

ISSUE 5.2

FILLING IN THE GAPS ■ BATTLING AN EPIDEMIC

MYTH:
If you get
cold, you'll
catch a cold.

EVMS

MAGAZINE



ILLUSTRATION: ELIZABETH A. LANE

Medical Myths:

dispelling common
health misconceptions

MY STORY

THEIR STORY. THEIR WORDS.



WE'VE HEARD **THEIR** STORY. NOW LET'S HEAR **YOURS**.
VISIT **WWW.EVMS.EDU/MYSTORY**

upcoming events

February 20

6th Annual Economic Impact Award

Hosted by the Economics Club of Hampton Roads, this event at the Norfolk Waterside Marriott recognizes the founders of EVMS.

March 22

CINCH Obesity Summit

Engage in this regional leadership project that attracts a range of organizations to address childhood obesity. For details, visit cinchcoalition.org.

April 22

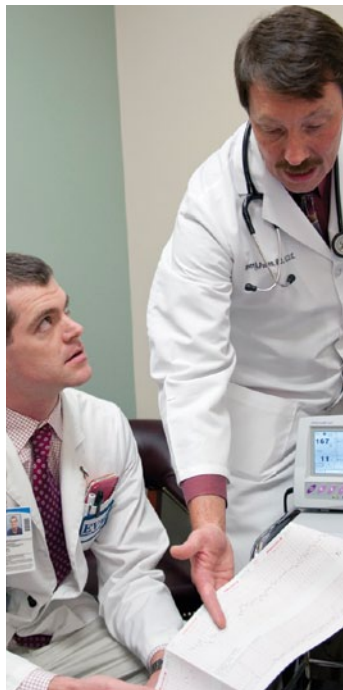
Mike Cavish Golf Tournament

Held in memory of community leader and local restaurateur Mike Cavish, the 15th annual golf outing, dinner and auction will be held at the Elizabeth Manor Golf & Country Club, Portsmouth. Tournament proceeds benefit the EVMS Strelitz Diabetes Center.

May 16-18

EVMS Graduation 2013

The commencement ceremony begins at 10 a.m., Saturday, May 18, at the Norfolk Scope. Related events, including military commissioning, white coat ceremonies, a Health Professions reception and MD banquet and breakfast, precede the ceremony. Visit evms.edu/education/commencement for details.



Community faculty help develop the next generation of health-care professionals



Expanding clinical and research endeavors at the Strelitz Diabetes Center



Dispelling common health misconceptions

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



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CONTRIBUTORS

Veronica Chufó

Alison Johnson

Alex Strauss

Joy Vann

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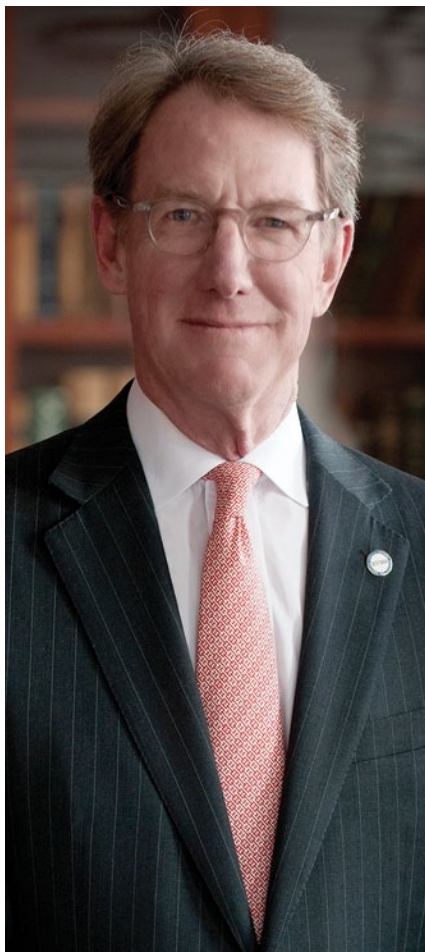
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This is an exciting time of the year. More than just a new calendar, the New Year brings new opportunities. For EVMS, our ongoing discussions about a closer relationship with the College of William & Mary provide an outstanding opportunity for our future. The due diligence process has sparked conversations about exciting possibilities, and we look forward to sharing details in the coming months as our discussions come into focus. And there are plenty of other developments on campus to be excited about.

Extensive renovations on the Strelitz Diabetes Center, a vital asset in our battle against the disease, have been completed. The result is a space that allows our clinicians to redouble their efforts to provide the best care possible and our scientists to continue hunting for weapons to halt the diabetes epidemic's progression. (*See feature story on page 18.*)

Also, we're taking another step toward fulfilling our vision of being the most community-oriented school of medicine and health professions in the nation. A \$3 million gift from the Brock family (*see story on page 28*) has established the M. Foscue Brock Institute for Community & Global Health, a new EVMS program that will strengthen our programs that focus on health needs right here in Hampton Roads. The work emanating from the Brock Institute stems directly from EVMS' founding principle — making people healthier right here in our backyard.

As you can see, we have a lot to look forward to in 2013. We're glad to have your support on our journey.

Sincerely,

Harry T. Lester

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EVMS School of Health Professions

What a difference 30 years makes. In 1982, only 8 percent of EVMS graduates were in the Health Professions — the remainder were MD graduates. By 2012, Health Professions students constituted 65 percent of new graduates. Here are other measures of growth:



Number of white coats presented to Physician Assistant graduates since the program began: **484**



The year the total number of Health Professions alumni are expected to outnumber all MD alumni: **2025**



Hours of sleep lost annually by Health Professions students studying for tests: **Too many to count**



Number of Clinical Embryology and Andrology Master's Degree programs in North America: **1 (ours)**



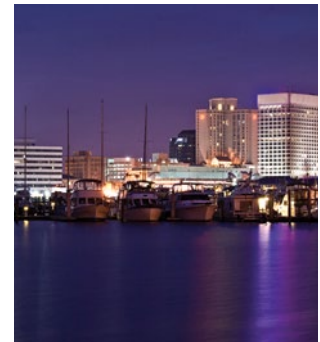
Number of Surgical Assistant Master's Degree programs on the planet: **1 (ours)**



Number of students who have earned a PhD in Biomedical Sciences: **100**



Total faculty hours invested annually in preparing for class and delivering instruction: **80,000**



Percentage of last class who are Hampton Roads residents: **43%**

These fun facts were compiled by the staff at the EVMS School of Health Professions. To learn more about the school, go to evms.edu/magazine

Mohs surgeon joins EVMS Dermatology

In the middle of winter, when the days are short and there's a longing to feel the warm sun of summer on your back, it's easy to forget just how harmful those rays can be. Skin cancer is on the rise, but EVMS is armed and ready with the experts to battle the most common form of cancer in the U.S.

In fact, the school recently added skin cancer specialist, fellowship trained Mohs micrographic surgeon Bryan T. Carroll, MD, PhD, to its dermatological complement in order to tackle the rapidly growing number of skin cancers.

Dr. Carroll, who has years of experience in research and clinical care for cancer, is serving as an Assistant Professor of Dermatology and the Director of Dermatologic Surgery. He is also the first Mohs surgeon at EVMS and oversaw the building of state-of-the-art procedure rooms and a laboratory at Andrews Hall on the EVMS campus.

"We are very excited to have Dr. Carroll join our team," says Antoinette Hood, MD, Professor and Chairman of Dermatology. "His expertise in Mohs surgery means that our patients will be receiving cutting-edge skin cancer treatment."

Though Mohs surgery is new to EVMS, the surgery itself is not new. Initially conceived by Dr. Frederick Mohs in the 1930s, Mohs surgery has come to be accepted as the most effective technique for removing basal cell carcinoma and squamous cell carcinoma, the two most common skin



Fellowship-trained Mohs micrographic surgeon Bryan T. Carroll, MD, PhD, Assistant Professor of Dermatology and Director of Dermatologic Surgery, excises a tissue sample from a patient.

cancers. With Mohs surgery, the cure rates for those two kinds of cancers are unmatched at 99 percent or higher.

The difference between Mohs excisions and other techniques for removing skin cancer is that Mohs surgeons perform a microscopic mapping and examination of all excised tissue during the procedure, which enables the roots of a cancer to be chased and removed. As a skin care expert, surgeon and pathologist, the Mohs surgeon can remove all of the

cancer cells and spare as much of the unaffected tissue as possible. This is especially important when removing cancers from such cosmetic areas as the nose, lips, eyelids and ears.

"As a dermatologist and surgeon, I am committed to decreasing the morbidity and mortality of skin cancer in Hampton Roads," Dr. Carroll says. "Additionally, I am experienced in the full range of cosmetic treatments for realizing healthy, youthful and beautiful skin."



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EVMS recognizes staff and faculty for service and outstanding achievement

EVMS handed out its top awards for faculty and staff and recognized long-term employees Nov. 14 at the EVMS Service & Recognition Awards Ceremony.

The overall outstanding achievement award for faculty went to John D. Ball, PhD, Professor of Psychiatry; the top staff award honored Deborah A. Taylor, Director of Information Technology. Nearly 400 people attended the event at the Norfolk Waterside Marriott.

For the first time, the school had two employees celebrate 40 years of continuous service. These “charter” employees joined EVMS before it opened. As a show of appreciation, EVMS presented travel vouchers to Patricia B. Williams, PhD, Professor of Pharmacology; and Sandra B. Huband, Department Administrator, Physiological Sciences.

Other award honorees for 2012:

- Alfred Z. Abuhamad, MD, Professor and Chair of Obstetrics and Gynecology and the Mason C. Andrews Chair in Obstetrics and Gynecology, Dean’s Faculty Award for Achievement in Institutional Service;
- Craig S. Derkay, MD, Professor and Vice Chair of Otolaryngology, Dean’s Faculty Award for Achievement in Mentoring;
- Elena V. Galkina, PhD, Assistant Professor of Microbiology and Molecular Cell Biology, Dean’s Faculty Rising Star Award;
- Lasarian A. “Toni” Hall, Sleep Technologist, EVMS Sleep Medicine, President’s Staff Rising Star Award;
- Linwood A. Hall, Anatomy Technician, Pathology and Anatomy, President’s Staff Award for Collegiality;
- David A. Johnson, MD, Professor of Internal Medicine and Chief of Gastroenterology, Dean’s



Recipients of the Dean’s Faculty Awards pose with Provost and Dean Richard V. Homan, MD, left. Starting with second from left are Alfred Z. Abuhamad, MD; David A. Johnson, MD; John D. Ball, PhD; Neel K. Krishna, PhD; and Elena V. Galkina, PhD. Not pictured is Craig S. Derkay, MD.



With President Harry T. Lester, left, are recipients of the President’s Staff Awards. Starting with second from left are Linwood A. Hall; Kimberly R. Moloney; Drucie A. Papafil; Lasarian A. “Toni” Hall; Rose A. Mwayungu; and Deborah A. Taylor.

Faculty Award for Achievement by Community Faculty;

- Neel K. Krishna, PhD, Associate Professor of Microbiology and Molecular Cell Biology, Faculty Award for Teaching in the Basic Sciences;
- Kimberly R. Moloney, RN, Diabetes Nurse Educator, Strelitz Diabetes Center, President’s Award for Community Service;
- Rose A. Mwayungu, Admissions and Enrollment Manager, School of Health Professions, President’s Staff Award for Excellence;
- Drucie A. Papafil, Director of Continuing Medical Education, President’s Staff Award for Integrity.



(Top) Two employees celebrated 40 years with EVMS: Sandra “Sandy” B. Huband, left, and Patricia B. Williams, PhD. (Above) Among the guests were MD Class of 1982 graduates and faculty members Gordon J. Iiams, MD, left, and Robert D. Lehman, MD.



For a complete list of employees who achieved a service milestone this year, measured in five-year increments, go to evms.edu/magazine.

Student-run HOPES Clinic expands to include Women's Health Clinic

EVMS' HOPES Clinic now offers a free Women's Health Clinic from 6 to 9 p.m. Wednesdays, by appointment only.

Third-year medical students Reina Chamberlain and Gretchen E. Brayman, as well as second-year students Cara E. Wright, Akriti Mathur, and Lauren E. Daugherty — with the help of Medical Directors Alfred Z. Abuhamad, MD, Professor and Chair of Obstetrics and Gynecology and the Mason C. Andrews Chair in Obstetrics and Gynecology, and Terri W. Babineau, MD, Director of Community Outreach — established the new component of HOPES to provide high-quality care for uninsured, Norfolk-area women and to reduce the city's infant mortality rate.

“The Women's Health Clinic was created in response to a need very clearly identified by a number of our community partners,” says Ms. Chamberlain, Student Co-Director of the clinic. “Beyond the public health statistics that indicate a long-standing challenge of infant and maternal health




Alfred Z. Abuhamad, MD, Professor and Chair of Obstetrics and Gynecology, consults with students about the Women's Health Clinic.

in Norfolk, the people working with some of Norfolk's highest-risk women were keenly aware of the gap in health services available to uninsured women.”

The Women's Clinic offers pregnancy tests, prenatal-care counseling, Medicaid application assistance and birth-control prescriptions, as well as other services important to women's health.

HOPES Clinic, the only program of its kind in the state, is in the Norfolk Health Department building near Brambleton Avenue. For information or an appointment, call 757.446.0333 between the hours of 7 to 9 p.m. Mondays and Wednesdays, and noon to 1 p.m. Thursdays.

 Learn more about the HOPES Clinic at evms.edu/magazine.

Gov. McDonnell appoints Dr. Barry L. Gross to the EVMS Board of Visitors



Barry L. Gross, MD

Gov. Bob McDonnell appointed Barry L. Gross, MD, to the EVMS Board of Visitors in October. Dr. Gross is the Executive Vice President and Chief Medical Officer of Riverside Health System.

“Just finding enough doctors is becoming harder and harder,” Dr. Gross says. “A physician shortage is looming if not already present. I'm happy to bring anything that I can to the table to help prepare us, patients, provider communities and medical groups to improve health care in the years to come.”

Dr. Gross received his undergraduate degree in English and his medical degree from the University of Alabama. He served his internship and residency in Obstetrics and Gynecology at Riverside Regional Medical Center and is board certified in obstetrics and gynecology.

Dr. Gross has served in a variety of medical and administrative leadership positions in the Riverside Health System.

He serves on the Board of Directors of the Medical Society of Virginia Foundation and the American Medical Group Association and previously served on the Board of Directors of the Virginia Healthcare Association.

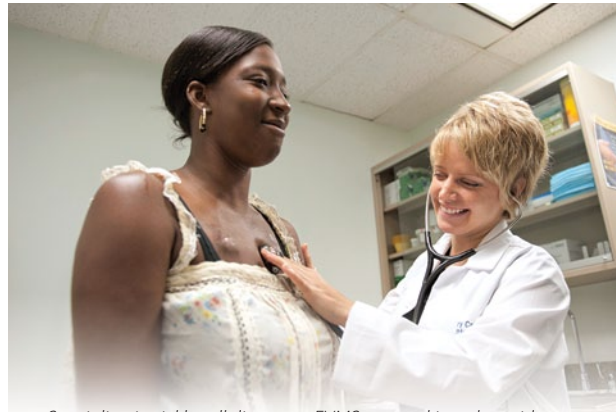
Sickle cell researchers take team approach to tackle barriers to care

EVMS has joined with Virginia Commonwealth University on a five-year federal grant to study how to overcome barriers to health care among adults with sickle cell disease.

Children's Hospital of The King's Daughters (CHKD) and the Virginia Department of Health also are part of the study, funded by a \$3.1 million grant from the National Heart, Lung and Blood Institute of the National Institutes of Health.

Sickle cell anemia is a serious and lifelong inherited blood disorder that affects an estimated 4,000 Virginians. The greatest concentration of patients lives in southeastern Virginia. Sickle cell takes its name from misshapen red blood cells that can block blood flow and cause painful inflammation. The disease largely affects African Americans.

Ian A. Chen, MD, Assistant Professor of Internal Medicine and Director of the



Specialists in sickle cell disease at EVMS are working alongside colleagues in Richmond to boost the number of adults receiving proper care for the disease.

EVMS Sickle Cell Disease Management Program, says the study's objectives are two-fold. The first is to increase the number of adults with sickle cell disease who are in specialty care; specialty care has been shown to save lives. The second goal is to increase the use of the drug Hydroxyurea, the only FDA-approved drug for sickle cell disease. Many physicians are unfamiliar with the medication.

Both phases will depend on the use of specially trained sickle cell disease patient navigators, says Dr. Chen, who staffs the EVMS clinic with B. Mitchell Goodman, III, MD, Assistant Professor of Internal Medicine.

Wally Smith, MD, Principal Investigator, Professor of Internal Medicine and Scientific Director of the VCU Center on Health Disparities, says the project will help demonstrate the feasibility of a statewide community-based strategy to assist vulnerable sickle cell disease adults in obtaining specialty care, likely prolonging life and create a model that other states could adopt.

CHKD in Norfolk will employ one of the patient navigators for the study and hopes to enroll older CHKD patients with sickle cell disease, ages 15-21 years. Anthony D. Vilella, MD, an Assistant Professor of Pediatrics, is a co-investigator for the study.

Science on the move: HIV, lung cancer and bed bugs

Below is a sample of recent research developments at EVMS:

Scientists at CONRAD, working in collaboration with engineers at the University of Utah, have designed an intravaginal ring that may prevent the sexual transmission of HIV.

The ring uses new technology to release the drug tenofovir over a period of 90 days. Tenofovir is commonly used by people infected with HIV to prevent the virus from multiplying in the immune system. CONRAD is a program of the EVMS Department of Obstetrics and Gynecology.

"[Our research] shows that the ring releases at least 10 mg. of tenofovir a day over 90 days, which makes it very possible that it can be effective in

preventing HIV infection in women," says David R. Friend, PhD, Director of Product Development at CONRAD.

Researcher David Mu, PhD, has received a \$265,000 grant from the National Cancer Institute to support his search for genetic clues in the fight against lung cancer.

Dr. Mu, an Associate Professor of Microbiology and Molecular Cell Biology in the Leroy T. Canoles Jr. Cancer Research Center, is focusing on one of three genes that become "amplified" in lung cancer.

To learn more about the gene, Dr. Mu has been looking at biological molecules that directly interact with the gene. His discoveries to date are bringing him closer to the point where

his research can be translated into patient treatments.

John M. Sheele, MD, MPH, Assistant Professor of Emergency Medicine, drew a great deal of media interest at a recent meeting of the American Society of Tropical Medicine and Hygiene with his findings on a potentially new treatment for bed bugs.

Bed bugs are a growing problem in North America and Europe. Dr. Sheele's research demonstrates that the drug ivermectin, used extensively elsewhere to treat parasitic infections, can kill bed bugs.

"It may be theoretically possible to eventually prescribe ivermectin to people suffering from bed bugs in order to eliminate [an] infestation," he says.



Justin Maestri with SimIs, Inc., left, and Geoffrey T. Miller of the Sentara Center for Simulation and Immersive Learning at EVMS, demonstrate a new automated training system for teaching clinical skills, such as how to insert a breathing tube.

Automated mentor is star teacher when it comes to clinical procedures

The Sentara Center for Simulation and Immersive Learning at EVMS has received a \$244,441 grant from the Center for Innovative Technology to help develop an Automated Intelligent Mentoring System (AIMS).

Geoffrey T. Miller, Director of Simulation, Technology and Research at the Center, invented and oversees the AIMS project. AIMS helps students learn how to perform clinical procedures, such as endotracheal intubations, without the need of a trained teacher to oversee the student and critique performance.

The software package uses audio-based instruction and active visual cues and provides real-time feedback on the results of each session.

Mr. Miller explains the process: "You log in, select the skill, the system asks you to 'map in,' measuring all of your joint distances, you orient yourself next to the device and select either instructional or assessment mode. The system provides robust real-time audio and visual feedback regarding specific performance metrics."

The system, which leverages off-the-shelf technology, was developed in partnership with SimIS, Inc., a modeling and simulation company headquartered in Portsmouth.

Its computer programmers work with the center's team to translate clinical expertise and educational models.

A benefit of AIMS is that it can detect slight procedural problems that the human eye could not, such as a laryngoscope listing at 15 degrees during an intubation.

"It provides a more objective measure of performance. It emphasizes the importance of deliberate and repetitive feedback. The notion that practice makes perfect could not be further from the truth," Mr. Miller says. "Practice makes permanence through the procedural process and muscle memory. If you practice imperfectly you can only expect imperfect performance. We want students to practice as much they need to attain a desired outcome so that all of the steps are mastered all of the time."

EVMS and SimIS were finalists for the Governors' Technology Award 2012 for innovative commercialization of technology research.

"The system is not limited to a particular set or subset of clinical skills," Mr. Miller says. "The technology is very open with broad applications that involve any technological process or procedure."



Sleep center receives accreditation

EVMS Sleep Medicine has received accreditation for its facility in Fort Norfolk Plaza, adjacent to Eastern Virginia Medical Center.

The American Academy of Sleep Medicine (AASM) evaluated areas including patient care, quality assurance, personnel, facilities and equipment, policies and procedures in granting five-year accreditation. AASM is the national accrediting body for sleep disorders centers.

LCME makes reaccreditation visit

A group of medical-education experts from the Liaison Committee on Medical Education (LCME) visited EVMS in October to review data and speak with students, faculty, staff and members of the medical community as part of the school's reaccreditation process.

The Survey Team from the LCME, which accredits all North American medical schools, spent three days on campus gathering information about the school's administration, finances and curriculum. The team's report will be part of the full LCME's decision on EVMS' reaccreditation. That decision is expected by February, with a final report delivered by March.

EVMS maintained full, eight-year accreditation during its last review, in 2005.



Visit evms.edu for the latest info on the LCME review.

EVMS, William & Mary seek state funding for study

EVMS continues to explore the possibility of a closer alliance with the College of William & Mary. In late November, the Boards of Visitors from the two institutions agreed to seek state funds to continue exploring partnership opportunities.

Both institutions have appointed due diligence task forces that are studying the possibilities.

"Based on [our] preliminary analysis,

the EVMS Task Force concluded that developing a plan for a formal affiliation or merger with W&M is premature at this time," says Jim J. Izard, II, a member of the EVMS Board of Visitors and Chair of the EVMS Due Diligence Task Force. A formal study will allow the two institutions to evaluate several areas of "potential synergy and collaboration."



Keep up with the latest happenings at evms.edu/magazine.

Cox Business Challenge will match gifts to EVMS Fund

Cox Business has issued a challenge to its customers and supporters of EVMS: For every donation made to the EVMS Fund in February, the company will contribute \$100, up to a total of \$25,000.

The EVMS Fund supports student scholarships, finances medical research and helps the school recruit health-care providers.

"At Cox, we realize how important

EVMS is to the Hampton Roads community," says Gary T. McCollum, Senior Vice President and General Manager of Cox Communications Virginia. "That's why we're pleased to help give more students the opportunity to study medicine and care for the health and well-being of our families and friends."



To learn more about the Cox Business Challenge, visit evms.edu/coxbusiness.

Virginia Ferguson was driving force behind Glennan Center

Virginia Glennan Ferguson, a champion of specialized care for aging adults whose generous donation established the Glennan Center for Geriatrics and Gerontology at EVMS, died Nov. 30. She was 96.

"She was a terrific woman — spirited, determined, and incredibly generous," says Claudia Keenan, Senior Vice President and Chief of Staff. "We are so blessed by her commitment to EVMS and to geriatric care, education and research."

Robert C. Goodman, Jr., was her attorney and a long-time family friend.

"She was a very generous person who lived modestly so she could make the most of her resources," Mr. Goodman says. "She is a wonderful example of the difference one individual can make through saving, caring and giving."



Virginia Glennan Ferguson

A Norfolk native and longtime Virginia Beach resident, Mrs. Ferguson gained an appreciation for the special needs of older patients while volunteering in

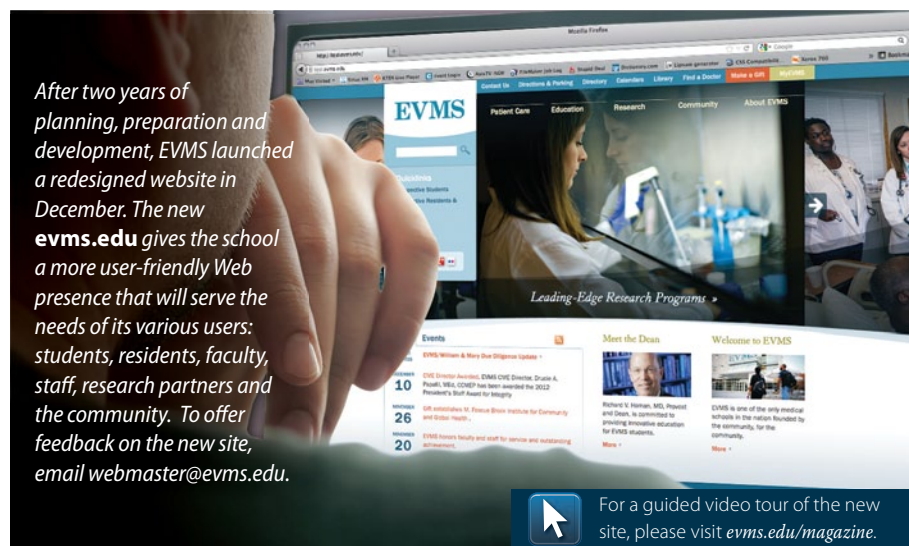
an emergency room during the '60s and '70s.

"I loved every minute of it," she said.

After consulting with friends at EVMS, the Glennan Center was born.

"The Glennan Center has been a success," Mrs. Ferguson said recently. "I'm proud of what it's doing for older people — they're the ones who touch my heart."

A newly redesigned *evms.edu* debuts



After two years of planning, preparation and development, EVMS launched a redesigned website in December. The new *evms.edu* gives the school a more user-friendly Web presence that will serve the needs of its various users: students, residents, faculty, staff, research partners and the community. To offer feedback on the new site, email webmaster@evms.edu.

For a guided video tour of the new site, please visit evms.edu/magazine.

EVMS gets early jump on new accreditation process to assess residents in hospital setting

In 2012, EVMS was one of five medical schools across the country selected to participate as an alpha test site for the Accreditation Council for Graduate Medical Education (ACGME) Clinical Learning Environment Review (CLER) program.

“The CLER visit showcased the commitment of EVMS and Sentara in educating the next generation of physicians.”

As a component of its Next Accreditation System (NAS), the ACGME established the CLER program to assess the integration of residents and fellows into hospital-based patient safety and quality improvement initiatives.

Linda R. Archer, PhD, Associate Dean for Graduate Medical Education, volunteered EVMS to be an alpha test site for the CLER program.

“I thought it would give us an advance idea of the focus of the CLER visits, a chance to identify the strengths and weaknesses of the educational process

within the hospital clinical learning environment and the opportunity to enhance integration into the clinical learning environment before full implementation of the CLER program,” Dr. Archer says.

During the site visit, the CLER team assessed integration of residents/fellows into the hospital systems in six focus areas: patient safety; quality improvement; transitions in care; supervision; duty hour oversight; fatigue management and mitigation; and professionalism.

“Once the CLER visit occurred, it reinforced the positive work we are doing on the academic side but also pointed out ways in which we could improve the integration of our residents and fellows into the hospital-based systems,” Dr. Archer says. “The CLER visit showcased the commitment of EVMS and Sentara in educating the next generation of physicians.”

As a result of the visit, Dr. Archer, her staff and Sentara administration are working on several initiatives to enhance the educational experience of residents and fellows.

Gastroenterologist wins national recognition — again

David A. Johnson, MD, Professor of Internal Medicine and Chief of the Division of Gastroenterology, has received a top honor from the American College of Gastroenterology (ACG).



David A. Johnson, MD

Dr. Johnson is the 2012 recipient of the Berk/Fise Clinical

Achievement Award. The award recognizes one individual for “distinguished contributions to clinical gastroenterology over a significant period of time.”

Dr. Johnson is a former President of the American College of Gastroenterology. He spearheaded model legislation in Virginia that requires insurers to cover the cost of colon cancer screening.

Most recently, he developed a competitive program that awards travel grants to assist EVMS residents and students presenting at national meetings.

Kiger appointed to Minority Health board

Patti G. Kiger, MEd, Instructor of Pediatrics, has been named to the Minority Health and Health Equity Advisory Committee of the Virginia Department of Health.



Patti G. Kiger, MEd

Appointed by then-State Health Commissioner Karen Remley, MD, MBA, Ms. Kiger works in the Behavioral Research and Community Health Division of the Department of Pediatrics.



FILLING IN

Community faculty members help develop the next generation of health-care professionals

Sarah Meredith won't forget the first day of her clinical rotation with community faculty member Steven B. Powers, MD.

A woman in labor showed up at the emergency department. She didn't know she was pregnant. The emergency department doesn't normally deliver babies.

In the midst of the ordeal, Ms. Meredith was struck by Dr. Powers' calm demeanor and leadership.

"Even though it was chaotic and stressful, and the emergency department isn't usually the place to deliver a baby," she says. "I have learned to be calm and to improvise."

Dr. Powers, an OB/GYN with TotalCare for Women, a division of Mid-Atlantic Women's Care, is one of roughly 1,300 volunteer community faculty members at EVMS. Ms. Meredith, MPA 2012, worked with more than a dozen community faculty

members during her clinical rotations.

"It's been a huge asset to my career development," she says.

INTEGRAL ROLE

Some community faculty members are full-time. Others work in private practices across Hampton Roads.

They have been an essential part of EVMS since its inception, says Provost and Dean Richard V. Homan, MD. The same kind of community commitment that willed EVMS into existence 40 years ago lives on in the local practitioners who volunteer their time to train the future health-care workforce.

"The school was created by the community for the community," Dr. Homan says. "As a result, the community faculty members, those who are not compensated by the school,



THE GAPS

play an integral role in preparing the future physicians and health professionals.

“Without their commitment, time and effort, EVMS could not function,” he says.

The school relies on full-time, compensated faculty members, working in coordination with the community faculty members, to teach medical and health professions students and to train residents.

Community faculty members fill a variety of roles at EVMS and are involved in nearly every facet of student education. As “preceptors,” they provide practical experience for many clinical rotations. They supervise and instruct students in the operating room, and students accompany

them to see patients in the hospital and in their private offices.

Some full-time, non-compensated faculty members— many of whom are nationally respected— also serve as department chairs, clerkship directors and residency directors, helping to train the next generation of providers in specialties, such as emergency medicine, urology, neurology and radiology. Physicians at Children’s Hospital of The King’s Daughters, for example, serve as the members of EVMS’ Department of Pediatrics.

Community faculty members participate in clinical trials, such as studying prospective medications, and collaborate with the school’s full-time researchers. They provide guest lectures and offer administrative guidance via the Institutional Review Board and committees that oversee admissions, student progress, and faculty appointments and promotions.

Some community faculty members have achieved national and international prominence. For instance, David A. Johnson, MD, Chief of the Division of Gastroenterology and a past President of the American College of Gastroenterology, was selected by the American Board of Internal Medicine to serve on the Gastroenterology Subspecialty Examination Committee and has been an invited speaker at the National Institutes of Health.

OPPORTUNITY TO MAKE AN IMPACT

Randy J. Gould, MD, is a Clinical Assistant Professor of Surgery, general surgeon with Sentara Surgery Specialists in Norfolk and a former member of the EVMS Board of Visitors. A 1978 graduate of EVMS, he has been a part of the community faculty since 1984.

“We feel it’s a real privilege to work with the students and residents,” Dr. Gould says. “A lot of people take pride in knowing they’re teaching and have an academic appointment. When you’re a health-care professional, it’s an honor to have that distinction.”

Medical students shadow Dr. Gould in his clinic and observe how he cares for patients. He mentors some as an adviser, discussing patient cases with them. In the hospital, students accompany him on rounds, and, under his supervisions, residents assist in the operating

room. The partners in his group perform similar roles. “It’s learning on the job,” he says. “Yes, it can slow you down, and it takes effort, but your working environment is so much more stimulating. When you’re in an academic environment, it encourages you to stay current.”

Dr. Powers agrees.

“You have to be on your ‘A’ game. The students keep you thinking about why you do things the way you do.”

Rita M. Fickenscher, MPA 2001, serves as preceptor to physician assistant students during their emergency medicine rotations. She has participated in panel discussions at EVMS about her work as a PA, participated on the admissions committee and helped organize mock interviews to prepare graduating PAs for the job market. She does it because she sees it as a contribution to her field.

“The more we promote our profession on campus, the more that spills over to

promotion and recognition of our degrees off campus,” Ms. Fickenscher says. “Everything that I do on campus helps to promote the PA profession. That helps promote my PA career.”

One in four providers in Hampton Roads has some connection to the school — by fellowship, residency or some other tie.

“Many of us in the private practice community realize that health care has been enhanced by the presence of the medical school,” Dr. Gould says. “We want it to be successful because we know how important it is for the future quality of health care in the community.”

With the impending national physician shortage, he sees the role of community faculty becoming even more important. As demand for care increases and aging physicians retire, high-quality residency programs will help attract skilled

practitioners to the region. Likewise, having community clinicians meaningfully engaged at EVMS strengthens the region’s ability to compete for a limited pool of doctors.

“It’s a great opportunity to return the favor of all the mentoring we received over the years,” Dr. Gould says.

PIVOTAL TO EDUCATION

Shannon Poplstein, MPA 2012, was visiting with a patient who had back problems during her rotation with Randall C. Fedro, MD, of Patient Choice. The patient’s symptoms had worsened. Dr. Fedro decided he needed surgery — and fast. He called a surgeon to meet the patient in the emergency department within the next few hours.

“It could mean whether the patient would be able to walk in a few days or be in a wheelchair



LEFT TO RIGHT:

Steven B. Powers, MD, a physician with Total Care for Women in Chesapeake, reviews the results of a fetal stress test with physician assistant student Chris Mckenney, left, and medical student Warrik Staines.

Fourth-year medical student Maliha Nowrouz works alongside surgeon Randy Gould, MD, '78, as they speak with patient Ben Williams of Virginia Beach.

Physician assistant student Jessica Kennedy examines a patient's back under the watchful eye of family physician Randall Fedro, MD, a staff physician at the Norfolk office of Patient Choice, a practice of Bon Secours Hampton Roads.

Second-year medical student Amanda L. Russell, left, works with her mentor, Lisa E. Jefferson, MD, with Sentara Family Medicine Physicians in Virginia Beach. Dr. Jefferson is a 1997 graduate of the EVMS Family Medicine Residency Program.



“Their work, commitment and effort is inextricably woven into the fabric of our school.”

**Richard V. Homan, MD,
Provost and Dean**



for the rest of his life,” Ms. Poplstein says, noting that Dr. Fedro talked her through the decision he made in the patient's care.

“What we learned in the community really made things click,” Ms. Poplstein says. “After doing the clinical aspect, it now makes sense. Sometimes you have to experience things to ‘get’ something.”

Community faculty members help make real the sometimes-abstract elements of classroom education.

“They’re taking the time out of their practice to sit down with us and make a difference in our education, to build upon what we learned in the classroom. You can’t just learn how to treat patients in a classroom,” Ms. Poplstein says.

Ms. Meredith, who worked with Dr. Powers for an OB/GYN rotation, says he offered a comfortable learning environment.

“He’s very patient and really makes the learning environment safe, where it’s okay to get things wrong,” she says, adding, “That’s when you want to get things wrong, when you’re a student.”

For Matt Strand, MPA 2012, community faculty members helped him transition sterile book learning to the real world during his emergency department rotation.

“Several times, they had to get me through that initial shock. When you’re reading in the book, you don’t really get, “This is life or death,”” he says.

Working alongside professionals helps students understand how to perform in a sometimes-unpredictable care setting — which can be a stark contrast to all-night study sessions.

“There’s a lot more on the line than getting a wrong answer on the test. There’s a lot

more stress in that sense,” Mr. Strand says.

“I couldn’t imagine going through rotations without people with confidence and who love to teach. They were able to be so calm in the midst of all the chaos. There’s stuff going on, flying all around the room, and they were as calm as can be.”

Dr. Homan says community faculty members create a legacy by passing on their knowledge and insight to up-and-coming providers.

“It’s a rewarding, intellectually challenging and noble effort to which we all contribute — developing physicians and health professionals, who will, in turn, improve the health of our community, our country and the world,” he says. “Without community faculty, we would not be able to deliver the educational program here at EVMS. Their work, commitment and effort is inextricably woven into the fabric of the school.”

BATTLING AN EPIDEMIC:

New facilities enhance **DIABETES**

Expanding clinical and

© Dave Chance Photography



EVMS Strelitz

“There are very few centers across the country where all these services are available in one location like this.”

Jerry L. Nadler, MD, Director of the Strelitz Diabetes Center

care and research.
research endeavors

Diabetes Center



The renovated Strelitz Diabetes Center includes additional rooms for patient care and for patient access to the latest experimental treatments.

Daniel “Danny” Hazelwood, 62, knew he had to do something. Diagnosed at age 40 with Type 2 diabetes, the Virginia Beach resident was taking four medications by 2011. Yet his blood sugar level was consistently too high and his weight had jumped to nearly 300 pounds.

“I felt like I needed more advanced care than I was getting,” Mr. Hazelwood says. So a friend suggested he call the EVMS Strelitz Diabetes Center.

Over the last two decades, the Strelitz Diabetes Center (SDC) has assembled a world-class team of physicians, caregivers and scientists who are dedicated to providing innovative and compassionate care for patients while helping to develop exciting new treatments for the disease. Now, the staff has a facility to match its bold ambitions.

Last fall, after a year in temporary space, the staff returned to find E.V. Williams Hall transformed inside and out following nearly \$5 million in renovations. Behind the contemporary metal and glass exterior is a state-of-the-art facility built with patient convenience and comfort in mind.

“We used to struggle to find enough space to see patients for routine care and to see patients for our research trials,” says Joseph A. Aloï, MD, Clinical Director of the SDC. “Now, this redesigned space allows us to be much more efficient.”

Patients can see one of eight endocrinologists (physicians specially trained to care for people with diabetes and related disorders), certified diabetes nurse educators, a dietitian and a comprehensive team of caregivers who share a passion for helping others.

Mr. Hazelwood praises his endocrinologist, Yumi Imai, MD, for the time she spent with him and her thorough explanations. “My first visit with her lasted over an hour,” he recalls. “That really impressed me. She explained all my lab work and made sure I understood what it meant.”

The full scope of diabetes care

Diabetes is a worldwide epidemic. Virginia lies in what’s called the “diabetes belt,” a region of the U.S. where the prevalence of the disease is higher than the rest of the country. And the prevalence of diabetes in southeastern Virginia is more than twice as high as the statewide rate.

“As a top diabetes center in the nation, we’re definitely in the right place,” says Jerry L. Nadler, MD, Director of the Strelitz Diabetes Center, Chair of Internal Medicine and the Harry H. Mansbach Chair in Internal Medicine.

Patients can attend individual or group education sessions to learn more about how to control their disease. They can undergo a litany of tests all in one convenient location — bone density for osteoporosis, tests for nerve damage, and an ultrasound for thyroid cancer.



Patients with diabetes have a higher prevalence of thyroid disorders compared with the general population. The Strelitz Diabetes Center can provide diagnosis and treatment.

“There are very few centers across the country where all these services are available in one location like this,” Dr. Nadler says.

But the center isn’t just for people with diabetes.

The SDC also houses the Neuroendocrine Unit, a worldwide referral center for patients with neuroendocrine tumors, directed by Aaron I. Vinik, MD, PhD, a professor in the Department of Internal Medicine. More than 50,000 people live with neuroendocrine tumors in the United States, with 2,500 new cases diagnosed each year.

The new facility has provided space for a kidney disease program. Because diabetes is the leading cause of kidney failure, the new program was designed to allow kidney and diabetes specialists to interact and collaborate to address patient needs.

The renovation has expanded the number of patient exam rooms available for care or clinical research from 12 to 20. The center accommodates about 14,000 patient visits a year, Dr. Aloï says.

Since the center’s founding, research has been a key mission. Teams of



Patients come from all over the country to take advantage of the center's expertise in treating nerve damage, a common side effect of diabetes.



An expanded patient-registration area and other amenities in the lobby are among the features added during renovation.

clinicians and scientists are working to better understand how obesity leads to diabetes and heart disease, how a virus may trigger Type 1 diabetes, and how they might even stop or reverse the disease.

A major area of study is a common complication of diabetes: nerve disease. Also known as neuropathy, it can range from pain and numbness in the extremities to problems with the digestive system, urinary tract, blood vessels and heart. Symptoms can be mild, disabling or even fatal.

A diagnosis leads to diabetes center

The Strelitz Diabetes Center is named for Leonard Strelitz, a businessman and philanthropist who helped raise the initial \$8 million — including his own \$1 million contribution — to make the center possible.

The new facility was designed to keep the center at the forefront of patient care and research. An infusion room was added because many new clinical trials deliver treatment by pump rather than injection.

“This will open us up to participate in the most advanced and promising

trials for diabetes,” says Dr. Nadler. “We’re not limited.”

Keeping above the rising tide of diabetes

About 8 percent of Virginia’s population has diabetes, and that rises to 20 percent in southeastern Virginia. Another 40 percent is projected to develop prediabetes, Dr. Nadler says.

The EVMS focus on diabetes aligns with the school’s mission to be the most community-oriented medical school in the nation. The center’s care extends far beyond the walls of the new facility. Staff members treat patients at Sentara Norfolk General Hospital and Bon Secours DePaul Medical Center, both in Norfolk, and Sentara Princess Anne Hospital in Virginia Beach, as well as outpatients at Sentara CarePlex Hospital in Hampton.

With proper care, as SDC patient Danny Hazelwood has learned, diabetes is a manageable disease. He’s down from four medications to one, his blood sugar levels are back in the normal range, and he walks for exercise nearly every day. Best of all, thanks to the guidance he received from his SCD caregivers, he has lost more than 90 pounds.

Unfortunately, many people have diabetes and don’t know it. With support from the Anthem Foundation and the Obici Foundation, staff at the SDC are conducting screenings throughout southeastern Virginia and the Eastern Shore to help as many people as possible.

“You do someone a tremendous service if you diagnose diabetes before the terrible complications set in,” Dr. Aloï says. “Early diagnosis prevents the severe consequences that may arise.”

Medical



Myths:

dispelling common health misconceptions

MYTH:
90 percent of the brain is unused.

“

We use 100 percent of our brain 100 percent of the time.”

Like a lingering cough that you just can't kick, medical myths persist into the 21st century. If your momma told you that you'd catch your death by going out into the cold without a hat and coat, well, it's likely to stick with you. In spite of an abundance of health-related news and the Internet rife with reputable medical sites, these myths continue to be contagious. On the following pages, EVMS faculty and staff members address six health-related myths that have survived the ages. While one is pretty harmless, a few can be downright dangerous.

Paul F. Aravich, PhD, Professor of Pathology and Anatomy, says it is a common belief that a large segment of the brain goes unused.

“As a former member of the Committee on Neuroscience Literacy of the Society for Neuroscience, I cannot tell you how many times I've been asked that question,” he says. “Indeed it is a myth: we use 100 percent of our brain 100 percent of the time. We know this from magnetic resonance imaging (MRI) that shows us that the brain is in constant use, that the brain is even more active in REM sleep than while awake and that even when we're doing nothing, the brain is still working.”

The notion that humans only use a fraction of the brain is attributed to several sources from the early 20th century. One was from a misquoted psychologist who simply

suggested that humans don't take advantage of their full “mental and natural resources.”

Dr. Aravich adds that outside of imaging to show that all areas of the brain are always wired and active, other phenomena point to that conclusion — such as the fact that even minor brain injuries can have profound affects.

Dr. Aravich says there are myriad myths related to neurology, including the notion that rocket science is the last great frontier of science. “False,” he says. “Neuroscience is the last great frontier of science. String theory and moon landings are brain things.”

Finally, to quickly knock out the myth that you have to be knocked out to have a concussion, he responds: “False. A loss of consciousness is not necessary.” Other indicators, he says, include confusion and headaches.

MYTH:

Regular use of a sleeping pill is OK.

J Catesby Ware, PhD, Director of the EVMS Sleep Center, is eager to dispel this myth. “Big pharmaceutical companies will argue differently, but they are wrong,” he says, noting that there are many potential problems with regular use of sleeping pills. “The most immediate thing to be aware of is that people who take a sleeping pill are more likely to crash while driving the next day,” he says. “When you take a sleeping pill at night, there is still some traceable amount of it in the body the next day. Because sleeping pills do what they can to turn off the body from functioning, when people drive (after taking a sleeping pill), they don’t function as well.”



Waking up is a good safety mechanism to fix whatever is wrong.”

A less dramatic reaction to sleeping pills is the increased risk of infection as demonstrated in placebo-controlled studies.

“When we look at all of the adverse reactions in the data base, we see that people taking sleeping pills are more likely to have infections (colds, sniffles, upper respiratory infections). The studies are short, lasting four or five weeks, and it appears that sleeping pills affect the immune system. So imagine what other bad things can happen if you take them for a year,” Dr. Ware says. “If you extend the time frame further, there is an increase in mortality in men and increases in suicide and cancer in women. These longer studies, however, show only an association and not a cause-effect relationship.”

Another common disorder afflicting people who regularly use sleeping pills is gastroesophageal reflux. The condition can be exacerbated when the individual fails to wake and gastric juices remain in the esophagus.



If all of the above weren’t enough to have you reaching for a book instead of a nightly sleeping pill, there is evidence that regular use affects memory.

Dr. Ware explains, “Anterograde amnesia is when people don’t remember what they did after taking a sleeping pill. Because some sleeping pills can trigger or facilitate sleep walking, people will go down to the kitchen, eat and then go back to bed with no recollection of what they did until they go down in morning and see that someone made a bacon milkshake in the middle of the night. People do all sorts of crazy things and have no recollection of what went on.”

MYTH:

You don't need sunscreen on a cloudy day.



Rain or shine, skin damaging rays of light are ever-present.”

Flat-out false, says Bryan T. Carroll, MD, PhD, an EVMS Assistant Professor of Dermatology and Director of Dermatologic Surgery.

“Daily sunscreen is the best way to prevent early aging and wrinkles and the best way to minimize risk of skin cancer,” he says, adding that the first defense should be garments, such as hats and long sleeves.

The combination of clothing and sunscreen is called photoprotection, and it's imperative to practice because, rain or shine, skin-damaging rays of light are ever-present.

“There are multiple wavelengths of sunlight. Ultraviolet rays penetrate clouds without being blocked out. You may not feel as hot because infrared rays are blocked, but you're still getting damaging rays,” he says. “Even if you're not getting

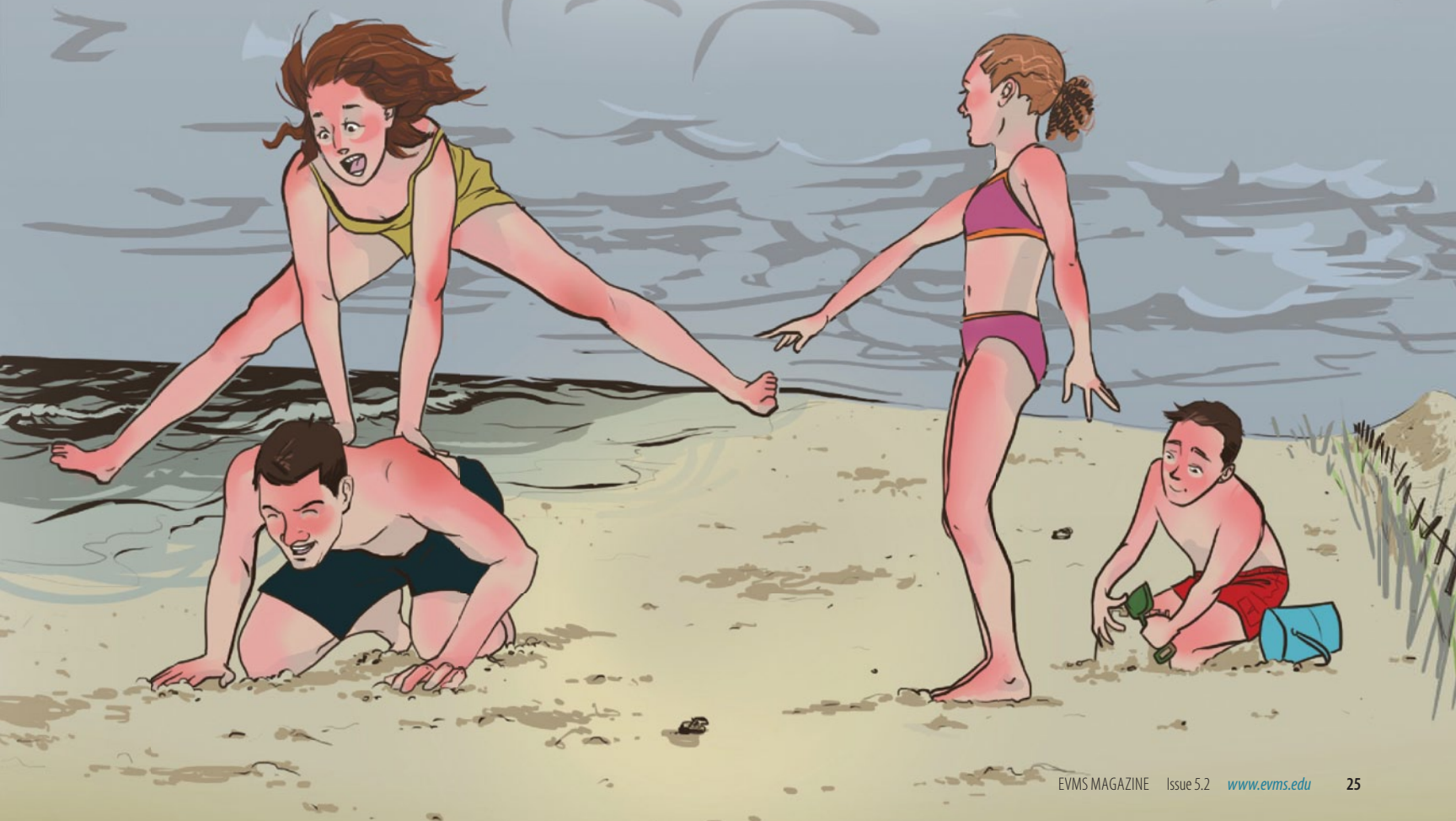
sunburned, it doesn't mean that you're not hurting your skin.”

Some people slack off of using sunscreen because they have heard that the sun damage received during childhood is what leads to skin cancer, and they believe the damage is already done. Dr. Carroll explains while it is true that early sun exposure can lead to cancer, further damage in adulthood should be avoided at all costs.

“At any point, you can decrease your risk of getting skin cancer by using better photoprotection,” he says. “We teach 90 year olds how to do photoprotection.”

Dr. Carroll also emphasizes that in addition to daily photoprotection, people should avoid tanning beds to prevent skin cancer.

“Tanning beds are definitely not safe. Stay away,” he says. “There are no safe tans.”



MYTH:
**Cracking
knuckles
causes
osteoarthritis.**

Your mother may have implored you not to crack your knuckles because a) It's annoying and b) It leads to osteoarthritis. While it may annoy some people, it won't cause arthritis.

Douglas R. Trzcinski, MD, an EVMS Assistant Professor of Surgery and a plastic surgeon specializing in hand surgery, says that there are no reputable studies to support this urban legend.

"There is no data to support the association between cracking knuckles and osteoarthritis," he explains. "It would take a significantly rigorous, randomized trial with a diverse representation of the population to get a definitive answer."

There is evidence, however, that knuckle cracking can cause ligament or tendon injuries.

"There are some studies that have shown acute injuries when people try to crack their knuckles, particularly with ligaments that hold the joints

together. The force created in the joint can tear the ligament or pull the ligament from the bone, like what can happen with skier's thumb or with a dislocated finger," he says. "In my practice, I have not had any patient who injured a finger by cracking their knuckles."

Dr. Trzcinski likens the knuckle-popping phenomena to the release of a suction cup dart from a window. When a joint is pulled forcibly apart, such as cracking your knuckles, the space between the bones is suddenly increased, causing the formation of gases in the synovial fluid around the joint to form tiny bubbles which pop when more fluid fills the space.

The primary fact gained from a small study conducted in the '70s was "the annoying effect on the observer." Does Dr. Trzcinski find it annoying?

"No, it doesn't annoy me. But since I'm a hand surgeon, I'm concerned if anyone puts their hands in risk of harm," he says.



“

While it may annoy some people, it won't cause arthritis.”

MYTH: If you get cold, you'll catch a cold.



No matter how many times your mother and grandmother said, ‘Don’t go outside without a coat or you’ll catch cold,’ it just isn’t true.”

This is the standard-bearer of all medical myths. Despite the number of times it’s refuted, it manages to hang on in our collective consciousness. Even mothers who know that colds come from viruses, not frigid temperatures, are seemingly hard-wired to protect little ones by insisting on bundling them up and even nagging a grown child to put on a coat.

John T. Sinacori, MD, Assistant Professor of Otolaryngology, understands why people think you catch a cold from getting chilled or not being properly dressed in cold weather. The misconception relates to the fact that people get more colds in the winter.

“And why is that? Because people are more sequestered. We’re simply inside together more.

You’ve got 25 kids in a classroom, touching each other and passing germs to each other,” he says. “If school were open in summer, there would be more colds in summer. In Florida and the tropics, cold and flu season is in the rainy season — again, because people are sequestered together inside.”

He adds that some people also associate colds with cold weather because they get the sniffles or drainage when chilled. That, he explains, is just a temporary reaction to cold air.

Dr. Sinacori says that while it is true that some viruses survive better in colder environments, it still doesn’t mean that if you go outside barefoot you’ll catch a cold.

“No matter how many times your mother and grandmother said, ‘Don’t go outside without a coat or you’ll catch cold,’ it just isn’t true,” he says.

Find another tip online



See more online at EVMS.edu/magazine.

Brock Institute to serve as hub for community and global health

The institute will help foster a lifelong commitment to community service among students, residents and faculty

A \$3 million gift from Macon and Joan Brock has established the M. Foscue Brock Institute for Community and Global Health at EVMS. The Brock Institute will be the focal point for integrating EVMS' clinical, educational and research programs, enabling EVMS to take a major step toward its vision of being the most community-oriented medical school in the nation.

Named for Mr. Brock's father, a physician, the interdisciplinary institute will allow the school's community-oriented programs to expand and deepen their impact on both local and global health issues.

"EVMS' vision of being the most community-oriented school of medicine and health professions in the nation helped us reach our decision to establish the M. Foscue Brock Institute for Community and Global Health," Mr. Brock says. "The Brock Institute gives EVMS the opportunity to significantly expand its efforts to address critical community health issues while also nurturing a lifelong commitment to community service, particularly among the students. It's rewarding to know that we can help EVMS improve health in communities throughout Hampton Roads."

Dr. Brock, Macon's father, was a tuberculosis specialist in charge of Norfolk's Grandy Sanatorium for 29 years until he entered private practice in the early 1950s. Dr. Brock was a community service volunteer at the public health center in Norfolk during his career and was a favorite family doctor to all he served.

"This is really why EVMS was created. This gift will help us make people healthier right here in our backyard," says EVMS President Harry T. Lester. "Investing in our work shows just how much the Brocks care about this community. We're extremely grateful that they have stepped forward in such an outstanding way."



The Brock Institute for Community and Global Health at EVMS is named for M. Foscue Brock, MD, a Norfolk physician and specialist in tuberculosis, who oversaw care at the Grandy Sanatorium prior to entering private practice in the early 1950s. He volunteered at the city's public health center.



Macon and Joan Brock established the center in honor of Mr. Brock's father, a local physician who volunteered at the public health center in Norfolk.

Be sure to pick up issue 5.3 of EVMS Magazine in spring 2013 to learn more about how the M. Foscue Brock Institute for Community and Global Health will benefit Hampton Roads.

Faculty, staff give generously to EVMS Fund

EVMS' 2013 Employee Giving Campaign surged past its goal, driven by a significant boost in the number of employee donors

The month-long fund-raising campaign garnered more than \$82,000 for the EVMS Fund, a 25 percent increase over the previous year. That success can be attributed to a 36 percent jump in the number of faculty and staff who contributed.

"We're extremely proud of how employees — the faculty and staff who form the heart of EVMS — stepped up to support this year's campaign," says Denise Milisitz, Director of Annual Giving. "Each contribution takes us a step closer to fulfilling our mission, and we're thankful for all those on campus who've given so generously."

The EVMS Fund serves as an important annual source of support for a variety of needs throughout the school — from scholarships and student-research stipends to new laboratory equipment and facility renovations.



VISIT evms.edu/magazine to see interviews from faculty and staff who support the EVMS Fund and for information on how you, too, can contribute.

Scholarship recipients



EVMS scholarship recipients came together at a recent reception to discuss ways to thank the donors who provide financial support for their education. The students will have the chance to thank scholarship contributors in person at February's Scholarship Dinner.



Builder Larry Hill, right, talks with EVMS Foundation Trustee Paul Farrell and his wife, Lynne Farrell, at a Homearama reception in the EVMS "Healthy House."

Homearama partnership builds support for EVMS

Thanks to a partnership with L.R. Hill Custom Builders, EVMS lived the adage "good health starts at home" during October's Homearama showcase in Norfolk's East Beach.

The three-week event, hosted by the Tidewater Builders Association, featured homes constructed by some of the region's premier builders.

Larry Hill, founder of the company that bears his name, regularly takes part in the twice-yearly Homearama. This time, though, he decided to offer a home as one of the event's two "charity houses" — donating the proceeds of the house's sale to a local non-profit. Mr. Hill selected EVMS.

"EVMS does great things for our community and provides something we need: more doctors and health professionals," Mr. Hill says. "Choosing them as the beneficiary of the charity house was a way to help them help our region."

He rallied suppliers to donate materials and time to the house, lowering the cost of construction and maximizing the amount left to donate after the home sold. Dozens of companies joined in, and as a result of the collective effort, Mr. Hill's company will contribute to the EVMS Fund.

"This was an exciting opportunity for us — taking part in one of the area's biggest events and partnering in such a visible way with someone like Larry Hill," says EVMS President Harry T. Lester. "We're extremely thankful for his generosity. The gift that came from the Healthy House will go a long way toward helping us train more students, care for more patients and positively impact our community."

To support the home's theme, EVMS conducted health screenings throughout Homearama and shared useful health information to help thousands of visitors live healthfully.



Brian Betts is a champion for transplant patients

His research focuses on early warning signs to help avoid tissue rejection

Brian C. Betts, MD Class of 2004, a medical oncologist and assistant professor member of the Department of Blood and Marrow Transplant at Moffitt Cancer Center in Tampa, Fla., is making his mark in medical research.



Brian C. Betts, MD

Last year, Dr. Betts received the American Society for Blood and Marrow Transplantation New Investigator Award for his biomarker research to identify patients at risk for acute graft-versus-host disease (GvHD). The disease is a serious complication that can occur after a hematopoietic stem cell or bone marrow

transplant. During GvHD, the transplanted donor T cells attack the recipient's body after it recognizes the host tissue and organs as foreign.

"I've been working to see if there are potential biomarkers, detectable at 21 days following the transplant when a patient is otherwise asymptomatic, that may predict the likelihood

of developing acute GvHD," Dr. Betts explains. "This early time point represents a critical phase when T cells begin interacting with host antigen. While the majority of patients do not manifest symptoms at GvHD at this point, important proteins in their immune cells may help transplant clinicians identify those at risk and successfully initiate preemptive therapy."

The \$60,000 award facilitated the launch of a clinical trial with 100 patients.

"The ASBMT award helped to get the trial going and also acknowledges your efforts as an early translational researcher," he says.

After graduating from EVMS, Dr. Betts completed a residency in internal medicine at the University of Minnesota where he served as Chief Resident. He was also Chief Fellow during the last year of a three-year hematology-oncology fellowship at Memorial Sloan-Kettering Cancer Center in New York.

Dr. Betts credits EVMS with providing a solid foundation for his career. He says that he was happy to follow in the footsteps of his father, Lawrence Betts, MD, PhD, a 1983 graduate of EVMS who teaches toxicology at the school. He also chose EVMS because of its reputation for producing excellent clinical diagnosticians and its strong curriculum. Once enrolled, he says, he found professors and administrators who offered support and encouragement throughout.

"The cool thing about EVMS is that the administrative folks really cared about us," he says. "They stepped up to offer advice and were instrumental in getting careers started for all of us."

He also points to the inspiration and assistance he received from the late Don Lewis, MD, who was Chair of Pediatrics at EVMS when he passed away last year.

"There are so many cool things that make EVMS different, special and unique," he says. "I'm very happy with the way my career has gone and would do it all over again."

When not working, Dr. Betts often can be found on nearby beaches with his wife, Amy, and their children, Audrey and Oliver.

"The cool thing about EVMS is that the administrative folks really cared about us. They stepped up to offer advice and were instrumental in getting careers started for all of us."

PA graduate found her calling behind bars

Not unlike many college graduates, Catherine “Katie” Cartwright, MPA 2006, didn’t have a clear career path after graduating from the University of Virginia with a psychology degree. She had worked previously as an emergency medical technician and considered a career as a physician, but she was unwilling to devote at least another seven years to school and training.

Then, she happened to meet a physician assistant (PA). The conversation changed her life.

“I didn’t even know what a PA was at the time but it sure sounded interesting,” Ms. Cartwright says.

She was accepted to EVMS, where she met like-minded students and professors who shared a passion for patient care.

“The faculty at EVMS was very passionate about the PA profession. They all loved their jobs and that showed when they were teaching us. EVMS put together a great set of preceptors for clinical rotations who were eager and willing to help us learn,” she recalls.

Her first clinical rotation was at the Virginia Beach Correctional Center caring for inmates. Shortly after graduation, that’s where she landed a job. She is employed by Conmed Health Management Inc., which specializes in correctional-facility health care.

“It’s like a little ER in here,” she says. “You watch the news and the next day you might see that person as a patient. We see it all — dog bites, gunshot wounds, you name it. It’s really exciting. There’s always something new.”

Ms. Cartwright sees about 25 patients daily. Her days start with a report from the overnight nurse detailing sick-call lists and people wanting to be seen, who are then divided among the medical team based on their level of acuity. A sheriff’s deputy accompanies each inmate throughout the medical visit.



Katie Cartwright, a 2006 graduate of the Physician Assistant program, enjoys caring for inmates at the Virginia Beach jail.

The inmates are in jail for anywhere from a few hours to several years. A lot of patients, she says, suffer from chronic ailments, including diabetes and high blood pressure.

While Ms. Cartwright says her mother expressed initial concern about her working at the jail, she’s now confident about her daughter’s safety and enjoys hearing about the work.

“You watch the news and the next day you might see that person as a patient. We see it all — dog bites, gunshot wounds, you name it. It’s really exciting. There’s always something new.”

Ms. Cartwright finds the work rewarding.

“They’re sick or hurt and we’re helping them,” she says. “For the most part, they really like us.”

Six years after graduating from EVMS, Ms. Cartwright says she and her fellow grads are enjoying their careers as physician assistants.

“They all love what they do, but they always want to hear my stories,” Ms. Cartwright says, singling out a favorite case in which a tooth was discovered lodged deep in an inmate’s hand nearly a year after a fistfight.



Class of '88 alumnus dies

The EVMS community mourns the loss of William H. Woessner, MD, a graduate of the EVMS Class of 1988.

A native of Newport News, Dr. Woessner, 51, came to EVMS after earning his bachelor's at Virginia Tech. He completed a residency in obstetrics and gynecology and entered private practice in Woodstock, Va., before working most recently with Riverside Medical Group.

He was a music enthusiast, playing at events as a member of the band Heartache and most recently in his church's guitar group. He also was an avid boater and angler and enjoyed traveling with this family — his wife, Elizabeth, and two children, Meredith and Benjamin.

Dr. Woessner is remembered as a dedicated husband and father; a loyal, cheerful colleague; and a compassionate physician.

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



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

Seeking alumni for volunteer opportunities

For alumni who want to support their alma mater, there are many ways to give back.

Among the opportunities for engaging with MD students:

- Mock residency interviews: EVMS provides guidance on how to conduct this 30-minute mock interview. Physicians of all specialties are needed, but the greatest needs are in emergency medicine, family medicine, internal medicine, OB/GYN, pediatrics and surgery.
- Summer mentoring: EVMS is recruiting alumni who can offer shadowing, research or other educational opportunities to students in the summer following completion of the M1 year.
- Career guidance: From January to mid-March, EVMS offers lunchtime opportunities for alumni to speak about their career choices and answer student questions.

For alumni who want to connect with

Health Professions students, opportunities include:

- Campus visit: current and prospective students find it particularly helpful when Health Professions graduates share their experiences at EVMS and at subsequent training sites.
- Mentoring: students enjoy the opportunity to contact alumni in their field to answer practical questions.
- Personal accounts: share your story about how you made a difference in your field and we will make it available on the website or in the *EVMS Magazine*.
- Unique programming: You may want to get involved in another capacity or have a particular project in mind that is meaningful to you and current students — your future colleagues.



If you'd like to lend a hand with the MD or Health Professions programs, contact Melissa Lang, Director of Alumni Relations: langmw@evms.edu



To view all current EVMS alumni volunteer opportunities, visit www.evmsalumni.com.

Alumni directory will help graduates reconnect

As EVMS alumni change emails, jobs and locations, it can be easy for the school to lose contact.

EVMS has contracted with Harris Connect to update alumni contact information so that graduates can keep up to date on news, activities and events.

Harris Connect also will help produce a 40th anniversary edition hardcover publication featuring all EVMS alumni, including graduates of the medical and health professions programs, as well as EVMS residencies and fellowships. The directory will allow alumni to reconnect with old friends and network professionally.

All alumni will be contacted over the next few months to verify and update contact and career information.

The directory will be available in late spring/early summer of 2013. Track progress at www.evmsalumni.com.



Incontinence

Urinary incontinence and pelvic floor problems can be embarrassing, but now patients have someone they can turn to for help and guidance

Patient Navigator Phelecia R. Riddick-Debnam, RN, at the new Sentara EVMS Comprehensive Pelvic Floor Center, helps women every step of the way, from the first signs of trouble through post-treatment.

“These women do not know there’s help out there for them,” Ms. Riddick-Debnam says. “They suffer in silence.”

The new Comprehensive Pelvic Floor Center on the campus of Sentara Princess Anne in Virginia Beach is designed to treat some of the most common pelvic floor disorders in men and women: pelvic organ prolapse, incontinence of urine or stool, pelvic pain or pain with intercourse. Roughly 10 percent of women will undergo surgery for urinary incontinence or pelvic organ prolapse in their lifetime, says James C. Lukban, DO, Professor and Director of the EVMS’ Urogynecology Division. And the number of women seeking treatment will increase as the population ages, he says.

The Pelvic Floor Center is made up of a urogynecologist, colorectal surgeon, gastroenterologist, radiologist and physical therapist, all on the same campus. That means patients can see different practitioners and therapists without having to drive to different locations.

“It’s a great asset to the community,” Ms. Riddick-Debnam says.

Ms. Riddick-Debnam serves as the primary point of contact for patients. She’s the first one patients talk to when they’re referred to the program, and she fields questions throughout the process. She schedules appointments for diagnostic tests, physical therapy or with surgeons and can also contact insurance companies on behalf of patients in situations in which diagnostic tests aren’t approved.

“Many women are embarrassed. They are surprised other people suffer from similar medical conditions,” Ms.

Riddick-Debnam says. “Most patients are very happy that they do not have to set up appointments by themselves. That lessens the burden on their end because they are already overwhelmed with the condition.”

Most often used for steering patients through cancer diagnosis and treatment, patient navigators are becoming popular in the medical field. By providing concierge-type service, Ms. Riddick-Debnam gets to know patients and assists them throughout the treatment process.

“That really translates into higher patient satisfaction,” Dr. Lukban says.

Patients undergoing pelvic symptoms can call toll-free 1.855.512.4010 for an initial screening to determine whether they can benefit from the program.



Patient navigators like Phelecia R. Riddick-Debnam, RN, (left) often serve as the primary contact for patients to help steer them through their treatment process.

Photos from a reception to honor Sentara Healthcare, the Employee Giving Campaign, Diabetes month activities, Research Day and National Physician Assistant Week



VISIT www.flickr.com/photos/evms to view more photos from these and other EVMS events.



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1. During the open house at the Strelitz Diabetes Center, Jerry L. Nadler, MD, right, Director of the center, shows off the renovated facilities to, from left, Richard Waitzer, Brad Waitzer, Leah Waitzer and Terri Waitzer.

2. At an EVMS-sponsored event to express its appreciation to Sentara Healthcare for its ongoing support, G. Robert Aston, Jr., Chairman and CEO of TowneBank and Chairman and President of the EVMS Foundation Board of Trustees, left, talks with EVMS President Harry T. Lester, center, and Sentara Healthcare CEO David L. Bernd.

3. EVMS Dean Richard V. Homan, MD, second from left, speaks with Susan Conner, Co-Chair of the EVMS Employee Giving Campaign, at a luncheon celebrating the campaign's successful conclusion.

4. Students and staff representing the EVMS Strelitz Diabetes Center provide free diabetes checks for fans at the Nov. 17 Norfolk Admirals' game. This is the second year EVMS has teamed with the Admirals to build awareness about diabetes.

5. Bonnie Brand, left, and her mother, Joyce Strelitz, right, pose with Etta Vinik, Director of Education at the Strelitz Diabetes Center, during a Nov. 29 event to celebrate the center's reopening following extensive renovations.

6. During a recent visit to the Strelitz Diabetes Center (SDC), former Miss America Nicole Johnson autographs a copy of her book for a fan. Nicole was a patient at the SDC prior to winning the crown.

7. Students discuss their research findings during the annual EVMS Research Day festivities.

8. As part of the kickoff for National Physician Assistant Week, faculty and students from the Physician Assistant program teamed with the Stop Hunger Now organization to package 10,000 dehydrated meals destined for impoverished communities.

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