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to Lead
**CANCER
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CENTER**

Staying
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IN THE
SUN**

HARRY T. LESTER
The Architect of Progress

PAGE 20

Harry T. Lester
evms president

credits

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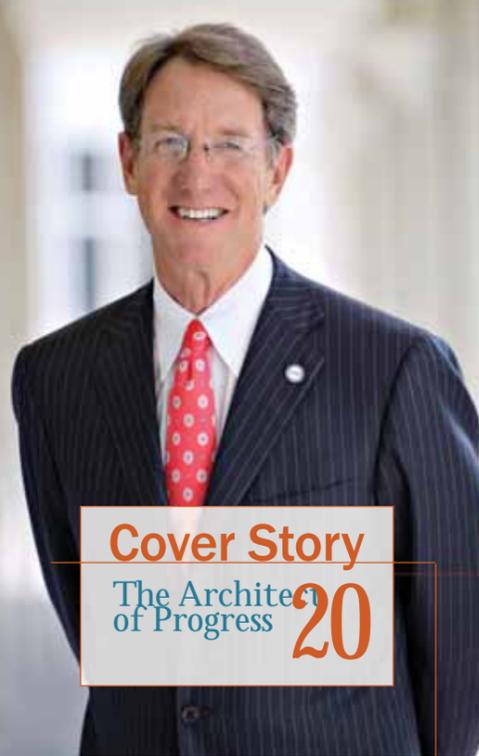
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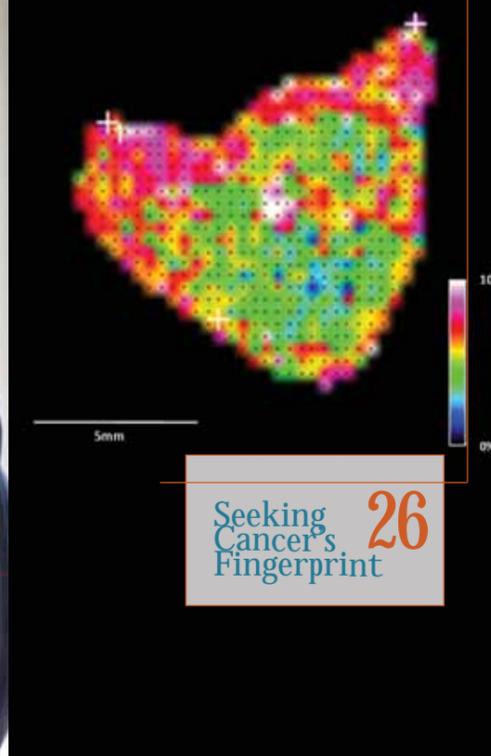
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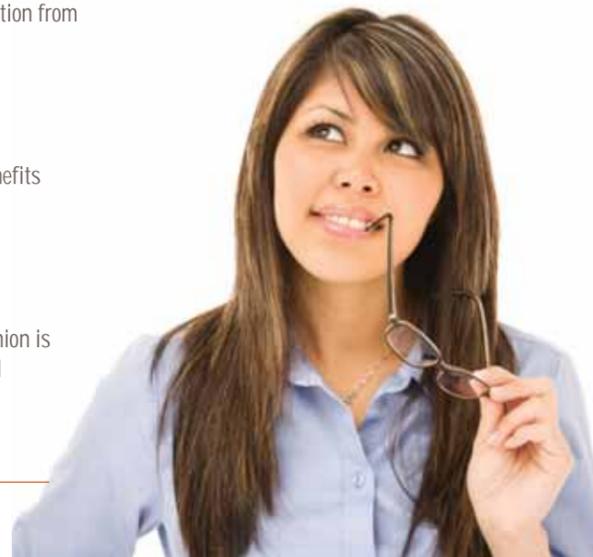
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State of the School/new building groundbreaking is Sept. 17 MD Alumni Reunion is the weekend of Aug. 14-16 New student orientation is the week of Aug. 17-21 Britt Scholarship Dinner is Oct. 22

Tell us what you think

Take a short survey to let us know what you think of *EVMS Magazine* and qualify for a chance to win a \$25 Visa gift card. Visit www.evms.edu/magazine and click on the survey link.



from the president



As you will read I will continue as president of Eastern Virginia Medical School (see page 20). What started as a temporary appointment during some difficult times for EVMS, has become an immensely rewarding experience for me — both personally and professionally.

My commitment to this institution and my respect for the innovation and discovery that occur here is no secret. That's why I agreed to join the Board of Visitors in 2000 and eventually served as rector. That's also why I agreed to take the reins as president when the need arose.

But the real story isn't about me. It's about Eastern Virginia Medical School and the extraordinary people that ensure high-quality teaching, discovering and caring occur daily. From the groundbreaking proteomics research happening right here on our campus (see page 26) to our top-notch faculty (see page 12) and our stellar graduates (see page 4), this institution makes a profound difference.

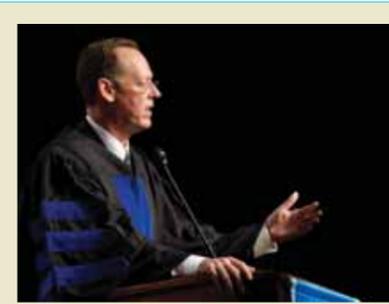
Each and every EVMS employee contributes to the success of our medical school and to the health of Hampton Roads. That's why I am so proud to be a member of this fine team.

I extend my sincere thanks to our employees, our students and our community supporters as we seek to build a stronger future for EVMS.

Harry T. Lester
President



Trimaine Brinkley hugs Student Programs Coordinator Vera Potts before walking into the arena for the commencement ceremony.



Paul Farmer, MD, PhD, told the Class of 2009 that they will be the generation that revolutionizes medical care.

“The call to service is the hallmark of this school,” Dr. Farmer said. “Yours is the generation I believe will change medicine – making it more evidence-based, more accessible, more equitable.”

The school’s graduation events culminated in the conferral of degrees, when family and friends of the 246 graduates celebrated their achievements. Events in the days leading up to graduation included the commissioning of physicians entering the military, a baccalaureate service honoring all graduates, and banquets sponsored by the physician assistant and medical doctorate programs.

At the commencement ceremony, President Harry T. Lester noted the move from the traditional location, Chrysler Hall, to the larger Scope Arena. The move was precipitated by the growth of the student population.

“How do you like our new graduation venue?” Mr. Lester asked as he welcomed the crowd. “I think it is pretty nice — and very appropriate. You see, in my book, EVMS graduates are all rock stars. ... You belong in an arena.”

Mr. Lester said he considers the Class of 2009 particularly special because the MD students began their tenure at EVMS the same year he was named president. He praised their activism and willingness to volunteer their talents in Hampton Roads and in locations around the globe.

“EVMS students are committed to serving others, demonstrated by your voluntary community service,” Mr. Lester said. “Our students choose the mentoring, the free clinics and the service projects. That’s the reason I’m so proud to be president of EVMS. That’s the

reason I am so proud of you.”

MD Class President Nicole Reynolds and Gaurav Basu, PhD class representative, offered the student responses, thanking the faculty and staff for helping students achieve their goals. “EVMS has taught us much more than medicine; we have been taught humanism and the importance of service,” Ms. Reynolds said.

“My experiences at EVMS have enriched my life,” Mr. Basu said, noting that he is proud to be a student at a school that encourages teamwork and strives to improve the health and quality of life of the community it serves by producing great health professionals and inspiring its students to make a positive impact.

This year, the PhD program graduated 11 students – the highest number in school history. “This class includes some very strong students who I expect to contribute to biomedical research and teaching in a variety of different ways,” said program director Dr. Earl Godfrey. “They worked hard and I’m very proud of all they’ve accomplished.”

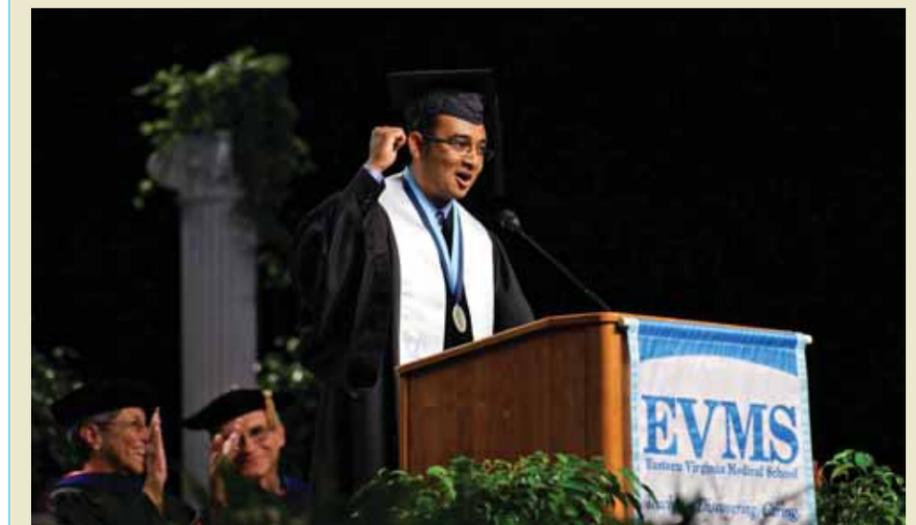
Wayne Wilbanks, rector of the EVMS Board of Visitors, conferred honorary degrees upon

Dr. Farmer as well as the late William Cooke Andrews, MD (accepted by his wife Betsy and daughter Elizabeth Watts). Dr. Andrews was an important figure in the establishment of the residency program in the EVMS Department of Obstetrics and Gynecology, and he was a national leader in his specialty. □



Dr. Farmer, Rector Wayne Wilbanks, and President Harry T. Lester greet David Probert, MD, professor of internal medicine, shortly before graduation gets underway.

For more information about Dr. Farmer and to view additional graduation photos, visit us at www.evms.edu/magazine.



Biomedical Sciences PhD graduate Gaurav Basu delivered the student address from the School of Health Professions.

GRADUATION



Working together to bring needed change to the health-care system should be the ultimate goal of today’s rising physicians, said Paul Farmer, MD, PhD, keynote speaker for Eastern Virginia Medical School’s 2009 commencement ceremony. “Medical schools call for individual achievement,

when what we really need is teamwork,” said Dr. Farmer, an eminent physician and Harvard Medical School professor.

As a humanitarian who has won international acclaim for his efforts to bring health care to the world’s poorest countries, Dr. Farmer encouraged graduates to maintain their enthusiasm for

working collaboratively to help others as they prepare to face the realities of today’s medical and scientific arena. He applauded the graduates’ efforts within the local community and abroad, encouraging them to remain committed to teamwork and service throughout the course of their careers.

Faculty and administrators seek Stimulus Funds

FEDERAL AID WOULD SUPPORT RESEARCH, INFRASTRUCTURE NEEDS



Researchers and administrators come together in the school's temporary "War Room" to discuss grant proposals seeking federal stimulus funds.

Eastern Virginia Medical School's researchers invest long hours applying for vital grants, and recently, the quest for research funding has them burning the midnight oil in record quantities.

Scientists and physicians throughout the institution are seeking a share of the enormous federal stimulus funding made available for educational and biomedical research purposes through the American Recovery and Reinvestment Act. The National Institutes of Health (NIH) alone has an extra \$10 billion in grant funds this year.

The school has reacted to the unprecedented funding opportunity with its own unprecedented response. EVMS has created a centralized clearinghouse, dubbed the "War Room," to help faculty and staff identify new funding opportunities as they become available and to help them coordinate and manage the development of grant proposals.

Sentara Healthcare is supporting the effort with the temporary loan of an employee to staff the War Room and assist faculty. In addition, the school has contracted a Washington, DC, grant-

writing firm to help faculty craft submissions. "Grants are the lifeblood of biomedical research," says Dean and Provost Gerald J. Pepe, PhD. "With a surge in grant support, we can redouble our efforts in important research areas such as cancer, cardiovascular disease, diabetes and women's health."

EVMS has applied for 39 grants. That includes everything from requests for research equipment to multi-million-dollar requests for new facilities, says William Wasilenko, PhD, associate dean for research.

The school also is joining with its hospital partners Sentara Healthcare and Children's Hospital of The King's Daughters and with the University of Virginia to seek funding for health-care information technology.

"All of these proposals are competitive. They have to be reviewed by their scientific peers. They have to be competitively scored. But

The NIH alone has an extra \$10 billion in grant funds this year.

we're very optimistic that by flooding the system with grants, we're going to get some that are just going to land upright and be funded," Dr. Wasilenko says.

Jerry Nadler, MD, professor and chair of internal medicine and one of the many faculty to seize on the funding opportunity, says, "This is a once-in-a-lifetime opportunity where so much money is being put toward research."

Dr. Nadler, for instance, leads a team that is seeking a flow cytometer, a state-of-the-art research tool that can identify cells and, in the process, help researchers understand how disease causes inflammation, heart problems, hardening of the arteries and diabetes. "You can infer what's causing disease and use that information to test new therapies," Dr. Nadler says.

Researchers also will use the instrument to perform groundbreaking research of bariatric surgery, procedures intended to help obese patients lose weight. Dr. Nadler and his team want to understand why bariatric surgery patients experience a dramatic improvement in diabetes symptoms even before significant weight loss.

"We have some ideas we want to test to understand how that's happening," he says. "We can use the flow cytometer to identify special components in the blood." The research could lead to the development of a non-surgical therapy that might not help patients lose weight but could provide other health benefits.

Even with the haste demanded by the stimulus-funding deadlines, faculty have been careful to draft strong submissions. "Everything I have reviewed has been of outstanding quality," Dr. Wasilenko says.

"The faculty need to be commended for the initiative they have shown and for their perseverance," he continues. "It really has struck me, the quality and talent of the research faculty we have here."

One side benefit of the all-hands-on-deck approach is a broader awareness campus-wide of the scope of EVMS research and patient-care programs and the potential for new collaborations. "People are becoming more aware of what's going on from one department to another," says Dr. Wasilenko. "And that's a healthy thing." □

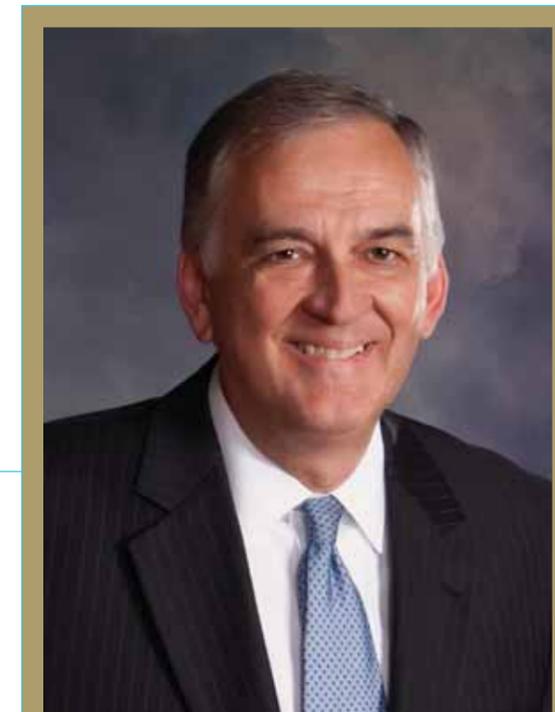
Board of Visitors appoints new officers

John Rathbone named EVMS Rector

other new officers are:

Maurice Jones, Vice Rector

Susan Taylor Hansen, Secretary/Treasurer



John Rathbone, CPA

The Eastern Virginia Medical School Board of Visitors voted in three new officers at the June 9 annual meeting.

John P. Rathbone was unanimously elected rector for fiscal year 2010. The new officers began their duties July 1.

Mr. Rathbone succeeds Wayne Wilbanks, who stepped down from the board after serving eight years, three of them as rector.

"EVMS is in a strong position to realize the next stage in its ambitious development goals," says Mr. Wilbanks. "I am very pleased that individuals of such character and dedication will be spearheading this effort. I am confident that they will all build upon the school's impeccable reputation for research and scholarship and will continue the good work being done here at EVMS."

Originally appointed to the board in 2004 by the EVMS Foundation, Mr. Rathbone is the executive vice president of administration for the Norfolk Southern Corporation, where he has been employed for nearly 30 years. Mr. Rathbone is also on the boards of the College of William & Mary Foundation, the Belt Railway

Company of Chicago and the United Way of South Hampton Roads. He was previously a trustee for the Virginia Stage Company and Bethany Hall Home for Alcoholic Women and is a former chapter president of the Institute of Internal Auditors.

Mr. Rathbone holds bachelor's degrees in history and English from Virginia Tech and completed post-baccalaureate studies in accounting at William & Mary, as well as management training at both Duke and Harvard universities.

Maurice Jones, publisher of *The Virginian-Pilot*, is the new vice rector. Appointed to the board in 2006, Mr. Jones has worked for the U.S. Treasury Department and the Richmond law firm of Hunton & Williams and served as the deputy chief of staff and commissioner of social services under former Gov. Mark Warner. He is the first black publisher of Landmark Communications, which makes *The Pilot* the country's largest daily newspaper with a black publisher.

After graduating at the top of his class from

Hampden-Sydney College, Mr. Jones continued his studies at Oxford University on a Rhodes Scholarship and later received a law degree from the University of Virginia.

A board member since 2003, Susan Taylor Hansen has been confirmed for a second term as the board's secretary/treasurer. Ms. Hansen specializes in environmental law as a partner with the Portsmouth law firm Cooper, Spong & Davis P.C.

In 2004, former Gov. Mark Warner appointed Ms. Hansen the at-large member of the Virginia Soil and Water Conservation Board. She is a member of the Environmental Council of the Virginia State Bar Association and is a former trustee of the Chesapeake Bay Foundation. She also has served as an instructor in environmental law at Tidewater Community College and as chair of the Portsmouth Planning Commission.

Ms. Hansen received her Bachelor of Arts degree from the University of Utah and completed graduate studies at the American University and University of Utah schools of law. □

Semmes to lead new research center

Eastern Virginia Medical School has tapped one of its leading scientists to launch a new research center envisioned as a conduit between scientists and patients, accelerating new treatments for cancer and disease from the laboratory to the clinic.

O. John Semmes, PhD, known internationally for his research into identifying cancer at its earliest stages, will lead the Cancer Biology and Infectious Disease Research Center.

"Having a researcher of Dr. Semmes' caliber spearhead this new center will help EVMS quickly move to the leading edge of oncology research," says EVMS Dean and Provost Gerald J. Pepe, PhD. "His strong direction will provide students with an exceptional education, contribute to the advancement of cancer detection and treatment, and ultimately ensure a healthier community."

His physician collaborators also are excited about the appointment.

"John Semmes is exceptional at perceiving the clinical utility and potential applications of rapidly evolving biotechnologies that benefit our patients while providing us with a sharper understanding of the mechanisms of cancer," says Donald F. Lynch, MD, chair of urology.

This is one of four centers envisioned by Dean Pepe as part of a major, multi-year research initiative that focuses on health issues where the community has needs and the school has existing strengths. As a center without walls, this "virtual" center will bring together scientists and physicians with varied expertise. The goal of this network of EVMS doctors is to increase funding and research opportunities for EVMS faculty and students; recruit talented, externally funded researchers; and hasten the translation of laboratory findings into clinical trials and treatments.

"We must ask ourselves what science can do to help solve clinical questions. We want to do research that has an application to disease, that will



O. John Semmes, PhD, came to Eastern Virginia Medical School from the University of Virginia. He is a leading scientist in the effort to develop tests for the early detection of disease, including cancer.

make an immediate impact," Dr. Semmes says.

In 2009, the American Cancer Society estimates that there will be nearly 1.5 million new cancer diagnoses in the United States alone, and of those, more than 34,000 will be Virginians. The Virginia Department of Health reports that the Eastern region has the highest rate of age-adjusted cancer mortality in the state — 204 deaths per 100,000 people each year, second only to heart disease. In an effort to target this menacing epidemic, researchers in the new center will strive to develop tools for eliminating the disease, which the American Cancer Society says will affect half of all U.S. men and a third of all U.S. women at some point in their lives. They hope to serve as a model for collaborative research programs, throughout the state and the nation, designed to address the critical issues related to cancer treatment and education.

At the core of the center is the school's study of proteins, a science known as proteomics that was born out of scientific efforts to uncover the secrets of the human genome. Dr. Semmes, a professor of microbiology and molecular cell biology and the Anthem Professor for Cancer Research, heads the school's George L. Wright Center for Biomedical Proteomics. The school's investment in clinical proteomics will yield precise molecular diagnostics, and better diagnostics will in turn lead to better and earlier treatment, says Dr. Semmes.

Dr. Semmes and his team search blood and tissue samples for proteins that offer telltale

evidence of the earliest forms of cancer. The Wright Center is one of a small number of programs nationwide designated by the National Cancer Institute to search for such "biomarkers" of disease (for an in-depth look at his research, see p. 26).

"I believe in building from a position of strength outward," Dr. Semmes says. In this vein, efforts are already underway to consolidate cancer research among EVMS, community faculty (such as those in the Department of Urology), Virginia Oncology Associates, Sentara Healthcare and others. "We can't do it alone," Dr. Semmes explains. "In order to achieve a truly significant cancer program we need to tap into the research

and clinical capabilities of the entire Hampton Roads region."

"These are exciting times in cancer research as we look toward a new paradigm for prediction, detection and treatment," says Mark Szalwinski, vice president, Cancer Services, Sentara Healthcare. "Knowing a patient's molecular predictors will open new possibilities for early detection of cancer and more individualized therapies that may ultimately save more lives. The Sentara Cancer Network is excited to be a part of this effort."

"Fundamentally, we hope to translate promising scientific discoveries into more effective prevention, diagnosis and treatment options," says Thomas A. Alberico, MD, of Virginia Oncology Associates. "Together, EVMS, Virginia Oncology Associates and Sentara are making great strides in cancer research to benefit not only the people of Virginia, but cancer patients worldwide."

One of the initial goals for the center is to be named a Designated Cancer Center by the National Cancer Institute.

Dr. Semmes earned his PhD from George Washington University and completed postdoctoral training at the National Institute of Health and Johns Hopkins University. He and his team have produced over 100 scientific publications. Dr. Semmes serves as scientific advisor for cancer research at major medical schools and is on the editorial boards of cancer-related journals. □

Biochemistry text for medical students tries new tack

Frustrated by existing texts used to teach medical students about metabolism, Miriam Rosenthal, PhD, professor of biochemistry in the Department of Physiological Sciences, decided to fix the problem.

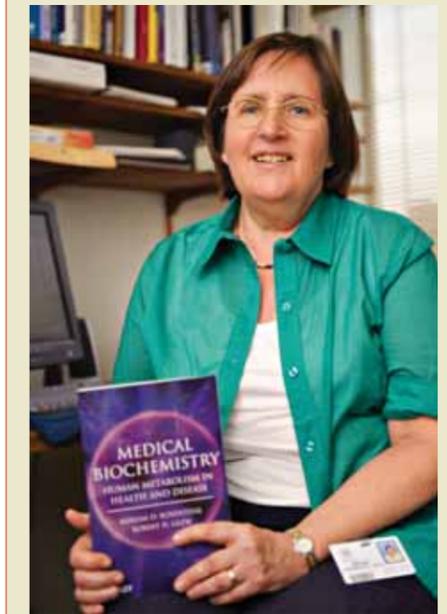
The new book, "Medical Biochemistry: Human Metabolism in Health and Disease," which she wrote with an outside colleague, is designed to give up-and-coming doctors a more insightful guide to metabolic processes than what currently is on library shelves.

"We came to the conclusion that the existing texts didn't work. They either were clinically irrelevant or they were encyclopedic," says Dr. Rosenthal, who has taught at EVMS for more than 30 years.

She and co-author Robert H. Glew, PhD, professor of biomedical sciences at the University

of New Mexico, worked together in recent years to co-edit a volume of clinical cases for medical biochemistry students. The approach for their new textbook "came out of both of us teaching and liking to teach, and we realized it needed a narrative. The idea was to focus on metabolism for medical students" instead of primarily the chemical processes, says Dr. Rosenthal.

The narrative uses clinical examples to demonstrate the importance of chemical pathways — the metabolic processes by which certain substances interact within an organism. Other texts she has used over the years tend to focus so much on the chemical aspects that it becomes harder to connect that with what a physician might see in a patient. For instance, Dr. Rosenthal says existing textbooks often overlook the simple fact that different organs are simultaneously performing



Miriam Rosenthal, PhD

different metabolic functions.

"I'm hoping this is something a student would actually read," she says. "It's similar to the way a good faculty member tries to lecture." □

Pariser Leads nation's largest dermatology organization

Longtime EVMS community faculty member David M. Pariser, MD, has taken the reins as president of the American Academy of Dermatology.

The yearlong post makes Dr. Pariser, professor of dermatology, the leading voice behind the priorities of the AAD's 16,000 members.

"My primary role is to advocate for the patients and advocate for the profession," he says.

In a refrain common across the medical community, Dr. Pariser said the academy's most pressing issue is the dwindling number of caregivers in its field, especially as planned health-care reform brings the potential for increased patient loads.

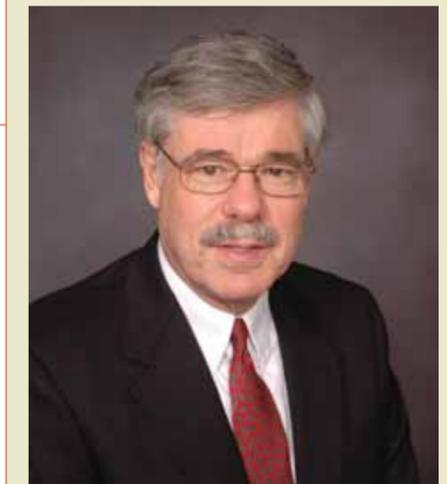
"The biggest issue right now in dermatology is the workforce. There are not enough dermatologists in the U.S., and they're scattered disproportionately,"

he says, noting that more providers need to work in urban cores instead of less-populated areas.

His other priorities include promoting the academy's continuing medical education and research efforts.

Dr. Pariser, whose father, Harry Pariser, MD, helped launch the dermatology program at EVMS, is a prolific publisher and an active member of his field's professional organizations. He earned the AAD's distinguished presidential citation in 2000, 2002 and 2004, and he has been among the leaders of more than 90 councils, committees and task forces for the AAD.

Dr. Pariser also serves as the secretary/treasurer of the American Dermatological Association, president of the Eastern Virginia Dermatology



David M. Pariser, MD

Foundation, president of the International Hyperhidrosis Society and is past president of the Virginia Dermatological Society. He has authored more than 160 publications, including three books.

Evan Farmer, MD, former EVMS dean, is the AAD's vice president. □

Britt focuses on Surgeon shortage

L.D. Britt, MD, MPH, Brickhouse professor and chair of surgery, is lending his voice to the American College of Surgeons' initiative aimed at curing a critical shortage of surgeons in the U.S.

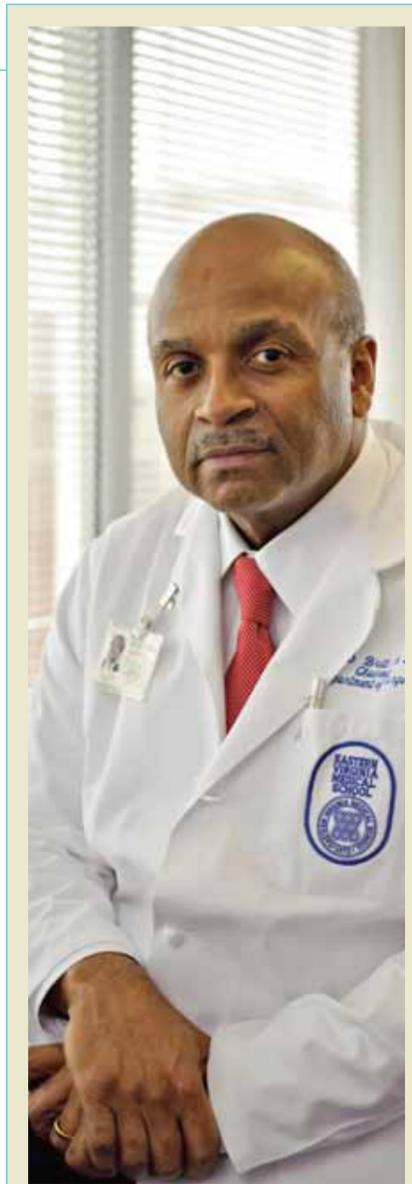
General surgeons play a crucial role in the health-care team, particularly when it comes to treating patients with traumatic injuries or medical emergencies such as appendicitis. A shortage can create backlogs that limit patients' access to care, says Dr. Britt, who was elected Chair of the Board of Regents of the ACS this year.

"Most of the trauma centers are staffed by general surgeons," Dr. Britt said during an interview with ABC's Good Morning America Health. "If you have appendicitis, if you have an abdominal obstruction, it's a general surgeon who's going to provide that care, and right now we have a major shortage."

According to the ACS, three quarters of all U.S. hospitals say there are too few on-call surgeons to keep their emergency rooms fully staffed, and the organization says there aren't enough new doctors being trained to replace the one-third of general surgeons age 55 and over who are considering retirement.

Barriers such as strict regulations, decreasing reimbursement rates and high education costs have stagnated growth in what once was among the most sought-after professions in medicine. In March, the ACS launched Operation Patient Access to try to regain lost ground, and Dr. Britt says a few changes could ensure the surgical workforce is capable of caring for growing patient needs.

Increasing graduate medical education funding to train more surgery residents, easing regulatory hurdles, expanding student loan-forgiveness programs and



L.D. Britt, MD, MPH

improving health-care provider reimbursement rates are all steps Dr. Britt says would clear some of the obstacles facing the surgical field.

"You can have the best insurance in the world, but if you don't have access to a surgeon during a surgical emergency, that's problematic," says Dr. Britt, a surgeon with EVMS Health Services. "We're ringing the bell to tell the public that access to quality surgical care is at risk." □

PA academy elects Thibodeau as board officer

Daniel Thibodeau, MPH, PA-C, assistant professor in the Master of Physician Assistant program, was elected in April as secretary of the board for the nation's largest professional organization for physician assistants.

It is Mr. Thibodeau's second two-year term on the American Academy of Physician Assistants Board of Directors. He previously served as director at large.

He says it is exciting to be involved in shaping the future of his profession. Physician assistant programs have exploded in popularity across the country, and organizations like the AAPA are backing the priorities and needs of a segment of the medical field that is crucial to effective, economical health care.

"It's advocacy in so many different ways — not only legislation, but things like reimbursement and continuing education," Mr. Thibodeau says of his work with the academy.

Mr. Thibodeau has been actively engaged with the AAPA throughout his career. Just recently, he was among only 40 PAs invited to a summit where the academy cemented its opposition to establishing a doctorate for physician assistants as had been done for nursing. Mr. Thibodeau also will be involved in the discussion of how physician assistants will fit into the emerging picture of nationwide health-care reform.

Physician assistants differ from nurses in that physician assistants are trained to diagnose and treat medical illnesses and conditions under the supervision of a doctor, whereas nurses are primarily responsible for providing nursing and bedside care — such as monitoring vital signs and administering medication. As a result, physician assistants generally have more autonomy in making decisions about patient care. □



Daniel Thibodeau,
MPH, PA-C

To Your Health

Sun Safety

After the long, cold months of winter, Hampton Roads residents have come out to play.

Doctors at Eastern Virginia Medical School say not to rush out to the beach, or even the backyard, without taking a moment to think about sun safety.

Antoinette F. Hood, MD, chair of dermatology, warns that smearing on a little sunscreen may not be enough.

"We've been indoors for a long time, and suddenly it's a beautiful day and everyone rushes out. But they forget how vulnerable they are," Dr. Hood, an EVMS Health Services physician, explains.

Some hazards of sun exposure include sunburn, aging effects and even skin cancer, Dr. Hood says.

"Sunburn is painful, but the real dangers of sun exposure come down the road," she says. Overexposure to the sun can lead to major health concerns such as skin cancer years after those beach parties are through.

There are plenty of ways to be safer while you're out in the sun, however.

First, be aware of the time. UV exposure is highest between 10 a.m. and 2 p.m., according to Hood.

"People are so happy to be outside they may stay out longer," she says.

A day at the beach is a great getaway, and sunscreen should definitely be in your beach bag. But remember, it doesn't last forever. Sweat and swimming can wash away that protection before you know it.

Dr. Hood recommends reapplying sunscreen often, perhaps as frequently as every two hours. Waterproof sunscreen is a good option if you're exercising, or can't reapply that often.

Look for a sunscreen that protects against both UVA and UVB, two wavelengths of the sun's ultraviolet light. Also, be aware that those ultraviolet rays are insidious and can reach you in all sorts of ways. Even sitting under an umbrella or wearing a hat, the sand and the water can reflect the sun's rays onto your skin.

For those with small children, getting them to sit still long enough to apply sunscreen can be mission impossible. Dr. Hood points parents toward sun-protective clothing — shirts, hats, jackets and pants made from material with a tighter weave, to keep out more ultraviolet light. Some clothes are chemically treated to keep out the sun as well. Sun-protective clothes can be a good addition to sunscreen, and work great for adults, too.

"They're comfortable and they work well," Dr. Hood says. "It's not like you're wearing plastic."

Even a regular cotton long-sleeve T-shirt over your child's bathing suit can help a lot, she adds. "What we preach now is not just sunscreen, but sun safety and being sun smart,"

Dr. Hood says. □

Sunburn is painful, but the real dangers of sun exposure come down the road.

Five faculty honored with annual Dean's Awards



Donald W. Lewis, MD



Ian A. Chen, MD



Gustavo F. Doncel, MD, PhD



Raymond S. Lance, MD



Thomas J. Lynch, PharmD

Members of the Eastern Virginia Medical School faculty selected five of their peers to be honored with the school's highest recognition, the Dean's Faculty Achievement Awards.

"These faculty epitomize the excellent core of academic strength that exists within EVMS, the institution and the community. Their commitment, dedication and skills, as well as the peer-reviewed recognition of their efforts, stand as shining examples of the values and expertise we as an institution bring to our patients, the national and international research communities and to our students," says EVMS Dean Gerald J. Pepe, PhD.

Their colleagues from both inside and outside EVMS nominate faculty members for the awards, and a committee comprised of past winners makes the final decision on who receives them.

This year's winners are: Donald W. Lewis, MD, Outstanding Faculty; Gustavo F. Doncel, MD, PhD, Achievement in Research; Raymond S. Lance, MD, Achievement by Community Faculty; Ian A. Chen, MD, Achievement in Clinical Service; and Thomas J. Lynch, PharmD, Achievement in Teaching in the Clinical Sciences.

OUTSTANDING FACULTY
Donald W. Lewis, MD
Chair and Professor of Pediatrics

A colleague calls the multi-faceted pediatrics chair Donald W. Lewis, MD, the department's Harry Potter, fulfilling multiple

responsibilities with wizard-like skill. Dr. Lewis calls himself a maitre d', connecting clinicians and researchers whose strengths and interests intersect.

The dean, however, calls him outstanding. Dr. Lewis, recipient of the 2009 Dean's Outstanding Faculty Award — EVMS' highest institutional recognition — deflects any praise to those around him. He says pediatrics' success comes through the spirit of collaboration that permeates the department.

"It's one of those very humbling experiences to be honored by your friends and colleagues," Dr. Lewis says. "I get a lot of credit for stuff that other people do."

A U.S. Naval Academy graduate, Dr. Lewis earned his medical degree from the Medical College of Virginia. He served a pediatrics residency at the Portsmouth Naval Hospital, followed by a pediatric neurology fellowship at Children's Hospital of Philadelphia. He joined the EVMS community faculty in 1987.

He came to the school full-time in 1993 as associate professor of pediatrics and neurology and was tapped in 1996 to serve as associate dean of admissions, a position he held until 2003. At the insistence of his peers, Dr. Lewis applied for the pediatrics chair when his predecessor stepped down in 2005, and those colleagues say his efforts since then have brought the department to new heights.

"His tenure as chairman of pediatrics has brought a whole new level of enthusiasm and commitment from everyone in the

department — from the physician members to ancillary staff, to residents and students," said one fellow physician.

Dr. Lewis resides in Norfolk.

ACHIEVEMENT IN CLINICAL SERVICE
Ian A. Chen, MD
Associate Professor of Internal Medicine

Ian A. Chen, MD, has earned a reputation for ensuring that underprivileged patients and those with chronic pain conditions receive consistently high-quality care. He is a leader among his peers and, as medical director of the Sickle Cell Disease Management Program, has done much to advance the treatment of sickle cell anemia, both within the Hampton Roads community and nationally.

"Whether it be an impoverished patient at the Ambulatory Care Center, or a patient with sickle cell disease, Ian exudes compassion," says a fellow physician. "Kneeling at a bedside to meet a patient at eye level, offering a hand when one needs to be held, and tirelessly working to be sure appropriate consultative or follow-up services are secured are just a few of the ways in which Ian ensures his patients know they are cared for."

Dr. Chen completed his residency at EVMS after graduating from the University of Mississippi School of Medicine. He currently serves as the associate chair for faculty development, the co-director of the

Coumadin Clinic at EVMS and the site director for the Ambulatory Care Clinic of Norfolk. He has been elected to numerous honor societies and is a member of the American Medical Association, the American College of Physicians, the Medical Society of Virginia and the Society of General Internal Medicine.

Dr. Chen lives in Suffolk.

ACHIEVEMENT IN RESEARCH
Gustavo F. Doncel, MD, PhD
Professor of Obstetrics and Gynecology

Gustavo F. Doncel, MD, PhD, came to EVMS in 1990 for a post-doctoral fellowship with the young CONRAD program, a subset of the Department of Obstetrics and Gynecology. Since then, he has become one of the foremost authorities on the development of products aimed at preventing the spread of sexually transmitted diseases, particularly HIV and AIDS, in the developing world.

Some of Dr. Doncel's more than 100 published scholarly articles are among the most-cited research pieces in his field.

Most notably, he has within the last two years helped CONRAD secure more than \$132 million in combined grant funding from the United States Agency for International Development and the Bill & Melinda Gates Foundation.

"Dr. Doncel's pioneering work has shaped the strategy of contraceptive and HIV-prevention technologies and research in the

last 15 years. Brilliant and honest academic researchers and selfless mentors like Dr. Doncel drive the scientific professor in the spirit of the best academic traditions of all times and propagate our passion for serving its humane cause," one of his outside collaborators wrote in support of Dr. Doncel's award nomination.

He received both his medical degree and doctorate from the University of Buenos Aires School of Medicine. He then completed three fellowships at that university's Reproductive Research Center.

Dr. Doncel resides in Norfolk.

ACHIEVEMENT BY COMMUNITY FACULTY
Raymond S. Lance, MD
Associate Professor of Urology

Colleagues say Ray Lance, MD, exemplifies the best characteristics of the surgeon-scientist — one who turns his technical talents and research interests into optimal patient results.

As the first Paul F. Schellhammer Professor of Cancer Research at EVMS, Dr. Lance is involved in clinical and basic science research programs, including those seeking to find cancer's "fingerprint." He also was a driving force behind the department's adoption of a simplified process for storing, collating, analyzing and tracking cancer-related data. He is the lead institutional investigator for the bladder cancer biomarker study currently being jointly pursued with the

University of Virginia — one of only two worldwide — and has contributed more than 40 articles to urologic and cancer literature.

"Dr. Lance's presence here at EVMS has significantly elevated my own research program, as well as the entire research portfolio of the Urology of Virginia/Virginia Prostate Center," says one of his department colleagues. "I have no doubt this is only the beginning of these efforts, and that he will continue to extend and promote urological cancer research efforts here at EVMS."

A former lieutenant colonel with the U.S. Army Medical Corps, Dr. Lance joined the EVMS Department of Urology in February 2007 following a term as the chief of urologic oncology at Madigan Army Medical Center in Tacoma, Wash., and three years in private practice in Anchorage, Alaska. He received his medical degree from the Uniformed Services University of the Health Sciences and completed his urology residency at Madigan Army Medical Center.

Dr. Lance resides in Norfolk.

ACHIEVEMENT IN TEACHING IN THE CLINICAL SCIENCES
Thomas J. Lynch, PharmD
Associate Professor of Family and Community Medicine

Thomas J. Lynch, PharmD, works across the spectrum of EVMS. He was instrumental

Continued on page 33



WARNING

TECH TROUBLES!

Technological convenience has its downside.

The high-tech gadgets on the market today are smaller, sleeker, more fun to use and appeal to a broader audience than ever before. They keep us connected and entertained. But, as some EVMS physicians are seeing, they can also keep us in pain.

OMG! Txtting bad 4 driving! *?!

CRUISING ALONG the mostly empty country road, the teenage driver hurriedly taps out a response to the text message that just buzzed on her phone. It's not until she's done that she notices her car is a foot into the oncoming lane and speeding up.

Thankfully, this is all actually taking place in a darkened simulator room in Norfolk.

THE TEENAGER is one of about two dozen young drivers put behind the virtual wheel for a study by Eastern Virginia Medical School pediatrics resident LaPrecious Harrold, MD, to see just how distracting today's mobile gadgets can be to novice drivers.

"Everybody did worse when they had any type of distraction," says Dr. Harrold.

Cell phones, now a staple for most people, have come under fire as the most troublesome technological device for drivers. Headlines describing sometimes-deadly accidents involving distracted drivers have cropped up around the country, and local and state governments have responded by enacting restrictions — some of them age-based — against talking or typing from the driver's seat.

More than half of the drivers polled in a 2008 AAA survey admitted to using a phone behind the wheel. And among young drivers, nearly half confessed to texting from the driver's seat.

That it's a distraction to be tapping away on keys while trying to negotiate busy streets is confirmed by numerous studies, but it's been difficult to quantify exactly how much of a diversion it is — especially for teens.

"There haven't really been any studies

focusing in on that age group, and there haven't been any studies focusing on texting while driving," says Dr. Harrold.

The initial goal of the study was to look at how cell phone use affects teenagers' driving, but Dr. Harrold, working with EVMS Pediatrics

Chairman Donald W. Lewis, MD, on the study's design, expanded it to include MP3 players and shifted the primary focus to texting.

Study volunteers drove through simulated rural and urban streets filled with other cars, pedestrians and police. They made the first run undistracted, and then made subsequent passes while using a cell phone, sending a text message and searching for songs on the MP3 player.

The results: Dr. Harrold says every participant's performance dropped when they were text messaging or using the MP3 player. Many of them also drove worse when simply talking on the phone.



An apple (iPOD) a day

As if portable MP3 players weren't enough trouble behind the wheel, their risks are portable, too.

The devices have become like mobile entertainment centers, getting more complex and capable of providing more elaborate functions. But users walking around with earphones on all day also should be careful, says Stephanie Moody Antonio, MD, a physician at the EVMS Health Services Hearing and Balance Center.

"There is a significant risk of noise-induced hearing loss," says Dr. Moody Antonio, assistant professor of otolaryngology-head and neck surgery.

Some players can reach volumes of nearly 120 decibels — significantly above the 85 decibels at which hearing damage can start, according to the National Institute for Occupational Safety and Health. Couple that with the fact that many listeners use headphones like Apple's "ear buds" that go in the ear canal, and you have the equivalent of noise louder than a rock concert piping out within an inch of the eardrum.

"Exposure to noise at that volume, even for a brief period, is hazardous to hearing," Dr. Antonio says. "Even lower volumes can cause hearing loss with longer exposure, such as for an hour or more."

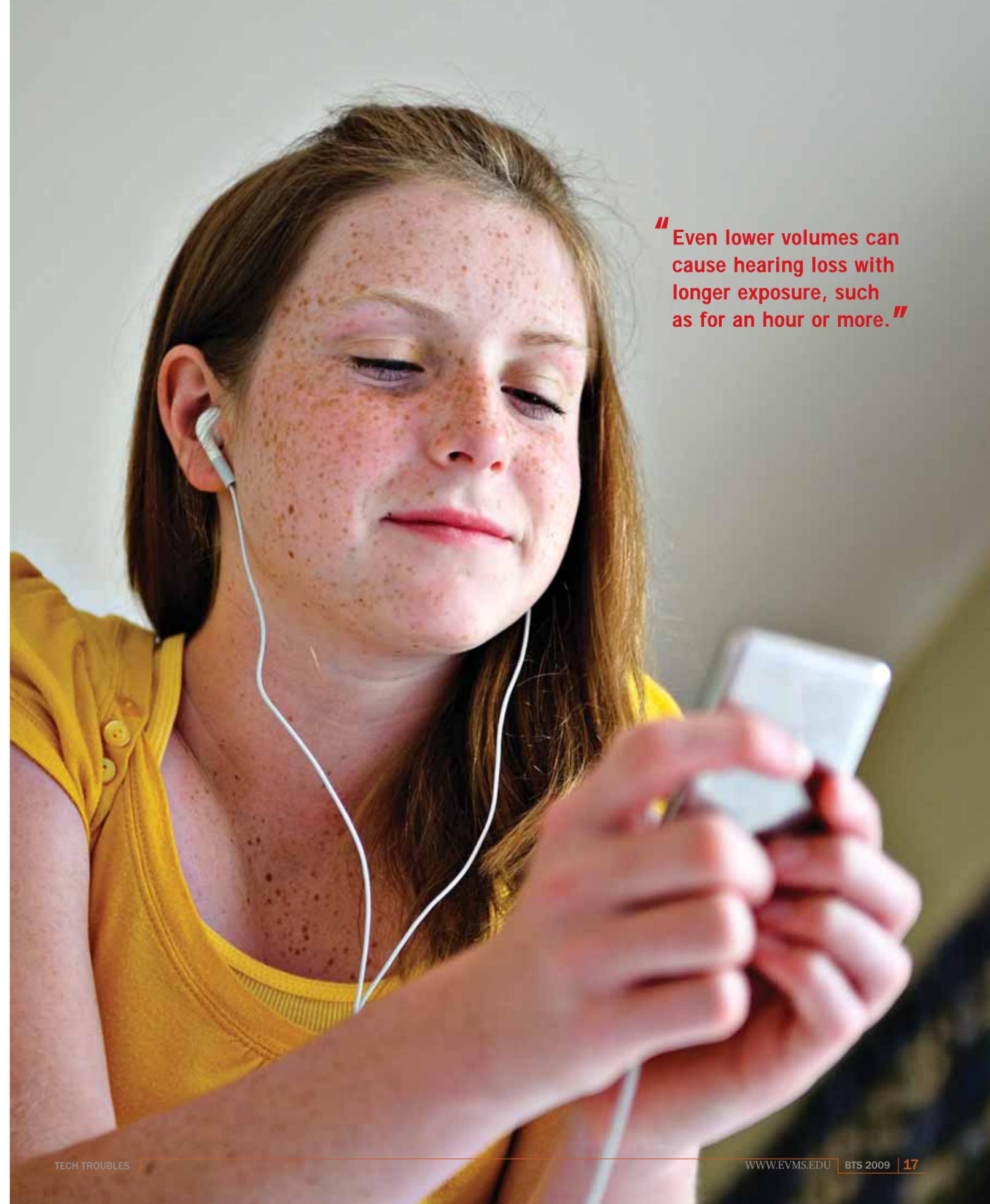
The issue first drew attention as players like Apple's iPod and Microsoft's Zune exploded in popularity. Faced with concerns, Apple updated

WARNING!

TEXTING AND DRIVING

More than half of the drivers polled in a 2008 AAA survey admitted to using a phone behind the wheel. And among young drivers, nearly half confessed to texting from the driver's seat.

"Even lower volumes can cause hearing loss with longer exposure, such as for an hour or more."





CAUTION!

TEXTING AND CONSTANT USE OF DIGITS

A little thumb thumping can be harmless, but constant use of those digits for an activity to which they are not suited can lead to pain.

the iPod software in 2006 to limit the maximum volume to 100 decibels. Dr Antonio says that is still loud enough to cause damage, and national guidelines suggest listening at that level is safe for only 15 minutes.

Since most people don't carry a decibel gauge, Dr. Antonio says there are other ways to tell when the tunes need to be turned down.

If others around you can hear the music from your earphones or you have to remove the earphones to hear someone talk, it's too loud, Dr. Antonio explains. "If you have new fullness or ringing in the ear immediately after you stop the music, you have suffered some noise damage."

A Wii Bit Painful

The Nintendo Wii is the gaming system for the masses — the one that people who have never cared about video games want to try. They are lured by its billing as the system

that gets people up and moving. But for some people, it's got them moving straight to the doctor's office.

Horror stories about Wii injuries abound on the Internet. Photos show people with black eyes, cuts, bruises and limbs in slings — injuries they say came from playing the system. Nintendo Inc. has even sent out e-mails reminding people to use the wrist tether that comes with the Wii controllers and play in areas with enough room for swinging arms.

However, Antonio Quidgley-Nevaras, MD, an EVMS Health Services physician and assistant professor of physical medicine and rehabilitation, says the problems he has seen are similar to what happens when someone takes up a new sport without training first: strained joints, pulled muscles,



hyperextensions — all the symptoms of a weekend warrior.

"The issue is that they play it for 10 hours" right out of the box, he says.

Most of the patients he's seen with Wii-related problems — "Wii-itis" — are people who don't normally play sports or video games. They simply like the idea of a more physically engaging game and charge right in without considering their physical condition or the potential for injury.

Many of the games on Wii are modeled on everyday sports such as tennis, and players try to do the same thing in the virtual world that would be required on a real court, swinging the remote like they would a real racket. Since the remotes are lighter, the arms swing with more force and can strain muscles and joints.

"You don't have to do the whole motion," Dr. Quidgley-Nevaras says. A simple flick of the wrist is sufficient, but even that can lead to pain if continued for hours on end.

To truly protect against Wii-itis, though, he says players should train like they would for any other sport. If someone isn't physically active, they should start slowly. Play for an hour at a time, and then take a break. Be sure to stretch, and if it hurts, stop playing.

BlackBerry Thumb

The opposable thumb may give primates the ability to do many things other species cannot, but hammering away on the keys of a PDA (personal digital assistant) such as the BlackBerry is not one of those things.

"Your thumb is not really meant to be pushing. It's meant to stabilize things in your hand," says Dr. Quidgley-Nevaras.

A little thumb thumping can be harmless, but constant use of those digits for an activity to which they are not suited can lead to pain. With the rise of texting as a modern form of communication and the ubiquity of PDAs in



the business world, thumbs are getting abused like never before. It's common enough to have earned the tongue-in-cheek medical moniker "BlackBerry thumb."

"Instead of a 30-second phone call, they're texting" or typing an e-mail from their phone, says Dr. Quidgley-Nevaras. "When you're doing 30 or 40 or 50 of those things a day, that's when you get problems."

It really comes down to a repetitive stress injury, he says. Do most any motion enough times in a row and with enough force, and it probably will hurt. Unlike pain from other tech toys like the Wii, there's no way around BlackBerry thumb other than curtailing the use of that tiny keyboard. Many wireless companies have a way to send a text message through the computer, which means the sender can type normally.

If all else fails, Dr. Quidgley-Nevaras says, spare your thumb some agony by using that cell phone for its original purpose — making a quick phone call. □



the **Architect**
OF
PROGRESS

When the
medical school
was ailing,
**HARRY T.
LESTER**
was “just what
the doctor
ordered.”

A BLUEPRINT

FOR SUCCESS

In four years as president of Eastern Virginia Medical School, Harry T. Lester has led the school through a dramatic reversal of fortunes.

Once unsure about its financial future and hamstrung by accreditation concerns, EVMS today is on solid financial footing and poised for historic growth in student enrollment.

After stepping into the role of president for what was supposed to be only a few months, Mr. Lester has become the medical school's most persuasive spokesperson and its most effective advocate.

His tenure has been marked by improved relationships with key partners, a substantial increase in resources, and a recommitment to the school's fundamental mission – to improve the health of the people of Hampton Roads.

“Harry Lester is exactly what the doctor ordered,” says Deborah DiCroce, president of Tidewater Community College. “His business acumen, combined with the respect he enjoys across the multiple levels of government and community, has made him a most strategic leader for EVMS.”

As an affable leader who seeks consensus, he has brought a new focus to the school as well as a determination to make EVMS the best it can be. So for those who know him, it's no surprise that he wants to finish what he started.

His intent is to take the medical school to a new level of excellence — and he'll be turning to the entire community to lend a hand.

Baptism by fire

A North Carolina native, Mr. Lester learned some of life's most important lessons delivering morning newspapers.

For several years, the future naval officer, commercial real estate broker and medical school president would rise before the sun to make his rounds on his bicycle. Regardless of the weather, he faithfully delivered the *Greensboro Daily News* to 85 homes. The experience taught him the value of money and responsibility and the importance of customer service.

“You've got to do it every day,” says President Lester of the delivery role. “It doesn't matter if it's raining. It doesn't matter if it's cold. It doesn't matter if it's hot. And people expect their paper to be in a certain place.”

He acquired his strong work ethic and values like honesty and integrity from his father, a minister, and his mother who worked in the national office of their denomination. “I had a wonderful opportunity to see really good people in action,” he says.

He earned a degree in business administration from Rollins College in Winter Park, Fla. Upon graduation, Mr. Lester spent three years as an officer in the U.S. Navy, a role that would eventually bring him to Hampton Roads.

During Mr. Lester's successful 30-year career as a commercial real estate broker, he was active in various community activities ranging from the boards of the Chrysler Museum to the Chesapeake Bay Foundation. In 2000, he joined the EVMS Board of Visitors (BOV). Five years later, he was Rector — the leader of the BOV — when the president of the school decided to step down.

Mr. Lester filled the vacancy on a temporary basis, but it quickly became evident he was the right person at the right time.

A review of the school by the Liaison Committee on Medical Education (LCME) had found that while the school was doing a good job in its educational role, it faced serious financial and organizational challenges. The LCME review panel reported that the school needed additional funding resources to ensure its long-term viability, and it cited other deficiencies, including the need for a better working relationship between the dean and the president.

In response, Mr. Lester and the Board of Visitors hired a consulting firm with health-care expertise. EVMS board members worked alongside President Lester and members of senior management to assess the school's policies and practices and make the necessary changes. “There were a lot of business-oriented things we needed to do,” Mr. Lester recalls.

At the same time, President Lester focused on building and strengthening relationships with strategic partners. He convinced then-Gov. Mark Warner to include \$4.2 million in additional state funding for the school on an annual basis. He met with leaders at three of the school's partner teaching hospitals and negotiated increases totaling \$4.6 million in their annual support of the medical school. He also forged a new agreement with a key partner, Sentara Healthcare.

Sentara hospitals serve as primary teaching sites for EVMS students and medical residents. As part of the agreement, Sentara agreed to provide EVMS \$25 million over five years in operating funds and support for the training of residents. The school and Sentara have continued to work closely across a number of fronts.

“Harry Lester has done an outstanding job as president of EVMS in moving the institution forward,” says Dave Bernd, CEO of Sentara.

Those developments — all within President Lester's first year — represented a dramatic turnaround for the school and put it on firm financial ground.

With guidance from the consultant, the school better defined the distinct roles for the president and the dean. At the urging of the faculty, Mr. Lester appointed a veteran scientist to the post of dean. Since then, President Lester and Dean and Provost Gerald J. Pepe, PhD, have developed an effective working relationship that has drawn praise from members of the board and faculty.

Two years ago, as the nation's medical leaders began to realize the country was not producing enough physicians, EVMS took action. The school put forward plans for an \$80 million building project to provide space for the school to increase its enrollment by 30 percent. The building also includes desperately needed research space.

President Lester asked Gov. Tim Kaine to include funds for the building in a state bond package. It was a long shot; the state had provided only \$1 million previously for EVMS infrastructure

needs. Governor Kaine's proposal included \$59 million for EVMS for construction of a new building.

President Lester then organized local support for the school in the legislature. He spent countless hours on the phone talking strategy and traveled to Richmond regularly to press the school's case.

Ultimately the General Assembly supported the governor's plan and approved \$59 million for EVMS.

Mr. Lester attributes the school's turn of fortune in large part to faculty, staff and students. “None of this would have been possible

without their undying dedication to our central mission. I am fortunate to work with talented individuals who share a commitment to making Hampton Roads and the world a healthier place.”

He also is quick to credit the various individuals and organizations that support the school in word and deed, from members of the Board of Visitors and the Foundation Board of Trustees, to area business and civic leaders, lawmakers, government leaders and countless donors.

“We have been blessed with great friends who understand and appreciate the school's importance to the community,” he says.

A commitment to excellence

With stable finances, productive relationships with its key partners and a new building about to rise from the ground, some have suggested it's an opportune time for the president to leave.

“My really good friends tell me I should quit now because things are working well and something bad could happen tomorrow,” Mr. Lester says.

He disagrees. In fact, in June the Board of Visitors enthusiastically endorsed a three-year extension of his contract.

“He has a clear vision for the growth of EVMS to meet the looming shortage of doctors facing this country,” says EVMS Rector John Rathbone. “We are fortunate to have Harry's enthusiasm and leadership.” □



Gov. Timothy M. Kaine, with President Lester at right, talks with EVMS faculty and students in early 2007 during his visit to campus, a testament to the school's strengthening relationship with state leaders.



President Lester is a consensus builder who welcomes input from a broad spectrum of partners. Above, he chats with EVMS Foundation Trustee Bruce Bradley, left, Internal Medicine Chair Jerry Nadler, MD, and Trustee Robin Ray.

Q&A with President Lester

We spoke with President Lester about his plans and aspirations for the future.

How has your perception of the medical school changed since you became involved with EVMS?

I used to think EVMS was simply a place to train doctors. And we do have a talented and compassionate student body that is second to none. But I now know that EVMS is much more than just an institution of higher learning.

Our teaching doctors also see patients — 120,000 a year — in our medical school offices and in hospitals across the region. They provide extraordinary care, some of it unique in Hampton Roads, and they do it without regard to a patient's ability to pay. We have a talented corps of researchers — including scientists and physicians — who are busy developing tomorrow's treatments today. And our school isn't limited to students studying to be doctors.

Our students also include those studying in the health professions, as well as newly minted doctors — also called residents — who need additional training to attain licensure, and veteran physicians who require continuing medical education. We do three things: Teaching. Discovering. Caring. And we excel in every category.

What will be your focus over the next three years?

We're in good shape. But now I want us to be in great shape. My objectives fall into five general areas:

One: Improve our relationship with the state. For 35 years, EVMS has been a bargain for the state, compared to its investment in the other state-owned medical schools. The state has stepped up its support for EVMS and we are grateful, but we believe it is time to level the funding. The people we serve — a

quarter of the state's population — deserve nothing less.

Two: Construct a new building & Three: Launch a capital campaign. The people of Hampton Roads were extremely generous a generation ago when they established this medical school in response to a physician shortage. With another physician shortage looming, we need to appeal to the generosity of the people of Hampton Roads once again.

We have committed to construct a new building so that we can increase the number of physician and physician assistants that we train. The state has given us \$59 million toward this \$80 million project. We need the community to help fund the difference and to pay for the additional faculty we will need.

We also must build our endowment to support our operations, and it's vital that we increase student aid in the form of scholarships.

Four: Update our operating agreement with Sentara Healthcare. Unlike most medical schools, we do not own a hospital, so our hospital partners are among our most important allies. We couldn't function without them, but likewise, local hospitals are equally dependent on us.

For instance, working with Sentara we have made great strides that neither of us could have achieved alone, such as the recruitment of nationally known scientists like Dr. Jerry Nadler, a specialist in the link between diabetes and heart disease.

Sentara is our largest and most generous hospital partner. They've been incredibly supportive. We wouldn't have the potential that we have were it not for Sentara being a robust, well-managed company. Dr. Nadler and other EVMS researchers bring the increasing promise of translational research, where lab discoveries are translated into

treatment that will ultimately benefit the patient.

Five: Complete our long-range planning. We are in the midst of a year-long process to create a strategic plan that will be transformational. We're not just fiddling with the margins. We're working on taking EVMS to the next level with the state's help and with the help of our hospital partners.

As a part of that discussion, we want to be at the forefront in understanding health-care reform. We will evaluate the

like figuring out how to find new money, encouraging good business practices and keeping the school focused on our mission.

What are you most proud of in your time at EVMS?

First on my list is the day we signed an affiliation agreement with Sentara. A close second is when Mark Warner believed in us enough to say EVMS has gotten it together and agreed to recommend an increase in the school's annual state appropriation by \$4.2 million. We had figured out those were the important things we had to do and we got them done.

What do you hope your legacy will be?

I'm not worried about legacy. It's not on my list. I hope I will have made this a better place. That's all. I don't get up in the morning thinking about how I'm going to be looked at after I'm gone. Work hard while I'm here. Do the best I can. Get out of the way.

What do you enjoy most about your job?

The best part is working with so many really smart people. I meet with students on a regular basis and I am continually impressed with their motivations. They feel compelled to help others regardless of the obstacles that modern medicine imposes. I'm also impressed with our residents. We attract some of the nation's top physicians to our campus to learn and practice their craft.

Our faculty are fantastic. I've never met a more dedicated group of individuals. They're saving lives. They're making sick people well. They're making new discoveries. They are training the health-care workers of tomorrow. It's a great place to work. Smart people doing good things — what's not to like? It's a wonderful job. □

“President Lester has a clear vision for the growth of EVMS to meet the looming shortage of doctors facing this country. We are fortunate to have Harry's enthusiasm and leadership.”
EVMS Rector John Rathbone

challenges and the opportunities arising from health-care reform both internally and in cooperation with our partners.

Where does your motivation come from?

I like to work on things that I really believe in, and I don't mind a little challenge,

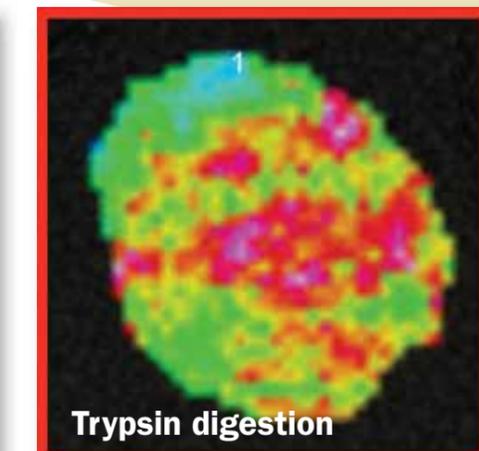
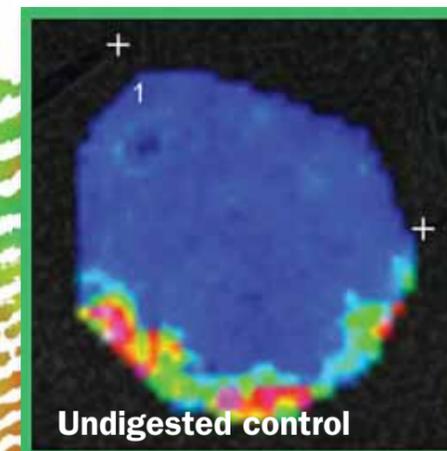
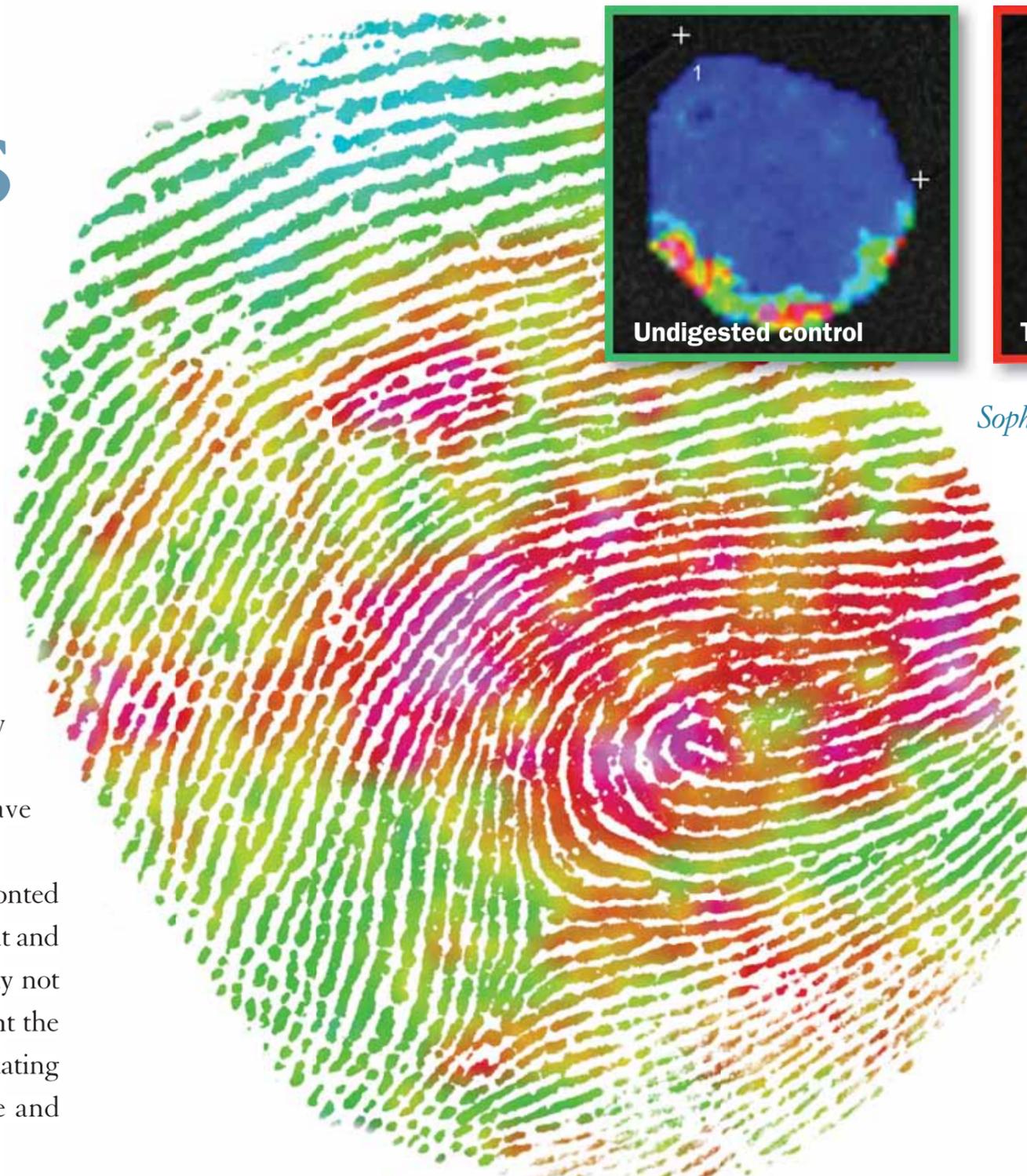
Seeking Cancer's Fingerprint

Laboratory successes could lead the way to the development of better tests

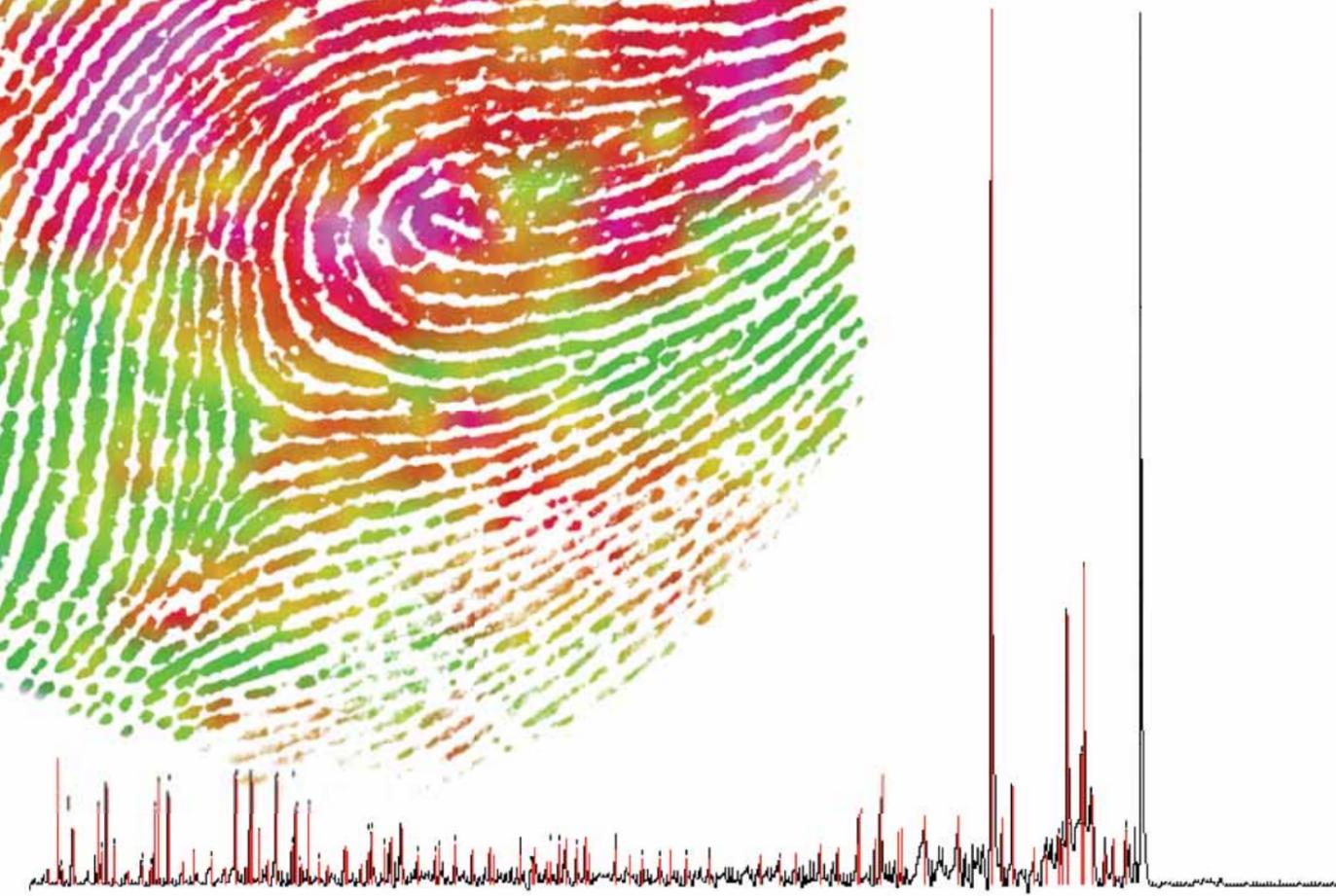
Urologic oncologist Raymond S. Lance, MD, has seen the panic when he tells men they have prostate cancer but can't say with certainty how serious it is.

"Unfortunately, at this time, we don't have great tools," Dr. Lance explains.

One in six men will eventually be confronted by the prostate cancer dilemma: Should I wait and hope mine is the usual slow-growing variety not likely to be lethal? Or should I try to prevent the cancer from spreading by removing or irradiating my prostate, with the risk of incontinence and impotence?



Sophisticated imaging techniques allow scientists to visualize cancer. (above and below)



John Semmes, PhD, right, director of the proteomics center, tours the center with Sudhir Srivastava, PhD, from the National Cancer Institute.



Proteomics lab supervisor Lisa Cazares, PhD, and postdoctoral fellow Cindy Guo, PhD, prepare samples for testing.

The vast majority opt for radical treatments, Dr. Lance says, and up to 40 percent of patients find out later that they could have safely waited.

Research currently underway at the Eastern Virginia Medical School George L. Wright Jr. Center for Biomedical Proteomics holds promise for helping men make better medical decisions. Scientists working in the labs in Lewis Hall have located a protein in prostate biopsy tissue that not only confirms whether a person has cancer, but also could differentiate between mild and aggressive forms of the disease. Scientists refer to such a protein as a “marker,” or chemical signpost.

The techniques refined in the study of prostate cancer may someday be applied to breast, bladder, colon and kidney cancers, according to O. John Semmes, PhD, the center’s director and primary investigator in the prostate cancer marker study.

IN SEARCH OF A BETTER TEST

Prostate cancer is the most common non-skin cancer in this country. According to the Prostate Cancer Foundation, more than 186,000 American men were diagnosed and 28,000 died from the disease last year. That equates to a new case every 2.5 minutes and three deaths every hour in the U.S. alone.

In 1986, the Food and Drug Administration approved a blood test known as PSA (prostate-specific antigen) to measure the effectiveness of cancer treatments. EVMS scientists helped validate the usefulness of PSA, and it was approved as a general screening aid for prostate cancer in 1994. Soon, doctors were routinely ordering it in older men and catching the disease much earlier.

But recent research indicates that early detection using PSA and digital rectal exams hasn’t really improved survival rates. The explanation may be something researchers call lead-time bias. Dr. Semmes, the school’s Anthem Professor for Cancer Research, uses a silent-film staple to explain. If you give binoculars to a damsel tied to a railroad track, she can detect an oncoming train much earlier. But if she can’t get off the track, her life expectancy doesn’t improve.

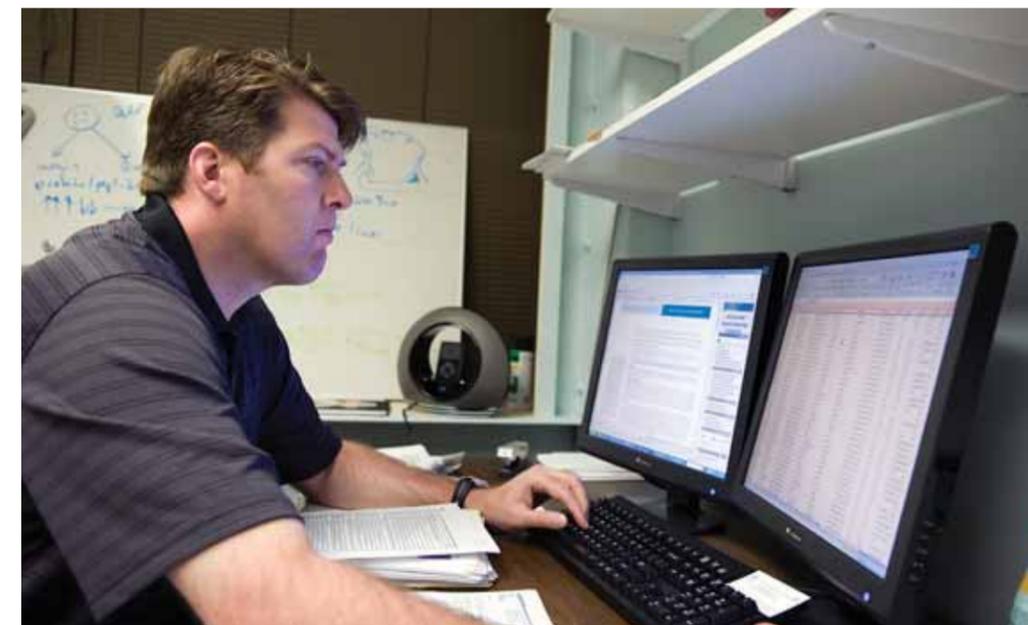
So far, PSA tests appear to be no better than those binoculars. They have detected cancers sooner, but they may not have extended the lives of most men tested. The PSA test also misses up to a quarter of cancers and is prone to false positives, which often lead to painful biopsies. And a PSA can’t distinguish between mild and aggressive cancers. For those who have the slower-progressing form of prostate cancer, the surgery or radiation prompted by high PSA readings may needlessly reduce quality of life.

“We don’t need any more early detection markers — we have PSA,” said Sudhir

“I’m pretty hopeful in the next five years you may have this kind of biomarker to tell doctors whether to do a biopsy or not do a biopsy and wait,” Dr. Srivastava adds.

A prostate biopsy can be painful, with needles often inserted through the rectum to get samples. A biopsy also can leave scar tissue that might make removal of the prostate more difficult later.

The prostate is a spongy, walnut-sized organ in front of the rectum between the bladder and the penis. The urethra, which carries urine and sperm, runs through it. The prostate makes the milky alkaline fluid in semen. Just millimeters



Urologist Ray Lance, MD, spends one day a week in the proteomics center to lend a physician’s perspective to the research.

Srivastava, PhD, MPH, chief of the Cancer Biomarkers Research Group in the Division of Cancer Prevention at the National Cancer Institute. “We need to ferret out PSA-detected cancers that are likely to progress or not likely to progress.”

Dr. Srivastava heads the NCI’s Early Detection Research Network, which includes the EVMS Biomarker Discovery Lab. He says the EVMS marker studies “are very exciting. I think [Dr. Semmes] has picked up on the right approach.”

away on either side are delicate nerve bundles that control erections. The sphincter muscle that prevents urine from leaking is located on its border with the bladder.

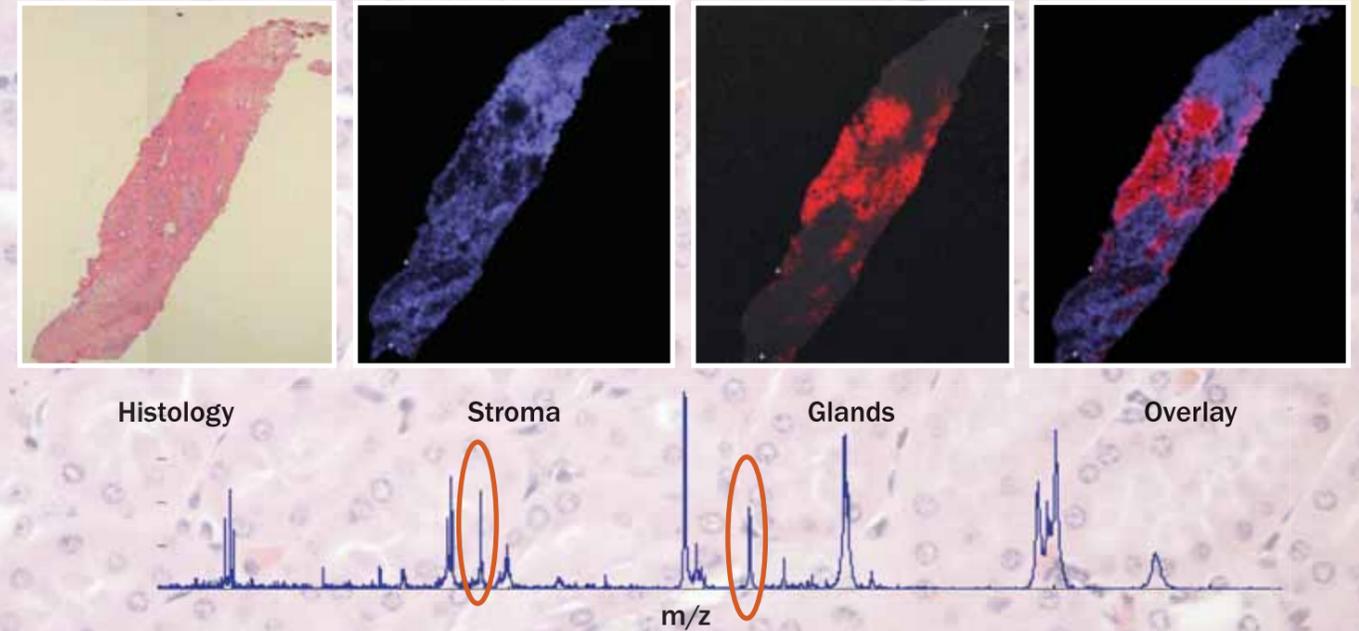
It’s a crowded neighborhood, and removing the prostate involves precise surgery, sometimes done with robotic arms under high magnification. There is a significant chance that a nerve will be nicked or the sphincter stretched, with potency and continence affected.

Still, 90 percent of those diagnosed with prostate cancer wind up choosing to have



Dr. Semmes meets with proteomics center staff and representatives from other departments who assist with the cancer research.

GET THE PICTURE



Through their research to identify the “fingerprint” of cancer, EVMS scientists have discovered chemical clues that help guide their search. At left above is a section of prostate tissue. The succeeding images demonstrate how, through an analysis of the proteins present in the tissue, scientists can pinpoint the location of a cancer within tissue. Scientists and physicians working side by side hope to translate this understanding into simple tests that one day may be used to identify aggressive cancer in its earliest stages when it is most susceptible to treatment.

the organ removed or treated with radiation, Dr. Lance says.

“People are torn between the side effects of treatment and missing a window of opportunity to be cured,” says Dr. Lance, a board-certified surgeon with Urology of Virginia who has performed more than 100 robotic prostate surgeries.

Dr. Lance, the Paul F. Schellhammer Professor of Cancer Research at EVMS, is part of the team trying to develop better tools to detect prostate cancer.

“Like CSI, when you go to a crime scene, the bad guy leaves some kind of fingerprint,” he says. “We think, in cancers, that there also is a molecular lineup of bad guys.”

A POTENTIAL BREAKTHROUGH

For more than a decade, EVMS scientists have been sifting through the hundreds of thousands of proteins in blood and trying to identify the few that are present only when there is disease.

There’s great promise in such research, known as proteomics. Proteins form the skin, hair, muscles, ligaments and cartilage that give us shape. They are also the enzymes, hormones, antibodies and hemoglobin necessary for life. It’s estimated that there are between one and two million proteins in the human body.

Initially, EVMS researchers hunted for cancer markers in a cache of blood samples drawn over the years from healthy and sick men. A continuing partnership with Urology of Virginia, the practice that forms the backbone of the school’s Department of Urology, provided the samples and detailed data on how each disease had progressed.

The lab experienced a breakthrough recently when it narrowed the search by switching to tissue samples taken during prostate biopsies at Sentara Norfolk General Hospital.

“Blood is like a jungle,” Dr. Semmes explains, “and you are looking for one leaf.”

Techniques honed on blood testing were applied to the biopsy tissues. A machine

known as a mass spectrometer helps scientists learn what proteins are present and in what quantities.

That is only the beginning of the work, though, according to Lisa H. Cazares, PhD, a post-doctoral fellow at the center. Dr. Cazares had started working on the protein studies at EVMS as a lab assistant, then obtained her doctorate in biomedical sciences at EVMS and is now one of the principal investigators in the marker research.

Dr. Cazares says it took another six months to identify the potential marker, a protein called MEKK2 which was previously identified as involved in prostate cancer development.

“It was a logical hit,” Dr. Semmes says.

“I would be surprised if this lone protein turned out to become a biomarker,” he says, “pleasantly surprised, but not floored.”

Unlike the PSA test, which only measures a body’s reaction, or antigen, to something, they had found a component of cancerous tissue itself that was behaving as a signal, he says.

The research, eventually involving tissue from 85 patients, also shows MEKK2 can determine how aggressive the cancer is, with the level of the protein dropping as the risk increases.

THE NEED FOR COLLABORATION

Still, it’s a long way from lab discovery to clinical marker, says Dr. Semmes. Only a small percentage of such finds wind up being useful in the field. Follow-up testing is expensive and often requires a partnership with a bioengineering company or the medical test industry. That’s one reason EVMS has applied for a patent on the marker test. This way, Dr. Semmes says, a partner company can be certain whom they will be dealing with.

Other proteins in their research seem to be potential markers and need to be further identified, he says.

Eventually, he hopes the EVMS proteins can be combined with markers from collaborators around the world into a prostate cancer screening panel that would increase the reliability of the tests.

NCI’s Dr. Srivastava praises EVMS for sharing its expertise with other researchers. “John is very collaborative, very open,” he says. “You need people like him to move the field forward.”

Once such a panel of markers is developed, Dr. Semmes says, pathologists could either have their own testing equipment on site or ship specimens to labs such as EVMS to determine the protein profile. They would then be able to pair the molecular data with their own experience with tumor slides to come to a conclusion on a cancer’s aggressiveness.

“If you can tell a 60-year-old man, ‘You don’t have an aggressive phenotype,’” Dr. Cazares says, “he’s going to feel good.”

As for Dr. Srivastava’s dream of a test that can eliminate the need for some biopsies, the EVMS team is working toward that as well, looking for marker proteins in the fluids squeezed out when a doctor examines a prostate in a digital rectal exam. That fluid,

which bathes the prostate, is present in a simple and painless urine sample taken right after the procedure, Dr. Semmes says.

“So far, the results we are seeing are extremely promising,” Dr. Lance says.

Proteins can change function when they change shape, and other EVMS researchers will look at how and why they might mutate when they are involved in cancer.

“We’re really interested in knowing, if there is cancer, what proteins are messed up,” Dr. Cazares explains. “What proteins possibly contribute to the start and progression of cancer? If you know what it is, you can target it for therapy – knock it out, fix it, or knock it in, depending on how it’s messed up.”

As the search narrows for cancer’s molecular fingerprints, EVMS scientists are learning more and more about the disease. Their discoveries may one day give physicians and their patients the upper hand in the ongoing battle against an ingenious and lethal foe. □

New association unites Health Professions Alumni



Bradford N. Boyette, MPA



Paulette Brown, MPA



Rita M. Fickenscher, MPA



Kerry A. Kruk, ATR-BC



Aaron A. Lambert, MPH



Taegen L. McGowan, MPH



Kerry L. Walls, MPH

In mid-April, alumni representatives joined faculty and school administrators for the inaugural gathering of the EVMS Health Professions Alumni Association. The organization complements the existing MD Alumni Association and represents a connection for the nearly 1,500 graduates of the 11 EVMS health professions programs.

The establishment of this new alumni association is an important milestone for the graduates and for the School of Health Professions, says C. Donald Combs, PhD, vice provost for planning and health professions. Dr. Combs sees the health professions alumni as crucial to fulfilling the school's education and community service missions.

"EVMS needs their knowledge and their efforts," Dr. Combs says. "The Health Professions Alumni Association is a very important mechanism to making that happen."

Aaron A. Lambert, MPH ('07), is president of the new alumni association. Speaking on behalf of its newly installed Board of Trustees, Mr. Lambert said the organization will benefit the school by fostering relationships among alumni, students and faculty.

"Our new association represents the beginning of what I'm hoping will be a strong and collaborative effort towards growing the health

professions programs, providing the opportunity to network among fellow alumni and working with the students, faculty and EVMS community to help us continue to succeed," Mr. Lambert says.

Mr. Lambert, a resident of Chesapeake, holds a BS in environmental science from Old Dominion University and is pursuing an MBA from the Mason School of Business at the College of William and Mary. He manages claims operations in Georgia and Virginia for the AMERIGROUP Corporation, a managed health-care company.

Other members of the board include:

President-Elect Rita M. Fickenscher, MPA ('01). A resident of Virginia Beach, she holds a BS in medical technology from Kent State University. Mrs. Fickenscher actively supports EVMS, organizing annual receptions for MPA alumni, coordinating alumni fundraising activities and helping to interview and educate MPA students. One of her three sons, Ben, is a 2005 EVMS MD graduate and a board member of the EVMS Medical Alumni Association. She is chief physician assistant with Emergency Physicians of Tidewater.

Bradford N. Boyette, MPA ('02). A Chesapeake native now living in Virginia Beach, Mr. Boyette holds an undergraduate degree in music from Old Dominion University. A

member of the EVMS community faculty, he works full-time in general surgery for Southside Surgical Group and part-time with Emergency Physicians of Tidewater.

Paulette Brown, MPA ('04). Ms. Brown, a resident of Chesapeake, holds an undergraduate degree in business administration from Liberty University. She works with the 1st Fighter Wing, NASA Family Practice Clinic, at Langley Air Force Base in Hampton.

Kerry A. Kruk, ATR-BC ('04). Ms. Kruk, a resident of Norfolk, holds a BA in interdisciplinary natural sciences, biology and chemistry from Lawrence University in Appleton, Wis. She works for the City of Virginia Beach as a counselor at the Recovery Center, a detoxification and crisis stabilization center, and serves as art therapy adjunct faculty.

Taegen L. McGowan, MPH ('07). Ms. McGowan lives in Newington, Conn. She holds an associate's degree from the College of DuPage and an undergraduate degree in biology from Barat College. She works as a program assistant in the school of medicine at the University of Connecticut Health Center.

Kerry L. Walls, MPH ('06). Ms. Walls lives in Portsmouth and holds a BS in finance from Virginia Tech. She is an operations analyst with AMERIGROUP Corporation. □

EVMS an "exceptional opportunity" for '76 alum

When Marcus L. Martin, MD, was growing up in Covington, Va., a small community of less than 10,000, fellow students at the all-black high school he attended called him "Dr. Martin." He even carried a bag around with the title scribbled on it. But a career in medicine was a distant dream at the time.

Dr. Martin got his start at the WESTVACO paper mill in Covington. He went to North Carolina State University on a pulp, paper and chemical engineering scholarship. Upon graduation, he was offered a job at WESTVACO as a production chemical engineer, and it was while working there that Dr. Martin heard about the plans to open a medical school in southeastern Virginia.

"I always had it in the back of my mind that I wanted to become a doctor and provide care to people," Dr. Martin says. "In the paper industry I was supplying care and assessment to machinery."

But in 1972, caustic paper pulp spilled from a normally closed pipe and injured several of his coworkers. He had left work only a few minutes before the accident, and that close call cemented the nagging feeling that he wanted to do something else with his life; he realized he wanted to help patients — not machines.

At that time, Eastern Virginia Medical School was planning its first academic year — the goal its supporters had dreamt of for nearly a decade.

"It was an incredibly visionary effort on the part of Norfolk and the citizens of the Tidewater area," Dr. Martin says. "People realized you had areas like Richmond and Charlottesville where the number of practicing physicians was much greater. Pulling together a medical school was an incredible feat at that time."

Dr. Martin said he applied to EVMS because he didn't have anything to lose, and he had heard a rumor that the school was accepting many people from Virginia.

"I didn't have any advisers or mentors telling me my chances would not be good," Dr. Martin says. "I had no clue that I would be accepted. I had no reason to believe that I would be accepted."

But he was. Dr. Martin entered EVMS as one of

24 in the first class of medical students accepted from more than 1,700 applicants.

"It was an exceptional opportunity and it certainly was a career-defining moment," he says. "I took it and never looked back."

After his acceptance, Dr. Martin cracked open his books. His engineering background gave him an easy grasp of many of the science classes, but he had to study often to memorize for his neuro-anatomy class, he says.

"My classmates and I were all very close," he says. "We spent many evenings studying together in Smith-Rogers Hall and watching kung fu movies."

The long hours spent studying paid off. He received the school's first Outstanding Student in Internal Medicine award.

"During an awards banquet, Dean Manning recognized my academic accomplishments and presented me with a lifetime subscription to the *New England Journal of Medicine*," Dr. Martin explains. "I still receive the [journal] on a regular basis."

Despite his recognition as a superlative student, Dr. Martin is missing from the graduation photograph of the Class of '76.

"I was the first in my family to become a doctor, so graduation was a great time for the family to celebrate. I missed the photo of the class in our caps and gowns because I was so involved with family following graduation," he says. "Although I was unhappy about not being in the photo, it was truly one of the best days of my life."

Dr. Martin graduated at 28 years old and began a career that took him across the country in various positions from New York City to New Mexico to Cincinnati.

"But I always wanted to come back to Virginia," he says.

Dr. Martin currently lives in Charlottesville with his wife, Donna. A professor at the University of



Marcus L. Martin, MD

annual dean's awards

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in developing the Master of Physician Assistant Program's pharmacology curriculum, and he fills multiple roles within the Department of Family and Community Medicine, such as consulting for the senior care clinic, making hospital rounds with residents and working with third-year medical students.

"Dr. Lynch has been of great help during the family medicine clerkship both in a role as didactic instructor, group facilitator, and as collaborator in curriculum development and educational research," says a colleague. "His well-thought-out contributions have substantially raised the educational value of the clerkship rotation."

A highly regarded professional in his field, Dr. Lynch was invited to give three presentations at the annual meeting of the American Academy of Physician Assistants in 2008 and was also an invited presenter at the national meetings of the American Medical Directors Association and the Society for Teachers of Family Medicine in both 2008 and 2009.

Prior to beginning his tenure as an associate professor with EVMS in 2006, Dr. Lynch served as an assistant professor at Virginia Commonwealth University's School of Pharmacy in Richmond. He holds a doctor of pharmacy degree from the University of Arkansas for Medical Sciences.

Dr. Lynch lives in Virginia Beach. □

Virginia, Dr. Martin is also assistant dean of the School of Medicine and previously served as chair of the Department of Emergency Medicine.

He remembers his experience at EVMS fondly. "I'd be remiss if I didn't say I thought the educational environment was exceptional and that the relationships among students were the best that I can recall in any of my academic studies." □

Making a gift of a gift

Tributes honor designee and help EVMS

When a friend's birthday rolls around, or someone in her family has something to celebrate, Selma Graber doesn't head to the mall to look for gifts.

Instead, she makes a donation to Eastern Virginia Medical School in the person's name.

"I just have a special feeling about EVMS," she says. "They're a tremendous asset to the community and they've helped so many people."

Among them is her son, Mark, a 1981 EVMS graduate. He now practices medicine in Iowa, has written three books and travels around the world as a volunteer physician.

"My son has done amazing things, and I blame EVMS for all his accomplishments," Mrs. Graber says with a laugh.

Mrs. Graber's husband, Stanley Graber, MD, and daughter are optometrists, so supporting the

medical school comes naturally to her.

"It honors them, and it helps the school," she explains. "EVMS is a fantastic facility. I've been making donations for years, and will continue for years to come."

Honor donations and memorial donations — gifts made in recognition of another person — are a popular method of giving to EVMS, according to the school's director of development, Ryan Martin.

"Memorial and honor donations are a way to show appreciation of another person — either someone who has passed away or in honor of a birthday or anniversary. Some make a gift as thanks for something someone else has done," Mr. Martin says.

Memorial donations, those made in honor of someone who has died, evoke powerful feelings

in those who give, Mr. Martin says. Some people get a sense of closure and peace.

"The person they loved has died because of some disease or problem, and the school is working on that problem," he says. "It's part of the healing process. They feel powerless, and this is a way to continue the fight."

Mr. Martin says the popularity of these gifts shows that EVMS holds a special place in the community, that people in Hampton Roads feel a strong connection to the school.

"There's a sense of pride and support," he says. "There's a kind of 'let's help each other out' attitude. This is a community gem, and people want to preserve that crown jewel." □

For more information about how to make a gift to EVMS, please visit www.evms.edu/magazine.



Maurice Young, MD, keeps pictures on his wall of the children he's helped deliver.

philanthropy

Cassandra Barksdale, PhD, is an elementary school principal in Chesapeake and sits on the committee that selected recipients of the grant.

"We were looking for someone that had the professional attributes to become a good physician, but most importantly we were looking for someone with a strong commitment to the community. Someone that would give us many years and give back in terms of service," she says.

Dr. Young, formerly an active-duty Air Force obstetrics and gynecology physician at Langley Air Force Base, started working in Franklin as a *locums tenens* physician — a doctor who works for a practice temporarily.

"I have become so committed to my work here in Franklin that I have resigned my regular officer commission in order to practice full-time with a group of two ob-gyn physicians," he says. "The city of Franklin will be my new home, and I am dedicated to serving the needs of the folks here."

The grant is generally restricted to minorities by race or gender, Mr. Martin says.

"Part of the reason for this goes back to access to care — generally those populations are minorities," he says. "And research suggests that a minority community member is likely to go to another minority person and seek out care and trust."

The smooth start has already led to interest in expanding the grant opportunity. "The program is really starting off successfully, and we're able to see how the recipients are already helping to serve underserved and indigent populations," Mr. Martin says. "Obici has been incredibly generous and open to future partnerships and possibilities."

Dr. Young, who received his grant from the program last year, practices with Ob-Gyn Physicians Inc. in Franklin. □

Partnership translates *into lower debts and better access*

Student loan debt is a reality for most college graduates, but students graduating from medical schools might shoulder \$200,000 or more.

In order to help pay off their loans and gain financial security, many go on to residencies and specialties that are high-paying but often located in large metropolitan areas. That is why EVMS, through the L.D. Britt, MD, Scholarship, teamed up with the Obici Healthcare Foundation to offer a grant of loan forgiveness to two graduates or members of the school's community faculty.

William E. Russell, EdD, deputy superintendent of Chesapeake City Public Schools, is a founding member of the L.D. Britt, MD, Scholarship Committee, which administers the loan-forgiveness grants.

Dr. Russell happened to hear about the Obici Foundation grants by chance and realized the foundation supported many of the same things as the Britt Scholarship.

"This grant is a prime example of how the Obici Foundation is carrying out the wishes of the founder of the hospital in expanding medical services in that area," Dr. Russell says.

The first recipients are Patricia McNulty, MD,

and Maurice Young, MD.

"Having the opportunity to serve in this capacity and receive the support of the [program] is truly a blessing to me and my family," Dr. Young says. "My student loans total almost \$200,000 with accrued interest. Relief from such a financial burden will only make things easier for me to focus on patient care and provide the medical needs of this community."

The school and the foundation have placed conditions on the grant that they hope will improve access to quality care in the regions of Hampton Roads that need it the most. Recipients of the grant must agree to practice in the Obici Healthcare Foundation service area for at least four years, over which time they receive \$120,000 to pay down their student debt.

"One of the problems that we are encountering as a nation is access to health care, particularly in rural areas like Suffolk, Isle of Wight County and Franklin where there's not a big concentration of physicians," says Ryan Martin, director of development at EVMS. He notes that there is a much higher prevalence of underserved and indigent patients in those areas.

Women-only fishing tournament *Lures Money for EVMS Breast Cancer Research*

The 7th annual Wine, Women & Fishing ladies-only tournament, hosted by the Chesapeake Bay Wine Classic Foundation, kicked off Sunday, Aug. 16.

Under blue skies, 165 lady anglers on 29 teams set a tournament record, reeling in 33 white marlin and sailfish.

The team aboard the Triflin claimed the first place trophy. The Victory Lap took second place, and the Sea Wolf's team took third place honors. The first-ever Junior Angler Award went to Hunter Bayne of the Sniper. Anne

Black of Triflin won the Top Lady Angler Award.

To date the charitable event has donated more than \$100,000 for breast cancer research at Eastern Virginia Medical School.

The day of fishing concluded at The View at Rudee Inlet with dinner, dancing and live music.

Sponsorship opportunities for the 2010 tournament are available. For information, contact Tournament Director Paige Ray at (757) 572-6592 or visit www.evms.edu/magazine.



Continued on page 39

35th anniversary

What a difference 50 years makes. The future site of the Eastern Virginia Medical Center (below) consisted of Norfolk General Hospital and little else in this photo taken in the late 1950s. By the 1990s, the complex (bottom) had grown substantially and Eastern Virginia Medical School was an integral part. The latest aerial view (main photo), taken in the fall of 2008, shows the initial work on an expanded staff parking garage in the lower right of the frame. The parking lot adjoining that construction is the future site of the new EVMS education and research building. EVMS will break ground on the new facility this fall.



EVMS then & now

Runners step up for EVMS Trauma Run

More than 200 people turned out for the inaugural Eastern Virginia Medical School Trauma: Run for Your Life 5K held May 23.

Scott F. Reed, MD, an associate professor of surgery and EVMS Health Services surgeon, organized the event as a way to raise awareness about the risks of traumatic injury.

“It was great that so many people came out on a Saturday morning to run

and learn about preventing trauma,” says Dr. Reed. “We learned a lot this year and are really looking forward to doing the run again next year.”

Representatives of the Norfolk and Virginia Beach Emergency Medical Services, LifeNet Health, Sentara Healthcare and the EVMS Department of Pathology and Anatomy hosted a family-friendly health fair to educate attendees about different ways to prevent accidents and avoid injuries.

Most trauma deaths result from car accidents or falls, Dr. Reed says. Burns account for the majority of children’s trauma injuries at Sentara Norfolk General Hospital (SNGH), where EVMS surgeons staff

the region’s only Level 1 trauma center. In a year, the surgeons there will care for nearly 2,100 trauma patients.

“It’s truly a disease,” Dr. Reed says. “As we talk about prevention in heart disease and prevention in everything else, we need to start talking about prevention in trauma. It’s not just an accident.”

Patrick Hunt of Virginia Beach was the race’s overall winner, completing the 3.1 miles in 15:14.42. Meredith Faulkner, MD, who graduated May 16 with a medical degree from EVMS, was the women’s winner with a time of 19:31.75. □

For additional photos of the event and links to race results, visit us at www.evms.edu/magazine.



Overall race winner Patrick Hunt leads more than 200 other runners across the start of the inaugural EVMS Run for Your Life 5K.

Cavish Tournament *a driving success*

upcoming



Even the weather knows a good cause. A brilliant spring sun in a cloudless sky greeted more than 130 golfers who turned out to support diabetes treatment and research at Eastern Virginia Medical School during the 11th annual Mike Cavish Golf Tournament.

The tournament is held annually in memory of Mr. Cavish, a restaurateur and community activist. He was an ardent supporter of diabetes research, and in the wake of his death, members of the local community took up the cause in his place.

The daylong celebration of Mr. Cavish’s memory and the cause he fervently supported



Golfers helped raise \$33,000 for diabetes research at EVMS.

raised a total of \$33,000. That tally shows that even in a cloudy economy, the community recognizes the importance of diabetes care at EVMS.

Proceeds from the event benefit the EVMS Strelitz Diabetes Center’s efforts to explore new treatments and continue the battle against diabetes’ devastating effects.

With the prevalence of diabetes on the rise in Hampton Roads and across the country, such support is more critical than ever as EVMS physicians and scientists increase the number of tools available to fight the disease. □

women-only fishing

continued from page 34

Calling on Vintners, Collectors and Connoisseurs

The Chesapeake Bay Wine Classic Foundation will also host the 19th annual Grand Auction on November 14, 2009; a portion of the proceeds will benefit Eastern Virginia Medical School.

As the largest and most successful auction of its kind in the mid-Atlantic region, this celebration of wine attracts hundreds of enthusiasts from across the United States. Held each year at Eleanor and Bob Stanton’s Bayville Farm estate, the event features award-winning local

chefs, exceptional wine from around the world and a spirited auction featuring rare wines, trips, exclusive wine dinners and automobiles.

Event coordinators are currently seeking donations of wine for individual lots from private collectors as well as businesses. Please consider donating collectible wines from your cellar to benefit Eastern Virginia Medical School.

A premier event in Hampton Roads, The Chesapeake Bay Wine Classic Grand Auction sells out every year. Contact Jennie Capps for information at wineclassic@cox.net. □

State of the School and Groundbreaking – Sept. 17

President Harry T. Lester and Dean and Provost Gerald J. Pepe, PhD, will talk in detail about the latest news from EVMS and how the medical school is positioning itself to face the challenges and opportunities ahead. The event will include a groundbreaking for the new research and education facility to be constructed behind Lewis Hall.

The address and ceremony will be held in McCombs Auditorium in Lewis Hall and begins at 5:30 p.m. It is open to the public.

Donor Appreciation Reception – Oct. 7

Eastern Virginia Medical School invites its supporters to campus the evening of Wednesday, Oct. 7, for a reception in appreciation of their generous contributions to the school. It is those contributions that enable EVMS to continue pursuing the missions for which it was founded — helping people live healthier lives in Hampton Roads and beyond. The event will be held in the Brickell Medical Sciences Library atrium beginning at 6 p.m.

Britt Scholarship Dinner – Oct. 22

The 14th annual L.D. Britt, MD, Scholarship Fund Dinner begins at 7 p.m. Oct. 22 at the Norfolk Waterside Marriott. The scholarship aims to encourage more minorities to pursue medical careers by removing the barrier of medical school tuition.

The keynote speaker is Haile T. Debas, MD, Dean Emeritus at UCSF and Executive Director of UCSF Global Health Sciences.

For more information about the scholarship, go to <http://www.evms.edu/students/fin-aid/britt.html> □

Tell us what you think

Take a short survey to let us know what you think of *EVMS Magazine* and qualify for a chance to win a \$25 Visa gift card. Visit www.evms.edu/magazine and click on the survey link.

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