

ISSUE 5.1

YOUR FIRST LINE OF DEFENSE

■ MEDICAL ULTRASOUND

EVMS

MAGAZINE



A
(DIABETES-FRIENDLY)
feast fit
for a king

VISIT

Fall
HOME ^a RAMA
EAST BEACH

OCTOBER 13-28
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We're healthier
because
you're here.*

At its core, EVMS exists and thrives because of one thing: community. We're here because the people in this region needed better access to health care, and we strive every day to meet Hampton Roads' growing needs by teaching new physicians and health professionals, pushing the scientific envelope in our labs and providing high-quality care to more than 1,000 patients every day.



The **EVMS**
HEALTHY
HOUSE

BUILT BY L.R. HILL CUSTOM BUILDERS
SUPPORTING THE EVMS FUND

upcoming events

October 13-28

Fall 2012 Homearama

Make plans to visit the EVMS Healthy House at this year's fall Homearama event at East Beach in Norfolk. Tour the home and take part in a variety of healthy activities. Visit www.Homearama.TV.

November 17

Diabetes Awareness Night with the Norfolk Admirals

Enjoy a night of fast-paced action and show your support for the Strelitz Diabetes Center at EVMS during the second annual night of hockey at the Norfolk Scope. Diabetes staff will be on hand to offer free diabetes screenings. Tickets are only \$11 each; a portion of ticket sales benefit EVMS diabetes research. To reserve your tickets, visit www.evms.edu/admirals.

November 29

EVMS Strelitz Diabetes Center Opening

Celebrate the opening of the newly renovated center that offers cutting-edge care supported by research and patient education. Tour the new space and interact with scientists and physicians. For more information, visit www.evms.edu/magazine.



EVMS staffs the only Level 1 trauma center in the region.



Eating healthy doesn't mean suffering through a dull diet.



Medical ultrasound comes of age.

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When life hangs in the balance, the EVMS surgeons staffing Sentara Norfolk General Hospital's Level 1 trauma center, answer the call 24 hours a day, 365 days a year.

22 A (diabetes friendly) feast fit for a king

Eating healthy doesn't have to mean sacrificing taste. Executive Chef Edward Storey of Bardo Edibles + Elixirs and Dietician Phyllis Woodson of the EVMS Strelitz Diabetes Center, prepare a meal so delectable, you'll forget that its good for you, too.

30 Is the stethoscope about to become extinct?

EVMS is taking a leadership role in advancing the everyday use of ultrasound and preparing the health-care workforce of tomorrow to take advantage of this increasing portable and affordable technology.

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



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In 1973, community leaders celebrated the establishment of EVMS as an example of regional cooperation at its best. Cities throughout Southeastern Virginia supported the effort and backed it up with municipal contributions.

Fast-forward nearly 40 years. EVMS once again is the focus of a region-wide discussion. The issue now is whether EVMS should become the William & Mary Health Sciences University.

This is an exciting prospect, but not something to venture into lightly. The Boards at each school have agreed to entertain the question, and we have begun our due diligence. At this point, we don't know how long the evaluation process will take. Any merger would need the approval of the legislature and the Governor. Stay tuned.

As we examine our institutional affiliations, our faculty are busy with some key educational and clinical priorities.

For instance, one group of scientists and physicians are preparing our students for the workplace of tomorrow. See why ultrasound may render the stethoscope obsolete (page 30).

Another group of faculty provide the type of indispensable care that our founders must have hoped for. Go to page 16 to learn how EVMS trauma surgeons save lives daily in a cooperative venture with Sentara Healthcare.

Finally, we asked the staff at Norfolk restaurant Bardo Edibles + Elixirs to come up with some diabetes-friendly fare for the holidays. Executive Chef Edward Storey worked with EVMS nutritionist Phyllis Woodson to develop the dishes, starting on page 22, that you can prepare for yourself.

You may have noticed a new look for our magazine with this issue. What hasn't changed is our commitment to sharing compelling stories and exciting news about our school of medicine and health professions. I hope you enjoy both the content and the new design.

As always, thank you for your interest in and support of EVMS.

Sincerely,

Harry T. Lester

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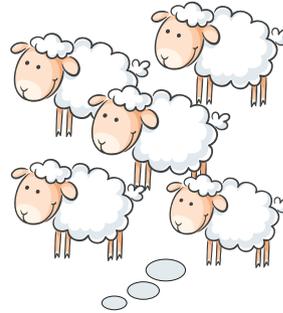
The EVMS Jones Institute recently celebrated its 4,000 IVF birth. It takes a lot of time, energy and money to raise just one baby. Imagine raising all 4,000!



\$1.2 million spent on baby food the first year.



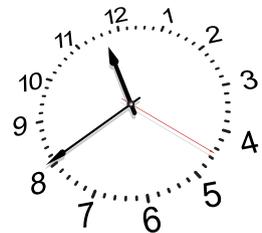
\$28 million spent on baby items like toys and clothes in the first year.



5.6 million hours of lost sleep can be credited to those 4,000 little bundles of joy.



Considering the trend in popular names, if you wrote out all **4,000 names**, odds are that Emily, Madison, Hannah, Jacob, Michael and Joshua would dominate the list.



On average, it takes two minutes per diaper change for a total of three 40-hour work weeks for just one child. That's a total of **24,000** 40-hour work weeks for all of the babies.



A total of **29.2 million** diaper changes made by the age of 2.



More than **2 million** miles walked with babies in strollers — nearly five trips to the moon and back!



Some **488,000 hours** spent reading to newborns.



On average, **1.3 million** loads of laundry or 21.2 million articles of clothing washed per year.

These fun facts were compiled from <http://www.happyworker.com/supermom/facts> and http://thestir.cafemom.com/baby/6339/Babys_First_Year_Broken_Down

President Lester named region's First Citizen

EVMS President Harry T. Lester is the 2012 First Citizen of Hampton Roads.

President Lester was honored June 21 at the annual awards ceremony sponsored by LEAD Hampton Roads, a program of the Hampton Roads Chamber of Commerce.

TowneBank President and EVMS Board of Trustees Chairman Robert Aston introduced Mr. Lester, depicting him as a humble leader with an incredible ability to inspire others to achieve great things.

The bank Chairman and CEO praised Mr. Lester for serving as a catalyst for positive change and forging collaborations and strong relationships across organizational and geographical boundaries.

"His successful efforts to secure a strong financial footing for EVMS and



Eastern Virginia Medical School President Harry T. Lester in the Edward E. Brickell Medical Sciences Library rotunda.

the Chrysler Museum, in particular, have made it possible for two of Hampton Roads' great institutions to both thrive and create innovative and sustainable initiatives for a bright

future," Mr. Aston says.

Mr. Lester began his affiliation with EVMS in 2003 as a member of the Board of Visitors. He became President in 2005.

EVMS and William & Mary to explore possible merger

The College of William & Mary and Eastern Virginia Medical School announced in July that they have agreed to exclusively explore the feasibility of having EVMS become the William & Mary Health Sciences University. Before a decision can be made by either W&M or EVMS, each must carefully investigate the implications of such a combination.

The Board of Visitors has directed that EVMS perform due diligence in this regard, and it is not yet clear how long this process will take. If W&M and EVMS decide to proceed,

approval from the Governor and General Assembly will be required.

President Harry T. Lester says, "The fact that one of the oldest, most prestigious colleges in the country would consider affiliating with us speaks volumes about the groundbreaking work our faculty, staff and students are achieving every day. While we won't know for some time how this will work out, I think this is a tremendous compliment and an opportunity worth exploring."



FOLLOW OUR TWITTER FEED www.twitter.com/EVMSedu for news and links to everything EVMS.

Richard Zweifler appointed Chair of Neurology

Richard M. Zweifler, MD, has been appointed Chair of Neurology, effective August 1. Dr. Zweifler succeeds Thomas R. Pellegrino, MD, who held the post until his death in November 2011.



Richard M. Zweifler, MD

“Dr. Zweifler has an outstanding reputation and is well-respected by his peers and colleagues,” says Provost and Dean Richard V. Homan, MD. Dr. Zweifler currently serves as Chief of Neurology for Sentara Healthcare and

has been a Professor of Neurology at EVMS since 2008.

Dr. Zweifler received his MD from Tulane Medical School and completed residency training in neurology and a fellowship in cerebrovascular disease at the University of California in San Diego. He is board certified in neurology and vascular neurology and holds specialty certifications in neurosonology and neurosonology examination.

He joined EVMS after serving as Professor and Director of the Stroke Center at the University of South Alabama. He serves on the Editorial Board of *Frontiers in Stroke* and as reviewer for journals including *Neurology*, *Stroke* and *Headache*.

In addition to his membership in Alpha Omega Alpha, the honor society for medicine, Dr. Zweifler has authored more than 80 book chapters, manuscripts, abstracts and peer-reviewed publications. He has actively participated in 20 National Institutes of Health-funded research studies and received more than \$3 million in external funding for research in stroke and cerebrovascular diseases.



Anne B. Shumadine

Board elects first female rector in school’s history

Anne B. Shumadine has been elected Rector of the EVMS Board of Visitors, making her the first female to lead the board in the institution’s history.

She was selected for the position in June in a unanimous vote following the resignation of Maurice A. Jones. Mr. Jones resigned from the board due to his confirmation as Deputy Secretary of the U.S. Department of Housing and Urban Development.

“There are many great, forward-looking leaders in our community, from all genders, races, religions and backgrounds, and I am confident I won’t be the last ‘first’ for this institution,” Mrs. Shumadine says. “EVMS is progressive and enlightened, and being rector is a privilege that I don’t take lightly.”

Mrs. Shumadine will help lead the medical school as it grows its student body and faculty to tackle a growing national shortage of doctors and

changes mandated by federal and state health care reforms.

“We must be nimble and ready to address those changes and prepare for the influx of new patients into our system,” she says. “With the great work that President Harry Lester has done over the past eight years, and the experience and expertise that our new Dean Richard Homan brings to the campus, we are poised to take EVMS to the next level.”

The Board will be working with the Dean to re-think the curriculum to prepare a robust learning experience that incorporates the new way patients will experience health care, she says.

Mrs. Shumadine is a graduate of Wellesley College and the Marshall-Wythe School of Law at the College of William & Mary and is Chairman and a Founder of Signature Financial Services in Norfolk.

She serves on the Board of the Chesapeake Bay Foundation and is a Trustee and Chair of the investment committee at Virginia Wesleyan College. Mrs. Shumadine’s past associations include a former Rectorship on the Board of Visitors of Old Dominion University, where she is currently a member of the ODU Educational Foundation. She is also former President and Chairman of the Board of the ACCESS College Foundation, a former Trustee of the Chrysler Museum of Art, and a past member of the Business Leadership Council of Wellesley College.

In 2011, Mrs. Shumadine received the Citizen Lawyer award from the William & Mary School of Law, was the recipient of the Barron F. Black Community Builder Award from the Hampton Roads Community Foundation and was recognized by LEAD Hampton Roads with its Visionary Award for business leaders.

Dr. Doncel chosen to lead CONRAD

Gustavo F. Doncel, MD, PhD, formerly Scientific and Associate Director of CONRAD, has been chosen to lead the internationally known program at EVMS. He began his new role as Executive Director Aug. 1.

Dr. Doncel follows Henry L. Gabelnick, PhD, one of the original CONRAD staff members and head of the organization for more than 20 years. Dr. Gabelnick is now a Senior Advisor to CONRAD. CONRAD facilitates the development of products and methods to prevent conception and to halt the spread of sexually transmitted diseases, in particular HIV/AIDS.

“Dr. Doncel is an internationally renowned, academic clinical scientist who has made major contributions to scientific research, especially in the field of reproductive health and HIV/AIDS prevention,” says Alfred Z. Abuhamad, MD, Professor and Chair of Obstetrics and Gynecology. CONRAD is a program of the EVMS Department of Obstetrics and Gynecology.

Dr. Doncel joined the EVMS Department of Obstetrics and Gynecology in 1990. With his pioneering work on microbicides — which protect women against sexually transmitted diseases — and sperm function inhibitors, Dr. Doncel laid the foundation for CONRAD’s expansion into HIV and multipurpose prevention technologies.

Dr. Doncel is an accomplished researcher with skills that span basic and clinical science. He is currently the principal and co-principal investigator of grants totaling more than \$138 million.

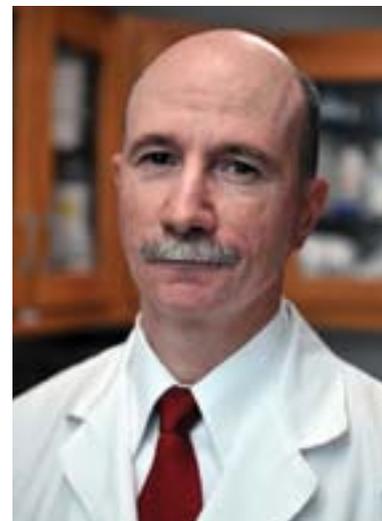
He is a reviewer for the U.S. National Institutes of Health and the European Commission Directorate General for Research and Innovation, and an expert advisor to the World Health Organization. He is also a member of scientific advisory boards of several national and international research organizations. Dr. Doncel received the Dean’s Faculty Achievement Award from EVMS in 2009 and is the author of more than 100 peer-reviewed scientific publications and several U.S. and international patents on antimicrobial contraceptives and microbicides.

CONRAD was established in 1986 with federal funding from the U.S. Agency for International Development. Originally focused solely on contraceptive development, CONRAD grew under Dr. Gabelnick’s direction to include an emphasis on disease prevention.

Dr. Gabelnick also broadened support for CONRAD to include funds from private foundations. All told, CONRAD has attracted more than \$400 million from public and private sources.

Dr. Gabelnick earned his undergraduate and master’s degrees at the Massachusetts Institute of Technology and a PhD in chemical engineering at Princeton. He spent 18 years with the National Institutes of Health before joining CONRAD.

“Under Dr. Gabelnick’s leadership, CONRAD played a leading role in improving reproductive health for women around the globe,” Dr. Abuhamad says.



Gustavo F. Doncel, MD, PhD

Matt Balderston, MD Class of 2013, enjoys time with a new friend during a medical mission earlier this year to the Maison Fortune orphanage in Hinche, Haiti.



Student outreach heads to Haiti

For EVMS students, medicine is about so much more than books and laboratories. It's about making a difference in the lives of people in the community. Every day, students demonstrate that having a meaningful impact on the world is more than just a school mission — it's a practiced belief at the very core of

what makes EVMS unique. In Hampton Roads and beyond, EVMS students are involved in outreach projects that strive to improve the health of a global community. The 2012 trip to Haiti was one such important endeavor.

EVMS students traveled to Haiti in March to provide medical care to one of the poorest countries in the

world. They also delivered 15 water filtration systems capable of filtering more than 60,000 gallons of dirty water — equivalent to the volume of 500,000 water bottles. These machines are a vital lifeline in a place where clean water is a luxury and where many people have died of cholera.

"It was so much more stimulating, in every way, than I could have imagined," says Ryan Barnette, MD



Terri W. Babineau, MD, Director of Community Outreach for EVMS, has helped to forge a bond with the Haitian orphanage. EVMS students visit Haiti on a regular basis.

Class of 2013. "I can say that being open to feel that, to reflect on that raw emotion, is a gift far more than anything I could ever have hoped to give the Haitian people."

Mr. Barnett and his fellow classmates spent time at an orphanage that is home to more than 200 children, 140 of whom were displaced by the recent earthquake. They also visited a hospital in Hinche and saw medicine at practice in a place with no access to running water.

"I was incredibly fortunate to be able to go to Haiti," says Tolga Sursal, MD Class of 2015. "It was my first experience with international medicine and I was excited to finally live out some of the things I had only read about in books."



James Coulter, MD Class of 2013, prepares to examine a young patient at the orphanage.



Get more information on this and other important student outreach projects by visiting www.evms.edu/magazine.

Anthem Blue Cross Blue Shield teams with EVMS to battle diabetes

EVMS is collaborating with the Anthem Blue Cross Blue Shield Foundation in a project intended to reduce the prevalence of diabetes in adults in Southeastern Virginia and to diminish the numbers of deaths attributable to the disease.

As part of a year-long \$203,000 Anthem Blue Cross Blue Shield grant, the EVMS Strelitz Diabetes Center is working with patients and local physicians to lessen the impact of the disease. The region has the highest mortality rate for diabetes in Virginia, nearly twice the state average.

“Hampton Roads is an epicenter in Virginia for obesity and the accompanying problems of diabetes and heart disease,” says Joseph A. Aloï, MD, Clinical Director of the Strelitz Diabetes Center and Program Director for the grant. “We are grateful to the Anthem Foundation for recognizing the scope of the problem and for partnering with us to work toward a solution.”

“We are pleased to be able to work with EVMS to target diabetes in Southeastern Virginia,” says Jay Schukman, MD, Anthem’s Chief Medical Director. “By identifying people at high risk for diabetes or helping catch this disease in an early stage, we can help folks put plans in place to help combat it from developing further.”

With support from Anthem, the Strelitz Diabetes Center co-hosts diabetes screenings at physician offices, workplaces and community events across the region to locate people with an undiagnosed disease and those in the early stage of developing the disease, a condition

known as pre-diabetes. Dr. Aloï says the goal is to perform 2,000 screenings over the span of the one-year grant.

Once people with the disease or those who are at-risk are identified, Strelitz Diabetes Center specialists work with community physicians to develop follow-up care plans. That may include medical therapy or assistance in adopting lifestyle changes, such as halting smoking, lowering blood pressure or losing weight.

The project is unusual in that it also provides continuing medical education for community physicians and recruits peer counselors — patients who have successfully managed their diseases — to help others.

WellPoint Inc. and Anthem Inc. merged in 2004 to form one of America’s premier health care companies. Anthem Blue Cross and Blue Shield has a history of strong support for EVMS. The Anthem Professorship in Cancer Research supports the Leroy T. Canoles Jr. Cancer Research Center at EVMS. The Anthem Blue Cross and Blue Shield Foundation, a private, non-profit organization wholly funded by WellPoint, Inc., also has funded immunization initiatives through the Project Immunize Virginia program at EVMS.

THEIR
STORIES.

THEIR
WORDS.



AUTISM CAN'T
TAKE AWAY HIS VOICE.
ESPECIALLY IF YOU LISTEN.

WATCH TRAVIS' STORY
AND SHARE YOURS AT
EVMS.edu/MyStory.



EVMS | Community Focus.
World Impact.



Faculty and guest speaker Daniel M. Becker, MD, MPH, Director of the Center for Biomedical Ethics and Humanities at the University of Virginia, congratulate medical students during the White Coat ceremony. Dr. Becker delivered the annual H. Lee Kanter Lecture.

New Student Orientation

In August, EVMS rolled out the welcome mat to 284 new students during a busy orientation week. This annual rite of passage for all incoming students, kicked off with the Dean's Breakfast. There, the students mixed and mingled with their new classmates and met with faculty and school leaders. Students received their IDs, class schedules and just about everything else they'll need for a successful tenure at EVMS. Students attended workshops, hosted by faculty and staff, and learned about what the school has to offer. Then it was off to the President's Picnic to indulge in some BBQ, sweet tea and snow cones. In addition to eating, students and their families and friends could partake in a game of cornhole or strike a pose in the always-popular photo booth. The week concluded with 145 MD students receiving their white coats during the traditional ceremony in front of faculty, family and friends at Harrison Opera House.



Friends, from left, Oluvoniyin Peters, Barron Frasier, Laura Tyrell and Mike Murphy enjoy the President's Picnic.



Provost and Dean Richard V. Homan, MD, visits with students at the President's Picnic on the lawn at Smith-Rogers Hall.



Medical students Ibrahim Abubakar, left, and Branden Deyerele, center, talk with Master of Public Health student Brook Alemu on the first morning of orientation.



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

EVMS enjoys \$3.5 million boost in state support

The Virginia General Assembly once again has increased its annual allotment to EVMS to support the school's educational mission.

The latest boost came in the form of \$3.5 million in additional funding for Fiscal Year 2013. EVMS receives \$16 million of support for education, as well as another \$8 million in state money for indigent care, family-practice funding, medical modeling and simulation and financial aid for students.

Historically, EVMS has been considerably underfunded compared to the other medical schools in Virginia. President Harry T. Lester has worked diligently with state officials to build recognition for the school's work and to make up the funding shortfall.

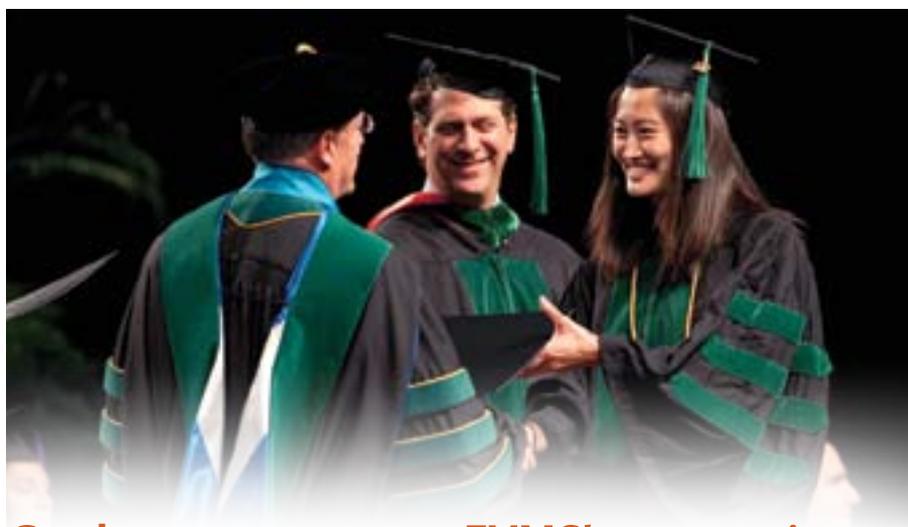
"Governor McDonnell and the legislature appreciate the school's importance to the health of the region and the state," President Lester says. "We are grateful for their continued support."

Much of the new funding will go toward adding faculty for a growing student class. Following the opening last fall of a new education and research building, the school is boosting enrollment to help prepare more physicians, physician assistants and other health care professionals in the face of an expected nationwide shortage of health care workers.

The additional state support also is helping EVMS hold the line on tuition increases. This year's increases were the lowest in more than 20 years.



Virginia Capitol, Richmond Va.



Graduates to carry on EVMS' community-oriented mission

Doctors Without Borders U.S. Board President Matthew C. Spitzer, MD, reveled in the community-oriented environment and mission of EVMS as he spoke to graduates May 19 at the Norfolk Scope.

"Since I arrived yesterday, I have felt like I am almost among comrades — allies in a certain struggle," Dr. Spitzer, keynote speaker for commencement, said to the 296 graduates and thousands of family and friends.

Dr. Spitzer encouraged the students to adopt the tenets of the founders of Doctors Without Borders: to combine concrete medical action with individual conscience. He spelled out the three concepts that help guide his organization's volunteers during their work — to be on the front lines to witness the need for care, refusing to accept unacceptable situations involving patients, and driving for innovation — illustrating each with a story from his travels and work around the world to assist the less fortunate.

"Humanitarian medicine, or community-oriented health care, is not something we should think of as charity care or where something is better than nothing," he said. "Instead, it should seek the highest standards and the best care possible, whether very far away in a developing country or next door."



Newly commissioned Army Captain Josiah L. Wrensford looks on as loved ones pin on his rank at the military commissioning ceremony on the Battleship Wisconsin.

Commencement-related ceremonies began with what has quickly become a new EVMS tradition: the White Coat Retirement Ceremony. Medical students and friends returned to Windhaven Farm in Windsor to retire their short white coats in preparation for the long white coats worn by physicians.

The festivities included the annual military commissioning ceremony aboard the USS Wisconsin in downtown Norfolk and the physician assistant program's White Coat and Awards Ceremony. There also were a series of banquets and receptions to honor graduates, including a new ceremony this year to induct students and faculty into the Gold Humanism Honor Society.

EVMS physicians are 'Top Docs'

EVMS is well represented in this year's Top Docs list that appears in the September issue of *Hampton Roads Magazine*.



The magazine honors some 250 EVMS full-time and community faculty physicians and alumni. That's more than half of the 440 doctors who were selected by peers to be part of the annual list. The list includes 37 physicians who practice with EVMS Health Services.



Go to evms.edu/magazine for a complete list of the honorees.

Grant comes just in time for surge in new HIV patients

EVMS has received critical, long-term federal funding to care for uninsured HIV patients.

The additional \$900,000 spread over three years will be used to care for HIV patients unable to afford their treatment, says Edward C. Oldfield, MD, Director of the EVMS Center for the Comprehensive Care of Immune Deficiency (C3ID). EVMS physicians see the majority of low-income HIV patients in Southeastern Virginia and the Eastern Shore.

The money, from the Ryan White HIV/AIDS Program, comes just in time. While the number of C3ID Ryan White patients has mushroomed 250 percent since 2007, funding has grown just 12 percent. And the volume of new patients continues to soar.

C3ID instituted a series of cost-saving measures to stretch the limited federal funding, reducing the annual cost of care per person (excluding medications) from \$2,319 to \$1,530.

WHRO Honors Otolaryngology Chair with Community Impact Award

Barry Strasnick, MD, Professor and Chair of Otolaryngology-Head and Neck Surgery, was awarded the 2012 WHRO Community Impact Award in the area of Health and Public Safety.

The category recognizes those whose efforts raise community awareness about safety issues and help protect the public, or whose individual acts of heroism save lives. Dr. Strasnick was nominated for his work with the Coalition for Hearing, Education and Research (CHEAR).

He also was recently named as a 2012 Best Doctor in *Virginia Living Magazine* and was listed among one of the "Top Doctors" in Otolaryngology by *U.S. News and World Report*.



Barry Strasnick, MD

EVMS physician-scientist garners grant to study polio vaccines

An EVMS infectious disease specialist is receiving research support from a private foundation in her efforts to improve global health.

Stephanie B. Troy, MD, is one of 16 physician-scientists selected to receive the 2012 Clinical Scientist Development Award from the Doris Duke Charitable Foundation. Dr. Troy will use the \$484,000 award to further her study of the possible risks of polio vaccines and methods to improve them.

"Although the current polio vaccines have succeeded in decreasing the number of global polio cases from 600,000 per year to only 650 cases in 2011, they have limitations that might make global polio eradication difficult," says Dr. Troy, who holds joint appointments in the Department of Internal Medicine and in the Department of Microbiology and Molecular Cell Biology.

The grant will fund a clinical trial investigating whether an injection into the skin rather than the muscle will improve vaccine effectiveness and allow for a reduced dose of inactivated polio vaccine in HIV-infected adults. The reduced dosage, if effective, would make the vaccine more affordable for developing countries, Dr. Troy says.

Friday the 13th: a typical day in the ER

Bruce Lo, MD, Assistant Professor of Emergency Medicine at EVMS, has debunked the myth that people are more likely to end up in the ER on Friday the 13th. Dr. Lo published a study in the July edition of the *American Journal of Emergency Medicine*. In the study, Dr. Lo compared emergency room visits at six different hospitals over a seven-year period, and determined that average ER visits for Friday the 13th were not increased compared with the Friday before and after, and the month before.

Dr. Lo also evaluated 13 different conditions and determined that only penetrating traumas were seen more often on Friday the 13th.



Student group working with local seniors wins award

Beyond Clinic Walls, a student-run community outreach program, recently placed second and won a \$2,000 award from the Commonwealth Council on Aging as part of its annual Best Practices award competition.

The Commonwealth Council on Aging advises the governor on issues affecting the nearly one million Virginians age 65 and older.

Beyond Clinic Walls pairs EVMS student volunteers with older residents in the Norfolk area who face complex medical and social issues. The students receive guidance and support from the Glennan Center for Geriatrics and Gerontology. Clients are recruited from Senior Services of Southeastern Virginia, the region's Area Agency on Aging.

Beyond Clinic Walls was created by MD Class of 2013 students Daniel C. Parker, Melanie J. Schriber and Sara W. Siddiqui. Each played a pivotal role in starting the program and then passed the torch to this year's student leaders, Stephanie M. Lape and Viann N. Nguyen.

 Learn more about Beyond Clinic Walls by visiting www.evms.edu/magazine.

Employers honored with Business Investment in Babies awards

EVMS was among 17 employers in the region honored in August by the Consortium for Infant and Child Health (CINCH) for their efforts to support breastfeeding mothers in the workplace. CINCH, a regional child health coalition sponsored by EVMS, presented the Business Investment in Babies (BIB) Awards during a ceremony August 3. The school now has five "nursing nooks" scattered around campus.

EVMS partners with JDRF to tackle Type 1 diabetes

The EVMS Strelitz Diabetes Center is partnering with the Juvenile Diabetes Research Foundation (JDRF) on a pair of important grants that target Type 1 diabetes.

The first, a two-year, \$500,000 grant, will focus on the enzyme 12-lipoxygenase (12-LO), an important link in the development of Type 1 diabetes.

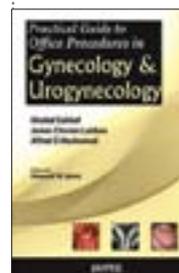
Studies in mice show that when scientists delete the gene responsible for 12-LO, mice who are predisposed to develop Type 1 diabetes remain free of the disease, say co-investigators Jerry L. Nadler, MD, and David Taylor-Fishwick, PhD.

Because deleting genes is not an option in humans, the researchers will evaluate a series of potential new medications to block 12-LO activity. The goal is to develop an oral medication that could serve as the basis for a similar approach in humans.

In the second grant, the EVMS scientists are taking part in a JDRF collaborative initiative known as nPOD-V (Network for Pancreatic Donors with Diabetes) that will investigate if a virus triggers the insulin-cell destruction that leads to Type 1 diabetes.

The dual research projects could have profound implications. Each year, more than 13,000 young people are diagnosed with Type 1 diabetes, according to the U.S. Centers for Disease Control and Prevention.

BOOK REVIEWS:



Alfred Z. Abuhamad, MD, Professor and Chair of Obstetrics and Gynecology; James C. Lukban, DO, Professor of Obstetrics and Gynecology; and Khaled Sakhel, MD, Assistant

Professor of Obstetrics and Gynecology, recently wrote a book titled *Practical Guide to Office Procedures in Gynecology and Urogynecology*.

"The book serves as an all encompassing manuscript of the office procedures performed by gynecologists," says Dr. Sakel. "It is the only book of its kind currently available on the market."

Unique in its focus on office-based procedures, the book thoroughly covers the essentials of diagnostic and therapeutic procedures, which are part of the office practice of the women's specialist.



L. D. Britt, MD, MPH, Henry Ford Professor and Brickhouse Chair of Surgery, has published his third textbook. Titled *Acute Care Surgery*, the 64-chapter

book highlights topics such as cutting-edge surgical technology, management paradigms, trauma, critical care and emergency general surgery. It also provides guidance on evidence-based care for acutely ill surgical patients.

Also, Dr. Britt recently was selected to serve as the lecturer for the Dr. John J. Krueger Annual Lectureship event in November in Virginia Beach. In its 14th year, the Krueger Lectureship is named in honor of a pathologist and leader in both the medical and lay communities. Dr. Krueger was a strong proponent of high-quality medicine and was involved in many charities.



Members of the EVMS trauma team, that provides lifesaving care for the entire region, include (from left to right): Scott F. Reed, MD; Jay N. Collins, MD; Leonard J. Weireter, MD; Timothy J. Novosel, MD Class of 2000; and L.D. Britt, MD, MPH.



Your first line of defense

EVMS staffs the only Level 1 trauma center in the region

Pink ripples of skin draw lines along Steve Joyner's face from his sparkling blue eyes down cheek bones and to his chin. His hands, too, have soft ridges of puckered skin, the telling signs of a fiery blaze that nearly took his life.



Around Christmas in 2011, Mr. Joyner attempted to restart a fire using gasoline, something he admits knowing could be dangerous. A sudden reigniting engulfed him in flames.

Mr. Joyner suffered third-degree burns on nearly 50 percent of his body. He fell in and out of consciousness as paramedics rushed him to the only place in Hampton Roads equipped to provide the care he needed — the Level 1 trauma center at Sentara Norfolk General Hospital (SNGH), which is staffed around the clock by EVMS surgeons.

This is high-pressure, rapid-fire medical care, and these men and women are your first line of defense. They take the hardest cases — the ones where life hangs in the balance, the ones other hospitals aren't equipped to handle.

“You can take care of the majority of injuries in any emergency room, but the trauma center exists for the 15 percent of the worst injuries out there because you have a finite period of time to do something positive,” says Leonard J. Weireter, MD, Chief of the EVMS Division of Trauma, the Arthur and Marie Kirk Chair and Professor of Surgery. “To get the right patient to the right hospital in the right time frame, that’s why we are here.”

At its core, trauma care is different because it is not a single, specific condition or area of the body. Trauma is the result of serious or critical injuries caused by incidents, such as automobile crashes, falls or acts of violence.

Trauma is time sensitive. If you don't get the right treatment in the right amount of time, your body will cross a line from which there is no turning back. When emergency responders arrive, no one knows where you are on that line or how long you may have. That initial timeframe is called the “golden hour” — the small window of opportunity to perform the necessary, life-saving interventions that give patients the chance to survive and thrive after traumatic injuries.

The SNGH/EVMS team is one of only five Level I trauma centers in the state and the only one serving the greater Hampton Roads region. That recognition is awarded to hospitals that demonstrate their ability to provide the highest quality of care for all injured patients. As a verified trauma center, SNGH is staffed 24 hours a day, 365 days a year by EVMS surgeons. They handle cases from Williamsburg to the Outer Banks, provide trauma care for the Navy and take all pediatric trauma cases for children of all ages.



“You can take care of the majority of injuries in any emergency room, but the trauma center exists for the 15 percent of the worst injuries out there because you have a finite period of time to do something positive.”

Leonard J. Weireter, MD, Chief of the EVMS Division of Trauma

The team has dedicated emergency-room space capable of handling mass casualties and round-the-clock access to laboratory and radiology services. They have an operating room they can walk into immediately and subspecialties, including orthopedic surgery, neurosurgery, plastic surgery and anesthesiology, waiting for their call. The Trauma Service also oversees a specific intensive care and burn unit for these patients. This team plays a leading role in every aspect of a patient’s recovery.

This is where the fight to beat the clock happens.

“We mobilize resources immediately as needed, but that’s what it takes. That is the institutional commitment this level of care requires,” Dr. Weireter says. “This is an excellent working relationship between EVMS and Sentara. They own the hard assets, and we have a leadership responsibility to set the medical tone and bring the expertise of a medical school to the table.”

The numbers tell the story.

According to the Virginia Department of Health, one in every 350 people in Virginia will be affected by trauma each year. Plus, trauma is the leading cause of death for people ages 1 to 44.

In 2011, Dr. Weireter’s team saw 2,668 trauma patients. About 240 were burn victims like Mr. Joyner. The great majority, however, were victims of motor-vehicle crashes.

Patients like 15-year-old Meaghan Gerety.

A slight girl with a pixie hair cut and a wide, toothy smile, Meaghan is a teenager on the mend. Bickering with her dad over typical girl-likes-boy-that-parents-don’t scenarios is a welcome occurrence and a reminder of how far she has come in just one year.

On June 16, 2011, Sean and Tracey Gerety received the 4 a.m. phone call every parent dreads. Meaghan was involved in a car accident less than a mile from their home. She suffered major head trauma, and paramedics weren’t certain she would survive the transport to the hospital.

The Gerety’s were told to prepare for the worst.

“We were trying to make sense of it all, but they told us that she would have the best chance of making it if they took her to Norfolk General,” Tracey Gerety says. “We prayed the EVMS surgeons would be able to help her.”

At the trauma center, doctors and nurses waited in a cleared trauma

bay. Snapping into action when Meaghan arrived, the team assessed vital signs and checked the extent of her skull fracture. Within three minutes, she was swept into surgery where a portion of her skull was removed to ease swelling on the right side of her brain. Her injuries left Meaghan in a coma for 14 days in the ICU.

The only thing that made Meaghan's coma bearable, her mother says, was the trauma team's commitment to involving the family in their loved one's care. They invite family members to participate in ICU rounds, to listen to the discussion and to ask questions after doctors and residents are finished talking shop.

"Words cannot describe what a parent goes through to see your child there hooked up to machines, everything just drains out of you," Mrs. Gerety says. "The trauma team was so understanding and patient and always answered our questions. There was just this sense that we are working together as a team to help my daughter."

After less than a year, Meaghan returned to school and started regaining a sense of normalcy in her life. It's been a long road to

recovery, but her family has remained focused on her future.

Before his daughter's accident, Sean Gerety didn't know about EVMS or the trauma center. Today, he considers himself one of their biggest fans. "If it weren't for EVMS, my daughter wouldn't be here, it's that simple," he says.

In many ways, the trauma team is made up of unsung heroes.

Most people in the community don't know what it means to have a Level 1 trauma center in their community until they or loved ones need its services, says L.D. Britt, MD, Brickhouse Chair of Surgery, Henry Ford Professor and a long-time member of the trauma team. Even fewer understand the intricate role EVMS plays in making that center a reality in Hampton Roads.

"There are places around the country where people who are critically ill or injured don't have access to this level of care, but fortunately, we have it here in Hampton Roads," Dr. Britt says. "People take it for granted. Get injured, though, and you won't take it for granted."

When Dr. Britt came to EVMS in 1986, the





trauma program was not fully developed. He and other EVMS surgeons were on call every other night until the department built up a full-time faculty to serve as the surgical resource at the hospital, says Dr. Britt, who was Chief of the Trauma Service prior to his appointment as Department Chair.

Today, five core surgeons make up the trauma team, but the entire surgery department handles trauma calls and works with residents and fellows. They also provide acute-care surgery services and have developed an accredited critical-care fellowship with a 100-percent exam pass rate.

Having a medical school affiliated with the trauma center means patients are provided

access to the newest treatments and the brightest minds, Dr. Britt says. “You don’t have one person; you have a team of all these minds determining what is the best management for your care, and that makes all the difference in the world,” he says. It certainly made all the difference to Mr. Joyner. He’s back at work and beginning to do many of the things he enjoyed before his accident.

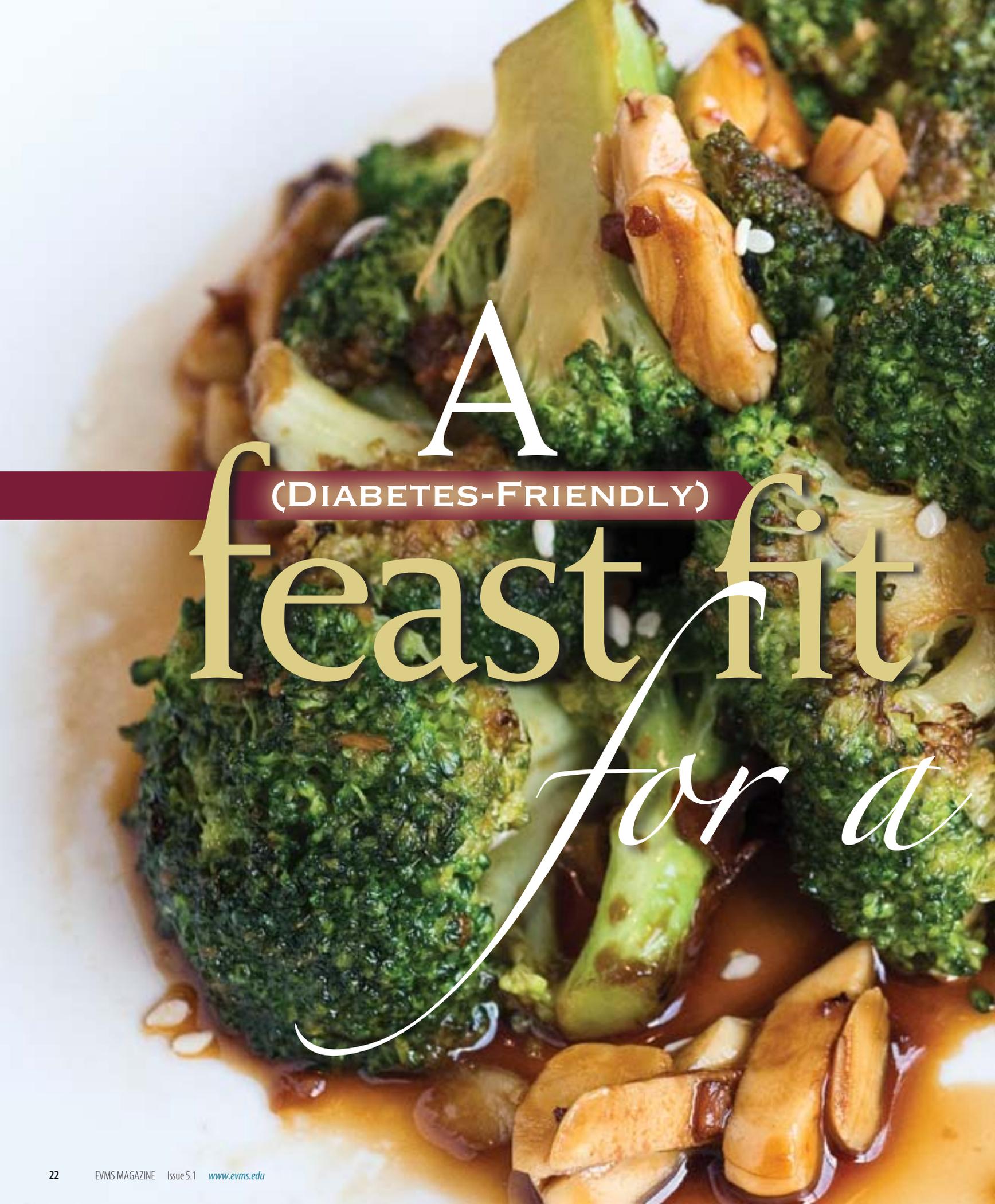
“The skills of the surgeons, their encouragement and the support they gave me, it all helped me get through this,” Mr. Joyner says. “I walked out of that hospital three months after my accident — that’s a testament to just how phenomenal they are.”



 See Steve Joyner’s story at www.evms.edu/MyStory



 Hear more about Meaghan’s story at www.evms.edu/MyStory



A
(DIABETES-FRIENDLY)
feast fit
for a



King



Executive Chef Edward Storey has worked at Bardo Edibles + Elixers for the past four years, and as a chef for many years before. He confesses that dining out can be difficult for someone trying to watch his or her diet. But Chef Storey was willing to stray from his usual fare in the name of eating healthy. Growing up in Georgia, he indulged in his fair share of down-home, southern cooking. However, after his father suffered several heart attacks and his mother learned she has celiac disease, he learned the importance of a proper diet.



Watch Chef Edward Storey prepare this dish and check out the recipe online at EVMS.edu/magazine.





Shrimp with spinach

eating healthy doesn't mean suffering through a dull diet. Living with diabetes or not, we dare you not to relish in the explosion of flavor packed into each bite. Take this mouth-watering entree for example — sautéed shrimp with spinach, red peppers and pine nuts over a country ham grit cake — that first envelops you in a scent of nutty, fresh seafood. By calling on his southern roots when pairing this ham grit cake with the shrimp, Bardo Edibles + Elixirs Executive Chef Edward Storey creates an unconventional holiday dish that is still sure to be a crowd-pleaser.

To make this entree healthier while still keeping all of the flavors, Chef Storey uses olive oil in lieu of butter, substitutes two of the four eggs with egg whites, uses low fat cheese and whipping cream instead of heavy cream. Dietician Phyllis Woodson of EVMS Strelitz Diabetes Center says reducing sugar, fat and salt or sodium intake is good for everyone since these nutrients in excess can increase your health risks.



Find this recipe and more tips for eating healthier, online at EVMS.edu/magazine.

Carrot casserole

Plated to perfection, Chef Storey's carrot casserole bursts not only with color but also flavor. The simplicity of this recipe makes it a snap to prepare at home and a few extra bright orange carrots grated on top go a long way to make this plate as visually appealing as it tastes.

Ms. Woodson suggests limiting starches when choosing a side dish, so Chef Storey turned to a recipe that's been featured on the menus everywhere he's worked: his grandmother's carrot casserole recipe. But by using the low fat versions of cheese and mayonnaise, he was able to make a wholesome side dish, and make his vegan grandmother proud at the same time, he says.



Like what you see? Visit [evms.edu/magazine](https://www.evms.edu/magazine) for this recipe and more. Plus, check out our expert tips for making your favorite meals healthier.







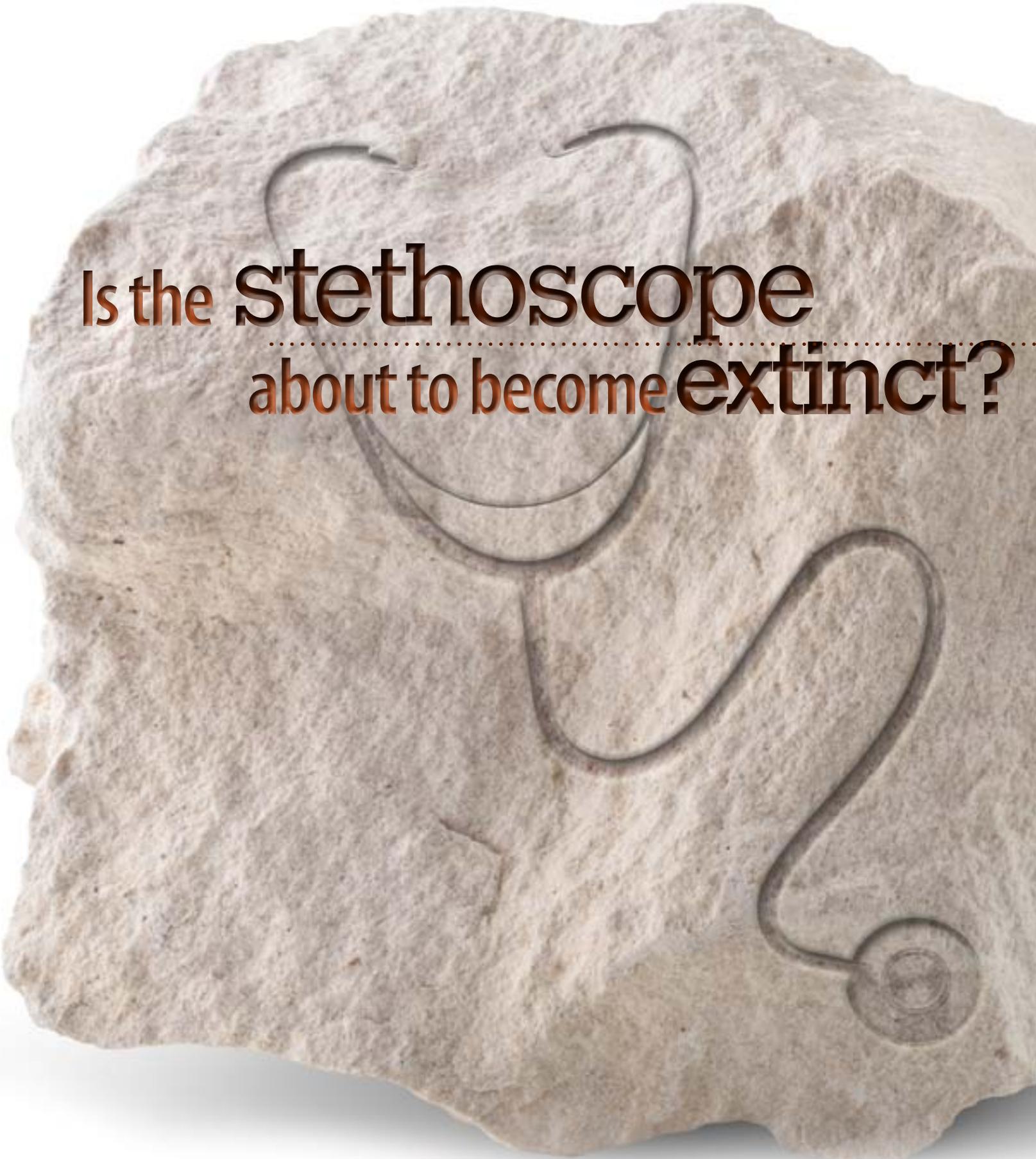
Wait, there's more. Head over to evms.edu/magazine for the recipes of the meal featured here, plus two bonus dishes: Turkey Casserole and Almond Broccoli Sauté. Watch as Chef Storey prepares the savory broccoli side and read more tips from Ms. Woodson for preparing healthy meals.

Mocha meringue kisses

Who says you can't have your cake and eat it too? So long as its prepared like Chef Storey's delicate mocha meringue kisses, you can. He uses egg whites and a sugar substitute so that these bite-sized beauties still satisfy any chocolate lover's craving, but without all the guilt of indulging in the typical high fat/high calorie dessert. Adding a dollop of fat free whipped cream is the perfect accompaniment.

Since most people tend to overindulge when they're eating out, Ms. Woodson suggests skipping the appetizer, splitting the entree with someone or taking half of it home. Avoid dessert, she says, or share it among several people. She also recommends limiting the alcoholic beverages.

But wait, there's more online. To try all of these recipes in your own kitchen, visit evms.edu/magazine. You'll also find Chef Storey preparing a bonus dish — almond broccoli sauté and the recipe for his turkey casserole. Plus, Ms. Woodson has some more tips for healthy eating. You don't want to miss this exclusive online content.

A large, irregularly shaped slab of light-colored, textured rock, possibly limestone or sandstone, is shown against a white background. The rock has a prominent, dark, engraved or fossilized outline of a stethoscope. The stethoscope is depicted in a classic shape, with a circular chest piece at the bottom right, a long, curved tube, and two earpieces at the top. The text "Is the stethoscope about to become extinct?" is overlaid on the rock, with "stethoscope" and "extinct?" in a larger, bold, brown font, and "Is the" and "about to become" in a smaller, brown font. A horizontal dotted line is positioned between "stethoscope" and "extinct?".

Is the **stethoscope**
about to become **extinct?**

A national leader in the effort to expand the use of medical ultrasound, Alfred Z. Abuhamad, MD, compares a full-size ultrasound machine with a hand-held unit.



Medical **ULTRASOUND** *comes of age.*

At 54 years old, Pete thought he was in the best shape of his life. But a sudden pain down his left arm and shortness of breath forced him to dial 911. Within five minutes, a paramedic was using a handheld ultrasound to get a closer look at Pete's heart.

That iconic image of a doctor with a stethoscope may soon become a distant memory, as more and more, ultrasound becomes the go-to technology of choice for health professionals around the globe. Seventy years after an Austrian doctor first used it as a diagnostic tool, ultrasound is finally coming of age.

Touted as the “stethoscope of the future” for its ability to provide real-time diagnostic information, ultrasound’s increasing portability and affordability are making it more practical and feasible than ever. The American Medical Association (AMA) has even acknowledged the trend, recently affirming for the first time that “ultrasound imaging is a safe, effective and efficient tool when utilized by, or under the direction of, appropriately trained physicians.”

Alfred Z. Abuhamad, MD, Professor and Chair of Obstetrics and Gynecology (Mason C. Andrews Chair), and a long-time ultrasound pioneer, says the AMA resolution is a major step forward for a technology whose potential is only now being realized.

“Ultrasound has some important advantages over other imaging tools,” says Dr. Abuhamad, who also is national president of the American Institute of Ultrasound in Medicine, a sponsor of the AMA resolution. “From a safety perspective, ultrasound uses no ionizing radiation, so it is safer. From a cost perspective, it is less expensive than MRI (magnetic resonance imaging) or CT (computed tomography). And from a clinical perspective, it is at least as effective as other imaging modalities in many cases.” Dr. Abuhamad is helping lead the charge to encourage practitioners and payers to consider ultrasound before other diagnostic tools in appropriate situations. “There are gaps in knowledge of ultrasound on the health-care team,” he says. “As a society, we are trying to fill those gaps and help the medical community understand the many situations in which using ultrasound first may be of value.”

A Brief History

The roots of ultrasound technology can be traced to ancient Greece, where Pythagoras developed a “sonometer” for measuring musical sounds.

By World War I, the French were building a device capable of detecting submerged enemy submarines, the precursor to modern sonar. But it was not until the 1940s that Austrian neurologist Karl Dussik became the first physician to use super-fast sound waves in medical diagnosis.

“I would say that we are still in the infancy of introducing the widespread use of ultrasound in clinical practice,” says Barry J. Knapp, MD, Associate Professor and Emergency Ultrasound Fellowship Director. “Until recently, the scope and focus have been very narrow. But in the hands of more physicians, ultrasound is going to be an even more powerful tool.”

Multiple Applications

Most people realize that ultrasound can be used to get a better look at the heart and babies in the womb. But EVMS Critical Care Specialist and Professor of Internal Medicine, Alexander B. Levitov, MD, says few understand the true scope of ultrasound’s potential.

“Ultrasound technology is virtually omnipotent in that it can be used for every disease process, with the exception of a few

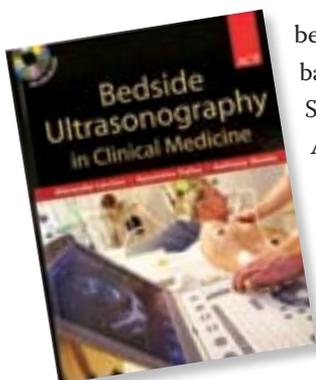
psychological disorders,” says Dr. Levitov, who has written two books on the subject. Dr. Levitov says ultrasound’s versatility, safety, portability and affordability have helped bring it to such remote locales as the Mt. Everest base camp, the battlefields of the Middle East and the space station. As units become even more portable and cost-effective, ultrasound is also becoming ubiquitous in hospitals, clinics and even at patient bedsides.

“Ultrasound is truly changing the paradigm of how we diagnose and treat patients,” Dr. Knapp says. In partnership with ultrasound manufacturer SonoSite, he is leading a major study on the value of ultrasound in the hands of emergency medical service (EMS) providers. Through this study, close to 90 EMS providers within the city of Norfolk can obtain and transmit vital ultrasound data in cases of cardiac arrest or major trauma.

“Ultrasound machines have traditionally sat in the radiology suite or in the OBGYN department,” Dr. Knapp says. “But it is clear to us in emergency medicine that having more information on the clinical status of patients before they even reach the emergency department could be a huge benefit not only to EMS providers but also to emergency physicians.”



Seconds count during a medical emergency. Emergency physician Barry Knapp, MD, is studying how the use of portable ultrasound equipment during transport to the hospital impacts patient outcomes. Here, he demonstrates use of ultrasound in an ambulance.



In the emergency department, ultrasound can be used to diagnose bleeding in internal organs in trauma victims as well as check the status of vital organs like the heart and aorta. It's also valuable in diagnosing problems in numerous other areas of the body, such as in the eyes, muscles and bones.

Ultrasound is used to provide real-time guidance in placing a central line or performing needle biopsy and can even perform functions sometimes thought to be the sole domain of radiation-based imaging systems, such as identifying broken bones. This can be especially valuable in poor or remote areas and for pediatric patients for whom exposure to ionizing radiation can increase the risk of leukemia and lymphoma later in life.

A Bright Future

EVMS is taking a leadership role in advancing the everyday use of the technology. That effort includes building ultrasound into the school's curricula. Students are learning its value early in medical school by using advanced new equipment — including 30 units approximately the footprint of a smart-phone —

provided through a grant from GE. Their experience with the devices, both during medical school and later in clinical practice, will become the subject of a research study in collaboration with GE. “We are one of the first adopters of what is going to become a trend in medical education,” Dr. Abuhamad says. “Our hope is that these students will think about ultrasound when they need an imaging technology in clinical practice. They will understand its benefits and limitations and will know how to order it appropriately.” And that knowledge will come just in time. Although all three doctors acknowledge that widespread acceptance of ultrasound will depend in part on changes in insurance reimbursement, Dr. Knapp predicts a bright future for the technology.

“I would not be surprised if, in 20 or 30 years, there is an ultrasound machine in every physician’s office.”



First-year medical students use handheld ultrasound units to practice finding toys embedded in gel designed to mimic human tissue.



EVMS alum assumes command of USNS Comfort's Medical Treatment Facility

Navy Capt. Kevin J. Knoop, MD, a 1985 graduate of EVMS, assumed command of the Military Sealift Command hospital ship USNS Comfort's Medical Treatment Facility in May.

He was most recently deployed as a force surgeon from III Marine Expeditionary Force in Okinawa, Japan.

The Comfort's primary mission is to serve as a floating, mobile, acute-surgical medical facility for the U.S. military, along with a secondary mission to provide hospital services for disaster relief and humanitarian operations worldwide.

The 1,000-bed, 10-operating room hospital has a helicopter pad, two helicopters and two waterborne ambulances and is staffed by 900 military and civilian health care

professionals. In recent deployments in the Caribbean and Latin America, more than 68,000 patients were treated, and 1,100 medical procedures took place in the shipboard operating room.

After assuming command and reflecting on how his studies at EVMS influenced his career, Capt. Knoop recalled the school's unique approach to patient

care and the leadership opportunities he was afforded.

"The humanistic approach to patient care that I experienced at EVMS has stayed with me throughout my career and taught me to always put the patient first. EVMS was ahead of its time in emphasizing patient-centered care when other schools seemed more focused on improving their students' grades," he says.

At EVMS, Capt. Knoop was vice president of his class for all three years (the MD program was only three years in duration at the time) and served as interim president for the school's first four-year class.

"I also got my first real exposure to leadership positions at EVMS," he says. "I got to experience the value and responsibility of positions of responsibility, which helped in my Navy career, as well."



Kevin J. Knoop, MD Class of 1985, and his wife, Mary Jo Chandler, MPA Class of 2008, celebrate Capt. Knoop's new command of the U.S. Navy hospital ship Comfort. Above right, Capt. Knoop takes part in the change-of-command ceremony.



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EVMS grad serves veterans in Washington

Since graduating from EVMS in 1981, Mary Maniscalco-Theberge, MD, has traveled the world as a United States Army Medical Corps surgeon, attaining the rank of colonel. She was the first female chief of surgery at Walter Reed Army Medical Center. She now serves as the Deputy Medical Inspector for Professional Services, Office of the Medical Inspector for the Veterans Health Administration.

In spite of her achievements, Dr. Maniscalco-Theberge, or Dr. Mary as she is widely known, remains down-to-earth, laughing when asked about her remarkable success.

“If you had told me 30 years ago this is where I’d be today, I would have said, ‘Huh?’” she says.

She attributes much of her success to EVMS, which she chose because of the care that professors and administrators showed to students.

“I’m forever grateful for the opportunity to have started my career at EVMS,” she says. “It is such a community-based school. It was not just an academic endeavor; it was a community endeavor.”

Dr. Maniscalco-Theberge fondly recalls a trip to the mountains taken by many students in which the upperclassmen were there to help and nurture her class.

“It really was a family environment... we were doing this all together,” she says. “You heard stories about med schools being cut-throat with students sabotaging one another, but EVMS was not at all like that. It was about working together to be the best, most compassionate physicians possible.”

She also was impressed by the diversity of EVMS’ student population, and noted that there was “a unique, broad spectrum of people” in their late 20s and 30s.

“That was very enlightening to see how people make life choices,” she says. “I was very traditional, going to high school, college and med school. That wasn’t the path that a large portion of the class took. They had evaluated life and made the choice to go into medicine with experience behind them.”

Now, with more than 30 years of experience, Dr. Maniscalco-Theberge looks back to EVMS’ commitment to community as she works to aid veterans.

“The whole concept of community,

of you as part of the greater whole, is something much instilled at EVMS. It’s not about you; it’s about things much bigger than you, playing your part and making contributions.”

As a deputy medical inspector, she is part of a team that investigates cases regarding quality-of-care issues that may ultimately affect changes across the whole of the Veterans Health Administration.

“When something’s happened, we’re a reactionary force. We get cases in a number of ways: from veterans, staffer calls, news events, congressional inquiries. If they say, ‘Washington is investigating,’ that’s who we are. We really are from Washington, and we’re here to help,” she says.

Her colleagues include physicians and nurses who form a team of clinical and administrative professionals with more than 100 years of combined investigational experience. They work with other entities, including the Department of Defense and civilian institutions, to raise standards of health care.

Her day-to-day routine is anything but. One day may involve gathering information, reviewing records and reading news stories. Another may involve traveling to a site followed by intensive interviews, compliance inspections and facility evaluations. Team meetings compare impressions and prepare recommendations. Reports are written, vetted by different offices and sent to facilities to develop response plans.

“This is not your father’s VA. It’s a very different thing from when I was in medical school. We’re making great efforts to standardize care around the country to deliver the highest quality of care wherever veterans are. We’re part of the system to make sure that happens. It’s a very exciting place to be,” she says. “It’s truly an honor and privilege to take care of American veterans. They are truly special people.”

Dr. Maniscalco-Theberge is also an attending general surgeon at the Walter Reed National Military Medical Center. She is in the operating room one day a week, principally performing breast surgeries.

She says, “It’s helpful with my job because when I do medical inspections, people ask, ‘Do you still operate?’ and I do.”



Mary Maniscalco-Theberge, MD, receives an award from the American College of Surgeons in recognition of her dedication to surgical education and patient care.

Following the family path to medicine

Running parallel to EVMS' mission to be the most community-oriented medical school in the nation is the commitment to train physicians and medical professionals who will practice in this community.

Nowhere is that more evident than in "legacy" families consisting of EVMS alumni who raise children who follow in their footsteps. Two current EVMS families are particularly emblematic of the notion to serve this community.

State Senator Ralph S. Northam, MD, is an EVMS graduate (1984)

work that they do. You hear interesting and inspiring stories of medicine. It's like osmosis. You can't help but be interested [in medicine] growing up in that kind of family."

Another family with close ties to EVMS is the Whibleys. Theresa W. Whibley, MD, is an EVMS graduate, assistant professor of obstetrics and gynecology and member of the EVMS Board of Visitors and Norfolk City Council. Her son, Josh Whibley, is in the EVMS Physician Assistant Program. Both entered EVMS after successful careers outside of medicine.

Dr. Whibley, who graduated in 1982, says she was attracted to EVMS in part because the school embraced nontraditional students. She was a teacher and reading specialist before she decided to pursue her interest in medicine.

Josh studied business and hospitality management in college. He worked at a series of resorts before deciding that he wanted to pursue medicine. EVMS was a perfect fit for him, as well.

Josh says that watching his mother interact with patients inspired him.

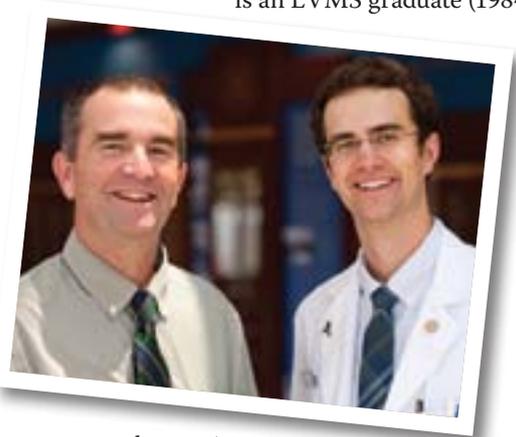
"I have a lot of memories of going around town, and my mom would meet a patient or somebody she delivered. They were always so thankful and happy to see her. You could really tell there was a bond between my mom and her patients. "She made an impact on a lot of people's lives, and that's pretty amazing."

and an assistant professor of pediatrics and a pediatric neurologist at Children's Hospital of The King's Daughters. His son, Wes, is a third-year medical student at EVMS.

The father and son share a commitment to being involved in the community. Dr. Northam says, "We stressed to them — and tried to lead by example — that in addition to doing your job on a day-to-day basis, it is important to help others who need help."

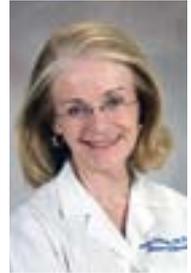
Growing up as the child of a physician, Wes was well acquainted with the challenges and sacrifices the profession requires.

"You realize early on what a significant time commitment it is and how it affects your family. You can't always be there for family events," Wes says. "It's pretty amazing what they do, and you have an appreciation for the



classnotes

Maureen D. Mayes, MD Class of 1976, has joined the Medical Advisory Board of the Raynaud's Association. Now a Professor of Medicine at the University of Texas Health Science Center at Houston Medical School, Dr. Mayes directs the Scleroderma Clinic and Research Program at UTHealth and is a leading authority on Raynaud's disease.



Jennifer Reason, MD, EVMS Ob/Gyn Residency Class of 2012, has joined her father, John Reason, in practice at Riverside Shore OB/GYN Associates in Nassawadox on the Eastern Shore of Virginia.

Jeffrey Wilson, MD Class of 1997, recently published his second novel, *The Donors*, a story that, according to the publisher, "fuses elements of horror, medical suspense and the supernatural." Dr. Wilson draws on his experiences as a trauma and combat surgeon during two tours of duty in Iraq. He and his wife, Wendy, live with children Emma, Jack and Connor in Southwest Florida, where he is now at work on his next novel.

Looking back



Recognize this blues-crooning duo (photographed for an EVMS alumni yearbook)? Send us your guess at news@evms.edu. We'll pick from among the correct responses and send the winner an EVMS prize pack.

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

Capital Campaign draws strong support ahead of year-end finale

With just over two months left before its conclusion, the EVMS 20 Twenty Capital Campaign continues to gain support from Hampton Roads and beyond.

The campaign stretched to more than \$26 million over the summer, and the vision for EVMS' future has proven to be a strong lure for people and organizations that want to ensure a healthy community. Recently, The Mary Morton Parsons Foundation issued a two-to-one challenge grant to the school, and Newport News Shipbuilding committed \$250,000 to the campaign.

"Gifts such as these demonstrate that those who care about this community understand how important EVMS is to our future," says Connie L. McKenzie, Director of Development. "We're thrilled to receive such strong support from organizations known for effecting positive change for this region and the state."

The Mary Morton Parsons Foundation, known for issuing challenge grants for causes important to the greater-Richmond area, will contribute \$200,000 if EVMS raises an additional \$400,000 toward the construction of the Education and Research Building and renovations to Lewis Hall, the Edward E. Brickell Medical Sciences Library and the Strelitz Diabetes Center by May 2013.

"EVMS' work benefits communities throughout the Commonwealth, and they are a key part of the solution to the shortage of health care providers that will affect us all. The school's far-reaching impact in Virginia made our decision to support their growth an easy one," says foundation Executive Director Amy P. Nisenon.

The contribution from Newport News Shipbuilding (NNS) will go toward the cost of constructing the new building and to the EVMS Fund. Wayne F. Wilbanks, Co-Chairman of the Capital Campaign, says the company's gift is a testament to the medical school's impact on the regional economy; with some job losses expected in the military-industrial complex, NNS is supporting a sector that is expected to help fill that economic gap.

"EVMS is delighted with the investment that Newport News Shipbuilding has made in the medical school. It represents a milestone gift toward the future of the school," Mr. Wilbanks says. "It is especially important since they are reinvesting in the community in a high-growth area, such as health care. Given the future reduction of military spending in the area, EVMS is becoming a much more important growth engine to Hampton Roads."

Launched in January 2010, the 20 Twenty Capital Campaign supports initiatives critical to both EVMS and the community it serves. The drive seeks to generate funding for construction and renovation projects, for increased scholarship gifts and endowments for the deepening of EVMS' diabetes and cancer programs. The campaign concludes in December 2012.

To support Hampton Roads health care and make a gift to the Capital Campaign, use the special envelope included in this magazine or go online to www.evmsfoundation.com.



Compassion a driving force for Glennan Center benefactor

Virginia Glennan Ferguson has seen much in her 96 years. The Norfolk native spent childhood summers bronzing at the oceanfront in then-rural Virginia Beach. She lived through the Great Depression, attended finishing school in Boston and resided for a time in Maui. But the experience that left some of the deepest marks on her heart — and stirred her to action — was the 4,000 hours she spent volunteering in the emergency room at Virginia Beach General Hospital during the '60s and '70s.



Virginia Glennan Ferguson

“I loved every minute of it,” she says.

Since this was before the days of emergency rooms being staffed almost exclusively by medical personnel, she helped prepare patients and instruments for the doctors, as well as handled administrative tasks. She witnessed immense compassion and heart-felt care, but Mrs. Ferguson also

noticed a disturbing trend. Particularly around the holidays, people would sometimes leave elderly relatives at the ER when they felt burdened by the older person’s medical needs. Patients also would come in from nursing homes with bedsores or other signs that their care was lacking. Mrs. Ferguson was particularly close with her grandparents, and she says seeing family members treated that way broke her heart.

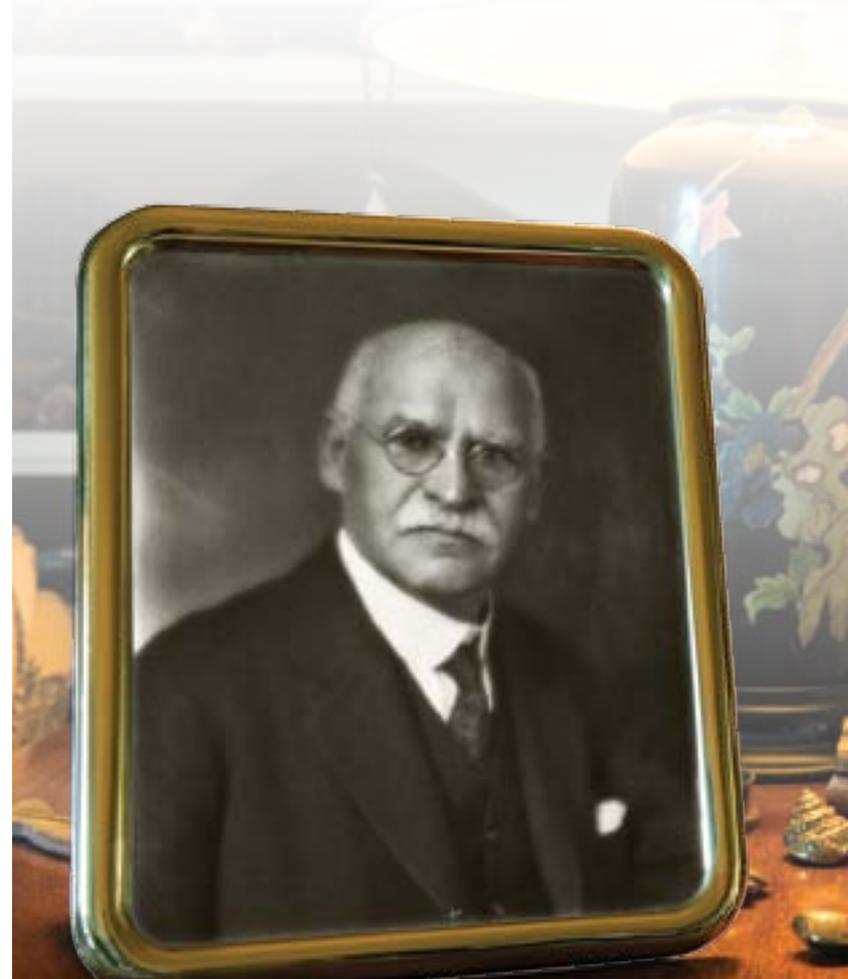
“I looked at all these people, and I kept thinking, “They were somebody. Somebody loved them,” she says. “And now they’re just flotsam and jetsam, and nobody cares.”

Those experiences were seared into her memory, and years later, they fueled action.

In the mid-1990s, Mrs. Ferguson was looking for a way to honor the legacies of her father, Edward Keville Glennan, and

her grandfather, Michael Glennan. The men were scions of the local news industry; Michael Glennan worked for *The Virginian* — forerunner of the *The Virginian-Pilot* — before buying it in the 1870s, and Keville Glennan was editor of *The Virginian-Pilot* and *The Ledger-Dispatch*.

Mrs. Ferguson had just concluded her sponsorship of a series of journalism lectures held in the men’s honor when a



Mrs. Ferguson’s father, Edward Keville Glennan, carried on the family newspaper tradition by serving as editor of *The Virginian-Pilot* and *The Ledger-Dispatch*.

new opportunity arose at EVMS. Friends of hers at the school — including then-faculty physicians John Franklin, MD, and Robert Payne, MD — convinced Mrs. Ferguson that she could help prevent what she saw in the ER by supporting a program at EVMS focused on the unique needs of older patients. And in 1995, Mrs. Ferguson donated \$2 million to establish the Glennan Center for Geriatrics and Gerontology at EVMS.

The center has kept the school at the forefront of elder care. All EVMS medical students complete geriatric-medicine rotations. The center hosts an accredited geriatric-medicine fellowship and leads research into age-related conditions. EVMS also has a combined internal medicine/geriatric medicine residency program that prepares physicians-in-training to care for an aging population.

Such a return on her investment gives Mrs. Ferguson reason to smile.

“The Glennan Center has been a success,” Mrs. Ferguson says. “I’m proud of what it’s doing for older people — they’re the ones who touch my heart.”



2012 EVMS Fund supports key needs across campus

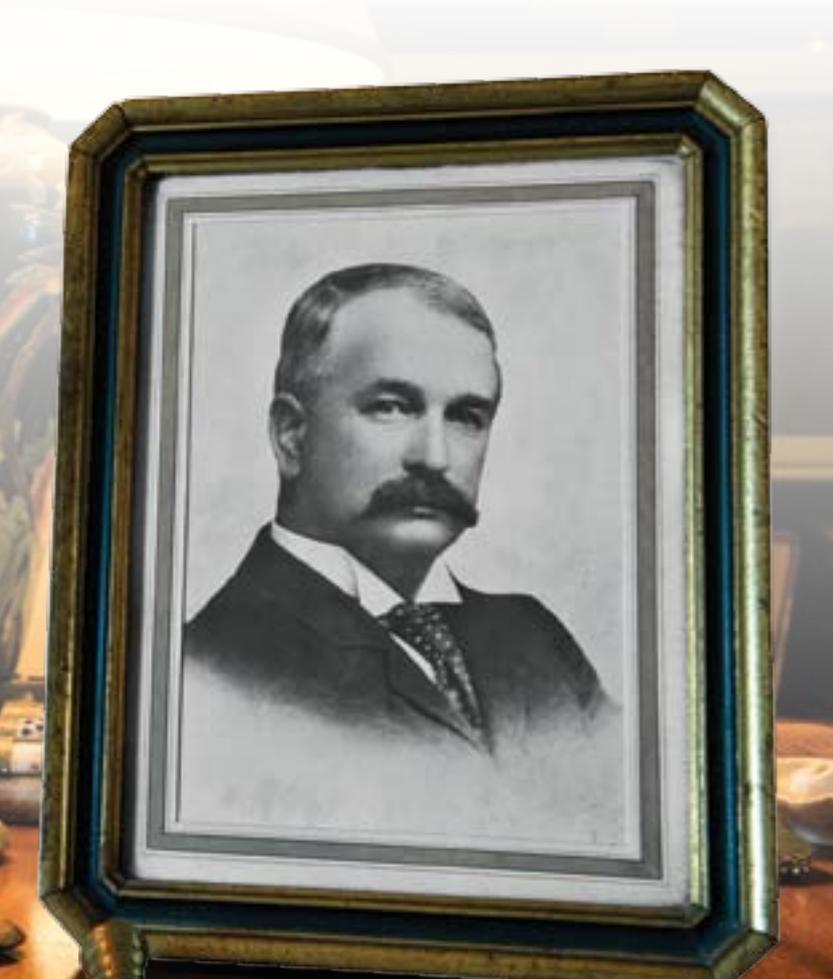
Scholarships, faculty recruitment, curriculum development and simulation programs were among the key initiatives to benefit from the 2012 EVMS Fund.

The yearly fund-raising drive provides support for important areas throughout the school and emerging needs throughout the year. For the fiscal year that ended June 30, it raised \$1,154,000.

“The EVMS Fund is a very important piece of the school’s yearly budget,” said Denise Milisitz, Director of Annual Giving. “It gives leadership, particularly the provost, the flexibility to capitalize on new opportunities and needs that arise though the fiscal year. Support for the EVMS Fund really allows us to be a progressive organization.”

Important areas supported by the 2012 fund included:

- \$200,000 in Dean’s Scholarship Alliance for Diversity Scholarship support that provides \$40,000 for graduates of Historically Black Universities and Colleges.
- Relocation to campus of the Art Therapy program’s studio and the offices of the Ophthalmic Technology program
- New faculty in the School of Health Professions and the Department of Physiological Sciences
- Funding to create a comprehensive medical ultrasound curriculum and to enhance educational components in pharmacology and physiology.
- Expanded the number of small groups to meet growing class size
- New equipment in our research labs



Michael Glennan, Mrs. Ferguson’s grandfather, owned *The Norfolk Virginian* prior to its merger with another local paper, *The Pilot*. He served as Vice President of the new organization, *The Virginian-Pilot Publishing Company*.

Local family pledges \$1 Million to diabetes research

Norfolk resident Richard M. Waitzer and his sons have made a \$1 million pledge to Eastern Virginia Medical School to support diabetes research in honor of Mr. Waitzer's late father.



Murray Waitzer

The gift from Mr. Waitzer and his family — wife Leah W. Waitzer and sons Edwin S. Waitzer, Bradley J. Waitzer and Scott D. Waitzer — will establish the Murray H. Waitzer Endowed Chair for Diabetes Research. Murray Waitzer had to take daily insulin doses throughout his life to control his Type 1 diabetes.

“I have been very impressed by the people at EVMS, and I know the work they’re doing is so worthwhile,” says Richard Waitzer, whose grandfather and older brother also had diabetes. “I hope this gift will lead to further understanding of this disease and hopefully, someday, a cure.”

Murray Waitzer was born in New York to poor Russian immigrants but was a talented, energetic entrepreneur who went on to found two wholesale drug companies, the first in Washington, D.C., and a second, Murray Wholesale Drug Corp, in Norfolk. He raised three children and loved spending time with them, as well as his grandchildren, says Richard Waitzer, who was his youngest child.

Murray Waitzer died at 71 in 1971 of heart failure that may have been linked to diabetes. The disease also damaged his eyesight.

“My dad would do anything for his family,” Richard Waitzer remembers. “He just spent a lot of time with me and then later with my boys. He was at every one of their games, cheering them on. He loved watching sports, fishing and traveling — he really enjoyed life. He was a great man, and it’s an honor for my family to give this gift in his name.”

Richard Waitzer, 79, graduated with a physics degree from Carnegie Mellon University in Pittsburgh, Pa., and worked in the wholesale drug business for more than 20 years before establishing a private real estate development firm in 1966. He now is President of M&R Realty Corp. and Vice President of Signature Management Corp, the former a development company and the latter its management arm. Both are headquartered in Virginia Beach and specialize in commercial and multi-family real estate. Mr. Waitzer’s three sons work with him and also develop properties for their own accounts.

In addition, Mr. Waitzer is a patron of local arts who serves on the boards of the Virginia Symphony, the Virginia Symphony Foundation and the Chrysler Museum of Art.

Helping you breathe easier

EVMS Pulmonary and Critical Care Medicine physicians diagnose and manage pulmonary (lung) problems. They use patient history, physical examination and testing such as pulmonary function to investigate pulmonary disease, critical illness and sleep disorders.

What's involved in a pulmonary function test?

The test measures how well the lungs take in and release air and how well they move gases such as oxygen from the atmosphere into the body's circulation. During the testing, a trained respiratory therapist will ask you to breathe into an instrument called a spirometer.

Why would I need to have this test done?

A pulmonary function test is helpful to diagnose lung problems such as asthma, emphysema or bronchitis and to help find the cause of unexplained shortness of breath or chronic cough. The test can help your physician evaluate your fitness for surgery, assess the effects of prescription medications and measure progress in disease treatment.

Do I need a referral?

Yes.

How long does it take?

The test takes about 1 hour and 15 minutes.

Why should I have the test done at EVMS?

The EVMS pulmonary function test lab is conveniently located in Williams Hall, near other physician offices and close to Sentara Norfolk General Hospital. It is close to an HRT bus stop and the light rail station. We work to schedule your test as quickly as possible at a time convenient to you.

What happens once the test is done?

EVMS pulmonary physicians interpret your test results and send a report to your doctors with recommendation about further testing or treatment. You can also request a copy of your results.

For more information, call 757.446.8920.



Photos of MD Alumni Reunion, Homearama, new medical residents, environmental safety presentation, CINCH breastfeeding awards ceremony and Remote Area Medical clinic.



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



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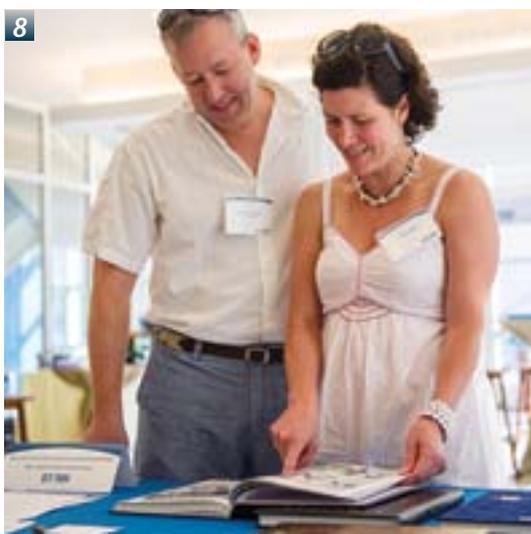
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1. Courtney Kerr, left, Director of Environmental Health and Safety and President of the national Campus Safety Health and Environmental Management Association (CSHEMA), presents former Provost and Dean Gerald J. Pepe, PhD, with the CSHEMA "Campus Leaders Who Care" award for his support of environmental stewardship and health and safety issues.

2. CINCH, the Consortium for Infant and Child Health, recently honored 17 organizations for their support of breastfeeding mothers. Among the recipients was the Navy and Marine Corps Intelligence Center, represented by Commanding Officer Capt. William Kotheimer. With him, at left, is C.W. Gowen, MD, Interim Chair of Pediatrics, and EVMS Provost and Dean Richard V. Homan, MD. EVMS is the lead organization for CINCH.

3. Graduates and spouses from the Class of 1977 pose for a photo at the MD Alumni reunion.

4. Former classmates Jean Massie, left, and Betty Bibbins catch up at the MD Alumni reunion in August. They joined a number of fellow graduates from the Class of 1982.



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5. A new crop of residents arrived at EVMS in July. Among the new physician-in-training are residents at Portsmouth Family Practice. From left are EVMS graduates Jessica Bernens, MD, and David Deeley, MD, along with Megan Germscheid, DO, William Mollenkopf, MD, Jessica Andrews, MD, and Elizabeth Cochran-Ward, MBBS.

6. The EVMS Healthy House is one of eight homes on display at the fall 2012 Homearama at East Beach in Norfolk. The event runs Oct. 13-28.

7. Team EVMS was on hand again this year at the Remote Area Medical (RAM) Clinic in Southwest Virginia, one of the nation's largest free clinics. The EVMS volunteers -- including faculty, students and staff working in diabetes and ophthalmology -- saw hundreds of patients during the weekend event in July.

8. Richard Griffey, MD Class of 1997, and his wife, Julia, enjoy a look through an old yearbook during the MD alumni reunion.

EVMS

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World Impact.**

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OUR MISSION: Eastern Virginia Medical School is an academic health center dedicated to achieving excellence in medical and health professions education, research and patient care. We value creating and fostering a diverse and cohesive faculty, professional staff and student body as the surest way to achieve our mission. Adhering to the highest ethical standards, we will strive to improve the health of our community and to be recognized as a national center of intellectual and clinical strength in medicine.



**EVERY CHALLENGE
IS AN
OPPORTUNITY.**

As a leader in health care, we're known for our innovative research, dedication to teaching and commitment to patient care. Now, we're challenging you. Give to the EVMS 20 Twenty Capital Campaign with a gift that supports the construction of the Education and Research Building and renovations to Lewis Hall, the Edward E. Brickell Medical Sciences Library and the Strelitz Diabetes Center through May 2013, and for every \$2 you contribute, \$1 more will be donated by The Mary Morton Parsons Foundation—up to \$200,000.

TOGETHER, WE CAN IMPROVE EVMS AND IMPROVE THE HEALTH OF HAMPTON ROADS.

WE'RE HEALTHIER BECAUSE YOU'RE HERE.

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World Impact.**

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