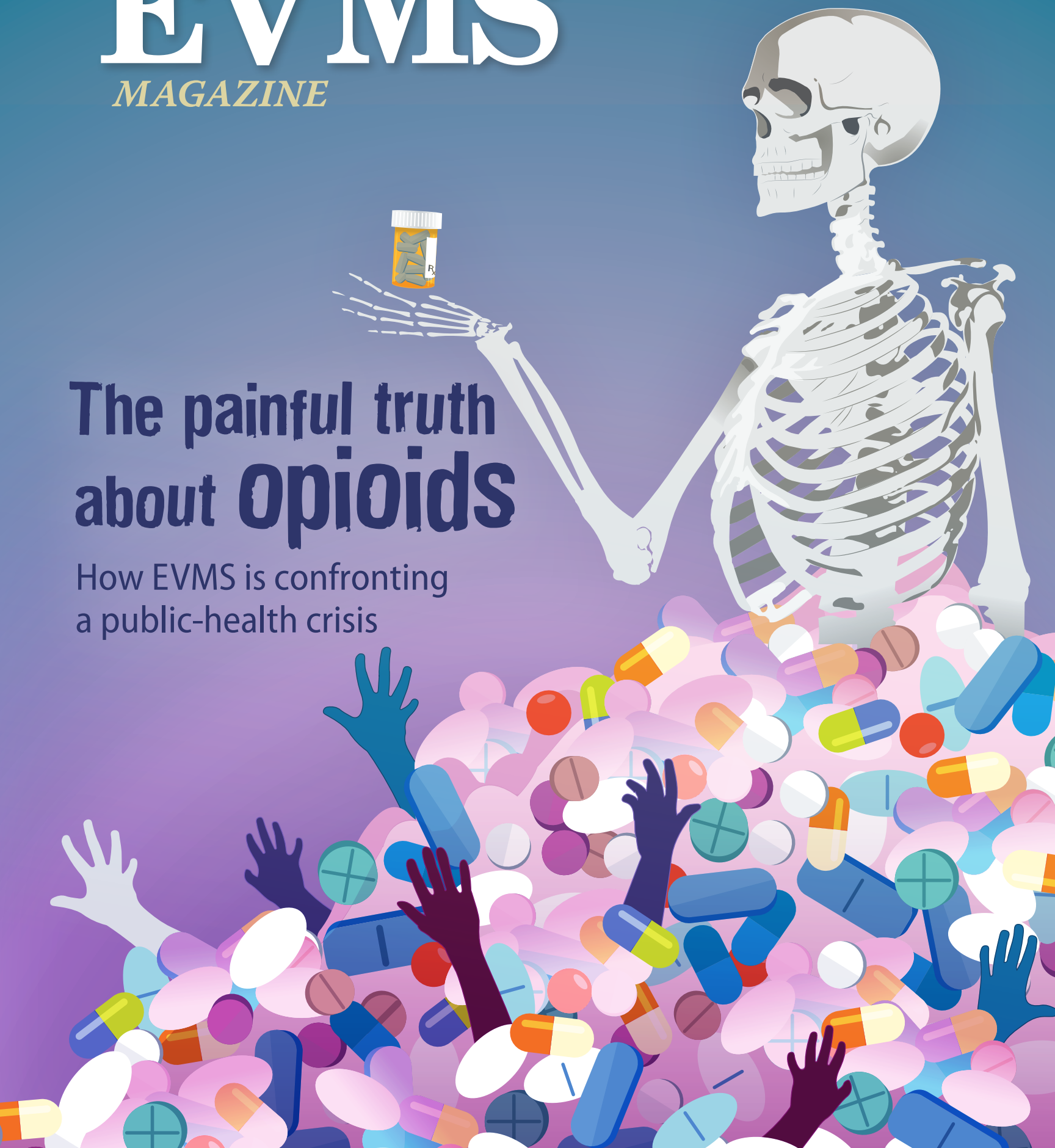


EVMS

MAGAZINE

The painful truth about **Opioids**

How EVMS is confronting
a public-health crisis



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DEAN OF THE SCHOOL OF MEDICINE**

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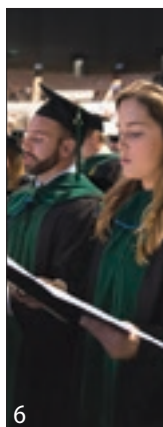
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Earlier this month, the M. Foscue Brock Institute for Community and Global Health convened the third annual Mental Health Summit. Through these summits, EVMS is helping the region's mental-health providers better coordinate their services for our community.

The theme of the May summit was the opioid epidemic in Hampton Roads. Virginia State Health Commissioner Marissa Levine, MD, has called it "our critical issue of the day." In late March, the American College of Physicians issued a position paper affirming that opioid addiction is a treatable chronic condition — like diabetes or heart disease — not a moral failing.

I am proud that EVMS is tackling this public-health crisis on all fronts, from researching new methods and medications for managing pain to teaching students how to talk with patients about addiction. On page 12, learn how much more we are doing to treat this tragic disease.

Addressing addiction is among the myriad ways we have prepared our Class of 2017 for the real world of healthcare. But before our newest graduates face their next set of challenges, let us take a moment to celebrate their achievements: mastering the rigorous academic programs of their chosen professions. When I was in their shoes, I could not have imagined what lay ahead of me — living and practicing on a Native American reservation, providing care to thousands of patients in academic health centers and now having the privilege of serving in this role at EVMS. It has been a humbling and meaningful journey.

Today, I am confident that our new graduates will find their own rewarding and fulfilling paths. And we owe you, our supporters, a tremendous debt of gratitude for making this possible. On behalf of all of our EVMS alumni, I thank you.

Sincerely,

Richard V. Homan, MD

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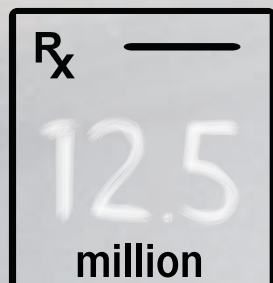
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Cover-Up?

People experience mental illnesses differently. Some engage in potentially risky behaviors, like recreational drug use, to avoid or cover up symptoms of a mental-health problem. That kind of risky behavior can potentially lead to a mental-health crisis.



people misused opioid pain relievers in the past year.

Risky Business

May is Mental Health Month. Learn how far is too far when it comes to drug abuse and mental health.

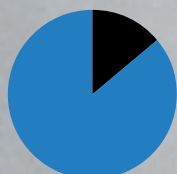
Cause?

People with mental-health problems abuse drugs at a much higher rate than those without mental illnesses. If they're self-medicating, they may feel temporary relief. But when they're not using, often their symptoms return stronger than before.

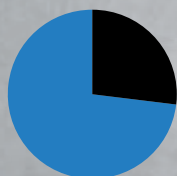
People with mental illnesses are

3x

more likely to misuse prescription drugs.



16%
of parents
and



27%
of teens

believe that using prescription drugs to get high is safer than using street drugs.

Over

1/2

of people who misused prescription pain relievers got them from friends or relatives.



More than

27%

of people with mental-health issues have abused illegal drugs.



What you can do

- Use medications as directed.
- Call 911 or get immediate help if you or a loved one have an emergency related to prescription drugs.
- Properly dispose of expired or unused medications.
- Store medications in a safe place to prevent them from being used inappropriately.

Where to get help

Suicide Prevention Lifeline: 1.800.273.8255

Crisis Help: Call 2-1-1 or visit 211.org

National Alliance on Mental Health (NAMI)

Helpline: 1.800.950.NAMI (6264)

• Hampton/Newport News chapter: 757.690.1370

• Norfolk chapter: 757.375.5298

• Virginia Beach chapter: 757.499.2041



With 11 affiliated individuals and organizations honored, EVMS again dominated *Inside Business'* annual Health Care Hero awards.

Faculty, alumni, donors hailed as “Health Care Heroes” by *Inside Business*

EVMS faculty, alumni and a loyal donor to the school were honored Feb. 23 at the annual Health Care Heroes awards ceremony sponsored by the Hampton Roads publication *Inside Business*.

In all, EVMS-affiliated individuals and organizations claimed 11 of the 20 awards presented at the breakfast ceremony. EVMS has received more than 50 Health Care Hero awards since *Inside Business* launched the program in 2010.

EVMS honorees were:

- **Richard Bikowski, MD** (MD '79), Professor of Clinical Family and Community Medicine, received the award for Family Physician.
- **Michelle Brenner, MD** (Pediatrics Residency '98), Associate Professor of Clinical Pediatrics, received the award for Pediatrician.
- **LD Britt, MD, MPH**, the Edward J. Brickhouse Chair in Surgery, the Henry Ford Professor of Surgery and Professor and Chair of Surgery, received the award for Leadership.
- **Robert Kelly, MD**, Professor of Clinical Surgery, received the award for Pediatric Surgeon.
- **Charles Kessler, MD**, Assistant

Professor of Internal Medicine, received the award for Internal Medicine.

- **Douglas Mitchell, MD**, Professor of Pediatrics, received the award for Pediatrician.
- **Stephanie Moody Antonio, MD**, Associate Professor of Otolaryngology – Head and Neck Surgery, received the award for Ear, Nose and Throat Specialist.
- **Reuben Rohn, MD**, Professor of Pediatrics, who recently completed 40 years on the EVMS faculty, received the award for Endocrinology Specialist.
- **Sharon Sheffield, MD** (MD '92, Obstetrics and Gynecology Residency '97), Instructor of Obstetrics and Gynecology, received the award for Obstetrics and Gynecology Physician.
- **Cosmopolitan Club of Norfolk** received the award for Volunteer Group for its role as a founding donor and loyal supporter of the EVMS Strelitz Diabetes Center.
- **EVMS Leroy T. Canoles Jr. Cancer Research Center**, an interdisciplinary center, and its affiliated physicians and scientists received the award for Advancements in Research. □

Chair of OB-GYN named President of national society

Alfred Abuhamad, MD, the Mason C. Andrews Chair in Obstetrics and Gynecology, Professor and Chair of Obstetrics and Gynecology, and Vice Dean for Clinical Affairs, was recently named President of the Society for Maternal Fetal Medicine.

The society comprises physicians and scientists who are dedicated to the optimization of pregnancy and perinatal outcomes.

“I am humbled to serve in this role and look forward to guiding this great society in the upcoming year,” Dr. Abuhamad says. “I feel very privileged to work with such passionate members and dedicated staff toward an awesome mission.”

Dr. Abuhamad has served on the governing board for the past 10 years as a member of the Board of Directors and the Executive Committee. □



To learn more about Dr. Abuhamad and EVMS Obstetrics and Gynecology, visit evms.edu/digitalmagazine.



Dr. Alfred Abuhamad is an international leader in ultrasound technology.

Mock interviews give MD students a residency edge

At the onset of their fourth year, medical students begin the next phase of their careers: matching into a residency program. The competition is fierce, and not all candidates will find a position.

That's why "practice makes perfect" is the underlying principle of EVMS' national award-winning Mock Residency Interview Program, scheduled to take place again this June.

Led by EVMS Alumni Relations in partnership with Academic Affairs, Graduate Medical Education and Marketing and Communications, the annual event matches third-year medical

students with volunteering alumni in their chosen specialty for a realistic residency-interview session.

"The mock interview is an opportunity to provide formative feedback in a nonthreatening environment," says Ronald Flenner, MD (MD '89), Vice Dean of Academic Affairs and the James Etheridge Jr. Distinguished Professor in Internal Medicine. "This experience is conducive to enhanced performance in the actual high-stakes residency interview."

According to a recent survey by the Association of American Medical Colleges, having "poor interviewing or interpersonal skills" is among the top reasons graduating medical students fail to match.

Through EVMS' mock-interview process, students are able to not only practice, but also receive specific feedback and suggested areas of improvement.

"Volunteering to conduct these interviews is a great way to give back to EVMS and shepherd younger versions of yourself through an anxiety-provoking period," says Jody Boggs, MD (MD '08, Internal Medicine Residency '12). "Providing students with a glimpse of what to expect is crucial in allowing them to put their best foot forward."

If you are an alumnus interested in volunteering for mock interviews, call 757.446.7085 or email alumni@evms.edu. □



Through EVMS' mock-interview program, MD students gain interviewing skills that help them land residencies.

Commencement 2017: Two programs will mark first graduating classes

EVMS will celebrate its largest commencement to date May 20 as more than 400 students join the ranks of EVMS alumni and enter into careers in health professions and medicine. The Class of 2017 includes students from two new master's-level programs within the School of Health Professions: Contemporary Human Anatomy and Medical and Health Professions Education.

The commencement ceremony will begin at 10 a.m. Saturday, May 20, at Norfolk Scope Arena. In her address, keynote speaker Margaret Mohrmann, MD, PhD, will focus on bridging gaps of understanding between patients and caregivers and examining the complex, life-altering decisions that arise in the practice of medicine.



A record number of students will graduate May 20 from EVMS.

Dr. Mohrmann is Professor Emerita of Pediatrics, Medical Education and Religious Studies at the University of Virginia (UVA) and the former Director of the Program of Biomedical Ethics at UVA's Center for Biomedical Ethics.

Commencement is the culminating event of several days of graduation-related ceremonies, including the annual white-

coat retirement ceremony for graduating medical students, the Surgical Assisting and Physician Assistant formal white-coat ceremonies and the Military Commissioning and Recognition Ceremony. □



For ongoing coverage of EVMS Commencement and related activities, visit evms.edu/digitalmagazine.

School of Health Professions adds two new programs

The EVMS School of Health Professions will soon launch two more programs, bringing its total number of doctoral, master's and certificate programs to 21.

The new Master of Healthcare Analytics program, designed for students with a bachelor's degree, working professionals or foreign medical graduates who meet the admission criteria, will consist of 30 credit hours over four semesters. Classes will be a combination of on-campus and online. Program graduates can find jobs as data analysts in healthcare-related areas, such as clinical trials, strategic planning, quality assurance, healthcare finance, public health, research and data administration. Students will be recruited this fall, and the first class will begin in fall 2018.

Also new in the School of Health Professions is the Certificate in Anatomy program, a unique opportunity for those holding a bachelor's degree to gain comprehensive knowledge of human gross



Adding two programs brings EVMS' total number of Health Professions programs to 21.

anatomy in eight weeks. Medical-school level instruction occurs on-site through lectures, small-group learning activities and dissection labs. The program meets Monday through Friday for eight weeks starting June 5. □



For more information on these and other Health Professions programs at EVMS, visit evms.edu/digitalmagazine.

National organization honors dermatology professor



Dr. David Pariser

The American Academy of Dermatology recently bestowed its highest honor on David Pariser, MD, Professor of Dermatology.

Dr. Pariser received the Gold Medal award for his lifelong contributions to dermatology.

A pillar of the EVMS residency program, Dr. Pariser has been devoted to educating the next generation of dermatologists. His practice was one

of the pioneering groups that provided teaching and support for the program.

"This is a well-deserved award," says Abby Van Voorhees, MD, Professor and Chair of Dermatology. "Dr. Pariser's contributions to dermatology nationwide, as well as to EVMS, have been invaluable."

The Gold Medal is awarded annually on a highly selective basis in recognition of outstanding and exceptional service to the specialty of dermatology in the science, teaching and practice of cutaneous medicine and surgery. □



For more information on EVMS Dermatology or Dr. Pariser, visit evms.edu/digitalmagazine.

Gates Millennium Scholar chooses EVMS



Maurica Bynum

Environmental conservation has always been a passion for Maurica Bynum, MPH Class of 2018. As she approached her high-school graduation in 2012, she wasn't sure exactly which road she would take, but learning she had been chosen as a Gates Millennium Scholar (GMS) gave her the confidence to pursue her dreams.

The GMS program, funded by a grant from the Bill & Melinda Gates Foundation, aims to promote academic excellence by providing thousands of outstanding students who have significant financial need the opportunity to reach their full potentials.

Ms. Bynum graduated from Virginia Wesleyan College in 2016 with a degree in Environmental Studies. As a Continuing Gates Scholar, she also was able to request funding for a Master of Public Health degree, with a concentration in Global Environmental Health, at EVMS. She hopes to pursue a PhD in the coming years, which the GMS program would also cover.

"I would like to become a researcher and college professor," Ms. Bynum says. She also hopes to work in her family's environmental consulting company. "My father stresses how important it is to conserve, preserve and protect the environment. He is always learning new things in the field, and it motivates me to learn, as well." □

Match Day

EVMS wishes “best of luck” to graduating MD students

On March 17, graduating medical students around the nation celebrated Match Day by opening their envelopes simultaneously to learn where they matched for their residencies.

At EVMS, 138 fourth-year MD students participated in a Match Day event and are headed to several of the nation’s most prestigious residency programs, including Johns Hopkins, Cleveland Clinic, Cincinnati Children’s Hospital and Penn Medicine — just to name a few.

Earlier in the year, fourth-year students across the nation applied to residency positions in their chosen specialty — such

as pediatrics or surgery. After hitting the interview trail, the students ranked the programs according to those they preferred to join. The programs, in turn, ranked the students they felt would make the best fit. Then the National Resident Matching Program used an algorithm to pair the students and residency programs. Nearly all students around the nation learned the results of the ranking process at the same time Friday, March 17.

The EVMS celebration kicked off with the inaugural Match Day March, which saw the EVMS campus come out to wish the students the best of luck. □







Gordon Degges, TCLS Training Coordinator, works with Chantal Pagan, an ODU student, on CPR techniques.

“They have to know it before they walk out that door”

In 2016, EVMS-based center trained more than 17,000 people in life support

Last December, Jacob Morton and Ted Locascio of W.F. Magann Corp. in Portsmouth didn’t hesitate when a coworker went into cardiac arrest — the two men performed CPR and used an automated external defibrillator on their colleague before paramedics arrived.

Mr. Morton and Mr. Locascio knew exactly what to do because of the training they received at Tidewater Center for Life Support (TCLS), an EVMS initiative that offers courses in lifesaving techniques to healthcare providers and the public.

“If our employee would have been driving or walking in a park, more than likely he would be not be here today,” says John Wilda, Safety Director at W.F. Magann Corp. For more than 10

years, Mr. Wilda has used TCLS to train employees in CPR and first aid because of the center’s stellar reputation and the dedication and enthusiasm of the instructors.

Since its founding in 1981, TCLS has trained over half a million people and is one of the top American Heart Association training centers in the mid-Atlantic with more than 17,000 students completing a course in 2016.

“In the Tidewater area, we are surrounded by medical professionals, day-care providers and athletic programs,” says Gordon Degges, Training Coordinator for the center. “Many of the people in our community need this type of training, and we offer it in a central location, as well as in affiliated training sites around Hampton Roads.”

Deana Kilber, an instructor with TCLS for over 15 years, says many students tell her they chose a TCLS course over

one offered in-house by their employers because of the value they see in the quality of the teaching.

“Here, they have to know it before they walk out that door,” she says. “I teach with the assumption that I’m going to collapse in the parking lot on the way out, and I want every single one of my students to be able to do picture-perfect CPR on me.”

In early summer, TCLS will transfer to EVMS’s Sentara Center for Simulation and Immersive Learning (SCSIL). The move will expand the impact of the American Heart Association training provided by TCLS for decades. Andrew Cross, Instructor in the School of Health Professions, is coordinating the move for SCSIL. “We’re looking forward to managing this community responsibility,” he says. “It’s in everyone’s best interest.” □



For more information Tidewater Center for Life Support, visit evms.edu/digitalmagazine.

Under the bonnet

EVMS internist is a one-man repair shop

On campus, Mark Flemmer, MD, Professor of Internal Medicine, cares for patients in the office and hospital. Off campus, the South African native trades his pristine white coat for grease-stained overalls as he heads to his home garage. Whether he's treating patients or fixing cars, Dr. Flemmer enjoys solving problems.

What do you enjoy about working on cars?

I like mechanisms, and I especially like mechanisms that are broken. I also like working on watches and clocks. Anything that's broken I like to try to fix. It's so exciting to repair something that hasn't gone forever.

What sort of cars do you prefer?

When I hear someone say he's getting rid of a car, I get excited because that's the type of car I want. I don't buy good cars. I buy cars that don't go and are rusted and the engines are seized up. I have dealt mostly with Jaguars, English cars and English motorbikes. I also like German engineering. I think I've had almost every make of car.

Are there lessons learned in the garage that carry into medicine?

The first car I got I was 12 years old. The engine was in the back seat, and my father prohibited any of my brothers from helping me fix it. I have been working on cars ever since, not asking for help. I sort of have this same mindset when I work on a patient. I try to puzzle things out as if I were the only person there, and I try to teach the residents this. I also like doing my own procedures. It's always good to be reasonably self-sufficient.

What are key differences between your career and hobby?

You often get lucky working with patients because they might get healthy despite you. A car will never heal on its own.

Are there other aspects of your hobby that you enjoy?

When you've worked on a lot of cars — over 50 years in my case — you can export emotions down the years. I remember my first Jag when I was 17, and my father had me do exactly the same job that I did 50 years later.

It's almost a sort of diary that can connect the future and the past. □



To learn more about Dr. Flemmer and his car-repair hobby, visit evms.edu/digitalmagazine.



The painful truth about opioids


How EVMS is confronting a public-health crisis

MATT BEGAN WITH MORPHINE. THEN IT WAS VICODIN. THEN OXYCONTIN.

When 120 pills a month were no longer enough for the 24-year-old, he turned to heroin.
That took less than two years.

Illustrations by Elizabeth A. Lane



A stylized illustration of a person's silhouette in dark blue, reaching their right arm upwards towards a white pill floating in the air. The person is surrounded by a vast, colorful sea of various pills and capsules in shades of pink, purple, blue, orange, and white. The background is a solid blue color.

Matt was fortunate. After eight months of heroin use, the Chesapeake native sought help. “The places heroin took me,” he says, “they were truly scary.”

Now in recovery and drug-free for 13 years, Matt has seen opioid use — and overdoses — soar. So has the Virginia State Health Commissioner, Marissa Levine, MD.

In 2014, fatal overdoses overtook car accidents in Virginia as the most common cause of accidental death. Last November, Dr. Levine declared the opioid epidemic a public-health emergency.

“This past year saw our greatest rise in opioid overdoses,” she says. When the final numbers for 2016 are tallied in July, they’re projected to be in record territory,

approaching 1,300 deaths. And nearly 22 percent of those took place in Hampton Roads.

“Organizations and communities need to come together to learn about this,” Dr. Levine says. “This is our critical issue of the day.”

SWINGING THE PENDULUM TOO FAR

“Facing Addiction in America: The Surgeon General’s Report on Alcohol, Drugs and Health,” published last year, reports that a record 27 million Americans used illicit drugs or misused prescription drugs in 2015.

And the Centers for Disease Control and Prevention says that the number of opioid prescriptions written in 2012 — 259 million — was four times the number written in 1999. On an average day in the U.S., more than 650,000 opioid prescriptions are dispensed.

“Before the 1990s, we were undertreating pain,” says Antonio Quidgley-Nevares, MD, the Lydia

I. Myers Endowed Professor in Physical Medicine and Rehabilitation and Chair and Associate Professor of Physical Medicine and Rehabilitation. “People were suffering unnecessarily. So the pendulum needed to shift for better pain management, but it shifted too far. Now it’s a real crisis.”

It’s also a complicated one. It galvanized leaders in the region’s medical, education and law-enforcement communities to form the Hampton Roads Heroin Working Group last fall. It led state legislators to pass several bills this year that loosened regulations around lifesaving medications for overdoses. It moved Gov. Terry McAuliffe to approve \$4 million for a new statewide Addiction Recovery and Treatment Services (ARTS) program that launched in April.

And it prompted EVMS to explore more alternatives to managing pain and expand education about opioids and addiction.

“Addiction is a disease like any other disease,” says Lisa Fore-Arcand, EdD, echoing numerous EVMS colleagues. In her roles as Associate Professor of Clinical Psychiatry and Behavioral Sciences, Education Coordinator and Co-Director of the Addiction Medicine Curriculum, Dr. Fore-Arcand has overseen addiction medicine in EVMS’ medical education since 1994.

“We’re creating a seamless addiction curriculum from first-year medical school through practicing physicians,” she says. For example, third-year medical students doing clinical rotations must find and talk with 25

Language Matters



“The stigma of addiction still prevents people from getting help,” Dr. Lisa Fore-Arcand says.

Even language can **perpetuate the stigma**. “Medicine is moving away from labeling people by their diseases,” Dr. Stephanie Peglow says, “and instead is referring to patients as **people with a disease**. Using the word ‘addict’ can be considered pejorative.”

So just as the phrase “person with autism” is preferred over the word “autistic,” a person with an addictive disease or an opioid-use disorder is preferred, rather than “addict.”

“Addiction is a disease like any other disease.”



patients — at least one in every specialty they rotate through — who have addiction issues. “Our students need to become comfortable asking the right questions and having conversations with these patients.”

Stephanie Peglow, DO (Psychiatry & Behavioral Sciences Residency '14), knows the importance of those conversations. She returns to EVMS in June after finishing fellowships in addiction psychiatry and addiction research at Yale University, as well as earning a Master of Public Health degree. One of her responsibilities could be a program to treat people with opioid addictions, proposed as a partnership between EVMS Psychiatry and Behavioral Sciences and Sentara Norfolk General Hospital.

“EVMS and EVMS Medical Group can partner with local hospitals, patient-interest groups and community leaders,” Dr. Peglow says, “to increase access to treatment and educate other providers in the judicious and evidence-based treatment of chronic pain. We have the resources to be pioneers in treating addiction and combating the stigma.”

SEEING A DISEASE, NOT WEAKNESS

Only 20 when he first overdosed on heroin, Chris says the stigma kept him from getting help for 15 more years. “I didn’t know I had a disease,” he says. “I thought I was just weak, like my dad said.”

At 35, Chris went through addiction treatment. Since then, the Norfolk native has lost several friends to the disease. “It’s insidious,” he says. “It isolates you. And it’s a miserable way to live.”

Not only is addiction a disease, Paul Aravich, PhD, Professor of Pathology and Anatomy, takes it a step further. “Addiction is a form of brain injury,” Dr. Aravich says. An expert in brain anatomy, he presents regularly to Congress and the Virginia General Assembly about the ways addiction reorganizes the brain and changes its chemistry.

With 100 million Americans living in chronic pain, Dr. Aravich fears that the pendulum may swing too far back the other



HOW^{DO} OPIOIDS WORK?



Opioids are natural and synthetic painkillers derived from the poppy plant. They attach to specific receptors in cells within the brain, spinal cord, gastrointestinal tract and other parts of the body. Opioids reduce feelings of pain and enhance feelings of pleasure, contentment and even euphoria by triggering the release of dopamine.



Some commonly prescribed opioids include morphine, codeine, methadone, fentanyl, hydrocodone (contained in Vicodin) and oxycodone (often known by the brand name OxyContin and contained in Percodan and Percocet). Heroin is an illegal opioid.



David Spiegel, MD, Professor of Psychiatry and Behavioral Sciences, says that four risk factors for addiction should make a physician hesitant to prescribe opioids: the patient has a personal history of alcohol or drug abuse; was a victim of sexual abuse; is younger than 45; and/or has a family history of addiction.

About 25 percent of patients admit to not using opioids the way they're prescribed, Dr. Spiegel says. And about 10 percent become addicted. Then they sometimes switch to heroin because it's cheaper and more powerful, or they can no longer get opioids from a physician now that new laws restrict how the drugs can be prescribed.



"People who are addicted to opioids are 40 times more likely to use heroin," Dr. Heidi Kulberg says. This has contributed greatly to the rise in heroin overdoses.



way. “We have a moral imperative to treat pain,” he says. “People with cancer and the terminally ill, some of them need opioids to function.”

Yet other patients might respond better to different medications, says Aaron Vinik, MBChB, PhD, the Murray Waitzer Endowed Chair for Diabetes Research, Director of Research and the Neuroendocrine Unit at the EVMS Stelitz Diabetes Center and Professor of Internal Medicine.

For patients with diabetic nerve pain, “I don’t recommend opioids as the first-line medication,” Dr. Vinik says. Their detrimental effects extend well beyond the risk of addiction and overdose. “These

prescribing opioids,” he says, “it’s like being a bull in a china shop.”

Educating primary-care physicians about the range of pain-management options is vital. “I had a patient who tried everything, including opioids,” Dr. Vinik remembers. “Then we treated her with botox, and she was cured. Pain management should be tailored and specific. We have to find the right key for the lock.”

When the “lock” of chronic pain keeps people from living their lives, Skye Ochsner Margolies, PhD, Assistant Professor of Physical Medicine and Rehabilitation, takes a comprehensive approach.

psychological and social angles,” she says. “Life may look different with chronic pain, but it can still be meaningful.”

FINDING A HAPPY ENDING

Helping others in recovery makes life meaningful for Matt and Chris, who went through addiction treatment. But for people with untreated opioid addiction, staving off the terror of withdrawal is often their life’s focus. If they overdose in the process, the drug naloxone — now available without a prescription — will save them if administered in time. But then what?

“When patients are revived, that’s the prime time for them to learn about treatment,” says Virginia Beach Health Director Heidi Kulberg, MD. The state’s newly launched ARTS program, she says, is a first step toward the multifaceted treatment the disease of addiction requires.

Dealing with relapse is often part of treatment, Dr. Fore-Arcand says, and she emphasizes compassion.

“We don’t get angry at people who have diabetes and eat sugar or with people who have heart disease and eat high-fat foods,” she says. “So, why do we get so angry at people who have the disease of addiction and relapse?”

After 30 years in recovery, Chris says simply, “We are good people who have a bad disease.” □

“When you try to relieve pain by just prescribing opioids, it’s like being a bull in a china shop.”

Aaron Vinik, MBChB, PhD

drugs markedly interfere with hormone production.” Long-term opioid users often become diabetic and obese, he explains, exacerbating the suffering for which they needed pain management.

Dr. Vinik has led two recent studies on non-opioid pain medications and serves on a national task force that’s developing guidelines for managing pain.

“Pain doesn’t happen in a vacuum,” Dr. Vinik says. About two-thirds of the patients he treats for pain also have depression, and about a third have anxiety. “When you try to relieve pain by just

“The physical problem of pain is real,” she says, “but we have to treat the other components as well.” Along with depression and anxiety, other challenges, such as sleep deprivation, the patient’s ability to work and the impact of pain on relationships with family and friends, must be addressed.

Dr. Margolies offers a skills-based therapy group for people in chronic pain, and EVMS Physical Medicine and Rehabilitation recently added acupuncture to its pain-management options. “We’re coming at pain from the biological,



To learn more about opioid addiction in Virginia and resources available to help, visit vaaware.com.



Medical Milestone

At EVMS' first commencement ceremony in 1976, Richard Magraw, MD, EVMS President, congratulates EVMS graduate Richard Evans, MD, one of 24 students in the school's inaugural MD class.

On Saturday, May 20, Scope Arena in Norfolk will host the school's 41st commencement ceremony for the EVMS Class of 2017, which comprises more than 400 MD and Health Professions graduates.



For ongoing coverage of EVMS Commencement and related activities, visit evms.edu/digitalmagazine.



'83 alum receives EVMS Distinguished Alumni Service Award



Dr. John "Rob" Marsh (left) reconnected with alumnus Dr. Francis Counselman, who presented him with the Distinguished Alumni Service Award.

John "Rob" Marsh, MD (MD '83), an alumnus who was once named the national Country Doctor of the Year and whose medical military service was a focus of the movie "Black Hawk Down," is this year's recipient of the EVMS Distinguished Alumni Service Award.

Created in 2015, the award recognizes alumni who carry on the EVMS tradition of giving back through dedication, support and service. Dr. Marsh was honored with

John "Rob" Marsh, MD, makes house calls and knows all of his patients' names, their family and their animals.

the award at an alumni appreciation event held in March. Fellow EVMS classmate and friend, Francis Counselman, MD (MD '83, Emergency Medicine Residency '86) the EVMS Foundation Distinguished Professorship in Emergency Medicine and Professor of Emergency Medicine, presented Dr. Marsh with the award.

"He is an intricate part of the fabric of his community," Dr. Counselman says. "Rob and his practice of medicine epitomize what the founders of EVMS had in mind — practicing high-quality family medicine in a rural area of Virginia."

After EVMS, Dr. Marsh resumed his active-duty military career, serving in the Special Forces and Delta Force. He deployed several times, including a 1993 deployment to Mogadishu, Somalia, where he was injured while treating American soldiers wounded in an attack. He earned the Legion of Merit, two Bronze Stars, a Purple Heart, the Department of Defense Meritorious Service Medal and the Army Meritorious Service Medal. Today, he runs a primary-care practice in the town of Middlebrook, Va.

"There is no one else like him," says Mary Mannix, President and CEO of Augusta Health, who wrote a letter of support for Dr. Marsh's nomination.

"His dedication and service to his community and to his country are not only exemplary," she says, "they may be without equal."

Dr. Marsh's Shennandoah Valley practice has been described by many as the kind fondly remembered from 50 years ago. He makes house calls and knows all of his patients' names, their family and their animals. He often forgoes charging patients in difficult financial times and is available to his patients 24 hours a day. His office is located at a truck stop. He serves as a preceptor for medical students, provides medical care for the residents of the Blue Ridge Christian Home and serves as a volunteer firefighter.

"All of us who live and work with Dr. Marsh speak of his intelligence, his energy, his humility and his ability to get through life on very little sleep," Ms. Mannix says. "We are in awe of him." □



Find out more about Dr. Marsh's accomplishments at evms.edu/digitalmagazine.

Save the Date

2017 EVMS ALUMNI WEEKEND

October 20 – 22, 2017

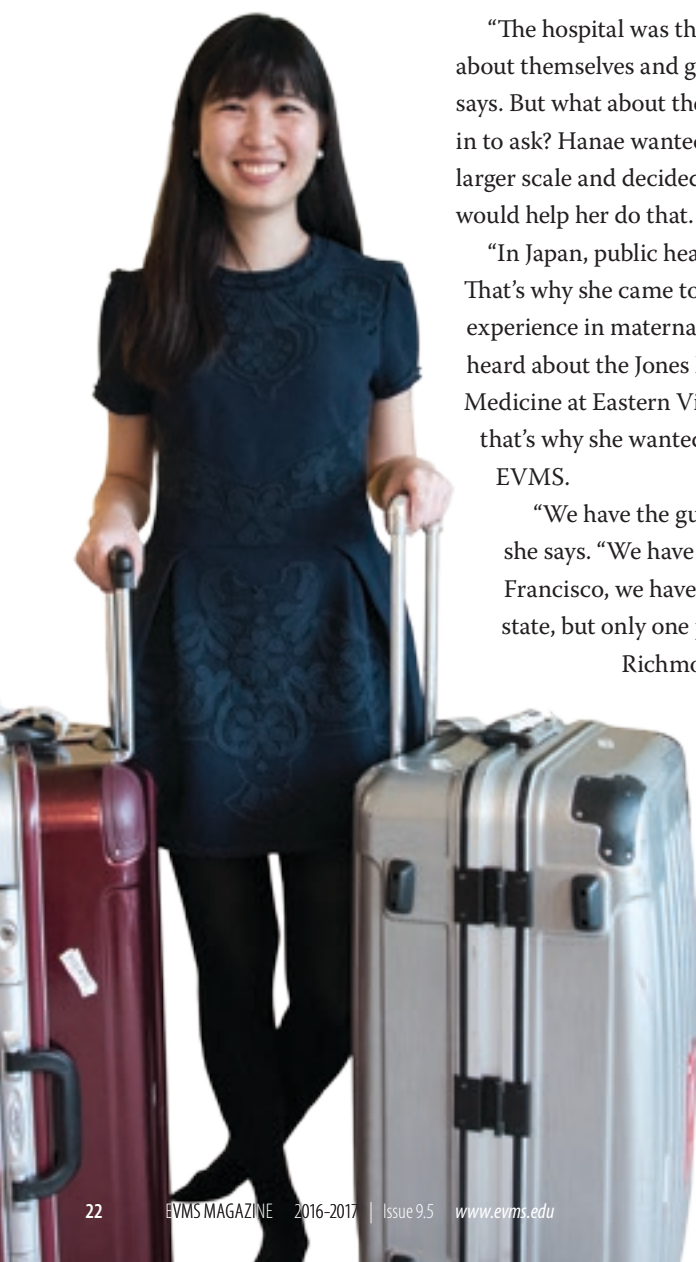
Celebrating the Classes of 1977, 1982, 1987,
1992, 1997, 2002, 2007 & 2012

classNotes

- **Brian Betts, MD** (MD '04), authored a study published as the cover story of the January issue of *Science Translation Medicine*. The study shows that novel treatment can effectively inhibit the development of graft-versus-host-disease in mice and maintain the infection- and tumor-fighting capabilities of the immune system. Dr. Betts leads a team of researchers at the Moffitt Cancer Center in Tampa, Fla.
- **Tom Hollandsworth, MD** (MD '96), was recently appointed Chief Medical Officer of Eastern Shore Rural Health, a federally qualified community health center organization serving Virginia's Eastern Shore with five medical centers from Chincoteague Island to Cape Charles.
- **Alden Hostetter, MD** (MD '82), presented the Suter Science Seminar on "Case Studies on Human Dis-Ease: Reflections on Health and Wellness through the Lens of a Microscope," at Eastern Mennonite University in March. Dr. Hostetter's seminar featured case studies of human pathology, as well as addressed the premise of "perfect health" and that concept's effect on disease prevention and treatment.
- **Kevin Watson Jr., MD** (MD '10, Pediatrics Residency '13), recently joined Akron Children's Hospital in Akron, Ohio, as a pediatric gastroenterologist.
- **Dennis Yun, MD**, (Bio Med '98, MD '02), recently joined Doctors on Liens in San Francisco, Calif. Doctors on Liens provides comprehensive pain management care for personal injury and worker's compensation victims throughout the San Francisco Bay Area. □

From Tokyo to Norfolk, one student's journey to public health

Hanae Miyawaki carried her life in two suitcases when she arrived at EVMS from Japan.



On a Tuesday morning, Hanae Miyawaki arrived at Norfolk International Airport with two suitcases — all she'd have from home for the next two years. She came from Tokyo with nothing but the paperwork for an apartment and an acceptance letter from EVMS.

"In Japan, we don't have a lot of diversity like you have," Hanae says. "I wanted to feel what it was like to be different."

As a midwife for five years in Tokyo, Hanae realized that pregnant women lacked resources about childbirth.

"The hospital was the only place they can talk about themselves and get health education," she says. But what about the women who didn't come in to ask? Hanae wanted to educate women on a larger scale and decided that a public-health career would help her do that.

"In Japan, public health is a new field," she says. That's why she came to America. Because of her experience in maternal-fetal medicine, Hanae had heard about the Jones Institute for Reproductive Medicine at Eastern Virginia Medical School. And that's why she wanted to study public health at EVMS.

"We have the guidebook for America," she says. "We have New York, we have San Francisco, we have East Coast. It has Virginia state, but only one page, and the city was

Richmond." She smiles. "We didn't really know what this city was like, so my parents were very worried about it."

But when Hanae arrived on campus still holding her suitcases, she learned she had no reason to worry. The EVMS admissions staff helped her finalize her

lease. The Director of the Master of Public Health program, Brian Martin, PhD, helped her open a bank account and taught her how to write a check. He gave her a bike so she wouldn't have to walk home from class at night. The MPH staff lent her furniture, and their families helped her move in.

"Everybody is so nice," she says. "I didn't feel any difficulty to live in the different country. Everybody is always around me and before I ask something, they would offer me help."

To thank them, Hanae gave them origami figures, which her grandmother taught her to make.



Hanae made origami figures to thank MPH staff and faculty.

"It might be a step to know about my country and to show my thankfulness to them," she says, smiling and blushing.

She was amazed by the generosity she received from strangers.

"Very deep feeling," she says. "I think it's very American thing. If it was in Japan, doesn't happen probably."

Now in her second year and preparing to graduate, Hanae hopes to return to Japan one day and use what she has learned — including the importance of diversity — in her approach to public health.

"We need to know to respect other cultures." □



View a video of Hanae Miyawaki's story at evms.edu/digitalmagazine.



▲ Crossing the Finish Line

During April's successful Checkered Flag Challenge, for every gift made to the EVMS Fund, Checkered Flag Auto Group donated an additional \$100 — up to \$25,000. Pictured is Kristy Maute, Donor Relations Specialist in EVMS Development, who planted a checkered flag on campus for each gift received.

◀ Caring for the Community

During National Public Health Week in April, students in the EVMS-ODU Master of Public Health Program demonstrated their dedication to the community by holding a health fair at Union Mission's Bashford Men's Shelter in Norfolk.



View more photos and video at
evms.edu/digitalmagazine.

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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.

Congratulations, EVMS grads!

A group of graduates in black gowns and caps are celebrating, throwing confetti into the air. The confetti is a mix of blue, white, and purple. The graduates are smiling and looking up at the confetti. The background is a solid blue color.

Find your memories here: evms.edu/DigitalMagazine
Watch this site for special coverage of graduation-related events.