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EVMS Magazine, the flagship publication for Eastern Virginia Medical School, is published three times a year. 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.

EVMS

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from the president



This is an exciting time in the history of Eastern Virginia Medical School. As you read in the last issue of *EVMS Magazine*, we recently unveiled a new three-year strategic plan that sets a bold vision for the future of this institution. Our challenge now is to live that vision every day.

In September, the campus community came together for the official launch of that plan — marking the first time the entire school has come together at one time. This was an important first step toward making our goals reality, and it ensures that we're all on board and focused for this journey.

At the center of our efforts are three core values: excellence, collegiality and integrity. That means we hold ourselves to high standards, build strong relationships throughout our community and are accountable for all we do. These values form the framework of our culture at EVMS, and living them daily will drive us toward our goals.

Over the next several weeks, we will be sharing concrete details about the strategic plan and how it will change education, research and patient care at EVMS. Completing the tasks laid out in our plan will seal EVMS' place as a truly unique medical school, one dedicated to our community and to training outstanding scientists, health professionals and physicians. It will take a lot of hard work, but that's nothing new on this campus. Just look at our scientists' research efforts (*see page 28*) and the multi-faceted service of our medical librarians (*see page 18*).

I invite you all to visit the blog dedicated to our strategic plan, www.evms.edu/MissionPossible, to keep track of our progress and learn how we're living our values.

We appreciate your support and look forward to celebrating our success.

Harry T. Lester

President

Cancer centers team up to target KIDNEY CANCER

Graduate student Tiffany Benzine examines a sample of kidney tissue. The top half of the sample is normal while the bottom half is cancerous.

Two talented biomedical research teams with extensive experience in studying cancer are combining their expertise to focus on kidney cancer, one of the 10 most common forms of the disease.

Physicians and scientists at Eastern Virginia Medical School and the Mayo Clinic are jointly conducting a three-year study of kidney cancer that is supported by a \$1 million grant from the U.S. Department of Defense.

The purpose of the research is to develop more accurate ways to determine which forms of kidney cancer are likely to be aggressive — and lethal.

EVMS is among the world's leaders in studying proteins — the chemical messengers in cells — for clues to the presence of disease. Our research in the field known as proteomics has turned up unique chemical fingerprints — called protein “biomarkers” — that can signal disease and, increasingly, measure a tumor's potential to do harm. EVMS brings this expertise to bear on its latest target.

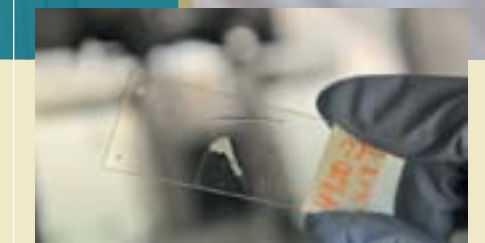
“We want to understand the underlying mechanisms of aggressiveness for the most common

form of kidney cancer: clear cell renal cancer,” says Richard Drake, PhD, professor of microbiology and molecular cell biology at EVMS and a part of the newly created Leroy T. Canoles Jr. Cancer Research Center.

The purpose of the research is to develop more accurate ways to determine which forms of kidney cancer are likely to be aggressive — and lethal.

“Our part of the project is to conduct a new tissue-imaging approach to find protein biomarkers for kidney-cancer aggressiveness,” says Dr. Drake, who is co-principal investigator on the study with Alexander S. Parker, PhD, assistant professor of epidemiology at the Mayo Clinic College of Medicine in Jacksonville, Fla.

The Mayo Clinic has one of the world's most extensive collections of cancerous kidney tissue. The



Researchers are studying tiny slivers of cancerous kidney tissue to learn how to battle the disease.

teams will draw on these samples as part of their research.

Metabolon, a company based in North Carolina that is also part of the research project, is analyzing changes in the cellular metabolites using those same frozen samples of cancerous kidney tissue.

The researchers hope these two types of biomarkers, combined with other details — such as a pathologist's report — will provide a better measure of a cancer's aggressiveness and help guide treatment decisions.

“Our goal is to develop a biomarker-based prediction model that will help clinicians more accurately predict which kidney-cancer patients are at greatest risk for the return of the cancer after the initial surgery,” Dr. Drake says.

Researchers support development of GROUNDBREAKING PROSTATE CANCER VACCINE

Research and clinical trials completed at Eastern Virginia Medical School have led to a major breakthrough in the treatment of cancer. In April, the Food and Drug Administration (FDA) approved the vaccine Provenge, a new treatment for prostate cancer.

Researchers at EVMS, led by urology professor Paul F. Schellhammer, MD, have been investigating the vaccine's effectiveness for more than a decade and played a major role in its approval. Through his research as an EVMS community faculty member and his private clinical practice, Dr. Schellhammer is one of the first to make Provenge available to patients.

Developed by Dendreon Corp., a biotech company based in Seattle, Provenge is the first FDA-approved immune-based cancer therapy. It



Paul F. Schellhammer, MD

works by using the body's own immune system as a weapon against cancer cells. Dr. Schellhammer, a national leader in prostate cancer research, says the approval of Provenge is especially significant because it could lead to the use of immune-based treatments for other types of cancer.

"This is an entirely new class and level of therapies that work totally differently from what's currently available," he says. "One of the dramatic advantages is that the patient's own immune system is being stimulated to be more active against the cancer. There are no external poisons, chemotherapies or other oral agents being used. They have their place, but one of the attractions here is that the patients rarely have side effects."

After 10 years of clinical trials involving more than three dozen local patients, Dr. Schellhammer's research team determined that the Provenge vaccine can extend the lives of patients with advanced prostate cancer by anywhere from four months to three years, with minimal side effects.

One of the dramatic advantages is that the patient's own immune system is being stimulated to be more active against the cancer.

"It's a win-win situation," Dr. Schellhammer says. "Not only are you improving your own body's mechanisms, but you are achieving that end without significant impact on your quality of life." □

Scientist focuses on pancreatic cancer

EVMS scientist Amy Tang, PhD, hopes she has found the Achilles' heel of pancreatic cancer, the fourth deadliest form of the disease.

To aid her research, Dr. Tang, an associate professor of microbiology and molecular cell biology, has received a \$200,000, two-year "innovative grant" from the Pancreatic Cancer Action Network and the American Association for Cancer Research. The funds will support her study of a new drug target for pancreatic cancer, known as the "silent killer" for its ability to avoid detection.

The money and research are sorely needed. According to the American Cancer Society, about 38,000 people in the U.S. will be diagnosed with pancreatic cancer this year alone. Of those, about 34,000 will die of the disease.

The ultimate goal of Dr. Tang's research is to block tumor formation in "one of the most aggressive human cancer cells known," she says.

She is targeting a protein called SIAH, which has been shown to encourage cancer growth. Researchers believe it is responsible for supercharging a protein called K-RAS.

K-RAS normally promotes growth at a healthy pace. In its abnormal form it kicks into overdrive and increases cell growth in people with pancreatic cancer.

"Hyperactive K-RAS protein acts like a car's gas pedal that is permanently stuck in the accelerator position and propels the pancreatic cancer cells



Amy H. Tang, PhD

to grow and metastasize uncontrollably," Dr. Tang says.

If anti-SIAH therapy can inhibit this acceleration effect in tumor growth and metastasis, it could become a potent and

key target for drug development that would throttle K-RAS signaling in human pancreatic cancer.

"Albeit at an early preclinical stage, knowledge gained from this study has great promise and immediate translational value," she says.

Dr. Tang is the first EVMS researcher honored by the American Association for Cancer Research (AACR) and the first in Hampton Roads to secure grant funding from the AACR and the Pancreatic Cancer Action Network. □

DR. JONES *marks a century of* EXCELLENCE

It would be more than cliché to say Howard Jones, MD, co-founder of the Howard and Georgeanna Jones Institute for Reproductive Medicine at EVMS, has achieved a great deal in his long life. But it doesn't hurt to say it again.

Dr. Jones is approaching his 100th birthday on December 30 and is being honored this fall with a lifetime achievement award from the National Infertility Association, known as RESOLVE.

"No one is more deserving to receive this award than Dr. Howard Jones," Barbara Collura, RESOLVE's executive director, says. "Like RESOLVE's founder, he is a pioneer who has helped so many people build their families. But he has also served as a leader, mentor, trail-blazer, and so many other titles in his 60-plus years in the field of reproductive medicine."

Amidst all the fanfare, Dr. Jones remains humble and practical.

"As I approach my 100th birthday, my chief concern is whether I'll make it," he says. "Although I feel generally well, I am familiar with statistics. Nevertheless, I must plan."

Dr. Jones and his wife, Georgeanna Jones, MD, brought international attention to EVMS and the Department of Obstetrics and Gynecology in 1981 for their role in the birth of Elizabeth Carr Comeau, the first child conceived in the United States through in vitro fertilization (IVF). Working side by side, Drs. Jones established the nation's first IVF clinic and



Dr. Jones and EVMS President Harry T. Lester share a laugh during the Sept. 21 celebration to mark Dr. Jones' 100th birthday. At the event, the Howard and Georgeanna Jones Foundation for Reproductive Medicine and the EVMS Department of Obstetrics and Gynecology announced the establishment of an endowed lectureship in honor of Dr. Jones and his wife.

continued to push the frontiers in assisted reproductive medicine for many years. Dr. Georgeanna Jones died in 2005.

Dr. Howard Jones has seen a great deal of history — and has been a part of it, too.

A Baltimore native, he attended Johns Hopkins University. He worked in gynecology at Johns Hopkins Hospital and completed a residency in general surgery at Church Home and Hospital in Baltimore.

His surgical skills were put to the test on Utah

Beach during the D-Day invasion of Normandy in 1944. After the war, he returned to Johns Hopkins University and became the go-to surgeon for genital abnormalities and reconstructions.

As for next year, Dr. Jones said he is looking forward to ongoing endeavors. Even as a centenarian, he's busy with research and completing a project for which he's well suited — a comprehensive history of reproductive medicine. □

[View photos from Dr. Jones' birthday celebration at www.evms.edu/magazine.](http://www.evms.edu/magazine)

HRSA lauds new approach to caring for HIV-positive patients

An innovative patient-safety program at EVMS is changing the way outpatient clinics deliver care to indigent, HIV-positive patients — and it has won four national awards in the process.

Since its formation in 2008, the EVMS Patient Safety and Clinical Pharmacy Services Collaborative has created a successful interdisciplinary treatment model at a rural clinic in Gloucester County. Clinical pharmacy services now are co-located in the outpatient setting, turning pharmacists into true clinical partners rather than simply medication dispensers. That has lowered the risk of adverse

drug effects and increased patient compliance.

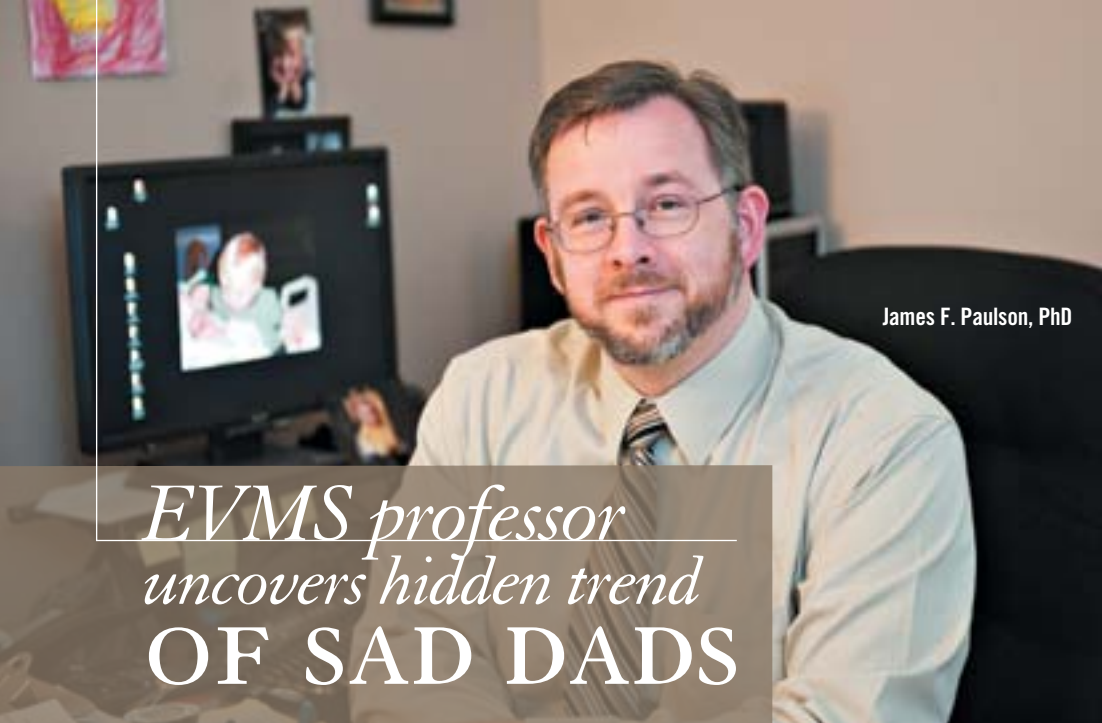
The treatment team also includes a nurse educator who tests patients' literacy — part of regular consultations on disease management — and peer educators, or HIV-positive patients trained to counsel other patients on the challenges and benefits of living successfully with HIV.

"With these additional sets of hands, brains and eyes, we are providing consistent oversight on care that many patients were lacking before," said Richard Hall, a collaborative member and counselor with the Virginia Department of Health (VDH).

The collaborative is a partnership between EVMS' AIDS Resource Center and the VDH, with guidance from the federal Health Resources and Services Administration (HRSA).

Last fall, HRSA recognized the collaborative with several merit awards of excellence: for proven improvements in health outcomes, for bringing in a pharmacist on site and for implementing "life-saving" interventions. The team also received a fourth award for winning the other three. □

[Read the program guidebook online at www.evms.edu/magazine.](http://www.evms.edu/magazine)



James F. Paulson, PhD

EVMS professor uncovers hidden trend OF SAD DADS

In 2004, while working on a large national study of factors influencing parenting behavior, James F. Paulson, PhD, associate professor of pediatrics and child psychologist at Eastern Virginia Medical School, stumbled upon an interesting and little-known phenomenon — postpartum depression in dads.

“We were interested in depression in mothers, as that was a known factor of parenting problems. We just so happened to have a measure of depression in dads, so we decided to include it just to better understand the whole picture,” Dr. Paulson says. “What we found and have confirmed through a number of studies is that expecting and new fathers experience depression at rates that are disproportionate to the general population.”

Dr. Paulson and his research team then started examining all of the research available on the topic and found that one out of every 10 fathers experiences depression sometime between the start of pregnancy through one year after birth. This is more than double the 4.8 percent of men in the general public experiencing depression. The lowest rates of depression (7.7 percent) occur in the first three months postpartum, and the highest rates (25.6 percent) occur in the 3- to 6-month postpartum period.

The findings of the study were published in the May 19 issue of the *Journal of the American Medical Association*. In the article, Dr. Paulson and co-author Sharnail Bazemore, MS, a research associate in pediatrics, examine the

prevalence of prenatal and postnatal depression in fathers, its impact on child development and how it correlates with depression in mothers.

“We’ve seen that they are actually quite strongly correlated,” Dr. Paulson says. “When moms are depressed, dads are more likely to be depressed, or vice versa. We don’t know yet which direction the effect goes.”

Dr. Paulson and his team also have been studying how depression impacts parenting behaviors. He says depressed fathers interact less with their children, which can hamper the child’s development. There are also studies that show behavior problems in young children with depressed dads. But Dr. Paulson says further research needs to be done.

“There isn’t a lot of research going on,” he says. “The cool thing about this is it’s a small field of researchers, and EVMS is one of the few places in the world that’s involved in this kind of work, at this level.”

His team recently received a \$420,000 research grant from the National Institute of Child Health and Human Development to fund a two-year study of Hampton Roads residents, examining depression in both parents, from the beginning of the third trimester through six months postpartum.

“In terms of understanding child outcomes, it makes more sense to look at how the family functions as a whole rather than looking at individuals,” he says. “Looking at depression in dads really opens the door to understanding this as a family phenomenon.” □

Research identifies POSSIBLE NEW WAY TO EASE INSOMNIA

A study by Daniel A. Bluestein, MD, professor of family and community medicine at Eastern Virginia Medical School, and colleagues at the Old Dominion University School of Nursing shows

a link between insomnia and patients who don’t believe they can change their behaviors to improve sleep.

Insomnia has long been associated with depression, but there has been

little research linking insomnia and one’s lack of “self-efficacy” — the belief and confidence that one can improve his or her own health through one’s own actions. In this study, funded by a grant from the American Academy of Family Physicians Foundation and published in the *Journal of the American Board of Family Medicine*, low self-efficacy for achieving sleep-improving behaviors was an even stronger predictor of insomnia severity than levels of depression. These findings illuminate a potential new method for treating the condition.

“Clinicians caring for insomnia patients know to look for depression,” Dr. Bluestein says. “The association with self-efficacy, however, is less well-known and suggests the need for research into whether boosting a patient’s self-efficacy can ease his or her insomnia symptoms.”

This research would evaluate strategies for increasing self-efficacy such as peer learning, group discussions and what is known as motivational interviewing — helping someone weigh the pros and cons of taking or not taking a certain course of action. □



Daniel A. Bluestein, MD



EVMS *launches new* POLICE AND PUBLIC SAFETY DEPARTMENT



Judge Peter G. Decker Jr. joined Chief Lisa B. Pryse to swear in the new police and public safety officers.

Eastern Virginia Medical School recognized 11 police officers and 26 public safety officers during a special badge-pinning ceremony for the new EVMS Police and Public Safety Department July 8 in Lewis Hall's McCombs Auditorium.

The ceremony marked the official transition from a security office to a police and public safety department. EVMS President Harry T. Lester addressed the officers and thanked them for their important service. The Honorable Peter G. Decker Jr., a member of the EVMS Health Services Board of Directors, administered the oath of affirmation. □

To see video and photos of the pinning ceremony, visit www.evms.edu/magazine.

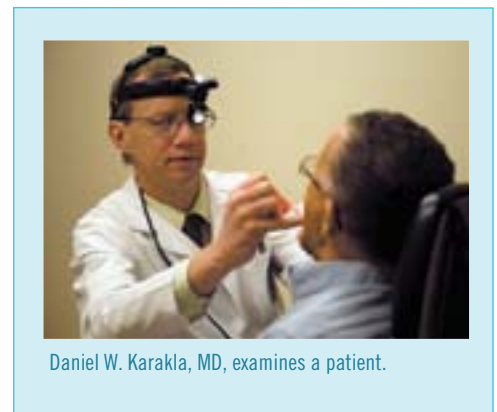
SURGEON PERFORMS FIRST ROBOTIC *head and neck cancer operation in Virginia*

On May 5, Daniel W. Karakla, MD, associate professor of otolaryngology-head and neck surgery, performed the first robotic head-and-neck-cancer surgery in Virginia. The patient, Arthur Zimmerly of Virginia Beach, had his pharynx removed and is recovering well.

Head and neck cancers are particularly difficult to treat surgically because the tumors are often hard to reach, requiring doctors to saw through bones like the jaw to access them. In the past, the procedure could rob a patient of his or her voice,

distort the face and hinder the basic abilities to eat, drink and swallow.

But now, surgeons at EVMS are able to use the da Vinci robot system, located at Sentara Norfolk General Hospital, to access these cancers through the mouth. With smaller incisions, the robot helps doctors leave facial bones intact. This significantly improves the recovery process, is less painful and reduces the likelihood of scarring or disfigurement. □



Daniel W. Karakla, MD, examines a patient.

BRITT SCHOLARSHIP *becomes permanent*

Founded 15 years ago, the L.D. Britt, MD, Scholarship Fund at Eastern Virginia Medical School reached endowed status this year, making it a permanent source of financial support for promising underrepresented minority medical students.

A donation from the EVMS Foundation, combined with \$682,000 raised from the community by the L.D. Britt, MD, Scholarship Committee, brought the fund's total to \$900,000 and enables it to operate as a self-sustaining scholarship. It will provide an L.D. Britt, MD, Scholarship to one underrepresented minority EVMS student in each year of the four-year medical program. Each scholarship is expected to be \$10,000; however, the exact amount of support will be based on the fund's principal balance.

"This wouldn't have been possible without the tireless work of the Britt Committee members," EVMS President Harry T. Lester says. "Their vision and leadership has created much-needed opportunities for students, and I sincerely thank each of them for realizing the dream of a permanent scholarship fund for minority students at EVMS."

Established by grateful patients, the Britt Scholarship aims to inspire, support and encourage talented young people to excel in both medicine and community service. By 2050, racial and ethnic minorities will comprise half of the U.S. population, but they make up only 6 percent of



The 2009 Britt Scholar, Nicole Lia Whatley (center), and her parents (left) stand with L.D. Britt, MD, MPH, and his wife, Charlene Britt, MD.

physicians practicing today. Studies show that greater diversity in medical education results in more physicians practicing in underserved communities, more culturally competent care and better patient-doctor communication.

"We have a shortage of physicians, period. And we certainly have a major shortage of physicians with a diverse background. Now, at any given time, we'll have four Britt scholars at EVMS. That gives us a foundation from which to build toward addressing the shortage," says L.D. Britt, MD, MPH, chair and Brickhouse professor of surgery.

Increasing diversity is a key priority at EVMS,

as stated in its new strategic plan. This scholarship is an important step in that effort.

"It has always been our goal to have the scholarship be given out in perpetuity," Dr. Britt says. "I'm thrilled that EVMS has supported this goal, and I want to thank the leadership of the school — particularly President Lester and the Board of Trustees — for having this vision."

"The Britt Scholarship's success is a testament to the committee and to the community," says G. Robert Aston, chairman and president of the EVMS Foundation. "I'm proud that we could be a part of creating a lasting source of financial relief for talented aspiring physicians." □

Virtual stethoscope on the market

The doctor tells you to breathe deeply, in and out, as she listens to the sounds of your lungs or the beat of your heart. Despite the many digital and computerized tests available these days, your exam often starts with this familiar — and analog — diagnostic method.

For medical students, learning the various sounds a healthy or sick person's heart and lungs make can be hit or miss, depending on the patients they encounter during training. But thanks to collaborative research between EVMS and Old Dominion University, a Virtual Pathology Stethoscope that simulates those sounds for students is now on the market.

The stethoscope is designed for use with standardized patients, experts trained to mimic

symptoms of illness and provide feedback to students. The high-tech stethoscope makes that training experience more complete by adding the sounds of conditions such as blocked arteries or fluid in the lungs to what the standardized patients portray.

Texas-based medical equipment manufacturer Cardionics Inc., recently began marketing and selling the device.

"The feedback has been excellent so far," Keith Johnson, general manager of Cardionics Inc., says of the initial stethoscope sales. Cardionics has worked to bring the technology to a number of



schools, including the University of Massachusetts and Harvard Medical School.

The technology was developed by the National Center for Collaboration in Medical Modeling and Simulation, a joint venture of EVMS and ODU.

"It's a significant development in the training program for students and medical personnel," said Robert Williams, PhD, MBA, director of the Office of Technology Transfer at EVMS. "Standardized patients are a critical part of medical and health professions education, and this technology now enhances that educational experience." □



PARTNERSHIPS RAISE MONEY for DIABETES RESEARCH AND CARE *at EVMS Strelitz Diabetes Center*

The EVMS Strelitz Diabetes Center recently partnered with regional 7-Eleven stores and the Norfolk Tides baseball team to increase awareness of the diabetes epidemic in Hampton Roads and raise money to support diabetes research and care at the center.

Current projections indicate that one in three children born after the year 2000 will develop diabetes over the course of their lifetime. From July 1 to August 31, 7-Eleven shared this message and spearheaded the “Give Change to Make Change” campaign. As of press time, the campaign had raised nearly \$34,000.

On Aug. 22, the EVMS Strelitz Diabetes Center hosted “Turning the Tide on Diabetes Night” at Harbor Park with the Norfolk Tides. A portion of the proceeds from tickets sold for the game went to the diabetes center. Hundreds of people came out to support EVMS.

EVMS is also working with Todd Jurich of the award-winning Todd Jurich’s Bistro in downtown Norfolk to raise awareness of diabetes in Hampton Roads. Mr. Jurich is consulting EVMS Strelitz Diabetes Center nutritionist Phyllis Woodson to develop a new three-course diabetic-friendly meal that will debut on the restaurant’s menu in time for diabetes awareness month this November. □



Daniel T. Thibodeau, MHP, PA-C

THIBODEAU *elected* TO HELM OF AAPA BOARD

Daniel T. Thibodeau, MHP, PA-C, assistant professor of health professions, has been elected by his peers to lead the American Academy of Physician Assistants' Board of Directors.

The one-year appointment as chairman puts him among the leaders helping the organization focus on strategically developing the physician assistant (PA) profession in the quickly evolving health-care landscape. The AAPA represents more than 73,000 physician assistants in the U.S.

"We have to envision what we see the PA profession becoming in the future," Mr. Thibodeau says.

Mr. Thibodeau will continue to serve as the board's secretary, a position to which he was elected in 2009, in addition to being the lead organizer of the AAPA's policy-making body. He already has been heavily involved in advocating for the profession on the national scene. While Congress worked to craft comprehensive health-care legislation, Mr. Thibodeau attended meetings at the White House

and met with national leaders to make sure physician assistants were a part of the solution.

After achieving some important victories, such as increased funding for grants and loan forgiveness for physician assistants, Mr. Thibodeau says the organization is turning to other strategic needs. Supporting research into the effectiveness of care administered by physician assistants, for instance, is a priority for the AAPA as it advocates for the profession nationally.

All this takes place while the PA field continues to enjoy explosive growth. It is the fourth fastest-growing profession in the country, and *Forbes* magazine recently named the physician-assistant credential the best master's degree to have in the U.S. Mr. Thibodeau says the AAPA's challenge now is to protect that growth while fostering the organization's strategic vision.

"Our job is to take the next steps, to anticipate where the profession will go and be prepared to support that," Mr. Thibodeau says. □

DR. TERZIS

IS FIRST AMERICAN *to lead European Association of Plastic Surgeons*

Julia K. Terzis, MD, PhD, a professor of clinical plastic surgery at EVMS, has become the first American to lead the elite European Association of Plastic Surgeons (EURAPS).

Her election as president follows her 15-year association with the organization. Though she works at EVMS as director of the school's Microsurgical Research Center, Dr. Terzis actually represents her native Greece on the EURAPS Council.



Julia K. Terzis, MD, PhD

Dr. Terzis says her election to lead EURAPS was not something she sought, and it's been a surprise to her as well as her U.S. colleagues.

"The Americans were flabbergasted. Everywhere I go, they ask, 'How did you do it?'" she says. "They can't believe it, because in the early years, an American had to have a European colleague to invite them to the EURAPS' meeting. They didn't want the Americans to take over."

Dr. Terzis began attending EURAPS meetings in 1995, when the organization was still relatively young. She was one of the few chosen to present her clinical and research work at the EURAPS' annual meetings and gradually became a member of the organization. She recruited other Greek plastic surgeons to join the organization and eventually was elected the Greek representative to the EURAPS' council.

Dr. Terzis already has worked to change the culture of the organization. For instance, American plastic surgeons no longer need an invitation to attend EURAPS' meetings. As president, she is importing some American ideas by leading an effort to revise the EURAPS' bylaws, using the American's organization's bylaws as a guide. And she is working to relax membership guidelines to permit the involvement of young plastic surgeons.

Dr. Terzis will lead the EURAPS world congress meeting in her native Greece in 2011 before her term expires.

Her involvement with EURAPS, she says, has brought well-deserved attention to EVMS.

"Wherever you go and you talk to plastic surgeons, they know about our school," she says. "The world knows about EVMS." □

Miechelle Gentzler celebrates with her fellow Master of Physician Assistant program graduates.

COMMENCEMENT 2010

“I think about the legacy you are inheriting, including social justice, and remember that is what makes the white coat real,” Darrell G. Kirch, MD, president and CEO of the Association of American Medical Colleges, told the 254 graduates at the May 15 EVMS commencement ceremony.

He urged them to take an active role in creating a just health-care system and to continue the EVMS tradition of focusing on the needs of the community.

“Your outreach to the needy in our community and in communities around the globe has been heart-warming and inspiring, and in the true spirit of EVMS,” said Gerald J. Pepe, PhD, dean and provost.

EVMS presented Dr. Kirch with an honorary degree in recognition of his lifetime contributions to medicine and science and his advocacy on behalf of patients.

Earlier that week, graduates from the Master of Physician Assistant (MPA) Program received

their long white coat at the MPA Awards and White Coat Ceremony, a tradition that signifies the transition from student to practitioner, on May 12.

On May 13, six medical-school graduates entering the armed forces were sworn in as officers in a special ceremony aboard the battleship U.S.S. Wisconsin.

At the baccalaureate ceremony held at the Chrysler Museum of Art, the Class of 2010 made a covenant with their friends, families, teachers



Keynote speaker Darrell G. Kirch, MD, president and CEO of the Association of American Medical Colleges, delivers the commencement address.



Graduating MD student Kathleen Dorfler receives the physician's green hood during the commencement ceremony.



The White Coat ceremony marks the beginning of a career for graduating PA students, such as, Monique Brock-Cianfrani, left, and Ngassa Mssika.



Six EVMS medical graduates were commissioned as officers in the Armed Forces during a ceremony aboard the USS Wisconsin. From right are Geoffrey Alexander, Kimberly Werner and Bethany Mulla.

and patients to maintain the honor and noble traditions of medicine and the health professions and teach them to future medical professionals, and celebrated later that evening at the health professions reception and MD banquet held at the Norfolk Waterside Marriott. □

To view photos from commencement week, visit www.evms.edu/magazine.



Graduates and their families celebrated the students' success at the School of Health Professions reception.

Neuroscientist DAVID SCOTT dies

EVMS lost a talented neuroscientist, beloved teacher and respected veteran member of the faculty July 5 with the death of David E. Scott, PhD, a professor of pathology and anatomy.

“Generations of students will remember his lectures brought to life with songs and jokes,” says Nancy F. Fishback, MD, professor and chair of pathology and anatomy, recalling Dr. Scott’s joy of working with students and his knack for teaching in unconventional ways. “Dave excelled in everything he did and embraced it all with a passion.”

Dr. Scott earned his doctorate in anatomy at the University of Southern California. He had been a professor at the University of Rochester and was department chair at the University of Missouri - Columbia School of Medicine when he was selected in 1986 to lead what was then the Department of Anatomy and Neurobiology at EVMS. He served as chair of the department until it was combined with pathology and

renamed in 1997; he remained on the faculty in the newly organized department.

Dr. Scott was widely published on central nervous system regeneration, neurotransplantation and adult stem cells.

“He came to EVMS with an impressive history of research, teaching and publications,” Dr. Fishback says. “While at EVMS he continued this tradition and saw his 100th journal article published just a few years ago.”

His chief love was teaching, says colleague and friend Paul F. Aravich, PhD, professor of pathology and anatomy. He was a popular and effective educator who “suffered and celebrated with his students,” Dr. Aravich says.

Dr. Scott was the second recipient of the Dean’s Faculty Achievement Award for Teaching in the Basic Sciences at EVMS.

He had an early brush with fame as a member of a folk group known as The Wayfarers. The band played the same venues as Peter, Paul and



David E. Scott, PhD

Mary and the Kingston Trio before it broke up. He also was an avid outdoorsman, venturing to various locations around the globe to hunt and fish. For 29 years, he was in the Army Reserve Medical Corps, retiring at the rank of colonel.

In January of this year, when Dr. Scott was diagnosed with esophageal cancer and spent time as a patient in Sentara Leigh Hospital, he was cared for by physicians and physician assistants he had helped train. □

STAFF SPOTLIGHT: CAROL EUGLEY IS DOGgone Busy

By day, Carol Eugley is an administrative secretary to Christine C. Matson, MD, and Daniel A. Bluestein, MD, in the Department of Family and Community Medicine and has worked at EVMS for 29 years. By night, Carol and her assistants, Tuffy and Peanut, look after patients of their own.



“Just petting the dogs gives people something to look forward to. It cheers them up and lowers their blood pressure,” Ms. Eugley says.

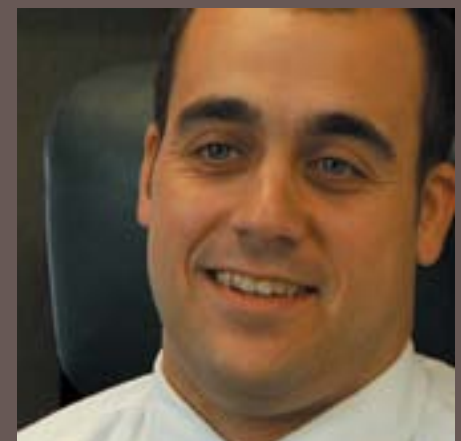
Tuffy and Peanut also help children improve their reading skills. At participating local libraries, children practice by reading to therapy dogs.

This one on one technique has improved their reading skills.

“Having these dogs is such a rewarding experience because you see how much joy they bring to so many people,” Ms. Eugley says. “The difference we make in the life of a child is really our legacy.” □

Watch Ms. Eugley, Tuffy and Peanut in action by visiting www.evms.edu/magazine.

See videos of our other Staff Spotlights online at www.evms.edu/magazine.



Matthew R. Schenk, director of human resources

Staff Spotlight is a new addition to EVMS Magazine that will feature Eastern Virginia Medical School staff members who are making a difference both in the EVMS community and beyond.



Members of the EVMS Board of Visitors sign one of the last beams to be placed in the new building.

MERB *by the numbers*

CONSTRUCTION PROCEEDING ON PACE AT NEW BUILDING

Work continues on budget and on schedule for construction of the school's new medical education and research building and associated renovations in the Brickell Library and Lewis Hall.

Crews have nearly closed in the 100,000 square foot building that will give the school much-needed space to enlarge its medical class by 30 percent and the physician assistant class by 60 percent. The building

also has space designated for research, including a cancer center named in honor of the late Leroy T. Canoles Jr.

All work — including the establishment of a green space in front of the building, a new entrance in the Brickell library, improvements to student space in the library and Lewis Hall, and a project to improve traffic flow within the medical center complex — is scheduled to be finished in time for the start of classes in the fall of 2011. □



A glimpse at materials used to date on the new building:

- **673 tons of steel.** An equal amount of steel could make nearly 750 automobiles.
- **4275 cubic yards of concrete.** That material weighs in at roughly 14 million pounds.
- **160,000 bricks.** Laid end to end, they would reach from the EVMS campus to Newport News.
- **19,500 square feet of aluminum and glass.** That's an area about a third the size of a football field.

For more about the construction project, visit www.evms.edu/magazine.



ANNUAL DEAN'S AWARDS HONOR SEVEN OUTSTANDING FACULTY

Eastern Virginia Medical School faculty chose seven of their colleagues to be honored with the school's most prestigious recognition: the Dean's Faculty Achievement Awards. These awards reflect the school's highest acknowledgment in different areas of medicine, teaching, mentoring and research.

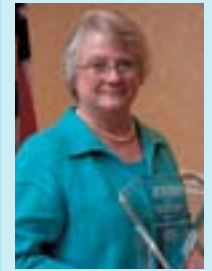
"These educators, scientists and caregivers define the academic strength and dedication at this medical school," says EVMS Dean and Provost Gerald J. Pepe, PhD. "Their commitment and skills, as well as the peer-reviewed recognition of their efforts, stand as shining examples of the values and expertise we as an institution bring to our patients, the national and international research communities and to our students."

The Faculty Achievement Awards ceremony, held June 24 at the Norfolk Yacht and Country Club, recognized seven faculty. Fellow faculty members nominate candidates, and a committee of past Dean's Awards winners select recipients of these distinguished awards. This year marked the

addition of a new award for junior faculty — the Rising Star Award.

This year's award recipients include Jean E. Shelton, MD, Outstanding Faculty (she is professor and chair of physical medicine and rehabilitation); Wendy M. Gunther, MD, Achievement by Community Faculty (she is an assistant professor of pathology and anatomy); John A. Ullian, PhD, Achievement in Institutional Service (he is director of faculty development); Richard R. Drake, PhD, Achievement in Teaching in the Basic Sciences (he is a professor of microbiology and molecular cell biology); Russell L. Prewitt, PhD, Achievement in Mentoring (he is professor and interim chair of physiological sciences); and two Dean's Rising Star winners, Aurora Esquela-Kerscjer, PhD, (she is an assistant professor of microbiology and molecular cell biology); and Serina A. Neumann, PhD, (she is an associate professor of psychiatry and behavioral sciences). □

For more information on each winner, visit www.evms.edu/magazine.



Jean E. Shelton, MD



Richard R. Drake, PhD



Russell L. Prewitt, PhD



Wendy M. Gunther, MD



Aurora Esquela-Kerscjer, PhD



Serina A. Neumann, PhD



John A. Ullian, PhD

CANCER CENTER TEAMS WITH MAYO CLINIC

continued from page 4

That same biomarker panel also could highlight new targets for therapies that doctors could use in conjunction with surgery to slow the cancer's progression and improve patient survival.

Kidney cancer is a potent disease that is difficult to diagnose. The standard treatment is to remove the diseased kidney. In 30 to 40 percent of cases, the cancer recurs and survival rates plummet. In recent decades in the U.S., the number of people diagnosed with and dying as a result of kidney cancer has risen steadily. It typically strikes older adults, at an average age of 64.

EVMS' involvement in this research study stems from the foundation of expertise developed in the Leroy T. Canoles Jr. Cancer Research Center. "It builds on everything we learned from studying prostate cancer," says O. John Semmes, PhD, EVMS' Anthem professor of cancer research and director of the EVMS research center. □



O. John Semmes, PhD, left, who oversees cancer research at EVMS, confers with graduate student Michelle Trevino and scientist Richard Drake, PhD, who is leading the school's work to develop a more accurate way to diagnose kidney cancer.

EVMS WELCOMES NEW STUDENTS DURING ORIENTATION WEEK

Nearly 200 new medical and health professions students joined the EVMS family Aug. 16. Incoming students for the medical, art therapy and counseling, biomedical sciences and medical master's programs kicked off the new semester by getting acquainted with their professors and classmates during the annual Dean's Breakfast.

Orientation events continued throughout the week, and rain showers did not deter faculty and students from attending the indoor President's picnic.

On Aug. 20, the White Coat Ceremony officially welcomed incoming MD students to the medical profession at Norfolk's Harrison Opera House. The donning of the white coat, a universal symbol of medicine, marks the medical student's entry as a junior colleague in the field.

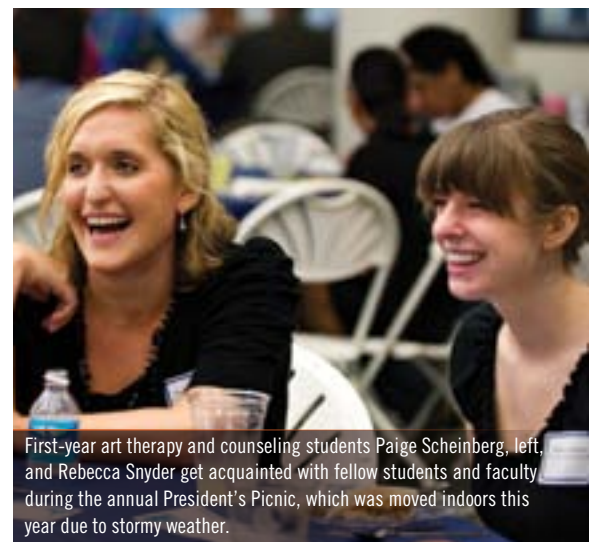
The H. Lee Kanter lecture was given by Margaret E. Mohrmann, MD, PhD, professor of biomedical ethics, pediatrics, medical education, and religious studies and director of the biomedical ethics program at the University of Virginia. She encouraged the new students to wear their white coats proudly, thoughtfully and carefully.

"Keep the coat unbuttoned, leave it open, expose your heart, the core of yourself, to remind you, especially when the suffering comes — as it will — that you are committed to letting yourself be changed by your patients into the doctor they need you to be," Dr. Mohrmann said.

View photos from orientation week at www.evms.edu/magazine.



Dean Gerald J. Pepe, PhD, greets a group of new EVMS students during the annual Dean's Breakfast that welcomes incoming students to campus.



First-year art therapy and counseling students Paige Scheinberg, left, and Rebecca Snyder get acquainted with fellow students and faculty during the annual President's Picnic, which was moved indoors this year due to stormy weather.



Chairs of the various academic and clinical departments in the school greet incoming medical students during the White Coat Ceremony at which up-and-coming physicians are welcomed into the medical community.



From left are Technical Services Coordinator Renee Mansheim, Associate Dean for Library and Learning Resources Judith Mercer and Reference/Clinical Librarian Susan Harnett

THE EVMS Library: BEYOND



A LOOK AT THE
SERVICES THE LIBRARY
OFFERS AND HOW IT
REMAINS RELEVANT
IN AN ERA OF EASY
ACCESS TO
INFORMATION

It's easy to get lost on the information superhighway. Luckily, the staff of the Edward E. Brickell Medical Sciences Library at Eastern Virginia Medical School can offer you a map.

The librarians' work goes far beyond helping students, faculty and staff. They also field questions from Hampton Roads residents on a daily basis, organize community training sessions that help people locate reliable health information online and assist Virginia legislators with health-care proposals that have the potential to touch everyone in the state.

"Our job from the very beginning has been to give back to this community," says Judith Mercer, associate dean for library and learning resources and director of educational technology.

"Back when we lived in more of a print world, most people came in to us. Now it is our job to go out into the community, to empower them and help them sift through

BOOKS

the vast amounts of information available literally at their fingertips. Yes, a lot of information is now online, but you have to know how to navigate it — how to zero in on what you need to best take care of yourself or your patients — to get the most out of it. That’s where we come in,” Mrs. Mercer says.

The state-of-the-art library has an extensive collection: more than 12,500 books, 7,000 journal subscriptions, 1,500 audiovisual items and 150 medical, scientific and general databases. Its resources cover basic and biomedical sciences, clinical medicine and health care. A rare historical collection also includes books donated from the personal collections of local physicians that date to the American Revolution.

While many materials are available online, the library remains an important physical space for the EVMS

community, Mrs. Mercer notes. Students check out reserved materials for classes, study, hold small group meetings, attend classes and work in a computer lab that’s open to them 24 hours a day, seven days a week. EVMS network account holders also can access all databases from off-campus.

NEARLY HALF OF THE QUESTIONS POSED TO REFERENCE STAFF COME FROM OUTSIDE EVMS, ADDING UP TO ABOUT 20,000 QUERIES A YEAR.

community, Mrs. Mercer notes. Students check out reserved materials for classes, study, hold small group meetings, attend classes and work in a computer lab that’s open to them 24 hours a day, seven days a week. EVMS network account holders also can access all databases from off-campus.

But the EVMS family is just one regular user of the library. In fact, 48 percent of the questions posed to reference staff come from outside EVMS, adding up to about 20,000 queries a year. Patients and their families in particular — including those admitted to Sentara Norfolk General Hospital and Children’s Hospital of The King’s Daughters (CHKD) — often turn to the library to better understand a new diagnosis or a chronic illness.

“Often immediately after a diagnosis, people are overwhelmed and don’t absorb a lot of what a doctor is telling them,” Ruth Smith, outreach services coordinator for the library, explains. “Later, they will come to us to learn more so that the next time they talk to their health-care provider, they will

have better questions to ask. We are really empowering people to deal with their illnesses and live the healthiest lives possible.”

Ms. Smith’s job is to extend the library’s reach even further into the community. Since 2000, she has trained more than 5,000 Hampton Roads residents on how to search for accurate and up-to-date medical information online. She also educates people about the free consumer-health links posted on the EVMS library’s home page during presentations at public libraries, health fairs, schools, senior centers, businesses and other venues. And she guides public librarians through EVMS-funded classes that cover everything from medical vocabulary to web navigation, including resources for the area’s many military families.

“We will go practically anywhere to give a talk,”

Ms. Smith says. “So many people are looking online for medical information and asking us questions, so we know the need is out

there.” Health-care information is the second-most-searched topic online in the country, Mrs. Mercer points out — second only to financial information.

On the EVMS campus, librarians play a vital role in preparing the doctors of the future. Currently, a major emphasis is to base treatment decisions on scientific evidence; studies have shown that doctors who don’t follow the latest medical research in their specialties aren’t able to



offer patients the best possible care, even if they have years of experience.

Many doctors focus more on conversations with fellow physicians — “expert opinions” — than on medical literature when deciding patient care, says April Adams Pace, education coordinator for the library. Her job is to help medical students, residents and physician assistants incorporate literature into that process — sorting through quality study databases, interpreting results, knowing current best practices and applying them to patient care.

“I THINK LIBRARIANS USUALLY ARE AHEAD OF THE CURVE WHEN IT COMES TO USING ALL THE RESOURCES WE HAVE AVAILABLE TO HELP PEOPLE.” — Judith Mercer

One popular tool, for example, is DynaMed, a website that posts daily updates of new medical studies and rates them based on quality of research methods.

“It’s showing users how much they can trust that evidence,” Mrs. Pace says.

EVMS librarians also serve on the school’s institutional review boards, helping researchers gather statistics and follow correct federal regulations for animal and human research trials. Two mornings a week, they accompany third-year medical students and residents during their pediatric rounds at CHKD. If they detect any uncertainty about patient care, they will search the medical literature

for information that may help guide treatment decisions. They then teach medical students how to locate and use that kind of data themselves.

“We show them the impact of applying literature in a clinical setting,” Mrs. Mercer says. “We have a chance to touch every third-year medical student here and contribute to patient outcomes.”

On the state level, library staff work closely with members of the Joint Commission on Health Care (JCHC), the group that develops proposed legislation for the General Assembly each year. Duties include teaching JCHC staff members how to use the library’s electronic resources and going to Richmond once a year to lead a course on accessing all current databases. They also are available to answer questions,

order requested materials and pass along information on particular topics or issues.

“We are their library,” Mrs. Mercer says. “We do everything we can to support their work.”

The same goes for educators at Virginia’s primary and secondary schools. Through a partnership with the state departments of health and education, EVMS created Health Smart Virginia, a website that covers health-education requirements under the state’s Standards of Learning program. The site breaks down information by health topic and grade, helping teachers plan lessons for elementary-, middle- and high-school students. “It’s a fantastic resource for teachers, and really for the entire community and beyond,” Ms. Smith says.

In short, adapting to the computer age hasn’t been very difficult for the library. “I think librarians usually are ahead of the curve when it comes to using all the resources we have available to help people,” Mrs. Mercer says. “The technology may have changed, but that central mission hasn’t — and it never will.” □

For more about the library, visit www.evms.edu/magazine.



Jonathan DeLong and Katie Davenport, members of the MD Class of 2013, raised money for Haiti at medical schools across the globe through their t-shirt campaign.



Chief surgical resident Stephanie Krup, MD, and L.D. Britt, MD, MPH, Brickhouse professor and chair of surgery, operate together in Sentara Norfolk General Hospital.

The EVMS Impact

Multifaceted institution quietly plays a critical role
in improving the health of the community



For some people, Eastern Virginia Medical School is a bit of a mystery. They know the school does good work, even if they're not exactly certain what that work is.

Many understand there's a campus training doctors and health professionals at that big medical center that includes Sentara Norfolk General Hospital and Children's Hospital of The King's Daughters. Some realize that it's the place that gave life to America's first in vitro baby. Few know that EVMS is independent of those hospitals and its sphere of influence spans the region and the state.

But what does EVMS' presence here really mean to the average person living in Hampton Roads?

How about lower taxes, better neighbors, smarter doctors and cutting-edge research that quickly makes its way to bedsides, clinics, examining rooms and operating tables.

"We always say we're the best-kept secret in Hampton Roads," Gerald J. Pepe, PhD, the school's dean and provost, says, "and we don't want to be the best-kept secret. We want



Now a graduate of the EVMS physician assistant program, Monica Piascik learned effective clinical skills from people trained to act out or mimic certain symptoms.



Local children enjoyed making crafts with the help of EVMS art therapy and counseling students during this year's Healthy Kids Day at the YMCA in downtown Norfolk.



Medical student Caitlin Valentino explains health information to a visitor at the recent Community Care Day, held in conjunction with the Y's Healthy Kids Day.

people to understand how important this institution is to the health of the community.”

Follow the Money

How could EVMS keep area taxes in check? By quietly injecting more than \$700 million a year into the local economy.

That's the overall value that James V. Koch, PhD, president emeritus and Old Dominion University Board of Visitors Professor of Economics, estimates is generated annually by EVMS.

Dr. Koch, also a member of the EVMS Board of Visitors, authored an economic impact study of the school in 2007.

EVMS, he learned, is one of the largest non-government employers in Hampton Roads, and its 1,500 workers are well paid, averaging nearly \$75,000 a year for full-timers — about \$30,000 more than the area as a whole.

Then there are the more than 800 students — not just doctors but a wealth of other health-care professionals, many of whom pay an out-of-state tuition premium to come to EVMS. They spend some \$20 million a year.

EVMS residents train at local hospitals throughout the region, and they spend another \$5 million a year here, he estimated. Often, they wind up settling in the region after graduating.

The school buys supplies and employs local contractors every time it expands. It is currently in such a major expansion, with a new building under construction which will lead to a 30 percent increase in the number of physicians trained, Dr. Pepe says, and a 60 percent increase in physician assistants.

When businesses look to locate in an area, one of the key

considerations is the quality of health care there, according to Virginia Beach Mayor Will Sessoms, a bank president and a former member of the EVMS board.

“That's a priority, and that's something we have here. EVMS is a big part of it,” Mayor Sessoms says.

The school's economic impact is likely to increase as it continues to grow and provide more doctors and health-care professionals needed to meet increased demand caused by an aging population and recent health-care reforms.

A Magnet for Medical Professionals

Dr. Koch's conclusion was that the economic impact, although impressive, “does not begin to capture the tremendous contribution the medical school makes to the welfare of the region.

“Our quality of life — and sometimes our actual lives — depends on the good works of EVMS. All of us are enriched by the presence of EVMS. It is not for nothing that the founding of EVMS in 1973 is regarded by many as the most significant single event in our region's history in the second half of the 20th century.”

Scholarly hype? Hardly.

“EVMS is so much more important than opening up a highway, even the MacArthur Mall,” Dr. Koch said in a recent interview. “It's at a completely different level in its effect on economic life and the quality of life.”

Without EVMS, Hampton Roads would be the largest metropolitan area in the country without a medical school. And studies show that areas without such schools don't attract or retain the number of doctors required for quality care, Dr. Koch says.



The fear of just such a doctor shortage is the reason the community rose up in the 1960s and demanded the state legislature allow Hampton Roads to have its own medical school. Local leaders raised the funds and forged ahead without the sponsorship of a hospital or university, as is the case with most medical schools. Before EVMS opened in 1973, medical students had to head out of state or up I-64 to be trained. And patients who needed the most advanced treatments also found themselves traveling long distances for the kind of care found only in teaching medical centers.

Now, EVMS attracts some of the world's brightest doctors and researchers to Hampton Roads. "We don't have the physician shortages in this community that other communities have, and the main reason for this is EVMS," says Alfred Z. Abuhamad, MD, chair of obstetrics and gynecology and associate dean for clinical affairs at EVMS.

Dr. Abuhamad knows first hand. He oversees the region's only high-risk pregnancy practice. "When I decided to move to Hampton Roads in 1992, I moved here because of EVMS," Dr. Abuhamad says.

He is not alone.

"Many of the specialties that we have here today would not be in this community if not for this medical school and the influence the medical school has on recruitments," he says. He points



Julius O. Nyalwhide, PhD, assistant professor of microbiology and molecular cell biology, served as a mentor to doctoral student Ashley Garvin, right.

"Many of the specialties that we have here today would not be in this community if not for this medical school and the influence the medical school has on recruitments."

Alfred Z. Abuhamad, MD, Chair of Obstetrics and Gynecology



C.W. Gowen, MD, head of the EVMS pediatrics residency program, reviews cases with residents.

to the caliber of physicians recruited for the region's only Level 1 trauma center and his maternal-fetal medicine department as examples.

"The expertise that we have within head and neck cancer, the expertise that we have in diabetes and pregnancy, are here because of EVMS," Dr. Abuhamad says.

Such specialized medicine usually relies on EVMS doctors and clinics. The school's full-time faculty members don't just teach — they treat people every day, often handling the most difficult cases.

"We're well known for our diabetes care," President Harry T. Lester says. "We've got some of the top surgeons in town. If you have a high-risk pregnancy within 80 miles, you come here. It's just that simple. Your doctor in the community is going to send you here."



EVMS medical residents — numbering about 320 currently — work and learn simultaneously in local hospitals throughout the region.

EVMS Health Services, a non-profit affiliate with more than 150 physicians, provides care to 1,000 patients daily. If EVMS did not exist, those people would overwhelm area hospitals or have to seek care out of town, taking their dollars with them and likely getting lesser results.

The role for research

Another key area is research, and EVMS is a world-class research center, on the leading edge of cancer detection and treatment, AIDS prevention, obesity, women's health, and diabetes, with a recent emphasis on the kind of work that can quickly move from lab to bedside.

The fact that students, residents and faculty are all doing research makes a big impact according to Dr. Pepe. This wealth of research, Dr. Koch reported, spawns a bevy of patents that generate income — much of which stays in the area.

Another result is that local doctors are better informed about new treatments, and researchers are available for consultation.

"You have people doing the cutting-edge research. You don't have to go anywhere else to get a second opinion. You have the best opinions right here. Most people don't realize that," Dr. Pepe says.

The Community Connection

Although EVMS is not part of Sentara, Bon Secours, Children's Hospital of The King's Daughters or any other local hospital or health system, it partners with all of them and oversees the 320 residents working in those Hampton Roads facilities. That improves the overall quality of care and often leads to those doctors eventually settling in the area, Mr. Lester says. "That's good for the health of the community."

Randolph J. Gould, MD, a 1978 graduate and assistant professor of clinical surgery, is now on the school's Board of Visitors and an active member of the Medical Society of Virginia. He grew up in the area, attended Norfolk Academy, William and Mary and then EVMS, where he was in the school's third class to graduate. He's been with Norfolk Surgical Group since 1984.

Dr. Gould takes pride in serving as a community faculty member. "It helps doctors connect with some of the fundamental reasons why they went into medicine in the first place — the desire to teach, the desire to be part of the adventure of medicine, to learn new things and be a part of developing new procedures and new technical approaches," he explains.

Having EVMS here is key to keeping those kinds of doctors in the area, he says. Many local physicians join the school as community faculty, teaching for free under the

"We elevate the level of medical care in the region. We've brought people to this region that might not even be full-time faculty, but they're here because of the medical school."

Randolph J. Gould, MD, 78, Member of the Board of Visitors

direction of full-time department chairs. The interaction keeps them fresh and improves area health care, Dr. Gould says.

"We elevate the level of medical care in the region," he says. "We've brought people to this region that might not even be full-time faculty, but they're here because of the medical school."

That community connection is a hallmark of EVMS education. In fact, it is the heart of what EVMS recently re-emphasized as its vision — to be the most community-oriented medical school in the nation.

Relying on local doctors was the only way the school could get started, Mr. Lester says, and it is one of the things that defines the school among community faculty and top-tier students.



Craig W. Goodmurphy, PhD, associate professor of anatomy and pathology, reviews features of the skull's structure with medical students in the days before final exams.

“The number-one thing that draws students to our medical school, according to interviews, is the fact that we are known for doing so much community outreach,” says Theresa W. Babineau, MD, director of EVMS student community outreach.

“They want to have experiences that are outside the classroom and have early interaction with patients and others to keep that personalization going, as opposed to the book learning.”

Many interactions are driven by the students themselves. The 400 or so medical students now studying at the school are involved in more than 1,000 projects, she says.

It was EVMS medical students who started the area's annual “Coats for Kids” campaign in 1987 when Dr. Babineau was a medical student herself at EVMS. That drive continues to provide warm clothing for children every fall and winter.

The medical students work with the Norfolk Emergency Shelter Team every year, provide a host of medical screenings, mentor students in local elementary schools and travel to Honduras annually over spring break to provide health care in areas where there usually isn't any electricity.

Operation Smile and Physicians for Peace had ties to the medical school when they were started and still benefit from large numbers of EVMS students participating, she says.

Students help at the Western Tidewater Free Clinic, which Dr. Babineau helped found, and are in the process of setting up their own free clinic.

“That's a pretty exciting opportunity,” Mr. Lester says.

“Lots of public community service. That's just what they do. They like to do it.” He also says that spirit of service permeates the entire institution, with faculty and students alike.

That level of grassroots connection sets EVMS apart, according to Darrell G. Kirch, MD, president and CEO of the Association of American Medical Colleges.

“One of the things that has impressed me most over time about the students at EVMS is their commitment to community service,” he said in a recent speech. “You see it locally in things like the homeless clinic, and you see it globally. They have reached out very effectively to the poorest nation in this hemisphere — Haiti — and established programs there.

“That is the special thing a medical school brings to a community. It brings expertise at the highest level, but it can connect to people who are the most in need, many of whom are their neighbors. That's what makes medical schools such a special resource, not just for the nation, but for the cities, the communities, the regions in which they are located.”

Without belonging to a big health system or university, it's often hard to make a public splash. Instead, EVMS is making a difference, even if it often goes unnoticed or credit is misapplied.

“This is a jewel in the rough that the rest of the country hasn't recognized yet,” Dr. Gould says. “EVMS has set the tone for the way medical care and medical education should be delivered in the future.” □

To view video of EVMS faculty, staff, students and residents living the mission, visit www.evms.edu/magazine.



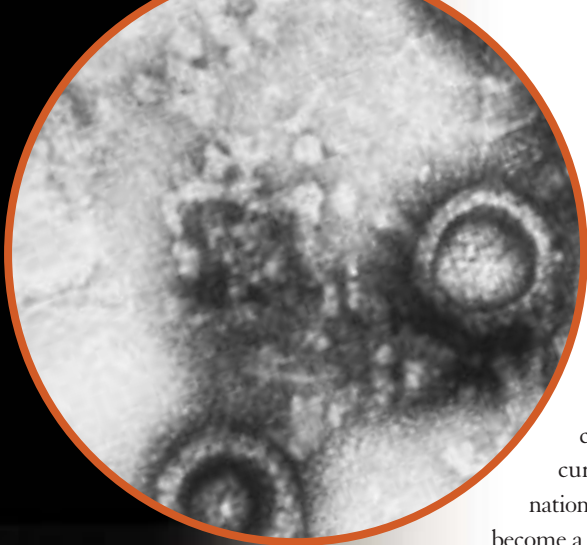
OPENING THE DOOR TO
MEDICAL
Breakthroughs

**FIVE DISCOVERIES THAT
COULD CHANGE YOUR LIFE**



Every day, doctors and other medical professionals save lives.

But you won't find all of them in the ER or the ICU; some are in the laboratory, library or office, hunched over research equipment and medical journals, working tirelessly to discover better ways to diagnose, treat and cure some of our most deadly diseases.



And they're getting close.

Researchers at Eastern Virginia Medical School are approaching some major breakthroughs in their research, from finding ways to detect cancer before symptoms occur, to curing diabetes. Employing some of the nation's most renowned scientists, EVMS has become a leader in medical research.

Here are five medical discoveries being uncovered at EVMS. As research moves from the scientist in the lab to the physician at the bedside, one of these breakthroughs could soon change your life.

1 TREATING POST-TRAUMATIC STRESS DISORDER WITH SLEEP

Every year, 60 million Americans experience insomnia, but for those suffering from post-traumatic stress disorder (PTSD), psychopathology or anxiety disorders, getting a good night's sleep is even harder.

Larry D. Sanford, PhD, associate professor of pathology and anatomy, is researching how sleep and stress interact, with the hope of providing solace to those suffering from stress disorders and restless nights.

"One of the most exciting things we're studying right now is controllable and uncontrollable stress," Dr. Sanford says. "We're trying to model the processes by which uncontrollable and controllable stress can influence changes in behavior."

Uncontrollable stressors are those which we can't control, such as a tornado or losing a job to company downsizing. A controllable stressor is any stress you can control or terminate by your own actions.



Using an animal model, Dr. Sanford's team discovered that the subjects who could control their stress showed a significant increase in rapid-eye movement (REM) sleep, the deepest and most important stage of sleep. In contrast, the subjects who couldn't control their stress showed significant decreases in REM sleep.

Dr. Sanford believes the REM sleep that occurs after we experience stress helps us better cope with stress in the future. He is working with the Department of Psychiatry and Behavioral Sciences at EVMS to develop ways to test his research findings on patients with PTSD.

According to the Department of Veterans Affairs, about 5.2 million adults have PTSD during a given year. Between 11 and 20 percent of veterans of the Iraq and Afghanistan wars suffer from PTSD, while 30 percent of Vietnam War veterans are affected. One of the primary symptoms of PTSD is sleeplessness, sometimes coupled with nightmares. Most PTSD treatment is limited to behavioral therapy, but Dr. Sanford's research could reveal a better way to help patients cope with the troubling stress disorder.

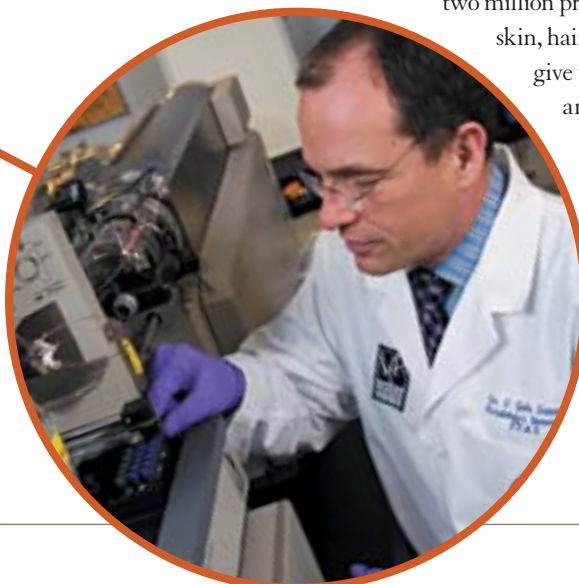
"If REM sleep facilitates coping, maybe we can take patients with PTSD and do things that may enable them to have more REM sleep and facilitate treatment," says Dr. Sanford. "If you know someone is going into a stressful situation, you may be able to do things to change their sleep architecture preemptively as opposed to after."

2 WHAT PROTEINS TELL US ABOUT CANCER

No matter how treatable, cancer of any kind is a devastating diagnosis. However, researchers at EVMS are discovering new diagnostic tools that could lead to earlier cancer detection and more effective treatment.

At the core of the research is a science called proteomics, the study of proteins. It's estimated that there are between one and two million proteins in the human body, forming the skin, hair, muscles, ligaments and cartilage that give us shape, and the enzymes, hormones, antibodies and hemoglobin necessary for life.

O. John Semmes, PhD, is leading a multi-disciplinary team of researchers at the Leroy T. Canoles Jr. Cancer Research Center to study how proteins in the body mutate when they are affected by cancer. The changes or inconsistencies in a protein act as a



signal, called a biomarker, which doctors could potentially use to detect cancer and measure its aggressiveness.

“Since cancers arise from the malfunctioning of a network of proteins, it makes sense that finding these proteins would allow us to correct them,” Dr. Semmes says. “Proteomics allows us to find them and to determine what is wrong.”

Researchers at EVMS are focusing on prostate-, kidney- and breast-cancer biomarkers, using human clinical samples collected in collaboration with local surgeons and pathologists. One goal is to identify protein markers specific to certain cancer cells that might reveal the severity of the cancer and help tailor treatment for individual patients.

EVMS researchers believe that particular biomarkers can predict how quickly a cancer will progress.

“The biggest question facing men with prostate cancer is, what should I do?” Dr. Semmes says. “Some prostate cancers are deadly, but many are not. Our efforts to find biomarkers that can identify those cancers that are not ‘significant’ would prevent unnecessary surgery. The same markers will help tailor decision-making for those cancers that are aggressive.”

Prostate surgery can cause incontinence and impotence, making it desirable to differentiate between those who truly need surgery and those who are candidates for “watchful waiting.”

Another arm of the research is identifying better ways to diagnose cancer. Proteomics could yield less invasive screening and detection tools, such as a simple blood test versus an invasive biopsy.

“Newer protein-based diagnostics will either be less invasive or will strive to render more comprehensive information if invasive,” Dr. Semmes says.

While research can take years to translate from the lab bench to the bedside, Dr. Semmes and his team are involving physicians and scientists in the research effort with the goal of personalizing detection and treatment of these cancers within the next decade.

3 HUMAN MILK DOES A BODY GOOD

Move over, ibuprofen. Human breast milk, according to E. Stephen Buescher, MD, professor of pediatrics at EVMS, is demonstrating some interesting anti-inflammatory characteristics in his lab.

Inflammation is essentially the immune system’s response to infection, disease or foreign substances, like bacteria or a virus. If something triggers an inflammatory response, white blood cells change shape, bind to germs and attack them.

“These are critically important cells in the body’s ability to defend itself,” Dr. Buescher says.

However, Dr. Buescher has discovered that when these cells are exposed to human milk, the milk prevents calcium, which creates the spark necessary for a response like inflammation, from entering the cell. In effect, human milk actually turns off the body’s inflammatory response.

“It takes the function of these cells out of the picture and in doing that results in significant anti-inflammatory capabilities of human milk,” Dr. Buescher says.



**IN EFFECT,
HUMAN MILK
ACTUALLY TURNS
OFF THE BODY’S
INFLAMMATORY
RESPONSE.**

Today, doctors treat the symptoms of inflammation — redness, swelling, pain, stiffness and fever — with medication, such as aspirin or ibuprofen. Dr. Buescher says his goal is to create something as safe as breast milk to prevent the symptoms of inflammation. He has reached a point in his research of purifying this anti-inflammatory product and is seeking to patent it.

Dr. Buescher’s research could lead to more effective treatments for inflammatory autoimmune diseases, such as arthritis or Type 1 diabetes.

“A mother’s milk is safe, obviously, but it’s also a mix of medicines,” Dr. Buescher says. “Is this a model for how we should approach inflammation? If we understood more about the milk, we could use this as a template for taking other approaches to tackle inflammation safely.”

4 TREATING A DEADLY VIRUS

For most individuals living with herpes simplex virus (HSV), sporadic outbreaks of cold sores or fever blisters are the only symptoms. Many experience no symptoms at all.

However, in rare cases, the HSV infection can travel up through the sinuses and into the brain, instead of towards the skin, causing an infection called herpes simplex encephalitis (HSE). Most people can handle this form of brain infection with minor consequence, but some are genetically predisposed to an excessively strong immune response to the infection.

Currently, there is no way to help save patients who arrive at the hospital with HSE. Even with aggressive antiviral therapy, the immune system causes excessive inflammation that destroys brain tissue and typically results in severe debilitation and even death.

WHILE ENCEPHALITIS IS VERY RARE, THE HERPES VIRUS IS ONE OF THE MOST COMMON SEXUALLY TRANSMITTED DISEASES IN THE U.S., AFFECTING ONE IN FIVE AMERICANS.

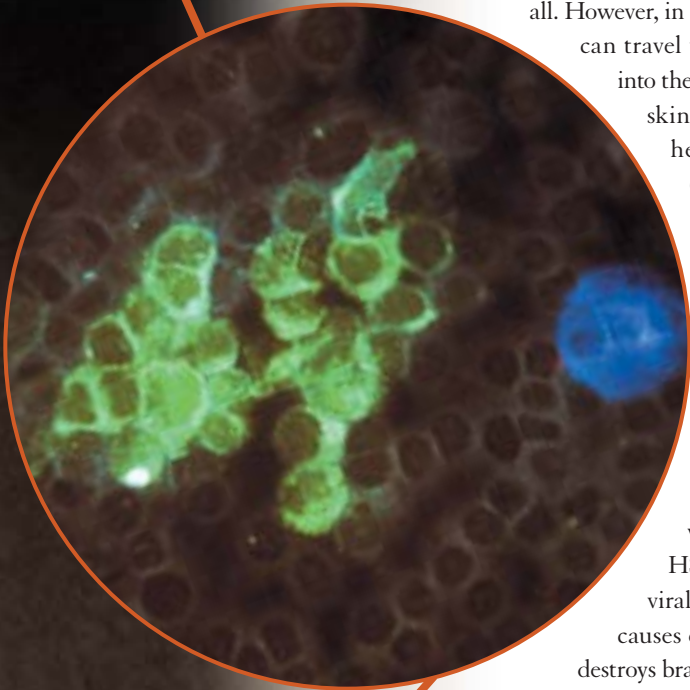
“Imagine a neighborhood drugstore being robbed,” says Patric Lundberg, PhD, assistant professor of microbiology and molecular cell biology at EVMS. “Do you call the local police officer or do you call for the U.S. Army to drop a bomb on the whole neighborhood?”

Dr. Lundberg is trying to determine why the response to HSE can be so dramatically different in each individual — why the body sometimes calls for an all-out assault, or bomb, while other times it is a more localized response, the police officer.

While encephalitis is very rare, the herpes virus is one of the most common sexually transmitted diseases in the U.S., affecting one in five Americans. Dr. Lundberg says as many as 70 to 80 percent of people carry the latent virus in their nerves, but only about a third with the virus experience symptoms. No more than 1,000 patients each year develop the life-threatening form of HSE.

By understanding a patient’s genetic makeup, physicians can begin to provide personalized medicine to individuals with HSE, saving lives and reducing sickness, Dr. Lundberg says.

Understanding the immune system’s response to the virus not only helps save the lives of those with HSE, but it may yield some insight into other viruses that infect the brain and diseases that cause brain inflammation, such as Alzheimer’s and Parkinson’s diseases.



5 FINDING A CURE FOR DIABETES

Diabetes is a serious, lifelong condition affecting an estimated 23 million Americans. As one of the leading causes of death and disability in the U.S., diabetes often comes with a host of dangerous complications, including heart disease, blindness, nerve damage and kidney problems. For patients living with diabetes, the future means a lifetime of keeping these symptoms at bay.

“Everything we do for people with diabetes is like a Band-Aid,” says Aaron I. Vinik, MD, PhD, director of research at the EVMS Strelitz Diabetes Center. “It doesn’t get to the underlying disease.”

But that may be about to change. The Strelitz Diabetes Center, a leader in diabetes research, is working on a range of studies that challenge conventional knowledge on diabetes treatment.

One of the most exciting areas of research focuses on Type 1 diabetes, where the immune system attacks and kills the beta cells that manufacture insulin in the pancreas. Insulin helps the body convert glucose from food into energy.

Researchers are particularly interested in the role of an enzyme called 12/15-lipoxygenase (12/15-LO) found in the insulin-producing beta cells. Fats produced by 12/15-LO encourage inflammation and can damage or kill beta cells, says Jerry L. Nadler, MD, director of the Strelitz Diabetes Center and chair of internal medicine at EVMS.

Dr. Nadler – working with Margaret Morris, PhD, a research assistant professor of internal medicine – recently discovered that when they delete the gene that produces

12/15-LO in laboratory mice, almost none of the test mice go on to develop Type 1 diabetes.

“Targeting 12/15-LO expression at the appropriate time could provide a new way to stop the killing within the pancreas and allow the beta cells to regenerate,” Dr. Nadler says.

Currently there are no suitable 12/15-LO inhibitors available for human testing. Dr. Nadler; Swarup Chakrabarti, PhD, research assistant professor of internal medicine; and David Taylor-Fishwick, PhD, associate professor of internal medicine, are collaborating with a medicinal chemist at the University of California and the National Institutes of Health (NIH) to develop several new 12/15-LO inhibitors. Dr. Nadler has received funding from the Juvenile Diabetes Research Foundation and NIH for this work.

To facilitate the research, Dr. Nadler has received pancreatic and spleen tissue from people with Type 1 diabetes or at risk of developing the disease. These samples are provided by the Juvenile Diabetes Research Foundation (JDRF) and the Network for Pancreatic Organ Donors with Diabetes (nPOD). Dr. Nadler has recently been added as one of the 30 diabetes investigators in the world to be part of the nPOD JDRF program to obtain rare and difficult-to-obtain tissues for research.

“We hope to have a new 12/15 LO inhibitor for pre-clinical testing by next year,” Dr. Nadler says. □



AS ONE OF THE LEADING CAUSES OF DEATH AND DISABILITY IN THE U.S., DIABETES OFTEN COMES WITH A HOST OF DANGEROUS COMPLICATIONS, INCLUDING HEART DISEASE, BLINDNESS, NERVE DAMAGE AND KIDNEY PROBLEMS.

1982 Grad Helps Physicians Learn

“NEW LANGUAGE” of Medicine



Betty Bibbins, MD, wasn't expecting to get into medical school. The Portsmouth native already had a bachelor's in zoology from Connecticut College and a nursing degree from Norfolk State University, and was working on her master's in public health at Hampton University. But she always found herself wanting more.

"The harder I worked, the more I wanted to get my doctorate," Dr. Bibbins says. So she applied to Eastern Virginia Medical School, thinking she could always return to Hampton University to continue working on her master's degree.

"I was really expecting to be rejected," Dr. Bibbins says. "But guess what? My name is Doctor Betty Bibbins."

Inspired by her father, a dentist and one of few African-American health-care providers in Portsmouth at the time, Dr. Bibbins says she never considered any career outside of health care.

"I had a lot of exposure to the needs of people through what my father did," she says. "He had the philosophy never to turn a patient away if you could help it."

That sentiment drove Dr. Bibbins' career, as

she went on to graduate from EVMS in 1982, complete her residency at the University of Texas in Galveston and establish her own ob-gyn practice in Louisville, Ky.

"The courses at EVMS changed my life," Dr. Bibbins says. "It was something that opened me up to the idea, 'I can do it.' That is the greatest feeling. They showed me that I can do it."

Dr. Bibbins ran a thriving ob-gyn practice in Louisville for 10 years, but in the early 1990s, she noticed a disturbing trend — insurance companies were making it increasingly difficult to receive reimbursement.

So Dr. Bibbins educated herself on best practices for documenting patient care to ensure proper reimbursement. She then began working at a consulting firm, showing other physicians how just a small change in wording on a patient's medical record could make a big difference in the insurance claims process. During her tenure as a consultant, she worked her way from a part-time position to assistant vice president, and in 1999, opened her own firm — DocuComp LLC.

"Documenting patient care is difficult and complicated," says Dr. Bibbins. "If a physician

leaves just one diagnostic, descriptive word out of a medical record note, it can result in a denied claim."

DocuComp LLC educates physicians on the nuances of documentation and helps hospitals implement certified Clinical Documentation Improvement (CDI) programs, improving the documentation process from the physicians to the coders, case managers and nurses.

"We as physicians have been left out of the loop of the third-party payer," Dr. Bibbins says. "There is a whole other language, the documentation of the practice of medicine, that is in complete opposition to what we learned in medical school."

Dr. Bibbins has now dedicated herself to her consulting firm, traveling around the country educating physicians, keeping in touch with former clients and growing her business. She hopes she also inspires physicians to embrace documentation as a necessary aspect of practicing medicine.

"We need to become activists in health care," she says. "We need to participate in documenting, know what the rules are, and if some rules aren't correct, we need to voice our opinions. It may seem like tweaking, but that tweaking can make or break a hospital." □



Fanning the flames OF AN OLD TRADITION

Just days before their graduation in May, EVMS fourth-year medical students came together for a special ceremony to mark the transition from apprentice to practitioner.

With administrators and alumni looking on, the students took the waist-length white coats they had worn as students for four years and placed the garments into a ceremonial fire. Their graduation from medical school permits them to dress in the long white coat of the physician.

The White Coat Retirement Ceremony formalizes a practice that graduating students have undertaken for decades.

“This is a great start to a new tradition in carrying on an old tradition,” said Daniel A. Neumann, MD, incoming president of the EVMS Medical Alumni Association, as he watched flames consume the coats.

The alumni association sponsored the ceremony at a farm in Windsor as part of a celebratory evening that served to welcome the newest class of medical graduates. The soon-to-be graduates enjoyed a barbecue feast, tried their hand at the corn hole boards and danced into the evening to the tunes of the local band Ampersand. The alumni provided buses to carry the students to and from the farm in the western reaches of Hampton Roads.

Dean Gerald J. Pepe, PhD, oversaw the white coat retirement. He said the ceremony was patterned after the ritual used to retire an American flag.

“We recognize the stars and stripes as perhaps the most enduring symbol of our nation,” Dr. Pepe told the crowd. “In much the same way, the white coat is recognized as the universal symbol of medicine.”

Dr. Pepe called the students forward by specialty to place their coats on the fire.

“Today your coats show the wear of four long years of toil and difficulties, but also four years of enlightenment and joy,” Dr. Pepe said. “They’ve been your constant companions and have served you well along the way. But it’s now time to leave these fond symbols behind.

“With immense respect, we commit these coats, worn in worthy service, to the purging flame,” he read. “By so doing, we mark the end of one important chapter in your lives, but also the beginning of another.”



The EVMS Medical Alumni Association sponsored the White Coat Retirement Ceremony. Among those on hand for the event were, from left, Joan Rose, MD, Class of 1981; 2010 Class President Patrick Cronyn, MD; Alumni Association President Dan Neumann, MD, Class of 1997; Alumni Relations Director Melissa Lang; Molly Smith, MD, Class of 2001; and Devon Shick, MD, Class of 2010.

In a tribute to the graduates, the alumni association presented Class President Patrick Cronyn with a long white coat. The class president received the coat as recipient of the EVMS Alumni Association Senior Student Award.

The students reciprocated with a presentation of their own. Mr. Cronyn presented Melissa Lang, director of alumni relations, with a framed fragment of a burned coat. □

See more photos and video of the ceremony online at www.evms.edu/magazine.

MEDICAL ALUMNI REUNION 2010



Then meets now: George Sakakini, MD, right, a member of the school's first MD class in 1976, poses with Neil Reddy, a first-year MD student.



Jonathon Bojarski, left, and Jaysun Cousins joined their classmates from the Class of 2000, the best-represented class at the reunion.

The Class of 1980 had a great turnout for the reunion. Class members who attended were, front row, from left, Nelson Greene, Maria Reeves Cundiff and John O'Shea; back row, from left, were Phillip Stover, Thomas Yun, Patrick Haggerty, Richard Foster and David Maxwell.



President Lester greets Kevin Knoop, MD, Class of 1985, and his wife, Mary Jo Chandler, MPA, Class of 2008.



After his CME presentation, Jerry Nadler, MD, director of the EVMS Strelitz Diabetes Center and chair of internal medicine, speaks with Class of 1980 graduate Douglas Snyder, MD, left.



Miriam Atkins, MD, Class of 1990, center, speaks with Dean Gerald J. Pepe, PhD, and Melissa Lang, director of alumni relations.

ALUMNI ASSOCIATIONS WELCOME NEW BOARD MEMBERS

Six graduates of the EVMS medical program or the School of Health Professions recently joined the boards of their respective alumni associations.

New to the board of the Health Professions Alumni Association are Paul Snow, MPA, Class of 2009; and Trudy Kim, AT, Class of 2002.

New to the Medical Alumni Association board are President-Elect Bruce Britton, MD, Class of 1990; Edna Griffenhagen, MD, Class of 1979; Ed Trapani, MD, Class of 2000; and Margaret Stiles, MD, Class of 1997.

The Medical Alumni Association also saw a recent leadership transition as Daniel Neumann, MD, Class of 1997, became president of the organization. He follows Michael Bono, MD, Class of 1983. □

ALUMNI INFORMATION *Send your class notes and news to Alumni@evms.edu*

SAVE THE DATE:

April 16, 2011
Annual School of Health
Professions Alumni Banquet,
Norfolk Yacht & Country
Club, 6:30 p.m.

May 13, 2011
White Coat Retirement
Ceremony.

August 5-7, 2011
MD Alumni Reunion
Weekend celebrating the
classes of 1976, 1981, 1986,
1991, 1996, 2001, 2006.

Have you updated your Alumni profile lately? Visit www.evmsAlumni.com to make sure your information is current.



Board members of the Health Professions Alumni Association paused for a photograph before their meeting in April. Front row, from left, are Taegen McGowan, Alumni Relations Director Melissa Lang, Kelly Walls, Rita Fickenscher and Trudy Kim. Back row, from left, are Kerry Kruk, Paul Snow, EVMS President Harry Lester, Association President Aaron Lambert and Brad Boyette.

HEALTH PROFESSIONS ALUMNI ASSOCIATION

Celebrates second year Graduates of the EVMS School of Health Professions came together in April, a year after the creation of the alumni organization



EVMS President Harry T. Lester, left, poses with Health Professions Alumni Association President Aaron Lambert and his friend Shannon Mintz.



Don Combs, PhD, vice provost for planning and health professions, speaks with Taegen McGowan, center, MPH Class of 2007 and a board member of the Health Professions Alumni Association, and Taegen's mother, Carolyn Greene.

Are you a weekend warrior?

Instead of pounding the pavement, it feels like the pavement is pounding you. EVMS Sports Medicine, which specializes in the prevention, diagnosis and treatment of sports- or exercise-related injuries and is housed within the department of physical medicine and rehabilitation, can help.

Peter G. Gonzalez, MD, director of EVMS Sports Medicine and assistant professor of physical medicine and rehabilitation, discusses the “weekend warrior” phenomenon and ways to treat and prevent sports-related injuries.

What is a weekend warrior?

Many weekend warriors don't do much physical activity during the week, then go out on the weekends and run eight miles or bike 20 miles. If, say, they were a tennis player that played a bunch of sets when they usually don't, then they suddenly have an acute or a new injury.

What are the most common mistakes that weekend warriors make?

Improper training, improper mechanics or technique, or faulty equipment like ill-fitting shoes for a runner, can cause injuries. Let's say you always run on the streets on asphalt, and then decide to run Mount Trashmore for the next two days because you have time off from work. That would be an abrupt change from what your body has been used to, so that could often bring on an injury. I think people try to push through these injuries, which can make it worse.

At what point should a weekend warrior consult a physician about an injury?

The general recommendations for an injury are to follow the R.I.C.E. protocol: rest, ice, compression and elevation. I would give the injury time to resolve through conservative measures of rest, but then, when something doesn't resolve or you can't get back to your activity, that's when I would see someone.

What would an appointment with you entail?

I would try to evaluate the cause of the pain. It may include a physical exam, potentially imaging studies. In our office we have musculoskeletal ultrasounds, which provide a unique imaging modality to identify any soft tissue or tendon issues, particularly inflammation.

What are some tips for preventing injuries for weekend warriors?

If most of the errors are training errors, modify how you go about doing something and gradually get into an activity. Increase intensity and duration slowly. Make sure you have proper equipment — which could be running shoes for a runner or a racket with proper grip size for a tennis player.

How can EVMS help runners?

EVMS offers an individual runner's clinic that entails a bio-mechanical assessment, an assessment of footwear (running shoes) and a treadmill evaluation. I ask patients to run, and I evaluate any kind of running-type errors.

With football season upon us, there may be a whole new crop of weekend warriors. What advice would you give to football players?

Earlier this year, I participated in a coaches mini-camp in conjunction with the Washington Redskins and USA Football. It was an education on sports concussion for the local high-school coaches of Virginia, Maryland and the Washington, D.C., area held at the Washington Redskins' training facility.

A concussion could be a mild ding or it could be a loss of consciousness. You need to monitor for the symptoms of concussions — headache, dizziness, blurred vision, confusion and balance issues. If you get a concussion, you should be removed from practice, removed from play and evaluated by medical staff. □



Peter Gonzalez, MD

For more information about EVMS Sports Medicine, visit www.evmshealthservices.org or call 757.446.5915.

Shireen Kirk poses with her father, H. Desmond Hayes, MD, a pioneer in geriatrics education at EVMS. Shireen and her husband, Bill, pictured below at right, created an endowed fund to honor Dr. Hayes.

philanthropy

HAYES ENDOWMENT

honors pioneer in geriatrics

As a longtime faculty member at Eastern Virginia Medical School, H. Desmond Hayes, MD, played an instrumental role in shaping geriatric education and helped lay the groundwork for the Glennan Center for Geriatrics and Gerontology. Now, one of his children has created a \$100,000 endowment in his honor to benefit the center and medical students interested in geriatrics.

The H. Desmond Hayes, MD, Professor Emeritus Endowment, established by Dr. Hayes' daughter Shireen Kirk and her husband, Bill, will provide copies of the comprehensive clinical guide "Geriatrics at Your Fingertips" to all third-year medical students, starting this fall. Earned interest from the endowment also will pay for a second-year resident to attend the annual national conference of the American Geriatric Society and support activities of the student-run Geriatrics Club.

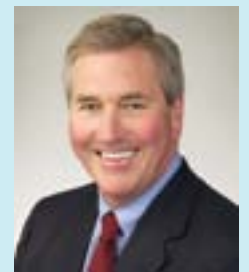
The gift continues Dr. Hayes' drive to attract more physicians to geriatrics, a growing need as the population ages and current doctors retire.

"He has realized for years that we as a nation are having challenges bringing qualified students into this field and into communities that desperately need them," says Connie L. Hedrick, director of development at EVMS.

Dr. Hayes joined EVMS as a faculty member in family and community medicine in 1975. In 1990, he and John Franklin, MD, an internal medicine professor, spearheaded an effort to create two-week clerkships in geriatrics for all fourth-year medical students. That led to a geriatrics division within the Department of Internal Medicine and later to the EVMS Glennan Center, which opened in 1996. Today, the center helps seniors across the region live independently for as long as possible.

Dr. Hayes, now 79 and still living in Norfolk, says he hopes his daughter's gift will help more students see the benefits of a career in geriatrics. "Older patients bring incredible life experiences and often pose tremendous medical challenges," Dr. Hayes says. "It's not a glamorous specialty, but it is mind-boggling how many people are going to need care and how important their doctors are going to be."

Shireen Kirk was happy to collaborate with her father on creating the endowment. "We are honoring his passion for bettering this field of medicine, which is becoming more and more important by the day," Mrs. Kirk says. "We are so proud to continue the legacy he began at EVMS." □



Bill Kirk and his wife, Shireen, created the endowment in honor of Shireen's father.

Beazley Foundation

GIVES \$1 MILLION

to EVMS cancer center

The Beazley Foundation gave a big boost to the cancer program at EVMS. The \$1 million gift will enhance a new cancer research center and name it in honor of a long-time Beazley board member, the late Leroy T. “Buddy” Canoles Jr.

Based in Portsmouth, the Beazley Foundation is named for Fred W. Beazley.

The foundation has a long history of substantial support to regional health-care initiatives, most recently funding the Beazley School of Nursing at Tidewater Community College.

“In that tradition, the foundation has supported EVMS from its inception, recognizing its extraordinary value to the health, educational and economic strength of the entire area,” says Judge Richard S. Bray, president and CEO of the Beazley Foundation.

“Today, EVMS — blessed with excellent leadership, faculty and staff — has evolved into a nationally recognized institution that includes a highly credible cancer research program,” he says. “To at once fund such important work and honor our former trustee and dear friend and community leader, Buddy Canoles, is truly an opportunity for the Beazley Foundation.”

The foundation’s focus on community meshes well with EVMS’s community health and education mission, says Ashton Lewis, Beazley board member.

“EVMS is forefront in our commitment to supporting education and health care,” Mr. Lewis says. “It was a perfect match for us.”

Mr. Lewis has a strong connection to EVMS. “It’s my pet community asset, there’s no doubt about that,” he says. “I’m just totally committed. They’ve done a lot for health care and quality of life in Hampton Roads, and I want to make sure we support it as much as we can.”

As a former member of the EVMS Board of Visitors and Board of Trustees, Mr. Lewis learned a great deal about the school. But he



Leroy T. “Buddy” Canoles Jr.

“The Beazley gift will be a critical jump-start to the growth of cancer research at EVMS.”

— O. John Semmes, PhD

gained a greater education when the school needed an acting president in 1987 during a presidential search. He served as president for 10 months until Edward E. Brickell, EdD, came to the helm.

Marian Canoles says she and her family are grateful for the gift made in memory of her late husband.

“We look for the new cancer research center to have a positive effect on the community he loved,” she says. “And although he will never see the far-reaching impact of this gift, his family will have the joy of following the center’s progress as it finds new ways to improve cancer treatment for countless patients.”

O. John Semmes, PhD, Anthem professor for cancer research and director of the newly named Leroy T. Canoles Jr. Cancer Research Center at EVMS, said these sorts of gifts are essential to the establishment of a world-class cancer center in Hampton Roads.

“The Beazley gift will be critical to the growth of cancer research at EVMS,” Dr. Semmes says. “We will utilize these funds for hiring outstanding researchers and the acquisition of critical resources needed for translational cancer research.”

The EVMS cancer program is already conducting cutting-edge research that will benefit from improved resources thanks to the Beazley gift. In

addition to a focus on prostate and breast cancer, the work includes research on cancer diagnostics and identification of biomarkers, as well as furthering scientific understanding of other forms of cancer.

Mr. Lewis says the foundation was happy to support the medical school while honoring one of their most active board members. Leroy T. Canoles Jr. was a founding partner of the prominent Kaufman & Canoles, P.C. law firm and committed much of his life to professional and civic organizations.

“EVMS has produced some great doctors and specialists and its research success has been unbelievable. They also provide great patient care,” Mr. Lewis says about the factors the foundation considered in awarding the gift. “The end result is a great quality of life in Hampton Roads.” □

Gifts support establishment of WESTMINSTER-CANTERBURY ENDOWED CHAIR

Contributions to the establishment of a Westminster-Canterbury Endowed Chair, an effort to recruit an additional faculty member specializing in geriatrics, have neared the halfway point. That's thanks to nearly \$30,000 in gifts pledged earlier this year.

When contributions reach \$1 million, Eastern Virginia Medical School will create an endowed chair and look to fill the position with a top expert in geriatric medicine. The chair would be named for the Westminster-Canterbury retirement community in Virginia Beach, which has partnered with EVMS on the initiative to

“Endowed chairs provide a permanent source of support for salaries and academic activities, allowing our students to work under the guidance of world-class leaders.”

— Connie L. Hedrick, EVMS director of development

advance programs in geriatric education, research and patient care. The efforts to establish the Westminster-Canterbury Endowed Chair began in April 2006.

The wave in donations came after Jerry L. Nadler, MD, professor and chair of internal medicine and director of the Strelitz Diabetes Center, spoke to about 45 Westminster-Canterbury residents during a cocktail party. EVMS also



Westminster Canterbury residents George and Nancy Austin proudly show their diplomas from Mini Medical School.

frequently partners with the retirement community on other health initiatives, including monthly programs on living well and managing chronic illnesses such as osteoporosis and diabetes.

Adding another professor to the EVMS Glennan Center for Geriatrics and Gerontology should help recruit more qualified new doctors into the field — a necessity considering today's medical students may need to devote about 75

percent of their time to caring for the geriatric population.

“This kind of effort is so vital, as the geriatric population is the largest group of people that will need treatment,” says Connie L. Hedrick, director of development at EVMS. “Endowed chairs provide a permanent source of support for salaries and academic activities, allowing our students to work under the guidance of world-class leaders.” □

ANNUAL FUND PUSHES PAST GOAL

Thanks to the dedication of Eastern Virginia Medical School faculty and staff and the tremendous support of the Hampton Roads community, the EVMS Annual Fund once again exceeded expectations for the 2010 fiscal year.

Donors contributed a total of \$1,203,286, or 7 percent over goal, and 21 percent ahead of 2009. Also, the number of contributors rose a full 30 percent, while the number of donations surged more than 40 percent. The annual fund supports critical programs like scholarships, technology upgrades, and faculty recruitment.

“This is a really outstanding performance during a time when many non-profits are getting fewer donations than in past years,” EVMS President Harry T. Lester says. “EVMS is going through a lot of change, and I think support for the Annual Fund shows that people on campus and in the community like where we're headed.”

The school experienced an even greater increase in support for the pressing needs at the Strelitz Diabetes Center. Donations rose by more than 50 percent compared to last year, and the number of donors nearly doubled to 802. □



Wayne Wilbanks, center, co-chair of the EVMS Annual Fund, celebrates the success of the campaign with his wife, Ashlin, and Rector John Rathbone at an end-of-the-fiscal-year celebration.

IN FOCUS

Photos from the EVMS Golf Classic, the Cookout for the Cure, the 12th annual Mike Cavish Golf Tournament, the Year-End Celebration and the Wine, Women and Fishing billfish tournament.





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1. The EVMS Charity Golf Classic was held on May 25 at Bayville Golf Club in Virginia Beach. All proceeds benefited the EVMS Foundation.
2. Linda Church, Jerry Davis, Jennie Capps and Paige Ray attend the Year-End Celebration.
3. Claudia Keenan, vice president for external affairs, and Harry T. Lester, president, welcome golfers to the 12th annual Mike Cavish Golf Tournament at Elizabeth Manor Golf and Country Club April 26.
4. Volunteers at the 8th annual Wine, Women and Fishing tournament, sponsored by the Chesapeake Bay Wine Classic, react during the Crazy Crew contest. The event raised over \$20,000 for cancer research at EVMS.
5. Susan Pender receives her hole-in-one plaque from golf pro Dean Hurst at the EVMS Golf Classic on May 25.
6. EVMS Foundation Board of Trustees members Paul Hirschbiel, Jr., left, and Alan Wagner, MD, celebrate at the Year-End Celebration.
7. Scott Pritchett, left, and Michael Glover watch teammate Jerry Pollack sink the putt for Monarch Mortgage at the Mike Cavish Golf Tournament.
8. Wine, Women & Fishing tournament winners from Team Tippecanoe reel it in for cancer research.
9. A member of the grill team representing the International Longshoremen's Association Local 1736 grills chicken in preparation for the Cookout for the Cure on June 17, hosted by the ILA and the Hampton Roads Shipping Association.
10. Cookout for the Cure judges, from left, Bonita Sohn, Seymour Teach, Brian Bland and David Brandt tabulate scores for the winning dishes.
11. Barbecue lovers attend the 16th Annual Cookout for the Cure event held at Fleet Park to benefit the EVMS Strelitz Diabetes Center.

upcoming

EVMS Service & Recognition Awards Ceremony — November 4

EVMS will honor nearly 400 faculty and employees who reach milestones of 5, 10, 15, 20, 25, 30 and 35 years of service by the end of November. The event also will recognize several people with individual awards. The festivities begin at 6 p.m. at the Norfolk Waterside Marriott.

Donor appreciation event — November 10

Eastern Virginia Medical School invites its supporters to a reception in appreciation of their generous contributions to the school. Their contributions enable EVMS to continue to pursue its mission of teaching the next generation of medical and health professions students, conduct groundbreaking research and providing high-quality medical care to the people of Hampton Roads and beyond. The event will be held in the Brickell Medical Sciences Library atrium beginning at 5:30 p.m.

Our Mission

Eastern Virginia Medical School is an academic health center dedicated to achieving excellence and fostering the highest ethical standards in medical and health professions education, research, and patient care. We will strive to improve the health of our community and to be recognized as a national center of intellectual and clinical strength in medicine.

Our Vision

Eastern Virginia Medical School will be recognized as the most community-oriented medical school in the nation.

Our values:

**Excellence.
Collegiality.
Integrity.**