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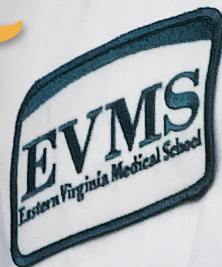
STUDENTS HELP PUERTO RICO HOSPITALS

■ EVMS' ECONOMIC IMPACT SOARS

EVMS

MAGAZINE

A Historic First



Ralph Northam, MD
Governor of Virginia

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DEAN OF THE SCHOOL OF MEDICINE**

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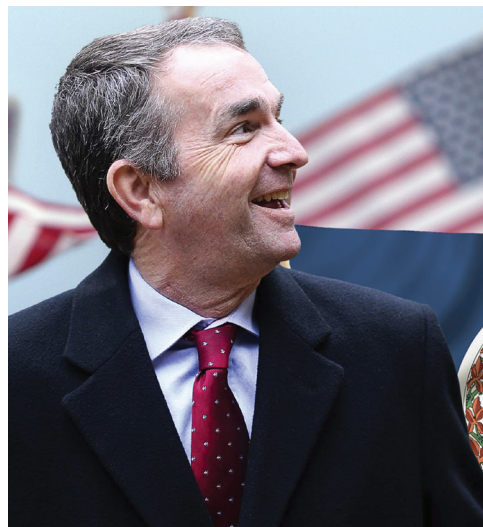
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EVMS

MAGAZINE

2017-2018 | ISSUE 10.3



"Please, call me Ralph"

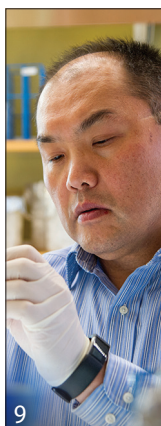
An EVMS graduate and faculty member is the first physician to lead the Commonwealth of Virginia.

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In January, EVMS collaborated with the Urban League of Hampton Roads on its 34th annual breakfast honoring the legacy of Dr. Martin Luther King Jr. As I review the stories in this edition of EVMS Magazine, a quote from Dr. King comes to mind: “Life’s most persistent and urgent question is, ‘What are you doing for others?’”

Three community leaders we salute within these pages clearly took that question to heart.

EVMS will be forever grateful for the generosity and wisdom of Macon Brock, a beloved and brilliant community leader who passed away in December (*see page 6*). Co-founder of Dollar Tree, Inc., and a nationally honored philanthropist, Mr. Brock and his wife, Joan Brock, helped establish the M. Foscue Brock Institute of Community and Global Health at EVMS, advancing our vision to be the most community-oriented school of medicine and health professions in the nation.

Also in December, Toy Savage Jr., a well-known attorney, former state legislator and key early supporter of EVMS, died at age 96 (*see page 7*). In the 1960s, Mr. Savage promoted the idea of a medical school in southeastern Virginia despite significant opposition, because he knew what it would mean for the community. He remained committed to our institution for decades as a long-time member of the EVMS Foundation Board of Trustees.

Carrying on their devotion to service is our distinguished alumnus and faculty member, the Hon. Ralph Northam, MD (MD ’84), Virginia’s new governor (*see page 14*). EVMS students and residents will miss him on our faculty, and his pediatric neurology care also will be missed in our community. But having a physician with his knowledge, insight and expertise leading Virginia will provide many opportunities important to the health of the patients we serve.

May the lives of these thoughtful leaders inspire each of us to answer “life’s most persistent and urgent question” in our own unique ways.

Sincerely,

Richard V. Homan, MD

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AAP's CEO will give keynote at commencement

Karen Remley, MD, MBA, MPH, will provide the keynote address at the EVMS Commencement Ceremony, set for 10 a.m. Saturday, May 19, at Norfolk Scope. Dr. Remley is the CEO and Executive Vice President of the American Academy of Pediatrics, as well as Professor of Pediatrics at EVMS, former Commissioner of Health for the Commonwealth of Virginia and founding director of the M. Foscue Brock Institute for Community and Global Health at EVMS.

At the ceremony, more than 400 students will join the ranks of EVMS alumni. The Class of 2018 includes students from a new master's-level program within the School of Health Professions: Pathologists' Assistant.



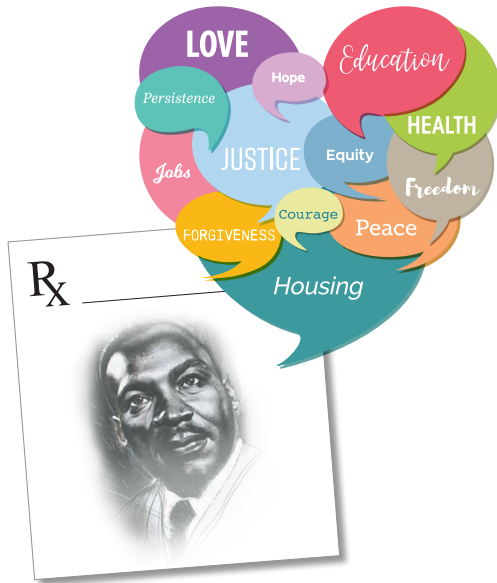
Heart of the matter

Think breast cancer is the leading killer of women? Heart disease actually kills more women than all forms of cancer combined. And since 1984, it has killed more women than men. During American Heart Month in February, John Brush Jr., MD, Professor of Internal Medicine and Chief of Cardiology at EVMS, wants everyone to know that because women are less likely than men to have chest pain during a heart attack, they sometimes don't seek vital emergency treatment. Instead, many women experience nausea, trouble breathing and pain in the jaw, arm or back — symptoms they might attribute to acid reflux or the flu. And that lowers their chance of survival.

Tide-turning event

EVMS will host its fifth annual "Turning the Tide on Diabetes" conference Saturday, April 14. This well-attended medical professional event brings together primary-care providers and endocrinologists primarily from North Carolina, Maryland and Washington, D.C., as well as Virginia. Previous events have attracted nearly 300 providers to the EVMS campus to learn about the latest advances in diabetes care and research.





A prescription for healing our community

On Jan. 15, the Urban League of Hampton Roads and EVMS co-hosted the 34th annual Dr. Martin Luther King, Jr. Community Leaders' Breakfast. Ruth T. Jones-Nichols, PhD, Chief Executive Officer of the Foodbank of Southeastern Virginia and the Eastern Shore, focused her keynote address on the event theme, "A Prescription for Healing."

Norfolk State University and Old Dominion University co-sponsored the event. Five community leaders were recognized for service that honors the legacy of Dr. Martin Luther King, Jr., including ODU student Mr. Montae Taylor, who received the Urban League's inaugural Rising Community Leader award.

Growing practice

EVMS OB-GYN and Maternal Fetal Medicine is expanding. The department recently opened two new locations: one on the Peninsula in Newport News and the other in the Kempsville section of Virginia Beach.

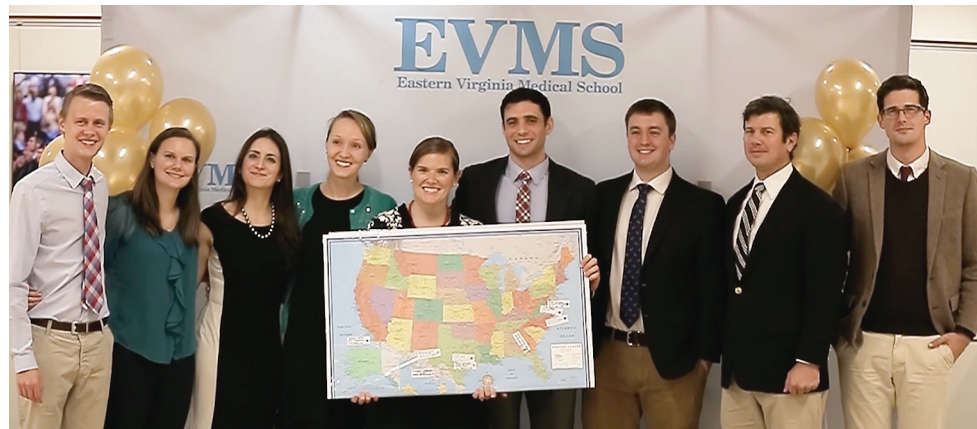


L.D. Britt, MD, MPH

High honors

L.D. Britt, MD, MPH, the Edward J. Brickhouse Chair in Surgery, the Henry Ford Professor of Surgery and Professor and Chair of Surgery, was recently named the Donald Balfour Visiting Professor by the Mayo Clinic.

This is one of the highest honors bestowed by the Mayo Clinic. Dr. Britt was presented the honor by Heidi Nelson, MD, Chair of Mayo Surgery, at a recent banquet. The award recognizes Dr. Britt's substantial contributions to both medicine and surgery.



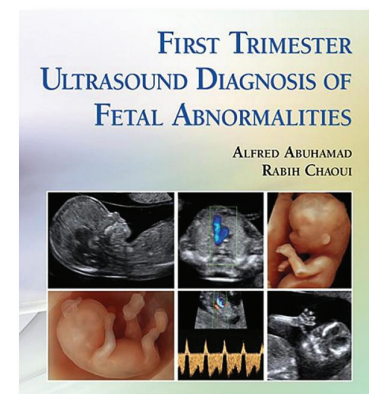
Military match celebrated on campus

While most fourth-year medical students are still waiting to find out where they'll match, nine EVMS students have already learned where they will spend their residency. The Military Match ceremony took place on the EVMS campus in December. The future physicians were chosen for spots in military hospitals from San Diego to Portsmouth.

Ultrasound news

A book co-written by Alfred Abuhamad, MD, the Mason C. Andrews Chair in Obstetrics and Gynecology, Professor and Chair of EVMS Obstetrics and Gynecology, and Vice Dean for Clinical Affairs, was published in 2017.

"First Trimester Ultrasound Diagnosis of Fetal Abnormalities" is the latest text written by the internationally known expert in ultrasound. He is the author of six books, 31 book chapters and 159 articles in peer-reviewed journals.



Check your **EVMS Pulse** daily. Read these stories and more at evms.edu/pulse.



Macon Brock, far right, worked at a 2013 community-service event held by the M. Foscue Brock Institute for Community and Global Health, which his philanthropy helped establish.

Macon Brock's legacy will live on at EVMS

Dollar Tree co-founder Macon F. Brock, who died Dec. 9, 2017, helped transform community service at EVMS.

In 2012, Mr. Brock and his wife, Joan Brock, made a \$3 million gift to establish the M. Foscue Brock Institute for Community and Global Health at EVMS. The donation was one of the largest individual gifts ever made to EVMS.

"Macon Brock was overwhelmingly giving in so many ways," says Cynthia Romero, MD, Director of the Brock Institute. "Whenever he made a philanthropic gift, he also gave generously of his time and talent by becoming involved with the organization. At the Brock Institute, we were extremely fortunate to benefit from his wise counsel and guidance."

The Brock Institute has become the focal point for integrating clinical, educational and research programs, enabling EVMS to take a major step

toward its vision of being the most community-oriented school of medicine and health professions in the nation. Named in honor of Mr. Brock's father, a physician who was dedicated to community service in Hampton Roads, the institute has allowed the school's community-oriented programs to expand and deepen their impact on both local and global health issues.

EVMS is one of numerous Virginia organizations to benefit from the Brocks' generosity. Others include Access College Foundation, Chesapeake Bay Foundation, The Chrysler Museum of Art, Longwood University, Old Dominion University, Randolph-Macon College and Virginia Wesleyan University.

In 2015, the Association of Fundraising Professionals honored the Brocks with its Outstanding Philanthropist Award. AFP's Hampton Roads chapter and EVMS nominated the

couple for the international award. Past recipients include H. Ross Perot, James Michener, Jeff Skoll, Hallmark Cards, Bank of America, Johnson & Johnson and the Kresge Foundation.

"Macon Brock was one of the most generous, courageous, gracious, humble and brilliant community and business leaders this region has known," says Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine.

"Mr. Brock was also the consummate gentleman and statesman in the finest tradition of Virginia," Dr. Homan says. "We at EVMS will be eternally grateful to Macon and Joan Brock for supporting the establishment of the Brock Institute, which has advanced our vision to become the most community-oriented school of medicine and health professions in the nation." □

Toy Savage played key role creating EVMS

Toy Savage Jr., who died Dec. 7, 2017 at the age of 96, was an attorney, former state legislator and key supporter of EVMS when it was still only a concept.

Often working behind the scenes, Mr. Savage chaired the Norfolk Medical Center Commission that led the effort to create what would become the Virginia's third medical school. For example, in 1964, the attorney and former member of the Virginia House of Delegates helped craft the legislation that created the Eastern Virginia Medical Authority, the forerunner of EVMS.

Thirty years later, as EVMS was preparing to award him an honorary degree in recognition of his longstanding support, Mr. Savage reflected on his involvement.

"Nothing can give a person greater pleasure than to do good work by stealth and afterward have it discovered," he said in a 1995 interview. "Those of us associated with the establishment of this school more than 30 years ago are extremely proud of the success of those

charged with the responsibility for its management."

Even after the early legislative success, Mr. Savage continued his support. In 1964, he served as the first Vice Chair of the newly constituted Board of Commissioners that would oversee efforts to set up the new school. Mr. Savage remained involved with the school as a long-time member of the EVMS Foundation Board of Trustees.

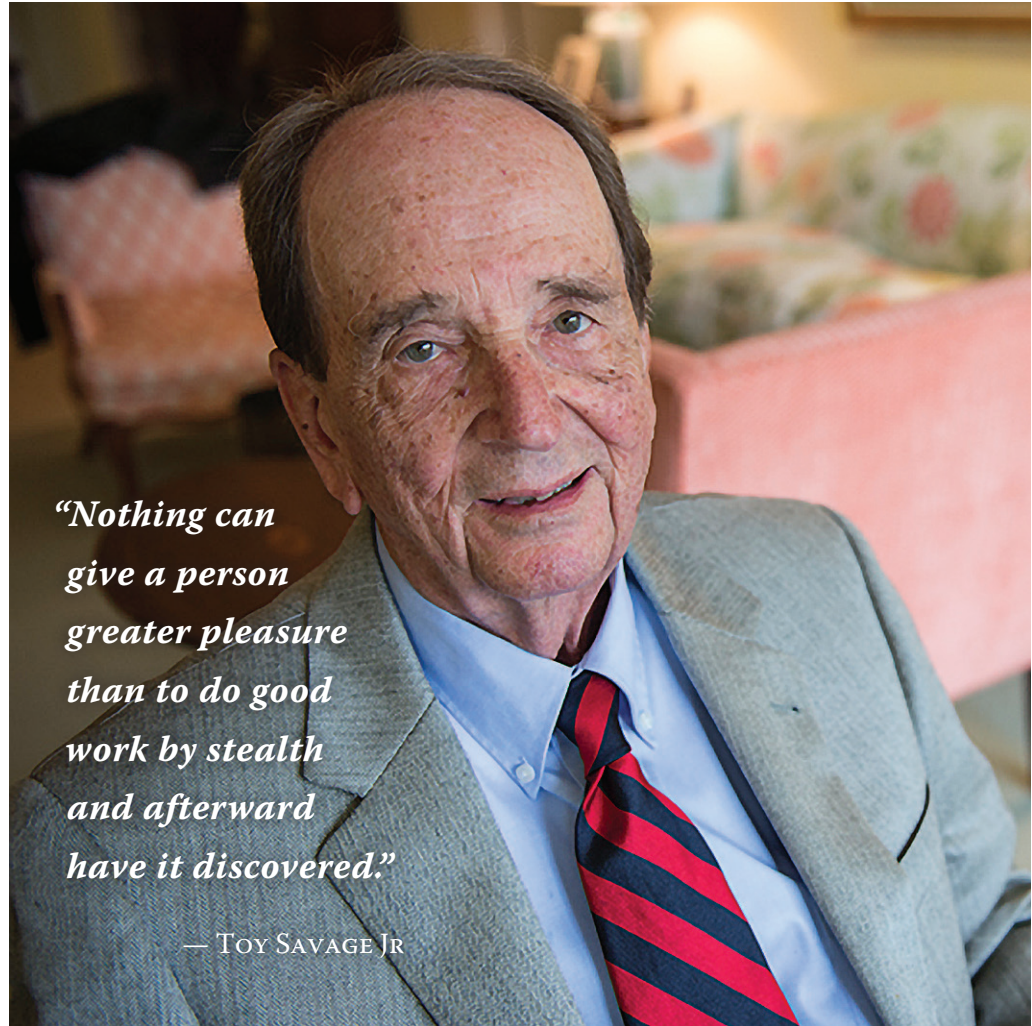
"Mr. Savage was a humble yet insightful leader," says Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine. "He embraced the idea of creating a new medical school, in spite of significant opposition, because he understood what the school would mean for the health of the people of

southeastern Virginia."

Mr. Savage was honored for his community service in 1980, when he was named Norfolk's First Citizen, and again in 2012, with the Hampton Roads Community Foundation's Barron Black Community Builder Award.

Wayne Wilbanks, Chair of the EVMS Foundation Board of Trustees, worked alongside Mr. Savage for a number of years.

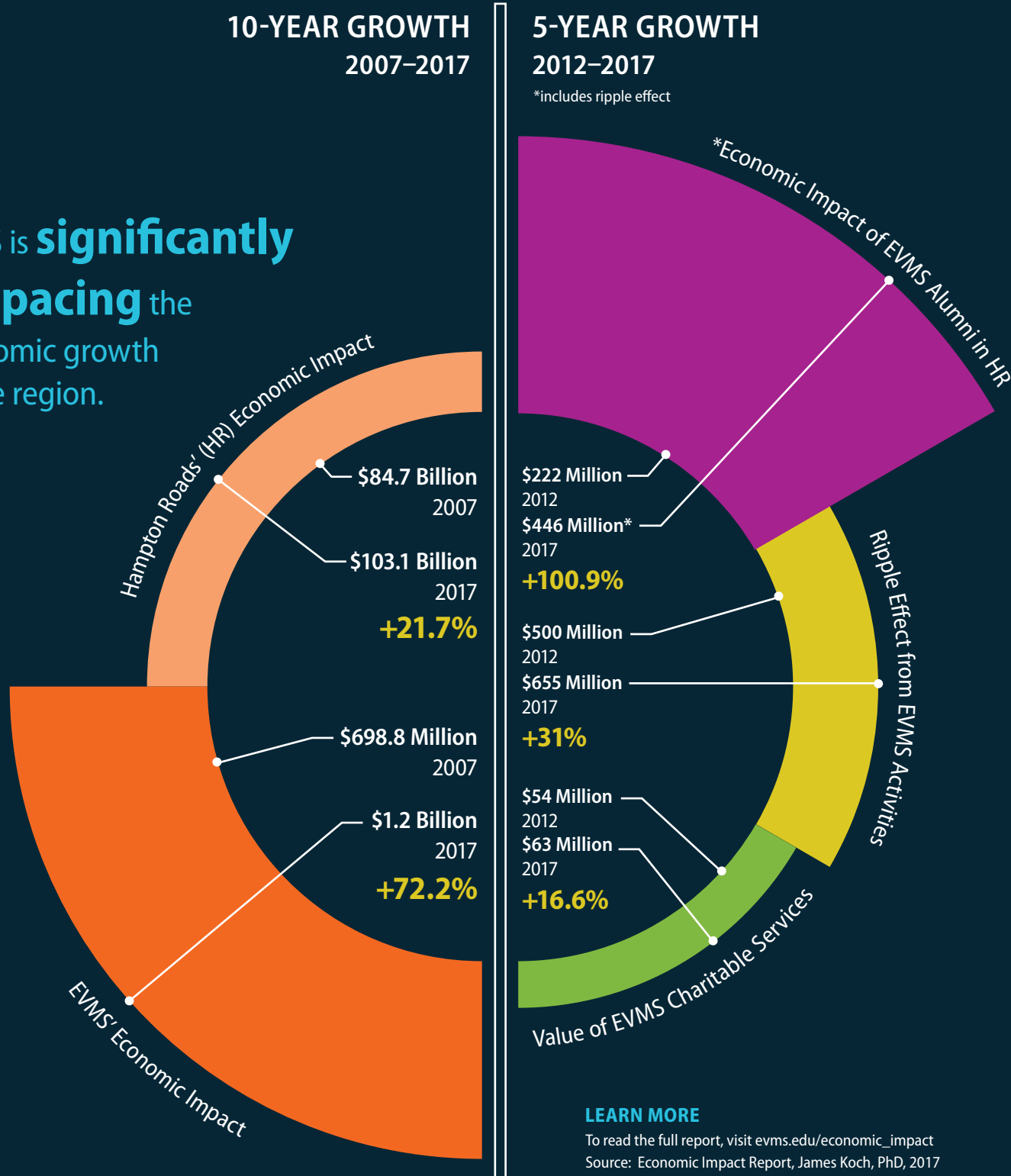
"Mr. Savage and a handful of community leaders championed EVMS and then laid the groundwork for an institution that has become essential to the health of Hampton Roads," Mr. Wilbanks says. "We are indebted to him for his vision, his courage and his conviction." □



EVMS emerges as an economic powerhouse

A new study records the rapid growth of EVMS in the last decade and highlights the school's role as a leader in an emerging medical/education sector of the regional economy. EVMS' economic impact has grown at more than twice the pace of the region since 2007 and has accelerated further since 2012. The growth has been driven by increasing workforce demands in the medical and health professions.

EVMS is **significantly outpacing** the economic growth of the region.





Thirst for discovery drives cancer researcher

David Mu, PhD

Many scientists are motivated by a desire to contribute toward a larger goal — such as finding the cure for a disease.

Cancer researcher David Mu, PhD, is excited when his laboratory discoveries help patients. But for him, it all starts with a yearning for new knowledge — just for the sake of it.

“A lot of science has to be driven by intrinsic curiosity,” says Dr. Mu, Professor of Microbiology and Molecular Cell Biology and a researcher in the Leroy T. Canoles Jr. Cancer Research Center at EVMS. “There’s nothing wrong in trying to cure diseases, but if every single scientific move was based on curing a disease or had a practical value, then we would not have the science we have now.”

That approach has proven to be a winning formula for Dr. Mu.

For instance, his research helped show that a medication commonly found in bathroom medicine cabinets could be a powerful treatment for certain types of lung cancer.

The revelation grew out of Dr. Mu’s curiosity about lung cancer cells that contain high concentrations of a mutated form of a gene known as TTF1. He discovered that the mutated gene is more than just a red flag for cancer — it supports the cancer cells by helping them create cholesterol, an essential product for all cells.

Dr. Mu demonstrated that statin — a class of drugs used by

millions to control their cholesterol levels — can similarly help control certain cancer cells.

It was only after Dr. Mu made progress in understanding the gene’s role that he saw the potential for treatment and was able to secure funding from the National Institutes of Health.

“My experience has been that just like in life, it’s hard to have an endpoint,” says

Dr. Mu, a Taiwan native whose career, like his research, evolved over time.

As Chair of the EVMS Research Committee, Dr. Mu takes an active role in the development

and promotion of research campus-wide. In addition to his work with TTF1, his other chief research interest is striving to understand how cells communicate. As usual, there is no pre-determined idea for what to do with that knowledge.

“Sometimes you do something not because you have a practical endpoint in mind,” he says. “You do it just because you’re curious.” □

His research helped show that a medication commonly found in bathroom medicine cabinets could be a powerful treatment for certain types of lung cancer.

“This was something we could do right here and right now”

Students send aid to those in need

In a small room, students cautiously navigate their way around piles of gauze, surgical tubing, IVs and other medical supplies. Their classes and clinical work are done for the day, but they're taking inventory and organizing supplies.

They spent months gathering the items for REMEDY (Recycled Medical Equipment for the Developing World) and Nancy's Community Closet. Today, the supplies are bound for a new home.

During Hurricane Maria last fall, Puerto Rico was heavily damaged, and many hospitals struggled to care for their patients. After seeing pictures of the devastation, the students knew exactly where they wanted to send the first shipment. They sent more than 230 pounds of medical supplies to a children's hospital in Puerto Rico. “A lot of the time it feels, as students, we're still so far away from being able to help people and change the world,” says Kerri Kraft, MD Class of 2020. “But this was something we could do right here and right now.”

Alexandra Leader, MD, MPH, Director

of Global Health, Assistant Professor of Pediatrics and group adviser, saw the project as a natural fit. “This is global health in action,” Dr. Leader says, “working together to responsibly and sustainably address health inequities everywhere.”

The EVMS chapter of REMEDY, like the national organization, works with local and international partners to bring medical supplies recovered from area hospitals and the community to meet the specific needs of clinics and hospitals all over the world.

Nancy's Community Closet was named in honor of the late Nancy Kelly, a member of the MD Class of 2019 before she was killed in a car accident. Because Ms. Kelly was a beloved environmental advocate, her namesake group is committed to recovering new and durable medical supplies for redistribution to patients in

need within our local community.

Moving forward, student leaders are working to expand partnerships with area hospitals. They also are creating an assessment to determine what supplies are needed at the international clinics EVMS collaborates with.

Dr. Leader hopes this experience will have a lasting impact on the students. “This is one of the many ways in which our perspective as healthcare providers becomes more inclusive, the far reaches of the world feel closer and our global community more tightly knit.”

Stories on the Vision Quest page reflect ways in which EVMS strives to achieve its vision of being the most community-oriented school of medicine and health professions in the United States. □



EVMS students collected and packaged medical supplies for shipping to hospitals in hurricane-ravaged Puerto Rico.



Paintings *and* programs

Vice Dean expresses her vision on campus and canvas

On campus, Linda Archer, PhD, is Vice Dean of Graduate Medical Education and Professor of Family and Community Medicine. Off campus, the 35-year EVMS employee creates what might be mistaken for 19th-century Impressionist masterpieces, some of which are on display in the hallways and offices of the GME department.

What sparked your interest in painting?

While attending a writing retreat, a facilitator said, “You know you are a writer if you pass a street scene and begin to envision a story.” I realized that when I passed a street scene, I saw pictures, not stories. That experience led to my interest in painting.

What do you enjoy most about painting?

I treasure being lost in the process of transforming a white canvas to a work of art. I studied under Norfolk artist Charles Kello, who was a master of creating light and mood. He only allowed the use of six basic paint colors from which all other colors, tones and tints had to be mixed. It is magical. After all my years of painting, I’m still fascinated by the process.

What type of painting do you do?

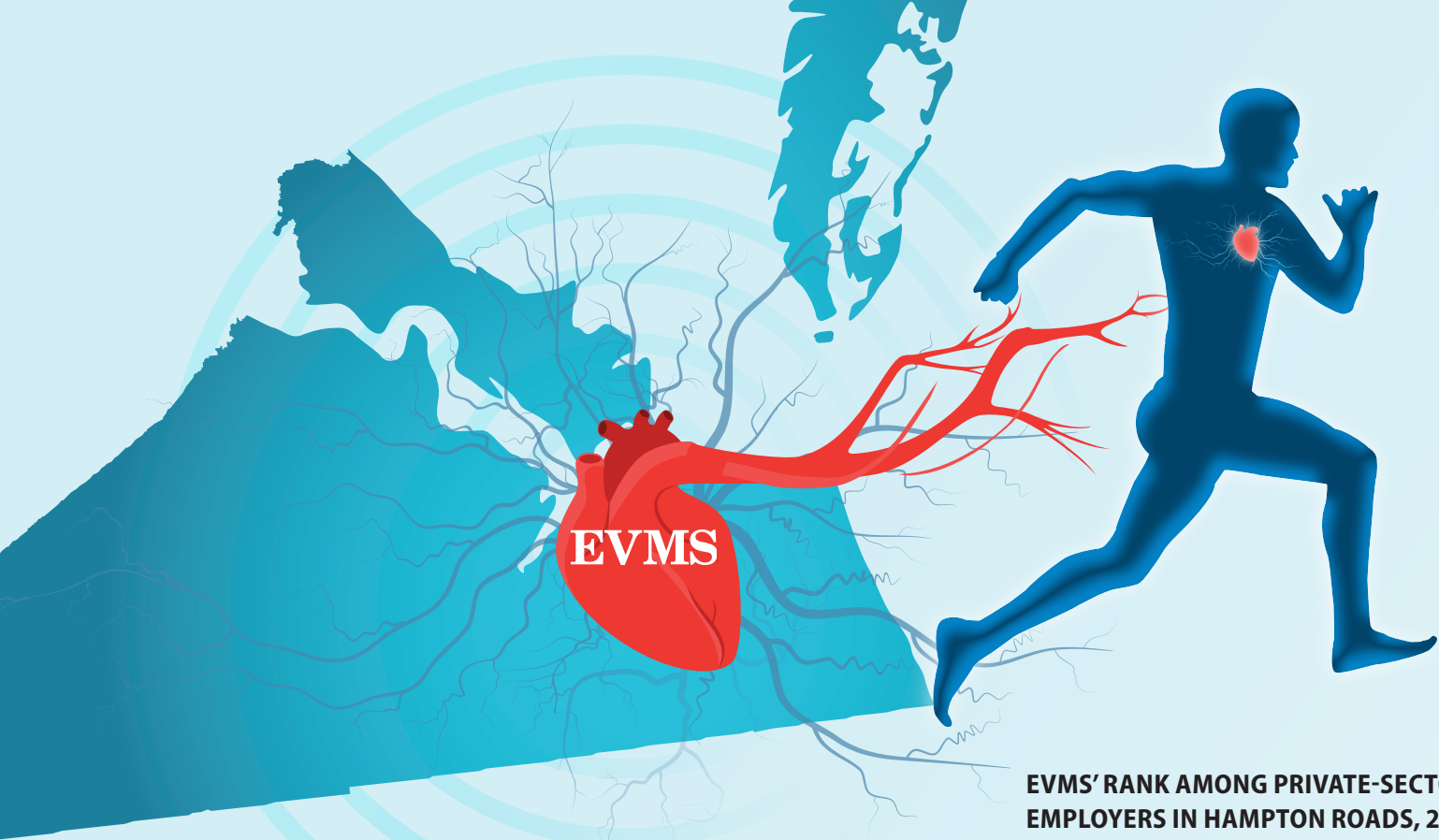
My medium is oil, and I call my style “realistic impressionism,” as my images flow between visual reality and impressions of reality.

Do you see any connection between painting and your work at EVMS?

My work is providing service and support for the residency and fellowship programs — the directors, residents and fellows, and residency coordinators. The process of doing so is similar to approaching a blank canvas, developing a theme and then adding color, form and texture to complete the work. I have always heard that medicine is an art and a science. I believe that to be true for all occupations. We bring our skills, but we also bring ourselves and experiences beyond the required job skills — we bring the art.

What are you most passionate about in your work at EVMS?

I bring a passion for service — actualized through the service that Graduate Medical Education provides. At a recent national meeting, one presenter said, “Joy is something you get at the other end of service.” While I hadn’t thought about my work in that way, I realized that most of the joy and passion in my daily work relates to the service provided to support the training of the next generation of physicians. □



EVMS' RANK AMONG PRIVATE-SECTOR EMPLOYERS IN HAMPTON ROADS, 2017

Rank	Employer	Est. # of Employees
1	Huntington Ingalls	24,000
2	Sentara	22,000
3	Riverside Health	8,000
4	Colonial Williamsburg	3,100
5	Bank of America	3,025
6	Gold Key Resorts	2,400
7	Chesapeake Regional Medical Center	2,400
8	GEICO Direct	2,300
9	TE Connectivity	2,200
10	Smithfield Packing	2,100
11	Stihl	2,067
12	EVMS	2,040
13	BAE Systems	2,000
14	CHKD	1,905
15	LTD Management	1,810
16	Canon Virginia	1,500
17	Lumber Liquidators	1,500
18	Wellpoint (Amerigroup)	1,350
19	Hall Automotive	1,300
20	Bon Secours	1,300

In the 2012 economic impact study, EVMS was ranked the 20th largest private-sector employer in Hampton Roads.

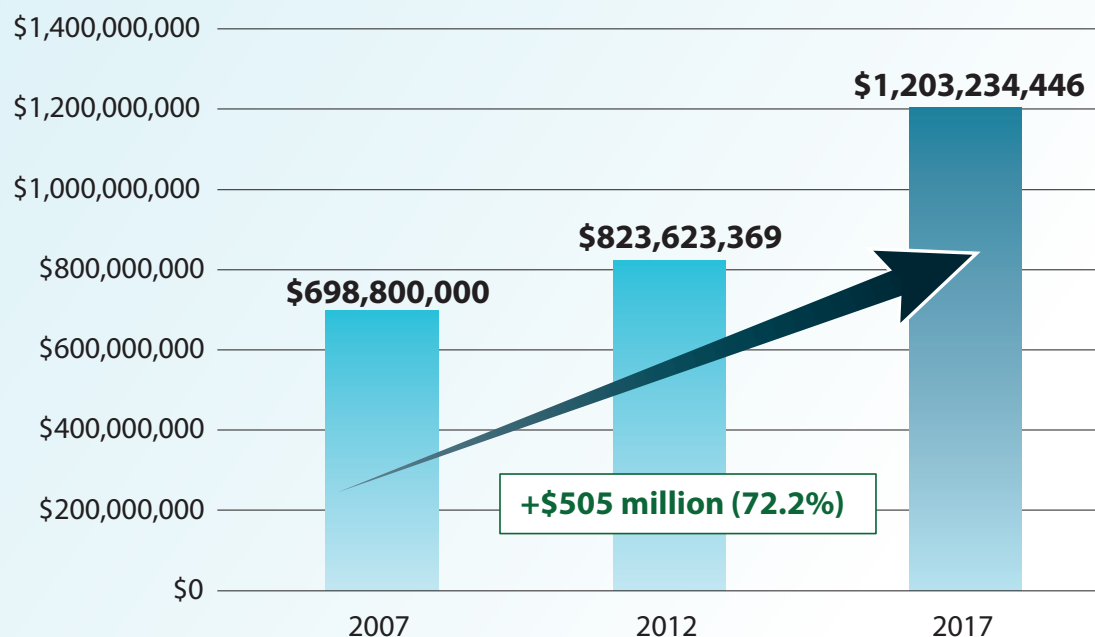
The Picture of Health

As the heart of Hampton Roads' new med-ed sector, EVMS has grown at more than twice the rate of the region.

When U.S. Sen. Tim Kaine served as Virginia's governor, one of his priorities was expanding a certain Virginia medical school. "Today, that investment is paying off," Sen. Kaine says. "I'm thrilled to see EVMS provide such an incredible boost to the Hampton Roads community and economy."

He and other officials are still buzzing about an economic study of EVMS published last fall. It reports that the school now has a \$1.2 billion annual impact in Hampton Roads, up from \$824 million in 2012. And EVMS has grown into the region's 12th-largest private-sector employer, up from 20th in 2012.

THE GROWTH IN THE ECONOMIC IMPACT OF EASTERN VIRGINIA MEDICAL SCHOOL, 2007-2017



“EVMS unquestionably has established itself as one of the foremost economic engines in the region,” says the report’s author, James Koch, PhD, Board of Visitors Professor of Economics Emeritus at Old Dominion University. “What we are witnessing is the emergence of an ‘ed-med’ economic sector in Hampton Roads, and EVMS is central to this story.”

Virginia Beach Mayor Will Sessoms recognizes EVMS’ impact in this new ed-med sector. “It’s essential in our quest to accelerate research and entrepreneurial activity in our emerging biomedical corridor in Princess Anne Commons,” Mayor Sessoms says.

Serving as the hub of a burgeoning industry is a long way from serving the 27 students EVMS opened with in 1973. “The economic trajectory of EVMS is astonishing,” Dr. Koch says, “given the institution’s relatively modest initial financial base.”

Today, more than 2,000 employees and 1,400 students can be found on the EVMS campus. About 800 of those students attend EVMS’ School of Health Professions, whose 21 degree programs act as a vital pipeline to the region’s diversifying healthcare workforce. Hampton Roads also benefits from EVMS’ education-based partnerships, such as an innovative MD-MBA program with William & Mary and a joint Master of Public Health program with ODU.

Sharing the spotlight

Another area of growth at EVMS — research — often brings national attention to the region.

For example, Paul Marik, MBBCh, the EVMS Foundation Distinguished Professor in Internal Medicine and Chief of Pulmonary and Critical Care Medicine, made headlines last year when he developed a possible cure for sepsis. L.D. Britt, MD, MPH, the Edward J. Brickhouse Chair in Surgery, the Henry Ford

Professor of Surgery, and Chair and Professor of Surgery at EVMS, was named principal investigator on a \$2.5 million grant from the National Institutes of Health to fund the first national effort to quantify surgical disparities. EVMS research was featured on the cover of *The Journal of Immunology* last fall, and a team of EVMS cancer scientists recently had a study published in the prestigious journal *Nature Communications*.

Norfolk Mayor Kenny Alexander says the school has been key in making Hampton Roads a healthcare destination for the mid-Atlantic. “We are grateful for the visionary leaders of EVMS,” he says. “Not only are they ushering critical innovations in medicine and helping us grow our economy, they are continuing to improve the delivery of healthcare and saving lives.”

Leading EVMS since 2013, Richard Homan, MD, President and Provost of EVMS and Dean of the School of Medicine, says that EVMS’ model as an academic health center “serves as a recruitment tool for high-quality faculty members that typical community hospital systems cannot recruit. That provides a great added value to the region and opportunities for our patients to receive highly specialized care by talented physicians and faculty.”

For Rick Weddle, President and CEO of the Hampton Roads Economic Development Alliance, EVMS is a huge driver of the region’s brand and enhances the area’s quality of life. By recruiting talented people from around the country, he says, the school adds to Hampton Roads’ intellectual capital and cultural diversity.

“That makes our region much more attractive when it comes to bringing in new firms and higher paying jobs,” Mr. Weddle says. “There are companies and investments that we wouldn’t be able to compete for if it wasn’t for the presence of EVMS.” □



Ralph Northam,
Governor of Virginia

Gov. Ralph Northam earned his medical degree from EVMS in 1984 and joined the school's pediatrics faculty in 1992.



“Please, call me Ralph”

An EVMS graduate and faculty member is the first physician to lead the Commonwealth of Virginia.

They’re easy to miss, buried on page three of his curriculum vitae.

Under the heading “Community Services,” after the listings for three visiting lectures and an ADHD support group, are these two entries: “Virginia State Senator 2008-2014” and “Virginia Lt. Governor 2014-present.”

The Hon. Ralph Northam, MD, Virginia’s new governor, needs to update his CV.

“He has not claimed his own fame,” says Matthew Frank, MD, Professor of Pediatrics and a partner with Gov. Northam in their pediatric medical practice. “He’s remarkably humble.”

Maybe it’s his Eastern Shore roots. The son of a judge and a nurse, Gov. Northam grew up on a small farm in Onancock. He graduated with distinction from Virginia Military Institute, and in 1984, he earned his medical degree at EVMS.

“As a student, Ralph rotated through my neurology service,” Dr. Frank remembers.

“Hopefully, I triggered his interest in child neurology.”

Back then, Gov. Northam shared an apartment with fellow medical student John “Rob” Marsh, MD (MD ’83), the highly decorated military physician portrayed in the movie “Black Hawk Down.” Dr. Marsh, once named national Country Doctor of the Year, now splits his practice between two rural communities in Virginia’s Shenandoah Valley.

“Ralph hasn’t changed the way he operates over 40 years,” Dr. Marsh says. “He’s not going to change now that he’s in the governor’s mansion.”

But politics — let alone living in that particular residence — wasn’t part of his plan.

After graduating from EVMS, Gov. Northam served for eight years as a U.S. Army physician, completing his residency in Texas before treating soldiers injured in Desert Storm. When he returned to Hampton Roads, he co-founded a

pediatric neurology practice and joined EVMS as Assistant Professor of Pediatrics.

Dr. Marsh never hesitated to refer a sick child to his former roommate, even when it was one of his own. “My daughter had a significant neurological injury when she was three months old,” he says. “Ralph made the diagnosis and developed a treatment plan.”

He also remembers another family he sent to his friend. “I had a child out here with an unusual seizure disorder, and the family was very poor. UVA couldn’t diagnose it, so I called Ralph. He said if they drove down there, he would see them. He even helped them out with gas money. He called a colleague at Johns Hopkins and convinced him to see the child, and they finally got a diagnosis. He will always do what’s right for the patient.”

Nancy Stern tells similar stories. As CEO of Eastern Shore Rural Health System, she has known Gov. Northam for nearly two decades. “For years,” Ms. Stern says, “Ralph came over here once a month to see our patients because he knew it was a such a challenge for these families to get across the bay.”

In 2007, she was surprised to learn of his run for state senate. “I kept asking him, ‘Are you sure you know what you’re doing?’ And he said, ‘I think I can make positive change.’”

Surprise was Pam Northam’s reaction, too, when her husband proposed entering politics. “Ralph had been complaining to one of his partners about what was happening with healthcare,” she says, “and the partner finally asked, ‘Why don’t you do something about it?’”

Ms. Northam remembers going for a long walk with a good friend. “I had to really think about it to get an understanding of where Ralph was coming from.”

Her husband won his state senate seat by a wide margin and was re-elected easily



Gov. Ralph Northam, MD, with his wife, Pam Northam, son Wes, daughter Aubrey and family dog Murphy. Wes is a fourth-year neurosurgery resident who graduated from EVMS in 2014.

in 2011. In 2013, he ran for lieutenant governor and again won handily. Shifting his focus from caring for patients to caring for citizens was a natural transition, Ms. Northam says.

“It doesn’t matter who you are,” she says. “It doesn’t matter what religion you are or your political background, Ralph treats everyone the same. I’ve often said that people mistake his kindness for weakness. To be kind and have so much compassion for people are what makes him strong. His medical training is a large part of that.”

It prepared him well for the world of politics, too, she says. “Working 24/7, the sleepless nights, the travel, handling crises on the run, working as a team — all of that was instilled in Ralph by medical school and the military. And it gave him a thick skin.”

As an Army officer, Gov. Northam saw first-hand the sacrifices soldiers made,

Dr. Marsh says. “In Desert Storm, Ralph functioned as an adult neurologist, and he saw the veteran aspect of military service from the bad side.”

Ms. Northam points to her husband’s combination of medical and military service for another reason. “We’ve been given a very special gift of understanding how fleeting life can be,” Ms. Northam says. “Dealing with life and death on a daily basis gives you a whole different perspective.”

In 2016, Gov. Northam took a leave of absence from teaching and practicing medicine to campaign for governor. With his win, his leave continues.

But that hasn’t changed Nancy Stern’s view of him.

“Whenever I picture Ralph,” she says, “I see him in his white coat making children with challenges smile.” □



Gov. Ralph Northam, MD

In his words

Ten days after the election, EVMS sat down with Virginia's new governor (who asked us to "please, call me Ralph") to talk about how his background as a physician will shape the way he leads the commonwealth. What follows are excerpts from that interview.

To read the complete interview, visit evms.edu/digitalmagazine.

What is the biggest health-related challenge facing you as governor?

Right now in Virginia, we have 400,000 working Virginians who don't have access to healthcare coverage. And every day that we don't expand Medicaid, not only are we leaving \$6 million a day on the table, we're giving some of it to other states that we compete with. Since January of 2014, we've given away over \$10 billion. So it's very important to me that we bring people together from both sides of the aisle and expand Medicaid. We'll probably call it something different, and that's fine with me, but we need to bring that money back to Virginia.

What are other health-related initiatives you would like to pursue?

The largest challenge we have in Virginia right now, especially related to healthcare, is the opioid crisis. Last year, we lost over 1,100 Virginians to opioid overdose. And it does not discriminate. As a physician, I see that as a real challenge, and we're going to work at it from a lot of different angles to make sure that we improve that for Virginians.

You're well known for working across the aisle. In today's polarized climate, how can you be successful in bringing that approach to governing Virginia?

One of the advantages I have is that I've

been in Richmond for 10 years. I have great relationships and friends on both sides of the aisle. That's how I was able to get the restaurant smoking ban passed. That's how I was able to do the concussion work that I did. ... So I look forward to taking advantage of the relationships I have and doing what we call "the Virginia way," which is agreeing to disagree. But at the end of the day, it's doing what's in the best interests of Virginians.

As lieutenant governor, you led the Governor's Task Force on Improving Mental Health and Crisis Response. Why was that important to you?

In 2013, our friend Sen. Creigh Deeds —



Gov. Northam is on a leave of absence from EVMS but says he might be back after his four years in Richmond.

his son tried to take Creigh's life and then took his own life. Gov. McDonnell formed the mental-health task force, which continued under Gov. McAuliffe, and he put me in charge of it. ... We've made a lot of gains, but we still have a tremendous amount of work to do. As a pediatric neurologist, I'm also board-certified in psychiatry, and there's a fine line between neurology and psychiatry. I look forward to really working in the next four years to make sure that those individuals in Virginia who need access to mental-health care have it.

You've experienced EVMS three different ways: as a student, as a parent and as a faculty member. What has each of those roles shown you about the school?

I think EVMS, especially to be in its infancy back then, prepared me very well to go into my residency. ... I have loved teaching here. I teach pathophysiology in the department of pediatrics when students and residents do their rotations.

... EVMS has been great to me, and I'm a huge fan. And you never know, after my four years in Richmond, I may be back here teaching because I enjoy it.

How will your Eastern Shore roots affect your focus as governor?

I grew up on the Eastern Shore on a small farm. I'm the product of public schools, and I feel very strongly that all of our children should have access to world-class education. ... I understand rural Virginia, and I understand its challenges in areas like the southside, the southwest and the Eastern Shore. I look forward to lifting up all of Virginia. It's really all about jobs and training people for 21st-century jobs through workforce development.

When it comes to good health, do you consider yourself a role model?

I have a saying that your body will rust out long before it wears out. So I exercise regularly, I run a lot and work out with weights in a fitness room, do pushups and

situps. ... I think that started with me at VMI. We used to say that a healthy body makes a healthy mind. I've always tried to take care of myself. At age 58, I still enjoy running, riding a bike, playing basketball, baseball and football.

Is there anything else you would like to add?

You know I served for eight years in the Army. I took care of wounded soldiers during Desert Storm. ... Our goal by 2018 was to hire 20,000 veterans, and we're very close to 30,000. In the next four years, I would like to double that and be able to tell the folks that by the end of my administration, we will have hired a total of 60,000 veterans. They're very highly skilled and trained, and we want them to stay here in Virginia and raise their families and enjoy our great quality of life. □



To read the complete interview with Gov. Northam, visit evms.edu/digitalmagazine.



Gov. Ralph Northam, MD

In their words

“His background as a physician gives him a great grounding. He has a calm demeanor, and people underestimate him because he doesn’t come in and suck all the oxygen out of the room. But I can guarantee you that in a crisis, that’s the kind of person you want in charge.”

Ms. Pam Northam, First Lady of Virginia

“We at EVMS are delighted and proud that Gov. Northam is a distinguished graduate of EVMS. The medical community will miss him on our faculty, and he will be missed by the patients and families under his care over the years. Having a physician with his knowledge, insight and expertise leading Virginia will provide many opportunities important to the health of Virginia and the patients we serve.”

*Richard Homan, MD, President and Provost of EVMS
and Dean, School of Medicine*

“His ethics and morals are so much a part of his life that they are more of his guiding principles than party politics. I’m hoping he’ll foster a reduction in partisan politics. He comes into the governorship having been recognized by his peers as a straight shooter and someone who can be trusted.”

Matthew Frank, MD, Professor of Pediatrics

“I think he’ll be an excellent listener. He wants so much to pull people together. He’s been open-minded and very patient. That’s the physician coming out in him, not the politician.”

Nancy Stern, CEO, Eastern Shore Rural Health System

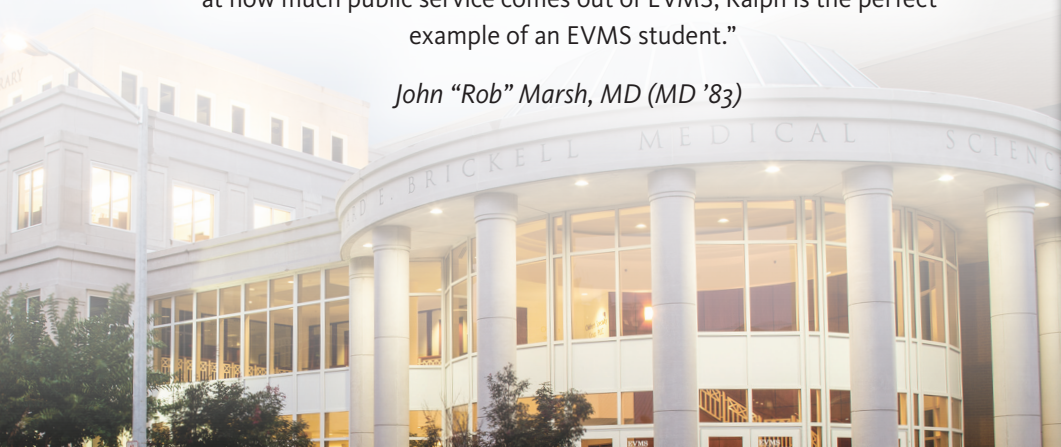
“He’s extremely bright and a superb listener. You can talk to him about anything. His honesty and integrity are above reproach. When you look at how much public service comes out of EVMS, Ralph is the perfect example of an EVMS student.”

John “Rob” Marsh, MD (MD ’83)

GOV. NORTHAM'S

Timeline

- **1959:** Born on Virginia's Eastern Shore; raised on a farm in Onancock
- **1981:** Graduated with distinction from Virginia Military Institute
- **1984:** Earned medical degree from EVMS; began serving as an Army officer
- **1986:** Married Pamela Thomas, whom he met in San Antonio during his residency
- **1987:** Completed three-year pediatrics residency at Brooke Army Medical Center in Texas
- **1989:** Completed one-year chief residency in child neurology and neurosurgery at Johns Hopkins Hospital
- **1990:** Completed three-year child neurology fellowship at Walter Reed Medical Center and three years as a teaching fellow at Uniformed Services University of the Health Sciences in Bethesda, Maryland
- **1992:** Completed two years of treating wounded soldiers in Operation Desert Storm and rose to the rank of major
- **1992:** Joined EVMS as Assistant Professor of Pediatrics; joined staff of Children's Hospital of The King's Daughters and Sentara Norfolk General Hospital; co-founded pediatric neurology practice with four partner physicians
- **2007:** Elected Virginia state senator
- **2011:** Re-elected Virginia state senator
- **2013:** Elected lieutenant governor of Virginia
- **2016:** Completed 19 years as volunteer medical director of Edmarc Hospice for Children
- **2017:** Elected governor of Virginia



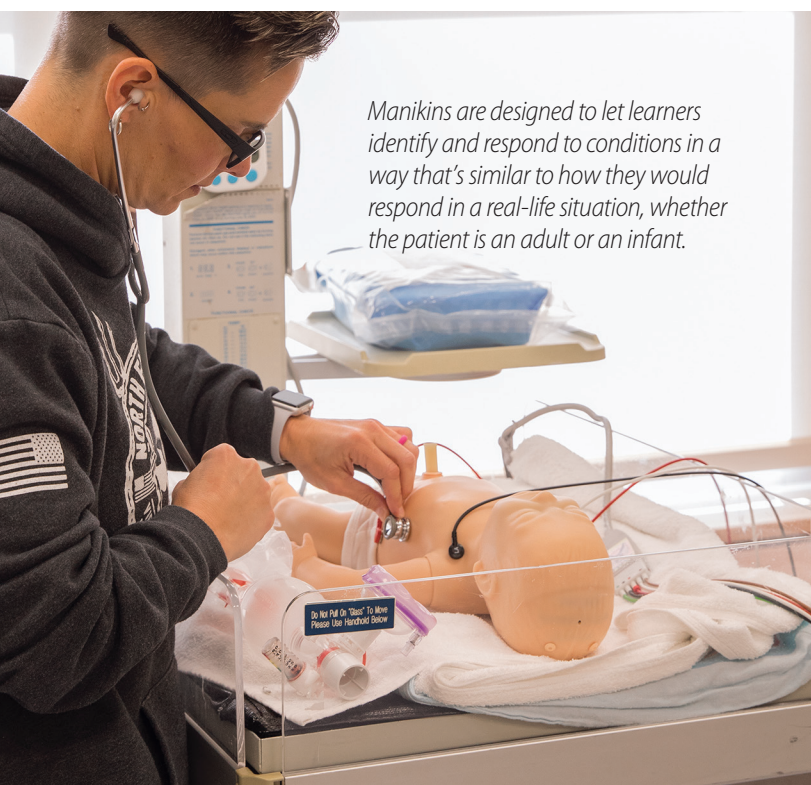
A standardized patient's body is the students' learning canvas. EVMS was among the first medical schools in the country to use standardized patients.



Standardized patients are individuals who are trained to portray patients. They help teach students how to perform clinical exams and how to communicate effectively with real-life patients.

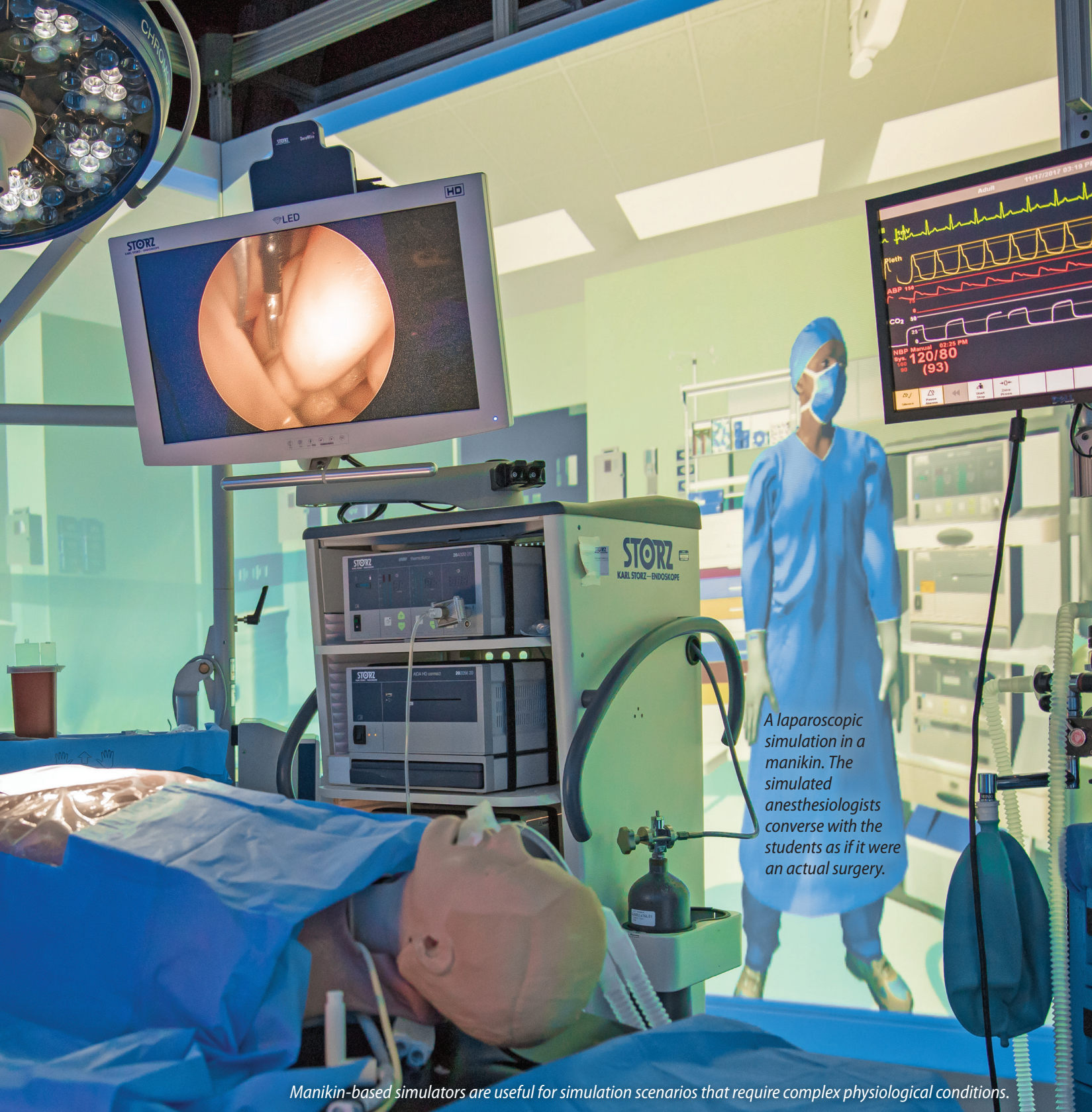


Manikins are designed to let learners identify and respond to conditions in a way that's similar to how they would respond in a real-life situation, whether the patient is an adult or an infant.



Perfect
PRACTICE
MAKES
PERFECT

Early adoption of simulation technology has made EVMS a national model



A laparoscopic simulation in a manikin. The simulated anesthesiologists converse with the students as if it were an actual surgery.

Manikin-based simulators are useful for simulation scenarios that require complex physiological conditions.

According to the Association of American Medical Colleges, simulation is arguably the most prominent innovation in medical education over the past 15 years. Since its inception, EVMS has embraced simulation as a benefit to students. Today, the Sentara Center for Simulation and Immersive Learning at EVMS is

a model for educational institutions across the country.

EVMS continues to be an innovator in developing new ways to use technology to teach common medical procedures and to provide students with a safe environment in which to practice and perfect their techniques.

Perfect PRACTICE MAKES PERFECT

The center offers Life Support Training that includes CPR and the use of defibrillation techniques.

It recently began offering life-support courses, with 1,175 students enrolled in 5,542 hours of training.



Medical students, surgical assisting students and residents use the Laparoscopic Surgery Trainer to learn how to use the tools necessary to perform laparoscopic surgery.



Once they've learned how to use the tools, they move to the Laparoscopic Virtual Simulation trainer to practice performing a procedure with those tools.



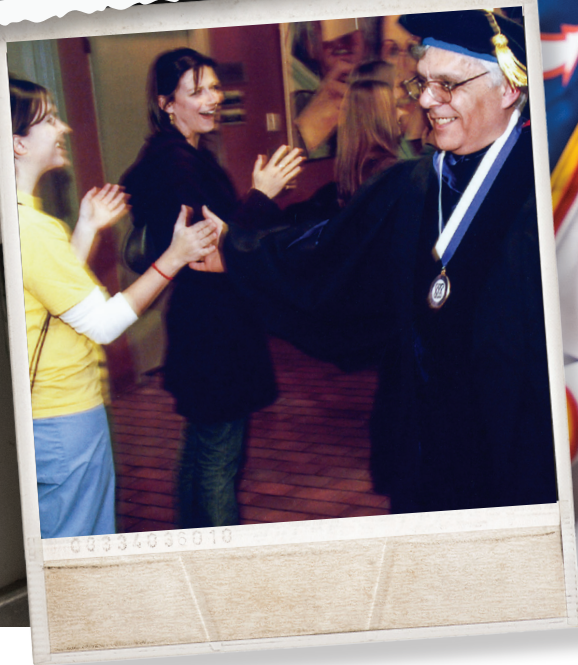
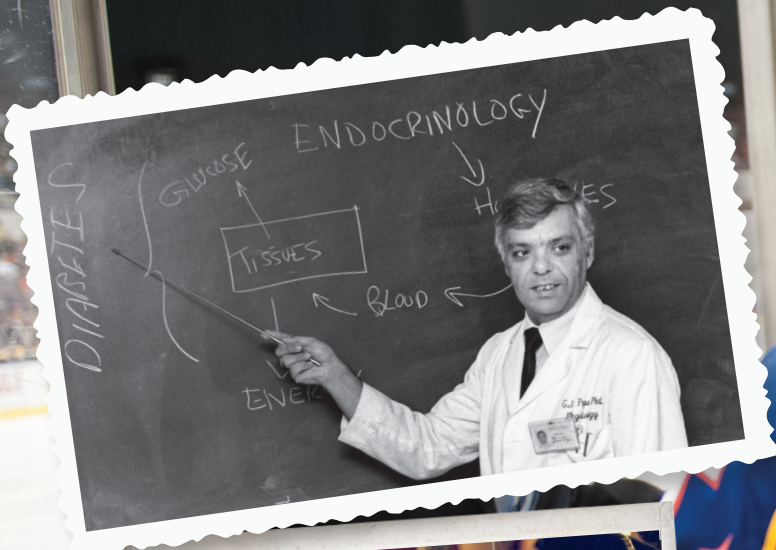
Most standardized patient interactions are monitored by faculty, who then give feedback on their assessment.



Residents and students train with standardized patients to break bad news to patients and caregivers, coordinating with the Breaking Bad News Foundation.



The center was key in the development of the Ultrasound Education initiative at EVMS. It has developed training models, educational methodologies and phantom trainers to solve some of the challenges of training large numbers of medical professionals with the necessary skill sets to fulfill their future roles as leaders in ultrasound-facilitated medicine.



Power forward

Scientist Gerald Pepe, PhD, the EVMS Foundation Chair in Biomedical Sciences, came to EVMS just five years after the school opened. Marking his 40th year in 2018, the former National Institutes of Health senior staff fellow (and avid hockey fan) has played a vital role in the development of

EVMS and its research enterprise. He has secured continuous NIH support for his study of fetal-placental development, served as Chair and Professor of Physiological Sciences for decades and was Dean and Provost during a critical eight-year period in the school's history. □



William Anderson, MD, plays bagpipes in the group High Desert Pipes and Drums.

Work-life balance is music to alum's ears

At an age when most people plan their retirement, 65-year-old William Anderson, MD (MD '82) has other ideas.

He's an avid hiker. He holds a black belt in tae kwon do. He runs 5K races, finishing in the top three in his age group. He's renovating a house. He's an award-winning jazz pianist who produced his own album. He plays bagpipes in the group High Desert Pipes and Drums. Just six years ago, he earned a master's degree from the esteemed Berklee School of Music in Boston.

And he's the 12th physician in his family with the younger of his two sons — who's now applying to medical schools — seeking to be the 13th.

"When I grew up," Dr. Anderson says, "the question wasn't, 'Do you want to be a doctor?' It was, 'What kind of doctor do you want to be?'"

A primary-care physician, it turns out. "When I was a student at EVMS," he says, "I was involved with a volunteer group that ran an Eastern Shore clinic for migrant workers." That experience and his family-medicine rotations sold him on primary care.

He also credits EVMS with teaching him work-life balance, a philosophy he has carried into his role as attending physician at the Veterans Affairs Primary-Care Clinic in Albuquerque, New Mexico.

"I really like my job here," he says. "Doctors can help bring out the positive life force that keeps us all going. I try to do more than talk with veterans about symptoms and medications. I ask them about their families and their interests. Today, I had a great conversation with one veteran about fishing."

Exploring other cultures is another of

Dr. Anderson's interests. After 23 years in private practice in Charleston, South Carolina, he joined a company that sends physicians on temporary assignments wherever a need exists. That took him to

"I really like my job here. Doctors can help bring out the positive life force that keeps us all going."

William Anderson, MD (MD '82)

New Mexico the first time. From there he was sent to Alaska, Northern California and New Zealand. During two six-month stints in New Zealand, he played bagpipes in the South Canterbury Highland Pipe Band and helped the group win a national competition the second time he was there.

If he ever does retire from medicine, a second career in music is likely. In the meantime, Dr. Anderson says, "I have no desire to slow down." □

Grandmother finds help and hope at free clinic

HOPES Clinic volunteer Sam Lee, MD Class of 2019, helped Joanne Walker get her hypertension and diabetes under control.

“Are you all right, are you all right?” a group of concerned medical students asked as they took Joanne Walker’s blood pressure and vital signs. The 59-year-old responded calmly, “I’m fine.”

Actually, she wasn’t.

When Ms. Walker made an appointment at the EVMS HOPES Clinic, she didn’t have insurance and hadn’t been to the doctor in years. Her sister heard about the free clinic, staffed by EVMS students and faculty, and recommended she call. “I thought it might be time for a check-up,” Ms. Walker says. Little did she know that visit would change the rest of her life.

“I couldn’t believe it when they told me I had extremely high blood pressure and that my blood sugar levels were

through the roof,” she says. The average A1C blood sugar reading should be in the 5-6 range. Ms. Walker’s was just over 12.

She had hypertension and type 2 diabetes. “How did I not know this?” asks Ms. Walker, who cares for her three grandchildren full time. Through her

“I will be forever grateful. I had nowhere to turn, and they gave me hope.”

— Joanne Walker

experience as a nursing assistant, she understood the diagnosis to be a silent killer. “I felt like a walking time bomb. I might have died, and what would happen to my grandchildren?”

Fortunately, she doesn’t feel that way anymore. She monitors her blood-sugar levels and takes blood-pressure medication. She also exercises and sticks to a special diet.

She credits all of the HOPES Clinic staff, especially Sam Lee, MD Class of 2019, for saving her life. “He helped me through the entire process,” Ms. Walker says. After she left the clinic, she had a hard time getting some of the prescriptions filled, so she called them back. In less than an hour, Mr. Lee was by her side at the pharmacy. “He helped me get

the right medications and find them for the lowest cost,” she says.

“I will be forever grateful. I had nowhere to turn, and they gave me hope.” □

View video My Stories at evms.edu/digitalmagazine.



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