allow Eastern Virginia Medical School to increase the number of doctors it educates by 30 percent. In honor of our 35th anniversary, we're providing a look back at other buildings and construction milestones.



Above: The former entrance to Hofheimer Hall was a hub of campus activity, but the newly relocated lobby is larger and more convenient for patients.



Above: EVMS began in Smith Rogers Hall, a former nurses' dormitory, in Ghent. Today, sans what was then Leigh Memorial Hospital, Smith Rogers Hall houses a variety of EVMS administrative offices.

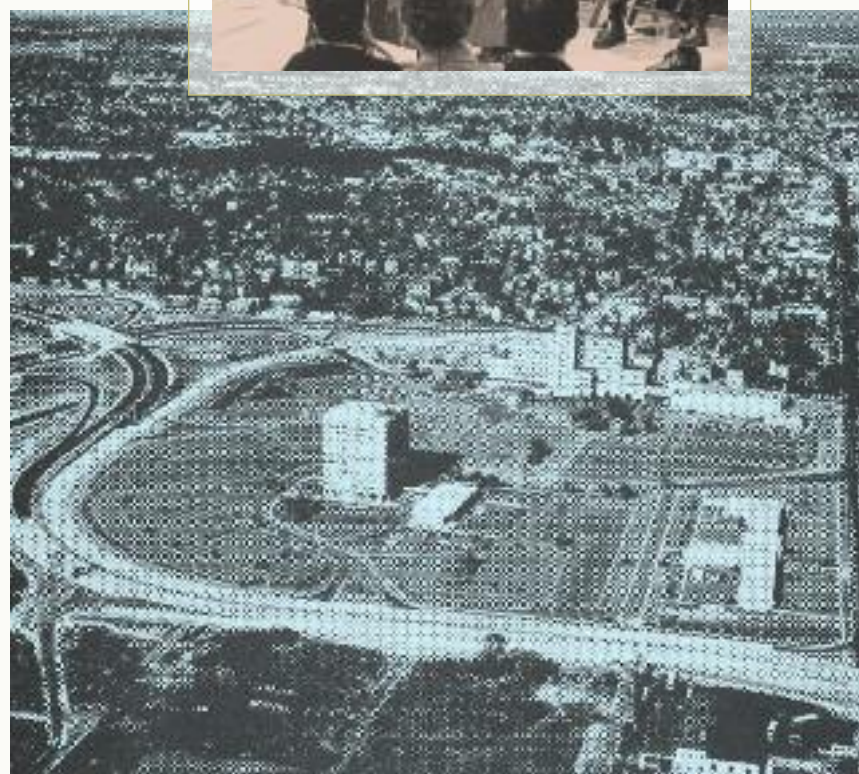


Right: Then-Governor John Dalton speaks at the dedication of Lewis Hall in 1978.



Above: Hofheimer Hall under construction

Right: The Eastern Virginia Medical Center in the 1960s, prior to the creation of EVMS



BRITT SCHOLARSHIP DINNER

to raise funds for minority student tuition on Oct. 23

Examine any community nationwide and it's likely there aren't enough minority physicians. While Blacks, Hispanics and American Indians represent a quarter of the U.S. population, just six percent of practicing physicians hail from these groups, according to a 2006 study.

For many potential minority physicians, the high cost of medical education presents a stumbling block. That's the call to action for members of the L.D. Britt, M.D. Scholarship Committee.

On Thursday, Oct. 23, the committee will host its annual dinner to raise desperately needed scholarship dollars for outstanding minority students interested in attending Eastern Virginia Medical School. The black-tie-optional event will take place at the Norfolk Waterside Marriott Hotel.

Cocktails are served at 6:30 p.m. and dinner begins at 7 p.m.

Gary L. Gottlieb, M.D., M.B.A., president of Brigham and Women's/ Faulkner Hospitals and a professor of psychiatry at Harvard Medical School, will speak to the expected crowd of more than 500 grateful patients, friends, colleagues and others who share the mission of the committee and its namesake, Dr. Britt, professor and chairman of the Department of Surgery at EVMS.

For the second year, the committee will recognize "Partners in Excellence" donors who make major commitments to the scholarship fund. "Their generosity helps us provide annual scholarship support for as many deserving Britt Scholars as possible," Committee Chairman William E. Russell, Ed.D., explains.

Recognized last year, SunTrust Bank, Inc., is the first corporate Partners in Excellence sponsor. "We are grateful to SunTrust for their leadership and willingness to give back to the community," Dr. William says. "They are a great corporate citizen and partner."

The dinner also provides an opportunity to recognize organizations, agencies and individuals who have demonstrated exemplary community service. This year's honorees include Optima Family Care Community Girls Basketball Program, Mattie L. Stovall and Bishop L.E. Willis, Sr.

For dinner tickets or information regarding sponsorship opportunities for the 2008 Britt scholarship dinner, contact the Office of Development at (757) 446-6070 or e-mail Ryan Martin, director of development, at martinrk@evms.edu. □

STATE OF SCHOOL ADDRESS

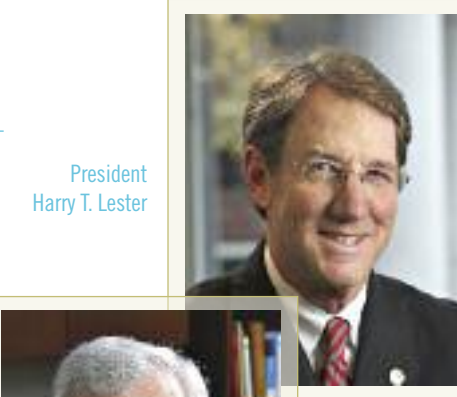
to be held Nov. 12

President Harry T. Lester and Dean and Provost Gerald J. Pepe will host a State of the School Address on Wednesday, November 12, 2008 from 5:30 – 6:30 p.m. — the first since 1994. The event will be held in the McCombs Auditorium at Eastern Virginia Medical School's Lewis Hall. A reception will follow from 6:30 – 7:30 p.m.

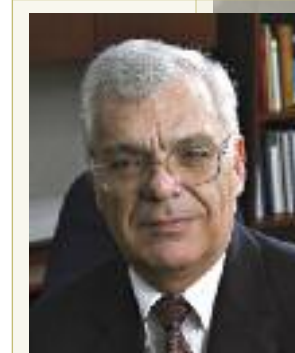
President Lester will discuss the med-

ical school's accomplishments, recent developments in clarifying EVMS' relationship with the state and plans for the institution's future. Dean Pepe will share insights on his strategic research plan and updates on our newest class of M.D. and health professions students.

The address is open to the public. Please RSVP online at www.evms.edu/schooladdress or by calling (757) 446-6070. □



President
Harry T. Lester



Dean and Provost
Gerald J. Pepe

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