

2015-2016

ISSUE 8.4

DR. JERRY NADLER: VIRGINIA'S TOP SCIENTIST

PROMISING TREATMENT FOR PTSD

EVMS

MAGAZINE



TAKING THE RURAL ROUTE

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EVMS Instructor of
Obstetrics and Gynecology

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EVMS

MAGAZINE

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Taking the Rural Route

New electives offer first-hand look at small-town careers

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Because EVMS, like most medical schools, is in a metropolitan region, we can sometimes forget that our rural neighbors just an hour away may not have easy access to the medical care they need. To that end, we recently expanded our training opportunities for students in the field of rural medicine.

Rural communities are home to about 25 percent of the nation's population, yet only 10 percent of physicians practice in these areas. In our feature story, discover why some EVMS faculty members and students are dedicated to addressing the unique needs of people who live in our region's rural communities. See the story on page 12.

In this issue, we congratulate our own Dr. Jerry Nadler, a first-class researcher, educator and clinician, who was recently honored as Virginia's Outstanding Scientist for 2016. Read more about why Dr. Nadler is well deserving of this award on page 5.

EVMS has long been a national leader in ultrasound education, having made it a critical component of our students' training for decades. On page 11, find out how one of our experts is helping doctors across the country learn how to better utilize this valuable imaging tool.

More than 20 years ago, EVMS pioneered another valuable tool to ensure that our students are ready for the real world. From their first days on campus, many of our students work with standardized patients — highly specialized actors trained to portray a variety of medical conditions. On page 8, our youngest and oldest standardized patients reveal their passion for teaching our future medical practitioners.

I hope you know we could not do any of this without your help. Now, you can make an even bigger impact on our future. For every gift you make to the EVMS Fund through April 15, Liberty Tax Service will contribute another \$100 — up to \$50,000. Your gift will help us remain a leader in health-care education, along with making a profound impact on our region's health care. Thank you.

Sincerely,

Richard V. Homan, MD

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Source: Rural Healthy People 2010: "Healthy People 2010: A Companion Document for Rural Areas"

10%

of physicians practice in rural America despite the fact that nearly one-fourth of the population lives in these areas.

Rural residents have a

12%

higher chance of death or serious injury from an accident such as a car crash or fall.

57% to 90%
of first responders in rural areas are volunteers



Rural residents are nearly

2x

as likely to die from unintentional injuries other than motor vehicle accidents than are urban residents.

MOTOR VEHICLE ACCIDENTS



MOTOR VEHICLE ACCIDENT DEATHS



Although only 1/3 of motor vehicle accidents occur in rural areas, 2/3 of the deaths attributed to motor vehicle accidents occur on rural roads.



Rural residents must deal with weather and climactic barriers.



470

rural hospitals have closed in the past 25 years



Rural residents have greater transportation difficulties reaching health-care providers.

“There’s nobody who has done more for diabetes research and diabetes care over the past 10 years.”

Gerald J. Pepe, PhD



Jerry Nadler, MD

Diabetes researcher named Virginia’s top scientist

Jerry Nadler, MD, an internationally known physician/scientist who is making potentially game-changing advances in diabetes research, has been named Outstanding Scientist in Virginia for 2016.

The prestigious award is given annually by the Science Museum of Virginia. Gov. Terry McAuliffe presented the award during a Feb. 25 ceremony in Richmond.

“Dr. Nadler is not only a first-class researcher, educator and clinician, he also recruits wonderful people and he’s able to mentor great researchers and clinical scientists like himself,” says Richard Homan, MD, President and Provost and Dean of the School of Medicine. “He’s a resource not only for EVMS but for the commonwealth of Virginia, the nation and for medicine.”

Jerry Pepe, PhD, Professor and Chair of Physiological Sciences and former EVMS Dean, says Dr. Nadler has elevated the

school’s research reputation and brought advanced diabetes care to the region and the state. “There’s nobody who has done more for diabetes research and diabetes care over the past 10 years,” he says.

Dr. Nadler is Vice Dean for Research, the Mansbach Chair in Internal Medicine and Chair of Internal Medicine. He leads a team of researchers whose discoveries may result in new treatments for the nearly 400 million people worldwide with diabetes and countless others who are pre-diabetic.

Peers around the globe have taken note of Dr. Nadler’s research that shows diabetes is an inflammatory disease. He has identified new targets for therapy, a process that has led to more than 10

patents. His research could lead to new treatments to prevent or possibly even reverse type 1 diabetes, which typically strikes in childhood.

Many of his research efforts involve partnerships. He excels at bringing people together for a common purpose, says Raghu Mirmira, MD, PhD, Director of the Center for Diabetes and Metabolic Disease at Indiana University and a longtime research colleague.

“He has amassed an impressive group of collaborators — a Dream Team — that rally around his mission,” says Dr. Mirmira.

Dr. Pepe saw that same quality when he recruited Dr. Nadler. “He has an uncanny ability to work with people and to develop collaborations and multiple, diverse programs.” □



To learn more about his research, visit evms.edu/magazine.

Study shows promising results for treating and curing post-traumatic stress disorder

Researchers with EVMS Psychiatry and Behavioral Sciences have cured veterans suffering from post-traumatic stress disorder (PTSD) using therapeutic brain stimulation in a research study.

The treatment, called Transcranial Magnetic Stimulation (TMS) therapy, utilizes a highly focused magnetic field to target specific areas of the brain while patients talk about the worst memories that triggered their PTSD. The study was led by Serina Neumann, PhD, Professor of Psychiatry and Behavioral Sciences and focused on treating veterans with severe PTSD who had not been responsive to any other treatment, including prescription medication.

All nine veterans who participated in the two-year study saw drastic improvements in behavior and emotional response following TMS treatment.

Seven of the patients no longer qualify for a PTSD designation or need ongoing treatment. Nearly all the patients were able to stop using prescription PTSD-related medication during the study.

"They were more present in their lives and able to go through daily activities without feeling overwhelmed," Dr. Neumann says. "They could go to the mall without peering around the corner.



Serina Neumann, PhD, right, Professor of Psychiatry and Behavioral Sciences, and Paul Sayegh, MD, Assistant Professor, demonstrate Transcranial Magnetic Stimulation on colleague Richard Handel, MD, Professor. Dr. Neumann's research has demonstrated that the treatment can be effective in helping soldiers and others experiencing post-traumatic stress disorder to piece together "shattered" memories of a traumatic experience, better preparing them to cope with the experience.

They were holding hands with their spouses and hugging again. It was incredible to see."

The FDA has approved TMS therapy for depression patients, but has not yet approved it for PTSD. Dr. Neumann is planning a second research trial to further establish TMS as a viable treatment for PTSD. □



Learn how TMS works and how EVMS is helping veterans overcome PTSD at evms.edu/magazine.

The treatment, called Transcranial Magnetic Stimulation (TMS) therapy, utilizes a highly focused magnetic field to target specific areas of the brain while patients talk about the worst memories that triggered their PTSD.

Eastern Shore coalition led by EVMS faculty member garners national recognition

Eastern Shore Healthy Communities, a coalition led by Patti Kiger, MEd, Instructor of Pediatrics, has been recognized for its achievements in a publication produced by the National Leadership Academy for the Public's Health.

The article praised the coalition for its collaborative approach to addressing complex community-health issues: "The team leveraged connections to bring key players to the table in support of workplace wellness policies, healthier options in restaurants and

the development of a youth leadership academy."

In 2009, Ms. Kiger took steps to create the coalition after she learned that the overweight/obesity rate on Virginia's Eastern Shore was 70 percent, the highest in Virginia, and that half of all schoolchildren who lived there were overweight or obese.

Partnering with nearly 40 Eastern Shore organizations, the coalition has, the article says, "shown that deliberate and thoughtful collaboration across sectors can lead to significant improvements in communities' capacity to make

change happen."

Kaethe Ferguson, EdD, the Toy Savage Endowed Professor in Pediatrics and Associate Professor of Pediatrics, is Director of the Community Health and Research division of EVMS Pediatrics, which oversees the coalition's work. "This is a great example," she says, "of EVMS' role in

working with communities to help them build capacity to improve population health." □

Eastern Shore **HEALTHY** COMMUNITIES



AN ACHIEVE COALITION



To read the article by the National Leadership Academy for the Public's Health and to learn more about Eastern Shore Healthy Communities, visit evms.edu/magazine.

Researchers receive grant to study transfusion safety

The Virginia Blood Foundation has awarded an \$86,000 grant to Kenji Cunnion, MD, Associate Professor of Pediatrics, and Neel Krishna, PhD, Associate Professor of Microbiology and Molecular Cell Biology. The money will fund their research on a new method to evaluate risk for negative transfusion reactions.

If incompatible blood is given in a transfusion, the patient's immune system attacks the donor cells. Not

only is the blood transfusion rendered useless, but it could cause shock, kidney failure, circulatory collapse and death.

They believe their method, Complement Hemolysis Using Human Erythrocytes, can enhance transfusion safety by more accurately assessing the risk of those reactions as compared to current methods. □



To learn more about our researchers, visit evms.edu/magazine.



Summit draws representatives from across the region to focus on mental illness

Mental health professionals from across southeastern Virginia came to EVMS in January to focus on long-term care of the mentally ill.

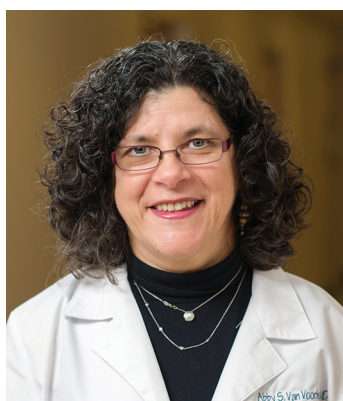
The EVMS M. Foscue Brock Institute for Community and Global Health and EVMS Psychiatry and Behavioral Sciences convened this second annual Mental Health Summit in recognition of problems and concerns about the care of individuals with severe and persistent mental illness.



*Cynthia Romero, MD,
Director, Brock Institute*

Earlier in the day, the group heard from two nationally recognized mental-health experts as part of a special “Grand Rounds” lecture. Lisa Dixon, MD, MPH, Director of Mental Health Services for the New York State Psychiatric Institute, and Courtenay Harding, PhD, Vice Chair of the Foundation for Excellence in Mental Health Care, lent their expertise to the discussion.

The roundtable discussion identified a series of hurdles to effective care – such as transportation, funding, public/provider education and care coordination. Later this year, the participants will reconvene to consider concrete solutions to some of the issues and a plan to deal with more complex challenges, says Cynthia Romero, MD (MD ’93), Director of the Brock Institute. □



New Dermatology Chair receives Presidential Citation

The American Academy of Dermatology has honored Abby Van Voorhees, MD, Chair and Professor of Dermatology, with a Presidential Citation. She was chosen for the award in recognition of her significant contributions and dedication to promoting excellence

in psoriasis research.

Over the past three decades, Dr. Van Voorhees has been active in clinical research in dermatology, particularly issues related to the treatment of psoriasis, the country’s most common autoimmune disease, affecting up to 7.5 million Americans.

Dr. Van Voorhees received the award at the Academy’s Annual Meeting in Washington, D.C., in March. □

Critical-care doctor helps craft national guidelines for ultrasound use

Ultrasound machines — some as small as a cell phone — are a common sight in hospitals and medical offices. Now, thanks in part to an EVMS expert, health-care providers have detailed guidelines about how to take full advantage of this valuable imaging tool.

Alexander Levitov, MD, Professor of Internal Medicine, is a co-author of “The Appropriate Use of Ultrasound When Evaluating Critically Ill Patients.” The two-part guidelines offer advice for general usage. Dr. Levitov is lead author on part two, which covers how to image the heart.

“In general, we believe that ultrasound examination should be done on most patients in the emergency department or in the intensive care unit (ICU),” says Dr. Levitov, who worked with colleagues under the auspices of the Society of Critical Care

Medicine to craft the guidelines — the first nationally recognized recommendations of their kind.

“I cannot provide care to critically ill patients without the ultrasound system at the bedside,” Dr. Levitov says. “Conditions change rapidly in the ICU, and ultrasound is the best way to assure me that I am on the right track.”

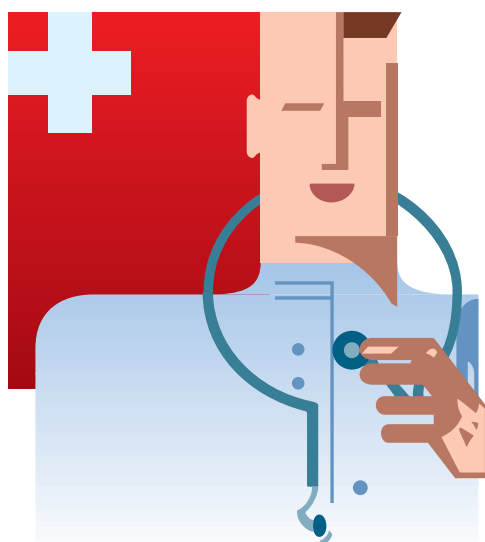
The guidelines consist of 60 separate recommendations. They are available to the more than 70,000 physicians, physician assistants and other providers involved in care of the critically ill in the United States.

Dr. Levitov and several EVMS

colleagues have earned a national reputation for their expertise in the use of handheld ultrasound and for their leadership in spearheading widespread adoption of the new technology. □



Alexander Levitov, MD, Professor of Internal Medicine, is a co-author of “The Appropriate Use of Ultrasound When Evaluating Critically Ill Patients.”



EVMS tapped for national primary-care reform initiative

EVMS is one of just nine institutions chosen to participate in Professionals Accelerating Clinical and Educational Redesign (PACER), a three-year nationwide program aimed at improving primary-care practices and patient outcomes.

PACER participants will build and model interprofessional faculty teams to transform primary-care practices and educational programs. They will prepare trainees to work together in high-performing, patient-centered medical homes. EVMS Family and Community Medicine is partnering with Children’s Hospital of The King’s Daughters and Old Dominion University to develop the teams.

Other institutions accepted into PACER include Mayo Clinic College of Medicine and UC Davis School of Medicine and School of Nursing. □



Learn about PACER and EVMS’ work to transform primary care at evms.edu/magazine.

THE TEACHING

At EVMS, young and old teach tomorrow's health professionals

At first glance, 10-year-old Nicholas Petrie and 88-year-old Loyce Jarvis couldn't have less in common.

He loves playing video games with his sister. She loves talking with her friends over tea. He's a fast talking fourth-grader with a baby face. She's a gray-haired grandmother who sometimes points her cane for emphasis.

But the 78-year span between the unlikely pair vanishes when they sit together to talk about their jobs. As the youngest and oldest of the 111 standardized patients (SPs) working in the EVMS Sentara Center for Simulation and Immersive Learning, Nicholas and Ms. Jarvis help train the next generation of medical and health professionals. □

Nicholas

← **YOUNGEST = 10YRS**

- Nicholas often portrays a child visiting the doctor for a well checkup. This case is done with a dad (another SP) present, so students and residents can practice how to talk to parents about their child's health and well-being.
- His most popular simulation is aptly named "The Nicholas Case." It involves a young boy eager to join the baseball team. Students and residents must perform a full physical.
- His secret? Seeing how nervous the students are helps to calm his nerves. "It makes it easier to play my role and to give them feedback about how they are doing," Nicholas says.
- His classmates don't always believe that he has a job at the medical school and ask for video proof.
- "It's not about the paycheck," he says. "It's about helping people to be great at their jobs."

"It's about helping people to be great at their jobs."

SPECTRUM

What is a standardized patient?

EVMS is an internationally recognized leader in the use of standardized patients, highly specialized actors trained to mimic conditions or react to examinations in particular ways to provide better learning opportunities. EVMS' standardized patient program is one of the largest in the country. It provides an invaluable training ground for medical and health professions students by giving them access to realistic patient interactions from the earliest days of their education.



To view a video interview with Loyce and Nicholas, visit evms.edu/magazine.

Loyce

OLDEST = 88YRS

- She is best known for portraying a mean and obstinate patient who is difficult to work with. "I've been told I do cranky really well," Ms. Jarvis says.
- Her favorite case requires students and residents to talk to her about sexual activity as a senior citizen. "It's a struggle not to laugh out loud when you see how nervous they are to even ask me about it," she says.
- Her secret? She never plays someone her own age. "I always tell them I'm in my 60s," she says, "because if it's acting, why not?"
- Her friends find her job fascinating, and a few have considered applying as a standardized patient.
- "I love watching our students learn and grow into doctors," Ms. Jarvis says. "It is very rewarding."

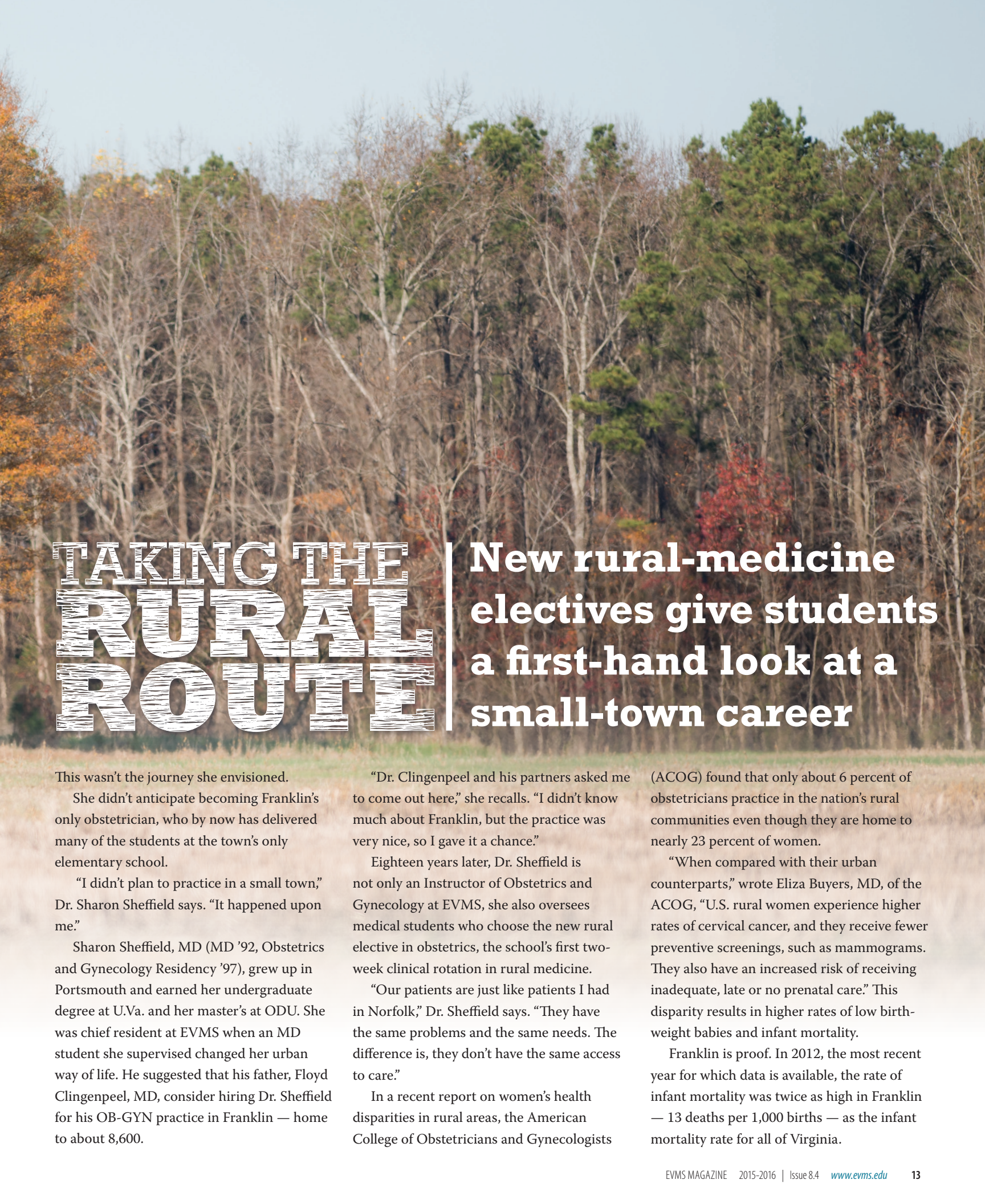
"I love watching our students learn and grow into doctors."





*Jennifer Burgart
MD Candidate Class of 2017*

*Sharon Sheffield, MD
Instructor of Obstetrics
and Gynecology*



TAKING THE RURAL ROUTE

New rural-medicine electives give students a first-hand look at a small-town career

This wasn't the journey she envisioned.

She didn't anticipate becoming Franklin's only obstetrician, who by now has delivered many of the students at the town's only elementary school.

"I didn't plan to practice in a small town," Dr. Sharon Sheffield says. "It happened upon me."

Sharon Sheffield, MD (MD '92, Obstetrics and Gynecology Residency '97), grew up in Portsmouth and earned her undergraduate degree at U.Va. and her master's at ODU. She was chief resident at EVMS when an MD student she supervised changed her urban way of life. He suggested that his father, Floyd Clingenpeel, MD, consider hiring Dr. Sheffield for his OB-GYN practice in Franklin — home to about 8,600.

"Dr. Clingenpeel and his partners asked me to come out here," she recalls. "I didn't know much about Franklin, but the practice was very nice, so I gave it a chance."

Eighteen years later, Dr. Sheffield is not only an Instructor of Obstetrics and Gynecology at EVMS, she also oversees medical students who choose the new rural elective in obstetrics, the school's first two-week clinical rotation in rural medicine.

"Our patients are just like patients I had in Norfolk," Dr. Sheffield says. "They have the same problems and the same needs. The difference is, they don't have the same access to care."

In a recent report on women's health disparities in rural areas, the American College of Obstetricians and Gynecologists

(ACOG) found that only about 6 percent of obstetricians practice in the nation's rural communities even though they are home to nearly 23 percent of women.

"When compared with their urban counterparts," wrote Eliza Buyers, MD, of the ACOG, "U.S. rural women experience higher rates of cervical cancer, and they receive fewer preventive screenings, such as mammograms. They also have an increased risk of receiving inadequate, late or no prenatal care." This disparity results in higher rates of low birth-weight babies and infant mortality.

Franklin is proof. In 2012, the most recent year for which data is available, the rate of infant mortality was twice as high in Franklin — 13 deaths per 1,000 births — as the infant mortality rate for all of Virginia.



“It’s difficult to find doctors who want to practice out here,” Dr. Sheffield says. “But it’s really a wonderful life — there’s not much traffic, it’s a great place to raise children, everybody knows everybody, and you’re close to your neighbors. Plus, it’s less than an hour away from bigger cities.”

There are career benefits, as well, she says. “I have a lot more independence than I would in a big city. Then there’s the closeness to the patients. We know our patients inside and out.”

The OB-GYN rural elective resulted from a collaboration between EVMS Diversity and Inclusion, EVMS Obstetrics & Gynecology and rural community providers. “Students rave about their experience,” says Khaled Sakhel, MD, Associate Professor of Obstetrics & Gynecology and OB-GYN Clerkship Director. “We’re working on developing other sites,

including the Eastern Shore and Gloucester areas.”

Hugo Hua is a fourth-year medical student who chose the rural elective. “What I learned about rural medicine from the patients was eye-opening,” he says. “I couldn’t have asked for a more hands-on experience. I even delivered my first baby.”

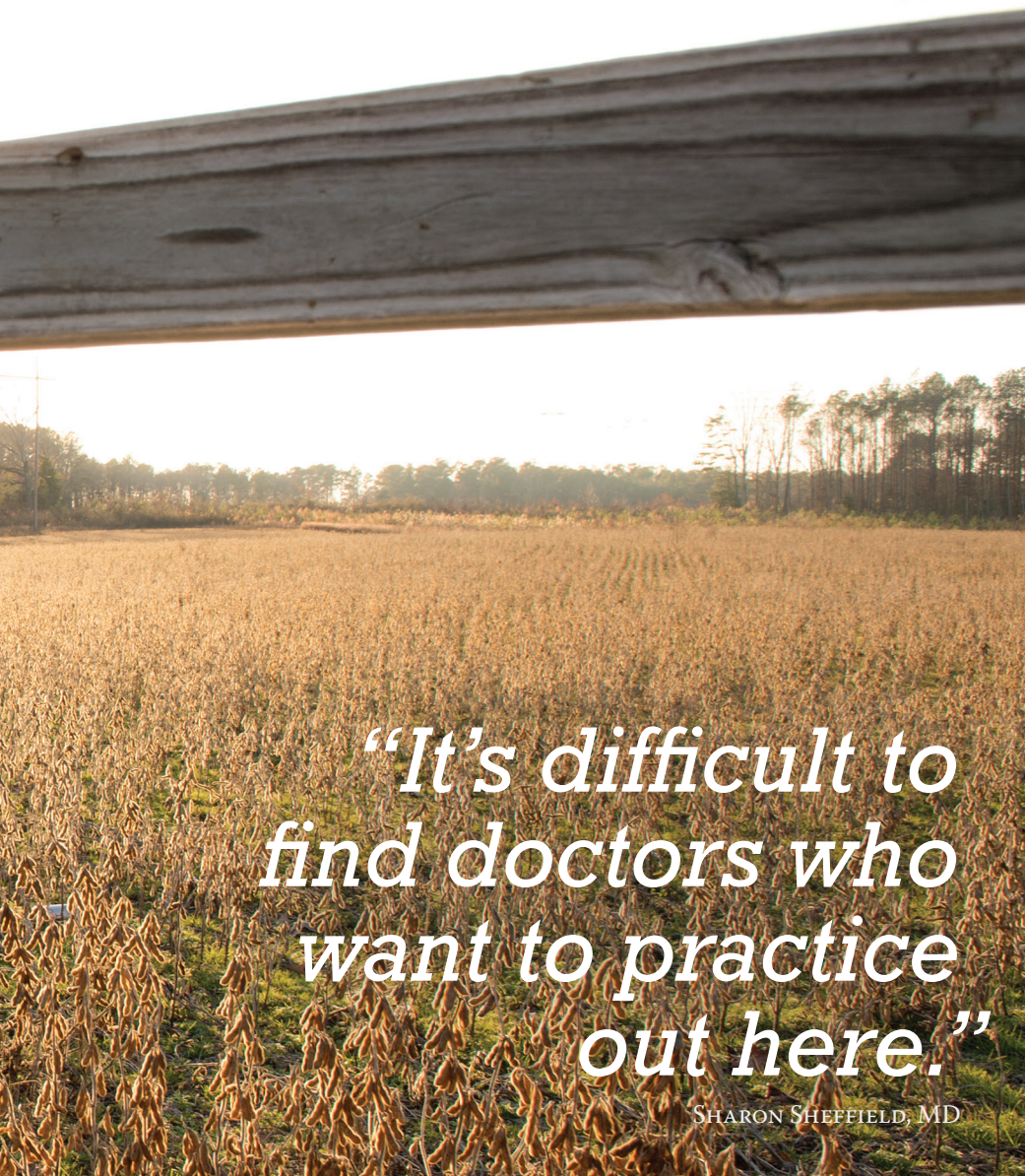
On Wednesdays, Dr. Sheffield and her rural-elective student travel 45 minutes farther west to the smaller town of Emporia with a population of about 5,500. There, in a shopping-center office, they provide the only OB-GYN care in the area. “At times,” Dr. Sheffield says, “I have to act as psychiatrist, primary-care provider and surgeon because these patients don’t have anywhere else to go.”

Dr. Sheffield willingly mentors EVMS students because that’s how she learned best

while training. “I enjoy trying to help students find their way,” she says. “Even if they decide not to pursue a rural practice, it’s important for students to understand that they might see patients who come from these areas. I do this because there’s a need.”

Before her first drive through Southampton County, third-year medical student Jennifer Burgart had never seen cotton fields. With a plan to specialize in obstetrics and gynecology, Ms. Burgart chose the rural elective because she’d heard the rotation was diverse and hands-on — training important to her future.

“These patients really trust and love Dr. Sheffield,” Ms. Burgart says, “and as an extension of that, they’re open to her students. She runs all over the place. She’s dedicated to this practice and this area. I asked her how she takes a vacation, and she said she doesn’t.”



“It’s difficult to find doctors who want to practice out here.”

SHARON SHEFFIELD, MD



An important benefit of a rural practice, Dr. Sheffield says, is being able to know your patients inside and out.

Cultivating the rural experience

Soon, medical students will have other rural-medicine options. The focus of the second rural elective is psychiatry and behavioral sciences; the place is Virginia’s Eastern Shore.

Under the supervision of two psychiatrists there — Potter Henderson, MD, Assistant Professor of Psychiatry and Behavioral Sciences and an Eastern Shore native who trained at Yale University; and Nicholas McClean-Rice, MD, who trained at Imperial College in London — EVMS students will gain exposure over two weeks to mental-health care for Eastern Shore children, teens and adults.

“This psychiatry rotation will provide an unparalleled exposure to medical students,” Dr. Henderson says. “There are few opportunities for outpatient psychiatry rotations as a medical student to begin with. To have one that exposes students to the unique combinations of psychopathology and socioeconomic adversity we address here on the Eastern Shore, as well as the multifaceted treatment modalities we utilize to support our patients’ functions, I believe is extraordinary.”

In Virginia’s rural communities as in the rest of the nation, mental-health care is not easy to come by. The National Rural Health Association reports that nearly three-fourths of the nation’s rural counties lack a psychiatrist, and 95 percent have no child psychiatrist.

Even when mental-health care is available, the stigma associated with psychiatric disorders is harder to overcome in these areas. “Living in a small, isolated rural community where everyone knows each other heightens the stigma,” the report says. “As a result, a patient may refuse to go to the behavioral



“This psychiatry rotation will provide an unparalleled exposure to medical students.”

POTTER HENDERSON, MD

health provider’s office because everyone will recognize his truck.”

Lisa Fore-Arcand, EdD, Education Coordinator and Associate Professor of Psychiatry and Behavioral Sciences, is a member of EVMS’ rural-initiative work group. “Through these rotations,” she says, “we want to introduce students to the skills needed in rural settings and familiarize them with life in a rural community, helping them gain confidence and competence in assuming the role of a rural health-care physician.”

To help more medical students gain a comprehensive overview of health issues affecting small-town communities, the work group is exploring the possibility of rural-medicine electives in family medicine,

internal medicine and pediatrics.

“The rural electives serve not only as rich learning opportunities for our students,” says work group member Mekbib Gemed, Vice President for Diversity and Inclusion, “but they also engage community physicians in academic medicine and cultivate research targeted at improving health outcomes in the region.”

Dr. Sheffield hopes these rotations show students not only the need for physicians in small towns but the benefits of being one.

“We’re a small practice,” she says, “and sometimes we struggle. But it’s not all about how much you can earn. It’s about what we can do for the community, and it’s very rewarding.” □



EVMS staff member named to national Rural Health Fellows program

Robert Alpino has been named a 2016 Rural Health Fellow by the National Rural Health Association (NRHA). An Instructor in the School of Health Professions and Director for the Eastern Virginia Area Health Education Center, Mr. Alpino is one of just 16 accepted from across the country.

He will participate in a yearlong fellowship aimed at developing leaders who can articulate a clear and compelling vision for rural America. The program includes leadership training seminars and a national rural-health policy analysis.

NRHA is a nonprofit organization that works to improve the health and well-being of rural Americans

and to provide leadership on rural-health issues through advocacy, communications, education and research. Mr. Alpino was selected as a fellow for his work at EVMS to introduce students to rural medicine during their clinical rotations and service learning projects.

“Rural areas face unique health-care challenges,” Mr. Alpino says, “including populations that are generally older and that are more likely to be participants in public insurance programs or uninsured. By exposing EVMS students to rural practice, we hope to interest them in practicing medicine in the rural environment during their careers.” □



MPH alumna helps bring health care to remote island paradise

Not many people could pinpoint the island of Guam on a map. Fewer would volunteer to pick up their entire life and move there.

“If you look at a map and then zoom in, and then zoom in again and then zoom in even further, you’ll see this tiny dot in the middle of the ocean,” says Stephanie (Hinton) Byrne, MPH (MPH ’12), Director of Physician Services at Guam Regional Medical City hospital. “That’s us!”

Guam is a U.S. territory and strategic military base in the South Pacific with close proximity to the Philippines and Japan. The remote island paradise has beautiful beaches and coves. It is also very sick, Mrs. Byrne says.

Poor health-care education and eating habits as well as genetic predisposition are largely to blame for the island population’s high rates of hypertension and diabetes. Native islanders often must travel off Guam in order to seek specialty care, but many cannot afford the trip.

“Guam is absolutely an experiment in public health,” Mrs. Byrne says. “I’ve pulled on my skills learned in the EVMS/ ODU Graduate Program in Public Health, from policy to administration and leadership, to help combat the major health disparities and health education needs here.”

At Guam Regional Medical City hospital, Mrs. Byrne is responsible for staffing and management of the medical staff, and for working to bring state of the art equipment that staff needs to Guam. The newly opened hospital provides the island’s first stroke program complete with neurology, neurophysiology, sleep medicine and neurosurgery. It also houses the island’s first pediatric hematologist and oncologist, the first radiation oncologist and the first linear accelerator.

“I can definitely say that without having completed my MPH, I would not be where I am today,” Mrs. Byrne says. “In chatting with some of my colleagues



Stephanie Byrne, MPH

who have MPHs from other programs — including one who is a MD-MPH from Yale — I’ve learned that my degree packed a lot more into the program than theirs did.”

It was busy and challenging, she says, but what she learned at EVMS she is applying every day to her work on Guam.

“One of the doctors just said to me the other day, ‘I didn’t learn that in my MPH program!’” she says, “I think that’s a big kudos to EVMS.” □

MARK YOUR CALENDAR NOW FOR THE

2016 EVMS ALUMNI WEEKEND

OCTOBER 14-16, 2016

Friday: Welcome Reception

Saturday: EVMS Alumni Chalet at the Town Point Virginia Wine Festival

Sunday: Campus Tours & Breakfast

Visit evms.edu/alumni for event details!

Class notes

■ **Laine Kock, MD '05**, Dermatology Residency '10), joined Visalia Medical Clinic in Visalia, Calif.

■ **Seth McAfee, MD** (Otolaryngology Residency '13), joined Jersey Shore University Medical Center in Neptune City, N.J.

■ **Ankur Patel, MD** (Geriatrics Fellowship '12), was named Medical Director of Inspira Health Network's LIFE Program in Vineland, N.J. □

IN THE SPOTLIGHT: Nathan Newman, MD (MD '82)

When it comes to stepping into the national spotlight, Nathan Newman, MD (MD '82), is a natural. He has held national roles in administrative medicine and has been a member of the American Medical Association's (AMA) House of Delegates since 2011. He also is a charter member of the AMA's Integrated Physician Practice Section and received the 2014 Florida Academy of Family Physician Executive of the Year and the American Academy of Family Physician Robert Graham 2015 Executive of the Year.

From 2013 to 2015, Dr. Newman was President of the 6,000-member Urgent Care Association of America. He now serves as the National Urgent Care Medical Director and Vice President of Medical Operations at Concentra, the nation's largest occupational medicine-urgent care organization. □

Middleton scholar is dedicated to paying it forward

Kethelyne Beauvais says she might not have been able to pursue her dream of becoming a doctor without a scholarship.

When Kethelyne Beauvais learned she received the Dorothy Middleton Memorial Scholarship at EVMS, she was working at her job in a physician's office. "I was so excited that he gave me the day off," she says.

Now a first-year medical student, Ms. Beauvais is grateful that EVMS' only full-tuition MD scholarship means she can work toward her dream of being a family-medicine physician without incurring overwhelming debt.

"It's more than financial aid," she says. "I think it's a legacy of paying it forward because I, too, want to give back to the community one day and help others fulfill their dreams even when they face adversity. Finances can make or break whether someone can attend medical school."

Born in Haiti, Ms. Beauvais grew up in Northern Virginia and received a full scholarship to Randolph-Macon College, where she earned dual degrees in biology and French. While an undergraduate, she returned to Haiti to do volunteer work. "When I was volunteering at the free clinic," she remembers, "I noticed the powerful impact that doctors have, not just on health but in the community."

EVMS was a good fit for her, she says, because of its focus on community service. "As physicians, we have to be part of the community and understand people's needs and struggles, and I really appreciate that about EVMS."

Becoming a physician combined both of her passions: helping people and learning about the biology of the human body. But it's a career she might not have been able to pursue without a scholarship.

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

"It's people like Dorothy Middleton who've helped me get one step closer to fulfilling my dreams," Ms. Beauvais says. "Although I've worked hard, there are certain things that are not attainable without a little bit of help from those who came before us. I'm so thankful for that. I hope to continue Mrs. Middleton's legacy and do her proud by giving back to my community." □



To view a video interview with Ms. Beauvais, visit evms.edu/magazine.

Fine family establishes first professorship in otolaryngology

Brothers Andrew and Morris Fine are longtime community leaders who have led or served on the boards of some of Hampton Roads' best-known nonprofits. Yet EVMS holds the biggest place in their hearts.

"EVMS is the highest philanthropic priority in our family," Andrew Fine says. "I can't think of a better philanthropic investment."

Andrew Fine served on the EVMS Board of Visitors from 1991 to 2007 and served as Board Rector from 1994 to 1996. Then the EVMS Foundation Board of Trustees selected him to join their ranks in 2008; he now serves as Board Secretary.

That ongoing dedication is why Andrew and Morris Fine, in

conjunction with the Fine Family Fund at the Hampton Roads Community Foundation, just established the Fine Family Professorship in Otolaryngology, the first academic honor created in EVMS Otolaryngology.

Endowed chairs and professorships ensure that EVMS is able to attract and retain faculty leaders. These academic honors are created to recognize faculty members for their achievements and provide support and encouragement for their continued accomplishments.



Andrew Fine (left) and brother Morris Fine consider EVMS a philanthropic priority.

Photos courtesy of the Hampton Roads Community Foundation.

An EVMS faculty member will be appointed to the Fine Family Professorship next year.

"EVMS has a huge concentration of intellectual capital," Mr. Fine says, "and it provides a major economic benefit to the region. It's been very satisfying to see it grow." □

Liberty Tax Service challenges the community to benefit EVMS

When it comes to philanthropy, Liberty Tax Service has devised a simple plan: You give, they give.

Starting March 1, for every gift made to the EVMS Fund, Liberty Tax is giving \$100 up to \$50,000. The challenge continues through April 15, 2016. In 2014 and 2015, Liberty Tax issued similar fundraising challenges.

"Liberty Tax Service is honored to be part of the EVMS fundraising opportunity," says Martha O'Gorman, the company's Chief Marketing Officer. "Over the past two years, we have been very impressed with the level of donor participation for our challenge. We are happy to participate again in 2016 because EVMS provides an important

resource to our community."

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



“Miracle baby” made possible with help from EVMS experts



Niaya Jackson, Portia Harrell's daughter; Portia Harrell; Johnnie Harrell Jr.; with “miracle baby” Judah Harrell.

Judah's nursery is a jungle, with lions, zebras and monkeys dangling from the mobile above his crib. There are books with mementoes, his handprints on the wall and little giraffe-spotted knobs on his white, cedar dresser. His mom screwed on the knobs, one by one, while she prayed that he would make it full term.

At 42, Portia Harrell was never supposed to be pregnant again. She had already survived stage III breast cancer and a miscarriage two years before.

She had three much-older daughters, and her medical history, age and weight made any future pregnancy both unlikely and high risk.

When she remarried, doctors told her husband that he, too, was infertile. But only three months into their marriage, Portia was pregnant.

“So I am crying,” she says. “I’m thinking, my cancer is going to come

back, and I’m going to die.”

Portia’s cancer was estrogen-positive, meaning it feeds off pregnancy hormones. Panicking, she called her doctor.

But the call didn’t go quite as she’d hoped. Instead of making an appointment for her, he told her over the phone that the baby probably wouldn’t make it. His advice? She should get an abortion.

“So I am crying. I’m thinking, my cancer is going to come back and I’m going to die.”

PORTIA HARRELL

“It was just so hard,” she says. “It was so hard to look at my family members’ faces and see the fear. And then, to get the feedback from the physician, it confirms the fear.”

Devastated and hopeless, she wasn’t sure what to do. She wanted to keep her baby but didn’t think she had any options.

In tears, she called EVMS Maternal-Fetal Medicine. She almost didn’t believe the doctors when they told her that she

could have a healthy baby. She would have to work with them, of course, start a diabetic diet and follow a strict regimen of prenatal vitamins.

They called her baby “a miracle baby,” conceived against all odds. Yes, they said, she could carry her first son, her husband’s first child.

With help from her new doctors at EVMS, Portia welcomed Judah Levi Harrell into the world Aug. 30, 2014.

“You are so loved,” she tells him, holding him up as he smiles at his dad. “You are so loved.” □



To view a video about Portia Harrell, visit evms.edu/magazine.



1. The EVMS Physician Assistant (PA) Class of 2018 White Coat Ceremony was held Jan. 8, at Harrison Opera House. In EVMS tradition, the PA Class of 2017 students helped coat the incoming class.

2. Several hundred students from the mid-Atlantic made their way to EVMS recently for the annual Student National Medical Association Region VI Conference. SNMA is a national organization that supports underrepresented minority medical students.

3. EVMS Faculty and Staff gathered to thank the Coach Ray Barlow "Believe in Yourself" Foundation for raising more than \$110,000 to support prostate cancer research at the Leroy T. Canoles Jr. Cancer Research Center. On hand for the reception were Laurie Harrison, left, EVMS Community Engagement Director; Kevin Walck, Foundation President; committee members Mike Sage, Tiny Barlow and Binky Reese; and John Semmes, PhD, Anthem Distinguished Professor for Cancer Research, Professor of Microbiology and Molecular Cell Biology and Director of the Leroy T. Canoles Jr. Cancer Research Center.

4. EVMS students preparing for graduation took part in a job fair Feb. 4 sponsored by Clinical Education Recruitment & Support. The third annual event drew potential employers representing hospitals and medical groups interested in the range of EVMS-trained medical and health professions graduates.

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

When you give, **they give.**



For every gift you make to the EVMS Fund until April 15, Liberty Tax Service will contribute another \$100 — up to \$50,000. Meet the challenge and maximize your impact.

Liberty Tax Service, headquartered in Hampton Roads, joins hundreds of EVMS corporate partners that appreciate the profound impact EVMS has had on the region's health care for more than four decades.

And remember, for EVMS to receive the Liberty Tax donation, make your gift by Friday, April 15.

Thank you for ensuring that our lifesaving care remains available for your family, friends and neighbors.

Will you rise to the challenge?

Help EVMS earn \$50,000 from Liberty Tax Service.

Make your gift at evms.edu/LibertyTax



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