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PAGE 18

Duffy Casey  
FOURTH-YEAR MEDICAL STUDENT



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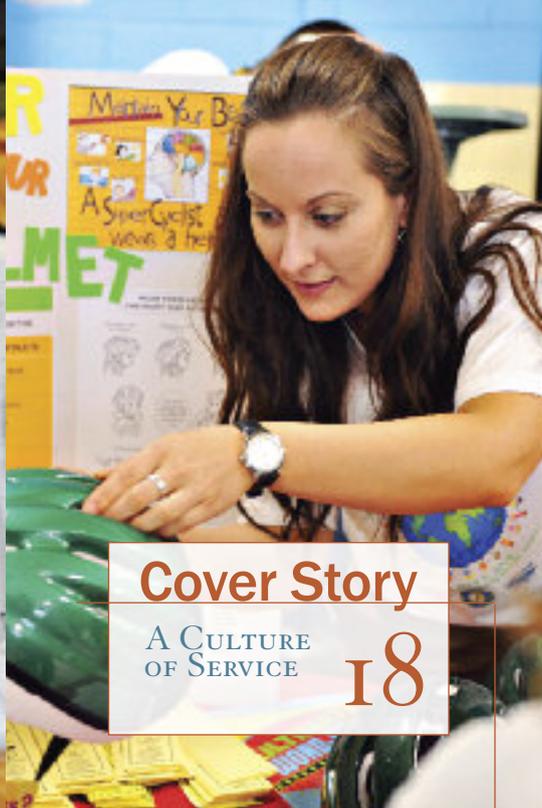
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# EVMS

Eastern Virginia Medical School

P.O. Box 1980  
Norfolk, VA 23501-1980

DOCTORS  
OFF DUTY I4



Cover Story

A CULTURE  
OF SERVICE

I8

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## from the president

Given these turbulent economic times, it's hard not to think about investments. While the market may be in flux, I can assure you that the investment this community makes in Eastern Virginia Medical School is still a wise one.

According to a 2007 study conducted by the Old Dominion University Research Foundation and noted economist James V. Koch, PhD, EVMS' annual impact on the local economy exceeds \$700 million. In just 35 years, we've grown from 24 students to a yearly impact of \$711 million. Not a bad return on your investment.

But our net worth in this community can't be quantified just by a balance sheet. The cutting-edge research that happens here at EVMS improves people's lives everywhere. Whether it's the \$100 million grant we reported in our first issue that helps finance the development of microbicides aimed at controlling the spread of HIV in third-world countries or the successful patents and inventions that result from the hard work of our doctors and researchers (*see page 26*), EVMS is advancing the field of medicine and making a difference.

Another excellent return on your investment comes via the remarkable community service performed by our students. Each year, these bright young men and women give selflessly of their time to sponsor free clinics, mentor public school students, and much more. Some even give up their spring break to travel to Honduras to provide care to thousands of patients who normally would have little access to medical treatment (*see page 18*).

I challenge you to imagine even for a moment what your life would be like if EVMS wasn't thriving here in Hampton Roads. Consider how things would be different if EVMS weren't attracting high quality faculty who not only teach the next generation of caregivers but also provide outstanding clinical care themselves.

No matter how the markets perform, nothing can dampen the spirit of community service and the quality of medical education that are the hallmarks of Eastern Virginia Medical School. Thank you for your support of EVMS. I hope that you will continue to invest in us and enjoy the dividends paid directly to our community.

Harry T. Lester



President



TECHNOLOGY  
TRANSFER 26

Paul Farmer, MD, PhD

4





*Humanitarian*  
**DR. PAUL FARMER IS COMMENCEMENT SPEAKER**  
*at Eastern Virginia Medical School May 16*

Paul Farmer, MD, PhD, a Harvard physician who has won international acclaim for his efforts to bring health care to the poorest countries in the world, will give the commencement address for EVMS May 16.

A medical anthropologist and specialist in infectious diseases, Dr. Farmer believes health care is a human right. Through his charitable work and

his pioneering efforts to develop new community-based treatment strategies for people with AIDS and tuberculosis, he is credited with saving millions of lives.

In recognition of his inspirational efforts, the EVMS Board of Visitors has voted to present Dr. Farmer with an honorary degree.

“He’s an extraordinary humanitarian and a

wonderful role model for our students,” says EVMS President Harry T. Lester of the rationale for Dr. Farmer’s selection for an honorary degree.

Nicole Reynolds, president of the MD Class of 2009, shares that sentiment. “He is a reminder of how much potential one person has to change the world,” she says.

While in Hampton Roads, Dr. Farmer also will

## Medical School's THIRD DEAN REMEMBERED

**Ashton B. Morrison created the Dean's Council of Chairmen.**

Ashton B. Morrison, MD, PhD, a pathologist and EVMS dean from 1980 to 1983, died Sept. 6, 2008, at the age of 85.

Dr. Morrison was born in Belfast, Northern Ireland. Known to his friends as Archie, Dr. Morrison was upbeat, friendly and mild-mannered.

"He was one of the few faculty members that one could enjoy a pint of Guinness with on the weekends," says Desmond Hayes, MD, now a professor of family and community medicine at EVMS and formerly one of Dr. Morrison's students at Queen's University in Belfast in the late 1940s and early 1950s. Dr. Morrison was a junior faculty member and pathology instructor at the time.

"He was an excellent clinical instructor and demanding of us," says Dr. Hayes, who crossed paths with Dr. Morrison again while Dr. Morrison was dean at EVMS and Dr. Hayes was residency director at Ghent Family Practice (now Ghent Family Medicine).

"He had the BTA [Been to America] degree in addition to his others, and for academic physicians back then, that was important," Dr. Hayes says.

Robert Faulconer, MD, professor emeritus and past chair of the EVMS Department of Pathology, says Dr. Morrison frequently took time to visit with faculty members.

"He used to come to my office and he loved to talk, not only about the medical school, but about medicine in general," Dr. Faulconer says.

Among his achievements as dean was the creation of the Dean's Council of Chairmen, a monthly gathering of the school's department chairs. At the gatherings, the academic leaders heard about administrative happenings while sharing news from their departments. The Dean's Council of Chairmen remains active today. Dr. Morrison, who was the third dean of EVMS, also revised the school's curriculum and created the student honor system.

Dr. Morrison's primary research interest was kidney function, particularly the way in



Ashton B. Morrison, MD, PhD

which kidneys handle protein and potassium. In 1958, Dr. Morrison and internist John Verner, MD, were the first to publish the description of what became known as Verner-Morrison Syndrome. Patients who have the syndrome suffer from persistent watery diarrhea due to a tumor in specialized cells of the pancreas called the Islets of Langerhans.

Dr. Morrison received his medical degree from Duke University in 1946 and his PhD in biochemistry from Queen's University in Belfast in 1950. He trained at Royal Victoria Hospital and at Addesbrookes Hospital in Cambridge, England.

He served as assistant professor of pathology at the University of Pennsylvania School of Medicine from 1958 to 1961 and as associate professor of pathology at the University of Rochester School of Medicine from 1961 to 1965. In 1965, Dr. Morrison became professor and chairman of pathology at Rutgers University where he remained until he came to EVMS in 1980.

Dr. Morrison left EVMS in 1983 to return to Rutgers as dean of the Robert Wood Johnson Medical School. The Morrises kept their home in Norfolk where his wife, Claire, lived full time. Dr. Morrison returned to Norfolk every weekend. He retired in 1989.

Claire Morrison died June 20, 2008. Ashton Morrison is survived by his daughter, Mary Saltz, MD, a radiologist and faculty member at Emory University School of Medicine in Atlanta. □

**EVMS will hold its 34th commencement exercises at the Norfolk Scope beginning at 10 a.m. Saturday, May 16. The school will present diplomas to approximately 225 graduates of its MD program and School of Health Professions. The program is free and open to the general public.**

headline a global health forum organized by Physicians for Peace. The forum will run all day, Friday, May 15, on the campus of Norfolk State University.

Bringing modern health care to the world's needy has been a lifelong passion for Dr. Farmer. He began his outreach to the poor in Haiti while

*Continued on page 12*



## EVMS FACULTY MEMBER GETS *front seat to* **HISTORY**

A huge, 18-degree outdoor waiting room packed with nearly a million potential patients might seem overwhelming, but for Barry Knapp, MD, associate professor of emergency medicine, it was an “awe-inspiring” experience.

Dr. Knapp served as one of two chief medical officers for the Disaster Medical Assistance Team tasked with safeguarding the throngs of people who jammed the National Mall for President Barack Obama’s inauguration. He oversaw half of the 16 medical tents set up along the mall in case of a widespread emergency, with his crew covering the area between the Washington Monument and the Capitol. While there thankfully was no catastrophe, the roughly one million people in his section kept the team busy.

“It was a huge medical challenge, and the potential for disaster was definitely there. That was the scope of my practice — trying to make sure a million people were taken care of well,” Dr. Knapp says. “It was definitely an awe-inspiring event and definitely a medical challenge. As an emergency physician, I deal with mini-disasters every day I go into the emergency room, but the scope of this was on a magnitude that I never could have predicted going in.”

Upwards of 1,000 patients, most suffering from hypothermia, shuffled through the lukewarm tents, with temperatures hovering in the mid-50s

despite heaters blasting. Thousands of others tried to get in for a touch of warmth as well, Dr. Knapp says, but only those with serious medical issues or body temperatures below 95 degrees could stay since the tents were there in case of disaster.

Dr. Knapp’s team, a part of the National Disaster Medical Service, responded to natural disasters including Hurricane Katrina and staffed events such as last year’s Democratic National Convention, but those were entirely different experiences compared to the most well attended inauguration in U.S. history.

“A lot of times immediately post-disaster, at least we have some sense of what’s going on in the environment,” he says, but at the inauguration they walked “into the unknown with two million people on the National Mall, not knowing what the expectations are.”

**“There was the potential for stampede and crush injuries. It was at that point we knew we were in for a long, long day,” Dr. Knapp says.**

The potential for major problems became clear as Dr. Knapp and the other field medical director began making their way toward the capitol around 4:30 a.m. The 12-mile journey took several hours. People crammed into Metro stations as trains dropped them off faster than the crowds could clear the platform, leaving some close to

falling back onto the tracks.

“There was the potential for stampede and crush injuries. It was at that point we knew we were in for a long, long day,” Dr. Knapp says. “We had troubles actually getting where we needed to go because of all the security and the guards.”

It took negotiating with police officers to finally get them around the crush of people all headed to one spot.

Despite the challenges of simply moving around, Dr. Knapp says the vast majority of people were kind and cooperative. Responding to calls for help in the crowd — for everything from cardiac arrest to broken bones — the team didn’t have to fight the horde to get through.

“It was amazing to see the seas part as the people ahead of us were yelling, ‘Medical, let ’em through,’” Dr. Knapp says. “That was great to see. You don’t always see that in large-scale events. The people were incredible.”

It wasn’t until around 7:30 p.m., after the inaugural parade had finished, that the team could call it a day. As exhausting and frigid as it had been, Dr. Knapp says it was worthwhile to be part of such a historic moment.

“It was a tremendous experience,” he says. “One that was extremely chaotic and challenging, but one that was a once-in-a-lifetime event that I had an opportunity to be at. And hopefully I did some good from a medical perspective.” □

## *Veteran Professor, Researcher named to* **PSYCHIATRY LEADERSHIP**



Stephen Deutsch, MD, PhD

Stephen Deutsch, MD, PhD, and his wife used to say, "This looks like a nice place to work," as they drove by Eastern Virginia Medical School's campus during family vacations in Norfolk and Virginia Beach.

Soon, he won't have to guess. Dr. Deutsch becomes the new chair of the Department of Psychiatry and Behavioral Sciences on July 1.

He currently is a professor of psychiatry at Georgetown University and the Uniformed Services University School of Medicine and is the associate chief of staff for mental health at the Department of Veterans Affairs Medical Center in Washington, D.C.

Dr. Deutsch's appointment is the product of an exhaustive national search that yielded several top-flight candidates for the position, but Dean Gerald J. Pepe, PhD, says Dr. Deutsch stood out because of his credentials, his enthusiasm for academics and his spirit of collegiality, which is a hallmark of EVMS.

That enthusiasm is obvious even from Germany, where Dr. Deutsch, a captain in the U.S. Navy Reserve, is deployed as the psychiatrist with the Navy Expeditionary Unit at Landstuhl Regional Medical Center.

"I share and will vigorously pursue Dean Pepe's vision for the future of EVMS," he says. "Landstuhl is probably one of the busiest acute care facilities in the world, but everyone feels the commitment to service and excellence. I will bring that same kind of commitment and intensity to EVMS because I genuinely feel that psychiatry has much to contribute to the realization of Dean Pepe's vision, which is a noble academic one."

Dr. Deutsch holds a medical degree and doctorate in biochemical pharmacology from New York University. He has published more than 200 articles in peer-reviewed journals, given more than 100 medical conference presentations and delivered numerous special lectures around the world. His research pursuits, including studies of Alzheimer's disease, schizophrenia and bipolar disorder,

have been continuously funded by outside agencies, including the National Institutes of Health and the Department of Veterans Affairs. He is currently principal investigator on an NIH Clinical Trials Planning Grant.

A member of several national societies, Dr. Deutsch also serves as a reviewer for and is on the boards of several prestigious scientific journals, and he has been a member of NIH peer-review groups and special emphasis panels. He has won numerous research awards, most notably the 2000 Distinguished Investigator Award from the National Alliance for Research on Schizophrenia and Affective Disorders. Equally important, Dr. Deutsch in 2008 received the Award for Excellence in Teaching from the Uniformed Services University School of Medicine Department of Psychiatry.

"He brings strong academic leadership to the institution," Dean Pepe says, "and will also expand our opportunities to build the clinical and educational missions here at the school."

Many outstanding candidates applied for the position, says Francis Counselman, MD, chair of the search committee. The top five candidates all came to campus and delivered presentations as part of the psychiatry Grand Rounds. Dr. Deutsch stood out from the rest, Dr. Counselman says.

"He possesses the perfect balance of skills we were looking for — high-quality patient care, superb research experience and exemplary administrative skills," says Dr. Counselman.

As for what drew him to EVMS, Dr. Deutsch points to factors such as the opportunity for collaboration across academic platforms and the need for well-rounded clinicians, but chief among the factors was the school's leadership.

"Perhaps the greatest attraction for me was Dean Pepe's enlightened attitude about the academic discipline of psychiatry and its integral role in a large tertiary-care medical-center complex and medical school," he says. □

## **ULTRASOUND EXPERT WILL LEAD *National Organization***

Alfred Abuhamad, MD, a high-risk obstetrics specialist known internationally for his research in ultrasound and prenatal diagnosis, has been elected to the leadership of the American Institute of Ultrasound in Medicine (AIUM).

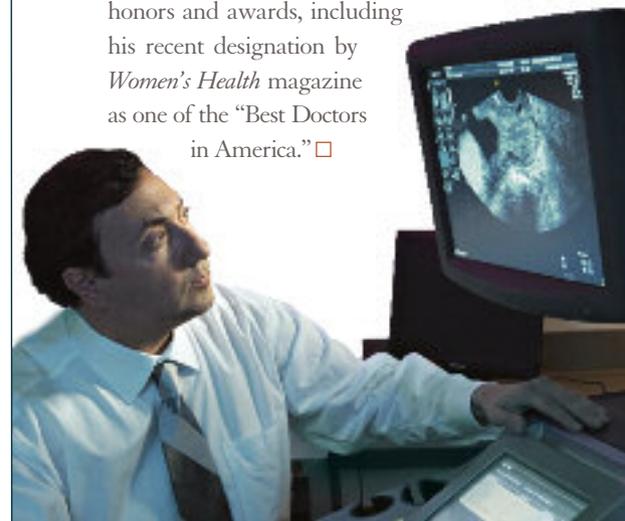
Dr. Abuhamad is the Mason C. Andrews Professor, chair of the Department of Obstetrics and Gynecology and director of the Division of Maternal-Fetal Medicine at Eastern Virginia Medical School.

Dr. Abuhamad assumed the role of AIUM president-elect in March. He will serve in that capacity until 2011, when he will become president of the organization.

The AIUM is a multidisciplinary association with more than 7,000 members in the United States and 79 foreign countries. It is dedicated to advancing the safe and effective use of ultrasound in medicine through professional and public education, research, development of guidelines and accreditation.

Dr. Abuhamad is board-certified in obstetrics and gynecology and high-risk pregnancy. A graduate of the American University of Beirut, where he obtained his medical degree, Dr. Abuhamad has completed fellowship training in maternal-fetal medicine at the University of Miami and in ultrasound and prenatal diagnosis at Yale Medical School. He joined the EVMS faculty in 1992.

Dr. Abuhamad has received numerous honors and awards, including his recent designation by *Women's Health* magazine as one of the "Best Doctors in America." □



# Four students match in CHILD NEUROLOGY

Each year fewer than 50 U.S. medical school graduates pursue a career in child neurology. This year, four of them will come from Eastern Virginia Medical School.

Child neurologists see patients with a range of conditions including epilepsy, seizures, headaches, developmental delays, ADHD and autism. Following two years of general pediatrics experience, the four will go through three more years of specialized training in neurology – one year in adults and two years in children.

Typically, one EVMS graduate every two or three years might enter the field. Donald Lewis, MD, chair of the Department of Pediatrics and a child neurologist himself, is celebrating the news. But he doesn't see it reflecting a sudden surge of interest in the field.

"I'm thrilled," says Dr. Lewis, who attributes it to coincidence that four students share an interest in neurology. "It's the right alignment of the stars," he jokes.

The students say they knew each other but were not close friends and were unaware of each other's plans.

"I had no idea that anybody else was applying," says Brooke Surran, who will undertake her training at Boston University. "I thought I was the only one."

"We didn't talk about it, so nobody knew," says Crystal Miller, who holds a bachelor's degree in neuroscience. She is headed to Stanford for her training but hopes to return and practice at Children's Hospital of The King's Daughters.

Each took a four-week elective in child neurology and spent other formal and informal time with Dr. Lewis and other pediatric neurology faculty in the Department of Pediatrics, including Director Svinder Toor, MD; Matthew Frank, MD; Ralph Northam, MD; and Larry White, MD.

All the students share an admiration for Dr. Lewis. They all independently selected him as their advisor, says Thuy-Anh Vu, who will continue her studies at the Virginia Commonwealth University School of Medicine.

"I think even the people who aren't doing child neurology have enjoyed Dr. Lewis' lectures," says Ms. Surran. "He's just a very inspirational person in general. Then, when you go and work with



It's not a trend but merely a coincidence that four classmates chose to specialize in pediatric neurology. With Donald Lewis, MD, a pediatric neurologist and mentor, are, from left, fourth-year medical students Crystal Miller, Thuy-Anh Vu, Lindsay Pagano (seated) and Brooke Surran.

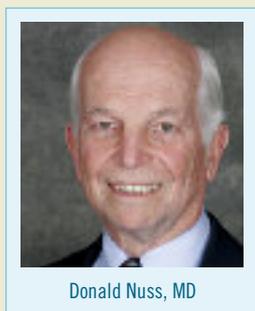
him, I think it encourages you even more."

Ms. Miller was impressed with Lewis' friendly demeanor.

"Even before it was a formal rotation, he said, 'Come over some afternoon and we'll go through some patients and make sure this is really what you want to do,'" Ms. Miller recalls.

Why pediatric neurology? Lindsay Pagano, who will head for Vanderbilt after graduating in May, likes the long-term contact with patients and their families.

"I think I was really impacted by the families of the patients," Ms. Pagano says. "The families are so involved in their kids' care and they're really trying to make their home and their kids' environment as supportive as they can. It's a real group effort which is really nice." □



Donald Nuss, MD



Sergio Oehninger, MD



Ross Barrett, MA



From left: Rebecca Britt, MD; Timothy Novosel, MD; L. D. Britt, MD, MPH; Scott Reed, MD; Jay Collins, MD; and Leonard Weireter, MD

# PARENTS WEEKEND

Families visit campus to share in the medical school experience

Eastern Virginia Medical School's first-year medical students took a break from their long hours of studying to give family members a sample of what it's like to be an up-and-coming physician.

Relatives and friends from as far away as Canada came to campus March 13-14 for this year's Parents' Weekend, an annual event that provides students a chance to show off the school and the people who will shape their future careers.

Visitors toured the main education spaces in Lewis Hall, and students led tutorials on identifying different types of cells and tissue and gave the visitors a hands-on primer of human anatomy. Also, various EVMS faculty lectured on their areas of expertise. Nancy Fishback, MD, professor and chair of pathology and anatomy, spoke about how sleep habits affect human function and performance, and Paul Aravich, PhD, professor of pathology and anatomy, detailed the nearly infinite complexity of the human brain. □

For more photos of Parents Weekend, visit us at [www.evms.edu/magazine](http://www.evms.edu/magazine).



Visitors for Parents Weekend went through some of the same experiences as new medical students, including learning elements of human anatomy. From left: Arlene Weatherford, mother of medical student Amanda Weatherford; Randy and Starr White, parents of Zria White; and another visitor learn about the human brain.

## INSIDE BUSINESS:

# EVMS physicians named HEALTH CARE HEROES

**I**nside Business has named three Eastern Virginia Medical School faculty members and the EVMS Health Services trauma surgery team as Health Care Heroes, the publication's annual honor for a select few who have made significant contributions to the medical field in Hampton Roads.

Among this year's honorees are Sergio Oehninger, MD, medical director of the Jones Institute for Reproductive Medicine at EVMS; Donald Nuss, MD, professor of clinical surgery; Ross Barrett, MA, director of EVMS' Precision Fluency Shaping Program; and all six physicians in EVMS Health Services' trauma surgery practice.

Dr. Oehninger was singled out for his health care advances that have helped thousands of couples overcome infertility. He is one of the leading authorities on male-factor infertility.

A pediatric surgeon at EVMS' teaching partner Children's Hospital of The King's Daughters, Dr. Nuss developed a simpler technique for correcting pectus excavatum, or "sunken chest," and has taught the technique to hundreds of other surgeons. The Nuss Procedure, as it is known, is considered simpler and less painful than the traditional method.

Mr. Barrett directs the Precision Fluency Shaping Program within the Department of

Otolaryngology. He was named among the region's leading health care staff for his work that has helped more than 1,000 people overcome their stuttering.

EVMS trauma surgeons L.D. Britt, MD, MPH, Chair; Rebecca Britt, MD; Jay Collins, MD; Timothy Novosel, MD; Scott Reed, MD; and Leonard Weireter, MD, care for many of the region's most critically injured patients. At the same time, they hone new techniques that make the treatment of trauma patients both faster and more effective. For that, the newspaper selected them as a leading surgery group in the region. □

SITE VISIT IS THE LATEST STEP IN SACS ACCREDITATION PROCESS  
 EVMS 2.0 *signals growing dependence on*

# EDUCATIONAL TECHNOLOGY

In mid-April, EVMS hosted a handful of visitors who literally hold the fate of the medical school in their hands.

Representatives from the Southern Association of Colleges and Schools (SACS) met with EVMS administrators here April 14-16. Like other colleges and universities, EVMS must undergo an in-depth review by SACS, the regional accrediting body, once every 10 years.

The “reaffirmation process” covers all aspects of the school that impact education for medical students and for students enrolled in the 10 training programs within the EVMS School of Health Professions.

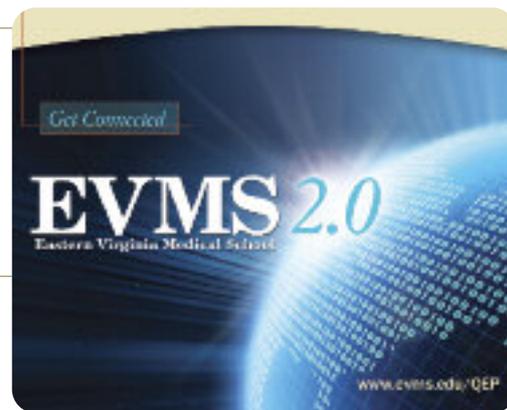
“The role of SACS is to help us do all the things educationally and administratively that we should be doing as well as we can do them and to ensure

that what we do meets certain minimum standards,” says C. Donald Combs, PhD, vice provost for planning and health professions and the school’s official liaison to SACS.

The reaffirmation process involves two major components. The first is a review of the school’s compliance with a broad range of standards. The SACS review team has studied an EVMS report and asked for additional information regarding some criteria. Those items were discussed during the April visit.

The other major part of the self-review process is the preparation of a formal Quality Enhancement Plan.

After a lengthy discussion among faculty, students and staff, the school chose to focus its effort to improve educational technology.



That decision was based on the need to upgrade aspects of the school’s information technology infrastructure and the opportunity to incorporate cutting-edge learning technologies in the new education and research building that will open in 2011, says Thomas R. Pellegrino, MD, associate dean for education, who is overseeing development of the plan.

In a nod to its reliance on evolving Web technologies sometimes known as Web 2.0, the EVMS quality enhancement plan is known as EVMS 2.0.

*Continued on page 31*

## ENVIRONMENTAL EFFORT *flourishes on campus*

Maybe it is easy being green.

Since launching the campus-wide office recycling program last October, Eastern Virginia Medical School has kept out of landfills the weight equivalent of three full-grown killer whales in recyclable materials.

That outstanding start to the initiative shows that the EVMS community understands the importance of environmental stewardship, says Steven C.T. Lee, director of materials management.

“We’ve received tremendous support from faculty, students and staff since the program started in October,” Mr. Lee says. “Based on the volume of the collections, EVMS is certainly doing its part as a model corporate citizen by

minimizing our impact on the environment, and as we strive to be green in other areas, we hope this program will serve as a springboard in getting everyone involved.”

As of Feb. 28, EVMS had collected more than 20 tons of recyclables. If that were all paper, it would have meant the school’s efforts saved 143,500 gallons of water, 1,230 pounds of air emissions, 61.5 cubic yards of landfill space and 84,050 kilowatt hours of electricity — enough to power the average American household for about seven years.

“One of our missions at EVMS is caring for the people of Hampton Roads, and protecting the environment around us fits squarely within that mission,” says EVMS President Harry T.

Lester. “The steps we’re taking will help safeguard the health of our community, and it’s just the right thing to do.”

The school also recently hosted a Green Symposium to give faculty and staff an opportunity to see the latest recycled goods and eco-friendly practices, and the coming months may see the green initiative expand.

The school is evaluating the feasibility of a ride-share program and the possibility of purchasing reusable water bottles to cut down on the volume of Styrofoam cups and plastic bottles used on campus. School leaders also are examining ways to reduce paper use by cutting back on class printouts, instead relying on digital documents for class presentations. □

# ROBERTS

*remembered  
for kindness,*

## DEDICATION

Colleagues remember Steve Roberts as the kind of boss people dream of working for, a warm family man and a consummate professional.

Mr. Roberts, director of human resources, died Jan. 28 after 18 years of service to Eastern Virginia Medical School.

“He touched virtually every area of this institution and got along with everybody in this institution,” says Mark Babashanian, vice president for administration and finance. “He did a wonderful job for us for many years, and we will miss him greatly.”

Mr. Roberts, a New York native, earned his bachelor’s degree from Wisconsin University and later earned his MBA at New York University. Before EVMS, he worked in personnel and human resources for the Albert Einstein College of Medicine, Barber Steamship Lines and Fortune Personnel, a company he started with his wife, Kathy.

He quickly made his mark at EVMS. One of the first changes he pushed was to update how employees are paid by implementing direct deposits, and Mr. Roberts revived the annual service awards to honor long-term employees. Most recently, he marshaled the school’s involvement in the partnership with Sentara Healthcare and Children’s Hospital of The King’s Daughters that banned all tobacco use from the downtown Norfolk medical campus and all EVMS facilities.

Mr. Roberts’ commitment to his family was a hallmark of his character, say those who worked with him, and he brought the same caring manner into the office.

“Steve thought of us as family,” says Aimee Bader, who worked with Mr. Roberts for more than eight years. “He was just a good, good, good man. He knew that we were all assets and treated us as such.”

He was also a bit of a perfectionist and always worked quickly to get things done so he could move to the next task, Mrs. Bader says.

“We used to have to hold our [paper] in-boxes when he’d walk by because he’d walk so fast. He was always on a mission, always had some place to go and there was always something that needed to be done,” she says, adding, “He was going to do it, and he was going to do it well.”

In his memory, the school established the Steven A. Roberts Employee Assistance Fund to help EVMS employees who encounter financial hardship.

“We think that’s in keeping with Steve’s spirit, because that’s the kind of person he was,” Mr. Babashanian says.

Contributions to the fund can be made by contacting the Human Resources office. □

## RENOVATIONS & *practice relocations continue*

Two EVMS Health Services practices relocated recently and a third is scheduled to move soon.

Otolaryngology/Head and Neck Surgery moved from Hofheimer Hall to the Sentara Norfolk General Hospital’s River Pavilion, and Dermatology — formerly located in the Medical Tower — moved to the second floor of Fairfax Hall. Current plans include an early May move for Neuropsychology to the second floor of Fairfax Hall.

Each of these moves has been part of the months-long renovation process for Fairfax Hall and Hofheimer Hall, which have seen the addition of more open, inviting entrances. Last year, Ghent Family Medicine moved into new offices within Hofheimer Hall, and EVMS Health Services administrative offices moved to the campus of Old Dominion University to make way for additional renovations and improvements in Fairfax Hall.

More change is on the way. Over the next 12 to 18 months, renovations will be completed for the offices of Obstetrics and Gynecology and for Infectious Disease. In addition, Surgery will gain additional room for its expanded Division of Plastic and Reconstructive Surgery.

All renovations and relocations have been long planned and budgeted. The goal of the ongoing projects is to allow for delivery of the highest quality health care.

“The physicians, providers and staff of EVMS Health Services continue to support and advance the goal of providing health care that is safe, effective, patient-centered, timely, efficient and equitable,” James Lind, CEO of EVMS Health Services, explains. “The renovations of our practices, both completed and anticipated, are one measure toward meeting those goals.” □

## DR. PAUL FARMER

*continued from page 4*

still an undergraduate student at Duke University. As a student at Harvard Medical School, he helped set up a clinic to aid the local population in the central plateau of Haiti and founded the organization Zanmi Lasante (Creole for Partners in Health). Partners in Health (PIH) is a charitable health-care program that provides medical care and social services in some of the world's poorest nations.

After he simultaneously earned his MD and a PhD in anthropology from Harvard, Dr. Farmer joined the Harvard faculty but maintained his interest in the care of the world's poor.

Now the Presley Professor of Social Medicine and vice chair of the Department of Social Medicine at Harvard Medical School, Dr. Farmer trains medical students, residents and fellows as an attending physician in infectious diseases at Brigham and Women's Hospital. He teaches classes in social medicine and medical anthropology as well as tropical medicine and parasitology.

Dr. Farmer travels extensively, spending about five months in Haiti annually. The clinic Dr. Farmer helped establish has since grown into the region's largest hospital, providing free care to Haitians throughout a large portion of the country. It was the first of a series of projects in Haiti and several other countries, including Rwanda, Russia, Peru, Lesotho and Malawi. Dr. Farmer and PIH emphasize sustainable care, so the clinics are largely dependent on local staffing.

Dr. Farmer is the author of six books and is the subject of another work, *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World*, by Pulitzer Prize-winning author Tracy Kidder. □

For more information and video about Dr. Farmer, visit us at [www.evms.edu/magazine](http://www.evms.edu/magazine).

# GRADUATING *medical students meet their* “MATCH”



Medical student Gregory Weingart and his wife, Allison Weingart, share a quiet moment amidst the excitement.

In a typically energetic display of comic flair and tearful emotion, graduating medical students from Eastern Virginia Medical School celebrated an important day in their careers March 19.

The event was Match Day, the time when the students learn where they will undertake the next phase of their physician training. The medical students in the EVMS Class of 2009 were among nearly 30,000 who took part in the nation's largest-ever Match Day.

Michael Solhaug, MD, associate dean for academic affairs, was thrilled with the results for EVMS students.

“Our students did exceptionally well in the match,” Solhaug says, noting that EVMS graduates have a wonderful reputation nationwide. “I continually get remarks from residency directors to keep the EVMS students coming there. They're very well-rounded and establish themselves early on in residency as well-equipped and well-balanced.”

Twenty-six of the 105 students will remain in Hampton Roads, 20 in EVMS residency programs. Among those remaining in Norfolk is future pediatrician Nicole Reynolds. She is thrilled to remain close to her fiancé,

who has a job in the area.

“I'm lucky they have such a good program here,” says Ms. Reynolds, who is president of her class.

For students, the event is both the culmination of four years of hard work and a release from the stress of a long wait. And in keeping with EVMS tradition, the students did it in style as they came dressed as their favorite villain or hero.

The room was a who's who of the last 30 years of superheroes and scoundrels. Among them were Superman and Superwoman, the Teenage Mutant Ninja Turtles, Princess Leia, Scoobie Doo, Hannibal Lecter, Catwoman, Indiana Jones, Beetlejuice and Cruella de Vil.

Family, friends and faculty were on hand to witness the fun and to celebrate the match results. □

Find more photos and the full match results at [www.evms.edu/magazine](http://www.evms.edu/magazine).



Medical students Angela Jung (left) and Ashley Lock grin as they learn they will serve their respective residencies at Georgetown University Hospital and the University of Colorado School of Medicine.



Fourth-year medical students Sarah Kattakuzhy and Daniel Mason celebrate after learning they matched in internal medicine at The George Washington University and surgery at the University of Virginia, respectively.

# Overactive Bladder in Women: The Road to Freedom



*Our guest columnist this issue is James C. Lukban, DO, an associate professor of obstetrics and gynecology at Eastern Virginia Medical School. A physician with EVMS Health Services, Dr. Lukban specializes in urogynecology, a field dedicated to the treatment of women with disorders such as urinary or fecal incontinence and prolapse (bulging) of the vagina, bladder and/or the uterus. Dr. Lukban discusses the treatment options for a relatively common condition known as overactive bladder.*

**Overactive bladder** is commonly known as the “gotta go” syndrome. Women with OAB typically experience a sudden need to urinate and may experience incontinence. They make frequent trips to the bathroom, both during the day and after going to bed. Patients typically experience a significant reduction in quality of life, as they are unable to perform at work or enjoy social activities with confidence and comfort.

Surprisingly, only about half of the 33 million Americans with the “gotta go” syndrome ever seek help from a professional. Many women believe that OAB is a normal part of aging. Some women are embarrassed to talk about it, even with a health care provider.

The first step on the road to freedom from debilitating bladder symptoms is to speak with your primary-care practitioner (PCP) or your gynecologist. Your doctor may also want you to see a urogynecologist or urologist for additional evaluation and treatment.

Initial treatment of OAB can include at-home

interventions such as dietary changes, bladder training and pelvic floor muscle exercises (PFME). Dietary modification includes avoiding foods known to irritate the bladder (acidic foods such as citrus or tomato, caffeine, chocolate, soda and spices) and/or limiting the intake of excessive fluid — especially before bedtime.



James C. Lukban, DO

**The first step on the road to freedom from debilitating bladder symptoms is to speak with your primary care practitioner (PCP) or your gynecologist.**

Bladder training is the conscious effort to ignore an urge and delay urinating, increasing the interval between voids by 15 minutes every three to four weeks with a goal of extending the interval to two to three hours. PFME or Kegel exercises strengthen the pelvic floor and increase urethral (urine tube) tone to help prevent leakage. They may also work by reducing

bladder contractions through nerve inhibition.

A typical regimen of PFME involves squeezing the pelvic muscles (for a count of four) followed by relaxation (for a count of four) five minutes twice a day.

To truly optimize control of the pelvic floor muscle, biofeedback can be done under the direction of a physical therapist who can help isolate and better strengthen the pelvic floor. Another option is low-level electrical stimulation through a vaginal probe.

Medications that relax the bladder muscle and decrease bladder sensitivity also may be used to treat OAB. A number of such medications (known as anti-muscarinics) exist in pill and patch form.

The most common side effect is dry mouth, but most women find it tolerable — especially if the clinical benefit is significant.

Finally, for those unresponsive to treatment as described above, patients can undergo a trial of neuromodulation, a procedure that blocks the transmission of the nerve impulses that cause OAB. □

# Doctors *Off-duty*

Eastern Virginia Medical School's physicians and scientists work long hours making patients well, chasing microscopic organisms and shaping young minds. They are relentlessly dedicated to their professions and continually push the frontier of science and health care.

But what do they do when the lecture hall is empty, the electron microscope is shut down and the last patient is out the door? Here is a behind-the-scenes peek at what some EVMS faculty members do outside the academic realm — when they're off-duty.

**I**t's probably a bad idea to sneak up on Edward Johnson, PhD.

Mild-mannered as he is, the chair of microbiology and molecular cell biology is trained in three martial arts, having learned from a master who once served as a bodyguard for Chiang Kai-shek, the one-time Chinese leader.

"People are usually quite surprised to learn that I have an interest in the martial arts," Dr. Johnson says. "I am a very relaxed person, and I try to avoid conflict, so perhaps people don't associate me with physical interaction."

It all started about eight years ago when Dr. Johnson was serving as professor of pathology and vice chair of research at Mount Sinai School of Medicine in New York. A hip-related problem was causing persistent back pain, and his physical therapist said the discomfort might ease with some work on hip and core strength. To do that, the therapist recommended Bagua, one of the three internal martial arts, which do

not use punches or kicks. Dr. Johnson had never heard of it; neither, apparently, had many other people.

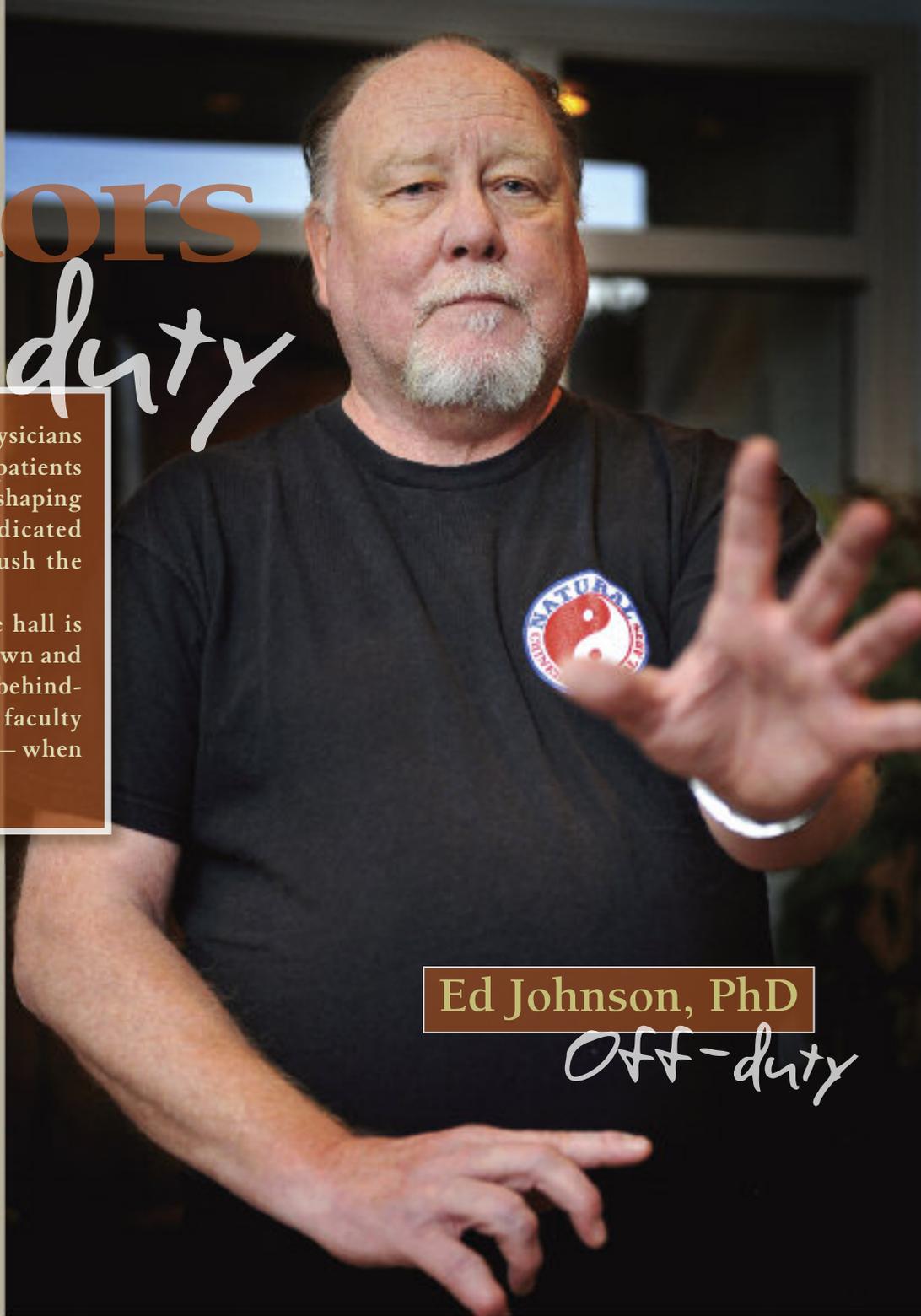
A quick Internet search yielded only two hits for Bagua classes in New York City, and the number for the first location was disconnected. So, Dr. Johnson called the second location and got permission from the instructor, Master

David Lin, to come try it out. Bagua's lineage can be traced to a Taoist monastery on China's Wu-Tang Mountain. In the U.S., Tai-chi is the best-known internal style — one that does not use punches or kicks. Bagua and the third internal form, Hsing-I, are relatively obscure.

"They are very esoteric, and even in China, teachers are scarce," Dr. Johnson says.

**Ed Johnson, PhD**

*Off-duty*





"PEOPLE ARE USUALLY QUITE SURPRISED TO LEARN THAT I HAVE AN INTEREST IN THE MARTIAL ARTS. I AM A VERY RELAXED PERSON, AND I TRY TO AVOID CONFLICT, SO PERHAPS PEOPLE DON'T ASSOCIATE ME WITH PHYSICAL INTERACTION."

Tai-chi's 24 movements form the building blocks for the other two styles, with Bagua standing at the pinnacle as the most difficult and devastating.

Bagua was specifically conceived to allow one to take on multiple attackers, and learning it takes years of disciplined practice. Dr. Johnson figured that out quickly; his class was four hours

of repeating the same moves over and over.

"The idea is you get totally imprinted so that when something does happen, you can respond in a split second," says Dr. Johnson, who practices in his home nearly every day. By the time he left New York to come to EVMS in 2005, he was a certified instructor and often participated in public Bagua demonstrations.

He says an important distinction about internal martial arts is they are intended only for self-defense, not attacking. They use body mechanics and momentum to counteract an assailant's blows.

"It's a last resort," he says. "You use your internal strength to make just the right movement for the right occasion."

Dr. Johnson says he's only had occasion to use it a couple times — but he won't elaborate on those circumstances. To him, the physical aspect isn't the greatest benefit. It's the patience from long months of practicing the same movements and the confidence of knowing your capabilities that make it worthwhile.

"Mentally it's the biggest change," Dr. Johnson says. "I don't get afraid. It's just a confidence builder in every way. [Master Lin] instilled in us this don't-fear philosophy, so I could say for the first time in my life I had no stage fright," he says, adding that he recently gave an impromptu presentation to 50 fellow scientists without hesitation.

And on top of all that, his back feels much better.

*"It's a nice diversion. It's dirty work when you're cleaning out people's estates, but it's fun."*

**Bonnie Dattel, MD**

*Off-duty*



**B**onnie Dattel, MD, spends most of her time ensuring the health of very young people as professor of obstetrics and gynecology and assistant dean for women's affairs, but outside of her work in maternal-fetal medicine at EVMS, it's her fondness for very old things that pulls her all over the region.

Dr. Dattel spends most of her weekends at markets and auctions pursuing her favorite pastime: antiques. But she's no casual admirer. Dr. Dattel is an ardent aficionado who runs a booth at a local antique mall, is a certified appraiser and is a recently trained auctioneer.

"It's a nice diversion," she says. "It's dirty work when you're cleaning out people's estates, but it's fun."

Dr. Dattel has been reselling things for most of her life. She bought and resold items at local flea markets to earn money in college, and as a child, yard sales helped her family make ends meet.

"My father was a truck driver, my mother was a waitress, and that's how we survived,"

became more selective about what she brought to market. She preferred items of a certain quality and style — things that had inherent value.

"As I got older, I started noticing things that were really good and started educating myself about it more," Dr. Dattel says.

Since then, she has cultivated an expertise in antique American furniture and textiles, which piqued her interest since it relates to her needlework hobby. She partnered with a fellow enthusiast to open her first antiques booth at a store in Williamsburg about a decade ago, but maintaining an operation so far away proved too much of a hassle.

Now, she runs a booth out of Barrett Street

Antique Mall and Auction Center in Virginia Beach. Dr. Dattel also is a certified appraiser and just a few months ago completed auctioneer training in North Carolina, adding yet another element to her other life.

Having something so far removed from medical practice is part of the attraction, Dr. Dattel says. It exposes her to a range of people and experiences she might not have access to if she stuck close to her professional path, and her friends in the antiques world push her outside her comfort zone.

"It's more enriching than only doing the same old day-in, day-out," she says. "They push me to do things I would never in a million years have thought to do."



## Thomas Pellegrino, MD

### Off-duty

With water almost everywhere you turn in Hampton Roads, it's hard not to end up playing either in it or on it at some point.

Thomas Pellegrino, MD, chair of neurology, is no exception, but now he's taking a more hands-on approach to it.

Dr. Pellegrino says he's always harbored an interest in boats and has owned several over the past 40 years — mostly small sailboats. He did most of the repairs on them himself as a way of indulging his affection for woodworking, but a few years ago he wanted something a bit different.

He and his wife, Jane, picked up a couple of plastic kayaks to paddle around some of the smaller waterways. It wasn't too long before that

activity became one of their favorite ways to relax. Dr. Pellegrino says they can simply strap the kayaks on the car and head out toward the southern end of Virginia Beach. If they see an intriguing waterway, they just pull off to the side of the road, drop in the kayaks and start paddling.

But for a man who loves working with his hands, plastic feels a little lifeless. Dr. Pellegrino wanted something with more soul, something in which he could take some craftsman's pride. He decided to build a kayak himself out of wood.

It sounds simple, but a murky backwater is not the place to discover your carpentry skills are lacking. His attempt about five years ago with

"They estimate a strip-built boat takes 300 hours. I don't know how much time I've spent on mine. A lot."



relatively simple wooden kayak built from a kit turned out well. He loved the difference compared with plastic — how much more smoothly it glided in the water and how much lighter it was.

And it was prettier. "That's part of the fun of it," Dr. Pellegrino says.

It was such an improvement that he decided to make a second, more complex kayak from thin strips of mahogany and cedar. "With a strip-built boat, you have a lot more flexibility with the design," Dr. Pellegrino explains.

It's been a long-running endeavor. Construction involves laying the 2.5-inch strips of wood side by side in a frame. The fiberglass and epoxy that must coat the wood are temperature-sensitive, meaning he can only work on it in the warmer months. The project has consumed his last two summers and will take up at least part of this one.

"They estimate a strip-built boat takes 300 hours [to complete]," Dr. Pellegrino says. "I don't know how much time I've spent on mine. A lot."

Even with the massive time investment, he thinks the finished vessel will be worth it. "It looks like it's going to be a pretty boat when it's done," he says.

But that doesn't mean it's going to stay safe and dry. "I plan to use it," he says. "It's not a piece of furniture. I built it to be a boat." □



Physician assistant students Lindsay Galli (left) and Jenny Doll spend the day fitting students for helmets at an annual health fair.

# A CULTURE OF SERVICE

EVMS STUDENTS ARE ROLE MODELS AS THEY LEND A HAND IN COMMUNITIES HERE AND AROUND THE GLOBE.

Thousands of miles from home, serving as a medical volunteer in a storm-ravaged village, fourth-year medical student Duffy Casey saw firsthand the unique challenges of providing care in a third-world country.

His first patient had a bad eye infection from debris lodged there since a cyclone raked the village several weeks earlier. Without any medical facilities nearby, Mr. Casey could only offer antibiotics and try to arrange transport to a distant hospital.



Fourth-year medical student Duffy Casey cares for a young child during a medical mission to Myanmar.

## COATS FOR KIDS

EVMS students team with area businesses to collect donations of new and gently used coats for needy families across Southeastern Virginia.



First-year medical student Christina Funari helps sisters choose coats during Coats for Kids.

Later that same day, he encountered a woman who complained of pain in her breast. Her seemingly simple infection hid a sad truth. She had lost most of her family and her belongings to the storm. Desperate to provide for her six-month-old son and two surviving piglets, she had resorted to breast-feeding her child and the animals.

“When I heard her story, I was shocked,” Mr. Casey wrote in recounting his experiences. “The devastation of the cyclone had affected her so profoundly that she had turned to the only food source readily available to her as a means to keep her son and everything she had left alive.”

Mr. Casey’s heart-rending experiences are all the

more extraordinary in that they are not unusual among EVMS medical and health professions students. At an institution that values altruism, volunteerism is thriving.

### A caring, collegial culture

Community service has been a hallmark of EVMS since its early days. In fact, the school owes its very existence to community leaders who came forward — without compensation and in the face of significant challenges — to found the school.

The school’s founding philosophy reflected that same attitude. Early administrators and willing faculty cultivated a sharing environment where students were encouraged to work together rather

than compete — the culture at many other medical schools. That attitude tended to attract like-minded students, says Robert McCombs, PhD, dean of students in the early days of the school.

Now retired, Dr. McCombs recalls encouraging students to take a break from their studies. Given their caring nature, they were drawn to opportunities to help others. “There were a lot of things the students wanted to get involved in,” he says.

With support from the school, the students gradually organized their efforts. An early project was Operation Overcoat, a venture that grew into what today is called Coats for Kids. Each year, EVMS students team with area businesses to collect donations

of new and gently used coats. Over the course of more than two decades, student volunteers have helped distributed tens of thousands of coats to needy families across Southeastern Virginia.

Dr. McCombs capitalized on the willingness of students to share their passion for medicine when he launched an Explorer Scout troop at the school. That program is going strong today, says Michael J. Solhaug, MD, associate dean for student affairs. More than 100 young people interested in careers in medicine and health care flock to the school one night each month and interact with welcoming medical and health professions students. The activity requires 50 to 60 EVMS student volunteers — nearly 10 percent of the entire EVMS student body.

Coats for Kids and the Explorer post are among two of the many activities that have drawn national attention to the school. On three occasions, the Association of American Medical Colleges has ranked EVMS as one of the top three schools in the nation in terms of its community service.

EVMS is moving to aid the student activities in a more formal way, Dr. Solhaug says. EVMS hopes to hire someone shortly to serve as director of student community outreach and service. The new director will help the medical and health professions students coordinate their activities and will organize student retreats.

### Compassion and connections

Students express their desire to help in many ways.

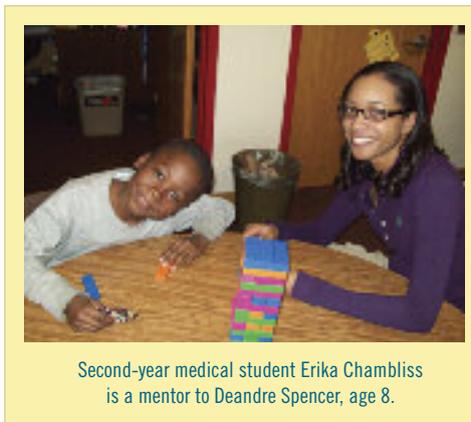
Second-year medical student Erika Chambliss coordinates a mentoring program with Monroe Elementary School in Norfolk. Thirty-five EVMS students are matched with youngsters at the school. Each EVMS student spends at least an hour each week with his or her young friend, either individually or in group activities.

“They love seeing us when we come to the school,” Ms. Chambliss says. “It’s that light that we see in them that continues to push us to go.”

Ms. Chambliss typically visits with her 8-year-old mentee, Deandre, on the weekends. “For me, he’s a release. When I go there, he makes things simple. He reminds me of why I want to do medicine in the first place. He looks up to me. I’m almost like a sister to him. He’s like my little brother.”

A Richmond native and University of Virginia graduate, Ms. Chambliss was drawn to EVMS because

Erin McCartney, an EVMS physician assistant student, paints the face and arm of Sydney Morton, age 5.



of the service opportunities.

“The community aspect of this school is the only reason I came here,” she says. “EVMS is an amazing school. I think every student needs to do some type of community training while they are studying to become a physician, but some schools just don’t emphasize it as much as EVMS does.”

Jenny Doll, president of the Physician Assistant Class of 2010, is a veteran of several volunteer trips to the Dominican Republic with Physicians for Peace. Locally, she helps coordinate a broad range of projects undertaken by her classmates, including blood pressure and glucose screenings, feeding the needy, supporting a local shelter for battered women, providing books for local schoolchildren and cooking for families at the

Ronald McDonald House.

The main project for physician assistants (PAs) is a Children’s Health Fair at Chesterfield Academy, a Norfolk elementary school, in April.

“The focus of the event is to teach children to be proactive in their own health by improving their health literacy,” Ms. Doll says. “We focus mainly on children in the hope to instill in them the importance of health care and communication with their health care provider at a young age.”

The students also hand out donated goods, including children’s books and bicycle helmets.

Ms. Doll says she and her classmates see community service as another way to make a difference. “It is our responsibility and our obligation as health care providers to help those who can’t help themselves,” she says. “[I volunteer] because it’s my passion and because it reminds me on a daily basis how fortunate I am to be given the priceless gift of a wonderful education.”

Raj Patel, a second-year medical student, found his passion among individuals with brain injuries. As an undergraduate at Virginia Commonwealth University, Mr. Patel landed a job as a counselor at Camp Bruce McCoy, a two-week-long summer camp for brain-injury victims age 18 and older.

“It was a life-changing experience for me,” he says of his time at camp.

## CHILDREN’S HEALTH FAIR

The focus of the event is to teach children to be proactive in their own health by improving their health literacy.



What he encountered were people with varying physical disabilities, many confined to wheelchairs and often unable to speak. Mr. Patel says his instinct was to equate their mental capacity with their physical condition.

“These are people upon first glance you would think, ‘This person is crippled.’ But give them a notepad and a pen, and they write beautifully. So, inside they are intact, they have thoughts, they have emotions. You would think they have some sort of learning disability or are mentally retarded, when in fact that’s not the case.”

Mr. Patel has taken an interest in several campers and visited with them in their homes. Through his visits, he has come to understand how important the camp is for the participants.

“Usually, when they’re not in camp, they’re living in monotonous routine in their parents’ home or a nursing home,” he says. The camp offers them a break from that routine and an opportunity to enjoy camp activities while making friends with others who share some of their challenges.

“Seeing these people outside of camp and then seeing them in camp, the difference is like day and night,” he says.

His experiences gave Mr. Patel a new perspective on his own life. “I have epilepsy, so I was able to relate to people in camp. After seeing them, I feel like I’m lucky that my seizures are under control and that I can function.”

Mr. Patel has spent four summers at the camp, often accompanied by six to eight EVMS students. He has vowed to return every year for the rest of his life.

For fourth-year medical students Melissa Mark and Ryan Walsh, their concern about the health of the community’s neediest citizens grew into a multi-faceted project that is enriching the lives of patients and EVMS students alike.

Their creation, conceived with the help of six classmates, is a free clinic known as My HOPE. The clinic partners with the Maryview Foundation Healthcare Center to help individuals and families unable to afford health care. The venture now counts 150 students as volunteers.

“During college, I worked in free clinics and always assumed I would continue, especially while in medical school,” Mrs. Mark says. “It came as a surprise that EVMS was not affiliated with a free clinic. When we realized the need was there, it was easy to find a group of like-minded students to get things started.”

Beyond the opportunity to lend a helping hand, the clinic offers the student volunteers valuable insight. “The clinic has provided many learning opportunities that are not currently in the traditional framework for a medical school curriculum,” Mr. Walsh says.

“What we hope other students learn from the clinic is what challenges are present in treating the uninsured population and solutions to those challenges,” he says. “Solutions to these problems will only come from those with exposure to this important and growing population of the uninsured. We hope that the free clinic will lead inspired physicians to continue treating this population.”

As senior medical students preparing to leave the school, Mrs. Mark and Mr. Walsh are delighted to see the clinic is in good hands.

Below: My HOPE Clinic volunteers Bart Singer and Katherine Hutson, both first-year medical students, check blood sugar for Raymond Wright.

## MY HOPE

150 EVMS student volunteers partner with the Maryview Foundation Healthcare Center to provide a free clinic for individuals and families who are unable to afford health care.



## INTERNATIONAL MEDICINE CLUB

This 100-member club increases student awareness of international volunteer opportunities.

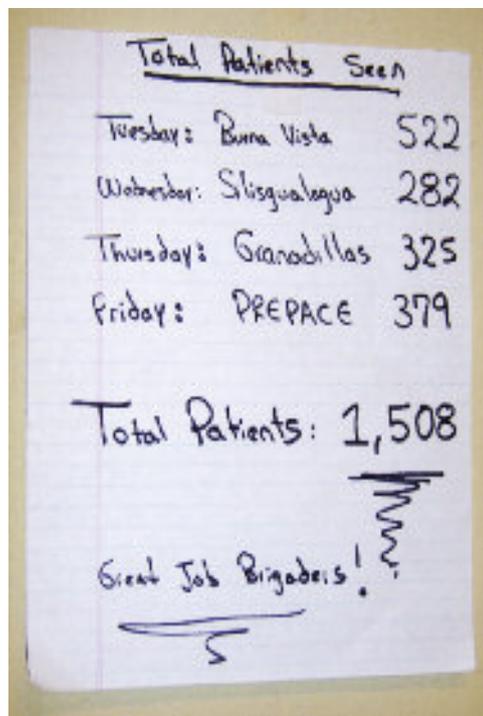
“Since our founding we have gone through two new sets of leadership,” Mrs. Mark says. “The torch is definitely being passed down to each class. That was one of our most important goals from the beginning, to set up a system that would last beyond our graduation and continue to grow and evolve.”

Beginning in July, the incoming director of student outreach will assume administrative support for the clinic, a move that will help ensure a permanent home for the clinic within the school.

### Think locally, act globally

For more and more EVMS students, community service is not limited to domestic concerns. The International Medicine Club, with an active membership of more than 100 students, takes on the role of increasing student awareness of international volunteer opportunities, says Kaitlin Porcaro, a second-year medical student who leads the organization.

Ms. Porcaro draws on her own international experiences to help her accomplish that goal. A New York native and Yale graduate, Ms. Porcaro was a



<u>Total Patients Seen</u>	
Tuesday: Bura Vista	522
Wednesday: Slisgualagua	282
Thursday: Granadillas	325
Friday: PREPACE	379
<b>Total Patients:</b>	<b>1,508</b>
Great Job Brigades!	

Above: Students served over 1,500 patients during a trip to Honduras. Right: EVMS students interact with patients during a spring break trip to Honduras.





First-year medical student Conwell Ottenritter and classmates prepare medications for the spring medical relief trip to Honduras.

mission coordinator for Operation Smile for two years before she came to EVMS. That work included spending a year in Kenya.

One of her biggest tasks at EVMS is to help coordinate the annual trip to Honduras. The trip, taken during spring break each year, consists of about 30 students and an equal number of full-time and community faculty. Students pay their own way and take with them hundreds of pounds of donated medications and supplies.

“It’s the talk of the whole spring semester,” says Ms. Porcaro of the trip that is the brainchild of Duffy Casey (*see sidebar*).

Ms. Porcaro was drawn into medicine by her experiences with Operation Smile. She had considered a career in medicine, but her exposure to doctors and other health care workers who went on the international missions opened her eyes to the possibilities. “That put me over the edge,” she says.

Ms. Porcaro learned of EVMS while working with Operation Smile. She found the inviting environment to her liking and has since encountered many classmates who share her commitment to service.

“There’s just something special about this school,”

## ONE MAN MAKING A *difference*

**Duffy Casey** is both caregiver and ally to the world’s poor. The fact that he hasn’t yet graduated from medical school doesn’t deter him.

Now a fourth-year medical student, Mr. Casey is co-founder of a non-profit organization with a global task: to bring sustainable medical care and relief to needy villages across the planet. The organization, known as Global Brigades, is already having a significant impact in Latin America and making inroads in places as disparate as India, Ghana and Vietnam.

Mr. Casey was working a part-time job in high school when he met an influential physician in his

hometown of Indianapolis. The doctor invited Mr. Casey and three friends to join him on a medical relief trip to Haiti over spring break. The trip opened his eyes to the needs of the world and to the opportunities to lend a hand.

“Going down to Haiti and seeing what medicine is all about completely changed my world view and a lot of the opinions I had about myself, about medicine and about my role in the world,” Mr. Casey says.

A second trip abroad, this time to Honduras, sealed his interest when he had the opportunity to follow a pediatric emergency-room physician in the public hospital in the capital city of Tegucigalpa.

At home, Mr. Casey encountered friends who were fascinated by his experiences and wanted to help. With two friends, Mr. Casey started a company called Medical Brigades to help students get involved in international aid. When he graduated from high school, he bought a one-way ticket to Honduras.

Mr. Casey immersed himself in the culture of Honduras, remaining there for more than two years. With help from friends in the U.S. and Honduras, he established an organized relief effort.

Today, what is now known as Global Brigades sends teams to the communities that most need aid, with the goal of making those projects self-sustaining.

*“It’s a basic need to get beyond the classroom and get beyond grades and go outside into the community — locally and internationally.”*

— PAUL ARAVICH, PhD  
PROFESSOR OF PATHOLOGY & ANATOMY

she says. “Having a place where you can work toward being a doctor and also be able to give back and be involved in activities is the drawing aspect of the school.”

### Learning through service

Ms. Porcaro isn’t the only one who feels that way. Students and administrators alike are impressed with the generous attitude that pervades the student body.

“When I begin to ask for volunteers to do shifts at the Virginia Beach Health Clinic, in about an hour or two all 30 slots over a two-month period are generally filled,” says second-year medical student Eric Chow, a graduate of Stanford University. “It says something about a school and its students when you have to turn students who are looking to serve the community away because there are not enough volunteer positions.”

“These people embody intellectual humanism,” says Paul Aravich, PhD, a professor of pathology and

anatomy who in 2006 won a national award from the Association for American Medical Colleges in recognition of his support for student-led community service.

Dr. Aravich has found that he doesn’t have to do a lot of encouraging. A survey of entering EVMS medical students in 2006 found that an overwhelming number — 94 percent — expected to take part in some sort of outreach.

For many of those students, Dr. Aravich says, the community service experience is about more than just feeling good. They are educating themselves in the “biopsychosocial” model of disease — the interconnection between mind and body.

“They are understanding that disease is way beyond biology,” Dr. Aravich says. “They are seeing first-hand the problems of poverty and dysfunctional families and other psychosocial problems.

“These are people who have this calling. That’s the only way to describe it,” he says. “It’s a basic need to get



First-year medical student Jason Wagner examines Anthony Weaver Sr. at a health fair at Grove Baptist Church in Portsmouth. The students volunteer through a group known as Sight Savers.

beyond the classroom and get beyond grades and go outside into the community — locally and internationally. And that inspires those around them, including faculty. They are the best role models, plain and simple.” □

For photos and information about the March 2009 student trip to Honduras, visit us at [www.evms.edu/magazine](http://www.evms.edu/magazine).

“We realized from the get-go that Medical Brigades would be a temporary solution, that really the overall solution is to have a clinic in each one of these communities with a medical provider from the community, a cash flow and a supply flow to keep them going and really to hand it off,” he says.

With a surge in interest among volunteers outside of medicine, the organization has diversified to include other “brigades” with a focus in areas such as public health, law, public works and education. In 2008 alone, the organization helped 3,000 college and university students volunteer abroad.

Mr. Casey remains involved in the leadership

of Global Brigades, but the day-to-day operation has fallen to others. This summer, he heads off to a residency program in obstetrics and gynecology and has no definitive plans beyond that. But world medical relief remains close to his heart.

“On an international level, there is no population more underserved and neglected than women in developing countries,” he says. “The need for women’s health programs in developing countries is astonishing.”

Some people might use the same term to describe Mr. Casey. □



Fourth-year medical student Duffy Casey has traveled to distant spots around the world to care for those with limited or no other access to medical care.



FROM BENCH TO

*The  
EVMS  
Office of*

Technolo

*When an idea pays off,  
the benefits can be enormous.*

# BEDSIDE Technology Transfer

helps faculty and the institution make  
the most of cutting-edge discoveries

**M**oving a crucial medication from the research lab to a patient's pill bottle doesn't happen overnight. When it comes to getting those ideas to the public in the form of new inventions, research or medication, the EVMS Office of Technology Transfer makes it happen.

The process involves licensing partners — usually commercial entities — and requires some finesse and much paperwork. But the transfers can mean more income for the school to put back into research and development, says Bob Williams, PhD, a former researcher himself and director of the Office of Technology Transfer.

Tech transfer brings closure to our purpose of teaching, discovering and caring, Dr. Williams says, because it benefits society.

But it's rarely a cut-and-dried operation. The tech transfer process starts when a researcher believes he or she has an invention. Dr. Williams' office tries to determine if, in fact, the faculty member has something patentable.

"Once we've staked out our territory by filing a patent application, we begin the process of seeking commercial partners who will take a license to the patent rights," Dr. Williams says. The commercial partners then begin developing the invention into a commercially viable product.

The Office of Research aids tech transfer by helping to provide a flow of research and steering funding toward potentially patentable research activities.

"The advantages of tech transfer to the medical school, as with all universities, is that it provides a way in which the very basic research discoveries of our researchers can quickly get fully matured," says William Wasilenko, PhD, associate dean for research. "We could do research for years, but the goal is to create something new that can directly benefit the health of society."

Financial reward usually comes in the form of royalty payments. Once all costs are recovered, the remaining money is divided equally among the



Gary Hodgen, PhD, inventor of Seasonale.

inventor, the school and the department from which the invention arose.

EVMS received its first monies through technology transfers in 1992. Over the last 17 years, the school has received \$39.8 million.

The first, and still largest, transfer in EVMS' history was Seasonale, the first in a new class of extended-cycle contraceptives. Invented by the late Gary Hodgen, PhD, Seasonale allows women to cut menstrual cycles to four times a year.

The contraceptive was developed through combining two commonly used hormones available in oral contraceptives on the market at the time. The school licensed the contraceptive to Barr Pharmaceuticals in 1999, which received FDA approval for the drug in 2003.

All tech transfer contracts are different, but Barr's deal allowed it to exercise an option to make a one-time royalty payment of \$20 million in 2004, making up more than half of EVMS' tech transfer income to date.

"Those big payouts are not common in tech transfer," Dr. Williams says.

Other products on the market derived from EVMS-led research include the oral contraceptive Loestrin, software that helps gauge the safety of drivers, and a treatment called NutriNerve for diabetics with nerve damage.

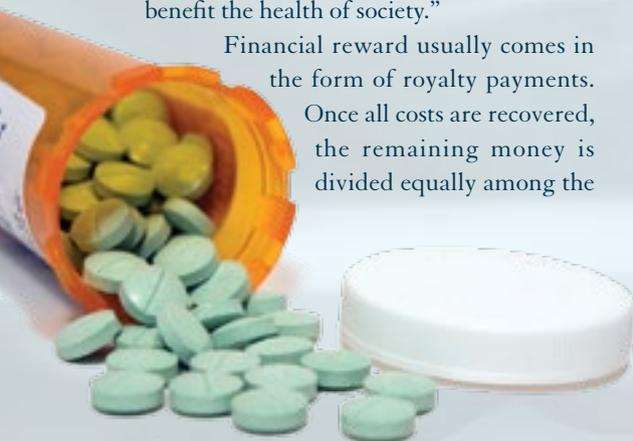
Aaron Vinik, MD, PhD, director of research at the EVMS Strelitz Diabetes Center, developed the product that is now being licensed and marketed as NutriNerve.

"We had been interested in the nerve complications of diabetes, called neuropathy, for many years," Dr. Vinik says. "Nerve damage is one of the most common complications and accounts for a great deal of morbidity and fatalities. There are about 96,000 amputations in the U.S. every year, and 87 percent of the contributing factor is due to neuropathy."

There are many kinds of neuropathy, Dr. Vinik says. Some patients lose perception



Aaron Vinik, MD, PhD, director of research at the EVMS Strelitz Diabetes Center, developed the product that is now being licensed and marketed as NutriNerve. At right is David Taylor-Fishwick, PhD.



of pain, temperature and feeling, which leads to repeated injury. Others experience loss of nerve function that gives limbs strength, which can impede their ability to pull themselves out of a chair and cause instability and falls.

“With those risks in mind we asked, ‘Is it good enough with diabetes just to control blood sugar?’” Dr. Vinik says. “There are studies that say if you control it very well, you can retard the development of neuropathy, but there is nothing to say it can stop it once it’s there.”

Based on available research, Dr. Vinik decided to combine a number of antioxidants and vitamins to reverse “oxidative stress” of the nerves. Patients started reporting positive results.

“We made the decision to go to Bob Williams and the tech transfer office to say we wanted to copyright this invention. Nobody had at that point invented this particular compound,” Dr. Vinik says. The school eventually linked up with a company called NeuroEffex that liked the concept and decided to license the product.

“It was a celebratory experience to get some of the inventions that occur because of our clinical and bedside experience out there and to get them delivered to the public,” Dr. Vinik says.

The success of EVMS in transferring technology has much to do with the school’s grassroots history, and the spirit of that effort continues today, Williams says. Despite the school’s young age, Dr. Williams explains that EVMS has had great success with relatively small expenditures.

The school spends \$35 million a year from federal and private sources on research and collects \$1.2 million a year in technology income. Compare that with much larger Virginia institutions with even larger research budgets, and you get the picture.

According to a survey of fiscal year 2007 licensing activity by the Association of University Technology Managers, Virginia Commonwealth University had

approximately \$2.7 million in income on \$135 million of expenditure; Virginia Tech had \$2 million in 2007 on approximately \$182 million in expenditure. And the University of Virginia had \$5.2 million in income on \$230 million in expenditure.

“EVMS was a grassroots effort to improve health care in eastern Virginia and North Carolina. The faculty recruited were committed to that and have a history of research that focuses on near-term outcomes,” Dr. Williams says. “A lot of research comes out of seeing patients — faculty conceptualize inventions from their clinical experience.”

While the mission of tech transfer is to get inventions that will improve quality of life and health care out to the public, the process plays a role in economic development locally and nationally.

“Nationally, tech transfer is a major driver for economic development in that it develops products, spin-off companies, or quite often universities become magnets for recruitment of high-tech companies,” Dr. Wasilenko says.

Dr. Williams says seven companies have been formed because of EVMS research and inventions, three of which were local to Hampton Roads. Two of those companies still exist today. The potential for new companies increases with every new invention. Investors and entrepreneurs are often looking for new products to develop from medical school research.

Growth in university research and spin-off companies would be a boon for the local economy, as it has been in areas such as Boston and The Research Triangle Park



This simulator depends on software developed at the EVMS Glennan Center to help gauge the ability of motorists to drive safely. The software is one of many products derived from EVMS research.

in Raleigh-Durham, N.C. The potential exists here, Dr. Williams says, but the region needs a boost in available capital and management talent for medical and technology companies.

Business people in Hampton Roads talk about the difficulty in those two key areas, Dr. Williams says, especially in finding a depth of management accustomed to leading technology companies.

But with more high-profile discoveries happening every day, the potential is growing for EVMS to help make Hampton Roads a research and technology hot spot, Dr. Wasilenko says.

“The fact that our school has a very active, young, very successful program,” he says, “presents possibly a unique opportunity for future economic development through the creation of local biotech companies.” □

# EVMS MD ALUMNI BOARD



Chris Broga, MD



Joseph DiLustro, MD



Ben Fickenscher, MD

New board members add energy to MD Alumni Association



Joe Lang, MD



Dan Neumann, MD



Molly Smith, MD

Not pictured: Jeanne Dillon

The seven new board members of EVMS' MD Alumni Association practice different medical specialties, but they have in common the desire to re-energize the school's graduates with the camaraderie and devotion they felt as students.

They are largely counting on improved communications to make it happen.

"We hope to reach across the country and pull everyone in," says board member Molly Smith, MD ('01), a dermatologist in Virginia Beach.

In addition to Dr. Smith, the new members consist of Ben Fickenscher, MD ('05), an emergency medicine physician in Chesapeake; Christopher Broga, MD ('00), medical director of a Richmond managed-care corporation; Daniel A. Neumann, MD ('97), president-elect, a gastroenterologist practicing in Suffolk, Portsmouth and Smithfield; Joseph Lang, MD ('01), an emergency medicine physician in Norfolk; Joseph DiLustro,

MD ('83), a neurological surgeon; and Jeanne Dillon, MD ('91), an internal-medicine specialist. They join existing board members Michael Bono, MD ('83), the board's current president; Beryl Brown, MD ('91); Gordon Iiams, MD ('82); Joan Helena Rose, MD ('81); George Sakakini, MD ('76); and Tommy Sun, MD ('79).

"We all feel EVMS is a very caring and personal school," Dr. Lang says. "And we want to give back. Our goal is to bring in more alumni and make them aware of what is taking place here and how we as a group can promote the school. The vast majority wants to be kept up on what is happening."

EVMS has more than 3,000 alumni, Dr. Neumann says, "and we want to rebuild relationships by keeping lines of information open and fostering strong ties."

With a vision that is clearer than ever and excellent leadership to carry it out, "this is an

amazing time for EVMS, and I want to be a part of it," Dr. Fickenscher says.

Board members speak fondly of the bonds that united them and their classmates, and their classes at EVMS when they were students.

Dr. Broga hopes the MD Alumni Board can explore creation of a fund that would pay the tuition of all EVMS students. "Because medical students graduate with such huge student loan debts, many are pressured to go into high-income specialties, leaving many other fields, such as pediatrics and family practice, with shortages of doctors," he says. "We could attract so many more highly talented students if they knew they weren't going to have to struggle to pay back debt after they graduated."

Dr. Smith hopes yet another fund could be endowed that would fund projects that the administration and alumni in collaboration would view as high-priority. □

# Early graduate is FAITHFUL TO HER SCHOOL AND HER CALLING

Susan Pepper Taylor, MD, is a generous person — generous with her time and with her checkbook. The 1979 EVMS graduate is a loyal supporter of the medical school and a regular medical missionary volunteer.

Now a pediatric anesthesiologist, she is an assistant professor at the Medical College of Wisconsin. She works at the Children's Hospital of Wisconsin, where she regularly provides care for children undergoing surgery for congenital heart defects and other cardiac-related problems.

As a result of a shortage of pediatric anesthesiologists, Dr. Taylor finds herself working longer hours these days. But the long schedule is nothing new for her. She graduated from EVMS at a time when the MD curriculum took just three years, as opposed to the current four years.

"That helped us get started with the traditional work ethic in medicine a lot sooner," Dr. Taylor says of herself and her 63 classmates.

She came to EVMS with a yearning to help others.

"My desire to be in medicine had to do with a humanitarian interest," she says. "I was not too concerned about how much money I would be making."

Dr. Taylor and her husband, radiation oncologist James H. Taylor, MD, are the parents of three grown children and a fourth in high school. The family lives a comfortable life and they enjoy sharing their prosperity with others.

"I think by nature, both my husband and I are frugal. We don't spend a lot of our money, and I am happy to give it to people who need it," Dr. Taylor says.

She says the couple had wonderful role models in her late aunt and uncle who donated 90 percent of their estate to charities.

Dr. Taylor expresses her caring nature in another significant way. She is a regular



Susan Pepper Taylor, MD, as a volunteer in China.

medical volunteer on charitable medical missions overseas. She has twice visited China with a group known as Alliance for Smiles. The all-volunteer group repairs cleft lip and cleft palate and provides other related reconstructive procedures.

There are highly trained surgeons in China, but there are far too many needy children, especially in the rural areas where care is sparse. "The opportunity for poor villagers to get care is extremely limited," Dr. Taylor explains.

Her trips abroad are marathon events. A two-week trip to China, for instance, includes 10 days of surgery, two days for follow-up visits and two days for travel. Twelve-hour days are typical, and there is little time to unwind.

"We work long enough that where you sleep doesn't make much difference," she says.

Dr. Taylor enjoys the challenge of working with colleagues from other cultures, and she finds it refreshing to do what she does best — care for children — free of the workplace bureaucracy. "It's nice to do what you need to do to take care of the patient, to just do the best job you can and that's it," she says.

For her next trip, Dr. Taylor is headed to Ghana. And, as she thinks about her retirement, Dr. Taylor sees herself spending even more time as a medical missionary.

"As long as I am able," she says, "I will continue to go." □

## EVMS 2.0 EDUCATIONAL TECHNOLOGY

*continued from page 10*

Educational technology is a broad term that refers to computer-aided instruction, modeling and simulation, and related technologies. EVMS 2.0 envisions an interactive environment where students will be able to share information online — such as video, lectures, course materials, even material prepared at other schools — and give students and faculty the opportunity to add and edit content.

Dr. Pellegrino says students will have access to course materials whenever and wherever needed. For instance, he says, a fourth-year medical student on a surgery rotation could review content from a first-year anatomy course.

"Students also will have an opportunity to learn and practice clinical skills and procedures on sophisticated simulators and task trainers," he says.

EVMS 2.0 presents opportunities and challenges. Students will have more opportunities to explore their own areas of interest. Faculty, though, will no longer control the content of all educational materials. Instead, they will have to teach students to evaluate the usefulness and reliability of the information they can access from multiple sources.

EVMS 2.0 will focus on medical student education. However, the methods and infrastructure developed through EVMS 2.0 will serve as the basis for technology enhancement in the health-professions programs as well.

Near the end of the summer, the school will submit its final report to address any remaining concerns expressed by the review team. A final vote on the school's accreditation status is expected by the end of 2009. □

Find more information at [www.evms.edu/magazine](http://www.evms.edu/magazine).

# GIFT SPAWNS A DRAMATIC CHANGE

*in approach to caring for the elderly*

Virginia Glennan Ferguson likes to do things first class.

In the mid-1980s, she started a lecture series to highlight excellence in journalism. The program attracted some of the nation's top journalists to the region, including Roger Mudd, Helen Thomas, Sam Donaldson and Jack Anderson.

When the lecture series ran its course, Mrs. Ferguson began searching for another project to which she could devote her energies and resources. Guided by friends, she discovered the need for more doctors trained to care for older adults.

"At the time I was a sprightly 80 years old, and I had begun to realize that most doctors did not understand the difference between medications for young people and older people," Mrs. Ferguson says.

She decided to do something about it. Her solution was to create a comprehensive center where older adults receive specialized care; where researchers study how to help seniors remain healthy and safe despite advancing age; and where educators help medical and health

professions students understand the unique demands of the elderly.

Today, the EVMS Glennan Center for Geriatrics and Gerontology stands as a model of how philanthropy can make a dramatic difference. The center has grown into a nationally recognized program based on its innovative approaches to education, research and patient care.

Marissa Galicia-Castillo, MD, was a medical student at EVMS when the Glennan Center was established, and she was among the first to feel the impact. Her sole exposure to geriatrics was in her final year of medical school through a "clerkship" — a period of focused geriatric exposure, sponsored by the then-new Glennan Center. "That was all there was," she says.

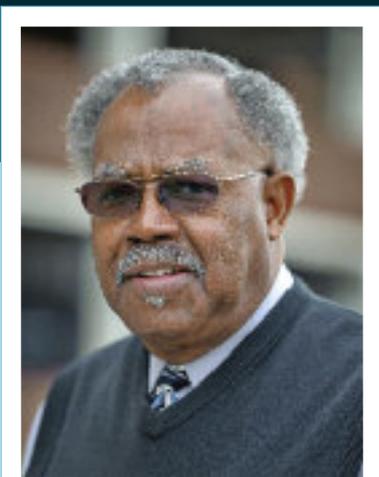
Now, thanks to the Glennan Center, the geriatrics curriculum has exploded. Medical students learn about many aspects of geriatrics in all four years of instruction. The geriatrics instruction also reaches into several health professions programs and a handful of residency programs.



At the 1996 dedication ceremony for the Glennan Center, then-President Edward Brickell unveils a portrait of Virginia Glennan Ferguson as Mrs. Ferguson looks on. Mrs. Ferguson provided the founding gift to establish the center and named it in honor of her father and grandfather.

"I think we've come a long way," says Dr. Galicia-Castillo, now a geriatrician herself and the Sue Faulkner Scribner Distinguished Professor at the Glennan Center. "We now provide geriatrics education for the full spectrum of health care professionals at EVMS."

Rex Biedenbender, MD, is another former EVMS student now on the faculty in the Glennan Center. Dr. Biedenbender had intended to specialize in critical care. But his encounters with Glennan Center mentors changed his mind. Now



George Darby

## CONTRIBUTING TO EVMS IS A PRIORITY *for longtime employee*

Even in these times of economic hardship, George Darby has no plans to reduce his contribution to EVMS.

"The need to train good doctors is still with us," Mr. Darby, the Eastern Virginia Medical Center

parking manager, says. "I believe in sharing what God has allowed me to earn."

For the last four years, Mr. Darby and his wife, Ruth, have contributed \$100 to the institution monthly through payroll deduction. Mr. Darby has

**"I think if I contribute to EVMS, I will be blessed in a greater manner," Mr. Darby said. "I feel that strongly about what I do and what EVMS does."**



Mrs. Ferguson is proud of the Glennan Center and its accomplishments. Now, at age 92, she appreciates the need for care tailored to the elderly more than ever.

“We need doctors who understand us,” she declares.

A native of Norfolk, Mrs. Ferguson was an only child and heir to an extraordinary lineage.

Her grandfather, Michael Glennan, was the owner, editor and publisher of *The Norfolk Virginian* (forerunner of *The Virginian-Pilot*) from the Civil War to 1898. Her father, Keville Glennan, claims one of the greatest scoops in the history of journalism. He was the first to report on the success of a pair of entrepreneurial brothers and their flying machine in the wind-swept dunes of a tiny seaside community known as Kitty Hawk. It would take other newspapers several days to appreciate the significance of Orville and Wilbur Wright’s accomplishment.

Her mother’s side was among the first families of Gloucester. Her mother’s father, Willoughby Talbot Cooke, was a successful businessman. Today, Mrs. Ferguson lives only a short distance from the Virginia Beach elementary school that bears his name.

As a child growing up in Norfolk, she often visited her grandparents in Virginia Beach. “I spent every waking moment at the beach,” she

says. “Every weekend, every summer, every holiday, I was at the beach.”

In the 1960s Mrs. Ferguson began volunteer work in the emergency room of a local hospital.

“I got interested a little bit there in older people,” she recalls. Occasionally she would encounter nursing-home residents who were brought to the hospital. “They would bring them in with ribbons in their hair and bed sores all over their bodies,” she says. “I got interested in them as people. I kept thinking, ‘You have been somebody. People have loved you.’”

Her indignation about the care of older people stuck with her. She discovered that three friends, all with EVMS connections (her attorney and EVMS Foundation volunteer Robert Goodman; childhood friend and EVMS co-founder Robert Payne, MD; and EVMS physician John Franklin, MD), shared her passion for treating older patients with respect. Dr. Franklin had undertaken special training in geriatric medicine — at age 73 — and understood the need for exposing all physicians to geriatric medicine.

“He alone kept the geriatric flame burning at the medical school for a good many years,” Mrs. Ferguson says.

Her contributions and interest fanned the flame, and generations of seniors will reap the benefits. □

a mentor himself, Dr. Biedenbender thrives on the interaction with students and the clinical challenges of caring for frail patients. “I love it,” he says.

Glennan Center geriatricians see patients not only at the Glennan Center itself, but also in nursing homes and long-term care facilities throughout the area. The center also sponsors many research studies with the focus on diseases and conditions of particular interest to the aging population.

worked at the medical center for 31 years, most of that time for private vendors; he became an EVMS employee when the institution took over management of its parking facilities in 2003.

And when it comes to EVMS, Mr. Darby is as generous with his compliments as he is with his money.

“I think if I contribute to EVMS, I will be blessed in a greater manner,” Mr. Darby says. “I feel that strongly about what I do and what EVMS does.”

Mr. Darby, who has 17 employees, manages all of the medical center’s surface lots and garages, as well as parking-related finances, parking equipment maintenance and the medical center

shuttle system.

The Virginia Beach resident said he has held the school in high regard for as long as he has worked here. Over the years, the institution’s service to the community, its dedication to providing opportunities for minority and low-income students, and the excellent facilities — especially the EVMS library — have only increased Mr. Darby’s admiration.

“I used to tell Victor Clark [his pastor’s grandson] that the library was a tremendous tool for learning for young folk in high school who wanted to become physicians,” Mr. Darby says.

Dr. Clark graduated from EVMS and is now a

second-year internal medicine resident at the institution. His sister, Joanna Clark, MD, also is a graduate.

Mr. Darby also knows families who received coats through the EVMS Coats for Kids program, in which EVMS students collect and distribute donated coats to children of local families in need. The program began in 1987.

For EVMS students, this tradition of service usually continues long after graduation.

“I appreciate the work that the physicians are doing in the community,” Mr. Darby says. “Many of the students graduate from here and you see their shingles in the community.” □

# MATCH DAY:

## THE EVOLUTION OF A MILESTONE EVENT



Match Day is a special time for graduating medical students. It's when they learn where they will continue their training as resident physicians. Today, Match Day at EVMS is an hours-long celebration complete with costumes and a party atmosphere. But it wasn't always that way. "It was completely different than today," says Francis Counselman, MD, of his Match Day experience in 1983. "[There were] no decorations, music, theme, costumes." Back then, the students celebrated afterwards off campus, says Dr. Counselman, now department chair and director of the emergency medicine residency program.

See page 12 for more about the sights and sounds of this year's Match Day. Also visit us at [www.evms.edu/magazine](http://www.evms.edu/magazine).



Clockwise from middle right: At one time, Match Day was the occasion for a tie or dress. Members of the Class of 1987 dressed more formally for their Match Day. It was still that way in 1989 when graduate Deborah Giorgi shared her match results with her future husband and 1985 graduate John-Stuart Guarnieri. A dozen years later things had changed. Witness the Class of 2001, decked out in leisure suits, big hair and tie-dye outfits for a '70s-theme celebration. Today, Match Day remains a cause for celebration and a party. In 2006, several classmates portrayed the characters from the TV show M\*A\*S\*H.





## TRAUMA:

# RUN FOR YOUR LIFE RACE AND EXPOSITION

*to educate community about trauma risk and prevention*

Most people don't think of traumatic injury as a disease, but it's about time they should, says trauma surgeon Scott Reed, MD.

Trauma and accidental injury are the most common causes of death and disability in people ages 1 to 40. People understand their risk for most diseases, but very few understand that an accident is most likely to end their lives or careers, says Dr. Reed, an assistant professor of surgery and EVMS Health Services physician.

Most important, few people realize that some simple preventative measures can greatly reduce their risk of injury. In order to raise the community's awareness of this health care issue and how to prevent traumatic injury, Dr. Reed has organized the inaugural EVMS Trauma: Run for Your Life 5K Race and Community Education

Exposition during Trauma Awareness Month.

The run/walk and exposition will begin at 8 a.m. on May 23. The family-friendly expo, which is free and open to the public, will be on the grass next to Hofheimer Hall. The race circuit will weave in and around the medical center.

A disease is defined by the ability to identify a population at risk, as well as preventative measures and a prescribed treatment. Trauma is no different, Dr. Reed says.

"It's truly a disease," he says. "As we talk about prevention in heart disease and prevention in everything else, we need to start talking about prevention in trauma. It's not just an accident."

Among the precautions people can take to reduce their risk of injury are wearing seatbelts and bicycle helmets; setting the home water

heater to 120 degrees to prevent burns in children; and enlisting professionals to perform home safety evaluations for the elderly.

EVMS surgeons staff the SNGH trauma center and care for nearly 2,100 trauma patients a year.

Exhibits at the May 23 event will include car seat checks; tours of trauma bays, ambulances, the Sentara medical evacuation helicopter and fire trucks; EVMS nutritionists; and various exhibits that expose hidden household dangers, show children how to get out of their home in case of a fire and teach kids about fire safety.

Runners, baby joggers and walkers are welcome in the race. For more information, go to [www.kalerrunning.com](http://www.kalerrunning.com). Potential sponsors and exhibitors can contact Ann Hupp at (757) 373-4174. □

### Mike Cavish Golf Tournament – April 27

Golfers from across the region will take to the course this April for the 11th annual Mike Cavish Golf Tournament.

The event, which honors the memory of the local restaurateur and community leader, will be held at the Elizabeth Manor Golf & Country Club in Portsmouth. It benefits the EVMS Strelitz Diabetes Center.

### Graduation – May 16

EVMS will hold its commencement ceremony for all graduating medical and health professions students beginning at 10 a.m. in the Scope Arena in downtown Norfolk.

Internationally renowned physician Paul Farmer, MD, will deliver the keynote address. He is the founder of Partners In Health, a charitable organization focused on bringing health care to some of the poorest areas of the world, and subject of the acclaimed book *Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World*.

### Trauma Run for Your Life 5K – May 23

EVMS hosts the first-ever Trauma Run for Your Life 5K walk/run at 8 a.m. May 23. The race is part of an effort to raise awareness about traumatic injury, the leading cause of death and disability among people between ages 1 and 40. May is Trauma Awareness Month.

Participants will make three laps around the medical campus, and there will be educational displays from LifeNet, Tidewater Emergency Medical Services and the Norfolk fire and police departments. To register, go to [www.kalerrunning.com](http://www.kalerrunning.com).

### Dean's Faculty Achievement Awards – June 3

This annual event that highlights the success of EVMS' educators, clinicians and researchers will be held at the Towne Point Club in downtown Norfolk's World Trade Center.

Dean Gerald J. Pepe, PhD, will honor faculty members

## upcoming

selected for their achievements in institutional service, teaching in the basic sciences and achievement by community faculty. He also will present the school's highest faculty recognition, the Dean's Outstanding Faculty Award.

### Cookout for the Cure – June 25

The Hampton Roads Shipping Association and the International Longshoremen's Association will host the 15th Annual Cookout for the Cure at Fleet Recreation Park at Naval Station Norfolk from 4 to 8 p.m.

The event raises money for the Diabetes Center Foundation, which supports the Strelitz Diabetes Center of Eastern Virginia Medical School. The cookout features barbecue grilled by competing teams from organizations throughout Hampton Roads, as well as musical entertainment and children's activities. □

