

2012-2013

ISSUE 5.4

PREMIER DIGITAL ISSUE

EVMS

MAGAZINE

COURSE OF Care

**At EVMS, a few steps will take you
through a full range of treatment**



A low-angle, upward-looking shot of a firefighter in full protective gear, including a helmet and a jacket with reflective stripes. The firefighter is looking up towards a large, multi-paned window of a brick building at night. The scene is illuminated by a warm, yellow light, likely from the fire or emergency lights, creating a dramatic and heroic atmosphere.

HEROES NEVER GIVE UP.

Especially at EVMS. Keith was a tough, hard-working firefighter — until he was stricken by a life-threatening, unknown illness. In critical condition, he was brought to EVMS doctors who worked until they achieved what seemed impossible — a diagnosis and a successful treatment plan, and a man on the road to recovery.

You're healthier because we're here.

EVMS
Eastern Virginia Medical School

**Community Focus.
World Impact.**

[EVMS.edu/MyStory](https://www.evms.edu/MyStory)

upcoming events

August 17-18

Wine, Women & Fishing

One of the most colorful annual events held by the Chesapeake Bay Wine Classic Foundation, this fishing tournament and dock party at Virginia Beach's Southside Marina has raised more than \$215,000 for breast cancer research at EVMS. To register for the tournament or to buy dock party tickets, visit cbwc.org/chesapeake-bay-wine-classic-events-for-2012/wine-women-fishing.

September 12

6th Annual Coach Ray Barlow Memorial Golf Tournament

Rescheduled after the original June date was rained out, this event benefits EVMS prostate cancer research. It will be held at Oceana Naval Air Station in Virginia Beach. To learn more or to sign up, visit coachraybarlow.com.

November 2

David Rosenberg Charity Golf Tournament

This 5th annual golf tournament at Honey Bee Golf Course supports cancer research at EVMS and was founded by cancer survivor David Rosenberg. For more information or to register, visit drcharitygolf.com.



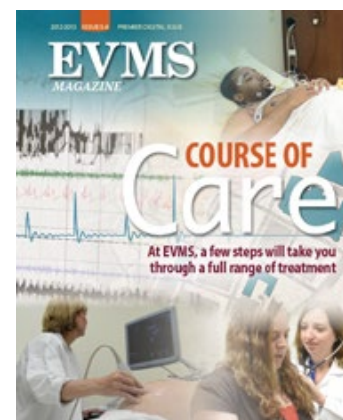
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14 Course of Care

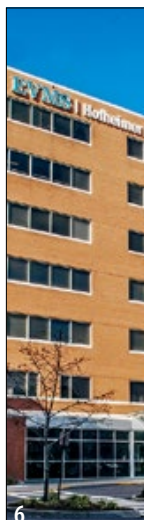
In our first-ever multimedia feature story, you can follow the paths of two patients who have turned to EVMS for care. And you'll see how Hampton Roads' only academic health center offers the comprehensive range of specialists and treatments needed — just steps apart.

Editor's note: Thanks to Sandy Wittman and Devan Gambo, two EVMS standardized patients, for participating in this feature story. Standardized patients are trained to portray patients in a simulated health-care setting. EVMS has been a pioneer in the use of standardized patients.

on the cover



OUR VISION: Eastern Virginia Medical School will be recognized as the most community-oriented school of medicine and health professions in the United States.



6



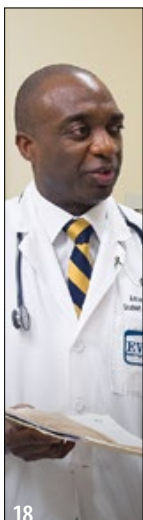
7



9



11



18



21

departments

6 Vital Stats

A glimpse at the work of the EVMS Medical Group

7 News + Notes

A record-setting graduation □ EVMS studies disparities in cancer outcomes □ Faculty member leads American Art Therapy Association □ School of Health Professions continues rapid growth □ A new leader for Art Therapy and Counseling Program □ Faculty development expert joins EVMS □ A new chair of pediatrics □ Autism research pairs teens with robots □ Help for patients with hair loss □ Chief of Staff is familiar face □ Ancient form of yoga may benefit modern medicine

22 Alumni Connections

Large practice has strong link to EVMS □ Mentoring opportunities for alumni □ Alumni weekend is Oct. 18-19

24 Your Support

Board appoints senior faculty to diabetes, urology chairs □ Alumnus honors professor with gift to education fund

25 To Your Health

New help for patients with kidney problems

26 In Focus

Gold Humanism Society induction □ New signs acknowledge long-standing partnership □ New to Alpha Omega Alpha □ Lending a hand at RAM □ Alumni help guide students □ EVMS Charity Golf Classic

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EVMS Magazine is published four times a year, including a digital-only issue. Copies are available on campus, in doctors' offices and by mail. To request a copy or share news, please contact Doug Gardner, News Director, 757.446.7070 or news@evms.edu.

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Welcome to the latest issue of *EVMS Magazine*. This is the first time we have published a digital-only version of our quarterly magazine, which we plan to do every year when many of our students are on break.

The world of new media enables us to share information with you in a meaningful new way. For example, through a unique combination of your computer mouse, our campus map and video clips, the cover feature (*see page 14*) offers a first-hand look at the medical care provided by some of the most brilliant physicians in Hampton Roads: EVMS faculty members.

As you will see, the clinical care they provide extends well beyond our campus. In our Vital Stats section (*see page 6*), find out more about the exceptional patient care offered throughout the region by the same physicians who are educating our students.

You might be surprised to learn that only about one-third of those students are enrolled in our School of Medicine. The other two-thirds attend programs in our School of Health Professions (*see page 8*), which has grown dramatically over the last two years to meet the expanding health-care needs of our community.

Halfway through my second year at EVMS, I am very pleased with the progress we have already made toward becoming the most community-oriented school of medicine and health professions in the nation. To further our vision, when most EVMS students gather on campus in August to start the school year, their second day of orientation will find them out in the community performing service for our neighbors. And as I have come to learn about our students, they will be delighted to help.

As always, thank you for taking time to learn more about EVMS and for your continued support.

Sincerely,

Richard V. Homan, MD

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Who better than a physician-educator, someone who's dedicated to staying up on "the knowledge to treat you better," to provide your medical care? Here's a snapshot of the patient care provided by our physician-educators through EVMS Medical Group.

393,907

Total office visits handled by the physicians and staff members of EVMS Medical Group over the last year.



116,641

Number of people in Hampton Roads who made those office visits.



145

EVMS physician-educators who care for patients through EVMS Medical Group.

40

Other clinical-care providers at the practices, such as physician assistants.

34

EVMS Medical Group practice locations around the region.



37

Clinical specialties under the EVMS Medical Group umbrella.





Newly commissioned Army, Navy and Air Force officers and EVMS MD graduates recite the Oath of Commissioned Officers.

Record-setting number of graduates take part in commencement fun

At EVMS, commencement kicked off well before graduates marched two by two into the Scope Arena on Saturday, May 18. The week before was replete with receptions, banquets, white coat ceremonies and a military commissioning for eight students.

New this year, 13 EVMS students earned master's degrees in surgical assisting, the nation's first graduate degree in this field. They were among 215 students in the School of Health Professions who now hold master's degrees in art therapy and counseling, biomedical sciences, public health, physician assistant or clinical embryology and andrology, as well as doctorates in biomedical sciences and clinical psychology.

Commencement also saw 117

students in the School of Medicine earn their medical degrees. They and their fellow graduates heard from keynote speaker Mark Chassin, MD, MPH, MPP, President of The Joint Commission.

"Health care is too complicated, the necessary knowledge too overwhelming for one person to be solely responsible for it all," Dr. Chassin said. "So, seek out places to work that demonstrate the high value they place on true teamwork."

He also challenged graduates to learn from everyone with whom they come in contact. "Take the time to walk in their shoes to really learn what they bring to their teams. The more you know and understand your team members and the more you share with them, the more effective you will be." □

EVMS participating in research to understand cancer outcome disparities

Researchers at the EVMS Leroy T. Canoles Jr. Cancer Research Center are collaborating on a five-year project funded by the National Cancer Institute to determine a root cause of disparities in prostate cancer outcomes between Caucasian and African-American men.

The research will explore how changes to a specific protein — sex hormone-binding globulin (SHBG) — affect hormone function in prostate cancer. Radoslav Goldman, PhD, of Georgetown University's Lombardi Comprehensive Cancer Center, is leading the study. The EVMS team — led by O. John Semmes, PhD, Anthem Distinguished Professor for Cancer Research and Director of the Leroy T. Canoles Jr. Cancer Research Center, and Dean Troyer, MD, Professor of Microbiology and Molecular Cell Biology — is providing critical data gleaned from EVMS' large biorepository of cancer-tissue samples.

African-American men account for 59 percent of cancer diagnoses and are more than twice as likely to die from prostate cancer than Caucasian men. The consortium aims to define and understand differences in the SHBG-prostate cancer connection that could help explain the clinical disparities. The results from these studies are expected to drive further research into new cancer-prevention and health-disparities studies. □



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EVMS graduates flock to careers in primary care

EVMS is among the top 20 schools in the nation when it comes to the percentage of MD graduates who practice primary care.

EVMS was number 16 on the list, according to data published recently in the *Journal of the Association of American Medical Colleges*.

Primary care physicians are on the front line of medical care in the United States. They are typically the first contact for a patient with an undiagnosed health concern. They also continue to care for the patient long-term and coordinate any need for specialty care. Primary care typically includes physicians in the areas of family practice, internal medicine, obstetrics/gynecology and pediatrics.

Primary care physicians are in great demand nationwide, especially with the surge in newly insured patients expected as a result of health-care reform.

[Read more](#) about the study.

EVMS, CHKD mourn loss of pioneering pediatrician



Virginia Proud, MD

Virginia Proud, MD, a Professor of Pediatrics at EVMS and a clinical geneticist at Children's Hospital of The King's Daughters, died July 15.

Dr. Proud had been affiliated with EVMS and CHKD for 17 years. She also served as Director of

the Division of Medical Genetics in the Department of Pediatrics.

Dr. Proud taught at the University of Missouri and the University of Alabama at Birmingham before coming to EVMS and CHKD, where she was a pioneer in integrating genetics education throughout the pediatrics curriculum.

Among her numerous honors and accolades, Dr. Proud was appointed by the governors of Virginia and Missouri to serve on advisory boards in genetics, newborn screening and the prevention of disabilities.

"Dr. Proud was a remarkable woman," says C.W. Gowen, MD, Professor and Chair of Pediatrics. "Her constant smile and upbeat attitude will be missed." □

School of Health Professions strengthens, expands educational programs

As recently as 2007, EVMS' non-MD programs were known collectively as the Office of Health Professions. But since being officially designated in 2008 as the School of Health Professions — a second school within EVMS — those programs have forged a steep growth trajectory.

Enrollment in the School of Health Professions' programs has grown by 33 percent over the last five years — even faster than EVMS' overall student body, which itself has grown by 25 percent to 1,100 total.

"We've responded to the realities of the modern health-care marketplace," says C. Donald Combs, PhD, EVMS Vice President and Dean of the School of Health Professions.

EVMS' MD program is growing to meet the need for more physicians. But it's a long pipeline; it takes at least seven years to train a new doctor. The Master of Physician Assistant program, for instance, in the School of Health Professions allows students to become skilled clinicians in a little over two years.

"You need both sides of the coin," Dr. Combs says. "The physicians provide clinical guidance and oversight while the health professionals allow significantly more patients to access high-quality care. That's the need we're growing to meet."

Keeping up with the changing health-care landscape also means expanding the school's educational repertoire. To that end, the School of Health Professions plans to add a Biotechnology Master's Program for students interested in careers in biomedical research labs.

The 16-month program will blend classroom lectures with hands-on training in research areas such as proteomics — an area of particular expertise at EVMS. The rigorous course structure also includes a six-month laboratory internship that pairs students with experienced researchers, creating an immersive learning experience that teaches research techniques and the management skills needed to succeed in modern biomedical science, biotechnology and pharmaceutical sectors.

"It's a well-rounded program — a strong training ground for students who want to gain the expertise needed to work with cutting-edge technology in today's laboratory environment," says Earl Godfrey, PhD, the new program's Co-Director.

Programs like these, Dr. Combs says, build the clinical and scientific workforce that will be needed to adequately respond to the challenges coming in future years as demand for care increases and the paradigms of medicine evolve.

"We're not growing just for the sake of growing," Dr. Combs says. "We're creating opportunities for more highly-skilled trainees because that's what we're going to need for a robust health-care system." □

"We're creating opportunities for more highly-skilled trainees because that's what we're going to need for a robust health-care system."

C. DONALD COMBS, PhD
Vice President and Dean of the
School of Health Professions

Leadership transition brings alumna to head Graduate Art Therapy and Counseling Program

An alumna of the EVMS Graduate Art Therapy and Counseling Program became the program's new leader this summer.

Mary Roberts, MS, joined EVMS full-time as director on June 17, after having served as community faculty since spring 2012. A board-certified registered art therapist and licensed professional counselor, she earned a Master of Science in Art Therapy from EVMS in 1997.



Mary Roberts, MS

In addition to her EVMS degree, Ms. Roberts holds a bachelor's degree from James Madison University and an education specialist degree from the University of Virginia. She is currently a doctoral candidate at Old Dominion University. Her focus is on counselor education.

"I have enjoyed building a good reputation for art therapy throughout my career with the strong foundation

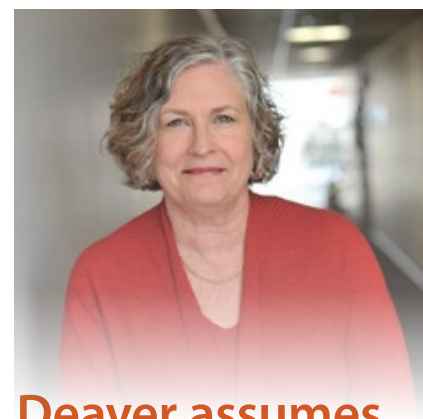
provided to me while a student at EVMS," Ms. Roberts says. "This is a highly respected program because we, the skilled faculty, care about the success of our students to become clinically sound, ethical professionals. It is an honor to become the leader of such an esteemed group of faculty and students and an honor to be a part of the EVMS community."

Ms. Roberts brings 17 years of experience in art therapy and education. She served for the last seven years as an art therapist at the Chesapeake Juvenile Services Center. She is Vice President of the Virginia Art Therapy Association.

As the new director of EVMS' program, she succeeds Abby Calisch, PsyD, who led the program for five years.

"Abby introduced curriculum reforms and increased enrollment during a successful five-year tenure leading the program," says C. Donald Combs, PhD, Vice President and Dean of the EVMS School of Health Professions, which includes the art therapy program. "I'm looking forward to Mary continuing to build our enrollment and further develop the curriculum to include distance learning, as well as other educational technologies."

The program has undergone significant change in recent years. Enrollment has grown by 33 percent, and the program evolved to include counselor training. For the first time, the program has dedicated studio space, in Lester Hall, reserved exclusively for art making. Also, the program has created an additional faculty position and expanded student-recruitment and awareness initiatives, including efforts focused on building a diverse student body. □



Deaver assumes AATA presidency

Sarah Deaver, PhD, Professor of Health Professions and longtime faculty member in EVMS' Graduate Art Therapy and Counseling Program, recently became president of the nation's largest professional association of art therapists.

Dr. Deaver was elected by her peers in 2011 to serve a two-year term as president-elect and two years as president of the American Art Therapy Association. Her tenure as president began July 1. Among her primary roles in the organization will be guiding the implementation of the AATA's strategic plan, part of which focuses on defining art therapy's role as distinct from other masters level mental health professions, such as social work and traditional counseling.

"I am both honored and sobered by the responsibility of being president of the association," Dr. Deaver says. "During my term, I hope to continue the positive direction we have taken over the past two years by continuing to increase the public's understanding of the profession of art therapy, developing alliances that lead to jobs for those in the field, supporting art therapy licensure in states where that is feasible, and, above all, promoting substantial efficacy research in the field."

The AATA represents 5,200 members across the U.S., including about 150 in Virginia, which makes art therapists a smaller niche in the health-care market place than social workers and counselors. □

Faculty development expert leads faculty affairs program

Elza Mylona, PhD, an expert in faculty development, has joined EVMS as Associate Dean for Faculty Affairs and Professional Development.

"The faculty is truly the heart and soul of every academic organization," says Dr. Mylona. "Our office is committed to enhance and advance the faculty to help them succeed."

For much of the school's history, EVMS' institutional faculty affairs efforts have focused primarily on the administrative aspects. Dr. Mylona plans to develop a comprehensive approach that emphasizes faculty recruitment, retention and promotion, identifies mentoring opportunities, and concentrates on enhancing faculty teaching and leadership skills using the expertise of existing faculty, as well as outside experts.

"We know that the best patient care, as well as the best education, comes

from people who feel nurtured and developed," she says. "So our office will invest in activities that will make this possible."

Dr. Mylona came to EVMS from the State University of New York (SUNY), Stony Brook School of Medicine, where she was Associate Dean for Faculty Development. At SUNY, she founded the Leaders in Medicine program that trains health-care professionals in areas such as teaching, assessment, leadership and career development.

She holds a doctorate in instructional technology from the University of Southern California, Los Angeles (USC) with an emphasis on adult distance education. She also



Elza Mylona, PhD

completed a post-graduate fellowship in medical education at the USC Keck School of Medicine with an emphasis on curriculum development.

Dr. Mylona is a leader in several medical education organizations. She is Chair of the Generalist in Medical Education organization, Secretary

of the Society of Directors of Research in Medical Education and a member of the Research in Medical Education Committee of the International Association of Medical Education. She is a past Chair of the Northeastern Group on Educational Affairs.

Her research interests include curriculum development, performance assessment and organizational development. □

C.W. Gowen Jr., MD, named Chair of Department of Pediatrics

Richard V. Homan, MD, President and Provost of EVMS and Dean of the School of Medicine, and Jim Dahling, President and CEO of Children's Hospital of The King's Daughters, have named C.W. Gowen Jr., MD, chair of the school's Department of Pediatrics.

Dr. Gowen has a long history of service to EVMS and CHKD, where the school's Department of Pediatrics is based. A neonatologist at CHKD since 1990, he joined the faculty of EVMS as Assistant Professor of Pediatrics the same year and became the Director of the joint CHKD-EVMS pediatric residency program. In 1993, he became an Associate Professor of Pediatrics, and in 2006, he became Vice Chair for Education in the Department of Pediatrics.

In 2012, Dr. Gowen was named Interim Chair of the Department of Pediatrics after the previous Chair, Donald Lewis, MD, died unexpectedly.



C. W. Gowen, MD

"Dr. Gowen has served admirably in this role for more than a year," Dr. Homan says. "We are fortunate to have someone of his caliber to oversee one of the school's largest and most active departments, one that is vitally important to the Hampton Roads community and the academic reputation of EVMS. He is a superb clinician, academic leader and administrator. I am very pleased that he accepted the position."

Dr. Gowen earned his medical degree at Virginia Commonwealth University School of Medicine in Richmond. He completed his pediatric residency at Cincinnati Children's Hospital and his fellowship in neonatology at the University of North Carolina at Chapel Hill. Dr. Gowen is a past recipient of the Dean's Outstanding Faculty Award at EVMS. The new department leader also has published in peer-reviewed journals, authored book chapters and developed clinical and academic guidelines.

"I am truly humbled to be offered the chair position by Dr. Homan and Jim Dahling," Dr. Gowen says. "Don Lewis was such a great friend and colleague, and it is an honor for me to follow his footsteps. I look forward to accomplishing great things with my faculty and residents, as well as with CHKD and EVMS." □

Quest to boost social skills among teens with autism pairs robots, research

Looking like a group of engineering buffs, four students huddle around a computer and a small mass of wires, wheels, motors and sensors. One of them reads directions while the others connect various components and punch in lines of code that will command their work product — a grapefruit-sized robot.

They're participating in a research project, but it has little to do with the robots. It's focused on autism.

A study led by Eastern Virginia Medical School and Old Dominion University is examining whether group collaborations — like building

a functioning robot — help teenagers diagnosed with Autism Spectrum Disorder, or ASD, develop important social skills. A secondary goal is to see if exposure to science and technology may spur adolescents with ASD to pursue careers in STEM (science, technology, engineering and mathematics) related fields.

"This particular group of adolescents, who are moving into adulthood, need skills and social communication to make the transition to college, jobs, independent functioning and the ability to form their own relationships," says Maria Urbano, MD (MD '83), Associate Professor of Clinical Psychiatry and Behavioral Sciences and lead investigator on the study. "There is some research about developing social skills in the ASD population, but more is needed."

During a 12-week period this spring, three groups of four students — two local high school teenagers with autism, one non-ASD teenage peer and one ODU



Catherine Semmler, left, works with ODU engineering student Christina Williamson on a component of the small robot they built as part of research into whether collaborative projects can improve social skills among adolescents diagnosed with Autism Spectrum Disorder. Catherine was diagnosed as a child with Asperger's syndrome, a mild form of ASD.

engineering student — met weekly to work together on their robots.

According to the researchers, it is common for people with autism to have significant difficulties initiating and maintaining social relationships because of problems with eye contact, reciprocal communication and social judgment.

"Once you graduate high school, there are a whole lot of decisions you have to make, and everything you do in life is really social. [Opportunities like this] prepare them to move on in their life and individuate in terms of relationships and jobs and independent living skills," Dr. Urbano says. "The part that's helpful about doing something like this is that it helps dissipate some of the social anxiety so that the focus is on the robot. They have to interact, and the robot forces them to do that."

The project arose from an ODU faculty member's interest in developing ways to make STEM training accessible to students with special needs. Chung Hao Chen, PhD, Assistant Professor of

Electrical and Computer Engineering at ODU, approached EVMS with the idea of building a robot as the basis of a project to help teens with ASD build social skills. Similar research has been done elsewhere using relatively simple objects, such as Legos, but never with something as complex as a robot.

"STEM education is really for everybody," Dr. Chen says. "If we can attract these types of students to study in the STEM fields, their studies can be tailored to their unique needs, and they can be positioned to get jobs after they've finished school."

EVMS researchers will spend the next several weeks reviewing videotape of the sessions, and they will categorize and score the social exchanges using specific criteria. Participants also will retake a career interest test, which they took before the study, to see if their vocational interests shifted toward STEM-related jobs.

If the results are positive, the researchers plan to apply for funding to conduct a larger study. □



Dermatologist Kimberly Salkey, MD

Dermatologists help patients experiencing hair loss

Our hair is one of our most outward, identifiable features, so it's no wonder we have such strong emotional ties to it. When we are confronted with an issue like hair loss, it can compound those emotions even more.

People often have a strong emotional attachment to their hair, says Kimberly Salkey, MD, (Dermatology '06), Assistant Professor of Dermatology. "Some of my patients are very distraught when they come to me."

Dr. Salkey's clinical focus is on hair and scalp disorders, which few dermatologists specialize in, she says.

"There are many questions about hair loss, and as a result, many dermatologists are not interested in seeing patients with it," she says. "There's still a lot we don't know, and we have little to offer patients in terms of treatments. That can be very uncomfortable territory for physicians who are used to fixing things."

People lose their hair for many reasons, Dr. Salkey says. Hair loss can be genetic or related to stress, illness or disease. It can also be caused by something as simple as people tying their ponytails or braiding their hair too tightly.

Either way, all hair loss is referred to by the generic term, alopecia.

Dr. Salkey explains the two categories of hair loss: scarring alopecia, where the hair follicles are replaced with scars and the hair won't grow back, and non-scarring alopecia, where the hair follicle is preserved but for whatever reason stops growing hair.

The most common form of alopecia is androgenetic, better known as male or female pattern baldness. This type of hair loss — which affects up to 70 percent of men and 40 percent of women — can be spurred on by genetics or age and is a non-scarring form of alopecia.

So what can people do when they start to experience hair loss?

Dr. Salkey says that for androgenetic alopecia, Rogaine or Minoxidil have been proven to halt the progression of baldness or even grow new hair. For patients with scarring alopecia, she focuses on the process that leads to the hair loss. Sometimes topical steroids, injections or oral medications can help.

"You can't get the hair to grow back, but you can try to keep it from coming out in the first place," she says. "It highlights why it's important for patients to seek attention early on because we can stop the progression when they've only lost a little bit of hair."

Without a host of treatments to offer, Dr. Salkey believes education is key.

"You can't get the hair to grow back, but you can try to keep it from coming out in the first place. It highlights why it's important for patients to seek attention early on because we can stop the progression when they've only lost a little bit of hair."

KIMBERLY SALKEY, MD
Assistant Professor of Dermatology

"Every patient is different. Every case of hair loss is different," she says. "If you Google 'hair loss,' you get millions of hits. There are so many products and home remedies out there. It can be overwhelming.

"Sometimes just giving patients the right information and facts about what they can expect in the future can be somewhat therapeutic," she says. "I really like the opportunity to connect with patients on an educational level and at least give them those tools to deal with their hair loss." □

President Homan appoints new Chief of Staff

President Richard V. Homan, MD, turned to a familiar face to serve as his Chief of Staff.

Brant Cox, MBA, began his new role July 15. Previously, Mr. Cox worked with EVMS Obstetrics and Gynecology for nearly 14 years, where he served in a variety of positions, including Vice Chair of Administration.

Most recently, Mr. Cox worked at Virginia Tech as Director of Business Services Planning and Development. His professional experience also includes positions at Amerigroup Corporation and other health-care companies.

Mr. Cox holds an MBA from Old Dominion University. □



Brant Cox, MBA

Ancient form of yoga may have modern medical applications

Seated in the lotus position at the base of a frozen waterfall high in the Himalayan mountains, eight Buddhist monks practice the ancient yoga technique of Tummo. A team of researchers observe the meditation and breathing techniques and monitor blood flow to the skin and brain.

The scientists, including EVMS physician Alex Levitov, MD, wear several layers of clothing to ward off the cold. Dr. Levitov is shivering. The monks are dressed only in shorts. Some are sweating.

A critical care physician, Dr. Levitov knows that prolonged exposure to cold can maim or kill. So he was eager to take part in one of the first scientific expeditions to explore rumors about how the monks employ Tummo, the Tibetan word for inner fire, to counteract the body's normal reaction to extreme cold.

"My belief was this would be proven to be a hoax," Dr. Levitov admits.

Instead, what he and the team found is reshaping their understanding of the human body and its capabilities.

In contrast to control subjects, the monks had a significant increase in blood flow, particularly to the extremities and the brain. Blood flow warms the skin

and prevents damage from the cold. The monks can melt snow and even dry wet blankets draped around them.

"The bad effects of cold exposure are not due to cold exposure itself but to our adaptation to cold exposure," he says. "If you can break [the adaptation], then perhaps it will allow you to survive without ill effects in a very cold environment."

The key, Dr. Levitov says, is high caloric intake. After a session of Tummo, the monks eat yak butter — nearly pure fat — to replenish themselves from the physically demanding techniques.

Now a believer in the ability of the monks to counteract the body's normal reaction, Dr. Levitov says it's not unprecedented. For instance, you may sweat when you eat a hot pepper though the room temperature is unchanged. The same is true with the chills and sweats common during the flu.

"It sounds miraculous but in reality it isn't," he says, "because it happens to us all the time."

Tummo, says Dr. Levitov, may teach us how to better tolerate the cold, prevent cold-related injuries or serve as a survival technique. □



COURSE OF care

At EVMS, a few steps take you through a full range of treatment.

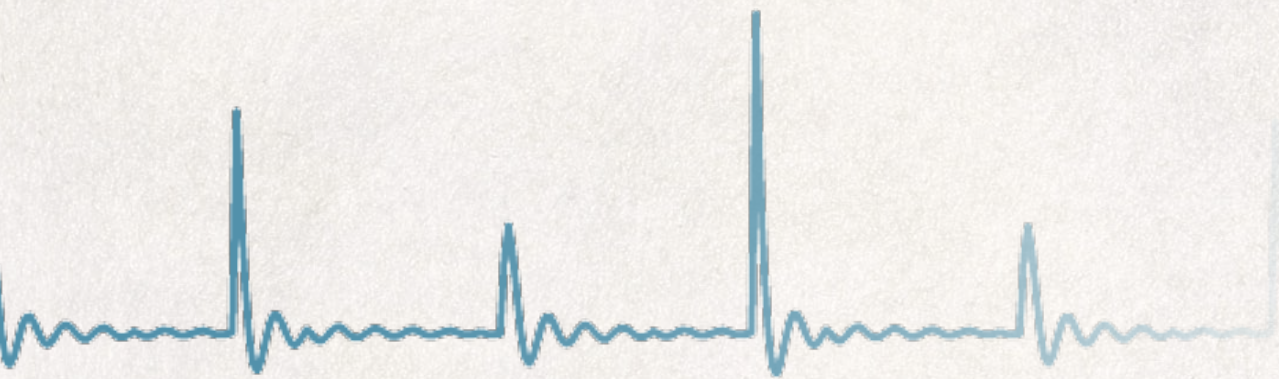
Being an EVMS patient is different. As an academic medical center, the campus brings together a wide range of specialties in close proximity, and EVMS' collaborative atmosphere

encourages teamwork among our clinical providers. So when a primary-care physician has a question about a patient's joint pain, the answer is just a few steps away.

On the following pages, look for the orange arrows to click your way through two patient scenarios to get a sense of what it's like being cared for at EVMS. Look for the pointer to indicate where on campus the patient receives care.



To protect patient privacy, these examples are based on actual cases and diagnoses, but portrayed here by EVMS standardized patients Sandy Wittman and Devan Gambo. Standardized patients are trained to portray patients in a simulated health-care setting.



COURSE OF CARE

Susan Jones recently gave birth two months prematurely. She turned to EVMS physicians for her care.



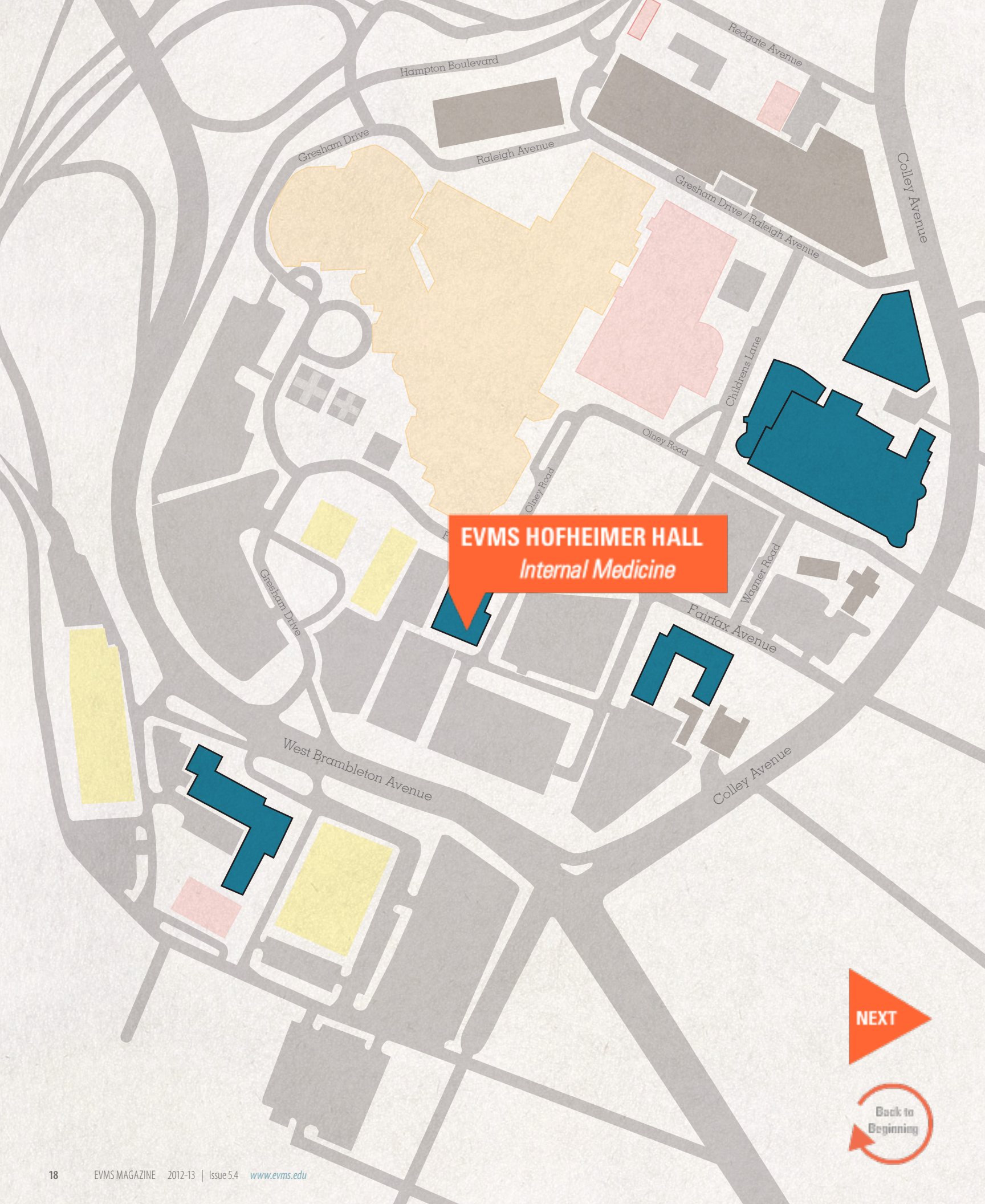
Many high risk factors such as hypertension and gestational diabetes complicated her pregnancy and resulted in the early birth of her daughter.



EVMS Hofheimer Hall
Ghent Family Medicine

*Turn page to proceed to
the next patient story*





EVMS HOFHEIMER HALL
Internal Medicine

NEXT

Back to
Beginning



COURSE OF CARE

Terry Smith decided to see his EVMS primary care physician about some nagging health issues.

Terry has been experiencing long-term fatigue. Recently, the IT professional also noticed a worsening pain in one knee.





An ECG (heart rate) line in blue, with several sharp peaks, set against a light gray background with faint geometric lines.

COURSE OF CARE

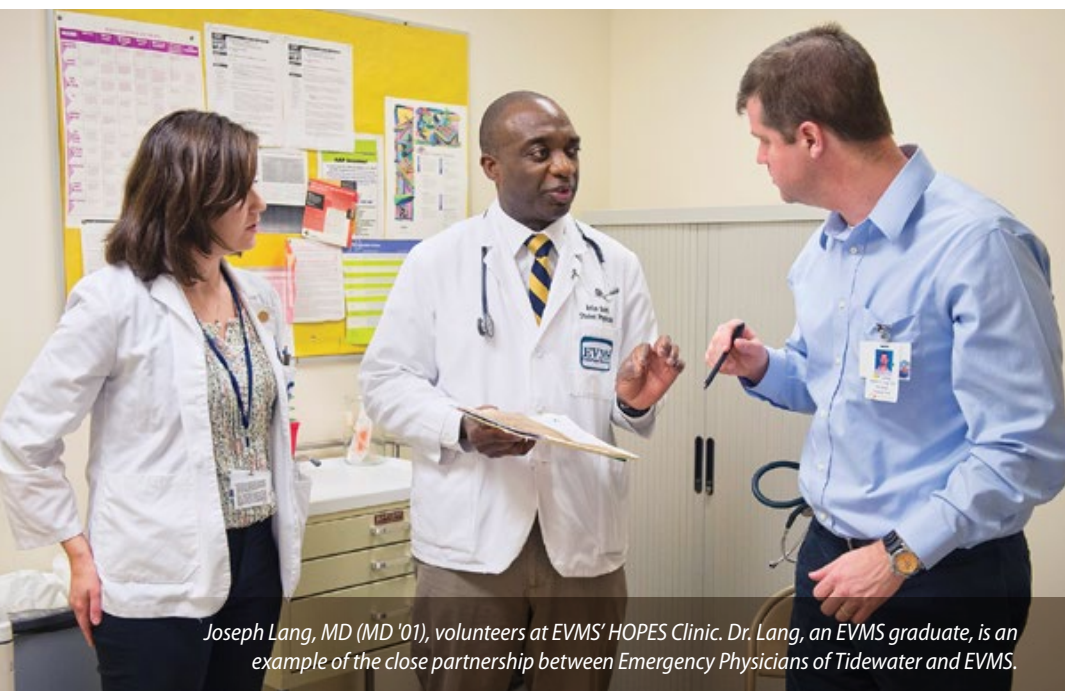
EVMS offers a broad spectrum of clinical specialties, coupled with team-based care — all in convenient locations.

That combination sets EVMS apart, creating a unique patient experience that capitalizes on the advantages offered by an academic medical center.



***Click here* to learn more about
EVMS' range of clinical care.**

Emergency medicine builds partnership between EVMS and alumni



Joseph Lang, MD (MD '01), volunteers at EVMS' HOPES Clinic. Dr. Lang, an EVMS graduate, is an example of the close partnership between Emergency Physicians of Tidewater and EVMS.

Emergency Physicians of Tidewater (EPT) currently has 70 attending physicians and 44 physician assistants (PAs). In fact, 64 percent of the physicians and 30 percent of the PAs are EVMS graduates. The physicians of EPT serve as the faculty of the EVMS Department of Emergency Medicine. EPT works with emergency departments in south Hampton Roads.

Thomas Parrish, DHSs, PA-C, Director of the EVMS Physician Assistant program, says that 10 to 11 percent of physician assistant graduates pursue emergency medicine. EVMS students who complete a clinical rotation with EPT, he says, often find a good match.

"Many students are placed with EPT during their ER rotation, and that's one

pathway that people get jobs there," Dr. Parrish says. "Having people around for six weeks in a clinical setting, having lunch together, you get to learn things about their work ethic if people do what they say they're going to do."

Frank Counselman, MD, (MD '83) EVMS Foundation Distinguished Professorship in Emergency Medicine, Chair of Emergency Medicine at EVMS and a partner of EPT, says that the practice enjoys its close ties with EVMS.

"There's a wonderful, collaborative relationship between EVMS and EPT," he says.

Launched in 1967 to provide services to Sentara Norfolk General Hospital, EPT now has a presence in seven Sentara emergency departments, seeing 370,000 patients each year.

In 1992, emergency medicine became an independent academic department at EVMS, the first academic department of emergency medicine in Virginia. Since then, approximately half of the graduates have stayed in Virginia. In 2009, EPT worked with EVMS to establish a one-year PA emergency medicine fellowship.

Rita Fickenscher, PA-C, graduated with EVMS' first PA class in 2001 and has served as EPT's chief PA for the past eight years. In order to focus on clinical work before retirement, she passed the torch in January to Paul Snow, PA, who graduated from EVMS in 2009.

"As a graduate of EVMS' PA Program I have benefitted from the EVMS-EPT partnership both as a student and a preceptor," says Ms. Fickenscher. "It's been very satisfying to transition from student to mentor to colleague!" □

Get involved at EVMS



From mentoring students to conducting mock job interviews, there are numerous opportunities to be an active part of EVMS. Even something as simple as keeping your EVMSAlumni.com profile up to date helps to support the school. Be a part of building EVMS' future and support our continued growth. Watch this video to see how you can participate. □

Class notes

Have you been honored for your professional achievements? Received a promotion? Joined a new practice? Send a note to alumni@evms.edu so that we can celebrate your accomplishments by sharing them with our audiences, or post your news at Facebook.com/EVMSAlumni.

John Caruso, MD (MD '90), received the 2013 Annual Spine Leadership Award from Becker's Spine Review in honor of his dedicated advocacy for physician rights, which includes co-founding the "Save Our Doctors, Protect Our Patients" campaign.

Theresa Whibley, MD (MD '82), was honored for her six years of service on the EVMS Board of Visitors with a Resolution of Appreciation. Dr. Whibley, who also serves on Norfolk City Council, played an instrumental role throughout her two terms in fostering a mutually

beneficial relationship between the school and the city.

Two EVMS alumni were featured in the spring issue of *HR Physician* magazine. **Richard Bikowski, MD** (MD '79), was profiled for "Good Deed at Home and Away," and **Julius Miller, MD** (MD '84) was the subject of a story about his career and his service at the Chesapeake Care Free Clinic.

The EVMS MD Class of 2013 selected **Joseph Lang, MD** (MD '01), as the recipient of the Sir William Osler Award for Outstanding Faculty Preceptor.

The YWCA of Hampton Roads honored **Michelle Clayton, MD** (Pediatrics Residency '00), as a "Woman of Distinction" for 2013. The award honors individuals for significant contributions to the community. □

MD Alumni Weekend set for Oct. 18-19

Mark your calendars and make plans to attend the Mini-Med School and Alumni Reunion Weekend, to be held Oct. 18-19 at EVMS. Beyond helping you reconnect with your fellow graduates, this event will offer a unique opportunity to see how medical education has changed: Alumni will be going back to medical school.

After a Friday-night reception for honored classes and 1973 Society members, Saturday will take attendees through all four years of medical school, including Match Day and graduation. Invitations with full details will be mailed this summer, or go to EVMSAlumni.com/minimed13.cfm to learn more and register. □

Help us serve you better

The Office of Alumni Relations wants to ensure it is providing EVMS graduates with valuable services and compelling opportunities to engage with current, past and future colleagues.

You can help make sure we're meeting that mission. Visit evmsalumni.com/survey.cfm to tell us a little bit about yourself and how we can help keep you engaged with your alma mater. □



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for news and links to everything EVMS.

EVMS Board appoints Waitzer and Devine chairs



Aaron Vinik, MD, PhD

The EVMS Board of Visitors has appointed Aaron Vinik, MD, PhD, as the Murray Waitzer Endowed Chair for Diabetes Research and Kurt McCammon, MD, as the Devine Chair in Genitourinary Reconstructive Surgery.

Murray Waitzer was a passionate entrepreneur who wrestled daily with Type 1 diabetes. He passed away in 1971, but thanks to the Waitzer family's generosity, EVMS was able to create an endowed chair to honor his memory.

The first physician to hold the chair, Dr. Vinik is a Professor of Internal Medicine, Pathology and Neurobiology and serves as Director of Research and the Neuroendocrine Unit at the EVMS Strelitz Diabetes Center. An international leader in basic and clinical neuropathy, he has pioneered studies on the relationship between neuropathy, autoimmunity and cell toxicity. His advances have resulted in patient-treatment referrals from around the nation and many other countries. Dr. Vinik has received numerous honors and awards, authored eight books and 116 book chapters and published hundreds of papers in peer-reviewed journals.

The Devine Chair in Genitourinary Reconstructive Surgery honors the remarkable achievements of Charles Devine Sr., MD, a pioneer in pelvic reconstructive surgery. Major contributors to the Devine Chair include Sentara Healthcare, Urology of Virginia, Children's Hospital of The King's Daughters, Foundation for Urological Research, Steven Schlossberg, MD, Nancy N. Nusbaum & V.H. Nusbaum, Jr. Fund of the Hampton Roads Community Foundation and the Devine family.

Appointed to the chair, Dr. McCammon is Associate Professor and Chair of Urology at EVMS. He also is Director of the Urology Residency Program and Director of the Adult and Pediatric Genitourinary Reconstructive Surgery Fellowship Program. He lectures nationally and internationally on the topics of male and female reconstruction and has authored numerous chapters and publications on pelvic reconstruction. □



Kurt McCammon, MD

Residency alum gives back through Resident Education Fund

In 1996, Robert Mehrberg, MD, completed a four-year residency at EVMS in physical medicine and rehabilitation. Then he spent nearly 10 years on the EVMS faculty. Now a specialist at Southwest Florida Neurosurgical and Rehab Associates, Dr. Mehrberg says he'll never forget the importance of good teachers.

One he'll always remember is the late Cynthia Flick, MD, who was residency director during Dr. Mehrberg's last two years as an EVMS resident. After he was appointed to the EVMS faculty, "Dr. Flick then became a colleague and a friend," he explains. "She was passionate about teaching and worked tirelessly to provide residents with a well-rounded educational and training experience."

So, when he learned about the Cynthia Flick Memorial Fund for EVMS resident education, "I thought it would be a great way to honor Dr. Flick," Dr. Mehrberg says. "I hope my donation to the fund will benefit future residents and the Physical Medicine and Rehabilitation Department at EVMS." □

To learn more about EVMS resident education funds and how you can make a gift, contact EVMS Alumni Relations at 757.446.6054.



Robert Mehrberg, MD

New nephrology division attacks a growing problem

EVMS has established a Division of Nephrology and Hypertension to provide specialized care, education and research for problems involving the kidneys.

The new full-time nephrology faculty includes Division Chief Ramin Tolouian, MD; Liwei Huang, MD, PhD, Assistant Professor of Internal Medicine; and Patricia Kao, MD, Assistant Professor of Internal Medicine. Nephrologists are physicians specially trained to deal with kidney disease and hypertension.

The kidneys normally filter extra water and waste out of the body and make urine. The kidneys also control blood pressure. However, kidney disease is a growing problem. An estimated 20 million Americans have some form of the disease, including some 46,000 people in Norfolk, Portsmouth and Virginia Beach alone.

EVMS added the Division of Nephrology and Hypertension to help care for this surging population and as a convenience for patients. Kidney disease most often occurs as a result of diabetes or high blood pressure, with damage occurring over the course of many years. The offices are conveniently located in Williams Hall, adjacent to the EVMS Strelitz Diabetes Center.

The EVMS specialists care for patients in the office and in the hospital. They can evaluate and treat patients with all types of kidney-related problems, including acute and chronic diseases as well as kidney stones and electrolyte disorders.

Researchers associated with the new division will conduct basic laboratory research, as well as clinical research, to advance the knowledge of kidney disease and to develop treatments for various forms of the disease. Patients can benefit not only from new discoveries but also through involvement in clinical trials, such as the current federally funded trial that is investigating polycystic kidney disease.

In addition to training medical students and medical residents, the EVMS nephrologists will work to educate the community about kidney disease and build public awareness of chronic kidney disease through periodic seminars, workshops and lectures.

To learn more, call 757.446.5760.

EVMS specialists can evaluate and treat patients with all types of kidney-related problems including acute and chronic diseases as well as kidney stones and electrolyte disorders.



For more information about the Division of Nephrology at EVMS, [click here](#).

Photos from the Gold Humanism Honor Society induction ceremony, the dinner to honor new members of the medical honor society Alpha Omega Alpha, installaton of new signage at Sentara Norfolk General Hospital, the Remote Area Medical (RAM) event, the EVMS Charity Golf Classic and an event where alumni counsel students about career choices.



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



1. Richard I. Levin, MD, President and CEO of the Arnold P. Gold Foundation, visited EVMS recently to participate in the second annual induction ceremony for the EVMS Chapter of the Gold Humanism Honor Society. The organization is an initiative of the Arnold P. Gold Foundation.



2. President and Provost Richard V. Homan, MD, talks with Dr. Levin following the 2013 Gold Humanism Honor Society induction ceremony.

3. A series of signs now alert visitors that Sentara Norfolk General Hospital is a teaching hospital affiliated with EVMS.

4. New senior inductees in the Alpha Omega Alpha Honor Medical Society pose following the induction ceremony in May. The organization recognizes and advocates for excellence in scholarship and the highest ideals in the profession of medicine.

5. EVMS students and faculty drove to the hills of Appalachia in July to lend a hand at the annual Remote Area Medical (RAM) free clinic. The annual event drew 2,000 people from throughout Southwestern Virginia in search of medical and dental care. Leading the EVMS volunteers were Joseph A. Aloj, MD, Clinical Director of the EVMS Strelitz Diabetes Center (and RAM Medical Director this year) and Terri Babineau, MD, Assistant Dean of Student Affairs and Director of Service Learning.

6. Golfers representing TowneBank pose during the EVMS Golf Classic held in June at Bayville Golf Club in Virginia Beach. The annual event raised \$105,000 for the EVMS Fund.

7. Dan Neumann, MD, (MD '97) was among the EVMS graduates who volunteered recently with students about their specialties at the inaugural Operation: MEDS (Medical students Exploring Different Specialties). This new event was a collaboration between the Office of Alumni Relations and Medical Education. The next Operation: MEDS is Tuesday, Oct. 8. To volunteer contact alumni@evms.edu.





Please accept our **HEARTFELT GRATITUDE** for helping us serve the most pressing health-care needs of our growing community.

We're proud to announce that the EVMS 20 Twenty Capital Campaign was an overwhelming success. The three-year campaign was projected to raise between \$10 million and \$20 million, but thanks to a generous community that stepped up to support our vision, an incredible \$32.4 million was raised. Here's how your thoughtful philanthropy has had an impact on EVMS:

- ☐ Lester Hall built and opened, enabling EVMS to increase its student population and to help meet the demands of the aging population
- ☐ Leroy T. Canoles Jr. Cancer Research Center opened
- ☐ M. Foscue Brock Institute for Community and Global Health established
- ☐ The Murray T. Waitzer Endowed Chair for Diabetes Research created
- ☐ The Dorothy M. Middleton Memorial Scholarship created – the first in-state, four-year MD scholarship
- ☐ More than \$3.8 million raised for scholarships
- ☐ More than \$14 million raised to support endowments
- ☐ More than \$3.8 million raised to support the EVMS Fund
- ☐ More than \$1.5 million raised to support diabetes research and treatment

WATCH THE
EVMS CAMPUS
SAY THANK YOU

