

2014-2015

ISSUE 7.1

A NEW PLAN FOR STRATEGIC GROWTH

■ NO NEED TO PANIC

EVMS

MAGAZINE

AVOIDING A Recipe For DISASTER

*copied with
food allergies*

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upcoming events

October 17-18

MD Alumni Reunion

The weekend includes a cocktail reception Friday night and on Saturday the EVMS chalet at the Town Point Virginia Wine Festival, followed by class-specific celebrations. For more information, visit evmsalumni.com.

November 15

EVMS Diabetes Night at the Norfolk Admirals

During November — diabetes awareness month — learn about your risk for developing the disease. Join the EVMS Strelitz Diabetes Center for free diabetes screenings and discounted tickets that come with an opportunity to win a ride on the Zamboni or time in the penalty box pre-game. Visit evms.edu/admirals



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



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DEAN OF THE SCHOOL OF MEDICINE**
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Academic medicine has entered a period of tremendous change — a time ripe not only with new challenges, but also with opportunities for EVMS faculty, staff, students and community partners.

To prepare for this new era, we recently developed a new strategic plan. The months-long planning process involved more than 100 people from across the EVMS community who took part in a comprehensive assessment of our strengths and weaknesses. The result is a carefully considered and detailed blueprint that will guide us as we position EVMS for the future.

The plan will improve each of our core mission areas: education, research and patient care. What has not changed during this process is our commitment to the people of Hampton Roads. In fact, much of what we envision reinforces our vision — to become the most community-oriented school of medicine and health professions in the U.S. *(You can read more about the plan beginning on page 14.)*

One important way EVMS cares for our community is through our clinical practice. This magazine spotlights some of the caregivers within EVMS Medical Group. For instance, mental health specialists discuss their success in treating patients in the story on panic attacks and other anxiety disorders *(page 18)*. Meanwhile, allergy experts explore the rise in sometimes-dangerous reactions to food, along with some promising treatments *(page 24)*.

Our physicians and clinical staff provide care anywhere they are needed — whether it's in an EVMS clinic or in one of many hospitals around the region. When Sentara Norfolk General Hospital recently won acclaim from *US News & World Report* as the top hospital in Virginia, EVMS doctors and surgeons were among those taking a bow *(page 33)*.

As we strive to improve our service, we thank you for the trust you put in EVMS every day. Your belief in what we do is our greatest asset.

Sincerely,

Richard V. Homan, MD

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EVMS continues to increase enrollment in response to the growing needs of the community. The MD class reached a record 153 students this year, while the School of Health Professions also achieved a record 314 new students. Below are some key measures of this year's entering class and the school's recent overall growth.

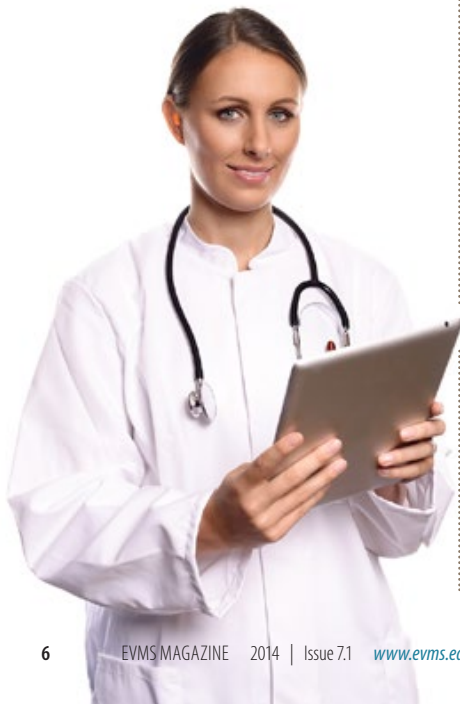


401,772 annual patient visits for EVMS Medical Group physicians.

8,700 applications received for 464 slots in the MD and Health Professions programs.



32% increase in enrollment growth for Health Professions since 2010.



2,286 alumni practicing in Hampton Roads.



31.2 average MCAT (Medical College Admission Test) score for entering MD students. The national average is 31.3.



\$76.5 million: the latest total for the school's endowment, a 72 percent increase in six years.

3.31 average GPA for Health Professions students.



EVMS alumna Cynthia Romero leads Brock Institute

Amid celebrating its first year and several successes, the EVMS M. Foscue Brock Institute for Community and Global Health underwent a leadership transition in June.

Its new Director is Cynthia Romero, MD (MD '93), who also will serve as an Associate Professor of Family and Community Medicine. Dr. Romero, a Hampton Roads native, earned her undergraduate degree in psychology at the University of Virginia before attending EVMS. After completing residency training at the Riverside Family Practice Program in Newport News, she established herself as a leader in the region's medical community. In 2002, she became only the second woman to lead the Norfolk Academy of Medicine in its 135-year history, and in January 2013, she was appointed Virginia Commissioner of Health.

Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine, says he's proud that a member of the EVMS family has returned to lead the institute. "I'm pleased that Dr. Romero will share her extensive experience with us for the benefit of our community and our students."

Dr. Romero says she hopes to build upon the Brock Institute's solid foundation. "My goal is to enhance our current partnerships and build new ones," she says, "as well as to identify additional issues that we can all collaborate on to improve the health of the community."

The Brock Institute's Founding Director, Karen Remley, MD, MBA, left after establishing its governance, community partnerships, operational infrastructure and guiding principles. Dr. Remley, an Associate Professor of Pediatrics, is also a former Virginia Health Commissioner.

"My goal is to enhance our current partnerships and build new ones, as well as to identify additional issues that we can all collaborate on to improve the health of the community."

— CYNTHIA ROMERO, MD

"We were very fortunate to recruit someone of Dr. Remley's caliber to provide us with the initial commitment needed to start this new institute," Dr. Homan says.

The Brock Institute was made possible by a \$3 million gift from Macon and Joan Brock in honor of Mr. Brock's late father, a dedicated physician who served the Hampton Roads community. Mr. Brock believes his father's namesake will be in good hands with its new leader. "Dr. Romero is not only extremely qualified, she brings a tremendous energy to the position. We are eager to see the Brock Institute continue to grow and benefit Hampton Roads under her leadership." □



Cynthia Romero, MD (MD '93), far left, then serving as Virginia Health Commissioner, lent a hand at the Rural Area Medical (RAM) free clinic in southwest Virginia in 2013. She found some familiar faces in Terri Babineau, MD (MD '90), second from left, Assistant Dean for Student Affairs and Director of Service Learning for EVMS; an unidentified volunteer; and then-student Alison Ullman, MD (MD '14).



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School of Health Professions continues to expand

This fall, the School of Health Professions welcomed students into two new distance-learning master's programs: Medical and Health Professions Education and Laboratory Animal Science.

"EVMS always has been committed to understanding the health workforce needs of the region and the commonwealth and to developing educational programs that address those needs," C. Donald Combs, PhD, Vice President and Dean of the School of Health Professions, says. "These two new programs address important issues in that regard — the professional development of those who manage labs and the pedagogical skills of clinicians who have teaching responsibilities."

The Laboratory Animal Science program will prepare students for careers at veterinary schools, pharmaceutical and biotechnology companies, and research and educational organizations.

The Medical and Health Professions Education program will equip educational leaders with administration, teaching and leadership skills. The program will welcome a wide array of learners such as physicians, residents, fellows, physician assistants and nurse practitioners. Others who might be interested in the program include faculty and coordinators of medical and health professions programs, residency and fellowship program directors, international medical graduates and undergraduate or graduate students in education or health-related disciplines. □



To learn more about these programs, visit evms.edu/magazine.



Second-year medical student Michael Cammarata has traveled to Spain several times to observe and work alongside the surgeons who care for injured bullfighters. Among the items in his collection of memorabilia is a matador's cape.

Aspiring surgeon's inspiration is no bull

Michael Cammarata has chosen an unusual venue for his interest in trauma surgery: the bullfighting rings of Spain.

Now a second-year medical student, Mr. Cammarata discovered bullfighting six years ago during a family vacation in Valencia, Spain.

He was intrigued with the spectacle after attending his first bullfight during a trip in high school, and he has since shadowed some of the country's premier surgeons trained in caring for the unique injuries bulls can inflict. Earlier this year, he had the opportunity to lend a hand as surgeons treated a man with a serious "cornada," or goring injury.

Though his plans are to practice in the United States, he remains enamored of the Spanish people and bullfighting culture.

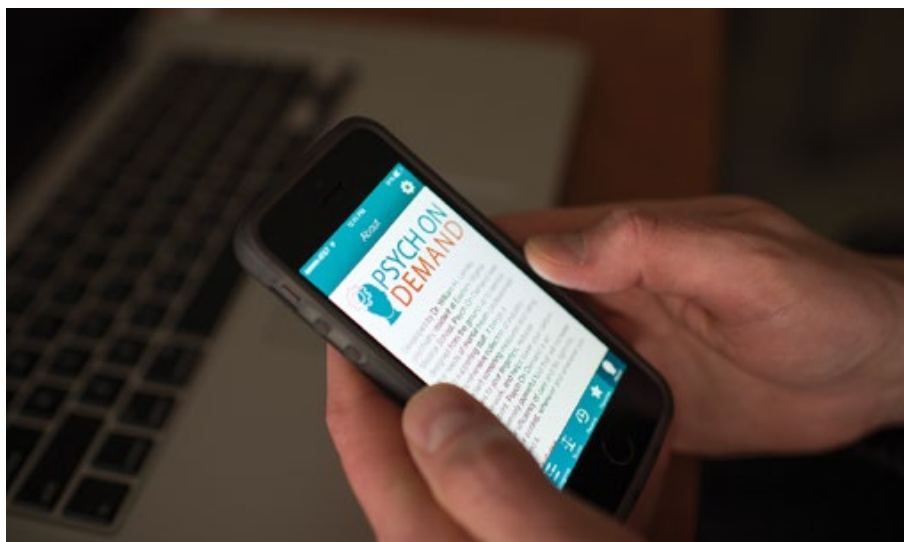


Michael Cammarata observes as Spanish surgeons care for an injured matador.

He plans to contribute once a year for a few days if time permits. He sees it as an honor to be a part of such a unique culture. "I believe it has greatly enriched my life and trajectory as a future physician," he says. □



Read more about Mr. Cammarata's adventures in the bullfighting culture of Spain at evms.edu/magazine.



Psychiatry resident develops mental-health screening app

An EVMS Psychiatry and Behavioral Sciences resident has developed a unique tool to help quickly assess someone's mental health using just a smartphone.



William Lemley, MD

William Lemley, MD, launched the "Psych on Demand" app in January to provide screening and assessment tools for health-care providers — even students and, potentially, patients themselves.

He started the project in 2009 with the idea of a study guide, but as he worked on it, Dr. Lemley thought the concept might have broader applicability.

"I realized that psychiatry lacked objectivity," he says, "and many of us [medical students] didn't know how to

use the tools that we had. Nor did we have them in a format that was portable, electronic and used the technology that was becoming really popular at the time."

Dr. Lemley, who has a degree in computer science, taught himself how to work in Apple's coding environment. He pulled the content for the software from various publicly available resources and incorporated many commonly used assessment tools, although some haven't been included yet because of copyright constraints. Building the app has been an arduous, years-long task.

"I can't even estimate how many hours it's taken," Dr. Lemley says.

He's made two updates so far. Among the developments he's eyeing for the future are features that track specific patients, help clinicians incorporate the app in everyday practice and integrate data into electronic medical records systems. □

New Assistant Dean aids curriculum reform efforts

Senthil Rajasekaran, MD, a Senior Advisor for the World Federation for Medical Education, has been appointed Assistant Dean for Academic Affairs.

Dr. Rajasekaran is widely published on the topic of medical education



Senthil Rajasekaran, MD

and has received numerous awards for teaching excellence, leadership and curriculum design.

"Dr. Rajasekaran has an outstanding national and international reputation and has been recognized by his peers for his expertise, experience, leadership and innovations in medical education and curriculum reform and redesign," says Ron Flenner, MD (MD '89), Vice Dean for Academic Affairs.

Previously, he was an Associate Professor of Biomedical Sciences at Oakland University William Beaumont School of Medicine in Rochester, Minn. He was Dean of Basic Sciences, Professor and Chair of Pharmacology and Clinical Therapeutics at St. Matthew's University, Grand Cayman.

He will provide administrative support and leadership to multiple efforts in curriculum reform and will help facilitate accreditation mandates. He also will serve as a Professor of Physiological Sciences. □

Dr. Fink, former psychiatry Chair and founder of EVMS art therapy program, dies

Paul Fink, MD, a prominent psychotherapist who was Chair of Psychiatry and Behavioral Sciences in EVMS' earliest years, died June 4 at the age 80.

Dr. Fink also made possible the creation of what is now the EVMS Graduate Art Therapy and Counseling program, one of the few of its kind in the nation to be based within a school of

medicine.

He joined EVMS in 1973 and led Psychiatry until he departed in 1976. He subsequently served as Chair of Psychiatry at Thomas Jefferson University and taught at Temple University. Dr. Fink also served as President of the American Psychiatric Association. □



Swim4Life Program helps keep Portsmouth children healthier, safer

In its second full year, the Swim4Life program in Portsmouth is making a strong case for the power of partnerships. For Exhibit A, visit the Cavalier Manor pool any Tuesday through Friday during the summer. You'll see dozens of kids laughing and splashing during instruction and free time. Many of them feared the water before they began the program.

Swim4Life is a partnership between the Portsmouth Department of Parks and Recreation, the YMCA of Portsmouth and the Consortium for Infant and Child Health (CINCH) at EVMS. This innovative joint-use agreement brings the expertise of YMCA swim instructors to at-risk children throughout Portsmouth. CINCH manages the grant from the Virginia Foundation for Healthy Youth that funds the program, coordinates collaboration between the partners and facilitates the program's development.

"Portsmouth is a city that's defined by water," CINCH Director Amy Paulson, MPH, says. "When you have so many

kids who can't swim and are afraid of the water, that's a very risky business."

On a rotating schedule, children in the summer program at locations throughout the city are transported to the Cavalier Manor Recreation Center, home to the city's only public pool. There they are taught how to float, how to enter and exit the pool safely and how to respond to an emergency in the water. About 600 children have participated each summer in the program's first two years.

They also have a blast. According to Ms. Paulson, that's important because the Swim4Life Program isn't only about safety. "Since obesity is also a major problem in Portsmouth, another goal of the program is to help develop skills and habits that will last a lifetime and promote an active lifestyle."

Chris Haley, the YMCA Aquatics Coordinator, sees firsthand what a difference the program is making. "Each time these kids come in, they get more confident in the water," he says. "Seeing the progress they make, it's awesome." □

Physicians for Peace to honor EVMS for global-health commitment

Physicians for Peace will honor 25 years of collaboration with EVMS with a 2014 President's Award during the international nonprofit's 9th Annual Gala on Oct. 25.

"EVMS was one of our first regional partners, and it remains one of our most dedicated," says retired Brig. Gen. Ron Sconyers, President and CEO of Physicians for Peace.

"Over the last two decades, EVMS faculty members have played a key role as International Medical Educators providing education and training in developing regions. In turn, Physicians for Peace has been able to provide EVMS students with life-changing opportunities to volunteer abroad. Those students see what's needed in these underserved regions. It opens

their eyes and hearts, and they become aware of what they can do as they enter their medical careers."

The late Charles E. Horton Sr., MD, a surgeon, humanitarian and Professor of Surgery at EVMS, founded Physicians for Peace in 1989 on the principle of "teach one, heal many" as a solution to serious global-health challenges. □



Incoming students spend their second day at EVMS serving community



More than 300 new students worked alongside EVMS administrators to decorate billboards, paint and perform a variety of other chores during Community Impact Day at P.B. Young, Sr. Elementary School in Norfolk.

On their second day at EVMS, more than 320 incoming students returned to elementary school. From scrubbing walls to decorating bulletin boards, they spent Saturday, Aug. 9, preparing Norfolk's P.B. Young, Sr. Elementary School for the new school year.

This second annual EVMS Community Impact Day, an initiative of the M. Foscue Brock Institute for Community and Global Health, was a collaboration of EVMS, Norfolk Public Schools and the United Way of South Hampton Roads.

"Community Impact Day shows our new students the value EVMS places on community service," Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine, says. Both Dr. Homan and the new Director of the Brock Institute, Cynthia Romero, MD (MD '93), were among several EVMS leaders who worked alongside the students.

"Launching their academic career with community service," Dr. Romero says, "taps into our students' sense of humanism and starts them on the path to become the community-oriented leaders that EVMS intends to graduate." □



"Community Impact Day shows our new students the value EVMS places on community service."

— RICHARD HOMAN, MD

Leadership changes in Technology Transfer and Human Subjects Protection

The retirement of a key administrator has led to a shift of leadership responsibilities in two research-related areas.

Robert Williams, PhD, retired from his dual roles as Director of Technology Transfer and Associate Dean for Human Subjects Protections. His duties have been reassigned to two individuals already affiliated with EVMS.

Paul DiMarco is now Director of Technology Transfer. A paralegal, Mr. DiMarco worked alongside Dr. Williams in Technology Transfer for the last decade. His more than 30 years of business experience includes contract development, legal research, extensive client contact and trial experience.

Harry Tillman, PhD, is the new Assistant Dean for Human Subjects Protections. Dr. Tillman previously led research-compliance programs while he served in the U.S. Navy. He will oversee the administrative activities of Human Subjects Protections and will continue outreach assistance to faculty, students and residents who are pursuing research projects.

To enhance opportunities for technology development by faculty, EVMS has appointed Robert Armstrong as Director of Corporate Relations. This new, part-time position is in addition to Mr. Armstrong's full-time role as Program Director of the National Center for Collaboration in Medical Modeling and Simulation. □



Paul DiMarco



Harry Tillman, PhD



Robert Armstrong

Grant supports further research into radiation during space travel

An EVMS scientist is answering questions that could pave the way to putting a human on Mars.

Richard Britten, PhD, Associate Professor of Oncology and Biophysics, is studying the effect of prolonged exposure to cosmic radiation, which bombards astronauts during space flight. His work is supported by NASA, which recently awarded Dr. Britten a \$1.4 million grant to continue his research, the third such grant he has received for this kind of study.

The research focuses on how radiation alters brain function, particularly the effect on "executive function," which includes the ability to strategize, organize and recall details of a process or environment. Understanding this toll is critical to planning for space travel beyond near-Earth orbit, such as NASA's plan to land humans on Mars by 2030.

"Astronauts will need to work more autonomously than other human space flights, given the time delay" for communication between Earth and Mars, Dr. Britten says. "We're looking at whether the astronauts will be able to push the right button at the right time."

Astronauts traveling far beyond Earth's protective magnetosphere will be blasted by radiation for the duration of their voyage; it's expected that a one-way trip to Mars will take six months. Building a spacecraft that can effectively shield its occupants from that quantity of radiation would make it both prohibitively expensive and impractically heavy.

Previous research indicated the total amount of radiation exposure over the course of a Mars mission could harm both spatial memory and executive function. Working from that basis, he's now trying to answer two fundamental questions: What is the minimum radiation dose that causes measurable neurological harm? And what is the actual mechanism through which that damage is taking place?

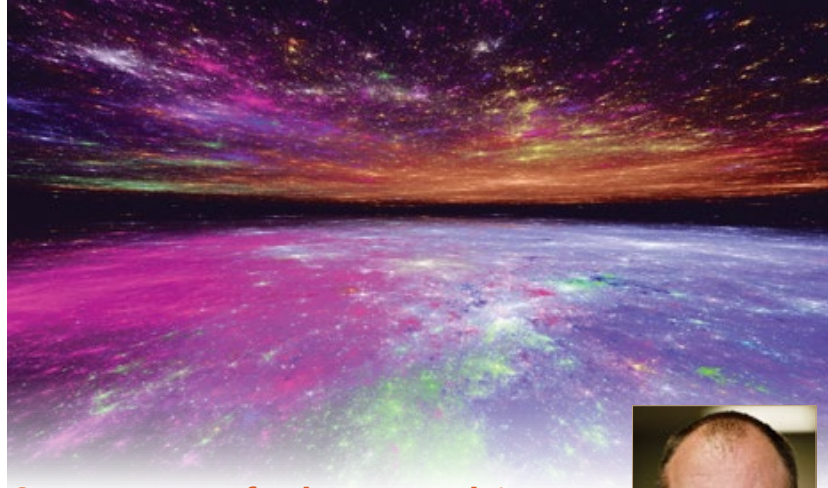
"Working with proteomics [the study of proteins] we can start to understand what processes are happening to result in this damage," Dr. Britten says. "We can't really prevent it. So instead of preventing damage, can we manage it? Can we stop it from progressing to complete incapacity?"

His work likely will apply to Earth-based challenges, too, as it is essentially uncovering a mechanism of neurocognitive disease. This new information may provide insight for treatment of brain tumors, particularly in children, and open new avenues of research for others to pursue.

"This will contribute to the general body of knowledge of neurocognitive decline," Dr. Britten says, "and provide quite a novel insight into how neurocognitive function breaks down." □



Richard Britten, PhD



Bariatric surgery research yields new clues about obesity, diabetes and heart disease

Scientists examining fat tissue and blood samples collected before and after bariatric surgery are gleaning important information about how obesity, diabetes and heart disease are interrelated.

Bariatric surgery results in weight loss but also conveys many health advantages, like improved heart health and a reduced risk for diabetes, stroke and heart attack. EVMS scientists are working with surgeons at Sentara Comprehensive Weight Loss Solutions to uncover clues about what's behind these dramatic improvements.

"We want to know what's happening in the body following bariatric surgery," says Jerry Nadler, MD, Chair of Internal Medicine, the Harry H. Mansbach Chair in Internal Medicine and Vice Dean for Research, who initiated the research. "That knowledge could lead to the development of medications or other treatment options that could have the same metabolic effects but without surgery."

The collaborative research has focused on three distinctive areas: inflammation, blood clots and nerve pain.

The first study concentrated on a family of enzymes associated with inflammation called lipoxygenases that can contribute to the development of diabetes and heart disease. The team, led by Anca Dobrian, PhD, Associate Professor of Physiological Sciences, found high levels of a particular lipoxygenase enzyme in obese patients with diabetes.

"The pro-inflammatory product of this enzyme subtype correlated with other inflammatory markers that were selectively increased in the visceral (belly) fat of obese subjects with diabetes," Dr. Dobrian says.

Visceral fat is associated with insulin resistance that can lead to Type 2 diabetes, says David Lieb, MD, Associate Professor of Internal Medicine and a clinician and researcher at the EVMS Strelitz Diabetes Center.

"Selective inhibition of the enzyme that was found elevated

in diabetic subjects may help to limit the inflammation, insulin resistance and diabetes seen in obese people," Dr. Lieb says.

That study is part of an NIH-funded project examining mechanisms underlying the inflammatory drivers in visceral fat. The research appears in *Journal of Clinical Endocrinology and Metabolism*.

The second study concentrated on blood platelets. When platelets become overactive — as they do in obese patients — they cling together and can cause a stroke or heart attack, says lead researcher Yulia Dobryднеva, PhD, Assistant Professor of Physiological Sciences.

Dr. Dobryднеva and her colleagues were surprised when they examined blood samples from patients who underwent gastric bypass surgery. They found that the overactive blood platelets subsided as early as one month after the procedure.

"I was shocked," says Dr. Dobryднеva, who noticed the drop in platelet activity even before patients lost any significant weight. "I couldn't believe what I was seeing."

She theorizes that the effect results from a rapid improvement in the sensitivity of platelets to insulin. If confirmed, it could guide care for morbidly obese patients who are at high risk of stroke or heart attack. Her study is published in the journal *Obesity Surgery*.

Spearheading the final study was Aaron Vinik, MD, PhD, the Murray Waitzer Endowed Chair in Diabetes Research and Director of Research at the Strelitz Diabetes Center. Overweight patients, particularly those with diabetes, suffer from heart problems and peripheral nerve damage. His research, presented at the national meeting of the American Diabetes Association, noted a marked improvement among bariatric surgery patients.

The surgery, he says, improves cardiac autonomic neuropathy and peripheral nerve function, drastically reducing risk of mortality from cardiovascular events.

So far the EVMS-Sentara collaboration has resulted in 10 scientific communications, published abstracts and papers.

"We are very supportive of collaborations like this with important health-care partners like Sentara Health System," Dr. Nadler says.

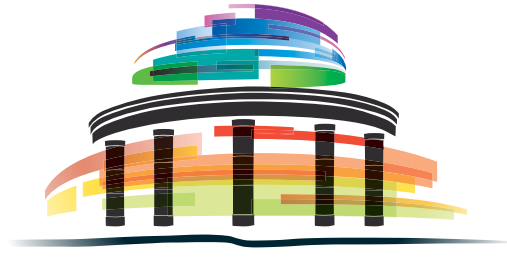
Stephen Wohlgemuth, MD, (Resident '86) and Mark Fontana, MD, of Sentara Comprehensive Weight Loss Solutions, are equally enthusiastic.

"As surgeons we have long been aware of the remarkable improvement in many comorbid conditions after bariatric surgery, particularly Type 2 diabetes mellitus," says Dr. Wohlgemuth. "It's very exciting to be a small part of this incredible team that is beginning to figure out what's behind these improvements." □



Physicians and scientists involved in the bariatric research include, from left, Margaret Hatcher; Becky Marquez; Bronson Haynes; Stephen Wohlgemuth, MD; David Lieb, MD; Norine Kuhn; Aaron Vinik, MD, PhD; Jerry Nadler, MD; Elena Galkina, PhD; Anca Dobrian, PhD; and Matt Butcher.

EVMS,



Leading CHANGE through the

N

ew educational programs and revised teaching methods for existing ones. A deepened focus on patient satisfaction. Clear statements of EVMS' value to its partner organizations. Initiatives that boost the school's distinct research strengths.

They're all part of a new, four-year strategic plan approved in September by the EVMS Board of Visitors. It's the result of a multifaceted effort that involved three planning retreats, numerous committee meetings and a rigorous goal-vetting process over the course of seven months.

The plan includes many new initiatives as well as strategies to enhance existing efforts, but it doesn't shift the school's focus from its three core missions of education, research and patient care. In fact, those three pillars formed the foundation of the plan's structure. The fourth focal point — partnerships — acknowledges the importance of symbiotic relationships between EVMS and its collaborating institutions. For each of those four "strategic planning themes," a subcommittee composed of faculty, students and staff was tasked with exploring how each one can be strengthened in the coming years.

While the committees were encouraged to think boldly, each goal included in the final plan had to include the specific steps required to make it happen; the faculty and staff responsible for leading it to fruition; details about funding requirements; and clear connections to both EVMS' mission and to all four focus areas.

Lens of

Strategic plan
maps EVMS'
growth through
2018





Education

Education

The education component of the strategic plan arises from two foundational themes: what students learn and the environment in which they learn it. Five goals developed by the subcommittee include new educational programs, redesigned curricula for existing programs, a robust interprofessional education (IPE) infrastructure, revised medical admissions processes and physical changes to important learning spaces.

The goals address the need to continue expanding EVMS' portfolio of training programs — with potentially one new program being introduced each year of the plan. That's driven by shifts in health-care delivery, higher education and research and the demand for new clinicians to be adept at working in professionally diverse teams.

The IPE program, in particular, fosters the concept of cross-disciplinary teamwork by providing structured opportunities for students from different programs to collaborate on solving case-based problems. IPE began this fall with seven programs in the School of Health Professions and will expand in future academic years to include medical students.

The strategic plan also calls for changes to the medical admissions interview to incorporate a more holistic view of applicants and to ensure a consistent experience for all interviewees. To accomplish this, the Admissions Committee will be recomposed to include more full-time faculty, and those involved will receive formal training in the interview process. The strategy also supports the school's goal of recruiting a more diverse student population.

As the curricula evolve to incorporate contemporary teaching methods — such as community service learning, which aligns with the school's vision — so will the spaces in which that teaching occurs. The plan includes improvements to two important areas in Lewis and Lester halls to facilitate the use of technology and education practices such as “active learning.”



Research

EVMS research consistently targets areas where the school has expertise and the community has needs. The new research initiatives will enhance that effort.

The first of three research goals is to extend the school's facilities and its capabilities for procuring and storing biological specimens — such as tissue and fluid samples — used for research. EVMS already houses an extensive collection of urological specimens. With new support from the institution, pathologists will take the lead in consolidating that collection, adding new types of biological samples and securing national accreditation — a move expected to improve EVMS researchers' odds for securing competitive research funding.

A second research initiative will leverage the school's expertise in women's and reproductive health as a way to strengthen research directed at women and infants. The effort will target diseases and disorders associated with menopause as well as complications of pregnancy, infant mortality and the predisposition for certain at-risk newborns to develop serious diseases in adulthood.

Finally, the strategic plan will create a Center for Health Analytics and Discovery (CHAD). The office will coordinate the growing demand for health analytics and data analysis, creating an academic discipline in EVMS' efforts to improve clinical quality and reduce costs.

Clinical Care

A patient's experience is about more than the care he or she receives. That is why



the Clinical Subcommittee has made it a strategic goal to improve quality and patient satisfaction with EVMS Medical Group. To help achieve this, three new positions will be created: referral coordinator, data analyst and care management coordinator.

Currently, outside physicians and hospitals, and even EVMS' own clinical departments, have limited awareness of the services within EVMS Medical Group that could meet the needs of their patients. The referral coordinator will not only increase awareness of the services available, but also will establish best practices for monitoring and documenting patient satisfaction.

The data analyst, who already has been hired, is responsible for reporting quality measures, thus increasing the Medical Group's ability to meet its quality metrics. By establishing and disseminating evidence-based guidelines practice-wide, this position will help improve clinical care and quality and will reduce costs, while filling in any gaps in the Medical Group's electronic health record data.

As EVMS' health-system partners develop their care-management capabilities, it will be critical for the Medical Group to coordinate its practice-care management and the data from its patient registries in order to provide the most effective care and continue its highly functioning practice. To achieve

this, the Medical Group will hire a care management coordinator, who will coordinate transitions of care, improve quality metrics and reduce waste and duplication of services.



Partnerships

Since EVMS doesn't own a hospital and isn't affiliated with a university, it relies on strong partnerships to achieve its missions in education, research and patient care. Therefore, it's essential to define EVMS' unique strengths and delineate how others can benefit from collaborating with the school. To achieve this, the school will develop value propositions or help answer "what's in it for the partner," therefore placing EVMS in a stronger position to negotiate mutually beneficial future agreements with partners like Sentara Healthcare, CHKD, Bon Secours and community faculty/preceptors.

Vibrant, engaged community faculty members are essential to EVMS' academic programs to help educate and evaluate its student workforce. This need becomes more pressing with the recent increase in student population and the planned increase growth for EVMS' health professions programs. As a result, a second partnership initiative will work to improve the relationships within the community to help foster a larger, more effective teaching environment for all students.

Working with a grant from the United Way, EVMS will establish a Student Care Center (SCC) at Booker T. Washington High School in Norfolk. This third partnership initiative will not only help educate students about their health behaviors but, in turn, will enhance their health and achieve the goal of providing preventative care for all students.

Lastly, in an effort to strengthen clinical and academic relations between EVMS faculty, residents, students and other health-care providers and the VAMC-Hampton, videoconferencing equipment will be installed in the EVMS Internal Medicine residency conference room in Sentara Norfolk General Hospital. □



NO NEED TO



*A common phobia — a fear of
hypodermic needles —
can turn a routine medical visit into
a stressful event.*



Treatments offer relief from anxiety disorders

They come to Richard Handel, PhD, and David Spiegel, MD, with debilitating anxiety — some so fearful of a panic attack that they avoid going out in public and others so scared of needles they've gone years without a physical examination.

Often, they have suffered silently for a decade before reaching out for help from Drs. Handel and Spiegel, both professors of Psychiatry and Behavioral Sciences. But with a combination of intense therapy and medication over three months to a year, patients can have a quality of life they didn't think possible.

"I have patients who literally could not leave their houses," says Dr. Spiegel. "I have one who was constantly looking back, thinking he may have hit somebody driving to work. It took him hours to get to work when it was a 10-minute trip. I have a lot of examples like that, tons of success stories."

Success stories like patients who overcame a fear of germs so severe they would not use public restrooms. Or people who were able to put aside — partially or completely — a hand-washing ritual that occupied them for hours per day. Or hoarders who cleaned up



ILLUSTRATIONS BY LIZ LANE

THE IDEA IS TO HELP PATIENTS RATIONALLY APPROACH AN IRRATIONAL FEAR.

rooms once useless because they were so crammed with paper.

“If we can get people to reduce the intensity and frequency by 50 or 60 percent, that can be an enormous change,” Dr. Handel adds. “Many have jobs and are not impaired to the degree that they are on disability, but they are really unhappy.”

Those success stories come from a recognition over the past two decades that a combination of medication and something called “cognitive behavioral therapy” proves dramatically effective treating phobias and other anxiety disorders. The idea is to confront fearful situations, stop the loop of distorted thinking that leads to the anxiety and replace it with a more rational, less emotional, inner voice.

“The rewarding part about treating anxiety disorders is that they are amenable to both medication and cognitive behavioral therapy. There’s a track record,” Dr. Spiegel says. “You can really do wonders.”

ENCOURAGING RATIONAL THOUGHTS

Convincing patients to buy into the therapy is key. Dr. Handel says some patients never come back after he describes the course of treatment. “The initial dropout rate is about 40 percent. But for people who are motivated and do it, it’s very effective,” he says. “Over time, people will start to change the way they view things and find these more rational thoughts, for lack of a better term, creeping in when the situation arises.”

As a psychiatrist, Dr. Spiegel handles some of the more complicated cases, often involving severe obsessive-compulsive disorder or a combination of a phobia and depression. He prescribes medication for eight to 12 weeks to lessen the intensity of the obsession and create the foundation for cognitive behavioral therapy. Dr. Handel, a psychologist who sees many patients with obsessive-compulsive disorder, works with patients who have more moderate issues — people who are functioning despite their anxiety but are living unhappy lives.

First, Dr. Handel asks patients to examine what they are saying to themselves when they are anxious. The idea is to help patients rationally approach an irrational fear. He asks

questions like: What makes you think if you touch a doorknob, you will contract HIV? What evidence shows your fears are true? What evidence shows they’re not?

Dr. Handel likens that to people who know going to the gym will make them healthier. That knowledge doesn’t help if the patients don’t take the next step and start working out regularly.

“THE REWARDING PART ABOUT TREATING ANXIETY DISORDERS IS THAT THEY ARE AMENABLE TO BOTH MEDICATION AND COGNITIVE THERAPY. YOU CAN REALLY DO WONDERS.”
- DAVID SPIEGEL, MD

For anxiety disorder patients that next step is exposure therapy, basically exorcising their demons by confronting them. For one patient, that meant holding the doctor’s office door handle until his anxiety dropped 50 percent — something that might take an hour or more.

“We try to start with something they can do and work their way up,” Dr. Handel says. “It’s a very effective form of treatment.”

Consider a patient with a fear of hypodermic needles. She started her exposure therapy by looking at photographs of needles online, advanced to looking at a medical-supply store online and then began watching movies like “Pulp Fiction” and “Trainspotting” with hypodermic drug use. She watched them over and over until the scenes no longer bothered her, before she advanced to watching a nurses’ training video on drawing blood. Finally, she volunteered at a blood drive. The therapy took about three months, and at the end, she scheduled an appointment with her physician for an examination, complete with blood tests.

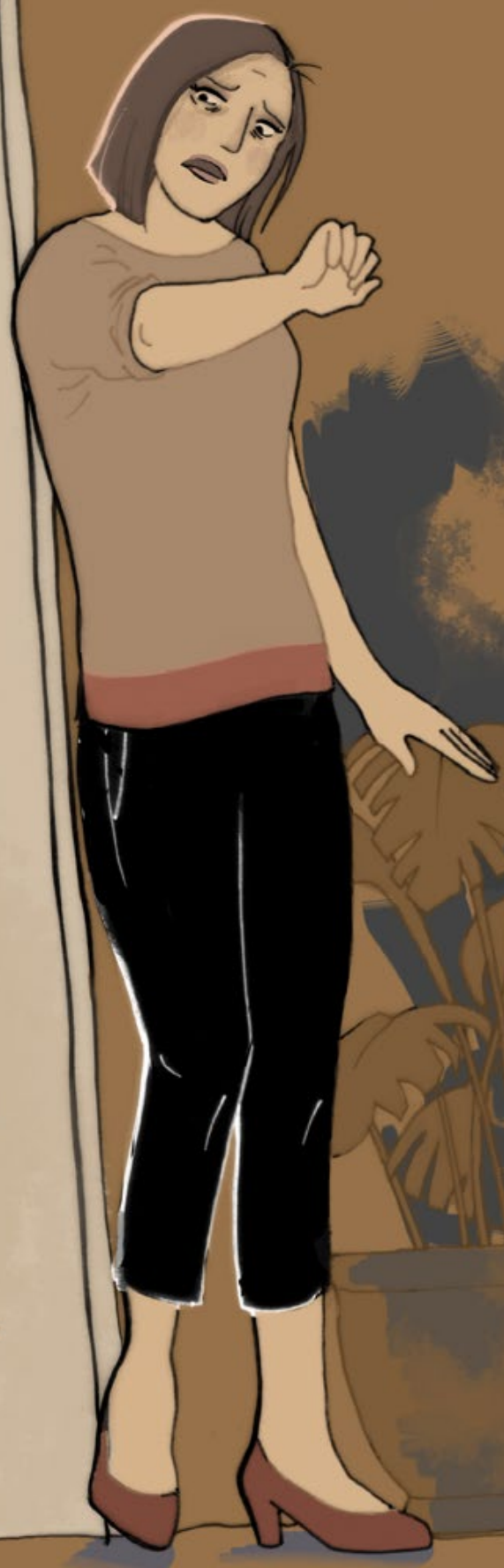
In addition to cognitive behavioral therapy, Dr. Handel says exercise, breathing control and yoga can help alleviate symptoms.

“MAGICAL IDEATION” AND OTHER PHOBIAS

Anxiety disorders like the ones Dr. Handel and Dr. Spiegel treat include everything from specific phobias like a fear of germs, spiders and snakes to “magical ideation,” an extreme form of superstition that makes people believe if they don’t do something like flick a light switch a certain way, they or loved ones will suffer a terrible fate.



*One patient regularly took hours
to drive the short distance to work,
constantly looking back
in fear that he had hit a pedestrian.*



Some people avoid public rest rooms out of a fear of contact with germs.

Both Dr. Spiegel and Dr. Handel treat patients who suffer from panic attacks so severe that over time they refuse to leave their homes because they can't face the possibility of an attack in public. This adds agoraphobia to the mix. They also see people who incorrectly think they are having a panic attack because they've read about them. By definition, a panic attack usually lasts no more than 10 minutes.

As treatment, each therapist will simulate the body's response to an attack by having patients run in place or hyperventilate, for instance, to raise their heart and breathing rates. With one patient who was having panic attacks two or three times a day, Dr. Handel simulated the response in his office through hyperventilating; then he had the patient repeat the same simulations on his own multiple times per day. Within a month, he stopped having the attacks. About five years later,

he returned, saying the attacks had started again. Dr. Handel used the same therapy, and the attacks stopped.

Dr. Handel says often patients don't realize the power that the combination of medication and cognitive behavioral therapy has to drastically change their lives.

He remembers an email from a patient months after their sessions ended who, like so many patients, was confident no treatment could help him. When they first met, the man had been hopeless, crushed by a significant anxiety disorder he thought would bedevil him the rest of his life. After six months of therapy and medication, he was looking forward to a dramatically brighter future. Months after that, he reached out to Dr. Handel as a man looking forward to the rest of his life.

"Today," he wrote, "I have a lot to be thankful for." □

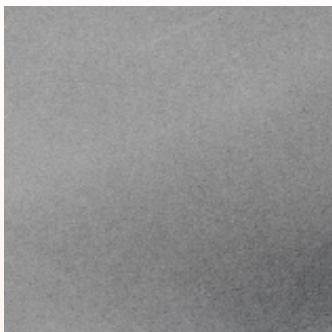
FRIGHTENING NUMBERS

IN A GIVEN YEAR

40 MILLION

AMERICAN ADULTS AGE 18 YEARS AND OLDER SUFFER FROM ANXIETY DISORDERS, ACCORDING TO THE NATIONAL INSTITUTE OF MENTAL HEALTH.

WOMEN ARE



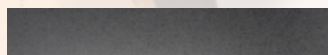
60% MORE
LIKELY THAN MEN
TO EXPERIENCE AN
ANXIETY DISORDER OVER
THEIR LIFETIMES.

NON-HISPANIC
BLACKS ARE



20% LESS
LIKELY THAN NON-HISPANIC
WHITES TO EXPERIENCE AN
ANXIETY DISORDER DURING
THEIR LIFETIMES.

HISPANICS ARE



30% LESS
LIKELY THAN NON-HISPANIC
WHITES TO EXPERIENCE AN
ANXIETY DISORDER DURING
THEIR LIFETIMES.

8%
OF TEENS

AGES 13-18 HAVE
AN ANXIETY
DISORDER,
ACCORDING TO A
LARGE NATIONAL
SURVEY, WITH
SYMPTOMS
COMMONLY
EMERGING AT
ABOUT AGE SIX.

**ONLY
18%**
OF THOSE TEENS
RECEIVED MENTAL-
HEALTH CARE.



Foods commonly linked to allergic reactions include nuts, eggs, wheat, soy, shellfish and dairy products.



If you wrestle with food allergies, here's how to avoid a

Recipe For DISASTER



Christine Franzese, MD, knows one family who rarely eats out, dreading a moment of failed vigilance in a restaurant that could trigger a food-allergy attack in their child. And they worry a babysitter won't deal properly with anaphylaxis — the body's alarming response of breathing difficulty, chest tightness, hives, vomiting — that comes from one wrong bite.

"They are always uncertain what, exactly, could trigger allergies," says Dr. Franzese, Associate Professor of Otolaryngology-Head and Neck Surgery.

Families who live life measuring the risk in each bite are increasingly common. An estimated 6 million children and another 2.3 million adults suffer from dangerous reactions to foods like peanuts or shellfish. The prevalence of food allergies in the United States has more than doubled over the past decade. Nearly one in 10 preschoolers now has a food allergy, according to the organization Food Allergy Research Education.

Scientists are studying multiple reasons for the rise. The most prevalent — the Hygiene Theory — says that changes in our environment, like cleaner water and the use of antibiotics, have eliminated the natural variation in the types and quantity of germs our immune systems need.

Ninety percent of all allergies are caused by



eight foods: milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish, according to the Food and Drug Administration. Just a trace amount can cause a reaction. Still, few deaths occur as the result of food allergies. The Center for Disease Control and Prevention reported only 11 in 2005 (the latest year available); other organizations put the number between 100 and 200 annually.

“When I was a fellow about 23 years ago, we might see one food allergy patient a month,” says Cynthia Kelly, MD, Professor of Pediatrics. “Now, we routinely have three or four food-allergy patients in a day. There is certainly an overall rise of allergic disorders in the last 20 years, including food allergies.”

Milk and eggs remain the most common food allergies and the ones children tend to grow out of, while peanuts and shellfish are the most life-threatening and less likely to fall by the wayside as children age. About 20 percent of people with a peanut allergy will outgrow it, while only about 5 percent will outgrow a shellfish allergy.

Relief for environmental allergens like dust, grass and pollen can be achieved through allergy shots, but treatments for food allergies haven’t existed. Now, several new tests and some promising, if preliminary, treatments offer hope.

A new molecular test for peanut allergy reveals its severity and predicts whether a child will grow out of it. Multiple studies have shown that desensitizing people to peanut and milk allergies using oral immunotherapy — giving them minute doses of the offending protein daily — eventually allows them to tolerate the food without danger.

Dr. Kelly says the therapy is not ready for broad use because, unlike allergy shots, correct dosages have not been determined, and some children who participated in the studies had severe reactions. With allergy shots, she says, patients are considered safe for life after three to five years of treatment. But with food allergy treatment, patients have to continue eating the allergen daily for the rest of their lives or they risk becoming sensitive again.

“We are concerned that patients will not keep eating it in their regular diet,” Dr. Kelly says, “and in a year or two they may grow re-sensitized again. But by then they may not be as vigilant watching what they eat and carrying their EpiPen anymore.”

Education remains the key to avoiding problems. A local food-allergy support group that meets monthly features speakers who discuss topics from how to work with the school nurse to dealing with an adolescent with a dairy allergy who wants to eat pizza with friends.

“The threat of death from a food allergy if you take reasonable precautions is relatively low,” Dr. Kelly says. “I go back to the Boy Scout motto: Be prepared. People with allergies should keep an EpiPen with them and know how and when to use it. The incidence of food allergies is certainly increasing, but with good education and avoidance measures, as well as being ready for accidental exposure, they should not significantly change a person’s ability to have a good quality of life.” □



Food Allergy or Intolerance?

What's the difference?

Good news: burping after eating green peppers does not mean you're allergic to them.

Reflux, burping or diarrhea signify an intolerance not an allergy, Dr. Kelley says, unpleasant, but not potentially deadly. Among the most prominent offenders are lactose intolerance — an inability to digest the sugar in dairy — and gluten intolerance.

People whose bodies have trouble with gluten fall into two categories. Those with celiac disease have an inherited autoimmune disorder in which the small intestine cannot absorb gluten, the spongy complex of proteins found in wheat, rye and barley. The disease can lead to anemia, osteoporosis and other major health problems. The only option is to avoid gluten.

A larger group of people — as many 18 million Americans, according to the National Foundation for Celiac Awareness — has a gluten sensitivity with symptoms that include a “foggy mind,” abdominal pain, bloating, diarrhea, chronic fatigue and ADHD-like behavior.

Some uncertainty remains about what causes the condition. Recent studies shed doubt on whether non-celiac gluten sensitivity exists and whether the symptoms related to gluten are psychosomatic or related to another group of carbohydrates that are poorly absorbed by the intestines. As it happens, the largest dietary sources of those carbohydrates are removed with a gluten-free diet.

But for many patients, the bottom line is that a gluten-free diet alleviates their symptoms — whether or not researchers can pinpoint the reason.

Dedicated preceptor learns through teaching

For Steven Powers, MD (MD '86), teaching the next generation of physicians and health professionals is an extension of his vow to provide the best care possible for his patients.

"Being a preceptor," he says, "is part of the fulfillment of the Hippocratic Oath and the social contract we have to all of our fellow citizens. We have a duty to actively invest our time and energy in passing the knowledge and skills that were

passed on to us."

Dr. Powers, an obstetrician and gynecologist with TotalCare for Women in Chesapeake and Virginia Beach, has

opened his doors to EVMS trainees since entering practice. He was one of the first clinicians to offer

clinical experience to EVMS physician assistant students when that program launched in 2001, and, along with his partners, he continues to have multiple students in his practice throughout the year. In addition, he hosts third-year medical students for a two-week women's health rotation, welcomes OB/GYN residents to join him in the operating room and office, and teaches nurse-practitioner students from across the country.

He and his partners haven't bothered to keep tabs on the quantity of trainees they've worked with. What's more important to them, he says, is that those interactions serve as a daily affirmation of their commitment to the future of medicine. Plus, they benefit from the information and questions that students and residents bring in, particularly as it relates to the evolving models of health-care delivery and team-based care.

"Working with students is a fresh challenge to all you've learned in medicine and life. I learn as much from them as they do from me."

— STEVEN POWERS, MD

"Working with students is a fresh challenge to all you've learned in medicine and life," Dr. Powers says. "I learn as much from them as they do from me."

"You get to see and learn from multiple perspectives since the students have had different experiences and expectations from me. I've also seen firsthand how the workforce in medicine is changing, and it makes me more aware of the abilities and limitations of the different members."

Beyond clinical skills, Dr. Powers tries to teach the students and residents how to be effective partners on the health-care team. One of the most important lessons he imparts: No one knows it all.

"Medicine is complex," he says. "It's OK to admit you don't know the answer and to ask for help. That makes you a competent practitioner, not a weak one." □



Steven Powers, MD, right, regularly works with medical and physician assistant students.



Alumni celebrate at the 2013 reunion.

Save the date

Join fellow alumni for the Annual Alumni Reunion Weekend Oct. 17-18, 2014. The weekend includes:

- Friday evening — Cocktail reception
- Saturday — EVMS Alumni chalet at the Town Point Virginia Wine Festival (open to alumni only, advanced ticket purchase required), followed by class-specific celebrations.

To register, or for more information, go to evmsalumni.com/reunion.cfm □

New alumni award recognizes commitment to EVMS

A newly established award honors EVMS alumni who remain engaged with their alma mater and make significant contributions of time and talent to the school.

EVMS Alumni Relations created the Distinguished Alumni Service Award in July to recognize the way in which alumni carry on the tradition of giving back through dedication, support and service to the school. The award will be given annually, but only when a worthy recipient is identified.

Nominations will open December 1, and a committee consisting of two EVMS senior administrators, one representative each from the EVMS MD and HP Alumni Boards and the Director of Alumni Relations will weigh the merits of each nomination.

"Alumni are a vital component of our school," Melissa Lang, Director of Alumni Relations, says. "They mentor our students. They provide opportunities for clinical experience. They contribute financially. Look anywhere on campus, and you'll see the impact of graduates from years past. We created the Distinguished Alumni Award to highlight their significant roles in our core missions — and to express our appreciation for that ongoing commitment." □



Learn more about the award and nominate a deserving alumna or alumnus at evms.edu/magazine

Class notes

Hanna Gaggin, MD, MPH (MD '03), a cardiologist, educator and clinical research scientist at Massachusetts General Hospital was co-editor of the text "MGH Cardiology Board Review."

The American Art Therapy Association honored **Sarah Deaver, PhD, ATR-BC** (Art Therapy '82), a Professor and Research Director in the EVMS Graduate Art Therapy and Counseling Program, with its Distinguished Educator Award at the organization's July conference.

Shaun Williams, MD, of Reproductive Medicine Associates of Connecticut, is ranked as a "Vitals Top Ten Doctor," based on patient input provided to Vitals.com. Dr. Williams completed a fellowship in reproductive endocrinology and infertility at the EVMS Jones Institute for Reproductive Medicine.

Rachel Rashti, MD (MD '10), received the H. Olive Williamson Award for Excellence in Obstetrics and Gynecology from her residency program at the Medical University of South Carolina. The award recognizes the chief resident who has been consistently outstanding in patient care, judgment, clinical effectiveness, compassion, empathy, professionalism and attention to detail.

Dr. Lucy's gluten-free cookies, produced by the Norfolk-based company founded by **Lucy Gibney, MD** (MD '98), will be exported to the United Kingdom thanks to an agreement with Tree of Life, a distributor of organic and natural foods. The cookies are the first North American product carried by the distributor. □

Interested in becoming a preceptor?

Aspiring physicians and health professionals rely on working clinicians to gain invaluable, real-world experience with patients and the rigors of day-to-day practice. Help teach the next generation by letting EVMS learn from your expertise. Contact Dan Thibodeau, MHP, PA-C, Director of EVMS Clinical Education Recruitment and Support, at 757.446.6057 or thiboddt@evms.edu to learn about becoming a preceptor.



Arthur Kirk, MD



Harry Lester



Connie McKenzie

Philanthropy awards honor four with ties to EVMS

The Association of Fundraising Professionals, Hampton Roads Chapter (AFP-HR), will honor a foundation and three individuals with ties to EVMS at its 13th annual National Philanthropy Day luncheon in November.

The award for Outstanding Foundation will be presented to the Chesapeake Bay Wine Classic Foundation. Among its numerous philanthropic efforts, the foundation has raised more than \$240,000 for EVMS breast cancer research through its annual Wine, Women & Fishing fundraising tournament. The foundation was chosen for demonstrating an outstanding commitment to philanthropy through financial support, as well as through encouraging and motivating others to take leadership roles in fundraising and in their communities.

One of the first donors who helped establish EVMS, Arthur Kirk, MD, will be honored as Outstanding Philanthropist. Since his gift to Eastern Virginia Medical Authority two years before EVMS opened its doors, Dr. Kirk has created the Arthur and Marie Kirk Family Chair at EVMS and recently established the Kirk Family Research Fund at the school. Along with this exceptional generosity, he has continued building support for EVMS within the region's medical community.

The award for Outstanding Volunteer Fundraiser will be presented to EVMS President Emeritus Harry Lester. The Chesapeake Bay Foundation, on whose Board of Trustees Mr. Lester serves, submitted the nomination. "Harry Lester has been an incredibly generous benefactor for the Hampton Roads community," the nomination says, "generously giving of his time (in high demand), diverse talents and personal resources.... He has singlehandedly raised millions of dollars for local organizations and nonprofits." Mr. Lester was President of EVMS from 2005 through 2013.

EVMS' Director of Development, Connie McKenzie, CFRE, will receive the award for Outstanding Fundraising Professional. After joining EVMS in 2009, Ms. McKenzie led a three-year capital campaign for the school that raised \$32.4 million, which exceeded its goal by 62 percent and brought 1,810 new donors to the institution. She also is a past president of AFP-HR, mentors new fundraisers and gives presentations and workshops to advance the profession. □

Associate's degree while in high school just the beginning for Middleton scholar

Drake Bishop, the 2014 recipient of the four-year Dorothy Middleton Memorial Scholarship, earned a college degree before receiving his high-school diploma.

Hailing from Blackstone, Va., Mr. Bishop attended Southside Virginia Community College at night and on weekends through a dual-enrollment program offered by his high school. As a result, he earned an associate's degree in general studies with a 4.0 average one month before his high-school graduation.

Mr. Bishop then received a four-year Patrick Henry Scholarship to Hampden-Sydney College. In May, he graduated summa cum laude with a bachelor's degree in biology.

Through the Hampden-Sydney/ EVMS joint BS-MD program, Mr. Bishop applied to EVMS and was accepted his sophomore year. "For as long as it's mattered," he says, "I've wanted to be a physician."

EVMS was the only medical school he applied to. "I was attracted to the community atmosphere here," Mr. Bishop says. "I've heard stories of other schools being very competitive, but I knew that EVMS students want to help each other succeed. EVMS' focus on community



Drake Bishop

outreach also appealed to me."

During his time as an undergraduate, Mr. Bishop worked part time for three years in the biology department of Hampden-Sydney. Earlier this year, he was accepted as an EVMS-CHKD Summer Scholar and assigned to the lab of Amy Tang, PhD, in the Leroy T. Canoles Jr. Cancer Research

Center. "I did some cancer research in my job at Hampden-Sydney," he explains, "and won a competitive award for my research thesis. Now I'm interested in oncology as a specialty."

In his spare time, Mr. Bishop has often volunteered with the Southside

"For as long as it's mattered, I've wanted to be a physician."

Center for Violence Prevention in Blackstone, and he holds a black belt in the Japanese martial art Bu Gei Jo.

The Middleton Scholarship, first awarded in 2011, is funded by an endowment bequeathed by the late Dorothy M. Middleton of Norfolk. It is EVMS' only full in-state tuition scholarship and is awarded annually to one EVMS medical student from Virginia based on academic excellence and financial need. □

EVMS supporters rise to the challenge

Last February, Liberty Tax Service issued a six-week challenge: For every donation made to the EVMS Fund during that period, the company would contribute \$40 in honor of EVMS' 40th anniversary — up to a total of \$25,000.

Not only was the challenge met, it was exceeded by a tremendous amount. More than \$200,000 in cash and pledges was raised, with some of those gifts coming from 213 first-time donors to EVMS.

"It was with great joy that Liberty Tax Service participated in this challenge," says Martha O'Gorman, the company's Chief Marketing Officer. "It was a wonderful experience learning about the mission and goals of EVMS. We have been loudly singing the praises of the staff and faculty to everyone we meet. I think it is incumbent on all residents and businesses in Hampton Roads to learn more about EVMS and the amazing depth the organization brings to our community."

EVMS' Director of Annual Giving, Denise Milisitz, says she is tremendously grateful to every donor who helped EVMS meet this challenge. "And we offer our heartfelt thanks to Liberty Tax Service for elevating our fundraising success."

Businesses that partner with EVMS on a fund drive benefit by being recognized as good corporate citizens for supporting an important community asset. If your business would like to elevate giving at EVMS, please call EVMS Development at 757.965.8500. □



Heart of Ghent runners raise funds for EVMS

The morning of Saturday, Sept. 20, Norfolk's Ghent neighborhood was a little challenging for drivers to navigate, but it couldn't have been easier for people on foot.

That was evident from the hundreds of runners racing through the historic community in the third annual Heart of Ghent 10K fundraiser. The EVMS Strelitz Diabetes Center was one of five local nonprofits that benefited from the event.

Along with EVMS faculty and staff who volunteered as race marshals, EVMS physicians and health-care professionals staffed the medical tent. Five bands entertained runners along the route, and several Ghent restaurants supplied refreshments for a post-race party at the finish line. □

Wine, Women & Fishing has record-setting year

It's the largest billfish tournament on the East Coast. A record 210 anglers took part this year on 35 boats. And the Sunday evening Dock Party at Virginia Beach's Southside Marina drew more than 500 guests.

What's unusual about it? The anglers are women, and the annual event benefits EVMS.

Held in August by the Chesapeake Bay Wine Classic Foundation, Wine, Women & Fishing had already raised more than \$240,000 for EVMS breast cancer research before the 2014 event.

This year's winner was Team Jubilee, whose members included guest angler Capt. "Wild" Bill from the "Deadliest Catch." The Craziest Crew award went to the Bay Custom team. □



Battling stage IV throat cancer, Tony Arnold turned to EVMS for treatment. "I knew about EVMS, but I had no idea it offered services that would save my life."

Cancer survivor gives back to EVMS

Until two years ago, whenever Tony Arnold heard that someone he knew had cancer, "I assumed they had to travel to Sloan-Kettering or Johns Hopkins for the best treatment," he says.

Then he faced his own battle: stage IV throat cancer. "My wife and I feared I wouldn't be around to see our kids grow up," Mr. Arnold says. "That was when I learned the best treatment is right in my own back yard."

Born and raised in Hampton Roads, Mr. Arnold has spent the last 22 years as Director of Facilities Planning and Construction for Virginia Beach Public Schools. "I knew about EVMS, but I had no idea it offered services that would save my life."

Mr. Arnold was treated by EVMS surgeon Daniel Karakla, MD, Associate Professor of Otolaryngology-Head and Neck Surgery, and radiation oncologist Scott Williams, PhD, MD, Assistant Professor of Radiation Oncology and Biophysics.

"Everyone I've encountered there, from the front-desk staff to all the medical professionals, has truly been first class," he says. "They're incredibly kind and caring, and I can't say enough good things about them."

By spring 2013, Mr. Arnold was cancer-free. "When Dr. Williams told me the cancer was gone, the look of genuine happiness on his face said he might have been more excited than I was."

As a way of saying thanks, Mr. Arnold held a "Celebrate Good Health" party at his home last summer to raise money for EVMS cancer research.

"I was delighted to do it," he says. "I can never repay the folks at EVMS for what they did, but I can try to return the favor. I will talk about the place for as long as people will listen." □

"When Dr. Williams told me the cancer was gone, the look of genuine happiness on his face said he might have been more excited than I was."

— TONY ARNOLD

EVMS physicians play key roles in local hospital and in the community

Physicians with the EVMS Medical Group care for their patients at clinics on the EVMS campus and at satellite locations throughout the region.

But you're just as likely to see your EVMS doctor in a range of local hospitals where they tend to patients as well as teach. There was a vivid reminder of their crucial clinical role recently when *U.S. News and World Report* issued its annual ranking of U.S. hospitals.

Sentara Norfolk General Hospital (SNGH) won a series of accolades from the magazine, including Best Hospital in Virginia and a ranking of 41st in the nation in ear, nose and throat — also known as otolaryngology.



EVMS Medical Group physicians and surgeons perform many important medical roles at SNGH and are an integral part of the hospital's medical and surgical team. Among other things, EVMS Medical Group surgeons staff the hospital's Level 1 Trauma Center and radiation oncologists staff the Cyberknife Robotic Radiosurgery program.

EVMS Otolaryngology-Head and Neck Surgery plays a critical role in the hospital's ear, nose and throat program. It is the first time the program has ranked among the top 50 in the country. The hospital's cardiology and heart surgery program ranked 44th.

And the EVMS ties didn't stop there. Three other specialties at SNGH with a strong EVMS connection also were ranked as "high-performing," meaning the quality of care ranked in the top 25 percent nationwide.

These were Diabetes and Endocrinology, staffed by physicians at the EVMS Strelitz Diabetes Center; Geriatrics, staffed by physicians from the EVMS Glennan Center for Geriatrics and Gerontology; and Nephrology, staffed, in part, by EVMS nephrologists. EVMS faculty working in these centers represent Internal Medicine, Family and Community Medicine and the EVMS Medical Group.

"Our community-based surgeons and partners with Eastern Virginia Medical School are actively engaged as part of our care team, which elevates our programs," says Kurt Hofelich, President of SNGH. "This number-one ranking in Virginia is a testament to the work our entire team does every day of the year." □

Photos from the launch of the EVMS Wellness Works program, the Coach Ray Barlow Golf Tournament, the EVMS Golf Classic, a special program on mental health issues, and orientation for new medical residents.





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1. EVMS launched its wellness program for faculty and staff in July. The event drew hundreds from across campus to learn more from a series of health and wellness vendors and to participate in one of several health screenings.

2. The Coach Ray Barlow "Believe in Yourself" Foundation hosted the 7th Annual Coach Ray Barlow Memorial Golf Tournament in June. The organization has donated \$80,000 to benefit prostate cancer research at the EVMS Leroy T. Canoles Cancer Research Center. Pictured are tournament organizers with, at far right, John Semmes, PhD, Director of the Leroy T. Canoles Jr. Cancer Research Center at EVMS and Anthem Distinguished Professor for Cancer Research.

3. On Tuesday, June 24, dozens of golfers gathered at Bayville Golf Club in Virginia Beach for the EVMS Charity Golf Classic. Many thanks to all the sponsors and golfers for their generous support of this annual fundraising event.

4. The school hosted a special "Grand Rounds" event in July focused on mental health. EVMS Psychiatry and the M. Foscue Brock Institute for Community and Global Health co-sponsored the gathering. Posing after the event are, from left, Cynthia Romero, MD (MD '93), Director of the Brock Institute; speaker Heyward Donigan, President and CEO of ValueOptions Inc.; speaker Richard Rosenheck, MD, Professor of Psychiatry at Yale Medical School and Director of Mental Health Services, Department of Psychiatry, VA Connecticut Health Care System; and Stephen Deutsch, MD, PhD, Anne Armistead Robinson Endowed Chair in Psychiatry and Chair of Psychiatry at EVMS.

5. Representatives of the Norfolk Redevelopment and Housing Authority speak to incoming EVMS interns and residents on June 27 during a tour of Norfolk. The tour helped them better understand EVMS' culture, the school's affiliated teaching hospitals and the surrounding community.

6. C.W. Gowen, MD, Professor, Chair and the EVMS Foundation Chair of Pediatrics, narrates the bus tour for incoming interns and residents on June 27.



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

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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.

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